Toxins, Gut Health & Chronic Illness: The Silent Threat to Our Kids Transcript

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Introduction to Environmental Toxins

I want to talk just a couple of more specific topics. One is the PFAs chemicals are plasticizers. You call them the forever chemicals. They're in sparkling water, bottled water, fast foods, air fresheners, water and stain resistant fabrics.

So yoga pants, personal care products, nonstick cookware. So. And paper products that they wrap your fast food in. So we talked about how we can avoid the risk of a pee fast.

Like is there any everyday reason to use your microwave? Should we just throw that away or is there you know? Well, I think I'm safe way. I think if you microwave in, like, glass, you know Pyrex, it's fine or good.

Okay. You know, as far as the fast goes, I don't have a lab that I'm aware of where I can actually measure these in people. So the only thing I can tell you is filter your water, either reverse osmosis or carbon ion system.

That's about all you can do. Welcome to Doctor Talks, the podcast where every episode leads to a healthier you. Join us as we navigate the world of optimal health, uncovering groundbreaking strategies to conquer chronic disease.

In each episode, we'll bring you the latest insights from leading health experts, medical innovators, and wellness warriors. If you're seeking to transform your health journey, or if you're looking for answers to burning questions, you've come to the right place.

Get ready to unlock the secrets of lifelong health and vitality. This is Doctor Talks, real talk from real doctors on the issues that matter to you most.

Hi everybody. Welcome to another episode of the Recharge Biomedical podcast. I'm your host, Doctor Edward Park, and today we're very lucky to be joined by Doctor Greg Govett in Oklahoma.

How are you, Greg? I'm fine, thank you. Awesome. Well, we have a ton of, real estate to cover, so let me give you an intro and, let people know who we are.

So, doctor, it is a MD and, EMT, which is ear, nose and throat or otolaryngology. So he does the hard stuff. These are the Green Berets surgeons. You know, it's I did a lot of rotations as a student and intern, and the EMT was really the scary stuff.

I'm basically the front of the neck and the shoulders. It's just Tiger country, but they can get in and get in your ears. Your nose is quite the elite profession.

So he's a fellow both, as a stem cell physician, where I met him in Miami, but he also is an EMT, a surgical fellow, and he was the president of the American Association for American Association of Environmental Medicine.

So very lucky to be learning from him today. Did I leave anything out, Greg? No. I do some, ranch allergy. I do a lot of different things. You bet you do.

And I was following the course of your career, and it seems like necessity was the mother of invention, as you sort of pivoted, like you were seeing patients get sick from pesticides and.

Doctor Govettu2019s Background and Training

And you were seeing kids get sick and ear infections, and, and you must have had some problems with gadolinium

because you dived into that rabbit hole.

So tell us, how you became a conspiracy theorist, how you became a believer that the environment wasn't the most friendly to us? Well, I was very, very fortunate, in that my, you know, I went through a very good training program and a and down there to learn it was a I didn't realize it at the time.

It was the third oldest otolaryngology training program in the country. And, I down there in New Orleans with all the mold and of course, those lifestyles and the chemicals and everything like that, we saw a tremendous volume of pathology.

And when I got into the Air Force, I was a medical officer in the Air Force 30 years ago, my very first case of bad sinuses out of my residency program was on a four year old kid, basically been sick his whole life.

And so just through dumb luck, we discovered that all of his problems were due to what he was eating. He was eating oats every day with Cheerios and oatmeal.

And once we took the oats out of his diet, lo and behold, the kid didn't get sick anymore. And you're a child. No, no, it was. It was when I, as a medical officer in the Air Force.

And, I then realized that I, didn't learn everything in my training program that I needed to know. And, what was what was really cool about it was, was that I had a mentor.

But I wouldn't be talking to you today. He was the only otolaryngologist I was ever aware of who played football in the NFL before he went to medical school.

He also just happened to be Farrah Fawcett, otolaryngologist, when she was a girl growing up in Corpus Christi. For you Hollywood types out there, and I called up doc and I said, have you ever heard about this? And he goes, oh, yes.

So why didn't you teach me this in your residency program? He goes, yeah, I know you get to learn it yourself. So I began looking at the Ed T's Allergy Academy, and lo and behold, the man that taught all the food courses was another learned girl just from Corpus Christi.

And we all knew each other. So this stuff fell into my lap. And I've been running with it ever since. Yeah, I mean, it's I think the medical training just gives you the vocabulary, but you got to learn the, grammar and, the body of knowledge.

And it's always growing. I mean, there's a reason they call it practicing medicine and not mastering medicine. So I'm very, humbled these days when patients bring me their doctor Google search because actually, Doctor Google and all the I have gotten pretty good at sussing things out, so I don't see it as a threat.

But let me ask you. So I went through your five presentations and you have such a I mean, I just want to give people useful tips so they can start their journey because they're not going to become master.

Allergists. But, you brought up an interesting point. I went, about six months ago to a conference, for pediatricians. I'm not a patrician, but over the three days, there was a lot of discussion about what's causing autism, among other things, like the rate of chronic disease among children has skyrocketed.

So, you know, you have your people like RFK, they're pointing fingers. But, you know, everyone was pretty agnostic and pretty apolitical. And so the thing that I kind of brought out of that or abstract it out was, okay, you got the neuroinflammation, you got maybe a vaccine contribution, maybe there's too many things at once challenging these kids and opening up the blood brain barrier.

There's food problems some people have like the oats, but other people have reactivity or sensory on and off to different foods. You know, there's processed foods, there's mold.

I mean, where do we start when we talk about what could be causing autism? Well, for the record, on the Heath Hall for health, PowerPoint I sent you, there's actually a bona fide autistic kid in there, and he was never vaccinated.

And what's interesting is that, I mean, the kids as autistic as you get. And what's interesting is, is that, I had a PubMed article documenting all the chemicals, in the cord blood in mothers born at your LA County hospital out there where you are.

And I can't find the damn thing anymore. It was on PubMed that failed to print it off or download it, but, it's the chemicals. It's the heavy metals. This little fellow that I have, and I've got his, I've got his metrics on there.

He's I've got six decades on that little guy, and he's got stuff in him than I have in me. It's all the hydrocarbons. It's the glyphosate. It's the heavy metals that creates the the gut dysbiosis.

It also has the, gut dysbiosis. Yeah. I got this meiosis. Now here you go. Once again, these these kids with their autism and everything like that, they're getting a lot of that from the drinking water.

They're getting it from the contaminated food that their mothers are ingesting. Okay. These kids are in utero. Oh, yeah, I know you do, ObGyn. And I'm sure that some of your your your, your, your audience, probably does the same thing, but just think about you've already I don't know how many deliveries you've done, how many thousands you've done to think about what the infant looks like when it comes out.

It's basically a head with a shriveled up little low body. And you have to understand that the hydrocarbon chemicals, mercury, arsenic, and, gadolinium and, your, mega toxins all sequester and fat and neurologic tissue.

And what you see coming out of the baby is just this massive neurologic tissue. There you go. I hear, I hear you, okay, so. All right, I buy that. And I agree, it's not just autism from vaccines, but what you're what I'm hearing.

You say is like, we're surrounded by toxins. And there's this slide from one of your presentations. It shows like, a keg of toxins, and you got your air contamination, you know, sulfur, ozone, EMF, water, pesticides, you know, food, food coloring, you know, red dye number 30, glyphosate, whatever.

And you got infectious things, you got biologics, you got all kinds of stuff. Where, I mean, it can be for a lot of people. Just way too much cognitive dissonance, just fear overload.

Autism, Toxins, and Prenatal Exposure

But let's give him the good news, okay. So let's talk about the fact that yeah, okay. There's some bad stuff out there, but your body is equipped to process that.

Walk us through the P450 and the way that we get rid of most of our toxins. Well, there are multiple ways that we get rid of it. One of the most effective ways to get rid of hydrocarbon chemicals that we knew from the DDT studies in the 60s is through good old perspiration.

And one of the problems that we're seeing with the kids nowadays is they don't exercise, you know? I mean, they don't exercise, you know, play this video game thing on their phone is not exercise.

So people need interesting I never would I never would have thought that. So you're saying because they're not out there sweating. Yeah. And you know play slip and slide that they're not getting the major mechanism of like okay.

So that's that's a game changer. Yeah. That makes sense. I thought it was like the the liver was not working. But you're saying that's a fundamental part just sweating, you know, one of the things and then you got your genetic abnormalities for the VMT thing that you were talking about, which I think affects about 75% of humanity.

I think it's an autosomal dominant trait where people don't make enough glue to phone. Yes. Yes, sir. And I sell the

glue with that. And I've heard great come to Jesus story.

So you've mentioned three of these pathways. Let's talk about that. So for each other on production, which kind of dampens the smoke from the mitochondria and other toxins, it's a master antioxidant.

What c.p variant the the so-called P450 variants are how your liver metabolizes chemicals. And obviously that was all worked out from the pharmaceutical industry side of things.

And you got the cart, which is the neurotransmitters. I all of those neurotransmitters originate from pathology in the gut. That's where they're all synthesized.

You get what I'm getting to from these experts. They're like, well, many lectures about like before, what was it that the bacteria that when you're a newborn baby, healthy, breastfed you have the in what is this called?

Firmer cuties. Oh now there's a it starts with a B. Oh my God I have a fascia for some reason. But yeah. And then there's. I can't remember all the bugs. Yeah.

But anyway, so you're right. Mom is toxic. Mom's breast milk has all the heavy metals and whatever fast chemicals. But, if you have a baby that was bought by C-section, not natural.

And at this formula, not breast, then that good bacteria. Yeah. The bifidobacteria it is, isn't there to establish its dominance nearly 100% of the micro, biome.

So people are correlating that I think I don't suspicious of one explanation for everything, but they say, wow, look, your bifida goes down as you get older.

This is the cause of everything. But that particular thing of the infant gut permeability, leading, begetting all the other bad stuff. I think that's real.

Very much so. You know, the we finally got the medical school on in the stadium that the microbiome plays a large role in human pathology. And believe it or not, the psychiatrists are leading the charge because they're starting to realize that their neurotransmitter theory of psychiatric disease has been refuted, and now they're starting to realize the gut bugs are screwed up.

And so at least we've got this guys in the stadium. Maybe we can get them on the field with us some decades. No, I mean, but it's hard, you know, because, as good little students, we're trying to get our grades and answer what the teacher wants, and it's there's so much received dogma.

And so the the rate of change for the profession is slow because, you know, someone might publish one, two, ten, 100 papers on the use of vitamin K2 with D and, you know, it doesn't percolate down to us because we're so calcified in our own practice.

So and what do we get like a couple of hours of education on nutrition, if that? It's mainly vitamin deficiencies, you know. Yeah, I was very fortunate in my medical school.

I don't, I'm medical school. I actually had a burn unit. And as a medical student, we, we wrote the orders for TPN in the burn unit. And so we were taught as pathology students in the second year about nutrition by a surgeon that ran the burn unit.

So I was very lucky, very, very lucky to realize the importance of nutrition. You got to heal those burns. So those people were requiring 12,000 calories a day.

That's good. That's that's the thing about okay. So and for those that don't know is total parenteral nutrition, parenteral means away from ingesting in the gut.

So it's giving someone a milky IV with fat, with protein, with some carbs. And, you know, it's a miracle that we're even alive, because if we were in charge of really our own kidney and our liver function, we'd be dead in 18 hours, you know?

So I think there might be a god. I'm tend to be agnostic, atheistic, but when I think about, like, how much it takes to keep us alive and then, you know, the thing that really convinced me, other than, you know, the kind of the feelings you get is to talk to us about the, the stapes.

And, what is it, the three bones. Like, how can how in God's name, no offense with a person. If you were to design a mechanism for hearing. Right. The eardrum vibrates the stapes and the the other two, Oh, my God, I need to go back to med school.

But like, these three bones are assembled. They fit together to a little snail on another window, which is next to another snail with an x, y, z. Like measuring like.

How could that not be evidence of God? What do you think? Any opinion? My religious views are private. And for the record, I am a regular church attendee.

Okay. Yeah, that's pretty remarkable, because what you do is you change a sound wave from an air conducting mechanism into a fluid conducting mechanism, into an electrical impulse.

That's crazy and complicated. It's complicated. You you. I think I could figure that one out. Just design and get themselves through some sort of artificial intelligence.

And somehow we managed to get, like, a crystal in every semicircular canal and everything just works mostly good. It's a miracle that more people don't have tinnitus.

But let's get back to the, how we can help other people. So we agreed that childhood autism is probably related. Got this biases and inflammation in the food supply.

What's your feeling on like okay that now I didn't really understand what you were saying about your presentation with, chlorinated pesticides. Are those still legal? Are they in use?

Oh yeah. DDT has been banned, but in this office I'm sitting in right now, 16 years ago, I had to agree to let them bomb my lot with Claudine, a chlorinated pesticide, so I could get a building permit.

Oh, geez. So that's like, they wouldn't take anything. You know, the diatomaceous earth thing, you know, dig a they get 18 inch by 18 inch trench and fill it with diatomaceous earth.

Nine and I'd bomb it with chlorinated pesticides. So, you know, I always people think, oh, farm life is so bucolic and peaceful, but I've actually some major toxin loads.

Some people grew up on the farm. I mean, tell us about what's on the farm. Well, the biggest problem you get into is the farmers used to be the healthiest people we had in the country.

Now they're the sickest because of the chemicals being used out there. It's not just the glyphosate. They've they're you know, they're now putting Agent Orange, you know, the infamous herbicide from, yeah.

Vietnam. You can go buy that at your big box retailers court called Scotts Weed and Turf and, you know, so that's in the food supply. Now, the GMO foods they began get roundup resistant weeds.

So they added Agent Orange into glyphosate into the seeds. And so that sets it up. And we know that those things are neurotoxins as well as GI toxins.

Oh yeah I see Vietnam veterans who have yeah issues from that. But also obviously the Vietnamese people. But

let's let's dial it back so people can have a rudimentary understanding of what we're talking about.

Right. So pesticides are to kill insects. Right. But herbicides are to kill weeds that compete with the money crops. Yeah.

How the Body Detoxifies

So they attack the germinating little weeds, and they do so in a very specific way. So people who are clever, like the Monsanto Corporation, DuPont, they figured out a way to poison those germinating competitors.

And so a lot of the seeds around the world have been kind of like, specialized to be resistant to this. So they can just spray the fields and get better yields. Right.

So that's really what we're talking about, right? It's the use of I don't know how prevalent atrazine is, but glyphosate for sure. The roundup is out there a lot.

It's in all the California wines. It's in all of us. Well, for the record, the glyphosate and the Agent Orange are incorporated into the seeds of the corn, soybeans, canola.

They're trying to put that and everything in here. They're trying to put it in cotton. And so that's it's what it is. It's actually in the seed. And the problem with the seed oils, you know, the soybean oils, the corn oils, the canola oils, when you eat that stuff, you're eating roundup, you're eating Agent Orange.

That's the connection. Yeah. Because I got a guy with neuropathy that used to take, steroids. And they were like, mixed or diluted with, seed oils. So that's where the shade comes from in terms of the seed oils.

They're concentrated glyphosate. Right. That makes sense. Thank you for teaching us that. We're teaching me that. So, yeah, I would I didn't go to my, reunion for college 35th this year, but.

Or last year, because, you know, it was just a political rally. But, they asked at the end of this five page questionnaire, what are you most worried about?

And I said, corporate control of the food supply because if they feel like it's good for them to GMO the seed, they'll do it. If they want to add a plasmid or mRNA in there, they'll add it.

And, you know, Smithfield that makes most of the pork in this country was bought by a Chinese interest like three years ago. You know, it's really when you have control of the food supply, you can do whatever you want. Yeah.

And they're injecting pork and everything with mRNA vaccines of some kind. We already know the damage. Those things. Do you it's in you know, we're getting into trouble pretty quick.

And I hope that, the RFC can do something about it, you know? Oh, yeah. At least we got somebody who's aware of it. That's the most important thing. Not somebody who's on the take from it.

You know? Well, you know, I, I go to Texas quite a bit of my sister and I fly into the airport named after various people who've worked in the government.

And it just makes me sad. Like a couple of days ago, they rolled out some disclosure about JFK. You know, I had the pleasure of sitting next to the the chief resident at, parkland.

I think it is when they brought in, governor McClellan and he's the one who operated on, and his guy lived because it was only like a live or lack or whatever, but he would spend his life researching the JFK assassination.

He had to have nearly the materials that were declassified two days ago, but he was convinced that it wasn't a lone gunman. But, you know, it's like people have this cognitive distance.

Like they can't even, like, think of the repercussions of whether there was a conspiracy. So they came up with this term conspiracy theorist. And the minute you slap that on someone for it, you can just disregard anything coming out of their mouth.

It's it's true. And for the record, I have done my own research as to JFK's putting bits and pieces of things that I've picked up from other things together, and I'm not going to say anything publicly.

Well, you know, it's not a rabbit hole that, you know, millions of people have gone now, but it's almost like, you know, well, let's let's go back to the point of the let's just finish up on the industrial farming. So, right.

You can't really get what's wrong with glyphosate. And that was originally an antibiotic. But what does it do to yourself that's so toxic do you think what glyphosate does.

Is it. It does the number on the microbiome. It leads to the cattle enteritis, it leads to the cluster overgrowth and all of those things. And so because of that antibiotic. Yeah. Yeah.

It's the gut flora. Yeah. Yeah that makes sense to that now. Now it starts things setting things in motion. And I wish I had that slide. But I don't own it.

Showing that once the glyphosate got introduced in the food supply, the, the incidence of autism began to rise. Yeah. No, I think that's one of the smoking guns for sure.

You know, gluten sensitivity. We now we were taught that, you know, non celiac sprue is the severe form. But you know, I didn't even believe in leaky gut or gluten intolerance until I met this one guy and he came in got an IV of exosomes.

I swear within two weeks this whole inflammation has all leaky. Got his massive activation. Even the varicose spider veins and eczema went away and he was able to down cheeseburgers.

And he went from like, you know, basically a form of sprue where he had diarrhea and cramps, gas all day. So that made me a believer in leaky gut. But I know that people have been putting that connection together like this gut dysbiosis, this increase.

Leakiness. And the gluten. I really do think that when people try and help themselves, they get rid of gluten, soy, and dairy. Now, are those somehow similar?

What's what's the mechanism for causing leakiness and damage? Well, once again, you've got to remember that your GI tract is only one cell layer thick, so that thing goes down without much of a fight.

Gluten is the most, common, grain in the US diet. The American diet, number one. Number two, they've changed the wheat and what they were eating 40 years ago.

Now it has six times, from what I've read, more gluten than what it had 40 years ago. So that may explain some more of the gluten problems that we're seeing.

It's just more of what the body can tolerate. Yeah. Number two, when you're looking at the adult population, you are correct. The number one food sensitivity is gluten.

Number two is dairy. Number three is eggs. Number four is yeast, number five is soybean, and number six is corn. And those are the metrics I found on my little food test where the kids that needed ear tapes and in.

But in kids dairies, number one gluten is number two. It flips in adults. And so what you're saying is all these leaky gut from the gut toxins, the glyphosate and Agent Orange, the hydrocarbon chemicals.

Yeah. All those things are breaking down that single cell gut barrier. But here's here's what we need to get to for

your audience. The reason why all diseases begin in the gut is because the circulation, your bile, is there to emulsify fats.

Gut Health, Food Sensitivities, and Leaky Gut

Your is also carrying the toxins the liver puts into the, into into into the bile, because that's how it's going to get rid of them. And now now the bile recycles in the circulation.

So a lot of these and most of these, toxins that the liver's picking up as toxins are just simply being recycled. And you get that. Interesting. Okay. All right.

So let's go down that let's go down that pathway. So there was a great quote by, famous EMT who said the purpose of all toxins is to compost and digest, you know, organic tissue.

So you're saying that mean that was, of course, your quote. But, like, I never thought of it like that. So let's back up for people. What's a mold? What's a fungus? Well, a mold is a type of fungus.

So these are eukaryotic cells. Mold is multicellular. And so you can't get rid of mold. They're ubiquitous inside and out. But you're saying that the athlete's oxygen, you know, took a thing or two.

All these little things that you could measure are being recirculated in the bile reabsorb. Right? Right. Wow. That's really bad. So you need to poop it out.

I know people use binders. They use, zeolite charcoal. If you want to help detox, can you do that without having, like, a reaction timer or. Well, you in most people you can, but in some that are really loaded in a really sensitive you've just got to go really, really slow because you'll you won't just flare him up, you'll blow them up.

You know, I mean, again, they set back and I've done that before. So you know, okay, I just kind of been surgically trained. I just blast everybody with it at once to kind of see what happens.

And, you know, you can tell I'm sure you can be an AT&T and be a bowl of a China shop, I know that. Okay. So phase one, detox P450 got things like selenium, zinc, other trace minerals at the fat soluble and vitamin C perhaps, phase two, the soluble ization of toxins you're recommending nac B vitamins, taurine, glycine glutamine and kuda thiamin and phase three for the excretion and getting it out and through the urine, sweat and bile and the poop.

You're recommending CoQ10 ala alpha lipoic acid and other things. What do you think? Yeah, you got understand. A lot of people can't tolerate that load of supplements, either financially or physiologically.

And so what are we doing the little kids to start off with. We just give them glue, fire and charcoal and that's it and see how they do. Because, you know, children are more susceptible to environmental illness than adults because, hey, the children are growing and developing and b their systems are immature.

And I'm not talking about their behavior. And so you've just got to kind of the children usually can't swallow capsules either. So you can get glutathione.

And it's got to be liposomal the liquid variant. And you just give them that. You give them the charcoal because they can eat that. And that's what you do.

You've got to go real slow with the kids and sometimes and these adults that are really symptomatic, you've got to go slow with them too. And sometimes you just start on them with binders alone and see how well see what they can tolerate, especially if you got like mast cell enteritis, where I honestly think that's from the, my kid toxins and hydrocarbons actually in the cells.

And instead of the body generating inflammation to try to kill it there manage the body's managing of like it's some sort of antigen and generating an allergic type response.

Isn't that interesting? Like, immunology is so complicated. I didn't even know about the four subtypes that you mentioned in your presentation. But let's talk about, our cat testing fact about food sensitivities.

So they all test you for a like a shotgun of 400 things or whatever it is. It's not that expensive. But whatever you're measuring there, it's the granulation of PMS.

Right? It's like it's not necessarily, it made food allergy, right? You're correct. Most foods react in auto immune fashion. Okay. Yeah. It's auto food allergy is actually fairly rare.

It's only maybe 3 to 5% of food reactions, whereas all the rest are autoimmune. For instance, you were talking about celiac disease. If you remember, that is a type for cell mediated autoimmune reaction.

I don't use our cats. I think they're a little too sensitive. The test that I've been using for the past 15 years measures the immune complexes formed by foods.

You know, I also have another lab that measures the gluten cross reactors because there's 25 foods across, react with gluten and so, can you give us the name of those labs or.

Oh, sure. Yeah. So long as you're not. Yeah. You see me? Yeah. I use mosaic diagnostics ag food test. It's a was it 250 bucks and it lists 190 foods. Includes the overnight mailer. So it's actually my best value.

Excellent insight. Rex labs out of Arizona. It's the Phoenix area. They do the 25 array for gluten cross reacting panel for 225 bucks. Awesome. That's great.

Yeah. So let's talk about the best lab. Okay. So mold you know, we know there's toe fungus, which is can be a very serious problem. People can have, biofilms in their lungs.

If the especially if they're COPD ers and people can have it in their sinuses. So, when you have chronic infestation with high levels of mold and or fungus, you can have Candida in the GI tract.

What is the best way to test for that, or is there a best way? Because I know there's people use great planes like whatever, real time. And they have like little tribes, they fight.

I don't know, what do you think? Well, for the record, you're getting back to my my experience. And I've been I've been doing this for a few years, but I as far as my detox and testing goes, I prefer to use the real time lab.

And the reason why I prefer to use real time labs is not only was it the first market toxin lab, but it was one of the men that started. It was one of my microbiology professors from medical school in Lubbock who was one of the.

It was basically the mega toxin researcher for about 30 years in this country. And, this guy was so stiff you couldn't tell him jokes. So everything was very scientific, very much on the up and up.

There was no B. S. here. And of course, the real time lab is also the one. They're doing a lot of the research themselves on that lab and using that lab, it got bought out by U. S.

biotech, but, it had to do with the allies, the testing, the fact that they were, you know, doing the research with it. Great Plains has a good mosaic, has a good, market to it.

But contextualize this for me because as a layperson or, you know, I'm thinking one thing as a doctor, people come in with their list of they got the okra, a okra, B aflatoxin out the, you know, whatever.

And, you can't really follow this like a glucose level or even a hemoglobin A1. C like, is this an end point that people should be trading? I mean, obviously if you're way out of range, that's a different story.

But what's your opinion on using that as a clinical marker for therapy? Well, first of all you need to you need to

prove my philosophy is because these people are going to be paying for it out of their pocket, you better prove to them what what what's wrong with them.

And so by using a, a a lab that has passed all the cap and clear accreditations, now you know it's real. And so I always get a test I won't treat without testing.

And then I what I do is I treat for a year and then I follow it up with a repeat year and out a year. Oh my god. Yeah.

Mold, Mycotoxins, and Testing

When we were at that conference in Miami where we met, the guy was talking about treating for six months to a year. Now, I ordered this baggie, you know, bacitracin something.

Gentamicin nasal spray. Is that a waste or is that helping with the nasal film, the sinus mold? Because I have a CPAp, and I suspect I may have low grade, mold up there.

We age because our telomeres shorten and our stem cells deplete. But what if we could support both? I've been taking tier 65 for 17 years. It's the only supplement I trust to support better mood, better sleep and exercise recovery.

At age 57, I don't have any gray hair and I don't need breathing glasses to 65 is available now. Go to Recharge biomedical.com MTA hyphen 65 and enter promo code Recharge ten to save 10% off.

I've changed the way I manage my sinus patients. Believe it or not, this is kind of embarrassing for another gal just. But I'll admit it. I was on a webinar earlier this year with another otolaryngologist in Atlanta, Georgia, who does a lot of mold work too.

And one of the things he brought up to me was brought to the audience was that, the sinuses can be a reservoir for the mold and the fungus that continue to secrete my guitar toxins and seed the system.

So what he started doing was a CT scanning all of his my guitars and patients, and he's got about a 50% hit rate on it. And finding persistent inflammation in the sinuses.

And so then what he does, he basically goes in there because he's in Antigua and opens up all the sinuses. So now you can nebulizer anti-fungal stuff up in there and kill that out.

Because I was always real good about killing the fungus in the mold in the GI tract, because you got to swallow 2 to 3 times a stay on the side of the grass.

But I was basically ignoring the sinuses as a reservoir for mold and fungus. So you came you came to, shift your position, as we do earlier. And I just that's just another thing I do.

I added it on to what I was. What you got to do that. All right. So I didn't waste my money getting the baggie. I actually had a colleague who, is a Deo, and she's like, what you do is when you get on the plane, when you first get to atmosphere, your sinuses are relatively empty.

That's when you put the bag in. And once before you land. So that's, compounded thing that the pharmacists know about. So cool. So there is something for the biofilm.

And, so speaking of biofilm, I have a friend, well, you just heard him talk in Miami, and he does IBU and I know you two IBU. And so for those that don't know, extracorporeal blood oxygenation and ozone ation, they have, like, these, high quality dialysis filters to trap the crud in your fish tank, so to speak.

And then they blast it with ozone and your blood comes back real bright red. But, in in theory, yes, in practice probably. What's your opinion on cleaning out the blood in the biofilms when people have mold, when people have

lime, which may be engendered by mold and immune dysfunction, have you seen it move the needle for a lot of your people?

What do you do is that, as I tell all the patients, if ozone is toxic, we're all dead. But the ozone, the ozone therapy is simply an adjunct to what you're trying to do.

Because when you're dealing with environmental patients, you have to remove the xeno biotics from the body. But as you well know, in chronic inflammation, the body tends to shut down and reduce the blood flow going into an organ that's chronic, that's getting chronically inflamed and attempt to walled off and kill it.

And what the oxygen does is it helps to increase the penetration of the of the, the ozone, the oxygen into the tissues so that things can be mobilized and things can get out.

One of the things that I've found is that, for people that have quote unquote diagnoses of Lyme, I sure find a lot of positive. My cat talks in your analyzes.

And, we had one fella from western Oklahoma last year. It took about 4 or 5 Ebola treatments. He was feeling real good. But then we got the mega toxin test on him and realized that, yeah, he had those two.

And so he's been on his protocol there. We haven't seen him back, so he must be doing pretty good. But, it's all like the ozone just serves to jumpstart.

It just tries to get the the blood vessels that are constricted opened up so that tissues can be perfused and therefore the glue to tie on the things used to try to mobilize whatever is in the tissues out.

They can actually work. So, you know, I know our colleagues showed long cloths and whatever, but you think there is like, appreciable blood filtration and removal of large particulate matter that from the past.

Yeah. I know your colleague. I attended his lecture when I was down there. And the truth of the matter is, is that they're trying to promote EBA for the use of, use in these Covid vaccine, or I don't call, I call them Covid shot injuries.

And, I thought that's what it would be used for. When I first learned about it, about four years ago. And and. Yeah, yeah, once again, I need some metrics here.

And there's no treatment of medicine. 100% successful. How successful was it in getting rid of these these spike proteins, in these these measures in these patients that have been injured by the shot?

And how many what had and what was the failure rate with it? You know, if you say, well, we had a 60% success rate and 40% failure. Right. Good. We can still offer it to somebody because.

Right, 5050 now. Absolutely. All right. Well let's pivot a little bit. I want to talk just a couple of more specific topics. One is the PFAs chemicals are plasticizers.

You call them the forever chemicals. They're in sparkling water, bottled water, fast foods, air fresheners, water and stain resistant fabrics. So yoga pants, personal care products, nonstick, cookware.

So and paper products that they wrap your fast food it. So we talked about how we can avoid the risk of the pee fast like is there any everyday reason to use your microwave?

Should we just throw that away or is there, you know, well, I think some Safeway I think if you microwave in like glass, you know, Pyrex it's fine or good.

Okay. You know, as far as the fast goes, I don't have a lab that I'm aware of where I can actually measure these in people. And once again, just like with my chlorinated pesticides and just like with my tox detect from mosaic, I like

to be able to measure things.

And then have some sort of metrics that these things are there that has I have no mosaics working on that. They wait. About a year and a half ago we had a little webinar thing and they were caught.

They had 3 or 4 of us on there goes get us, get us the PFAs chemicals for your toxin. You take the oh yeah, we already know that we're working on it. So the only thing I can tell you is filter your water.

Either reverse osmosis or a carbon ion system. That's about all you can do for distillation. Is the gold. Gold standard? Yeah. No, I have a reverse osmosis.

You know, I didn't realize I need to add back minerals, though, because I think that really makes a difference too. But let's talk about yeah, yeah. What I do for minerals.

I'm not afraid to tell you I take a multivitamin. You know, I just go to GNC and get a pretty good value there and don't worry about it, you know? But you never know.

I mean, there's, you know, as a former simple manufacturer, you can always get contamination with heavy metals and everything, but let's talk about heavy metals, not the music genre, but like, stuff we need, you know, there's iron, you know, all of our red blood cells.

So, you know, like anything literally anything. Too much of a good thing. It's not a good thing. Whether it be water, oxygen, you know, unconditional love, perhaps, but it's not a good thing.

So we got these, good trace minerals. We got to take them. We got these bad ones that could accumulate in our nerves and our fat, like, mercury, lead, arsenic, cadmium, gadolinium.

So, let's talk about population of those, whether it's needed, how you measure. So first of all, first question is hair the a good way the gold sand or not even worth it.

Give me a 24 hour a year in college. I don't even do it because it hair is useless. What's coming out? I could care less what's coming out. I want to know. All right, let's let's talk about that.

So you mentioned something that is called a glycine provocation, right. So is that how you measure the heavy metals. Yes. Yeah. Doctors data is the metals lab in the United States.

I know that Genova does some, but pretty much even I think even mosaics, since their metals test up to Chicago to doctor's data. And when David Quigg was the medical director of that, that that labs medical division.

The way you do it I in adult population we give them five grams of glycine to provoke the metals out of the tissues. But you have to do a pre provocation, urinalysis.

If you have a giant meal with the glycine, because if you don't take it on a full stomach it'll go right three and it'll test will be a waste. But you wait, you wait a couple of hours and then you inject it half strength EDTA.

And, is that to protect you from the purge? Well, no. What we're trying to assess is, is the total body load, the total body burden of these heavy metals in the system, because we know that lead sequesters and but is isn't EDTA a one of the three chelating agents that you've got? Yes.

Yeah. Calcium EDTA is the FDA approved chelating agent for acute lead toxicity. DMPs is the, FDA approved chelating agent for acute bismuth toxicity and disodium EDTA is the acute is the FDA approved chelating agent for hypercalcemia.

So we just use these in an off label fashion, which, contrary to what you might hear on the social media, we have absolutely legal standing to do. It's in the FDA regs, so I prefer to use the calcium EDTA to evaluate my

environmental patients.

And of course, I use the DMPs to treat people with bismuth, arsenic, and of course, mercury. Elevated birds. Okay, so you're talking about I wouldn't say esoteric, but a specialized field of medical practice that not your regular GP is not going to feel comfortable doing it.

Now, how can people access the system if they, you know, grew up on the ranch or been eating marlin, swordfish all their life? Like, how can they get it to be tested?

Ozone Therapy and Environmental Illness

Well, you know, you have to you have to find someone somewhere who actually knows how to do it, knows what they're looking for. And of course, the problem you get into with the conventional practice of medicine, they're never looking at why anything's happening.

But these heavy metals, I mean, with your fires out there, you know, it's hard to tell them what got released in the atmosphere. But just think about it.

When the houses and the computers and the smart TVs and all that stuff combusted, what? What got released in the atmosphere. And so, yeah, if people start having because they're all neurotoxins.

So if you start getting weird neurologic centers and not talking about psychiatric stuff isolated, I'm talking about dysautonomia. I'm talking about all these strange visual things.

I mean, it could be your balance. It could be anything. Heart palpitations, all these weird things. You know, you need to get evaluated for those because once again, you're heavy.

Metals are all neurotoxic. Yeah, know for sure. I have a wonderful patient who's been doing a lot of exosomes with me, and he used to eat a lot of fish, the predator fish.

So he actually blew out all his veins from doing the collation, kind of a DIY guy. And he was really he had a lot in there, a lot of damage, other problems.

And so he's trying to come back from that. With, angiogenesis and whatnot. But, yeah, his veins were totally shot just from the keel. And he had Mad Hatter's disease, like there was a time when it was coming out of him, but he was disoriented, couldn't walk, couldn't think.

So it's very scary. I mean, it's not something you want to be doing. That whole, I think, are there people that are boarded and can do this in a way that's accessible?

Are they at the top of a referral pyramid that's like two years? Well, for the record, none of that's covered by your health plans to just find somebody who knows how to do it.

You got to pay for it out of your pocket. You know, you got to. Well, I mean, I don't think $250 is not going to break the bank, you know? But I'm not hanging, you know, EDTA on myself, like this guy did, like, or DMSO or whatever.

So, you know, is there, like, a nice place like the American Academy of Environmental Medicine where you could refer us to colleagues, right? Yeah. Environmental Medicine Academy.

We just had our annual meeting in San Antonio in February, and one of the pre meeting workshops we had was on qui lation and pretty much all of us that do the key lation just to kind of stay out of trouble, if you will, use the American College for the Advancement of Medicines protocols, which was which is what the NIH went to so they could prove that the key therapy for cardiovascular disease actually worked when they were planning on it just being proven as quackery.

And what they found was that we're pulling the lead out of everybody, even though you're using disodium EDTA. Because think about it, the lead sequesters in bones.

What happens is you get older, your bones. Then where does the lead go? Back into circulation. Yeah, it's not rocket science. No it's not. Well, let's talk about rocket science.

And we know that prominent German citizens helped form NASA. So, you know, if you go back to Doctor Strangelove, it's kind of funny. The movie talks about, you know, this general who goes crazy and thinks that the communists are poisoning the water supply with fluoride.

And I've heard that, you know, fluoride can be a production, byproduct of, you know, steel smelting and other, pesticide and other products, like, why did they put fluoride in our water?

Was it a good idea? Why did they stop a couple of months ago? Well, here you go. This is the way I understood it. Sometime in the 50s, they had an industrial leak of, fluoride into the water supply somewhere back east.

And, you know, in order to kind of cover their butts, they noticed that it made the teeth stronger. So they said, oh, this is good. Most of the fluoride in our water supply.

And the problem is that, as you know, the fluoride is a neurotoxin and all your fast chemicals are fluoride derivatives. They're derivatives of f, number 16 in the periodic table.

Florey. And so now we know that's not such a good idea in the environmental Academy for about 25 years, was trying to tell everybody, we think we ought to get the fluoride out of the drinking water.

And they finally came to the conclusion, yeah, hey, here's another neurotoxin we can get rid of because, it's right there on the label. Yeah, that it's a neurotoxin, but okay.

So now that's not a great reassuring thing, but like, what about red dye number 30 that they wouldn't let you put on your skin like for 30 years. But now they just took it off the market for food coloring for your Cheerios.

Like what took them 30 years? If it was toxic on the skin, usually it's the opposite. Like they're more careful about what you're just. Well, I guess the only answer I have to give you for that is follow the money.

You know? I mean, they they just loaded that in there as a marketing tool like. Yes. And so they just told you that whatever was poison was good for you so they could monetize it.

Get rid of it. All right. Let let's let me give you a little quick anecdote here. I'm about 3 or 4 miles from a major military installation called Tinker Air Force Base.

And their base housing out there was all moldy and contaminated. It was horrible. And some guy who get this, he got a 100 year lease to lease the the the base housing for the military dependents out there from the government.

So they were kicking the money back to him somehow he wasn't doing anything with it. So he tried to tell everybody this is mold. It's just in the atmosphere, you know.

Of course, these buildings are all like the mold counts are higher inside and outside. He's trying to tell everybody there's not a problem there. That's the same problem you're getting into with these generally recognized as safe additives in the food.

Oh my God. Generally recognized as safe generally by who recognize how like I never put down. No, I mean, usually I used to think of grass as something good, but maybe it's like, the, the label conspiracy theory.

Just don't pay no attention to the man behind the curtain. Well, let's talk about because that's the point of contact just winding down for a lot of people, right?

There's water, there's floods, there's fires. I had an apartment fire three months ago. And, you know, the bill came at 160 grand for water and mitigation.

They said you're still on the hook if there's more. So let's talk about that. It gets in the drywall, it gets behind the fridge.

PFAS, Heavy Metals, and Fluoride

And it's this black mold is usually the culprit. And what are the toxins that it releases into the air? Well, here's here's the problem with with the mold in the, in the buildings is that, in order to have a sick building, there are usually two species of mold present.

One is sticky mattress. Sticky is not an environmental airborne mold. The people you can test for, you can't. You can't test for it with skin testing or mass testing or anything like that.

The other mold found in these sick buildings is Penicillium and the Penicillium you can because that's an environmental mold. But usually the sticky is what you find in these moldy, water damaged buildings and it's your DNA.

You've spent some time in one and it's global. I had a I had one of those Air Force officers over there a few years back. Got get contaminated in a in a moldy building in Dubai or Bahrain or one of those places over there in the desert.

So these mold spores can stay alive for three years. And so when they get into these buildings, they start secreting the trigger. Thiessen class of of mica toxins.

Those get into your system, sequester fat, neurologic tissue, start breaking down your gut barrier. They break down your lung, even your skin, certainly your blood brain.

And then they just start composting you down. Because my theory is, is that the body picks up these chemicals as toxins and tries to kill them with the usual stuff, like it's some foreign bacteria or something like that.

But as you well know, they can't be killed. They're not alive to begin with. So all you end up with this chronic inflammatory state that just persist and persist.

And we know from that DDT studies in the 60s that xeno biotics distribute unevenly throughout the body, and then they can switch around, simply because, you know, we know the fat turns over every 5 to 10 years.

The I am know it's a beautiful slide where you show it goes into the liver, but then to the nerves and to the fat. The fat really. You know, that's like I was saying anything could be poisoned, like the 80 K vitamins.

You could you can get toxic high. That's right. But I think you're alluding to a greater thesis, which is that mold creates these toxins, which creates immune dysfunction.

So the coincidence of that with Lyme disease, I mean, it's very suspicious. Do you think do you think Lyme can exist without immune dysfunction engendered by mold?

I don't think that it can. Getting back to the immune dysfunction, big Pharma uses the Macintosh and called mycophenolate acid the disco psyllium. And, that cell set.

Yeah. So as a matter of fact, on that, on that, PowerPoint that I, I need to consolidate a little bit better everybody that admitted to me that they had had Covid was positive for my detoxes, that I tested for my gut toxins.

If they had Covid, they were positive. So I think, you know, I don't think I ever had Covid personally because I found out I had my gut toxins in me in 2019, went on the protocol.

I don't think I ever had it. Now, that doesn't mean I had a I didn't have a subclinical infection. It just means that I didn't have clinical Covid. And so I'm thinking that might be one of these things that you use to boost your immunity, because that's another layer.

I'll just I got into all this stuff because I got sick and tired of being sick and tired with this crud that I'd get 3 to 4 times a year to stay sick for 2 or 3 weeks.

That go for sure, for sure. And, you know, I think if we're talking about the happy rainbows and the bright sun sunsets, it's like, what can I think? What can we do to boost our immune system?

Because, you know, if you got a strong, resilient immune system, you can fight off some of this ubiquitous critter. So yeah, I guess good sleep, right?

Good thoughts like, exercising. Apparently you're sweating now. I didn't even realize, you got to you got to have good nutrition. Normal bowel movements, a good gut barrier, right?

Not a tight junctions. What else can we do to mitigate, our risks and improve our immune system? Do you think the mushrooms help? Like the lion's mane? The.

Yeah. What do you think? Well, the first thing I did to boost my immunity was get the gluten out and minimize the dairy as much as possible. I I've never been a big fan of eggs.

And so the one thing that I do do is I do understand that about 70, 80% of our immune system is our gut. And one of the things that I do is a daily, prolonged fast, only 12 to 16 hours because, as you know, it's going to take about three hours to get everything out of your stomach, about another three hours to get all your foods, basically into the into the GI tract.

And the foods will always stimulate inflammation. That's the one thing you find on the mosaic, food test is they may just have a little bit of inflammation, but it's the ones to give you a whole lot of inflammation.

Isn't that interesting? Wow. So just eating is always a little bit of a crapshoot gamble. Right. Okay. So you've got to give your gut time to just rest and digest like you give everything else time to rest and digest.

And that's what that 12 to 16 hour fast will do. Filter your water. Everybody needs to be filtering their water. Okay. Filter your water. No more plastic bottles.

Don't microwave your plastics, your styrofoam, your paper. And then, what else? Air filters at home. Good air. Air filters can can help. But one of the other things you really need to be doing, too, is, like I said, you need to be on some probiotics.

You need to be on some multivitamins. You know, I, I take glutathione, and it's precursors, NAC in a subtle cysteine and methylated B vitamins. I do all that stuff, some vitamin C just to try because the food is depleted.

You need you need the magnesium, you need the minerals, you need all these things. Just try it. And it seems to work. I mean, hell, I mean, yeah, I just started taking this morning.

A patient of mine recommended, you know, because I have eczema. So you should take this, lactobacillus strain. It really helps. So I'm a fan, you know, I, I don't trust doctors that much, but I trust patients.

So when a patient tells me they had a fecal, transplant and it changed their life for two months, I mean, they had really very little reason to lie about that.

So I think there is going to be something there. Tomorrow I'm interviewing a guy who invented a pill bottle, which you can swallow and look at the GI tract, but maybe someday that'll be available in other smaller iterations to swim around your sinuses.

Who knows? But let's let's wrap up. So those are useful tips for people. Let me ask you on a philosophical level, because is organic food production even possible in this day and age, or is it just a marketing day?

I think that it is. My biggest concern with organic food is just how organic is it? Who's checking it? You know what I'm saying? Because, you know, the soil is going to have chlorinated pesticides and lead and all this other stuff in it from years past. It's hard to tell.

And what else blows in whenever everything else blows in to contaminate the soils. So I'm not that big on organic foods personally. But what I'm absolutely massive on is non-GMO foods, because when you see that non-GMO label on that food product wherever you buy your groceries, you can bet that Monsanto has taken that that that food product back to their lab, broken it down, and made sure that their products are in there because they have actually sued other companies that had their products in there because they didn't get their royalties off those seeds.

And it's interesting. Yeah. You know, I had a friend at the golf club who was a farmer in South America. He lived in Newport Beach, but he said he got the privilege of visiting Monsanto HQ in the Midwest.

And it was like visiting Apple. It was like people in bunny suits. It was super futuristic. And I guess, any company is going to look to defend their intellectual property, I get it.

But, you know, sometimes the World Economic Forum and, you know, the the regulators overstep, like there's pushes for people to register their home gardens.

Like I'm growing a couple cucumbers and like, I'm a criminal lawyer, I need to be watched. Like what? Why do we need legislation for the right to garden?

Is this a good step for us as a society to make farming and eating your own vegetables illegal, or at least suspicious that I would even comply with that around here.

You might even get shot trying to go in court, you know, you know, I'm serious when I say that this this state your teeth. They. What are you trying out around here?

I think I think it's just more busybodies trying to get nosy. I wouldn't even comply with that. Don't go to hell. This is my land. You know, your house that you're live on.

I can garden whatever I want to garden. You go to hell, you know, because I'm like, you're going to go sell that to anybody, okay? No. Well, even that, like, if you bartered at the farmers market, like, you know, they always got their little ins for the legal action, right?

But yeah. Yeah. So for those people that maybe don't I'm not familiar with American Access. Doctor, covet comes from a place where they were ten gallon hats and justice boots, and they, they openly carry.

So, yeah, there's a different set of, ethics there. But let's talk about. Okay, because I know you're licensed to Texas in Oklahoma. So we have another interesting list of unintended consequences in the 30s.

You know, the dustbowl when they had overgrazing and poor management. So I think that, you know, unlike the the ear, which is beautifully designed by God, economic policy is sometimes faulty.

I mean, we saw that there are different consequences. Just 3 or 4 years ago, the entire government and economy of Sri Lanka went under because they said you had to grow organic and not use these pesticides.

Food Supply, Farming, and Regulation

So, you know, I sometimes wonder if the feedback loop between regulatory, between corporate, between farmers, whether they be corporate or family is what the feedback is not there.

Like we need to be able to make things that are safe, increase yield, but also don't inadvertently collapse the economy. I mean, how can we engender government to be less, about intellectual property and lobby ism and more about protecting us as citizens?

I'm not sure short of revolution, simply because, as we found out, you know, everybody's everybody's funneling money into the government to get favoritism.

And that's the problem. We have a problem here. I'll give you an example. I talked about he Hall lecture when I sent you that, that that thing that I that's that's this the thing that they do for all the vaccine injured or slash autistic kids because this lady raises donkeys out there and they sell those kids donkey milk because it's got a lot of probiotics, and they use a lot of donkey milk in Europe.

And it's very healthy for all these kids with bad guys. Oh my God, I thought I was thinking like that. Nashville, comedy roundup show from the 70s. This is about donkey mouth.

Okay, now back on your page. What happened was, was that I thought it was the. I thought it was the FDA giving this gal crap about not selling that she is.

They would say they were. She was saying they were trying to shut her down. It's actually her own representative trying to come after her for for selling this product wasn't even the FDA, it was local.

And finally they got rid of that guy pretty quick. But, you know, she just sells this donkey milk all over the country. It's pretty expensive. But, you know, it's hard to get.

And, you know, the FDA didn't give any crap about it. Was the local guys come up with. Yeah. Now, I mean, it's kind of sad. Everyone's got their own pocket to to fill.

And like Upton Sinclair said, it's hard to get a man to understand something if his salary depends on him not understanding it. Right. But, you know, I very I tell you a funny story.

I was in a hotel, too. I was going to a hotel two years ago, and a patient called me, said, don't go there, they're shooting. And I said, what do you mean shooting? So I got there.

I talked to the valet, I talked to the person in the food court. They're like, yeah, someone came by and just grazed, like, you know, 20 shots of an Uzi in the carport.

But the lesson I learned was that the police, posted on Twitter, well, it was just a single incident. Random violence, one person, one car, and they just confabulation the entire story.

And so that idea that people are kind of honor bound to tell the truth, I think is a thing of the past. I think the ethics of journalism, a thing of the past, if they were ever there, I, I'm really stunned at how willing people are to just and maybe that was the lesson of the pandemic.

I can't think of colleagues that really read the safety or animal testing data on the Covid vaccines, and I think it's an invert, inadvertent positive that people don't trust doctors anymore.

And I'm saying that as a doctor, I think it's an even bigger I think it's an even bigger plus that the pandemic taught everybody. Don't trust the government.

I mean, good grief, you know, I mean, that was fabulous. You never should have been trusting doctors all along, especially now, because they're the ones that are.

Believe me, I'm in my scrubs. I'm, I'm on call right now. I've already made my rounds out the hospital out there, and the hospital administrators telling all these doctors what to do.

And by the way, all of Fauci's edicts for Covid were illegal. The Supreme Court ruled in 1962 that the CDC and the FDA cannot regulate the practice of medicine.

Therefore, the federal government cannot regulate right, right, right, right. And forget about the Nuremberg codes, like forced human experimentation, like.

But, you know, people get in their fear talk and they get in their tribe and they'll support anything. It's insane. Really? Yeah. Just being who I am and my genetics and everything like that.

We can talk about that over cocktails next time we meet. Yeah. No, I never went along with any of that. Of course, I was on the ground floor of Aids. Fauci was running Aids. He screwed all that up.

I was down there, Tulane, where they were trying to invent an Aids vaccine on chimpanzees at the Tulane primate. Oh, my God, did you hear that conspiracy theory, doctor?

What's his name? He talks about Tulane and JFK and this, space city. Oh, my God, that that's a rabbit hole. I don't even suggest you look at that. That's really disturbing.

Well, for the record, my wife went, high school. I think it was. Maybe it was even one of her high school classmates with the granddaughter of Carlos Marcello.

I don't know who that is. Is that the guy that was involved with the mysterious disappearances? They thought we had something to do with the assassination of JFK.

Oh, my God, they started. Yeah. Kidnaped and flew him down to Guatemala, Honduras, and left him in the jungles down there. And somehow he made it back to New Orleans.

Let's not. Yeah. Let's climb out of the rabbit hole while we still can. But yeah. Now that one lecture at a bitcoin conference in El Salvador that freaked me out because they got my guy talking about, you know, I knew hell and this or that and this like they're making viruses and they're make it simian virus.

And it's the vaccines and all this solid tumor that is in a rabbit hole that's truly scaring. But anyway, great respect for what you do, your profession, your passion, integrity. Thank you so much.

And, if people want to get in touch with you, I know you probably can't see them personally, but what are the research they can do to, like, learn about how to test and assess and mitigate?

A lot of this stuff is protocol. I know the American Academy of Environmental Medicine has has their has their instructional courses and their teaching aids and things like that.

Basically, you know, try to find somebody who's actually had that kind of environmental training wherever they are. And they're they're a bunch of people out in California.

They're on the West Coast with, you know, how to do it. And I don't know where all your, your, your audience, lives. Just trying to find somebody that knows how to do it.

Believe it or not, they know how to do it in Dallas, but they did in San Antonio. But they don't. There's nobody doing environmental medicine in Houston of all places.

It's massive petrochemical. Yeah, it's a big urban center. Yeah. All right. Well that's good. Well, thank you for being so generous with your wisdom. It's been really fun talking to you.

And, Doctor Greg Govett. Appreciate you. You bet, you bet. Good seeing you. Hope to see you again down at the stem cell meetings. Cheers. Thanks. Thank you for tuning in to Doctor Talks.

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