Introduction and Welcome

Hi. Welcome to the Peptide Summit. My name is Doctor Matt Cook, and it's, my double honor to have part two of two, with Doctor Isaac Ellis. And of all of the people that we're talking to you, I think he's probably one of the most thoughtful, incredible doctors who has a life of wisdom.

That we need to understand and hear about. And so I'm delighted and grateful to, have you again. On the podcast. I'm, super interested in and continuing to listen and hear where you're coming from because I think you're one of the brightest minds that has ever been in integrative medicine.

And, I think that probably many of the things that I do, and our and what we do in our practice is derivative of stuff that you fundamentally, have developed and, I've been hearing for years that, like, Elias does this and that, and then I would kind of follow those directions and, and now we're talking to you at a regular basis and, and Doctor Elias also has a fairly significant focus on teaching.

And so I'm excited to hear about that. And then we're going to, really dive into the nitty gritty, of taking care of people. So welcome to the show, and thanks for being with us.

Thank you so much for your kind words and for the opportunity to participate with the second interview. And, and really, one of the big things with this is like, I feel like I made I made a new friend, you know?

So yeah. You did. Yeah. So we're looking forward to spending more time with you and and learning from you. You're doing amazing things. Yeah. I'm delighted that your daughter is going to be doing residency at Stanford.

So, the I was like an eighth. Sometimes you don't need an excuse to be close to each other, but then when when you are, then that's that excuse excuses.

Good. Great. Thank you, thank you. The, How are you feeling? What's happening? I'm. I'm good. You know, back from Israel and, which is quite a miraculous story that maybe I'll plug in at the right time during the interview because it's relevant to the therapy.

Okay, good. Good. That sounds good. So then today, you know, we're going to talk about, for us the, the, galectin three blocker, and some adjuvant Avs.

Let's let's, where would you like to start? I really would like to start by talking about my approach to peptide therapy. Oh, perfect. And really, when you look at the power of peptide therapy, is it really if we look at our, you know, if we look at our regenerative power, there's a certain stream of regenerative power that we have the body going through.

We know through wear and tear and regeneration, when you use peptides, it's like you're opening the dam and the water is washing. You get an opportunity to really regenerate.

And when you regenerate, you can address so many things that are going wrong, right? Many of them inflame inflammatory disease. And so I say, boy, this is the result.

Infections, autoimmunity, cancer, removal of toxins, etc.. So once we open that, then the really out is how do we guide the water to the right channel.

How do we make sure it goes to the channel we want. It gets the results that we want without without side effects,

without going to the places that are not our favorite places to go.

So this is really the process that I specialize in. A lot of people refer people to me before peptide therapy to to get them in the right way.

Peptide Therapy and the Survival Paradox

And I found sometimes it's really it's just been pretreatment it it's therapy. It's a terapeutico series. This I often tell patients it's the healing we did in the acupuncture and healing the intention and opening the blockages.

It allowed the sensitivities to work. So this is really what I want to show today and what I will also share with a different, you know, free guide that I would send to to to the viewers.

We're doing doing the summit. And so if we look at this, it's an opportunity to step back and see where does it all start from. Okay. Perfect. Take me there.

So really this is what I call understanding the survival paradox, which is really the topic of of my book. I finally wrote in my 60s, The Survival Paradox.

And so what is a survival paradox? It's really it's really if we want to if we really want to look and understand it, we have an innate survival response.

It's what keeps us alive, you know? And this survival response is really all encompassing. Then the survival paradox is all encompassing because it's part of survival.

We either fight, we run away, or we hide. And all of these have profound physiological, pathological, psychological, emotional, psychosocial, spiritual, and community social effects.

Because the enslavement theory response is is a result of our survival, it's part of survival. What is survival? So we as people who want to survive is a body that wants to survive, is a cell that want to survive, cannot accept mentally, emotionally, experientially the idea that everything that is expressed will fall away.

We hold two things and this basic holding identification is at the root of the survival paradox. So we want to try to change this as much as possible.

Like for example in Judaism. In Kabbalah it's called the decoding, the fixing our life journey. But from a medical point of view, we want to create this space to try to minimize or transform this very narrow reactivity in order to allow peptides, for example, to work.

So it's really a shift between reactivity, something that the cell reacts to, to, to a to poison. We react to somebody insulting us. We are struggling with something.

It's an automatic movement of reactivity. And the reactivity happens immediately. So the autonomic nervous system right itself feel fight light. And in this part of the game, immediately we either fight, create inflammation or we run away and hide.

We create fibrosis. And then the system can be balanced on the deeper level. On a biochemical level, we start the survival response. And this survival response is at the root of our inflammation, our improper aging, our fibrosis and every chronic disease.

And it also exacerbates acute diseases. So while I want to touch today on the bigger themes that we can do, really what my passion is, what they call open health medicine, really transforming reactivity to responsiveness, whatever comes to us and reacting with survival.

It's just like water to the fire that opens our heart. Generate love, compassion and healing for ourselves and for

everybody else. But on the biochemical level.

And it's interesting to know how my my career is focused around this unusual training in meditation and healing for decades, being the doctor of the greatest meditation masters in the Himalayas, in the one on one student, and researching galectin three, which no one knew is a survival protocol.

Initially, we just knew in the early 90s that it causes metastases in cancer. And then I started watching. While memory is getting better joint pain when you block it with modified perspective.

And I realized the latency drives inflammation, slow poses. So on a practical level, we really want to block galectin three on an ongoing basis. If there is, I'm now coming to the conclusion and we see from our research, a lot of my research is in cancer, but we've seen as a field in sepsis and acute kidney injury and published important paper that if we can block modified, see if we can block collecting theory and they developed you, they're the first commercially available dilettante blocker.

More effective restricting picture. So if we can block it, we can shift the survival paradox and allow for change. It's what's fascinating to me. I just came back from Israel and I talked with the oncologist, has been leading our studies for seven ideas.

And what we are seeing some people the survival paradox will shift right away is a PSA. For example, in biochemical relapse of prostate cancer, the PSA will flatten and go down very quickly.

Some it can take a year until we see the results, but we are now seeing results in metastatic disease with blocking of the latency, which nobody imagined, you know, think about is the only side effect is feeling better.

And why? Because we are shifting. So today I want to talk about this understanding of the survival paradox and about how to address galectin three specifically in the context of of of therapy.

This is our topic. And okay, that sounds good. Now from spiritual emotional perspective in terms of like, it sounds like you're helping basically that person come out of fight or flight into.

It's more of a state of consciousness or conscious awareness. What? What what have you found is the most effective strategy to help a patient make that that step?

And and just calling it out, I think is, is potentially an an A and then a strategy. But it is actually calling it out or allowing the patient to find it.

It's like off topic. I'll tell you a story that, that I talk about in my book. A patient came to my an accounting CPA in the mid 2004 or 5 with metastatic.

I think, of the classic ovarian cancer risk is I don't remember exactly finished all treatment. There was one more line of chemotherapy and it was the first visit.

And usually in the first visit activity to look at what was their priorities before they were diagnosed. Survival. How did we what are the priorities after the diagnosis?

Everything changes. And what is the wish list? So we talked about it and then she disappears for six months. And I was surprised because we had a deep connection.

You know. And then she came up to six months and told her what happened to said, listen, it took me six months to think about. Would you ask me in a quiet my work as a CPA?

I'm now an artist, I write poetry, and then when everything changed and we she was ready to do her chemotherapy with my support and sure enough, she responded, four years, you know.

And why? Because she let go of this survival advice. So the way to do it, coming into consciousness, like what we call mindfulness, very popular now is the first step.

But mindfulness is an effort because in mindfulness we try to be mindful. Anything that is an effort is limited. Because really freedom is no effort. You know, it's a way to really let go of effort to go beyond meditation, which is very hard, almost rare.

But I can guide people on the steps towards it is by connecting to our heart because the mind thinks right here with us. So here is a thought he was. So what is it? How do it flows all the time?

Never stops. It's flowing. The moment it stops, we're dead. So when we connect with our heart, we can put. We can have a responsiveness to whatever is the heart.

Gates we talked about last time. All the dirty blood in the previous interview. All the dirty blood that comes to the heart. The heart connects with the universe and it gives clean blood.

So this is a process that we have to change for us to really get acceptance. And interestingly enough, galectin three is especially harmful in Egyptian friction preserved fibrotic heart failure where the heart becomes stiff, it just cannot open itself.

It still gives the same percentage that is not ready to accept and give. It becomes very, very stiff. So this resistance we start in one level with addressing, correcting three.

Is this foundational? You can understand why. Because we know now that galectin three drives these processes. You know, I published some really some I was some key papers last year with really with John Kelling with the number one intensive care doctor in the world considered.

And we were showing both in the ICU when patients come with sepsis with no kidney damage and no preexisting conditions, the level of galectin three is time of admission will determine who will die, will get acute kidney injury, and then in very acceptable animal models, when we blocked galectin three, we completely attenuated the interleukin six, the cytokine storm and the kidney damage and death of the animals.

So why? Because galectin three is so primary to our inappropriate immune inflammatory survival human response. So this is one part and the other part on the other hand is learning how not to react.

You know, I was telling you this story. I was in Israel. I have a foundation for many years work with a group of volunteers, and we have together. I lived with twins for about 4000 people.

And now after the Covid, we finally did it in person.

Mindfulness, Heart Connection, and Letting Go

So an open day had a clear Covid exposure because nobody goes with masks is when it's insane. And I was taking twice a day to this open day. I was already wasn't feeling well, but it was like 170 people was limited in the whole same number in zoom, and they did okay.

I taught all day, but it didn't see great. And then the next day, the seven day least was going to stop. People were waiting for two and a half years, 45 minutes before the retreat.

I check and then Covid positive, and it was remarkable. I had to either struggle or totally let go. I called the person who was kind of working with me to do what what they need.

So the retreat, we did one more test and we just said, it's going to work, everybody, let's go the let's go so much. And they even videotaped and documented the process among the volunteers and just say, you know, that it's a lesson in letting go.

And the amazing thing half of the people were never met me in person. Practically everybody stayed in there, volunteered, pulled an amazing retreat for me from teaching.

They gave before, and I knew remarkably, miraculously, was negative in less than 48 hours. So then once you did two days in a row, you were allowed to go out.

And I was teaching the way. Were they able to participate? It was the most amazing retreat. Why? Because people just let go. They let go of the concept that they're not going to see me in person.

And people are telling me who have been with me for years, it was the most amazing retreat for them. So this is just the story that that happened to me.

That's the making conflict. Just like so many weeks I was in Israel and I do it and I came back. But and I'm fine now, but it's just a just an example.

What would have happened if I thought I would have been more inflamed? You know, I mean, I'm waiting for two and a half years. They prepared for months and it just let it go minutes before they.

So this same process, we want to understand it when we, when we, when we really prepare for peptide therapy because why. Because peptide therapy is like a retreat for the body.

Right. You're giving it concentrated, concentrated, powerful tools that can take them in many ways. So the first step. So if we really understand this, if we really understand it, if we really get it to really get to to this point, we really understand that there are steps that we want to take and which I really want to discuss with you a little bit.

Okay. Perfect. I would, echo that and I would say even thematically, and when we see people that it's like something that we are trying to do with everyone and sometimes with things like establishing the A block or academy and or just talking to me, I think talking is my most effective way of, of coaching people into an idea of letting go and receiving and getting into that, accepting kind of idea.

Because if there's fibrosis in the heart, there's a mental, emotional, spiritual aspect to it, you know? And then interestingly, something like, you know, the practice of, see, is that amazing product that is a great place to start.

But talk me through, talk me through overall. And then how we would start, in terms of preparing the body. So this year. So I about this, I brought this in my book, I write about mental, mental and emotional psychosis because they definitely happen.

It's about rigidity. So the first step is to create a space for change. And that's why detox and preparation is so big. And we've talked about it, you know.

And I know it's a lot of what you do is your preparation. So the first thing when you prepare for it, peptide treatment is really pretty intentional, both for the doctor and for the patient.

What do you want to change? What do you want to happen now? It's very tricky. So that's a very simple instruction you would think. Right. But how can you have the motivation to change without resorting to it, without the hope that will happen in the future, that it won't happen?

Because if you are coming from a place of hope and fear, you are contracting. So you need to allow this motivation and clear plan to come from an open space.

So one of the basic things, because therapy can be an intense therapy in can been ongoing. But if someone is coming to you for one of your intense sessions, why they have so many tools is for them to create space in.

How do you create space? By creating time, by slowing down. So don't come to peptide therapy in the middle of a full weeks busy, busy time where you have no time, you don't to get a little of time for change.

So first, when you create time, things arise. Now, I know it's from my personal experience reflecting back. You know, I think I mentioned to you that for 20 years I would go to the mountains to meditate for two months, a year, and for ten years if they every day.

And I don't know how I did it, but I remember one time when I went for like 4 or 5 months. It's incredible. The insight into regeneration, because you're just the whole survival drive just falls and falls and falls and falls.

So as we have insights, it's important not to contract something. And again galectin three will put will create this lattice formation or biofilm and fixing well I tell you sclerosis or in an acidic hypoxic micro environment right.

And right away you can see the diseases. So we want to create this space. So first prepare good good diet. Of course it is not inflamed. Also good hydration.

The body needs to communicate. We need to be well hydrated. Once we prepare we want to expose in the exposure is the part where gelatin is done. On one level.

The injection that you mentioned are done in another level and using, but the garlic is really the way because we got to dissolve the lattice formation, we can try to change things, but if they are covered with the micro environment of inflammation, of lack of circulation and garlic, it's reforms that, you know, it's part of the lattice.

It cover it. It's five five. It's a as it comes together and I will share with the summit, I'm going to send some of the chapters of the book, which is a part of collecting to me and motivated perspective.

People will get a sense of how it works. So we want to really dissolve it. And then once we start and when you when you say, do you mean it, you're dissolving biofilms. Yes.

Because there because people are not aware. It's part of it is in me not telling enough. The main structure of the biofilm is galectin three. All the glycol phospholipid, all the glycoprotein.

Then we we know it. It's well published. We published like five six papers on this with the USDA. And so that's why many people with Lyme disease with mycotoxins will tolerate won't have side effects.

They have to start something with low dosages which I will share but they will tolerate will modify it. It was pectin because it's very gradual. It's not only dissolving the biofilm, but it's also reducing the inflammatory unhealthy response.

So you don't get this aggravation. Now some people are very toxic. You have to balance. So part of it, we really want to prepare for as long as we need.

And so modified for speaking is one part, but also going through this process and then help the elimination, the discharge and elimination of the main discharge or beginning of the liver, which we hear all the time.

There's so many preparation. It helps the elimination urine, bowel, skin, breathing and use the heart. All the other organs in the body eliminate. So we we generate toxins and we try to eliminate the heart doesn't need to eliminate whatever comes to the heart gets transformed liquid in the fight doesn't care where the carbon dioxide came from.

If it's a relay, if it's a breakdown of a cell, a certain molecule. It happened when somebody had a trauma or a result of epigenetic from multi generation before, or result of the pesticides.

The heart connects with the universe. Exhale get the clean air. The insulating potential in gives it out. So that's a bigger view of open heart medicine of transforming the survival paradox.

And that's really what they just touch at the end of my book. I hope sometime next year I mean I kind of you because we talked a lot about about the topics and teaching instead of a summit.

I want to do a seven, five, seven day of leading people through the process process. It's pretty profound. You know, what happens to people. I mean, people's cancer markers get better people.

This is going, but also trauma. It dissipated. And you see the same thing. You get an incredible shortcut because you know, you are an anesthesiologist.

You have ultrasound. You really learn this stuff. You go to a ganglion. Ganglion is all the all these years of traumas, you know, well, generational trauma that you dissolve and then you wash it with supplements with ages.

So this is a preparatory phase. And then also allow it allows the peptides to work, take the time to connect with the change, connect and keep the flow going.

Like if something amazing is happening it's great. But to keep it going and it's really about so metastasizing the healing process. You know one thing with meditation, people meditate outwardly and it's to disconnect from the body, right?

The idea is that we. So not to say we connect with the body honestly, I don't know. I waited so many decades until, you know, sometimes, like what they can see now when they say, well, how come 18 feeling like 20.

And I've been meditating for 47 years, you know, why did it take so many years? You know, like the last ten, 15 years, really a big shift maybe, maybe 20.

I mean, first I was a slow learner. They loved to paint, but also it's an amazing journey. And then this flow of healing is really what happens with the heart, right?

The heart slows all the time like a flowing river. So the freezing is exhausting. The survival response. We got to let go of it so simply is addressing and placing Galatians three.

You know when they talk to us, I'm raised with this covered, which is Galatians three intellect in the late 80s and published the first paper in GNC in, in the in in the 95 about prostate cancer.

We collaborated, we write some papers and we say, well, nobody imagined, you know, I mean, I mean, he didn't imagine I mean, I saw this inflammatory fibrotic effect early on.

And they kind of jumped to the and now it's most of the research, you know, but I think the reason why we used to advance, in theory, not only with modern science, is respecting we are so divisive, we are sowing our own world.

I mean, social media is like a galectin three stimulator. God creates this micro environment of opinion, of belief system. And, you know, people struggle against each other.

You know, instead of just opening our heart first to an opposite idea. It's a mindful approach, right? But it's like, well, art is totally open. There are no opposite ideas.

It all flows anyway. The essence is always the same. So that's what is the deepest healing. Like I talked about this one patient, you know, and the the puzzle is to take what happened to her when she left her body.

But I don't imagine somebody one did in reading the book. But what happened and it doesn't happen to me all the time, is it? Patient went through healing without me doing anything because just things just she was able to really take it.

So a lot of my approach is empowering the patient. That's your approach. Also, like I said, talking works better than anything, right? Yeah I didn't touch the peptides.

So what happens. You got them on the right highway and they just pedal to the metal you know. And then and right you know you see those the time amazing things happen.

So then I would you know I I have this kind of interesting idea around that. So then we would be simpatico about about this idea. And so then. The end to then, you know, imagine there would be a trajectory of a person who might come to see us, but then now they're just sitting and you're at home listening to this, and thinking about coming in.

And so then imagine that, like at some level, everything is okay right now. Like everything is totally cool now, in a way, what I'm trying to do is and what we're trying to do is just to promote that idea and help you feel that idea and talk about that idea, and then model that everything is okay through conversation.

And so then I figured this one out this year, this is new for me, like in the last six months because I have Michael, Anthony, Joshua are my medical systems.

And so then what I do is I'm kind of talking to them, but I'm in a way, I'm pitching my ideas of health and but there's ideas of culture and, and, and other ideas that we talk about, just the ideas of the day and, but I like to win, and I like to be positively received.

And so then what happened is this I'm dealing with millennials. And so then I noticed that my the trajectory of what I say is very modified because I'm modify I had to modify a bunch of my ideas.

So that I would be well received by the millennials.

Preparing the Body: Detox and Biofilms

But then what happened is that led me to change my ideas, you know, and like, you know, people were the gender was a topic that is a top five hot topic, you know, for kids.

And so then suddenly I just it's like, oh, okay. I just receive all of that. And then interestingly, it's been, heartwarming experience because the more that I let go and receive, then the more I realize that everything's okay.

And then if you can kind of get into that framework, then as we start to drive biochemistry, there's always a mental, emotional, spiritual issue on top of biochemistry.

And so if you're receiving and everything is okay, and really I would like I would say everything is okay even though there's problems and difficulties.

And we have to kind of manage through those. But at like the spiritual level everything is okay. And then so then I'm, I'm always trying to kind of support and then come get to that conclusion because then everything else is easy.

Know, you know, it's so, so much to to talk about it. It's so true. And, you know, one of the qualities that you just described that you have and it's it's a prerequisite to being a really good holistic doctor is letting go on concepts, you know, just like they are dogmatic.

Conventional doctors are dogmatic alternative doctors. Some of the biggest healing of the most holistic patient. I got an amazing story in my in my website about such a cancer patient.

It was documented by independent TV program is is letting go of concept. Some of these holistic patients and the biggest the biggest healing when they did chemotherapy and they broke the concept.

You know, they broke the concept of something is toxic for them. So for us, what you're describing is the ability to let go of concepts. So so framework is one level.

But again when we connect with the heart we have no choice because if we hold that, it doesn't work. So if you look at the how do we I think we mentioned the other interview.

The first thing we do after we finish all of the work of getting the dirty blood, connecting to the universe, moving it to the left ventricle and shifting it to the whole body with no discrimination.

We know we show with cells we receive. It's part of giving to others. Self-love is part of loving others. Very opposite to narcissism, very much and interesting for the heart.

If you look at the heart, it's the only organ that nourishes itself after it finishes its work. You know, we could have the physiology where the heart would get nourished in one of the in the atrium, you know, in other places.

No, no, it does it only through the coronary arteries. When you finish it. Work is is selfless service. So when you connect with this, you start loving yourself with the flows into your.

If you just start loving yourself as part of loving others, you know, it took me decades and wow, now I rejoice in it because it's proportional to how much I can love others.

It's a profound experience and in this retreat, when I was like sick on the bed, all the plans of everybody was holding on to me. I think. I think we need do.

And I let go and they let go a change, something in my heart. I go admitting to my charity that a lot of thing going on in my life now, and I'm just perpetually happy and it's.

But you know what? I'm not forcing it on myself. It's my physiology and it's the right. It's nothing special. Also, it's the birthright of all of us when we connect, when the separation breaks.

So in the peptide therapy, it's a real tool. If we can get to this place through detox, you know, we talked about the importance that I overlooked of removing pesticides.

We are full of pesticide. You know, you are in the South Bay. You would say people live in a nice place in Palo Alto on the way to the airport. It doesn't matter.

You're getting jet fuel additives sprayed over you. And I see it in my testing. You see it also, you know, unnoticed huge amounts of organics, metabolites.

So it's part of the cleansing. It's part of the preparation, part of moving. So I'm doing a lot of work. I just started the clinical trial on this. And the more we prepare, the more we create space, the more we know what we want to change, and the more we can bring a motivation that is bigger than us.

Like it? Then we heal in a deeper way. So that's an important point. I just want to add to it. Like if somebody yeah, go ahead okay I'll go ahead I go ahead first.

So if somebody tells you oh I love playing golf and I got cancer and you ask them what happened when you hit that, let's go to playing golf. Well the body did it already.

There is no big incentive for the body to recover is what would you do differently? What would you do differently, not only for yourself. Then suddenly we are not contracted because what our heart does, it bleeds all the time.

And you know, and the people are not realizing that the heart electromagnetic field is big enough. It reaches every cell in our body all the time. When we are healthy, every cell in the body is in deeply wrong.

Does it reaches in in. When we don't do it, we go into a sympathetic mode or we go into a galectin three enhanced mode. That's why you can get people so many differences when they dissolve the galectin lattices.

So I'm looking here, I'm explaining the biochemistry, but it's we started this. You and I are really interested in the big picture in empowering people how to really do it, you know, and to really explain to people because blood goes everywhere, because the molecule of air it comes to our mouth or nose is connected with the whole universe and with everything that happen in the universe, not only now, also in the past, the photons are rising, right?

And in the future, and the heart can always transform anything. Anything and everything is possible. Not everybody

will be a miracle, but anyone can be a miracle.

And the key to this is connecting to the heart, connecting to the flow, connecting to the chain. And that's what you and I have been talking right before the interview about how can we teach this?

How can we tell people the enough tools? There are enough choices for us to really heal. And that's really and into this you got this super jet called peptides.

You know, it's it or people, other people will use herbs and other people would use body work and we can combine them. Radical idea is it the tools becomes bigger then the tools are part of a bigger picture.

If we get lost in the tools, if we get lost in the biochemistry. With this look at Western medicine, right? They are losing. The doctors are so overwhelmed.

No, I mean, it's painful for me. Then there's no time to think about the biochemistry of a cancer drug. For example, I do a lot of work with cancer. They don't have time. They tell me we just don't have time.

Just tell us how it works. What's the protocol? Because it is not the time any better than then. They just have to see so many patients. I decided not to be a part of the system for the good in the course to eat, but we want to take time and do things ourselves, right?

So when you and I talk, we're excited about what we do. You know, I dig it. For decades, I mean, I've been treating people now for 40, almost 40 years, you know, and I'm just getting more excited.

You know, I go to the clinic, it's like I heal just by being with people and working with me to. Why? Because we are slowing. And yeah, it's nothing about us.

It's the right of every person. So it goes back to we cannot control what is going to come from the outside. Yeah, I didn't know what they would bring.

But we can control our response. And that's the transformation of the survival paradox. That's the preparation for peptide therapy in this discussion that's addressing relating to me on a physical level.

And we are publishing papers to support it. You know, it's kind of neat. And I'm in the final stages of administration. It's a very large and a grant to continue my research, and we get to connect with each other and just accept each other if we can just do it, you know, like a, like a my daughter told me years ago and she's and and you know and then Buddhist lama she, she said, you know, when she was very young, each person could just open their heart to somebody on the other side and understand that the world will have peace spontaneously, you know, so the peace outside the environment is heating up the inflammatory word.

We got some challenges, but we do have solutions. It's a beautiful. That's a good one. Yeah. Well I find that when I get into a flow then I just feel perfect.

The rest of it I just feel better every, every thing that I do, I feel better after that. And then going to the next one and some things that are challenging.

But that is a and, and then learning how to get into that state. And, you know, it's interesting because that as I, I was I something came up the other day, I, I, I had the surgeon that I loved, who was very busy and then he loved Pink Floyd.

And so we would always listen to Floyd and I, but I, I felt like most of my life I it kind of grip a situation and drive it into being okay. There was a situation that was out of control, like and especially in anesthesia, and that was because I could go into fight or flight and force my way to take a situation that was profoundly out of control, people and somebody was dying or something or just, you know, huge physiological perturbations of of anesthesia and general surgery and problems.

But then now I almost never do that because the now I just kind of wait and receive and relax and kind of get into kind of a calm state and then wait for, the idea to kind of expose itself to me.

And interestingly, that first strategy is an amazing strategy when you're like 37 and everybody loves it, but it's like a terrible thing to they say, you know, you notice when you said your eyes went up because you're connecting and getting the information.

Yeah, I hope we spend some time together. I'll show you a trick how to move to another level of doing this. When we meet with oh, nice. Really neat. But it's the idea, you know, you just you totally open it just comes to you is no effort.

And then there is a certain quality that you pass to your patients. The healing that you said is not what you're telling to them when you talk to them.

That's it's important. And we don't like, you know, but it's the energy that goes with it. It's the intention, it's the privilege of working with someone and at the same time understanding we're no better than them.

We're all in the same boat. One day we are the doctors, the next day we are the patients. We are all in the same boat, you know, and we just share with each other and we just have certain tools that can help people.

And this is what we do. This is like the interdependence, you know, the, the, the mutual support that is so needed in our society to really know really a lot about what we are talking today beyond the summit is really is like we are really on A911 call right now to try to somehow shift this inflammatory state that the world is in.

And you did a pretty good job of being an example of that through your Covid thing, you know, and then like we were talking, you took Paxlovid, the Pfizer drugs.

Yeah. Which are very be very helpful. But then by being and and so and so then like directionally I think that that's going to be a very valuable tool for people to have.

But then certainly, mental, you know, Covid has been such a overwhelming fear generator for so many people, but then suddenly, okay, how are we thinking about it?

Mindset number one. Number two, there's all of these things on the supplement side that you can do. There's some good medications now that you can do.

And then and then opening up to that process. And then it's awesome to hear that part of it. But then maybe this would be a launching part to talk about peptides.

And, you know, I, I think that, it's interesting, you know, one of the interesting areas would be with infections. And so I was a prep I love this idea of breaking down biofilms because biofilms can can be places where infections can sort of hide out and, and, and be a place where they can sort of retreat to when we start to treat infections.

And so then as, as a prep, we're always thinking about ways of breaking down those biofilms. But then, you know, maybe talk me through how you're thinking about peptide therapy, vis-a-vis infections.

But then in just in general, maybe once as, as, with this approach in mind. Right. You know, so it's interesting. So the biofilm is, is one part, you know, if we look at the we talked about galectin three and, you know, in biofilms, galectin three we mobilize immune system in the first few minutes.

But then it will shut down the effect because we have to remember just like we want to survive. The infectious agent also want to survive. The spike protein of the Covid is almost identical in structure to galectin three.

It's survival tool. You know how it hangs and it detaches. So in this sense, you know, I think that the use more generalized peptides that use exosomes or you're creating a wash of regeneration.

And so often, you know, I we do I use all this all the thing that I've just described, I will often try to end the session with the patient just before, for example.

And just, you know, I use the A critical services. So I get to a deeper cleaning of specialists. Lipid soluble toxins of mycotoxins, pesticides which are often sitting on lipid soluble.

That's why I is the greatest dramatic shift. And then I think this day we have this selection of this like peptide, which I don't actively you know, I was more general, I think, and I, I work more in the preparatory, you know in the, in managing the patients.

I've simplified my life. And I mentioned to you I was, you know, for many years I was in the survival drive, like you mentioned, the beginning of developing new therapies.

I can say now I did whole body hyperthermia for years because I don't do it anymore. You know, that's probably the only way United States was doing it quietly, you know, hundreds and hundreds of treatments.

So I delivered developed especially how to enhance heat therapy with infections, with chemotherapy, how to attack, how to balance. So now I mean, the place where I'm more like supporting and I'm an old man, you know, I went to I mean, I'm taking it in a different way.

And I'm learning that when you really refine your skills, you need to do less to. So in this sense, you know, I think that if we follow this logic and was so excited, exciting when we when we connected is when we talked about your recognition that so it's a muscle like we talked about the neck muscles and ganglia in the PTSD and past trauma that you are addressing this, you're basically opening in the highway for change instead of just dripping or injecting certain peptide that will make somebody feel good for a few days, but it can help in an infection.

Of course. But again, it makes you want to make sure you don't drive an inflammatory response. It's very important that you get a specific research on this in know to be published in just we don't have time to get into all of it.

It's key. It's key really to remember that the powerful tools are part of a big picture. And you and I really resonate there. It's very tempting for doctors and for patients to pull, to pull a nuclear weapon without thinking about the very small weapons or tools they can use, because it can sometimes get the same sick or get them ready for the treatment.

That's really the overarching strategy that they really want to. I really wanted to emphasize in this specific summit that I would I would share with the different appendixes, like ten Steps to Optimize therapy, where kind of outline practically how how to do this. So the reason why I talked about the detox process, because we need toxicity all the time.

Everything we exceed, we detoxify. So since the exhalation takes twice and more time, that inhalation, we detoxify. Most of the time we need to the toxic side to allow for transformation to help.

On the memory level, we're talking about memory receptors, insulin receptors in many diseases. We don't want to go into the different ones. The beauty is you said, you know, if you talked before the interview, which is which is so true.

We have the tools and once we have the tools, we can pretty much reach anything. We want to be successful with everything, but we have the tools to address.

I remember I did a colleague of mine who worked with me for many years as a doctor. She still can't, is retired. And somebody came with this holistic somebody called me the think double lung translated these are three more diseases.

And she said, I think, can you tweet? Can you see them? I said, yes, and how can you see them? We said, well, I'm gonna listen to them. I'm going to hear the stories.

I just said. A case like this was a patient that did so one of the biggest centers in the country for years and years. And here I am sitting in my chair, a zoom call an hour, and you are.

And you're unveiling the whole story. Just nobody took the time to sit back. And if no preconceived ideas. But yes, they have to admit a certain level of knowledge that you do accumulate over decades.

Peptides, Infections, and Immune Support

So it's the idea that you learn the knowledge and then you unlearn by letting go of concepts. So that's a process that is needed for healing. And within peptide is really one of the key ways of the future, together with different stem cell therapies, with different targeted therapies. But we cannot lose the holistic view, which is my feeling in danger.

You can see it. You can see it in many places where you know even thing that you supposed to be identity, but are very towards drug and medication and the keep it within the context and then use the biochemistry, use the powerful tool.

That's how you get amazing healing. Okay. So then I'll give you, from my perspective, you'll, you'll like this. And then this also kind of gives you a sense, maybe how we're thinking about things.

I had a lot of experience taking care of, you know, real crazy, substantial PTSD situations. And so we had been doing stalemates forever, and the, in parallel to that had a lot of sort of significant Lyme patients and Lyme and mold and complex illness and I had always been a little nervous about taking people who are real fragile and treating them, upfront.

And so I had always delayed doing this until it but then we started over this last year doing more of that, and then everyone did. Well. And so then I started to realize, oh, okay, that so thematically, that fight or flight stuff moving that up in, in patients with complex illness.

Now what else are we doing. We're thinking about detox and stuff like that also, just like you. So then that's good. And so then, and then just for some people out there doing steroids, one thing that I find is, is that, I think that there's ultimately going to be a very strong correlation.

And I found one article about this that, that there's slightly decreased blood flow to the brain. In patients with complex illness, it seems there's a correlation between that.

And like the small fiber neuropathy that these people will get cell it will increase that blood flow. And so then it'll and what I do now is relatively lower dose, especially for complex illness patients like just three cc's a half percent républicain.

And then I will just put a very small amount like one cc to a half cc by the vagus nerve next to the carotid. And so then I come and I come very carefully, and I'll just put a little bit there by the vagus.

And then what happens is, is when you do it like that, and that's a very advanced injection because your needles right by the carotid artery. But then what will happen is they will get, there, I will droop and they'll get a, Horner's a profound kind of Horner syndrome.

And then the reset will happen. But then the reset will, because I'm using a small amount of, local anesthetic that comes back pretty quickly. So it's pretty easy for people to go through.

And then sometimes people will get a headache, but then that headache, that's because they're getting more blood flow and then that will reset like I want because it's so valuable.

I want to give some. So it's really interesting. Your first concept, it's like that you moved it up. It's called In Chinese Medicine 2016. Through sedation you need to slow down.

You need to to create the space. It's exactly how we started the conversation. Asian. You block the body, forget the memory. You just forget it. And it comes back in a different way.

So you're creating space for them. Space. Space for change. And that's that's really key. Key, definitely. And that's a we do this a lot. It's actually you are you know in my book.

Yeah. There are three chapters about how to change. The first is detoxification. The second healing is it's kind of survival. That's what you're doing with your injection.

Yeah I know we of course we have the extended cycles. But you able to go into the internal scars. It goes straight into the nervous system and really releases this, this PTSD also it's, it's multigenerational.

You know I in my book I tell this story about myself my twin brothers he's he's Holocaust trauma and met and named after him and how my healing affected my mother without knowing it.

So you are you have a lot of shortcuts with this. With this treatment. It's so neat. But it's really what's happening. You are basically erasing genetic and it mainly epigenetic tendencies and traumas of life.

And then you're creating a blood flow that can allow things people can pick up in a different place. It's beautiful. Right? Yeah. And you know, the there's a song John Prine has this song called Sam Stone.

I don't know if I told that to you, but the it has a line. Little pictures have big ears. And so little kids, they hear everything that mom and dad say.

And so that's how they pick up that epigenetic trauma. Yeah. Because their mom and dad are not okay, then probably that means they're definitely not okay.

And so then that gets them running that energy that I'm not okay. Yeah. Yeah. Totally. But then, but then, if you could kind of come to this realization of, when I'm okay.

And interestingly, when, when I now a lot of times people will come in and I, they'll say, oh, I already did this. I already started doing breathing exercises.

I changed my diet. And then they're well on the way. And I don't even have to do it because they're receiving you're they're going to listen to this and they're going to sort of understand a little bit of the framework and then get into this headspace, which is why I think there's going to be an acceleration of how effective we can be, because people are sort of.

But in, I got up and I said, then I'll tell you this one, and I think you're you're going to love this one in terms of, 1.5 of preparation to get to the 2.0, it's like, let's say doing peptides.

So then the one thing that I found and is there's this new category of peptides called bio regulator peptides, and they tend to be small. There are only two or 3 or 4 amino acids.

And so small peptides, people that react to much less than big big proteins. And so then for people who are toxic, then there are those small ones. They're going to be, less likely to have immune reactions to are mast cell reactions to.

Now, if you do therapeutic plasma exchange or plasma freezes or anything in that category that's going to regulate immune function. So that's going to be optimal.

But so then the bio regulator peptides regulate organs. And so then one of the the things that I have found is is that for patients, if I have them start and there's one for the spleen, called villain.

And then there's one for the liver television. And so then I'll do the immune bio regulators and then the spleen,

thymus as part of my detox. And I'm kind of introducing the idea carefully and slowly.

And it's almost my analogy for it is the, do you remember when, the did you ever read The Hobbit? Yeah. So then remember Gandalf, he comes and he puts a little sign on the door that says, oh, there's going to be a transformation here.

But then what happens is he comes in and then he's introducing this idea very casually to Bilbo, that there could be something significant happening, but he doesn't overwhelm them too much.

But even and even then, it's a little triggering. And so then what he has to do is talk to him, and then he has to of the dwarves. And then two more and then two more, and eventually they're all there.

And then eventually everything happens. But he didn't overwhelm them by having all 12, because if all of them came, it would have been too much. Totally so and so then peptides is kind of like this.

And then I the small peptides Cfpb I think are amazing sort of initial things, particularly in the complex on this thing and then adding in immune stuff.

Obviously is going to be helpful. Amazing. You're doing amazing work so much. Really. It's so true. It's say we often do this in even as part of healing.

Like in my retreats we will address every organ, you know, with color and sound. It's kind of similar. You are giving very, very gentle messages and you are allowing, you know, the more gentle.

So the I think the peptide is smaller, it can penetrate to smaller areas which are difficult to really get to, you know. Yeah, definitely. Okay. That's it's so neat.

And and the liver, the liver, you know there's an aspect of if you fix the gut, then that's crucial because that's the, the, the detox pathway of our body.

Which is why it's lucky for me when I do podcast, because I just get to sit here and I have the constellation of all of these different gut healing like concoctions that I've made.

But then I noticed that once that starts to happen, then liver function starts to get better. What what how do you what's your number one strategy? Top, top couple strategies for for turning detox pathways on and supporting in that direction.

You know, so I mean, I haven it, like it's a very specialized supplement because one of the keys with detox is the organ support that you mentioned. So I always one of the flows of detox, including detox formulas, you don't realize the body needs energy to detoxify.

The body needs circulation to detoxify. So a good detoxifying strategy you always need to have adaptogenic herbs. I work a lot with a combination of herbs and nutrients and how they relate to each other and minerals, and I often I do think A to Z with a with a small.

But it's beautiful because, for example, I will prepare tinctures that support each of the organs based on the detox cycle, which again, I it's a whole lecture.

I don't have time. I really touch a lot of it in my book. There are certain flow and delivery of blood. Like what happens, it goes, those, the vein goes to the right, it goes to the, the affected first.

Then you go to the heart and you go to the circulation and it gets to the kidneys. So you see different stations. So you want to prepare the body exactly what you're doing with the peptide Chinese medicine was the way of it.

And so think this is. But I think now I'm also adding a lot of pesticides binding in. So it would be what are the top

three binders for pesticide. So right now I know I developed a product called glide for detox because it's specifically you really look at pesticide.

You know, we have this concept that it's okay to have a certain level of pesticide. The body is like a little bit of poison is okay. No, zero poison is okay.

So if you look at the life of the with only one of the positive formulations, it's so many toxic additives. Glyphosate disrupts the gut membrane. You know, it causes you know, it causes gluten sensitivity.

It you know, it causes dysbiosis. It delivers inflammatory compounds into the brain. So if we look at pesticides, if you look at we look at the three kingdoms, we look at the water, we look at the plants that affects meat and we look at the minerals.

There are. So I address both of them because they always believe we talked about whatever there is a problem. Nature will also introduce a solution. So this specific picture is not the pick.

This one is its own benefits invading mycotoxins and stopping inflammation. I use high molecular weight with highest unification tactics to bind the gut.

I use alginate again, very similar to the urinate mechanism, but greater mechanism and I did. It was shown to to by many pesticides. And they use kelp because kelp is like sitting.

It is the minerals we need, right? There's the energy and then I use she logy. She alleges this, you know, this concept or in some way or Vedic medicine that I've been I've been given by different people in Asiatic 16, 20 years ago.

And I analyzed them before they were put to that. It was amazing how clean they were. You know, they can do heavy metals. I was amazed, they're rich with minerals in full acid, can bind life, can bind heavy metals.

And then I use glycine as a way to stabilize the goddamn membrane, to help glutathione, and also to help the exchange with, with glutamate and with and with black to break the the new excitatory damaging effects of nature.

So use this together we speak to so and then I love I have a certain probiotic that if I really not, I will not be to probiotic. Reason why I love it is because it's liquid.

It's it is a beneficial bacteria. It's grown on healing herbs. Just we talked it said healing herbs and some of the of the soil. So you get the liquid for the 5,060% that it works.

You will feel the difference in your gut in an hour or two. Sometimes you can see. But what's it called? It's called eco probiotics. Oh, really? Okay, I'm gonna try and it's liquid.

So, you know, it's like because it's about having life. Like peptides can bring life that can bring energy. They can create change. It's a similar process.

We want to create a movement and then and then it there's there's so many preparations. But it's also about it's also about a really separate separating between what we want to take nourishment and what we need to let go of.

It's the same process, and that's why why is the Indian cycle so problematic and, you know, Indian appendicitis. But the whole area right for us, not only because the terminal of absorbs a lot of things, it's one of the because it's a very it's a clear demarcation between until here I absorb and from here on I let go.

So people have a confusion with this. You can see changing in the way they eat, you know, the eating to the time to it. They confuse between what is theirs and what is not theirs.

The whole thing, the same survival. So the your value is the reflection of a lot, of lot of what we talk to the, you

know, about how to nourish ourselves and how to let go for what we need to let go.

So no, this is what anal personality and constipation is. We hold on to what is supposed to really let go. So, you know, there can be mental constipation.

And there's also the acupuncture points for doing it. So all of these I put into my treatments and I tried to somehow take this is you can get a sense highly individualized care like each person in the universe is in some way a way to translate it into supplements.

And often the formulation process comes to me in dreams or in meditation. Yeah, but this bunch of researchers will help me. No. And it sometimes takes 2 or 3 years from the point they get an idea.

Supplement until I feel okay. Enough with it. If I pull it out, how how How long the, let's say there was a person that had a moderate level of, that's the slides and like I said, and they started taking, a protocol like you're outlining, like, how long do you think it takes to really detox effectively?

That from the body. You know, it's a great question because we are not living in a vacuum, you know. Right. Not doing the clinical trial. And most of the people, around the cornfield in Iowa, you know, so you can see like, for that, you can see that it's incredible.

The other the other toxin, you can like something from jet gasoline products and environmental. It's like insane. So it depends. I usually like to tell someone is relatively healthy then.

So the impacts of life when you took to they would take two twice a day on an empty stomach for about 2 to 3 months. If they're really sick, take it longer.

And of course some people are sensitive. They have to start slower. But then we have to realize something like removal of pesticides is something that we are we have to do for the rest of our life in a small dose because we are constantly exposed.

You know, I am very lucky. I live in a in West Sonoma, and there are no airplanes that fly above us that we are very lucky. I realize now how lucky we are because because I know that the last few years that I'm realizing how much you know, there is leaded gasoline in planes, there's so many additives.

So it depends on the exposure. So a certain level is to be part of a daily regimen. It's a part like that. Like you said, if we take good care of the gut, if we don't absorb the pesticides, we don't take them in our lungs.

And then you get the pictures or which is well published, or removal of heavy metals. Multiple papers I, I published presented some of the first 1 in 2005.

I think, you know, it was like my one of my discoveries removes lead, removes mercury. We look we move our Camille. It actually removes uranium and cesium.

We know we published a lot of this. So but we also are breaking the lattice formation. We're creating communication between the body. We're reducing abnormal inflammation.

We are regulating the immune response. And then if you did this and on top of it this is simple things that are also very affordable on top of it. Then you have then you know, people like you and I built the most sophisticated treatment system is needed.

Okay. I'll react to several things you said just and that's just kind of interesting. So then one one thing is, is that you were talking about the airlock valve.

So for people who don't know, there's this valve that is between the small intestine and the colon and the the small intestine is 30ft long, but it's only about as big around as my finger.

And so there's not supposed to be any bacteria or anything in there. It's sterile and there's absorb shunt happening of minerals and stuff and food.

Detox Pathways, Gut Health, and Binders

And then the large intestine, a fermentation factory. This a big around us. My arm and, it's 5 or 6ft long. And then that's kind of the final aspect of digestion.

And so then the there's this theme that, people will have trouble transitioning from small intestine to large intestine a lot of times because actually people can get yeast and bacteria that start to go upstream and start to live in there causing inflammation.

And so when we think about detox strategies, then fixing that and kind of managing that, and a lot of times we do that with herbal antimicrobials and stuff.

But is and they call that Sibo or cf0. So fixing and managing those and then and having a diet and lifestyle around that can be important. And I think about it, I, I thought I was a genius and I was going to be a, I bought a farm and become a farmer trying to grow organic food because and that early and then I there was pears on and blackberries on the farm and I ended up eating so many of them I got Sibo.

And so then I got to fix that, which was amazing because I was like a really I learned how important the gut was, and now I just I just kept doing that and I just keep working on that gut thing.

And now I just can't even believe how good my gut feels. And I think that that's an and, an example of how I'm like, I just feel better and better and better the more that I do of around that category.

The, I, I'm going to personally go through your protocol and I'm gonna do it for a year. I had a patient that worked in an auto body shop that was that had the the worst grade Plains lab I'd ever seen from exposure circles.

And then he took your modified citrus. Back then, I never told you this. And this was like, before Covid. And for a year. And then it went basically to total a perfect score and it took a year.

And so then that was very that was the, that was the moment I don't know how I did it because I'm not like I'm outgoing, but somehow people who talk to me and say, no, you are like, it's the best sequence in town.

It's that's why now I feel like I have to share this with the world, because it's a gift from nature, you know, and we really and we have done so many years, you know, we are close to about 80 published papers.

Yeah. But it's so when I hear this I say wow. You know, it makes, it makes my day. You know, it makes my much, it makes my life because you hear these stories and you don't know them until the doctors are telling the stories you know.

Right. And so then that one made me realize that, you know, the, we're Bay area people and I, I, I, I was that about six years ago. I was at the bridge concert that Neil Young gives as a concert that as a benefit for a school that takes care of kids with fairly profound, you know, neurological and cognitive, and, and developmental issues called the bridge school.

And then he, he got up at the end of the night and he said, you know, you you really make my day. And my week and really, you make my entire life by being here because these people, it was a helpful kind of positive thing.

And and interestingly, then, you know, I've heard that and I just felt so good and I just and I, I think about that moment all the time, you know, and, and I feel and so just reminded me of that.

But then interestingly, I think that that is our most important strategy is helping people feel good. And so then as I go back into listening to that last little bit, the idea of doing something to help people feel a little bit better is crucial

to this whole thing.

And so then you heard Doctor or, Elias say that he uses the adaptogenic herbs. And so I think that that's an important little tool, because then these are things that will give you some energy and give you a little bit of starting to feel a little bit better.

And then that is so crucial because then that's, that allows you to believe in the story that we're telling, or potentially that you're telling to yourself that you're actually going to get better.

And so then it's more it's interesting, there are certain adaptogenic herbs that, because in one person we see they can create a communication to get community support.

So I don't really like one struggle with is an example which actually is it adaptogenic. But it does become actually detoxifying. Which one it astragalus.

Oh yeah. No one reality. So sometimes, you know, like when somebody is very sick and weak, I would have the people, the family take the same word with the patient to break the unity of change in support.

But yeah, you it's exactly what you're saying. We need the energy to make to make that way. So that's one principle. And often you can't see it when you look at an ingredient list.

And that's the value. Like for example, I was once in a meeting with I formulate for a lot of people and a lot of companies, you're in there and you meet with scientists to really know a lot about the biochemistry.

But they are not clinicians. They don't have this big picture. So then what you get is a list of ingredients based on research. You know, there's no glue when you look at the formula used to seal it, you look at it, you fill it and you say, okay, is there influence for me?

If I feel my formula is very slow, I put it aside. I tell my people, let's meet it in a month or two. When two weeks or three months. Then they bring it back.

I look at it, sometimes it goes like this. Sometimes it takes me years and years until you know it. Wow. You can feel the power. It has a flow. And in one level, modified prospecting picked us up, which is supposedly one ingredient, but it's not.

It's so magical. It's structure of the picked. And people still are not totally clear. We are we are the first who showed that low molecular impact. Think this will get absorbed into the blood.

We put some some, mugged antibodies on the picking so we could we could track it and we tweak the headlights, but it says all these side bridges and mutual sugars and in the concentration and it's.

I mean, there's a lot of wisdom in nature, just like what you're saying, the peptide is a piece of a protein. So you're taking something which is created and you're using a small part of it to really target you very specifically.

And this is the beauty of keeping the big picture and having these very targeted tools. Okay. Good. And then and this is I've got an idea for you. And this one would be aligned with this, this theme that we've got in terms of like preparing the body.

And so then one of my ideas is, is that the I, the reason to do adaptogenic things is to feel a little bit better. And the real reason to feel a little bit better is to help believe in the story and so get into a heart space.

What is the heart like from Chinese medicine piece? And then to get into an idea of peace around that and to get into an idea of feeling good. And so then one thing that I found is, is that, there's some peptides that are will help with mitochondrial function.

And so then I kind of consider them to be adaptogenic totally upset. And so then some of them are hard to get, like SS 31. And then as would would be a little bit in that category, you might see what would be somewhat in that category, in terms of feel good and sort of cognitive enhancing and kind of adaptive and adaptogenic from a neurological perspective, would probably be in that category.

And I have a question for you. Do you feel that they will selectively go to healthy cells and will do the same, for example, for a cancer cell? So then this is the defining question that we need to think about in terms of cancer versus non cancer.

But in general, the one thing that is worrisome from a cancer perspective is thymus and beta four is, is when it's potentially used by cancer cells. And so then what I like is the fragments of thymus.

And before it's like a keychain with these different fragments. And so then we'll use the fragments which are small pieces rather than that. But then what I can tell you, because I'm doing a cancer summit in February, and this is going to be the topic in my segment to talk about peptides in cancer.

I would love to totally interview you on this. Oh yeah. So then and I, but I would I would like to interview you on that because I think it's such a interesting question because the most important thing is to manage biology, get these detox kind of things going on, create an archetype of a story about yourself.

So let me let me answer your question a little bit more towards the end of the interview. So it goes back, believe it or not, to the survival response.

What's response the cell is going to take. So if you are, for example, we can see that Pd-l1 inhibitors, you know, which is like the big new immunotherapy in cancer.

Stop working. It's the presence with the presence of galectin to be noted. The non-small cell lung cancer patients don't respond to Keytruda is the latency is elevated. Why?

Because the body the immune system the immune response is not correct. So you get the extra cellular in the membrane. But there are certain natural compounds that will allow a different response based on the metabolic status.

The p53, the M to one, the anti k. Again, we can go explain all of it in colloquial is one of them. It's one of my favorites. And the because what Honaker will do it will create an oxidative pressure just on the consistent with the into one is turned on.

When I I'm using factor is turned on with. When hydrogen is is blocked by PDK, then it will become an anticancer effect in the normal cell. It's amazing.

It will recognize acting on you know it's different. I kind of said this is you can recognize when they are normal, it will become a powerful antioxidant and it will do a similar effect in the brain.

It will convert glutamate together. So very relaxing effect. So again no it's from it's from the magnolia. But now I, I mean I, I was very instrumental in bringing Canutillo to the forefront, especially in cancer.

And I can talk about it because I'm in California to be careful. I can't do it anymore. I did a lot more lives for cancer patients, and it was amazing because it was regular treatment.

And I published 2 or 3 case reports. I didn't want it paid 14 cases. It got accepted to another journal, but they just at the time I was concerned regulatory wise.

So I did, unfortunately, with all the regulatory tightness, we can get it. I'm the only one in the world who ever did 1 or 2 lazy. I mean, one day at Big Center, we do it, you know, and it's great.

I was in touch with John Hopkins at some point. But this this regulatory, that's exactly what you're talking about. And yeah, it's for us to figure beyond an interview to really spend a few hours together and kind to cover some of this.

So we're, we're, we're in the middle of, of, sort of a framework of, giving a clinic set up and, and, where there's no limitations from a jurisdictional perspective.

And that's actually going to happen, I think probably this year. Which means that and then we're going to build a sort of a clinical research organization that I would love to have you part of that will help facilitate that.

We try to be part of it. But but then what I was going to say was, I actually think and use but you took the words out of my mouth, but I'm going to say it because of that.

I think this is so crucial. We need to, as after that initial sort of framework of, of, of our initial mindset of kind of getting going, have an anti-cancer strategy that we basically are running permanently in our lives and that we and so then these, these, these strategies, whether they be supplements, whether they be because if we're driving an anti-cancer pathway, then you can take and put growth factors and things that are stimulating and then manage, senescence and then manage the these conversations kind of with that in mind.

But we're always having, 2 or 3 things that we're doing that are, that are, that are anti anti-cancer. Of course, it's how we started the conversation today about making sure we use the right channels.

And in this sense we have shown a lot that to that that's really the value of of I. Again it comes back to so fundamental is that what drives cancer. What is the cancer cell. Cancer cell.

And maybe it's a good place to kind of close the discussion. Cancer cell is a cell that wants to survive. It's not willing to understand it. It's it's mortal.

Cancer cell is the manifestation of the survival part. So what does it do? It creates a micro environment so nobody can tell it what to do. And then it it's going to survive and it wants to expand and it creates metastases and.

Right. Yeah. And then now it's driven by hypoxia inducing factors by into one which is what happens when we don't breathe we get into survival mode. So in this sense pick this one as an example is just an example for me.

Cancer, Survival Biology, and Immune Response

One example that I happen to work on. But what we talked about. But that's really how we started the conversation today. I when you asked me this idea of the strategy, how do we take the tools into the right I when unfortunately, cancer is a risk for all of us.

Definitely. But then interestingly and then this has just been my, my I one of these ideas that I, I have you know and we did I did the three year doctorate of medical qigong program with with Jerry Allen Johnson, which was super amazing and and the last year was integrative oncology.

And so then that was like, and I was kind of afraid to even go into that or talk about that because and even now, you know, we're we're more focused, I would say, on infections and things, although had a number of people have been calling me and asking me about those topics.

And interestingly, I think that when and and then this and this would be I could go along with the, the trajectory of our conversation. If you, are in fight or flight, then the immune system goes, wait, because the immune system goes into fight or flight and then doesn't really do its job.

Whereas if you can, if you can get into relaxed and kind of accepting and kind of connection, then the immune system is working that the immune system is working, it finds that cancer and then takes it out and and so then.

My theory how it works, it's how it works though. We showed it in our recent paper on on biochemical relapse of prostate cancer. It's exactly this prostate cancer was removed.

It's coming back starting to grow. There are no big metastases. They took the motivated suspect in in 80%. It slowed down stopped or got better. Why the the MCP the motive is suspect.

It didn't kill the cancer. It allowed our body to function properly and take care of the cancer. Right. Some people live with metastatic disease. Same principle. Exactly. Right.

And so then the interesting thing is, is that how do you prepare the body for peptides in a way. So there's a there's a narrative that's a psychological and spiritual narrative that everything is okay.

The the if you're using the modified citrus back then that is like what's actually going in your body and continuing that narrative, that everything is okay.

And then as that happens, it's like we become aware at a deeper and deeper level, that everything is cool. And then it's from that framework, then that, then we're beginning to pick and choose within the diversity of everything that we have to start to rewire and turn things on and, and move into the future.

Now, you know, I, I can't mention the names of political reasons, but one of, my patient and in in my greatest show, you're going to spend a lot of time with, it is like, as I'm saying, in my last four Gilbert geopolitical reasons, it which was the most legendary meditation masters in that's 20 years of the 20th century and the beginning of the 21st.

Then he he told me his instructions and he says, so in Buddhism, we call it, you tear down the heart of ordinary mind, you dissolve the survival of the grasping, and everything will be okay, even if it's not what it is.

As long as you hold, nothing will be okay, even if it seems like it. And this is really what we are talking about. And we are. It was. And he told me, you will, you know, you got to to teach this in in the West in science, medical ways, you know, in meditation, ways of doing it, which is I said, what what is he talking about?

But then kind of it's, you know, his left is radical was 20 years ago. And now, you know, here I am doing this and it's my passion, but it's exactly what you're talking about. It's, Yeah, it's it's beautiful.

It's a little bit like, you know, I, I'm just going to use this as an opportunity to talk about my favorite topic of all time, just about which is Star Wars.

Because that's what happened with that. Would Obi-Wan Kenobi, you know, because, you know, you know, Darth Vader is and everything is not okay. Darth Vader is about to kill him, and then he connects in the face, and then he transcend it, and then so then he.

And so then that was like this. It's such it's the same thing, you know what I mean? It's because it's all the same. It's just different manifestations of the same essence of there was there's this is a spoiler alert.

There's going to be a spoiler alert on this one, but then it's kind of worth it. The, I have been watching Picard, and it's the it's a new sort of version of of, of Star Trek.

And so then the character Picard, is just staggeringly, you know, amazing. And and then the actor is just the greatest of all time. And so then Patrick Stewart and, so then what happens is, there's he he goes into the situation where he basically gives up his life to save someone, and he gets traumatized.

And so then there's this episode where he goes into a coma, and then when he goes into a coma, basically, he immediately regresses to the greatest trauma of his life.

And so then he's a child, and he's a child locked in a room in a basement. And but this is almost like a, a, analogy for what happens to all of us when we when we retreat back to this deepest trauma and, and and what is that

trauma?

It's. And epigenetic trauma because there was a trauma that came from his mother that probably has genetic aspects to it, and that probably has aspects that, relate to how he can construct of his consciousness and reality on this planet.

And so then, then the journey is how does he go back and help this little kid come out of that room so that that little kid and then in healing the trauma of this little kid, what happens is, is that then he heals himself and then he wakes up.

This is the crux of what they teach in open heart medicine is what I was doing in my retreats in a unique way, going internal into the cells and also what they doing, the cleaning, that's exactly what it's really healing is.

It's kind of survival. I just touch it in in one chapter before the last. But that's the secret. And the galectin three is one concept about it because we hold.

But this is really eventually this is what a beautiful story. It's exactly what we do. Because right now, the way we are responding and the way we are thinking and the way we are feeling is a result of countless people who created us in the last just 2000 years.

If you look mathematically, 25 years ago, generation 1500, a very an infinite number, and what we are doing now is going to affect countless generations in the future.

Our mind goes to the past. Think about our parents and we feel like we are there and we can experience them when two generations forward, when they think about it, they are affecting us right now, so they teach on it, especially during the retreat.

This spatial diagram that they show some time and they people go to the experience of what is generational healing. This is what I told you with the story before the interview, how I healed and I had so much energy.

Sadly, with the Covid, I could just teach for 12 hours. They did a certain healing on this for the group and it dissected me. But that's because when we clean this, what you do with the stallion ganglion, I can't tell you how important it is.

Head and body, you know, get when you are relaxing. We are finally, at the moment, a little bit. We're not driven by stuff from the past. So this is something was ultimately in meditation.

We have to we can do every second of the day the value for example in meditating with open eyes. Is it right now is I'm talking to you. I'm actually meditating.

It's no different than if I sit. There's no difference. Everything moves, everything moves. There's an ongoing movement that's really the infinite healing potential.

That's beyond time. It's time. And yeah, but it's. Anyway, we still covered. We've been talking for almost two hours. This is I know we have to we have to go.

But then that ties into my ultimate theory that I'm kind of running all the time. And it's interesting. My, one of my nephews is here with me, with my sister.

And so then and we were talking about that idea, little pitchers have big ears. And so then imagine there's some trauma that's going down and that's going down.

So then it was like your dad had. And then I have it. Right. But then interestingly, to the extent that that heals, my theory is that actually kind of begins to heal just backwards.

And so then you begin to heal that generational stuff.

Generational Healing and Closing Reflections

You it's not a theory. That's the whole thing that I do is people like in my book, you reread the book that I and I always it pressure in my chest. I named after my grandfather. Okay.

My grandfather died from stomach cancer at age 50 after escaping from Poland. They were very wealthy. They skipped that day. Hitler came in and he, my grandmother, survived to 98.

Well, it's a great sight. She died in my mother's it for the first time. Ten out of 12 siblings of your grandfather were killed by the Nazis. We never knew my grandfather never talked about it.

He stomached it. I own my life. I think I told you this intense pressure in my chest right here. I mean, people can see it, so you have to, like, right here when I touch it.

Okay? Now I feel no pain. Then we through the meditation. And so psychologically, I connected with his trauma. I named after him. I never met him, of course, in some ways, about five, six years ago, whatever it was.

Oh, the pain went away completely. But then my mother, who could never watch any program about the Holocaust, was suddenly able to open the TV in. What things? About the Holocaust?

Because the healing went backwards. Yeah. I mean, this is really not only a theory, this is this is open heart medicine, this idea of healing. So your theory is actually.

Yeah, I mean it's a lot of practicality about it. This is really this is the ultimate hearing. But then interestingly then once that happens and what happens is instead of generational trauma flowing towards you, the generational healing is flowing quickly.

Multi-generational healing with which actually is what happens back, back in Star Wars. Because then after that whole thing, then ultimately Anakin is healed.

And so as long as we go back to Star Wars, it's all good. Yeah. But it's happened in Star Wars, and it can happen in life. I mean, we see it in group retreats where there's a group healing, and we really just us being aware of it.

And this is for every viewer, doctor patient. We, we have the privilege of being healers, not only of ourselves, but of all people connected to us. If we remember this and we put this energy and intention out, and then they, they told me to, and it and just the fact that they told me to do something means I'm potentially not going to do it.

And so they told me to keep this to an hour, but then the most important thing, is, is that I think that this is the most important, conversation of this whole peptide summit.

And the reason is, is because the to hear this is a framework and then connect to the idea that you can begin to kind of, tell your narrative, tell your story, and then and then as, as, as that starts to happen, that's kind of healing your, your throat chakra, which then a lot of times that allows you to kind of come into your heart.

But then with this as a framework and as a framework of some very simple things that you can do that can start a process, that you can then begin to kind of project, manage, detox, project, manage the gut, project, manage just your lifestyle and your wellness and then consciousness.

And that once you start to heal those things, they say that the trauma leaves a scar in the body. But then interestingly, then when you heal that and that and then you begin to feel generations of healing flowing through you and it's just magical.

Then that then is the the framework of the the introduction I studied with Yoga Breath. It's a very interesting two

people. One was, Arkady. Sure. And and one was, shunned.

RMIT and then these are like the I think the best yoga teachers probably that of the world. And then I started something called shadow yoga. And then he said that the, initial situation and yoga was preludes.

And so then we did dance, almost like dance type of movement that was relatively simple movement. But then you had to work on the preludes for the longest time before you could actually even begin practice.

And so in a way, I would almost frame everything that we talked about today as a prelude. And and interestingly then that then sets natural processes in, in effect, you know, what we do.

Well, I absolutely because I've been around this with your patients are very lucky. And the one thing is really that, you know, but kind of a reminder for other people, like especially people with acupuncture needles in they try to feel the energy.

No, no, just relax. When you put your injection, just keep your heart opened. Just keep everything open and then you will see everything becomes different.

And yeah, you really you really created an amazing, package of knowledge and intention. That's I mean, it's inspiring for me, and I would, I would if I get only give one person credit, that would give them.

I went to give Arkady credit. He was just this amazing. But, but maybe my parents, too. So. But I'm so grateful to have you as a mentor, and I look forward to, our collaborations and research and to learning from you and, on behalf of the world, I'm just grateful that you came to this planet and decided to help us.

So thank you, thank you, thank you for having me. Wow. What I really enjoyed. Take care. Okay. Have a wonderful, wonderful, have a wonderful life.