Reversing Arterial Aging: Drea's Life-Saving Journey Transcript

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Opening and Podcast Introduction

If you just kill the cancer, you may win the battle, but you're going to lose the war. So if you get a 52% kill rate with ivermectin and a 50% Kill Rate with curcumin, But you know, a 10% KILL RATE with phenbendazole, why bother with Phenbendeazol?

But be sure I'm going be doing curicumin and IV vitamin C or ibermctin, and whatever. You know if I get anything that has over a 40-45% percent killrate, I am going pay attention to.

Welcome to the Deeper Healing Podcast. I'm your host Danielle Howley. This is for everyone who's been dismissed, misdiagnosed or told to just live with it and refuse to accept that answer.

You're going to hear amazing patient recovery stories, raw and real in their own words. People who found answers after everything had failed them. you're gonna hear from medical experts we trust that are pioneering new approaches to healing the body because we deeply know we're designed to heal.

Let's dig in. Hi, it's Danielle here at Deeper Healing and I'm here with Drea and she's got a crazy health story and when I heard that I was like, is that even possible?

So this is what happened. She basically in the last year took 10 years off her vein hell. So what does that mean? And all of her other doctors are like, wait a minute, this isn't even possible.

So let's talk about, first of all, you're young, and you are beautiful. You're very healthy.

Drea's Family History and Arterial Age Discovery

I would not look at you and go, well, Toria really needs to worry about her heart health. That is not something that I, or your vein health, I will not have said that.

So what even made you think to look into this in the first place? So it's been about eight years now that my mom had a triple bypass, and she didn't actually have a heart attack, but she had triple a bypass.

I was already concerned that it could be something inherited or whatnot, so I had an heart cath score test, which tests, basically, if you're going to have heart attacks, it predicts those kind of things.

and the ideal number is zero, which is what mine was. So it was absolutely perfect. But then, fast forward a few years later, my friend, who was a doctor, actually started living with me and had an ultrasound where you could ultrasound the carotid artery.

And I love any kind of numbers, so I was like, sure, let's do it. And when he got the result back, my arterial age and my carotid artery was 10 years older than my actual age.

So I started getting concerned. And talking with him, he was like, you know, it's related to cholesterol, blah, la, La, so I cut out all me. It's a purpose.

and I was like, it's gonna be better, It's going to be great. About a year later, I retested and i was 20 years older in my arteries than my actual age, so I really started getting freaked out.

So then I went down this whole rabbit hole and in the meantime, i had already scheduled an appointment with Dr. Bowersmith. I hadn't met with him yet.

Um, I didn't even know about the carotid artery thing. I was just looking at overall health when I met him. So when i started researching it, i found this thing out in California called Plaquex.

And it was the only thing that I could found with any semblance that could reverse this arterial beginning, other than maybe like this thing called the Ornish diet, which was extremely strict diet that may at least stop the aging of it, but not reverse it to this extent.

So I like mostly I'll hear people talk about just like preventing it getting worse. But you don't actually hear about like a dramatic like healing it making it better.

When I went to retest it most recently, he was like, if you haven't progressed, that's a win. But that's not a win for me because I was already 20 years older.

And again, in every other way, shape or form, I feel like I'm physically much younger than my actual age. So, yeah, it really scared me. Yeah. Especially after my mom had this triple bypass and she did not have a heart attack.

It's me that was a direct correlation to where I headed. Yes. There's got to be something you can do about this. We just have too much technology. I found this single plaque in the Californian.

Then I started researching, well, who near me could do that? Again, I already had this appointment with Bowers but scheduled but I had not been and sure enough deeper healing had the ability to do this and I think it's Phosphatidylcholine is what the IV is.

Anyway, so even before I met with him or right around then when I first met him we started scheduling the Black X and actually I did 36 rounds because the best ideal treatment they say is between like 20 or 40 to get the most bang for your buck.

And I knew I wanted to go all in because I needed a substantial reversal. So I didn't want to give up my travel plan. the series of 10, 26, or whatever it was.

So then when I retested, again, my mainstream doctor said, if you just don't move any forward, we'll consider that a win. But I actually reversed my arterial A 10 years.

Again, that's life-changing and life saving. literally life-saving. So when I asked Dr. V about your case, he was like, the key thing that she did was the chelating with the PTC.

Plaquex, Chelation, and Reversing Arterial Age

The PPC is the phosphatidylcholine. It was that combination. I also just did a heavy metal detox during that time. He said that was key. That's a very important And it was actually only, the window that I did it, was about eight months.

And again, I was traveling out of the country for two months, so in that time I just did some kind of maintenance things. So I didn't stick it all in one chunk, but I do the full IV chelation and I get DMSA and then Metapur or whatever.

Yeah, you were doing IV and oral chelaing. Correct. And then you were kind of also doing that with the PDC too. We're doing the IV and the oral. But you are basically consistently kind-of like pulling it down over, but you think about a short period of time, eight months, nine months.

to go from, I think your, your I was looking at your test, it was like an arterial age of 74. Yeah. And you're in your fifties and you are super healthy.

Like this is a super-healthy girl. So yeah, you were on a really bad path. This is one of those silent suffering kind of things where, yeah. I wouldn't have known until it's too late.

You never would have been until. If I hadn't, and I would not have even thought to have the test. Except again, my friend had it and so it wasn't accessible.

It was, like, let's do it. And I wonder if you didn't have your mom. I would have been as concerned because immediately after she had that triple bypass, I went and did all the things like EKGs, and I'd get in the heart cath score and everything was perfect.

Yeah. So it did make me more at least conscious about paying attention. And so I think your story is extreme because you are so young, so healthy, And it was so severe.

But imagine how many people are out there that have that. have that high, what did Dr. B said? He's like, it's just like when you're soaking the pan and you have all that hard stuff on the edge, and then you like it softly coming off and it is going down the drain.

That's pretty much what's happening. She cleared out her vein, that improves your entire circulation system, the oxygen delivery, this cell health, your blood health your energy level, I mean everything, every part of your body is improved.

by having healthy veins and healthy blood flow. So I mean, it sounds like, oh, yeah, that's great 20 years, but it is literally life saving and life extending.

For sure. By doing that. And as we age as women, we lose the estrogen, which keeps our arteries more pliable. It's things you don't really, again, notice that are happening internally.

Yes. And you know, it's funny, I think chelation gets a bad rap. I thank a lot of people because if you start researching it, there's so much pro and con, and then people get confused about what to do.

And one thing no one ever really talks about is vein health. My own chalation story, like I am very high lead, my thing is I'm all about preserving my brain.

Look at all these memory care facilities. They're packed with people that are losing their minds, early dementia, Alzheimer's. Everyone you meet in their 40s is like, I can't think of the word.

It's toxins, people. Toxins. This is, and I have no doubt that that was a big contributing factor to your story. My numbers, especially mercury and lead were very high, but a lot of them were high.

My mainstream doctor told me not to worry about it, because even by mainstream standards, my arsenic was very high. I'm still not sure if it was from a sea salt or where it's coming from, but it is astronomically high and again my mainstream doctors was like, don't worry it out.

It's organic. To have all those things building up in my body and, you know, because I'm pescetarian, it may have added to the mercury lead levels, but now they're back in a much healthier range.

But I am still knowing what I do now and how much I can sift things. I will still work on getting those down further and my arterial age down farther.

I had an 80-year-old woman here, she would come in and she'd do a chelation. She would probably come like once a month. And I was like, how often are you going to do this?

She's like when I stop coming, I'm done. I said, oh my God, because she said I know it's great maintenance for me. And it was kind of my first epiphany of like, oh, this is something that is like a constant, if it's constantly coming in.

So I feel like what you did was you just hit the reset button. You just kind like pulled it way down, got yourself back to kind where you should have been at your age.

And, you know, just adding quality and adding the quality years of health to your life. Amazing. I hope somebody out there hears this story and is inspired.

It's funny, I was talking to someone earlier today, we're doing a really cool recording today. They're like, oh my gosh, i know some people that need that.

You can do better than just not making it worse.

How Phosphatidylcholine and Chelation Work

What if you could actually heal and get actually better, improve your health? That's what we want to do in deeper healing. We want find out what's the culprit and go after it.

As Dr. B says, put out the fire, but also find the arsonist and arrest them. And I'm really, really excited for your results. Thanks for sharing it, sharing these stories are huge for people.

You don't get this kind of information anywhere. Hi everybody, I thought it would be really awesome because Dreya's story is so amazing. I want to hear medically, because I know there's people out there that geek out about the stuff, like how did that even work?

So how does that work even? Let's be clear on a couple of points. Number one, she did. One, we're talking about arterial age, not vein age. The tests that Drea was referring to is called carotid Doppler or carotic ultrasound, where they actually measured the thickness of the lining of wall of artery.

Okay. Thicker it is, the more advanced the age because we are all kind of like, were not getting any younger. So what she did is she reversed that age from going 10 years older than her biological age back to her biologic age, which is phenomenal in and of itself.

There's no reason that was clearly evident that she should have had that advanced aging other than her maternal history, mom's history. So that aside, why did that work?

Plaquex is actually the trademark name for the IV that the Anazale company uses to describe their IV product or IV formulation of phosphatidylcholine.

Phosphatidylocholene is a very important component of our cell membranes. we actually use it to repair our cell membranes. And by its nature, phosphatidylcholine is actually, it's fatty.

Okay. Believe it or not, if someone calls you a fathead, thank them. because over half your brain is lipid. We are really fatty organisms. Everything we have has to be fat soluble.

It has be able to transferred across the cell membrane. The phosphatidylcholine is one of the big reasons that we can because our cell membranes aren't just like one continuous border like you would see in a garden or on a map.

It's actually a lattice work of interconnected strands, and the phosphatylcholine is an important part of that strand work that allows molecules to slip through those holes and be transferred across into the cytoplasm of the cell where all the work in the cells takes place.

The cytoplasm of the cell is in and of itself a huge place. But bottom line, what we're doing here was helping her dissolve the plaque with the use of phosphatidylcholine, because it will rebuild cell membranes and also transport lipids and cholesterol.

So it can work in the way of rebuilding damaged cells, which is why you started developing the plaques to begin with. OK. And also it helps remove the plaque, helps dissolve the pla and return it into your circulation.

So was that, so the metals were almost like the sticky part, like them because she had it, she was doing them with

chelation. Yeah. so that the medals were kind of like that.

And so as she's taking her metal level down, then the phosphatidylcholine is like the grease that's kind of like letting it come out? Well, kind sort of, you know, and let's back up a little bit historically.

Phosphatidylcholene was kind happened on accidentally by a German physician years ago and healing one of his, I think he was a family member actually.

that had a heart attack, and I don't know the circumstances around it, but the phosphorylcholine seemed to help improve their health. Initially, it was primarily used in addition to chelation.

Why? Because the metals are the irritants that cause the cell membrane. It actually has been shown in animal models that things like mercury and lead interfere with an enzyme that we need to prevent plaque deposition.

Okay. So the metals actually permit the plaque deposition, and whether that's a direct toxic effect to the cell or not, I can't tell you, but we know that if we eliminate the metal, that enzyme comes back in the thing and we reduce plaque.

Okay, so getting rid of the, in this case, the the medals are the arsenis that started the fire. The plaque is the fired. We get rid the arsonist, put out the fire.

And so that's why that was working well together and that why she was doing those kind of back to back in a regular way. Exactly. Now, if someone's out here going, okay, can I do this orally?

You can. It takes a lot longer, of course. I mean, in general, it's generally conceded that around 20 IV treatments is pretty much what you need. In general, if you were trying to rebuild your cell membranes orally, you're looking at a three-month period before you notice any kind of changes and six months before, I probably got my maximum benefit.

Anything you take IV is certainly you get 100% absorption. Orally? Who knows? Depends on what shape your gut's in. Because I was thinking they wouldn't be able to do it oraly because I Would you still do it the metals the metal removal and the phosphatidylcholine?

Oh, yeah Yeah, I think that that is that isn't and for many years it was that was they were done in conjunction with one another. Okay? We know that they both work independently as well Okay I haven't I'm you know the there is this trial to assess chelation therapy to look at people that had a heart attack and they receive chalation and there was a Decided benefit if you had chelasin in terms of reducing your chance of another heart.

Attack. I The phosphatylcholine has clearly also been shown independently to also help remove plaque and rebuild cell membrane laws in that respect because it can help the body detoxify because as you break down the cell wall or rebuild a cellwall, things are being let loose and back into the circulation.

So there's other benefits besides the plaque removal that phosphatocholene can provide. But I'm not aware of any study that said that we get X amount with chelation, X mount with plaque X, but we got 5X with using them combined.

Inflammation, Statins, and Closing Remarks

Okay. That's really cool. I mean, what's great is like so many of the doctors I've talked to and obviously patients are like, I didn't even know this was possible.

So it's like I think this is one of those things where we had some wisdom and we maybe lost it on the way. Oh, there's lots we've lost along the way. I know.

So I love sharing stories like this because I think Dre is a perfect example of someone who is the picture of how

takes really good care of herself and was told there was nothing that could be done.

Now she's like, There was so much that can be died. And I'm so excited and I want more people to know about it. And that is literally the purpose of this podcast.

My hope is that the right people find this, but I wanted you to kind of explain. Obviously, I botched that. I thought it was vein health, vein, artery, all the same.

But, you know, also, like I know I'm dealing with my metals, more concerned about my neurological symptoms. She's getting all of the benefits of getting those heavy metal loads down.

So but then the direct benefit to her art artery. That's the demonstrable benefit. Yeah. I mean, this is something that's really easy to do. It's any hospital and a lot of outpatient radiology places can do carotid Dopplers and just measure that thickness.

There was another interesting, just looking back, there was an article out of Japan that looked at carotted artery thickness and they did, they measured after 10, 20 and 30 chelations and each time they do another set of 10 that arterial improved, that artery health improved.

So by itself it's effective as well. Is that only preventing heart attacks? Oh, gosh, no. I mean, this is cleaning all your arteries. It doesn't just go to the carotid artery.

Well, that's what I was thinking. No, I guess that was when I saying vein health. That's improving your circulation in every way. These are your main highways that you're clearing up.

Your arterial health is the stuff that gets plugged up and deprives the body of oxygen. You quit making energy, you quit make an energy and start dying.

Okay, all right. And for someone so young, so I mean, that's the surprising part. Most people, I means, she's my age. I'm not out here checking my artery health.

That's just not something I've doing. Not thinking about that. So it was interesting. The only reason she had the thought to do that was just from her, her family history.

But we've had plenty of people in here who are like, very worried. Um, and often they're just getting on a stat. You know, they just doing the, the prophylactic thing of like, I'm going to get on the statin and she brought this up.

Now you gotta listen to the story. Okay. 1992 or 93. I am running the ER at Imperial Point Medical Center in Fort Lauderdale, Florida. And a drug representative from Eli Lilly walks in, and drug rep never came into the ER, because they got nothing to sell me.

I mean, I'm like, going to treat you in the street chair, or I've got to teach you. OK, one of those two things. And I don't write a lot of prescriptions.

He comes in and he says, listen, Doc, the next card attack patient you got, you've gotta give them my statin drug. I'm going, what in God's holy name do I want to give somebody that's having a heart attack something to prevent a hear attack?

He says, no, it doesn't work by reducing cholesterol. It works through an anti-inflammatory effect like aspirin. And I went, that interesting, I might want do that then.

I checked the emergency medicine literature and there were a few articles about it actually at the time. Then all of a sudden those articles disappeared.

And I often wondered why and I thought about it and said, if people were reasoning that if it works like an aspirin,

why not just give them an asprin?

And the drug companies, so they buried the articles, which they can do, and they do on a regular basis when things don't go to their bottom line. And they look because at one point, just the Lipitor was a $9 billion a quarter profit maker.

Wow. So bottom line is inflammation is the enemy. It's not the cholesterol. it's the oxidation of the LDL which happens as a result of inflammation that makes it sticky.

Okay. There you go, folks. That's straight from the medical director of Deeper Healing. And now you understand what happened with Drea's story, which is an incredible healing story that many, many people need.

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