Oxaloacetate for ME/CFS & Long COVID: Your Questions Answered Transcript

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Mast Cell Activation and Oxaloacetate

So, regarding the very So, regarding the very valid question valid question about about about mast cell activation. Is oxaloacetate likely oxaloacetate likely to cause a reaction to cause a reaction or not? The only thing we or not? The only thing we can say about can say about mast mast mast cell activation is that we don't cell activation is that we don't know, because your know, because your mast cells, mast cells, when they're activated, when they're activated, essentially behave as essentially behave as if they're if they're hyper-reactive and hyper-reactive and acting out of control. So acting out of control. So this is something you will have to this is something you will have to experiment with and experiment with and see how your see how your body reacts body reacts to it. My advice to anyone with mast cell activation: mast cell activation: start start start low, take it low, take it slow, and do one slow, and do one thing at a time. The great thing at a time. The great thing I can thing I can say about say about oxaloacetate is that it is oxaloacetate is that it is one compound, and there one compound, and there is nothing is nothing else there. Therefore, if else there. Therefore, if you do have a reaction, you do have a reaction, there will be less confusion: there will be less confusion: it will become quite it will become quite clear that it is clear that it is a reaction to a reaction to oxaloacetate, and not to oxaloacetate, and not to something else. One of something else. One of the things the things Dr. Cash recommended if you are Dr. Cash recommended if you are sensitive is sensitive is to get Benagene, which to get Benagene, which contains vitamin C and contains vitamin C and oxaloacetate in a oxaloacetate in a much lower dose much lower dose than the than the CFS medical food product. And that can be a. And that can be a good good good starting point because starting point because the dose is much lower.

the dose is much lower. You can also You can also open the capsule, open the capsule, take just part of it, take just part of it, or dissolve a little in or dissolve a little in water, taste it, water, taste it, and see if and see if it stimulates your it stimulates your fat cells or fat cells or not. So you can not. So you can lower the dose, but lower the dose, but again, I think again, I think of all the different of all the different substances, oxaloacetate is substances, oxaloacetate is the least likely the least likely to stimulate mast to stimulate mast cells because it has cells because it has few components to few components to stimulate, and it's not a stimulate, and it's not a protein, and most of protein, and most of our immune our immune responses are directed responses are directed against proteins. So, that's what against proteins. So, that's what I can say I can say about mast cells.

One of the other questions One of the other questions we get all the time is we get all the time is : can : can this be taken with other this be taken with other medications? Can I medications? Can I take take take oxaloacetate with oxaloacetate with other supplements?

other supplements? If you are taking If you are taking pharmaceuticals, I pharmaceuticals, I strongly strongly strongly recommend recommend recommend consulting with consulting with a doctor or a doctor or pharmacist before pharmacist before adding other adding other substances, as substances, as they have the best they have the best access to databases access to databases to tell you if to tell you if you should be you should be adding anything. So be adding anything. So be careful. If you're not careful. If you're not taking any taking any medications, but just medications, but just taking a bunch of other taking a bunch of other supplements and have already started supplements and have already started using using using products that products that support support support mitochondria, mitochondria, mitochondria, energy production, energy production, and so on, you still and so on, you still need to be need to be careful because, as careful because, as you know, when you you know, when you start mixing a start mixing a lot of things lot of things at once, your at once, your body can get body can get a little overwhelmed.

And I know how tempting it is to And I know how tempting it is to add more and add more and more, but I still more, but I still recommend that you be recommend that you be cautious and cautious and consult your consult your doctors. So what doctors. So what can I say about can I say about oxaloacetate and its oxaloacetate and its

combination with other combination with other remedies: someone remedies: someone asked, “Can I asked, “Can I take it take it with D-ribose?” Can I with D-ribose?” Can I take it with take it with other energy other energy supplements? My supplements? My own experience, and this is own experience, and this is just my personal just my personal experience, this is not advice.

When I took When I took oxaloacetate, I took oxaloacetate, I took it along with other mitochondrial support products. I mitochondrial support products.

Combining Oxaloacetate with Other Supplements

I took it along with took it along with D-ribose when I D-ribose when I needed it, and needed it, and it worked well for me personally it worked well for me personally.

.. Dr. Cash himself says that Dr. Cash himself says that some people some people feel better feel better when they take when they take extra NAD along with extra NAD along with oxaloacetate, which I oxaloacetate, which I found interesting because found interesting because one of the functions one of the functions of oxaloacetate is of oxaloacetate is to help produce to help produce NAD in your cells.

But what he meant was But what he meant was that some people with that some people with very severe fatigue very severe fatigue and prolonged COVID are and prolonged COVID are so depleted so depleted in NAD stores that in NAD stores that oxaloacetate might oxaloacetate might work better if work better if you have some of that NAD you have some of that NAD or NADH to or NADH to work with and work with and convert.

convert. convert. There is a caveat though, There is a caveat though, because I have seen it because I have seen it clinically and experienced it clinically and experienced it myself when you myself when you take…I will just take…I will just tell you about my tell you about my experience many years experience many years ago when I first ago when I first injected myself with NAD to injected myself with NAD to see if see if it would help with my severe it would help with my severe prolonged COVID. I prolonged COVID. I felt an incredible felt an incredible surge of energy and a surge of energy and a sense of relaxation that sense of relaxation that made me made me feel feel feel normal for a couple of normal for a couple of minutes, and then I minutes, and then I felt extremely felt extremely exhausted. And I exhausted. And I understand what was understand what was happening then: my body happening then: my body said: “Hurray!

Finally, thank you. I have the Finally, thank you. I have the energy I energy I need. "Oh, but there need. "Oh, but there 's nothing to 's nothing to keep me at keep me at this level." That is, this level." That is, I didn't have the " building blocks" building blocks" to support this to support this function. So I function. So I personally personally personally needed more needed more B vitamins. That B vitamins. That applies to me. I applies to me. I started taking a started taking a B complex vitamin, B complex vitamin, which was painful, but which was painful, but it helped me a lot it helped me a lot, and I did, and I did it for a it for a short period of short period of time. Another thing I time. Another thing I want to say about want to say about things like NAD and anything things like NAD and anything you inject : often less is : often less is better. And if it's something better. And if it's something that helped you that helped you once, you don't once, you don't necessarily have to necessarily have to necessarily have to keep introducing keep introducing it over and over again, it over and over again, thinking you thinking you have to do it have to do it every day, because we every day, because we can overload can overload our systems and our systems and exhaust them too exhaust them too quickly. So, be quickly. So, be very, very, very very, very, very judicious when judicious when using these using these “heavy guns” that “heavy guns” that force your force your body to move in a body to move in a certain direction. This is certain direction. This is just a kind of just a kind of warning. This is what warning. This is what I saw with my own I saw with my own eyes. I've seen people get eyes. I've seen people get overly overly overly excited and excited and say, "Oh, this makes say, "Oh, this makes me feel so great me feel so great." "I guess." "I guess I should I should keep going, even keep going, even if they if they feel worse afterwards." And feel worse afterwards." And they think, "Oh, I they think, "Oh, I just have to do just have to do more or do it more or do it again." But again." But maybe taking NAD maybe taking NAD for a few for a few days is what days is what helps. Or helps. Or maybe you maybe you should take a B complex first and then B complex first and then add some NAD, and add some NAD, and maybe that will help maybe that will help when you when you use use use oxaloacetate. So, I'm oxaloacetate. So, I'm just trying to just trying to say that you need say

that you need to be mindful and to be mindful and not get so attached to what not get so attached to what worked in worked in the past that you the past that you stop hearing stop hearing what's happening in what's happening in your body right now. And your body right now.

Spike Protein, Long COVID, and Mitochondrial Dysfunction

And make changes. Okay. So, we received. So, we received one question that I one question that I find very interesting. find very interesting. They asked, " Dr. Cash keeps Dr. Cash keeps talking about these talking about these amazing results amazing results with oxaloacetate, with oxaloacetate, how it helps how it helps people get their people get their energy back, how it helps their energy back, how it helps their brain function, and brain function, and all these statistics, all these statistics, how it works how it works and helps so many and helps so many people, and all these people, and all these different doctors, different doctors, like at the like at the Bates Hormone Center, who Bates Hormone Center, who are using are using are using oxaloacetate with oxaloacetate with positive positive positive results for results for their patients." And their patients." And someone writes: "Well, then someone writes: "Well, then what does this have to do what does this have to do with the spike protein?" I think this is a good and I think this is a good and very interesting very interesting question because I question because I want to remind people: want to remind people: if you have prolonged if you have prolonged COVID, you may or COVID, you may or may not have a may not have a problem with the spike problem with the spike protein. And the problem is protein. And the problem is that as of that as of today in the today in the United States, United States, as far as I as far as I know, there is no know, there is no perfect test.

perfect test. If there is, please let me know. let me know. Which would show whether Which would show whether you have a spike you have a spike protein or not.

protein or not. The best test The best test I use right now I use right now is the is the SARS-CoV-2 antibody panel from LabCorp to SARS-CoV-2 antibody panel from LabCorp to look at their look at their levels. And see what's levels. And see what's going on there, because going on there, because they should be they should be low to medium- low, unless low, unless you've been sick you've been sick very recently. I very recently. I had people in my clinic had people in my clinic who were recently who were recently vaccinated, and vaccinated, and their their their SARS-CoV-2 antibody levels were around 148.

And then And then people come who have never been people come who have never been vaccinated or vaccinated or were vaccinated 4 were vaccinated 4 years ago, had the years ago, had the COVID virus 4 years ago, COVID virus 4 years ago, and in them these indicators and in them these indicators are measured in the thousands. And to me, it's. And to me, it's suspicious that they suspicious that they still have a reservoir of the still have a reservoir of the adhesion protein adhesion protein somewhere in the body, somewhere in the body, probably in probably in the gut, that the gut, that continues to produce the continues to produce the adhesion protein. This is adhesion protein. This is not a guarantee because not a guarantee because this test is not for that.

this test is not for that. This test checks for This test checks for antibody levels. And we antibody levels. And we don't know exactly why don't know exactly why some people have it some people have it very high and very high and others don't. But this is one others don't. But this is one of the clinical guesses that of the clinical guesses that many of many of us in the long-term us in the long-term COVID field are dealing with right now.

I hope that I hope that soon we will have soon we will have better better better tests to assess whether tests to assess whether your your your body continues to produce the body continues to produce the adhesion protein or adhesion protein or not. But again, not. But again, this is most likely this is most likely happening happening happening inside your inside your gut, and if gut, and if you have any you have any issues with it, issues with it, healing your gut healing your gut and getting that and getting that adhesive protein out adhesive protein out will be very beneficial will be very beneficial to your recovery.

to your recovery. I have protocols and I have protocols and work-arounds for work-arounds for this and I'd be happy to this and I'd be happy to share more if share more if you're interested, you're interested, please leave please leave a message below a message below so I know it's worth so I know it's worth making a video about it and making a video about it and helping you out. But helping you out. But what does this have to do what does this

have to do with oxaloacetate?

So, for people with long-term COVID, the SARS-CoV-2 virus was the was the initial event initial event that led their that led their body into a state of body into a state of dysregulation. And this dysregulation. And this dysregulated state dysregulated state is a complex condition is a complex condition that falls under the that falls under the definitions of definitions of definitions of myalgic myalgic myalgic encephalomyelitis and encephalomyelitis and chronic chronic chronic fatigue syndrome. Now we fatigue syndrome. Now we include include include prolonged COVID there.

prolonged COVID there. Prolonged COVID can Prolonged COVID can have all of these symptoms. have all of these symptoms. Prolonged COVID and ME/CFS Prolonged COVID and ME/CFS have many different have many different ways of making ways of making you feel you feel exhausted. And they exhausted. And they have many have many co-diagnoses.

co-diagnoses. Mast cell problems, dysautonomia, POTS,, dysautonomia, POTS, various types of various types of gut dysbiosis, gut dysbiosis, reactivation of viral reactivation of viral infections, toxic infections, toxic overload, overload, overload, mycotoxins, mycotoxins, mycotoxins, limbic dysfunction —it all happens.

—it all happens. All of this is All of this is under one under one umbrella. umbrella. Oxaloacetate affects Oxaloacetate affects one of the main one of the main problems that we problems that we see see see everywhere—that is everywhere—that is mitochondrial mitochondrial mitochondrial dysfunction.

dysfunction. dysfunction. Mitochondrial Mitochondrial Mitochondrial dysfunction is a condition dysfunction is a condition where your where your energy production centers are energy production centers are not working. And they are not working. And they are being deregulated being deregulated being deregulated due to many different due to many different factors. They can become factors. They can become dysregulated dysregulated dysregulated due to emotions, due to emotions, emotional stress, or emotional stress, or trauma. They can become trauma. They can become unregulated unregulated unregulated due to the virus. They due to the virus. They can become can become can become dysregulated dysregulated dysregulated due to bacteria or due to bacteria or other types of infections.

other types of infections. They can become They can become dysregulated dysregulated dysregulated due to toxic due to toxic overload, such as overload, such as mycotoxins, heavy mycotoxins, heavy metals, or other metals, or other environmental factors.

environmental factors. So, there are many So, there are many things that can things that can deplete your deplete your mitochondria. And mitochondria. And it is likely that many it is likely that many people with prolonged COVID people with prolonged COVID and ME/CFS also have and ME/CFS also have some type of some type of dysfunctional dysfunctional dysfunctional mitochondrial mitochondrial mitochondrial phenotype that is phenotype that is being activated and is becoming the being activated and is becoming the subject of more and subject of more and more research.

So, there are many So, there are many factors that factors that provoke this provoke this mitochondrial mitochondrial mitochondrial dysfunction. But when dysfunction. But when mitochondria are mitochondria are n't working properly, you n't working properly, you don't function don't function properly, feeling properly, feeling tired and "foggy" in your tired and "foggy" in your head. Oxaloacetate is head. Oxaloacetate is being looked at as a being looked at as a potential tool potential tool to support to support normal or normal or more normal more normal mitochondrial function so that mitochondrial function so that you have more you have more energy and energy and brain cells and other cells brain cells and other cells can can can work better. You will be able work better. You will be able to achieve greater to achieve greater clarity of mind and clarity of mind and energy in the body.

energy in the body. From what I see in From what I see in clinical practice clinical practice and from my own and from my own experience, this is not some experience, this is not some magic pill.

magic pill. Oxaloacetate is not a Oxaloacetate is not a magic pill. It magic pill. It can be part of a can be part of a broader approach to broader approach to examining the foundations of examining the foundations of your health and your health and the root causes that the root causes that need to be addressed so your body so your body can regain balance and can regain balance and begin to heal. And begin to heal. And oxaloacetate can oxaloacetate can be one of those be one of those very powerful very powerful tools that tools that can help you get can help you get 20, 30, 40, 50, 60% of your energy back so that you have the energy back so that you have the strength to take the strength to take the next step on the next step on the