Refining Your Approach to Cancer Treatment Transcript

(Transcripts are generated by AI and may contain errors)

Introduction and Doctor Elias Bio

This is doctor talks. Real talk from real doctors. Only issues that matter to you most. all doctor Isaac. Elias, I'm so delighted to get to to interview you.

Yeah. We've we've we've, we've together we've we've shoulder this summit and, and this is, you know, kind of the, the, the kind of cream, the, the, the last exciting part is to get to chat with you and really learn and, and, you know, the wisdom that you bring because you've been in this area, the cancer space for so long and done so much and helped so many people.

So I'm so excited to have you share that to our audience. Thank you. Thank you, Michael, for having me. And really, it has been such a great journey to do this summit with you and to grow our relationship into and friendship and to to learn what amazing work you do.

And so I'll be happy, of course, to share whatever you think is of interest to to the audience. Thank you for for everyone out there. And Doctor Isaac Elias is a leading expert in the field of integrative medicine, specializing in cancer detoxification, immunity and complex conditions.

He is a respected physician, researcher, bestselling author, educator, and mind body practitioner. Doctor Elias partners with leading research institutes including Harvard National Institute of Health, Columbia, and others to coauthor studies on integrative therapies for cancer, heavy metal toxicity, and others.

He is founder Medical Director of Amita medical Clinic in Santa Rosa, California, where he's pioneered the use of therapeutic apheresis as an adjunct to blood filtration treatments for detox and chronic, degenerative conditions.

And I must say, so this is just the bio. But then as a as a man, you're I. Yeah. It's an honor always to be around you. You know, I always feel lighter and more uplifted and feel charged and, you know, so.

So this year, I really appreciate our friendship. And I appreciate you as a person. Thank you. Michael. Thank you. Thank you for the warm welcome. So you your book, The Survival Paradox, discusses your research, your unique approach to healing.

Can you and the survival paradox, I think is, is such an important component because when we're dealing with cancer, that's as really, when we look at, you know, cancers, you know, going into more of a survival mechanism.

Can can you kind of give listeners an understanding what that survival paradox. So what it really means is, of course, the survival paradox really offers a new paradigm in understanding of health, of disease, really in understanding our life journey.

And, as it's found, it is a paradox. And the reason is that we are wired, we are built to survive. Every cell in our body is built to survive. That's especially relevant in the cancer journey.

And it's such because it's in 18 as it's also automated in us. The paradox is that the same force in energy that allows us to survive is the same energy that shortens our life.

It causes the suffering that causes in fuels cancer.

The Survival Paradox Explained

And this is really the depth of the paradox, because the tools of our survival, response and the issue is with the power of it, it easily goes out of regulation, is that it uses the fighting mode of the sympathetic system.

That equates to inflammation, and it uses the, the, the flight in flight that creates an isolation in micro environment. When we want to hide from the system, there's no oxygen coming to the tissue.

The hallmark of the Warburg effect, the hallmark of growth of cancer. And this is why this is such a big approach in changing our life. That's right. Affects practically every single disease.

And it's especially relevant in the journey of cancer. And I think this is so fascinating because, I mean, the the survival mechanism, the survival paradox that you're talking about.

I mean, that is like you're mentioning it, it's so crucial. And, you know, it's so crucial for our survival. And so when we look at cancer cells, I mean, it's like that there and shifting back to an older programing to, like, an reptilian brain, in order to survive.

So it, it, you know, so to me, if we can then just kind of shift that energy away from that survival mechanism, as a being, we should be able to kind of shift that that process of, I would believe.

Right. Yeah, absolutely. That's really that is you and I talked about that's really how you can heal from cancer, how cancer can just how you can get spontaneous healing.

And so, so why would it happen and why did it relate to cancer. Really. And that's really what I want to talk about. You know, I've, I've pioneered a lot of treatments that other people use.

They published the first this paper about this one protocol. And I did quietly whole body hyperthermia in this country many, many years ago and a lot of other things.

Honaker alive is the only one in the world who ever did it. Unfortunately not available. But today I want to talk about more about my, my mind body journey, my unique training in meditation that relate to the survival paradox because the survival survival paradox biochemically triggers alarming alarm in proteins that helps us survive by causing inflammation and fibrosis.

You know, I did a lot of work with galectin three with modified seed respecting and very timely for an interview today. Is it just this three days ago, our multicenter trial where I'm the last author on biochemical relapse of prostate cancer using modified seed respecting showed in 90% benefit nine zero 1 in 18 months follow up.

Okay, imagine if this was a drug right? With the main side effect that people's inflammation is lower, that their memories better, did they have less joint pain.

And that's really the the side benefit not the side effects of this approach. So putting this decades of work aside, I want to really focus today on the more holistic view of the survivor product because this is something we can all do.

Yeah, modify did was take the impact. This really is an essential supplement I really believe is the most important supplement because it addresses this mechanism.

But it's simple, recommended dosing and that's this straightforward. We want to understand how we can really transform the survival paradox. And the first step is to understand why it happens.

And really, what if you said we are all built to survive, but the body is built to survive as a community, just like a beehive is built to survive. And one B is just like a cell in the body and you can see it.

I raised bees, I just went to look at them before the interview. They're right here outside. So I mean to bees today. So in this sense you are talking and rounding it up a little bit.

I don't know why they say three of 38 really. And let's make it around 50 trillion cells. Trillion. Not a million, not a million. Times a thousand billion by trillion.

It's a number we cannot comprehend. Actually. So in these cells, each of them has up to 1 million reactions a second for us to survive. They all have to communicate as one harmonized system.

The fact that you and I can talk right now is nothing less than a miracle, and in this sense is cell recognizes that it plays a role. It it arises, it's created, it serves a purpose, and it dissipates through apparatuses.

And another cell will take its role, will take its energy. We talked about energy and will take its role. And in this sense, the cell sees its survival not on a selfish, self-focused, I have to survive, but I'm a part of community.

That's a big shift that something for the for cancer to happen, this view has to go away on a cellular level, but it doesn't come out of the blue. Right?

Make it can be from a toxin, can be from an infection. It can be from a genetic predisposition. Can be more often from an epigenetic a right. It can be a side effect of drugs including chemotherapy, radiation often so all of this makes a cell decide that it's no longer part of a community.

And I think in this day and age, when there's so much divisiveness and everywhere in the world, we have to recognize that for a cell to recognize it, it's part of a community.

The person has to recognize that they are part of the community, and the community has to recognize it. It's part of a certain country where people may have other opinions, but and the country has to recognize that it's part of this world, and the world has to recognize it's part of the solar system in the universe.

So this universal understand goes all the way to the smallest particle. And that's very intriguing. When I interviewed you, you said that you wanted to study the smallest particles, right?

But then you decided to look at the big picture.

Galectin-3, Cancer, and Metastasis

Well, to understand the big picture, you got to really go to the small particles and to understand the small particles, you've got to see the big picture.

That's why some of the of the physicists who deal with small particles become highly spiritual beings. Right. And if you lost its connection. So once a cell loses this ability, then its survival becomes selfish and would drive survival.

Very often it's trauma. Very often it's fear. We can't trust the environment. Something is wrong. So what do we do? We build a in isolation around us.

So biochemically, galectin three sort of is, you know, so well to build this lattice formation, a Pentium with the Pentium and it literally builds a coating and then growth factors and immune modulation molecules comes in integrated six sticky molecules.

It allows platelets to stick. Some of how you use this right in the treatment. It's so beautiful. And then suddenly the environment changes. And now there is a wall.

Oxygen cannot come in. Now is this cell really feeling a survival mode? Anyone listening watching. If you hold your breath for a minute, if you have really great lungs for 90s, you will be in a survival mode.

And then the cell has other hypoxia signaling that there is not enough energy. I need energy. And then the metabolism shift. We can talk more about it.

And then a cascade of events happens. And that's why the survival paradox is it's the basis of what drives cancer. If you think about the treatment that you're doing, might or the oil trying not to fight the survival mode, but to give the cell a signal, right, that it can go back into a spacious mode.

And that's really what the spiritual journey is. That's really what it is. It is in many, many layers, you know, and many different levels of meditation.

I was fortunate in this life to to learn from the really the greatest masters is in Malaysia, where my teacher and my doctors and in my patients and in my spiritual doctors and to put it into practice as a tool for healing.

And I think that your work really resonates with this. So this is why the survival paradox is so fundamental. And it's bigger than the cell danger response cell response.

We are allowing it to a certain biochemical pathway in the biochemical reaction. No, it's what we are. We either react out of survival, out of fear, or we open our heart, and then the boundaries fall away and suddenly oxygen can come in and nutrients can come in, and we become again a part of a community.

So this is really why the survival paradox is so fundamental to our health and specifically for oncology. Yeah. It's so I mean, it's so fascinating. And I think it's so crucial for people to understand that when you talk about cancer, it's not just a a physical disease, it is a it's a spiritual.

It is a social disease. Meaning that, if an individual does not feel safe in its space or feels safe, or a country doesn't feel safe within the world, then you are then going to be in that separation mode, and you're going to be in that survival mode.

And instead of everything working together in harmony, like the beehive, you know, you are going one section is going to to separate itself and function differently.

And then utilizing other techniques to then bring energy into that space rather than working together as a whole. And and I love how are you talking about because each each component.

So you look at at like, you know, holograph that like the holographic universe. Yeah. That that was a book that I really loved. Where you understand that each component has the information of the whole so that the cell in itself has the information about the whole being, and it also has the information about the whole.

It's pretty much a whole universe, you know, that exist. And if you don't feel safe within that space, then the cell would then function differently and would go into that, you know, survival mode. Yeah.

Which is that's really fascinating. So too, you know, I'll tell a story I've never shared in my life. So I do feel unique relationship with the most amazing diagnostician, in my opinion, it ever lived.

His name was Three Nails and writes V nails because he would diagnose people through the nails and he died like in his 90s. He would travel in a taxi from place to place in Israel, and he would see between 100 and 2 20 to 200 people a day, and he would do massage to 70 of them.

And he had no charts, nothing. By looking at the nail, even at a piece of nail, he could write all your blood test, your pathology and any remedy you've ever taken.

And we have a special connection. And he never told anybody. The day I left Israel in 1989, he sent me a message. The times, the only one that he can teach.

But it was I think he gave me a blessing to leave and learn a little bit more multi-dimensional approaches in his approach. But he came and taught me after he died, he came in a dream, you know, and he was a homeopath in a dream.

He showed me the nail and he said, D3, like, you know, is there is a potentiation of remedies. That is the this is them in Europe. But then he said, it's not D3, it's three dimensional.

Isaac. Every spot has all the information about everything, which really relates to my spiritual upbringing and my

whole philosophy with meditation. It was amazing.

He really gave me the whole gift, you know, and it's so much what you are really saying, saying right now. So I think it was it's a good time really to bring people.

Israel is really, you know, old enough. Everybody knows him. He was a legend. So in this sense, yes. And of course, once we understand the survival paradox and once we understand that it's still his ability to go in a certain direction and come back, we understand it.

For treatment, to be successful is to be tailored to an individual person at an individual time. Yeah. So so one of the and we're talking now kind of about the cancer cells and themselves and then have the, the tumor.

But then you have kind of the process of all metastasis where, where then start to move and other locations. So how, how does that relate to kind of this process that we're talking about, the survival paradox where cancer that is, instead of just being localized, all of a sudden it start to set up satellite offices and other locations.

So this is a lot the driven by multiple component. But galectin three plays a key role in it. And it's interesting. Galectin three is a carbohydrate binding protein for people who don't know.

I really talked about it in detail in my book, where I introduce the survival paradox in in significant Depth and how it affects our physiology, our circulation, our metabolism, and then, how to block it.

And then I go over every certain disease, if not every big, with, of course, cancer being the centerpiece in the the stories being mainly from, from cancer.

So in this sense, galectin three because it it's really the survival paradox protein whenever there is an injury, whenever there is a threat, he comes to the area and it's really the bus that delivers the different factors.

And a lot of them are the growth factors. VG receptors, you know, different receptors for growth factors. So the receptor that is brought to the cancer area, it can attach to the cancer cells or it's excreted by the macrophage.

Galectin three. And then of course it calls for the active growth factor to come. So galectin three can attach to the endothelial lining to the line of the blood vessels.

It will stick with platelets, creates a community and will stick to cancer cells. And this is really what you need in order to create a metastasis. And just like it's part of what makes it biofilm in the gut to become aggressive, it will allow this new ball of platelets and cancer cells and growth factors to break the endothelial, the surface of your blood vessel and penetrate the tissue.

And this is really the basic mechanism was known for for decades, you know, for 30 years at least. And so we have to disrupt this mechanism. And so again, blocking galectin three is is is very important.

But we also can look today in the flavor of our discussion today we can see that platelets fight bleeding right.

Trauma, Fear, and the Heart's Role in Healing

Platelets really fight flow. When there is too much flow we will bleed. So the platelets regulate the flow. They are sticky. The sticky molecule right there.

They are drugs to reduce stickiness of platelets for people who have strokes or, or or you know, it's thromboembolic. So when we are stuck from a point of view of survival, when we are stuck emotionally, when we are stuck psychologically, psychologically, psycho spiritually, when we can't let go, it will create the basis for cancer to grow.

And as a cancer goes into a stronger survival mode and then stronger hypoxia and there's no oxygen, it will try to

spread. And then as we know, every person as part of our ego wants to be successful.

So it wants to overcome and become becomes the whole thing. And the sad story that when the cancer kills the person, it also kills itself. You know, it's not a winning proposition for the cancer.

So in this sense, there is a drive for these approaches. So our role is how can we regulate the flow, how can we remove the stuckness. And you know, the stuckness is not our fault.

Often it's the trauma that we had in life. We had no control over. Often it's an epigenetic trait that is expressing itself. Now. It happened to our ancestors, and we are expressing it.

We know it from Holocaust survivors. I write about it in my book, in my story about my my intense chest pain and my grandfather that I'm named after. And ten of his 1012 siblings were killed in the Holocaust.

And I was kind of holding it. I never met him, of course. And then, when I healed my mother, view of the Holocaust changed. So it's really something that puts the can so and the person cancer cells into a survival mode into.

And often it's fear, right? Fear freezes us. We don't flow. And, you know, and really the best way to melt ice, we can cut it into pieces, we can become more spacious, we can melt it in the sun.

That's the best way, right? And that's the warmth of love and compassion, right? It melts this so we can bring these elements into our cancer journey.

Then suddenly every treatment we do become more effective. You know, one thing that is so important, and you and I know well, it's great to use fancy treatments, but they shouldn't come instead of really addressing the fundamentals that are not so fundamental, they're not so obvious because it's part of us not being self-focused, not being frozen, and wanting to really leave.

We got to be less self-focused. And it's a real challenge. How can you be less self focused and still focus on healing yourself? How can you change survival fear based eagerness not to succumb to cancer, to the motivation to leave?

If there's something, there's an intent that is bigger than us, it helps us survive. You know, there's so many studies, right, on compassion and community and support and purpose.

Right? And in this sense, it's part of understanding. We're all in the same boat. We are all in a survival mode. We all are stuck in this survival paradox.

We are part of a bigger journey. We can be happy and other people can be happy at the same time. It's not limited, just like space is not limited. When we can bring it into cancer, things happen in a different way and this is really should be for me.

It's the basis for everything else. So throughout my life, you know, I used therapies for this and my work with collecting 3D definitely is really important.

I just shared with you that I'm working on a very dramatic development to deplete galectin three, and we've seen in animal studies to offer a dramatic solution for sepsis.

That's 11 million deaths a year. That's great. That's my scientist inventor. But we really want to bring it as a basis to what I call my third act in life.

I mean, my 60s is to really demonstrate and share that by using the mind in the right way, we can really heal from anything. And one of the hardest things to heal with is kids.

And that that's what I love, because you're you're bringing the the spiritual and the physical, at the same time,

because there's no separation between the two.

So we talk about galectin three as, as a, as a molecule. But then at the same time, we know that that molecule has a spiritual component to itself. It's behaving based upon kind of the spiritual environment of that individual.

You know, how how connected, what kind of relationships do we have? How safe are we? What kind of fear are we dealing with? Are we able to forgive, you know, our, you know, people around us or are we kind of holding on to injury trauma, which is that kind of stickiness, that stuckness, you know, the platelets, you know, that is not moving, which is then cancer causing your concentrating energy in one location.

Or are we able to kind of view these traumas of view things that are happening in our lives and even then, things that have happened and in past generations that are then passed on to us, you know, like in a you and your grandfather, are we able to look at those and, and then view them and, and have forgiveness and, and show gratitude for these events?

You know, what what they have taught us and what we learn from it, and then bring light and love and compassion into that space. And by doing that, you are then impacting actually the physical component, you know, the with, which is what we can study and what we can see, like the, the fiscal tomb or the fiscal galectin three, how it's behaving, you know, all those components are then impacted by working on it spiritually and emotionally, but then then also doing it on a fiscal level, bringing in something like pect us all, see you know, depleting the galectin three, then you're then unstick ING and then what you're doing that on a fiscal level would then translate on into the spiritual component as well, which which is the beauty.

Yeah. No, it is. And it's important for the audience to understand that this thing will translate into the cell membrane, really a cancer cell response to its environment, you know, I mean, you know, and so when the environment changes, when the environment goes into a survival mode, we're collecting three that is in the area.

Then for example, insulin receptors gets blocked in p53 suppressor cells. Suppressor gene gets suppressed, you know, so it can protect us. And suddenly Ampk, which produces energy efficiently from the mitochondria, is blocked and suddenly the cell filled in crisis in EGF hypoxia inducing factor is initiated in act.

And then an enzyme called PDK blocks PD H. And then mitochondria is shut down. Right when you use, you know, the DCA and other agent, you try to open the mitochondria.

So now all this higher level philosophical understanding is down to cellular biology into mitochondrial function. It was a while drug effect and what drives cancer and makes it more and more aggressive as it grows.

It doesn't have enough blood supply. It gets more hypoxic. So yes, it definitely can really unwind it. And I this thing in this sense, one of the questions, one of the big issues that we see a lot is somebody can meditate or do yoga in qigong and create spaciousness, and blood pressure will go down.

We know this and the pores will get more regulated and joint pains will get better and migraines go away and memory can improve. But it's really hard to get rid of the damn cancer.

You know why? Is it right? Well, when we meditate, we have to take the process into the cellular level. Meditation is often in principle, and I've studied a lot of meditation techniques, spent 20 years, two months, a year meditating, ten years half day retreat, every day work.

So I've spent I've sat on the cushion for tens and tens of thousands of hours. Usually meditation is we are facing this space around us. It becomes open, right?

You have this experience, but we really need to find this space inside the area that are really dense. Just like your story with the small particles you were interested in.

And I was telling you the same space is there, just like this great vanilla seed, 3D everywhere, three dimensional

everywhere. So that's the trick with cancer.

How do we bring it to the cellular level? And that's really is what's unique about open heart medicine. What I teach you and I mainly teach I taught it for many years, twice a year in Israel.

And I'm going to start teaching it here after the summit. I'm going to start giving some lecture on it. And then in the spring I'm going to offer a free series.

And just to taste some of the work has to be done in a face to face environment, which I'm starting and so exciting in 2024. So in this sense, how do we do it?

We have to recognize that that this cancer is part of its survival mechanism gets isolated. Right. You talk about it, I talk about it. I'm sure many people talk about it. So the ability of our mind to affect our body is there.

But if a system is no longer a part of the body, it's independent, right? We talk a lot about it. It's much harder to touch it. And so there are many tricks and techniques to do it in this, like more advanced meditation practices that I share certain insights I had when I was on my own in the mountains, and I felt this on my own with some new approaches.

Open Heart Medicine and True Healing

But in general, for us to to touch something that we are no longer in control with, it means that our view of ourselves and our and our connection with the environment, our interdependence with other, has to expand and melt our physical boundaries to.

Because from our perspective, the cancer tumor and the cancer cells are no longer our under our control. It's really an independent entity. We can see it in past diagnosis when we see the behavior of the cancer in relationship to the behavior of the body.

So it's how we can expand, how we can accept things that when we are in a survival mode, we don't accept them. And really the solution is within us because every cell in our body has a boundary, every organ, our body is a boundary that I don't want.

This, I'm going to decide would come through the membrane, and I'm going to throw away what I want to do. The only organ that takes what everybody doesn't want is the heart.

That's the venous return to the heart is a quote unquote, dirty blood. And the heart doesn't say, I'm going to take blood from only from the brain and not from the liver.

The heart with open, takes blood from everywhere without discrimination. And through connecting with the universe, it and then it exchanges in the lungs, and then it gives blood without discrimination.

Really. Total selflessness. And only after the heart gives its blood, it relaxes and nourishes itself through the coronary artery, the only organ that nourishes itself after it finishes its work.

And that's a physiological, physiological basis of what they teach, what they call an open heart medicine. And for me, why get so excited about it? Because it's a physiological science based support for the most esoteric meditation practices that I learned from great, great masters, which was the manifest.

It just does. It can be explained with in logical mind. And when I got this certain knowledge is certain transmission. It had a fancy name in it and I said, no, people are not going to be able to get it.

Many of my teachers said, you can teach it, but when you put it into open out medicine and you connect it with physiology, then yes, it starts to make sense.

And this is a component that we need to offer to cancer patient to everyone. Ideally, it's offered by somebody who has a personal experience or knowledge.

And it's just and it's a game changer. And this is why I say this approach of opening my medicine, that's why I love and compassion is so powerful, because what happens with the heart instead of reacting?

It just accepts and responds with love and compassion no matter what comes in. If it's good or bad, if the blood that comes because that is motivating is less dirty, the heart accepts and gives.

So this. This describes different levels of meditation experiences between trying to just be relaxed. And often people will say, oh, we need to be relaxed, why are you not relaxed?

But even when we're not relaxed, reality doesn't change. It's just our perception of reality that changes. And and then all of this has major consequences.

The ability to create a change. Because the only truth that cannot be argued is that everything is changeable, no matter what is our belief system, but everything is changeable, that everything is possible.

And that really is the. That's why everybody can be a miracle. And it's important for people to recognize that cancer still has a choice to become an almost.

Yeah, yeah. If we kill all of them with toxic treatments and sometimes it's necessary because it's going crazy, then yes, the good cells can, can, can, can, can take and take over.

But the real healing is this transformative effect. And this transformative happens on this. This transformation happens on a spiritual level, on a psychological level, on a sacred emotional level.

And as a result, it's the physical level. So this is really I wanted to date what I wanted today to emphasize survivor. Part of touch on the biochemistry intensive modifies.

It was baked in on some of the new research I'm doing with galectin three depletion. It's about for resist. And when we start the clinical trials in about a year and going through an FDA process, and in the same time, the real journey where the true healing really happens on this level.

And the reason why I use the word true healing, because when we heal in this level, the epigenetics, we move. We live for future generations. It's been transformed.

And the epigenetic going backward is also being transformed because we have this concept that time goes only forward. A time goes forward and backward.

The story with my mother healing when I heal my grandfather's trauma. I never told her about it and suddenly she could watch, you know, programs about the Holocaust in her 80s for the first time.

So I'm glad that the opportunity to share all of this, and I do recommend people to read The Survivor Paradox. It's really gives gives a flavor of what we talked about too.

Yeah, it's it's it's a wonderful book. I mean, I, I've had the blessing to read it. And I mean and you and what I love about you is, is that you bring healing on all these different levels.

And so, like, we're talking about the survival paradox and then talking about the heart, you know, the heart organ and how it is completely unselfish.

And so we are then needing to then move out of that space of being, we have to transcend this certain need to survive and transcend and be that that self, as you know, selfless, just giving human being that that's accepting what is around and then still love and compassion and by doing that we then set a different tone, that is above and

beyond the kind of the reptilian survival and get a fight, you know, get a, you know, protect against this, you know, so we we're just moving beyond that, recognizing that we're more than that.

And by doing that and the paradox is that then we survive. Exactly. This is that this is by the end of the book, and that's where people have to come and learn, is freeing the survival.

And when we free survival paradox, then our existence expands and as a result, we live a longer, healthier life. And that's another angle of the policy a lot of and talk about is actually letting go of this attachment.

To survive is what will allow us to survive in an harmonious way, in a long way. Very well said. Like, yeah, we have to stop being like the the monkey through the cage that's holding on to the banana.

It's not able to pull it in. Yeah. It's, that attachment to life. We have to kind of let go and then we can become free. Exactly. Yeah. Well. And Doctor Isaac.

Elias, it is always such an honor and pleasure and. Yeah. Thank you so much for for everything that you do. Where, where can people learn more about everybody?

I mean, obviously the the books survival paradox, but where can they learn more about everything that you do? Well, people can go to Doctor elias.com and Dr.

Eli izzy.com or that org. I have a newsletter I put out a twice a week and they can sign for the newsletter. And I will update to my my community about future events.

I'm going to start teaching more and more and meditation and healing. Yeah, I'm excited to connect with people and to support as many people as they can.

Right. Well, thank you so much, Doctor Elias. I it is truly a pleasure. Thank you. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

Each day is a new opportunity to make choices that empower your wellbeing. For more insights and strategies, subscribe to our podcast and visit our website w ww dot.

Doctor Talksport.com. Stay connected. Stay healthy and join us next time on Doctor Talks. Real talks from real doctors on the issues that matter to you most.