Introduction and Guest Background

Welcome to this episode of the Reverse Alzheimer's Summit. I'm your host, Dr. Heather Sanderson, and I'm bringing back a dear friend this year, Dr. Isaac Elias.

He's a leading expert in the field of integrative medicine, and he specializes in cancer, but also has a lot to share when it comes to detoxification and Alzheimer's, immunity and other complex conditions.

He's a respected physician, researcher, bestselling author, educator and mind body practitioner as well. Dr. Elias partners with leading research institutions, including Harvard and the NIH, Columbia, as well as many others.

He's coauthored studies on integrative therapies for cancer, heavy metal toxicity and other toxins. He's the founder and medical director of Amy TAPPER Medical Clinic in Santa Rosa, California, where he's pioneered the use of therapeutic if a crisis as an adjunctive blood filtration treatment for detox and chronic degenerative conditions like Alzheimer's. Dr.

Elias, welcome. Thank you. Thank you so much for having me back. And I loved our discussion and I am looking forward for some for sharing some updates today.

It's such a privilege always to get to chat with you and to catch up. Last year when we chatted, you had a brand new bestselling book out, The Survival Paradox.

And so I want to revisit some of the concepts that you presented in this book, because it's really a paradigm shift from the way we've thought about things previously.

So what exactly is the survival paradox and how does it relate to brain health? The survival paradox is a new paradigm that explains our health and our aging in our life in a in a deep way.

We are all aware of the role of inflammation in practically every disease. But inflammation is really not the cause. Inflammation is a result. And what drives inflammation is the survival paradox.

So we are. Why is it a paradox? Because we are wired to survive and every cell in our body is wired to survive. But it's part of our survival mechanism.

When it's threatened, we respond either by fighting or by running away. In this basic movements are devastating for our body. So because it's innate in us, naturally and logically, it's automatic and it's practically immediate.

It's instantaneous.

Survival Paradox and Brain Health

So the system responsible for this is the autonomic nervous system, the sympathetic nervous system that responds with fighting and we without a freezing and running away, which really equates to isolation, to creating boundaries that drives in many diseases, including the Alzheimer plaque, which is really in isolation, a fixation in a place where it's not supposed to be.

So in this sense, once the autonomic nervous system triggers, once we have this survival threat, the biochemical system is right behind by by activating alarming survival proteins in the Q I have been researching for almost 30 years and made some of the most important discoveries in blocking it.

It can attenuate inflammation and fibrosis in Galectin three. We'll talk about it a little bit later. But in the context of

the nervous system, this survival paradox also triggers an hormonal change naturally.

Right? I mean, if if adrenaline, epinephrine, norepinephrine goes up, glucagon is also goes up. Insulin is the response, cortisol goes up. Now the whole system is being compromised, but also neurotransmitters.

And there are endocrine aspects. So this is known. But I want to take a bit of a deeper look in and really look what is the meaning big understanding of the relationship between the survival paradox in our brain.

So our brain and our heart, which really has its own brain, people are not aware govern our being in a really you know, we want to do something right now we are talking. So we have a thought come up.

We have we we are thinking about it and we are verbalizing and we also creating a movement. It all starts in the brain. Hopefully it starts in the house, but for most people it starts in this part of the brain.

The hard brain connection are really inseparable, but it's maybe we touch it to be on this, this discussion. So because it is such it is extremely sensitive and it will respond immediately and powerfully, which means that small changes in the brain will have devastating effects metabolically endocrinology, clear circulatory immunologically and effects within the immune system of the brain, within the inflammatory system of the brain.

And this is why it's so important to recognize it. And whatever tools that are going to help us to mitigate this response will help our general health and will help dementia.

Brain health and Alzheimer's are really inseparable. And the idea that, unfortunately, that conventional medicine is looking for a magical bullet that will block a protein, I don't it's it's almost in an insulting misunderstanding not to say about the the fortune that has been is being spent on it.

You know, it's simple diet. We will get the same, you know, results that some most some of these drugs. So in this sense, it's just important to understand that this survival response puts our brain under crisis and we are in the crisis.

The deterioration, the degeneration, the the aging, the the wear and tear on the brain is much, much greater. And the reason why you and I are bringing it up, because there is something to do about it, otherwise we wouldn't be talking about it right now.

It's so empowering. In fact, right. The ability this an environment, this inflammation, this inflammatory process, this is there to protect us. It happens for a reason.

And it's when it gets out of control or when we adopt a lifestyle that continually triggers that inflammatory response that we get into trouble. So in your book, you talk about the role of neuroinflammation and cognitive illness.

Can you explain this process of neuroinflammation and how it directly leads to cognitive decline? And then what the what we can get? Like you said, I want to I want to get into what we can do about it.

So let's set up how it happens and then let's talk about. Yeah, yeah, of course. I know they don't just keep people what to do about it too quickly because understanding it gives power because there's nothing we can do about it.

So we look at inflammation as a protective mechanism in general, and so is the same immune system in the body with the immune system that protects us.

And we all are acquainted with the cytokine storm and the damage caused from COVID and then narrow inflammation and liver damage it causes. Right, for so many people.

So in this sense, we have them the the macrophages are the immune cells that are challenging the body for the clean up, for killing invaders, but mainly for the cleanup.

They will turn a non inflammatory area into an inflammatory very quickly with the mitigation of this survival protein. Galectin three that we talked about.

So in the brain we have a similar process, the cells that help to build the structure, the cleanup of the brain that many years ago we thought are not important.

Now we know that extremely important are the microglia in relationship with the astrocytes and the brain because it is so I mean, the body's so smart.

I mean, the fact that we can talk with 50 trillion cells, each of them is 1 million reduction. The second is a miracle by itself. But the brain has multiple protective system.

For example, the brain will always get glucose in other organs, which could be compromised first because it needs it needs nourishment. It can also function and alternate fuels very easily because it has to keep functioning.

And as such, here it is agape keeper called the blood brain barrier. So large molecules, heavy metals, toxic that are not supposed to penetrate into the brain.

But when this get disrupted for multiple reasons that we will discuss a little bit later on, because each of them is a solution. You know, so much of your work of the consistent change in lifestyle, in diet inhibits because they take is really what starts to reverse it because it's almost like going to a mountain and trying to take you down with a brush slowly, slowly, slowly, slowly, you know, and then, you know, you don't feel different after one day, but suddenly, wow, you see a difference.

So the blood brain barrier get disrupted. It gets disrupted by the survival response, collecting 3D through the blood brain barrier.

Neuroinflammation and Cognitive Decline

It gets disrupted by stress. It get disrupted by toxins of different kinds, glyphosate being a leading one. And now we got things that are not supposed to get into the brain.

Coming into the brain. We also have signals coming to the brain that are because of emotional toxicity, psychological toxicity, epigenetically triggered toxicity.

And within the brain, with this amazing part of the brain, you know, now there's an interest in psychedelics and reemergence. And I'm really I'm a meditation.

I've never tried psychedelics, but I've I've spent decades meditating for extended periods of time every year on my own. Now we start to understand that the relationship between the inhibitory parts of the brain that keeps us together but also inhibits us create restraints, create isolation, limit us in the amazing connectivity that the brain has.

So the brain, without going into the anatomy, has parts that are suitable for time of relaxation, where we can develop our executive plans and executive power, where we can see into the future without being threatened that somebody is going to eat us alive in a few minutes.

And we have the more animalistic survival parts that are very, very triggered easily. So when we are in a time of stress of survival and we have a near inflammatory response, the survival of the brain turns on and this is what starts.

This is like turning the field on fire instead of watering it. And this this is really so the micro clear signals eat, but too many things will trigger it.

I will go over it and in a few minutes, hopefully, because really we got to address each of these to really get a

profound effect on dementia, on memory decline in Alzheimer.

And within it, we have to remember in the autonomic nervous system that is a sympathetic, activated pilot where the fighting equates to inflammation in the flight, equates to fibrosis through hardening and dysfunction of the tissue.

We have to understand that it is balanced by the parasympathetic system. So we take a deep breath, we relax, especially if it's not a chronic sympathetic flow.

We see a difference, but the basis of this is that the body is dynamic. We know now that brain cells regenerate even when we are old, which means that anything and everything is possible. And for something to change, what created the situation has to change.

You can't ask something to change if we don't change our habits, our diet, our exercise regime, our sleep regime, and our view on life and within it, there are a lot of things that can assist us.

But this is why, you know, brain health is a dynamic process that can be influenced. And this is why this summit is so important, because there's really not one person that is not affected by this.

Right. I know the more of this work I do, the more people I talk to, the more people I run into who are suffering or who know someone suffering, supporting someone who is suffering.

And then as a caregiver, you know, sacrificing and going through the heartache and stress of the process. Toxins are a big piece of the puzzle when it comes to dementia.

And this is what I love about toxins, not that I love much about them, but it's a solvable problem. If we know that they're there, we can eliminate the exposure.

And then there are great binders like the one that you've created, packed us all see and others. I was so excited when you came out with the glyphosate when because I see really high levels of glyphosate in my patients and sometimes you can't figure out where they're being exposed.

And so I want to dove in to some of connecting some of these dots, like how specifically are these toxic to the brain? A little bit about the blood brain barrier.

And then absolutely, we need to talk about solutions. Right. So I, I would love to talk about that. I want to take a small step and kind of lay out the multifactorial factors of the of Alzheimer's and dementia.

And then I want to bring the toxins in today. I will share for the first time because I just got the result. You know, the initial study, the Life of Detox, we now have a larger glue group and it's mind blowing except for one outlier.

Everybody's life with it is being reduced dramatically. I really didn't know. This was something which was it was said of mine. I actually found a solution to remove glyphosate.

And while this is going to change many people's lives, but now we actually have the data we are collecting will probably publish online sifted 12 months, but we have our larger group coming in and it's well, it's truly amazing.

So that's so exciting. I wanted to share that we had one really sad case of dementia, who I was caring for, and he stabilized for a long time. He cognitively he got better quite a bit.

He had very, very high levels of glyphosate. We had no idea where he was being exposed. And they went in an archway where they were spraying and they were eating 100% organic.

He was drinking water that was very, very clean. He was getting the mountain valley water, but his kidney function was deteriorating very quickly and that's how he ended up dying, was a victim of kidney failure and his glyphosate

was stubbornly high.

So I think that part of it was going on not only were his kidneys not able to detoxify it, even though we were giving him some binders, maybe we didn't have the tools that are quite specific to to glyphosate.

And I can only imagine that this was a big part of why he had cognitive decline. So actually, it's interesting. It's not off topic because in Chinese medicine, the brain tissue is controlled by the kidneys, actually.

So it's interesting is the connection, the ancient, ancient wisdom knew. So glyphosate in addition to it's damaged in the brain it will cover soon. It's one of its major effects that is not known is it increases chronic kidney disease and kidney failure.

It's a major driver and I'll definitely talk about it. Tell us your story. It happened to me last week on a personal level and about the misunderstanding.

So if we really look at why Alzheimer's and dementia are so prevalent, and part of it is that also our connection, our connection to nourishment, our connection to the Earth, our connection to to nourishment on all levels is weak in this part of the Earth being weak.

But for me, from an energetic point of view, our required responses in life, the time response is really short. And if in the past we would write a letter to somebody, we will go see them in two weeks or we'll make a phone call later.

Now, if we don't answer a text in 10 seconds, something is wrong. Write this and do another. So this very fast response is putting a lot of burden on the computer or the nervous system.

So the system is bombarded emails, for example, all kind of of radiation that we are exposed to of all kind magnetic non-magnetic, magnetic estimated is compared to 100 years ago is ten to the 15th power.

Great. Okay. Okay. So like million is 6 billion is 9 trillion is 12 zeros. So it's trillion times but it's an infinite number this but it has to is to really hold it and as such we are adopting and Ulzheimer is really the victim because also I mean, is a key metabolic component really we have to look at Alzheimer is a metabolic disease, not exclusively, but driving it just like cancer is a metabolic disease.

And I'd say the immunity is only part of it. And the reason is it's a method. Metabolism is shifting to a survival mode. And we know you know, I know.

Shifting to a survival mode means glycolysis. Even if there is oxygen in the area, which means no oxygen to the tissue means hypoxia in like just like I talked earlier.

Right. The smallest changes, the brain goes crazy. You don't give oxygen to the brain. And I'll talk about it in a moment. Major chain. So what we need to see what drives this metabolic chain and what drives it is when circulatory problems, hypoxia in circulatory is not only a stroke, signature is enough that for a short period of time we don't get enough blood that our neck is blocked, you know.

Sleep apnea. Yeah, sleep apnea, etc.. And what happens the more minute we have hypoxia microglia freak out and started causing damage.

Toxins, Glyphosate, and Detoxification

And this is driven by Galectin three, a study that published late last year showed it. So it's called Perfusion Injury Reperfusion. You stop the circulation and you turn it on.

Happens a lot and I'm doing a lot of work with it in the in the in extreme condition like sepsis and even an AIDS grant for studying this with removal of Galectin three through apheresis.

But putting you decide what happens. The brain responds to response through Galectin three, and it causes inflammatory response that ends up causing fibrosis and tissue that is not functioning anymore in the brain.

And when we introduce MCP, we reverse the process, which means blocking electricity reverses the process. There's only one. MCP being modified citrus pectin, which is a binder.

I put it in that category of binder, something that's going to bind on to I almost think of it like a catcher's mitt. It's going to get that toxin and take it out of the body.

Right? So that's one part. The other part it blocks Galectin three. Even more important than mystique, the reason why it's a binder, but it's much more than a binder.

It blocks the driving force for the inappropriate survival response, but a lot of things can help circulation. So this is one code. But remember, when circulation is is problematic, you have acute and chronic inflammation.

Then we've got oxidative stress already stress for so many reasons, but it's really part of our inappropriate metabolism, no matter why you write on the cellular and mitochondrial level so much of your work, you want to try to balance right the mitochondrial function.

And then suddenly, yeah, brain gets better, diabetes gets better, kidney gets better. I mean, chronic kidney disease is a reversible condition. And I know I know it's not for my for my medical practice.

Almost always. Yeah, I've seen it too. And then you get the contributing factor and that's where you come to toxicity. Heavy metals. Michael Toxins, pesticides are huge.

So we know there's documentation on heavy metals in brand name. And of course aluminum is well known, but lead and mercury, there's documentation about mycotoxins damaging the brain and there is extensive documentation of pesticides and pesticides is huge because of glyphosate.

So we were programed to accept that we can be poisoned at low levels. So every person has glyphosate in their blood. And you just. And you just really mentioned this person.

No, it was amazing about this person and said that they may have not had the genetic epigenetic predisposition. They may have lived a healthy lifestyle.

And they their damage to the brain, the the intoxication of the brain was because of a chemical that they had no control over. So now so so here is an interesting story.

So I just came from a week I was away and I was staying in a place and I was just going to ask the people maintaining this area, make sure they're not using glass with it.

And they look at the trees in my gut. Like I think that some trees have been sprayed. I think the day I arrived there were yellow and within three or four days there and the weed was so dead.

Heather You couldn't see it. So and then I see the gardening committee walking by. I told them, Hey guys, your question. You using life for this day? No, we don't use glyphosate.

We use something safe. We use something called cheetah, like fuzzy. Neat. Well, like forcing it is useful when glyphosate resistant glyphosate blocks, glutamine synthesis, it basically shuts down the mitochondria.

A dog will eat the smallest amount that will be dead so directly toxic to humans. But these people are being fed that it's a healthy solution for glyphosate.

It's already banned in 29 countries and it's new. Well, you know, so this is what's happening. And so we constantly have to fight Big Agra. And basically, you know what?

These trees, you have to take out the weeds twice a year. It's almost the same and the president we spraying. Yeah it's more work to do it manually but healthier.

They are probably getting poisoned because they're a minority worker. They don't have the right mask, they don't know what's happening to them. So here is an example and it keeps on always the same story.

So we have to be aware of it and we have to do something about it. And so we have this toxicity and then we have the emotional psychological toxicity, including multigenerational epigenetic toxicity.

And in this sense, now we can get to the to the toxin and what toxin do. And listing glyphosate is an exemplar, but remember it's a mixture, right? Because if you have glyphosate and you get elevated Galectin three and you've got some other issues, they disrupt the blood brain barrier.

The moment they disrupt the blood brain barrier, they allow molecules that are not supposed to get into the brain to get into the brain. Remember, it's like for us, when molecule gets from the gut to the bloodstream, right?

Gut brain connection, it's not arbitrary gut. We get the response of the macrophage, the cleaners of the immune system. It signals to the microglia that something is wrong in the brain.

We get the microglia. They're like brothers and sisters in different ways. So now you've got the blood brain barrier disrupted, leaky brain, you know, luckily it's a good term, leaky brain and other people use it.

But I think we should call it leaky brain, you know, just like that. And then you got your heavy metal coming in and you've got immune reaction. Immune recreation equates to inflammation, equate to tissue, and then you've got things like life of that disrupting neurotransmitter glycine.

The glide for that is very similar to is a new inhibitor. Tori neuroprotective neurotransmitter you've got to glide for that which is now excitatory interesting like fuzzing it will block the conversion of glutamate to glutamine into GABA naturally. Yes.

So you get now glutamate toxicity a great period to have collected glyphosate and now add another one from another angle and that's why you get so much damage.

So we've got to detoxify them. And in this sense when because like today, it affects us at all levels on the level of, of our water level of our plants and meat and level of our soil.

Then I also look for solutions from the same kingdoms. And so I won't go into the detail, but like for detox, I've really spent a few years developing it.

When I realized about four years ago, Wow, I think you have overlooked morbidities. And now in this video, initial five, five patient clinical initial pilot, all of them had low significant lowering of life with it in the urine.

But now we finished with 13 or 14 and only in one of them there's not a significant reduction. All of them are moving to no to like there's no normal to lower level, especially the ones who have very high level toxicity.

Just imagine, you know, to like this for your for no. I mean, it's it's really incredible. I've been asking for years. Why isn't there specific glyphosate binder?

Because it's so ubiquitous and I see in my patients with ALS and Parkinson's and Alzheimer's is some of the more severe cases of neurodegeneration that glyphosate level is.

So high. So the scale that I use is I it's supposed to be undetectable is under 0.038 on the tests that I run. And the people who I see with severe and or neurodegenerative disease are often like six, seven, eight.

Now when I test my own. They're literally like 200 fold from from the. If not maybe more rate. Because when I test

my own, it's usually under one. So it's not, it's not at zero.

And I eat exclusively organic, you know, and I run through airports and sometimes I'm having to grab something. But for the most part, I aim to eat exclusively organic and I'm not in.

And what I see is some people are in an each way and they're animals are walking around and then they track the glyphosate inside. And people, it's somebody spraying the sidewalk so that the weeds don't grow and all that come in in the house and it doesn't rain in your house.

It does it wash it away so it gets stuck in the carpet. It gets stuck on the rugs, get stuck in the house. And then when you take your shoes off, you're you're absorbing it, right?

Exactly. Yeah. And, you know, it's not only zits, the water soluble, then you get the lipid there like dozens of of of pesticide. I mean, glyphosate is one of them.

We look at the list, the other ones that are in pretty in pretty impressive quantity. You know, as a people may not realize it's £1 a person a year is being sprayed £330 million.

And what you said. Yeah it's it's it's literally insane in the and you know and because it's water soluble you get rain it will flow miles and miles, you know, into in the in the water table.

So yeah, it's, it's it's a real problem, but it's important. Like, for example, like for detox, it also is the ability to bind mycotoxins because of the formulations, but it's also delivering very essential minerals because there's some living parts in it, but they pick the soil.

It offers another layer because it's also, of course, the great binder, especially of heavy metals, positively charged, well documented, published, but also because of the Galectin three.

It attenuates, it attenuates the inflammatory response. And what we are seeing and a lot of it people from your previous summit, they're using it long enough.

We are getting remarkable benefits on transformation of the mental function. Remarkable. Remarkable. That is why we're here. Yeah. In and things take time like like you said, not only for this in general, it takes time and it's own.

You can just eat yourself healthy. You got to remove them because we can't avoid them. You know. You can. That's what we see is that you don't want to just dip your toe in the water and take one new supplement.

You want to change your diet and change your sleep patterns and change your exercise patterns and really optimize all of these different facets of what can potentially put you at risk for developing dementia, the hormone signaling and the nutrients and all of it.

The more of it you can do, the better the outcomes are in the higher. My confidence is that somebody is going to get better. So this is really exciting that we have these phenomenal binders, but also kind of this new signaling that's going to reduce that Galectin three burden or response ends.

And so do you have other other strategies for reversing Alzheimer's or what do you think is kind of paramount in your mind? Where do you start? You know, I think that lifestyle is, you know, you know, the basis of your work is essential.

We have to change the lifestyle because we have to change the metabolism. So one part of that, it starts with the simple things like diet, exercise, adequate sleep, stress relief.

That's not straightforward, simple, inexpensive to do and hard to to to keep, of course. Right. And blocking Galectin three is essential. I'm the more I you know it's interesting I just I just saw two patients who came to me for other reason that they treated for cancer one of the metastatic all of them that is not supposed to go away.

And they came to me after a decade for for other reasons. Oh. And I look at the program a decade ago and I didn't have picked a solid because I didn't realize then.

I mean, once they finish their cancer, it wasn't the first I didn't realize about all the other benefit. You know, these things I discovered in the last decade, a lot of them.

So it's one path we have to regulate and harmonize the metabolic function, including intracellular only. So we want to use compounds that will affect us implicitly if it's berberine, if it's some people, even metformin, if it's coming, if it's, you know, kills the king of intracellular harmonizer because it penetrates the blood brain barrier.

And also we getting great feedback and we also and we've got to address pesticides, but there are deeper ways. And the deeper ways for us is to shift from a survival driven reactivity, which is ego driven, which is thinking driven, which is habit driven and move from the brain to the heart.

Because as I mentioned, I always mentioned every cell in everybody wants to survive. It likes to take nourishment and it throws the way where it doesn't want it.

Medicine naturally reacts to think it doesn't want. That's a survival response. The only organ that function differently is the heart. The heart takes all the dirty blood from everybody.

It accepts it. If if it doesn't accept, you will be dead right now. So is the survival of the heart is acceptance. It's not reactivity. That's the moment we go into this mode.

Lifestyle, Galectin-3, and Reversing Disease

Our cells function different in the electromagnetic field of the heart, which is 100 times bigger than the brain. The side effects every set in our body affects our community, affects people around us.

In fact, at some level it keeps going, you know, even if you can't measure it, it keeps going. It's the wave. So in this sense, when we can shift into this place and that's where meditation becomes very, very powerful, and we know people who meditate the silk injury of preserving the brain proportional to one, how much a day meditate to how many years they've been meditating, and three, how well trained on meditation.

The UCLA did a lot of studies with imaging on it, and it's remarkable, which means you can preserve your brain, you can preserve your function, and all of us experience when we get stressed, our memory declines.

When we relax, our memory gets better. So we can't control out our circumstances, but we can control our response to circumstances. In this sense, addressing the topic which I've I've addressed for many years, but I talk about more in the last year, is the relationship between trauma, never degeneration and ever inflammation and trauma and diseases is a key component that is part of the healing from from me from dementia.

Yeah. I love this because my, my two main goals were to talk to you about detox and that heartbreaking connection. I think of you even as an expert, certainly in both of those things and this whole conversation around trauma and healing from trauma, I think a lot of people think, oh, early childhood trauma, like, did my parents get divorced or was somebody an alcoholic or was they abused or neglected?

And yet sometimes just navigating the health care system is a trauma in and of itself is so many people aren't validated. So if few people are given hope, especially when you're seeing a neurologist regarding Alzheimer's.

And so I wonder if you have suggestions for how to navigate that and how to how to make sure that that is not affecting us in an unhealthy way that's going to drive the process of neuroinflammation.

Right. It's a great question and it's such a profound topic. And it's something that I don't only work one on one, but when I do meditation and healing retreats, which in the last decade I've done in person, mainly in Israel twice a year, but I'm going to start doing the United States.

I have to do commitment. So you get many people with severe PTSD? No. From the army, people who have been disconnected with their hearts or people with terrible personal stories, people who come to the retreat and their partner after 30 years, just, you know, hidden and feeling, left them with their children and gone.

And they're just crying. But they decide to come in five days later. You don't recognize the person they've healed. They've accepted. How can it happen?

Well, to realize and of course, the memory. So let's look at it for a second a little bit deeper. What is really trauma in a deeper way? There are two processes that basically we can experience to the extreme, not easy to experience.

The first one, which is a complete letting go. Complete letting go, which means everything we experience, every thought that arises, every feeling, everything that come into us, sensation from the outside we experience inside, it expresses itself and it falls away without leaving a trace.

The Buddhist metaphor is like a bird flying in the sky. It leaves the sky in the sky, the sea, or like writing in water. But usually things leave a trace.

So when we are very young and we haven't had a lot of experiences in this life when something happened, like we get a cut, it repairs without a scar, right?

Without a trace. But slowly we have experiences it start leaving traces and with Indian experiences repeat themselves. So we get the same trace in the same trace and the same trace until body knows it.

When there is an action, I'm going to have this reaction and that's how we create habits. We no longer respond based on the moment, which means that in the future we will respond based on what happens to us.

And what we do now is about relative to what we did in the past. You know, you call it karma, you call it epigenetic, you call it habit. It doesn't matter.

It affects us and what it does neurologically, it triggers a neurological response because we recreate our memories every time it triggers alerts systems.

So now you all we all know two people have an experience once oh my God, I was in bliss. And the other said I was devastated. How is it possible? Well, it's based on their habits.

So part of the healing of the trauma is to try to clean these traces so toxins will create these traces. Everything we talked about pesticides, heavy metals like mycotoxins or automaker, if it was so if you ever saw mycotoxins, they don't grow in the sun in dry, windy weather.

They grow in dark, damp areas, segments stagnant that lack oxygen, right? Like in our basement and in our sinuses inward, we don't have good circulation.

Right? So of course, they're going to affect closed areas that we don't have good, good circulation. So as we start to understand it, we want to see how we can repair.

And so on a physical level, for example, natural therapy that injects, you know, it broke into the skull is amazing. You inject it into a skull, I use some homeopathic and it smaller by 10% and then by 60, 70%.

Well, you know, it's going to be 40 years old. It will get smaller, but whatever gets smaller never comes back. How is it possible? I mean, many I'm not the only one who does it.

I've done hundreds, probably thousands of these. How do they happen? Because we are numbing the memory of the brain for 45 minutes. It's all we are numbing the signals that tells you that something is wrong and the body gets to recalibrate.

The same thing has to happen with trauma in the context of knowing formation. And so when you integrate everything we've talked about, we use meditation with this simple first grade meditation and mindfulness, which is very popular, which is just slow down and create this space.

When we create a space and slow down, there's more room for repair in slowly as we develop on the path of meditation to more sophisticated in developed methods, we are able to develop the quality of acceptance and of letting go.

And then when we let go, then when we get let's go to the brain. I want people to imagine this. When you get a neurological input and you have to respond to the input into another 50 trillion other inputs, because we are talking in trillions, probably in trillion.

Trillions, right. There's so many things over our lifetimes, sisters, life, epigenetics, it's tough to get it right, you know. But if now we are responding to the one thing, in the end the congestion is down.

Everything becomes clearer by people. Meditate, say, I see things clearer, well, clearer thinking, clearer cognitive function is exactly the opposite of what happened with dementia when being slow to think and to annoying to recall and to put things together.

Right now. Lots of confusion. Exactly. Over. Well, this is a power and as we first we create a space and then when we move to our heart, then the whole pressure from the head goes away.

Trauma, Meditation, and Heart-Brain Healing

You know, I've trained in it for decades, so it's not all the time, but usually when I talk, like when I'm talking to, you know, I speak and I think from here I don't feel it.

You actually feel it here. And there's nothing exclusive for me. It took a long time because a lot of habits they had to wipe out. But I was stubborn enough to go to the mountains, what, month after month?

Some people, it's easier for them, but that's part of the healing. We get access to a fresher brain that is moving all the time. The heart always moves, the brain always stops and analyzes.

So it's hard to create a flow in a system that is all the time suspicious and analyzing. It's much easier to create the flow in a system that is built to take all our difficulties, our our dirty blood, connect with the universe through the breath, and give us nourishment, love and compassion, a system that nourishes itself only after it finishes its work.

Totally selfless. That was the heart is out now is itself. Only after it pumps the blood out of it. After it gives it relaxes in the coronary artery feeling.

But the first organ that get noticed by the heart anatomically is the heart itself. It's self-love is part of loving others. So when we get this, when they struggle, when the defense goes down, when there's more interconnectivity, a sense of community, right?

Your work is so big about creating community, right? Well, we have a community between the heart and the body, 50 trillion cells of community between the body and the 100 million, 100,000,000,000,000 trillion organism.

Now, it got so no surprise that when we disrupt the gut microbiome, the brain goes away, go right. There's no surprise to me so logical right now. We discovered that in that 30 years.

Well, it's ancient wisdom because. The gut brain connection is the principle of connectivity. It is the connectivity. We see that the blood giving nourishment with good quality nutrients and and then clean and good clean up.

And there is a connectivity on the level of energy, the electromagnetic field of the how that affects cell. And then there's connectivity in the level of intense and the intention is hard.

You know, it's hard for us when we have something that gets us upset to create a response of compassion, to turn reactivity to responsiveness is end, they say.

In Los Angeles, fake it until you make it, you know, so you kind of have to produce it until suddenly something happens and wow, you are not reacting.

Because when we react with anger and we all do, I do. I assume you do as everybody does. It doesn't feel good then it's not good for our lives and it's not good.

Definitely not good for our brain. Right. We can see it this way. There's the wonderful story of someone who had an audience with the Dalai Lama. He was in a big mess.

It must have been some sort of gathering decades ago. And he had a chance to ask a question. So we asked the Lama, How can I be as compassionate as you are?

And the Dalai Lama's response was, Act as if you are right, and it's the fake it till you make it. But they are the Dalai Lama. And they're very, very great to a psychotherapist who will work to transform and guilt felt did a great, great job.

And he said he shook the Dalai Lama, then said the transformation he had, he realized, oh my God, 30 years of work and one handshake did it did a bigger effect.

That's the power. We all have this power. We all have our you know, the the matter, the belief system. We all have this divine quality us that is Judeo-Christian.

We are made in the image of God. It's Buddhism. It doesn't matter what it is, it's in us. It's really our journey in life and that there a maintenance brain and then all this inner connectivity, right?

That that's why I mentioned the psychedelics because we get connected to this other round. That meditation connects you naturally without substance. And then there is a hard brain and there is an area of like brain cells in the heart.

It allows us to use our cells in in a bigger way. And the more we connect to it, the more our brain gets revitalized. And that's why you can see people who work very hard and actually they are in great shape and the brain functions amazingly awesome.

How come? Because they are doing something that they love, they feel like they are giving. So really it's a dilemma said to be selfish, to be selfless is a very good thing.

From a selfish point. Grades. Oh, Dr. Love, it is always a pleasure. I feel so inspired by you and and just also comer and clear being in your presence even remotely.

It's just an absolute privilege to have you involved in the summit, to have you here today, to share your wisdom and experience with us. Thank you so much. Thank you. Thank you.

Please tell everyone where they can find out more about you and about eco eugenics and the products we discussed. So they can go to Dr. realize that that com d Elias see that come that org and I have a newsletter that is very informative and I will start teaching retreats in the second part of this year.

So fantastic. I'm going to sign up. I'll be there. It's after decades and decades of training and refinement. And that's one thing. And people can go to pick the salt that come out or you're going to jinx that comment and find out about a blow for detox in Honolulu, which I mentioned.

And I look forward to being in touch with many people. Thank you so much for your time. Thank you. Thank you.