Introduction to Mycotoxins and Chronic Illness

Welcome to mycotoxins and chronic illnesses. 2.0. We're here again to give you the information to help you make the right choices for your health. And today, it's my pleasure to have Doctor Daniel Pompa with us.

He is a gentleman who. His own healing journey has really led him to become a leader in the field of cellular detox and healing. He has written books on, beyond fasting and the cellular healing diet, and he continues to teach doctors and what I think is really important, now beginning to teach patients on a large scale about how to apply his, ideas and techniques to get your body back to health.

So welcome, Doctor Pompa. Yeah. It's good to have you again. And, so first, maybe you just want to give us a little introduction. For those who weren't with us the first time on what brought you to the world of cellular detox.

Yeah, I, I was I didn't choose it. It chose me. I, I got very sick. I, you know, it's that kind of just brought me here. I was functioning, in private practice, specializing in structural correction.

And the bottom fell out of my life just to keep it short and simple. And life was really good, actually, until that point. Had two young boys at the time.

We have five kids now, so you can see the progression, but, I was now in the best shape of my life, arguably training for bicycle races that I was doing at the expert level.

Life was great. And then fatigue, I thought I was overtraining. Took time off the bike went back. Fatigue, worse anxiety, digestive problems. Started allergic to this food.

Avoiding that food. You know, all these different things started. I couldn't sleep through the night. Anxiety, panic attacks, massive brain fog. You know, went from a photographic memory to where am I?

Where's my keys? I can't find anything. But, yeah, I mean, that was it. I mean, I was struggling even to get through a day, frankly. I remember, you know, going to my office just thinking everyone would cancel.

And I could just lay down in between patients, and, it was hard. And my wife had to take the kids out of the house, oftentimes because a crying baby would just send me reeling.

My adrenals were fried. My thyroid I knew was malfunctioning. But every time I went and did testing, I spent $5,000 in testing.

Daniel Pompau2019s Personal Healing Journey

At one point, I that's just one group of testing. I went to the the best toxicology hospital in Pittsburgh. That's where I used to live. And, I didn't have insurance, so I paid out of pocket for all these tests, praying something would come back abnormal.

Tell me I have cancer. Tell me whatever. Just give me an explanation so I can figure it out. Fight it. But it came back normal. So of course, they look at you and go, okay, you know, maybe a psychotropic drug.

I mean, believe me, I, I left 2 or 3 different doctor's offices, with prescriptions for psychotropic drugs, which I just threw in the trash and would have gone.

But, you know, I didn't know what was wrong. I wanted to know what was wrong. I suffered for 3 or 4 years that way until I figured out what was wrong.

So everything I teach today came out of that. And so, like I said, I didn't choose it. It's been from pain to purpose. And I would say promise because God definitely gave my wife some very specific promises that I was not only going to get well, but I was going to take a message to the world.

And what I by the way, Eric, when she told me that I didn't like her very much, I, I that angered me because I couldn't even get my self-worth. So to me, it was just one more burden.

To think. But she was just speaking. What? You know, she, you know, God spoke to her heart. That was going to happen. She was right, I was wrong. She was right. I'm taking a message to the world.

So, I mean, you know, pain to purpose. That is my story. Yeah, well, that that that is just so true is that, you know, rationality, is a very useful tool, but it's not, it's not truth, you know?

Yeah, it is true. But, look, you know, when it came to my issue, I knew there was something upstream than just my adrenals and thyroid. I look, I, I addressed those and, you know, some things may got better but some things worse.

But I knew I wasn't well yet, so I knew there was something beyond that. And I had got I was online, I remember just searching for, answers, you know, like most people do.

I would say, probably a nights that I couldn't sleep and didn't have debilitating anxiety, but I found mad Hatter's disease, and you probably recall what that is, maybe some of our listeners or viewers don't, but people making felt hats were actually using Mercury and they were mercury poison, but they became known as Mad Hatter's.

I literally had all the symptoms. So, of course, one of the tests that I went and got in that $5,000 bank of test was a mercury test. It came out normal.

It was like a year or so later, I, I was working with a very bright, endocrinology just. And he said, you know, dad, I think you have mercury toxicity.

I said, you know, I, I thought so too. And I did a test. It came out negative. And he said, oh, that's the wrong test. You want challenge it out of your tissues?

Even then, you might miss it, you know. But there was enough that it you know, it literally woke me up to the fact that that he was probably right. I started addressing that correctly, which, by the way, that was a lot of research, because one thing I found is pretty much everything online contradiction.

Contradiction. This everyone has their opinion. Yes. Yeah, yeah. I mean, after a month of research, I was like, well, I don't even feel like I could do anything without worrying because everyone's, you know, in disagreement.

I did pray and God, I really, truly believe led me to, you know, the answer of how to do it correctly, how to get the mercury out of my brain. And that's ultimately what drove my symptoms.

So much of it was around the center of the brain. The pituitary hypothalamus, which controls your thyroid, controls your adrenals, your hormones. So no wonder I was just spinning my wheels trying to figure out the thyroid issue.

And by the way, like so many, I go and you know, my hair was thinning. I had all the symptoms, yet my bloodwork was still normal. I mean, one day it would have went off. Right.

And, you know, of course, one day they would have medicated me to make my blood work normal. But I wouldn't have felt any normal because the problem was much deeper.

Yes, I think that that is is is the key to difference between acute illness and chronic illness. You know, is there an acute illness? You can fix the top symptom and people get better in chronic illness.

It's under what's underneath that's important. And so so continue your journey here. So now Mercury has come up in some deep research and yeah. You know, I mean, one of the things that I had learned was there was two camps.

There was the alternative medicine side that was corella, cilantro saunas. Yeah. You know, colon cleanses, you get liver cleanses. I mean, all these different detoxes. Right.

And, I learned that it really just creates a lot of redistribution, especially when you really have a deep rooted toxicity. I even tried some of those things and got worse.

And then the other side of the coin is the allopathic medicine, or at least alternative allopathic medicine. Maybe a way to put it. Yeah, where they're using lation, which almost sent me to the insane asylum because they put a real key later in, you know, over here they're using weak binders.

They kind of just stir it up. Over here, they're using real binders, but they're using it incorrectly. When you give an IV, it pulls a lot at once and you go home and that it just keeps coming and redistributing.

And I thought I was, you know, literally losing my mind at that point. I remember, you know, just spending, you know, many days curled up in a ball after that.

So that's when I realized, okay, it's true. It's got to be somewhere in here. Right. And, you know, so everything I teach really is about doing it correctly.

You have to use real key layers or binders, but you have to use them correctly. And what I mean by that is they have a half life of how long they stay in the body.

So for example, DMT was the one, you know, at one point I even tried EDTA, but same problem. They put it a lot in at once, and it just kept coming out of me.

And basically after eight, ten hours, most of it's gone, and yet it's still pouring out of your tissues only to redistribute into my brain. And that's what caused the the crazy stuff, as I call them.

So, you know, you have to use them within their half life, meaning DMPs. It has to be taken every 8 to 10 hours underneath that half life.

Mercury Toxicity and Misleading Testing

Otherwise you're going to have the effect. I had over here. These are weak binders. They have to be used with stronger binders or key layers because otherwise they just kind of stir the business.

I always say it's kind of like the street cleaners. I don't, you know, I always say, do we still have those? I, you know, keep seeing them, but I go down the street, our tax dollars pay a lot of money for these things.

And you see this dust cloud from about them. And, you know, you go to yourself. What is it doing? Actually, the dust just settles back down all the cars and around, and maybe it picks up a few cups here and there.

That's about it. But anyways, it just kind of stirs things up. So the bottom line is you have to use real key layers, but you have to use them correctly.

And then here's the other problem. Real detox has to be at the cellular level. And that is probably the biggest violation of really understanding what detox is.

More importantly, people watching this, it's really how you get well, I have a saying you have to fix the cell to get well, or more specifically, you have to detox the cell to get well.

And what I mean by that is this your cells have detox pathways that work day in, day out. As a matter of fact, when your cells just make energy so you feel normal, you have to get rid of the toxic byproduct of making energy no different than if you burn wood in your fireplace.

If that damper is closed, that's smoke pours into your home. You will die of the smoke, not the fire. Well, when your cells are inflamed and closed off, the detox pathways aren't working.

Then the same thing is happening. You're endogenously meaning from the inside out, creating a toxic cell. Oh, and then because your DNA is in those cells, it triggers genes of susceptibility.

It triggers problems, autoimmune, all the bad stuff to happen. The weird symptoms, the unexplainable symptoms. All because the cell is toxic. Oh yes. And of course the toxins that are in your body make their way in and around that cell and drive more inflammation and dysfunction.

So the point is this if you don't fix what your cells do and should do day in, day out, that's detox the bad stuff out and bring in good stuff. I don't care how you eat, I don't care what vitamins you take.

I don't care what detoxes you do. You're not going to get well. So you have to fix the cell to get well. So I developed when I started teaching that concept of how to do this and how I got my life back.

I realized after a few lectures that the doctors were just kind of looking at me and they really had no reference of it. And I remember being on an airplane, literally on the way home from a specific lecture in California, you know, pouting, perhaps, that they didn't get it.

It's their fault. And then I'm sure I quickly pointed the finger back at me and was like, I just horrible at teaching. And then I literally prayed and out came.

What I have it now is the five hours. I'm not kidding. I always say I'm not smart enough to come up with it and it was probably a learning that I had been doing over that.

It was, but it was how to organize it in a simple fashion. So the five hours is a roadmap of what I teach on how to detox a cell to ultimately get well.

And if again, if you don't do that, you're not doing real detox. So you have to operate your light cell, you have to use real key layers. Then I developed something else how to grab the toxins from the liver bile complex and move it all the way out of the body, because otherwise you auto intoxicate.

So I developed the procedure process that, I've been known for it within that process. So I just spilled a lot of information on you. But I'm going to do you a service, so I want to review it.

It's important. If that's a cell, this is where detox has to be. So I would draw my five bars and we could go over those in a second. But I don't want to lose people in the science.

I want people to grasp this concept. It's important this cell has to do what it needs to do every day to get rid of toxins. So when we apply these five hours to that cell, we're able to get the cell working.

Problem is this learned this early on. Once you get that cell working oh toxins start moving out of that cell. Problem is sick people. You redistribute those toxins and again can cause the crazies.

So the fact is, is this is where out here we have to use these real key layers. I mentioned a few right. DMT, although used incorrectly most often, is great when you use it right?

DMC is another one. They're water soluble.

Why Detox Must Happen at the Cellular Level

They don't get the toxins out of the deep tissues of the cells, but they do a great job of making sure you don't redistribute so they don't get you well.

They'll pick them off the cell membrane nicely. One thing I found, especially with heavy metals, but even bio toxic or micro toxic illness, people try to get well just by using key layers.

It's not the case, it's part of part of the process. Right? You got to fix the cell. But anyway, so many of these toxins then are brought to the liver.

And if I draw a very crude liver there, we'll just call that a liver. You know, I might have to label it so you know what it is. But they get brought to the liver and they're, they bind up with the fat complex of bile that your body uses to digest fat.

Right. So, Biles used in the gun. The problem is it holds toxins. It's called hepatic biliary sludge. And then when you digest fat, guess what. That bile is dumped in the gut to help break down fat, right.

That's what bile does. But here's the problem. It brings the toxins with it. And here's the bigger problem there. Your body re absorbs bile from your small intestine back to the liver, so it doesn't have to recreate.

And what does it bring with it. The toxins as well. That's auto intoxication. So that process that I did I developed a product called bind B and it has four different binders in it because you need different binders that like mycotoxins, different binders that like heavy metals, different binders like infection type which would be considered a bio toxin.

But the point is, is that you need multiple binders as a catcher's mitt. Just that doesn't leave the gut. It just sits there and grabs that complex so you don't auto intoxicated.

And a lot of people, that leaky gut, they'll auto intoxicate. So you need this binder sitting in there while you're going through this process. So think of it as three steps up regulating the cell function, utilizing real key layers to make sure you, as vehicles, think about that as a vehicle to move it out of the body or one.

Here I created called Psycho Detox. It's a, clean out, totally particle comes from volcanic soil. It's clean because most of them are dirty, but it's in a particle.

And then we even have another one called cytoplasm. It has a special form of EDTA in it, that loves mercury and other metals. But, so we utilize different ones and there's some others here, you know, that we utilize.

But this is where the key layers are used as vehicle. So you don't auto intoxicate. And then once these things are brought to the liver we want to bind them in the gut so we don't auto intoxicate there.

So 123 steps. And then I do it in three phases. There's a preparatory phase where we kind of strengthen the downstream pathways the liver, the kidney, the lymph, the gut, and then we move into what I call body phase, where we just try to clear the easy to get toxins.

And then the most important phase of all where I this is where I got my life back. I called a brain phase. So you have to understand this is another pitfall where people go wrong.

So if I just drew the worst human head on the planet, but we're going to use it anyway. That's a human head, by the way. I better put a little smiley face on that just so, so, or at least a frown.

I guess that is what that is. But in this human head, if I drew the brain up here, that's where I want to draw your attention to, because this is the problem I had said earlier, this is where my problem was.

Many of these neuro toxins. Nerve, the biggest nerve in the body right here. They make their way to the brain. You can clear the body all day long, but unless you clear this, you don't fix the thyroid.

You don't fix the adrenals, the hormones. You don't get your life back. You don't fix the anxiety, the brain fog, the you know, the unexplainable symptoms that many people have, the depression.

You have to get it out of the deep nerve tissue with the brain being the most important. So the third phase is a brain phase where we actually utilize fat soluble key players like alpha lipoic acid.

And then another one, the psycho, is part of that process. And then we go deep into the brain eventually. So a program I recently, developed is called pump a program. And, you know, I have to give credit a lot of credit to my son because he said, dad, you're going to train doctors and this and you've been doing that.

But many of them change your protocols. You know, you've helped the most people yourself, but you're limited. You need to put what you do in a very scalable program.

So I did I developed an whole online university that teaches people what I teach my doctors, frankly. And that's how to do this process. Because here's the problem. There.

It's different for everybody. Yeah. The key leaders that your body likes are different than mine. The doses, the downstream detox support, all of it can be very different.

So this whole system scales to reach the masses and thereby teaching them the process. And if you learn the process, you'll get your life back. You will, you know.

And you said it well because I mean the the individual when it comes to, again, chronic illness, it's the disease of your body's response to the environment.

It's not just the toxin. And if you can get people, give them the information that they can listen to their own systems. That's really exciting. Yeah. That's right.

Absolutely. You know, when we look at, I would say most people that aren't feeling well watching this, you know, they were me. All you really care about is why you're still not well meaning I bet you your audience has done very, very incredible things.

They're probably more dialed into their diet than their friends. And yet they're going, why am I still not feeling well? They probably have done more supplements.

Maybe I'd have done more medication, some more doctors, alternative writing, or whatever it is. They probably have tried exercise of some sort, some of which can't even exercise, so they don't have enough energy.

At the end of the day, they probably tried every miracle product to sleep. Anxiety, right? I mean, all of it. And they ask themselves, why do I still not feel well, ultimately it is this cell right?

On every cell you have hormone receptors. I love to use the example of thyroid. Obviously it was part of my issue. But every hormone, whether it's thyroid, whether it's testosterone, estrogen or insulin, doesn't matter.

It has to connect to a receptor on the cell. So if I just use thyroid and by the way, T3 is the active thyroid that connects to the receptor gets its message in the cell.

You burn fat efficiently so you stay lean. But more importantly of energy your brain works, your digestion works, right? Oh, so what if something blocks that thyroid connection to that receptor and then it doesn't get a smashes message in the cell?

You don't feel well despite your supplements, despite exercise, despite changing your diet and despite normal blood levels. That's bingo. Because your thyroid blood levels like mine.

I was going to the doctor. He's going, you're Norm, you're fine.

Three-Step Detox Process and Brain Phase

No, my thyroid was not getting the message in the cell, right? Oh yeah. And then here's the thing. Let's say fast forward ten years. Finally, your blood levels are off. Right?

Okay, well, you go to your then your doctor says, oh, okay, well let's give you and he gives you T4 hormone makes your blood work better, look better.

Right. Trash will normalize. You will be well yeah. And then you go back to your doctor. Go. He goes, your bloodwork looks better. So you should feel better. And you said, doc, I'm not.

You know, it's like, yeah, maybe a little bit better here. But certain things are worse because it didn't convert to T3 because that conversion is a lot of toxins interfere with the conversion.

That conversion to most of it takes place in the liver. When your liver is toxic, then you're not making the conversion. But more importantly, what happens is these toxins are making their way.

Your cell membranes, 50 trillion cells in your body. Toxins are all around driving inflammation. Most people watching this have heard this inflammation.

Is it the root of most diseases today and probably why you don't feel well. But what we should be asking is what is the number one driver of cellular inflammation?

Because yes, a sore shoulder that's inflammation. But I'm talking about cellular inflammation, which is really what they mean when they say it's at the root of all disease.

Right. Chronic disease. So what is the number one driver. Yes. High insulin glucose levels bad fats that can drive inflammation. But the number one is the one that most people aren't addressing.

And that's specific toxins. They have the ability these neurotoxins that I'm referencing from moles. Right. And hidden infections heavy metals, they make their way to the cell.

They drive inflammation. And now look now these receptors to your hormones. Your cells can't hear I don't care how many hormones you take. I don't care what supplements you take.

Your cells are def. And by the way, you can't even get your good nutrition in your cells because the inflammation creates a cell resistant to moving toxins out and good stuff. It.

So just as as an aside here, this is exactly what you know. I mean, when we we've talked to people who have listened to you talk many times about the cell danger response, and that's it.

Your cell is trying to protect you from the toxin by slowing down its metabolism, by thinking, thinking its membrane. It's all part of this healing cycle.

But unfortunately, the toxins are stopping the cycle from going to completion. The body can't finish the job. I would argue that most people watching this that don't feel well are in a cellular danger response.

Okay, hey, you've educated your audience well on that, but let's review. What is it? Your cells go. I'm going to save your life because there's a stressor that is here that whether it's an infection, whether it's a toxin.

And by the way, there's a specific place in the cell that monitors that environment and makes this judgment call to save your life. That's the mitochondria.

Yeah. You know that. It's where you make energy. But what most even doctors forget is it's second maybe most important, part of its function is that it says, danger, slow down.

The energy put you into this danger response. But now remind me, reminding you when your cells are inflamed because of toxins, your body is building up toxins in the cell.

Your mitochondria shuts down energy production saves your life. But the problem is, is even if you do a lot of these other things, your cells are still functioning as if you're dying.

So you have to fix this out of your well to get you out of the cellular danger response. Well, that's what's so exciting about what you're telling us, is that I really don't.

You keep going is that, you know, for so many people, they just take more and more supplements trying to push the energy. Yeah. And it just I said it leads to the shopping bag side.

You know, you come visit me with a shopping bag full of supplements, but you still feeling lousy and you I think, are making it very clear. Probably one of the major reasons that happens is that cell is toxic.

That's it. And you know, again you have they go to doctors on this side of this side and oh do this cleanse. Oh I detox they say right. Oh you know, what does that mean. Right.

Because that's the problem is I've started this conversation. They're doing the 21 day cleanse. They're doing salon trick or they've done IVs and they think they detox.

Look, I pulled Mercury out of my brain for years. That's why in my program, my goal was to teach you the process. Number one, it's different for everybody.

You have to learn what's right for you. And number two, if you learn it, you'll do it long enough to actually matter. You're not going to get toxic out of your deep tissue, including your brain, in three months.

Therefore, you better learn the process and not rely on your doctor. Alternative or regular. It doesn't matter. You have to learn the process. You know, that's my passion is actually teaching people the process.

And it's not hard. It's just you have to, you know, you have to be sick enough to realize, if I don't get to the cause, I'm not getting my life back. Right. And so many people, I think this is a great danger because right now it's involved.

The gut. It's the gut, it's the gut, which it is the gut. It's part of, you know, part of why so many people are sick today. But let me emphasize part.

So here's the analogy. Right. So you buy this beautiful piece of property on this beautiful river and you're excited. You come down to the river, but you see a lot of dead fish and hardly any fish.

And you realize that the ecosystem is very disrupted. Plants are dying, not much. Algae doesn't look like a great place for life. So you want to invest into your property.

You restocked fish and put new algae and plants and all these wonderful things. Three months later, it's all dead again. So this time you do it and you do it even better.

And then you maybe you do it three times. Finally, your neighbor comes over and says, George, you might want to stop dumping your money into that because the problem is 21 miles upstream, there's a factory dumping led into the water, right?

It's like, you know, until you deal with that, stop doing this. Right. So we have all these people taking probiotics, this and that, trying to fix the gut, trying to do this.

It's like you have a problem up here. Maybe it's an infection in your mouth or a wisdom tooth removed. Maybe it's a root canal. Maybe it's amalgam fillings that are dumping mercury into that river.

You know, maybe it's lead pouring out of your bones that you got from your mother. Maybe it's the moldy home that you didn't know because you don't see mold.

You don't smell mold, but it's a moldy home. You. I think you get the point. You better look up the stream to figure out what's going on down here. Yeah. Thank you.

That was that was beautifully said because that I that's what we, you know, deal with every day is the gut is the key. But the gut is, you know, if the gut is the problem superficially you change your diet, you do the probiotics and, you know, blah, blah, blah, blah, and you're better.

But when that's not working, you look up.

Cellular Danger Response and Hormone Resistance

So yeah, I get I just I had a client that I was today right here, here's his file. And so sick and sensitive I mean just a successful guy. Life as you know, it came to a screeching halt.

His family just thought he was crazy. At one point, you know, and I always say, you know, you are crazy, but that doesn't mean you're crazy. I mean, something crazy, right?

I was crazy, too. But the fact of the matter is, is that, you know, we were looking for cause. Looking for cause, and no doubt, I mean, he lived in some farm areas, so he had exposures to a chemical called glyphosate, which we know opens up your barriers, your gut and your blood brain barrier and allows other toxins across deep.

So I knew that he had just some history of heavy metals in his mouth, just other exposures along the way. So I knew he had large amounts of heavy metals, his brain.

But I always felt like there was something else going on. So I finally convinced him to get what is called a cone beam done. It's a 3D X-ray of the jaw.

You can't see these hidden infections on a regular x ray. I'll say that again. You can't see these hidden infections from root canals or where teeth were removed like wisdom teeth.

Unless you do a 3D, it's like a Cat scan, if you will, of the jaw, right? 3D x ray and he got it right people. It is minimal radiation in these because the bone is so small. It's the new ones are minimal.

Yeah, compared to the old ones. But anyways, he gets it done and he has suspect of infection. He goes to the right desk. And by the way you have to have the right dentist read it.

Please don't get it. Can't be done. Have you regular does read it. They don't know how. They don't have the right software. So caution there. He sent it to a dentist that we utilize in Pompe, a program.

You know, there was areas of suspicion. He went in massive infection. He gets the infection out. He just reminded me of the story because I said, man, this these infections, he after he gained he was down to 120 pounds by the way.

Okay. And he said he was 125 pounds of fat through his waist, you know. So now he's up to 140 pounds. So he gained 20 pounds in four months since that surgery, which, by the way, he couldn't eat enough and gain weight.

He had no cellular stimulation of the food is we're saying his cells were so inflamed, but he's gained a 20 pounds but more importantly doesn't have the belly fat anymore.

And his gut that he couldn't take anything. Small amounts of this is a this food, that food. He's now able, you know, to actually do normal things. He's able to take walks again.

He's sleeping through the night again, you know, because we found a source and now I won't claim that he's completely through the woods yet. Right. But the point was, is that we found a source.

We removed it, and now we're detoxing and getting. Now we're going after the mercury. He's able to talk. He talks again. I tell that story just to say I can go through.

Look at these files after files of stories just like that. Right. But that's why I develop a program because I can't do it all, you know? So I have very trained coaches that walk people through the process and look up straight.

Yeah. Look, it's that detective work of knowing that somewhere when someone's staying ill, there probably is that gas leak that's just keeping the flame going despite everything you've done.

So one of the things I always tell my doctors is if someone's not progressing as normal, there's something else upstream. You know, typically it's works in what I call a perfect storm.

And just like this gentleman, I said, look, even if that low grade mold exposure in your health watch, I made him fix, is it what made you sick? It will be the thing that's keeping you from getting well.

I would argue even the same thing with the infections in his mouth. Now, if he didn't have other exposure and stressors, then maybe he would have battled this off for another 20 years.

Right. And then but you know, yeah, it doesn't make it good. Right? It's, you know, obviously it was taxing his immune system because these infections just flow right into the bloodstream.

We drive auto immune obviously drive massive gut issues because they also go this way. Right. So and just just to amplify what you're saying, I think the reason we don't we get such little respect from the regular dental community and the regular medical community on these ideas of these are called in jaw infections.

Is that most if you are healthy, yes, you tolerate it until something else happens I think. And that is goes along with like the same thing with the low level mercury exposure and exposures and levels there.

Some people tolerate, but as you add these stressors, you one of them begins as this old saying, you know, the straw that breaks camel's back and after once it's broken, any straw is too much.

That's right. Perfect storm takes three storms. I, you know, we'll date ourselves here, but, the movie The Perfect storm Journal. A big movie in the 80s.

Right? But, No. Oh, yes. That's what it was. Guys, you thought it was just last year? Not. It was just. Yeah, I maybe two years ago. Okay, I can so that's.

But, the movie did a great job of explaining. Yeah. We have three weather fronts come together. It's not an average storm. It's catastrophic in nature.

You know, thousands die, you know, and that's really what we're seeing today, right? You know, I mentioned, in this case, glyphosate, right. You know, it's what I mean.

Glyphosate is being used. It's ubiquitous. It's all over. Yeah. Okay, go throw out everything. Right. It's it. And it's opening up these blood brain bears and exposing our brain to toxins that, you know, our body was beating down or, you know, dealing with at some level and now full right into the brain.

Right. Because glyphosate does. That's part of the perfect storm, by the way, in the perfect storm, physical, chemical or emotional, maybe you're in a low grade moldy home.

You have silver amalgam fillings. You have an infection, right? It's like, and then you get an emotional stress. Boom. That's it. Perfect storm. I look at it like this. It's I drew this because I was going to use it earlier.

I the analogy is a three legged stool. All three. You know the analogy. All three of you have to be there for it to hold up, right? So all three have to be there typically for the perfect storm to happen or the, you know, to start the illness.

But in here and this is what I want most people to hear in here lies the solution as well. Because if you don't deal with the causes, then we're not going to have a real, lasting solution.

So I think that we've heard a lot that about genes today.

Finding Hidden Root Causes and Perfect Storms

You know, our DNA and I'll say genes by themselves don't make us sick. I mean, there's exceptions of different genetic very rare. And those are very, very rare sick before age ten, you know, not it.

Right. Yeah. Very rare. But we know most genes get turned on or triggered, if you will. Right. And what we know is that stressors trigger them. Physical emotion or chemical. Right.

So if genes get triggered then it's something that we want to be able to deal with and turn them down. And I teach a lot of strategies in my program on how to do that.

But we have to deal with this leg of the stool, and I'll just put stressors by that because physical, chemical or emotional stressors are what trigger that gene, right?

This is a lot of work by cellular work comes in, you know, we have to deal with the upstream stressors. And then if I put microbiome, everyone's heard about it today.

It's very, you know, the microbiome which controls our immunity. Right. It's our gut. It is a factor. Right. But you're not going to fix this without dealing with the stressors.

So see, all of these legs of the stool are interrelated. Oh yeah. But yes, if we don't fix this, we also can't turn off the genes. Right. Because those genes turn on, like as you said in the beginning, this is our body's attempt to protect ourselves.

It's just it should be transitory. That's right. You know, it's a little bit like anger. Not a bad thing, but a bad thing. If you can turn it off. Bad. Exactly.

And that's the seller danger response. Right. It's it's a thing that saves our lives if you move in and out of it, no problem. But if you're already toxic, I always I like the describe it like this.

Right. If your bucket is right here at the edge, right. And when you're at the edge, you're typically functioning with like here's what people say. Yeah, I know I, I get some fatigue.

You know, I but you know they mitigate it with coffee and different things. Right. They get through their day. You know I get some brain fog. But it's a normal right.

You know I don't sleep great. But you know, I get through the night, you know, it's you know, I wake up tired, but like, don't most people. Right. That's someone who's, like, kind of right at the edge, but someone that flows over and their buckets overflowed.

These are the people now looking for answers. These are the people taking medications. These are the people that are now visiting. Doctor going, what's going on with my life?

I can't function anymore. Right there. Buckets overflowed. So the point is this is if your bucket is down here. So if I draw another bucket up or my pen starting right because you're not supposed to write like this, right?

So I would just have to get another pet anyway. So if your bucket is half full, okay. If your bucket is half full, you can take a lot more stress, right?

So imagine if I had two glasses, one to the very top and one half full. I could shake the half full. I'm pretty good. That means you can take stress, right?

You can take, you know, you'll move in and out of the cellular danger response. Oh, danger. No problem. Handle it right in and out. This person hits that emotional stress, a toxic stress, electromagnetic frequency, little bit of stress flows over.

You know, I like to think. Or just a mild fender bender. You know how many? That's the trigger. Oftentimes. Yeah. Just enough to stress that neck stress, that brain get the cranial nerves not happy.

And you know, like as you said, when that glass is full there's too much inflammation. You can't see the bucket. We have to empty the bucket right. Then we can turn the cells response down.

And then we can decrease the inflammation. Then we can turn off the gene, you know, you see. And then all of a sudden, now that the gene that's turned on, it's driving, you know, this gut inflammation or the gene that's turned on, that's driving this, you know, constant skin problem or the thyroid to your body attacking the thyroid, Hashimoto's.

Now we can turn that gene down. And now your body starts to function. And but none of that will happen with just taking supplements. None of that will happen just with dietary change.

Unfortunately, none of that will have. And it's not that you don't do those things. But again, the point is, is that you have to get to the cause of what triggered the gene, you know, and then you'll be able to fix the gut.

And then you, you know, I hope people see the picture. I yeah, I love listening to you. I mean, you're doing a beautiful job of, okay, this is this is the job.

Well, let let me, let me give them, my, my my thing if they want more information and, yeah, you know, I it's, if they just go to, cellular solution.com, they can watch a webinar for more information if they like. So.

Yeah. No, I think this is I mean, really what you are, what you are laying out for people. I mean, again, even if they can't do it themselves, if they if they understand this, they'll be so much more, efficient as help as being part of their healing, you know, because, you know, as they work with their physicians or their, their health practitioners, on this process, if they can really integrate what you're trying to lay out in, they will be so much more successful because they'll really understand they won't number one, they won't get thrown off.

When things bite back a little bit because as you say, it's really easy when you, when you've been sick a long time and you over detox to decide that, oh my God, I can never do that again.

Yeah, absolutely. They I can't tell you that was this gentleman. You know, I can't do that again, right? It's like, look, you just did it wrong. You know? You just did it incorrectly.

You know, the fact that you reacted that way shows you you're tapping into the problem, but you have to do it right. I hope I leave people with what? Look, this is why you still don't feel well.

And this is what makes it very, very different, you know? And there is a right way to do it. And I look, I don't have all the answers, but I know this, you know, this is what got my life back.

And the only reason I know it is because I suffered and God brought me through it. You know, as my wife said, right. You know, there was I would not only get well, but I would bring a message to the world through it.

And so I hope it leaves people with hope. I do, yeah. No, I think you do, because I think the clarity of what, of how

you lay this out, I think is so helpful for, for practitioners and patients alike to, just realize that it's process.

You know, once you have reached that point, I said again of chronic illness where it's been six months or longer and you're still not popping back. Okay, your system is now stuck and figuring out where it's coming from.

And in our modern world, toxicity is probably the major player. It is. Yeah. You know, the old days, people could change their diet and exercise a little bit and get well or even lose weight.

Now people can't even lose weight, weight loss resistance because it's a toxic driven cellular inflammation problem, the cellular solution.

Fasting, Feasting, and Cyclical Healing

That's why I called the webinar that solution.com. It's a cellular solution because it's cellular problem. That's why. Yeah. You know and and it's and I just love the way you're, you're making sure that you're covering all the bases, you know and making sure.

Because that detox is so in fact, doctor papaya. I'll give you her, her she, she's decided to call what you call your preparatory phase. She calls pretax because so many of our patients, you know, have, you know, in the beginning we're just.

Oh, they want to start detoxing, but you could do it. If everything is pretty well skipped, everything is closed down. All you do is blow yourself up as you found.

You know, you found with that first DNA sieve. You know, I mean, that that is something I am. I am a great lover of DNA sieves. But I also back. Back when I started using them in the 90s, there was a popular website called DMPs.

Death. Yeah, okay. I was I thought I was going to be one of those. So it was somebody who had a similar experience of yours. And that's what it taught me, is that, no, that's not how you lead off you.

If you start off that way, you're going to make many people ill. And it's it's preparing the ground. And so thank you. I just really appreciate your thought process.

You know, I mean, it it is so interesting how, you know, you went through the process and you actually were able to feel it, think it, analyze it and keep refining it.

And that is a gift. And thank you for sharing it. Thank you Doctor Eric, for having me. Now that's I appreciate that. So okay. I just want to remind people because I think, you know, taking a look, you know, at your books and one of the things I just want to say before we go, I just want to bring back, like, pretty sure it was, you know, just how important that you brought up that, you know, fasting is important, but it's not just fasting.

It's sometimes changing your diets. And it just just to speak two words about, you know, a few sentences about that, because I just thought that was such an important piece of information that so many people just well, I mean, I, I wrote a book, beyond Fasting.

I do, you know, so I think, yes, I believe fasting is really important. But, you know, what I found today is people there's people that are fasting too much.

And now I have to remind people that the feast is as important as the fast meaning the eating. You know, it puts us into another phase called into that where the body heals very differently.

That is the top of G, which is what's happening during a fast. Your body's breaking down bad cells catabolic phase. But if you do that too much, it's not good.

But if you feast periodically and do that correctly, the diet, then you also can drive healing. So the combination is

part of what I talked about my book feast, famine, cycling, how to do it weekly, how to do it monthly.

How we feast women, especially the week before their cycle. How that's important for them. And another, time during the month because it sets up a rhythm.

So I talk about a lot of that. But yeah, we're always so easy just to fast, even know what you know. But again, once a another just how much I appreciate your thought process is the way, you know, really bringing in the cycles because it's this I mean, you know, we are so cut off from the cycles of life and nature and we forget that that's what runs the show, you know that.

And that is just important. If you want to heal, you have to realize that, you know, the time of day, the time at night, the time of the year all plays a role in what your body's ready to do.

You're a wise physician, Doctor Gordon. You very. You are. I remember our first conversation, and I think that's what united us. We just immediately both of us went to these major premises that really most people don't understand.

You know, we listen to our patients and you listen to yourself, which is the most. And did it. So I want to thank you. I really appreciate it. I'm hoping that people will, you know, just take away from this the empowerment, take your course and really learn how to take control of your own life and your own healing.

So thanks. Not appreciate it. Thank you. You will. Bye bye.