Balance Immune System: Solutions for Autoimmunity Transcript

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Introduction and Speaker Background

Welcome back to the reverse Autoimmune Disease Summit. Everybody. This is of course version 5.0. We're talking about healing the energy body. I am so happy to bring to you Doctor Isaac Labs, who is an expert in the field of integrative medicine, focusing on cancer detoxification, immunity and complex conditions of all kinds.

He's a respected physician, researcher, bestselling author, educator, and mind body practitioner. He partners with leading research institutes including Harvard, the National Institutes of Health, Columbia, and others to coauthor studies on integrative therapies for cancer, heavy metal toxicity, and other things.

He's the founder and medical director of Amitabha medical Clinic in Santa Rosa, California, where he's pioneered the use of therapeutic apheresis as an adjunct in blood filtration treatment for chronic degenerative conditions.

Welcome to the seminar series. Doctor Elliott, thank you so much for having me. I'm really excited to talk about this. Such an important topic. Yes. Yeah, I would love to hear first how you came to this body of research.

Everyone has their own unique story and I would love to hear yours. Yeah. It's. Yes. So my journey with healing started very early. When I say very early as a teenager, my father was a civil engineer, I mean native of Israel.

We were in South Korea and I got exposed there to taekwondo. I was lucky I practiced with the Korean national team because they had to learn English, and there was like one of the world champions.

I learned yoga and I got exposed to to Buddhism indirectly by going to the local Buddhist temple. Hence the, I'd be Tom. I was like, oh, that's a that's a, Buddhist is, the Buddha in the top of Tara's top.

Not so I really wanted to hear where that came from. So this is not from there. But later on. So when I went to medical school in Israel, which is six years in India, one year internship, I knew I'm going to do integrative medicine.

So I got ready to become a yoga teacher. I taught in yoga teachers course, I learned shiatsu, I learned acupuncture, I started teaching acupuncture with the Hebrew University, two doctors.

So is a graduate from medical school. I had this other expertise and then I left everything and my wife didn't. My daughter, we came to San Francisco.

I did a master of science in Chinese medicine. And then this. I was meditating all my life. But at this point, I got very involved with Buddhism. And my specialty through Chinese medicine.

First into integrative medicine has been the treatment of cancer for decades and difficult to treat illnesses, because when you really look at if you are treating the person and not the illness, then everything is possible.

And then I got very unusual training in meditation with the focus on healing. So I spent a I spent almost 20 years that would go every year for two months to the mountains to meditate.

And for ten years I spent half a day on retreat, every day, every day working. And it's a privilege to treat some of the greatest, meditation masters in the Himalaya.

And and so I got to learn from them one on one. And I got to see their power of healing.

Early Healing Journey and Integrative Training

Like how you can spontaneously heal in a way that you can't, you can't really explain. And, all of this came together

into this body of knowledge, that the day that is expressed in my family, I wrote a book in my early 60s called The Survival Paradox.

And in addition, I am an innovator and a researcher. So I've been a very avid negative researcher. So the main compound that I developed picked up. So it has over 80 published papers.

I have, I have a number of NIH grants on the research on galectin three removal and sepsis. So I've, I've held both worlds. And, interesting. From a scientific point of view, got really involved with galectin three early on.

And this discovered its role in inflammation and fibrosis only later on. To understand it, I understood it the survival paradox protein and would drive for example autoimmunity is an upstream a molecule.

And then so a therapeutic offer is this where I treat people outside the body. So filtration of the plasma. And so the idea through the concept of meditation where you really understand that if we let go then everything is possible.

And all of this is great relevance for health in general, but specifically for autoimmunity. Let's back up a little bit about the survival paradox. Can you talk a little bit about this?

Yes, I'll be I'll be happy to talk about it. So the survival paradox is it sound is the paradox because we all want to survive. We ability survive. It's people, it's communities, it's nations.

And every organ in a little body, every cell in our body. So because it's built within us, multigenerational, then it's an automated image quality we have.

So immediately it happens through the autonomic nervous system. So the sympathetic system we AIS there fight which then drives inflammation. So it's very important, especially in the field of autoimmunity.

We know that inflammation relates to autoimmunity and to arthritis and to so many things. But inflammation is not the cause. Actually inflammation is really a result.

So what I'm offering in this concept is a new paradigm shift. We're looking at a deeper level of causality. So we either fight cause inflammation and then it will drive or the cytokine storm.

So and we'll talk about it in a moment. Or we fly it, we run away. We hide and we create fibrosis. Both are driven by our survival, but both are driven by the survival paradox.

Protein galectin three. So when we understand this, we suddenly have an upstream approach that can effect inflammation, regulate it, and one of the issues with the survival response is that we have this sympathetic response.

We can just relax, take a deep breath, and the system can relax. But we have a biochemical response. And that's where galectin three comes in. And the biochemical response turns within minutes.

And that's a lot of my current research that is supported by the NIH. I've shown that in the in sepsis models, the galectin three will rise before interleukin six before the cytokine storms.

And it's well published. It got 83 drives all the different cytokines. But when we block galectin three or we remove it, we attenuate IL six. We attenuate kidney kidney damage in the animals in the model don't die when people walk in the ICU with sepsis at the level without precondition.

Preexisting conditions which mean no kidney disease, no how disease, no cancer. The level of galectin three at the time of admission will determine who will die from sepsis.

So these violent inflammatory inflammatory storm that is the result of an infection. It's very similar to what you what happened in autoimmunity. Why.

Because autoimmunity is an inappropriate survival response. And in this sense it is great relevant for our topic. So how is galectin three measured. So galectin three is a very simple essay.

It's an say it's approved by insurance and it's done by every lab. It's underused. And for people who know about galectin three is somebody who probably has more clinical experience with it than anybody.

The standards for galectin three were set in very early on, around 210 to 11, when the test was manual, and it was done specifically for patients with congestive heart failure in this patient, because often the kidneys have some damage, galectin three is much higher.

So the standards for normal level of Galatians three is much lower than people are aware of. If your galectin three is over 12, it's already a concern, and the levels change based on our genetics based based on our MMP nine.

How we break different protein galectin so we can come in the single protein molecule, or it can come in pentameter or five of them, but both of them are counted as one by the SC.

So you really can't rely on the number in galectin three. The survival protein. It has an important role in the embryo final stage.

Galectin-3 and the Survival Paradox

It helps keep normal kidney development, normal organ development mainly intra nuclear. But then when we are living our life, it protects us by repairing our injuries.

And it does it through inflammation. In Cyprus. And this process is destructive in every field. So if we look at galectin three, research, and just to get a sense close to 10,000 published papers, 10,000, we look at the MCP modifies, it was picked in, which is made from the peel of the truth and modified and is able to block galectin three, the about 80 papers.

We look at the benefits we see cardiovascular disease. We see stroke. We see liver, we see lung with kidney, we see Nash. We see immunity. We see integrative care with cancer therapies. Why?

If it's yes, yes. When it's blocked, you stop this damaging process in galectin. So we will of course, because once it's turned on it's like an alarm that doesn't turn off.

So this is in general and it's very, very specific. When we look at it from the point of view of autoimmunity. And how do you block it? So you block it, you block it in a few ways in the biochemical and in the biochemical level.

It's very simple. You use, you know, you use something called modified introspecting. The one research is called picture soil. And what it does, the galectin three has what we call a carbohydrate recognition domain.

It's a it's a sugar binding protein or carbohydrate binding protein not glucose but other carbohydrate. It it delivers different ligands. It causes hyper viscosity in inflammation growth factors to the tissue that it's in that is injured.

And that's how it causes its damage. So it feels that there is a damage. It drives to the tissue, it binds to the ligand and it creates a down. And then it creates a lattice formation, literally a coating.

You know, the biofilm biofilm, for example, which we are so slow you down and want to slow you down because I want people to be able to follow this. So, for galectin three, because it's carbohydrate binding and it uses I'm seeing if I've got this right, it uses carbohydrate then to create that matrix of damage.

Right, right. But not it binds to different ligands. And then when one and then it creates a pin amount, it can also bind to the membranes. But then this time I think about it I mean there are five of them.

Think about five of them and another five and another five. They create a coating around the cell. So sugar gives it

what it needs in the the sugar in the protein, the sugar in the, in the, in the lipids, the sugar in the oligosaccharides.

Many of them have, you know, a glycoprotein like lipids there. It's very often very common to having a carbohydrate, a sugar component on proteins, on lipids, and on different and on different damaging molecules.

So when it creates this biofilm, this coating, then it creates a separation between the tissue that is being coated and the body. So you will get what you what you will call a micro environment, which is often hypoxic, where oxygen doesn't get to eat or it changes in metabolism.

For example, if galectin three comes to a tissue or is the area is inflammatory and the macrophage, the cells, the immune cells, it clean the tissues in the body, the clean, the damage in the body become inflammatory.

Then they will also excrete galectin three. It will block insulin receptors on the cell. So now the cell metabolism is no longer normal. And without going into the biochemistry the mitochondria will stop working.

You can get an acidic environment with lactic acid. You get damage to the tissue, you get destructive tissue. And this is the mechanism for cancer, right.

Because they cannot use oxygen. But it's also the mechanism in autoimmunity. So if we look specifically at autoimmunity from a philosophical point of view and we ask what is autoimmunity?

Autoimmunity is really a part of us attacking ourselves. And you know, we actually don't recognize the interdependence and harmony between all the parts of our body.

And a certain part goes into a survival mode and attacks out of a survival mode. And that's why in autoimmunity, across all autoimmunity diseases, you see very high levels of galectin three in the blood.

That's an interesting if you look, for example, at the effect of modified introspecting on arthritis. So if it's osteoarthritis, it's not necessarily a survival response.

Somebody can have a great lifestyle. And they jogged 50 miles a week all together for 50 years. Their knees are going to give up. You know it's called osteoarthritis.

But if somebody has rheumatoid arthritis then the benefits of modifying introspecting or blocking galectin three in relationship to the baseline, if they didn't do, it becomes much more dramatic.

So until now, we focused on the biochemical. The other parts of really changing it is by switching the way we live our life from a survival mode to a harmony mode, and we have built to do this.

And this is why, as you know so well, lifestyle plays such a big role in autoimmunity, like autoimmunity is one category where diets are so important because you are changing the metabolism.

So you get your dietary changes, you got your lifestyle changes, you've got hydration and the starting point is you got to address galectin three. And that's why addressing like this, I mean my opinion is the most important supplement.

One can use because it drives. If you look at the data, it drives practically every chronic disease. So in outside of, diet, is there anything else that increases galectin three.

Yeah. Galectin three will increase with stress. Yeah, that's what I was. And these twists. Yeah. For example, you look at patient post heart attack am I am collecting speed goes up if you play music to them in the ICU, their galectin three levels will go down.

And as a result the damage to the tissue will go down. Oh fascinating. Right. So this is what the other part of what they do, what I teach is called open heart medicine.

If we can move from our head, from our conception of our reactivity to our heart, then this is the biggest shift that can really heal us. And not surprisingly, galectin three is especially damaging for fibrotic type heart failure because, when galectin three creates a lattice formation, when it creates this separation, it creates separation, you know, it creates divisiveness.

So right now we live in a society where we are. So, you know, it's so easy to get self-absorbed with so much tension and so much in the speed of media and information and political separation and, yes, vaccine, no vaccine and, yes, mask and no mass.

We lost the ability to hear the other side. So the heart doesn't function in this way, the heart in this sense. And if we have time, we'll talk about it a little bit in detail.

The heart function definitely different than any organ in the body. And in this sense, on one end you have a very simple supplement and the other hand, you have really, a paradigm shift in the way we live our life and we experience reality in both of them.

We'll end up with the benefiting similar conditions. Okay. You know, it's interesting, I, I spent, a couple of months in India years ago, and I was getting my master's degree in Irish Vedic medicine.

And one of the experiments I chose to engage in was at lunchtime. Every day I would take my music and I would I had a little, scholastic notebook and I would do my pulse diagnosis and measure where I was before.

I listened to a certain kind of music. During the music and after the music, and I recorded my pulse response. And so in your Vedic medicine, the pulse has many, many different layers, and it's more than just your heart rate.

And, and I found that the one kind of music that would instantly put me into balance.

Stress, Safety, and Heart-Centered Healing

And so that's an individual, implementation. I'm curious when you say play music in the ICU, it's one of the questions, as a conscious dying, do let I remember talking to my parents and saying, what kind of music would you want to listen to if you were in a coma?

And my dad telling me he wanted to listen to jazz. So when he died last year in in the ICU, I put jazz next to his ear. But I knew that because I'd asked him.

So I'm curious what you. You know, when you say play music, that's a very large, you know, spectrum. There, is there certain music that you've studied that actually decreases galectin three?

You know, it's not only galectin. It's a great question. And then I and your you know, I'm, I'm highly trained in Chinese medicine, so I rely on pulse diagnosis. Yes.

It's, it's really some the conversation is the preparation for the pulse. So, you know, it's very individual, which is very important because we often want to impose, things that are good for us on other people.

Right. Each one is. But there's something about the rhythmic, about about the pace or something about, you know, about the, the kind of music that music is or more based on the five elements, you know, one five sounds or the more every different balancing.

But in general, any music that makes a person very relaxed. And creates space within them because the our healing journey and it's so relevant for to immunity.

But for every disease our healing journey is an injury is a journey of letting go. That's really what life is about. So we come to this world, we let go.

We exhale and cry. We leave this world. We take our last exhalation and we let go. Yeah, whole our life. It's about not about trying to go back to the letting go.

When we think about something, when we focus, when we have an opinion, we are holding to something, we lose the recognition that everything is changeable and in this sense, impermanent is like the basis right of, of the of the aging.

The spiritual journey is I'm staying more like generally without. Yeah, permanence. But obviously we're letting go exactly when we go. Oh if we look at now, we look into our body and we recognize, wow, we have close to a rounding up a little bit, 50 trillion cells in the body.

Not a million, not billion, trillion in each cell. And I didn't know until I looked it up, has between hundreds of thousands and million reactions a second is that just imagine.

Okay. And we are still alive. We are still talking right now. That's totally a miracle. And the reason is that our body recognize that it is working as the whole.

So while every cell wants to survive because every cell in the membrane, it boundary, and every cell decides what it takes in and what it puts out, right?

Just like we do what we going to eat, we are going to breathe, you know, etc. and but the cell recognizes that it has a relationship with its environment when it loses this recognition, when it wants to go into an individualized survival response, it says, I'm not going to die.

I'm not going to isolate myself from the environment, create my own nourishment, change my metabolism. When this happens, this is what you call a cancer cell.

And this is also what you call an autoimmune cell that decides to be independent, becomes inflammatory and starts attacking people in a different way than cancer does because it can quicker have a systemic effect than if necessary to expand itself locally.

But it's very simple. It's a very similar approach. The only organ that functions differently, that takes all the toxins from the perspective of the cells, everything that comes to it from the past.

Because when it gets to the heart, it's already been released by the cells because our heart and our heart, instead of creating a membrane and deciding what comes in, connects with the universe through our lungs, and we can see some autoimmune disease that our lung kidney related like like good good, good, good posture and other diseases, we connect with that universe.

Our drama for the universe is insignificant. Yes, exciting. And that's why we have to respect our universe. When the universe becomes toxic, it doesn't heal us anymore.

And then what does it do? It gives blood without discrimination because the water is a stiff or a stiff artery. And it's an image that I discovered and I share it because it well, for me, every time the first organ, the heart nourishes, is itself going out to me because the heart notices itself in order to nourish others and is part of nourishing others.

And that's why it's such profound healing in connecting with it. Because, as you said, we connect with the impermanence because the heart doesn't stop thinking.

The moment the heart stops, it stops the flow and everything is changeable. We are dead. Yeah. And in this sense we know it. Like in meditation and healing retreats, the autoimmune patients are the ones which will have a very dramatic response because they move out of the survival response.

So this survival response is basic. We all fall into it. I fall into it. Everybody is listening, falling into it. It's part of our existence. So transforming it and freeing it.

It's the deepest, deepest healing that is not so easy to come by. But prior to it, we have to say, how do we reduce this survival situation? And that's what you mentioned, right?

Diet, good hydration, lifestyle. And we have to be aware of what is driving us into survival. So one of the biggest areas is toxins and pesticides. And if you metals and mycotoxins, they and feelings of not feeling safe.

I've noticed that in all my autoimmune patients completely because safety allows survival to melt when we feel safe. We don't need to survive. So for example, yeah, if you look at Hawaii, in Hawaii there is great harmony.

It's called Paradise. So in a way, the plants are very friendly. They are not aggressive plants. They don't need to. For example, I raise bees as a hobby and I used to raise many years and they see it is a great image of selflessness because this specific bee is part of a bigger community.

It's beautiful. It's really what we talked about. But I had some queens who came from Hawaii and they didn't survive in Sonoma County in California because they were used to this very harmonious environment, you know?

So I was survival. So the more we can shift to this harmonious response, the more our body will heal and become at peace. And it's not only the diseases go away, our quality of life improves.

And so we see through aging. For example, centenarians have a lower level of galectin three compared to people in the 70s and 80. Despite the effect of the 70, 80 include some people who are going to become centenarians.

So that's another example. So yeah. So understanding this not only from a conceptual but in my book is survival problems. Explain it. And then I go through, galectin three and then I go, what it does metabolically inflammation circulation.

And then how is it how it can, can can change it. And then which is really the survival of the heart is to keep nourishing us without discrimination. That's why it's such a big deal in every tradition, you know.

Yes. And, when we realize it and then it goes to every group of diseases, including autoimmunity, when I explain and then what to do. So we really need to address the issue of detoxification on both on a constant level and in more periodical focus.

And I already I Aveda is one of the ultimate detox system because it's much more than a one way cookie cocktail. You know, it takes into consideration constitution and environment and weather and time of the year and age that are often not taken in in straightforward, no and formulaic detoxification.

And in my book, in the chapter on detoxification, which I will offer also to the summit people, this chapter, it's, it's important to understand the detox process is magical, and it's happening all the time.

Every time we exhale, we detox, every time we inhale, we nourish, and our exhalation is twice as long, though in the relation. So we detox more than we notice.

And then the transformation happens in between.

Detoxification, Lifestyle, and Autoimmunity

So when we look at it from a poetic view point of view or a physiological point of view, we can bring it all the way to the cellular level, to the membrane, all the way to the mitochondria, because the mitochondria, if the cell inside feel threatened in survival, then a pox inducing factor jumps up into one, goes up, you know, you know, a pyruvate kinase, BTK gets activated.

No pyruvate can get into the mitochondria. You don't produce energy through the aerobic metabolism, and you go into a very inefficient disease driving metabolism.

So there are so many layers. And if we recognize it, we each can find in our own journey. Just like you said, what works for us with very simple things like we got to address galectin three.

And, you know, I've quietly researched it for decades and didn't spend the time explaining it. But now, after almost 30 years of research, I feel comfortable talking about it more.

And also, how do we change our life? Like can we close our eyes and feel who how somebody who has an opposing opinion to us feel. And we can we can we accept it and say, look, it comes from there.

Set of genetics, epigenetics, belief system. And even if I don't agree with it, and even if objectively, I don't think it supported that their reality and how do we bridge, how do we bridge?

And once we bridge and we have a flow, then the joint space is not inflamed and autoimmunity just melts away. I think this is a very important point that you're making because in the field of humanity, the grid that we all belong to, when you know the the ecosystem that has its own boundary and begins to have a life of its own, like cancer, we are doing that with one another when we become polarized.

So, you know, the energetic grid that we're all part of, we need to learn how to do what you just said, where people can accept and and learn to see differing opinions as just a balance inside of the energetic field instead of something that makes them feel unsafe.

Because I'm seeing that that's a lot of what's going on politically. People feel unsafe. You know, when someone's expressing an opinion that's different than theirs, instead of, you know, saying, oh, that's just another thought construct.

You know, it's just another thought construct. And, you know, when when that feeling of not being safe because other people think differently than you do, that just makes you sick, and it makes our society sick.

So there's no there's no positive outcome to that way of being. But in a way, it's so what you brought safety is a fundamental shift. Yeah. It's the whole body relaxes in.

One of the easiest ways to do it is to take a few deep breaths, because the moment we have more oxygen in our body, the cells can relax. The moment we're not oxygenated.

Well, the cells going to a crisis and different organs, of course, as you know well from I mean, it's different organs will reflect in different ways and different emotions and you know, not to a functional doctors not necessarily have this understanding like pure biochemical, functional doctors.

But we are not biochemistry. Biochemistry is an expression of who we are. Yes. And we really have a choice. You know, there's a beautiful saying in Hebrew in which I like actually to quote in Hebrew often, which is a call.

It's a full evaluation need to know, which means everything is predetermined. That's how a genetics. I should need to. Now we have the choice. That's our epigenetics.

And moving from survival to safety is a choice. It's a choice that sometimes it's easier to do it when you're in a very peaceful place, and it's more challenging to do when in difficult times.

But we internally always have a choice. And sometimes we are successful, sometimes we are not. Everything is impermanent, but the good news we can change our response in the next breath.

Yes, the next thought. And if we do it long enough, suddenly the inflammatory markers start coming down because the driving force is going down. Now, when I say driving force of galectin three, if you look at my research in sepsis, you will see in in the animal sepsis model that galectin three goes up, only doubles.

Interleukin six will go up a thousand fold thousand fold, because you need a very small change at the top to create

a whole waterfall of cascades of of cytokine.

And that's why trying to change the cytokine, it's a battle. The losing proposition is like putting a bucket in a waterfall and trying to make sure it doesn't get the flow rate.

Yeah, you can shut it to the top. No water is going to come down, you know. And your term of safety is one doorway, which is which is a big part of safety is acceptance.

If we accept things, we usually don't accept, we feel more safe because we're not threatened. And if we can change reactivity to responsiveness by understanding, like you said, where people come from and instead of getting upset about it, we open our eyes, love our heart.

That's like the health nourishes the heart, gets all the junk, and it doesn't say, oh my God, no, it's just nourishes. And now suddenly we have a responsiveness of love and compassion.

It transforms that. And I see it in retreats in a few days. I see it in myself when I'm in the right space. It's amazing how my health will, will transform itself.

You know, I can tell you it's what helped me get through Covid quicker. I'm on day eight of Covid right now and in the first three days I was pretty, pretty sick.

And just seeing the virus as an act of love that is there to teach me about impermanence and having compassion for impermanence itself and the human condition, it transformed everything.

Rather than contracting around fear and anxiety and, you know, all of those things. It was just a constant bringing back to recognition that everything that I label, not love, is actually not true.

You know, everything is love. Bringing it to the heart, you know, and pulling that through with every single thought which is a choice with every breath and, you know, letting go of any clinging to things being different and that I, got better pretty quickly.

So, yeah, I think that that's a really powerful way of, of getting better. And now I can see what was going on. You know, it's remarkable because what happened when you did it, you moved away from the survival of fear, fear and survival.

Well, the spike in protein, the spike protein of the virus is practically identical. Just to what? To galectin three. The virus also wants to survive the highest density of galectin three receptors is in the lungs.

So if we look at covet the level of galectin three at time of admission in the emergency room, regardless of the extent of the disease in the lungs or the severity of the illness, will determine who will end up in the ICU and who will die.

Very good. Loud study from from Mexico City done already in 2020. So when you look at something that blocks galectin three, you both have the attenuation of the cytokine storm and you have the blockage of galectin three.

Now what you did, you had the capacity and the training. You know, it's one thing to think like this. You know, catch to catch 22. I read it in my book, you know, it's like, is it the flow of catch 22?

We can think like this, but inside we don't feel like this. You able to feel like this? So your process came from the inside out? Yes. And as it went through all your cells, you created space within your cells.

You know, I was I told you my story about getting sick 45 minutes before teaching a seven day retreat to 150 people who are in the big hall. And after two and a half years in Israel, and I just let go and two days later, I was antigen negative.

And that was quite sick, my gosh, because I talked the day before a few hundred people that one day. And so, yes, it's the power of letting go. And it's challenging because it's contradictory to a survival drive.

Okay. But the benefit of practice, you know, this is the place where practice comes forward and you get the fruits of it. Totally. Yeah. And then it's an unknown, as you know.

I know we all know it's an ongoing process. Yeah, it's a process. There is no there's no end spot. You keep moving because the moment you freeze it. Oh my God, look at my meditation. Look at my, my.

And you hold to it. It's no longer flowing now. You turned the water into ice. So the approach is long as we flow and we don't hold, then we have the power of healing.

And one of my favorite sayings that they often use is not everybody is going to be a miracle, but anyone can be a miracle because everything is changeable and it's because everything is changeable in its in its essence.

Letting Go, Compassion, and Closing Reflections

And no quantum physics, no, the understanding of reality knows that we can't hold to time, and time comes from all directions. I don't want to get into this, but actually time can also come from the future, right?

Do my healing work and I teach meditation to be a component, but as long as we realize it, then everything is possible. And if the if the tissue and the trauma and the pesticides and the heavy metals, it caused a reaction in a certain tissue and a certain that created an immune response can be turned off.

You we can see a change in autoimmunity. And in this sense and you know, there's a lot of use now of IVIg. You know, in autoimmunity I use therapeutic of for resistance because a I'm a disruptor in the field.

It's whatever grants and a lot of inventions. I'm working on a development of a column that will remove all the lifting to me out. But right now I'm moving more inflammatory compounds.

And what happens when you change the environment of the plasma after the first treatment? It's very interesting. Everybody does like one treatment like once a week or whatever, and you do another one very close by.

Two days later, you think, wow, the plasma is really clean right now. There is much more dumped into the waste bag because the tissue is letting go. So when we reduce the inflammation in the blood, in the plasma a little bit in the tissue, we move the body, just like you said, the tissue from survive to safety.

And certainly, for example, the liver, even if it's challenged and doesn't have 100% capacity, we clean the backup for the liver. It can finally do its daily work with a little bit of help, and suddenly the tissue changes and we change.

So that's so so again therapeutic. And this is more of an extreme treatment. It's expensive. It's specialized filter. It's similar to dialysis. It's a real specialty.

But the concept is similar. The more the more you can move into the safety role the more you can create space and hold it long enough eventually is, you know the tissue is going to change.

That's beautiful I, I think that the what we're talking about is a little antithetical in people's minds to, to what they're trying to achieve in terms of survival.

And you know, and that becomes I can see why you call it the paradox in, in the quantum cell of time, you know, the, the one that was conceived and the one that will die is all together in a cell of time, not linear, but all available right there.

And, you know, the more that you can heal any places that the young one didn't feel safe than the future when is healthier. So. Right. So it's but it feels so like with Covid for me, letting go, letting go, letting go.

It's like practicing dying, practicing, letting go. I think that's an important practice that we don't in our culture, ever land on. We if are getting into deep water, I mean, we are getting into deep water.

So I talk a lot about it sometimes. I know you and I, I want to have tea with you and I teach, you know, it's absolutely correct. And also you you're not allowed to talk.

You know, I talked to in America in a cancer control society, the violation narrative, a conference for, for for cancer with all the clinics for Mexico.

And I used to lecture there in the 90s and I talked about medicinal mushrooms, which was like a new thing. And then I took off my jacket and I, I told people, you know, I want to talk a little bit about death and dying.

Yeah. And I was pulled off the stage after three minutes, but dozens of people came for the little bit. I spoke, said, thank you so much. So the more we let go, the longer and healthier we live.

Let them grow. In order for something new to come, the old thing has has to die. Yes, medicinal longevity is how different you are every second. Otherwise we can live a hundred years and we had a very short life where we can be Mozart.

We lived 30 years and had an endless life, and people are still celebrating, you know? So this is why time is so illusory. But on a practical level, we also discussed some very, practical, you know, advice on the living.

Of course, we, you know, I, you know, we we can go into greater detail about it in our second interview, but it's it, it's it's for me. And, you know, I, I wasn't as aware of that.

I got a great partner and I can't often talk about it. It's how I live my life, you know, for decades. But you are really bringing to the forefront and, you know, in the, in this more simplified language that I'm able to.

So I, I thank you for bringing to this is really where ultimate healing happens. Yeah. That's really an ultimate healing happens in the heart. And that's why there is relative healing and then ultimately healing.

But the more we are connected to this place, the relative healing will happen anyway. Because as you said in the quantum example, future past, it's all the same.

Yeah, whatever, like you said, is profound sentence that you recognize with the with the Covid because it's a great letting go is it. Everything is love because love is an expression of this essence of we call it emptiness in Buddhism or impermanence or the divine within us.

You know this expression within our body, when we go into our thought, our ego, our struggle, we get disconnected. So many people are disconnected. I get disconnected with all my training.

When we connect to the heart, the heart is always connected. The electric, the electromagnetic field of the heart is a hundred times bigger than the brain.

You know, it gets to every cell in our body. So when you connected with love, every cell in your body was getting love and hug and compassion and safety and people around us get it?

We can feel right when somebody connects to the global heart, to each other. Exactly. And that's really that's really the medicine for the heart, for the world.

Yeah. And often they say, wow, why am I talking about it? You know, when I was in the Himalayas and I don't go into the countries for political purposes, and this great teacher said, look, you got to talk about it in the future, though, is it?

What are they talking about? I'm like this Israeli, Jewish guy. Like when it's very dark, every small light you really

shines. You know? So I think within this time of divisiveness, just like the yin and yang is, there is always an option.

But if we push the push the the rubber band too much, it is going to get cut, you know. Yeah. See it right there with the environment, with the inflammation in the environment.

What is global warming? It's inflammation on a global scale. Right. And it's a reflection of our own inner processes. And so these are quite some times for the world. It's worrisome on one level and exciting the other level because we can make such a difference.

You know I agree that our allies, it's been a very big pleasure. And I appreciate the honor of being able to talk to you and I. We have another interview coming, and I'm very much looking forward to it.

So, you know, thank you so much. All right, everybody, until next time. Be well.