Stuck in a Detox Loop? The 3 Levels of Healing Most People Never Reach Transcript

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Podcast Introduction and Guest Background

This pattern of unwellness is happening not just in people that have significant neurological dysfunction like I did. This is what's happening to all of us.

And it's showing up in a variety of different ways. We can talk about that more, but ultimately, it is the encapsulation that held these toxins stored deeply.

That includes the nervous system, the brain, and the vagus nerve. The brain stem in particular controls the function and featuring of the vagus nerve itself.

Deeply stores of this in the liver is increasing metabolic dysfunction. In the lobes of spleen is increasingly inflammatory and especially digestive dysfunction encapsulated in thoracic ganglia of body which is affecting cardiovascular function.

What if aging isn't about slowing down, but leveling up? I'm Dr. Isaac Jones. This is the Longevity Leaders Podcast. Welcome to the longevity leaders podcast.

I am your host Dr Isaac jones and I m here with my friend, Dr Erica Schultz. She's a licensed acupuncturist, a certified applied clinical nutritionist.

She also holds a doctorate in Chinese medicine and acupuncture with over 3,500 hours in biomedicine research and advanced practice. She's got a lot of amazing experience in medical integration, acupunture theory, which you're going to have to share a little bit about what that is, point location use, Chinese herbs, and functional nutrition from two of the top rated accredited institutes in the field.

Dr. Erica began struggling with an autoimmune disease as a young girl and for many years managed it with medications alone. And then she embarked on a career changing experience.

She essentially went through this very stressful time in her life, her health tanked, and she knew she needed to go beyond just the traditional medical model.

That's when she delved into functional healthcare and ancient medicine. And really what is now called foundational nutrition in order to heal herself and really set herself on a path for healing and wellness.

And so out of necessity, she's built her own system. called the resiliency method and based on this amazing methodology that's healed her body, she's now helping heal many people with chronic health conditions and really getting their life back.

So Dr. Erica, again, thank you so much and I'm really excited to dive in with you. Thank you, thank you for having me. Yeah, my health journey is really at the foundation of the creation of The Resiliency Method.

And it really was born out of that fact that when I was a young person, I started having grand mal seizures. Those were preceded by an incident where I stepped on a rusty nail and had a tetanus shot.

Early Health Crisis and Seizure History

Shortly after that experience, I had shingles on my face as a 10-year-old kid and they started taking pictures of me for medical books, all the things.

So my health journey really started in childhood, quite frankly, and was very kind of a tumultuous one, to say the least. But as I started to unwind my house and my journey and really came to a point where you know, I got to the point where I was doing the best and working with the health care practitioners probably out there trained this most extensively.

They were able to really customize my healing plan and what I needed to move forward. And at the first phase of that, of my Healing Journey, what i call kind of level one, i got great results.

I started to see improvement by doing initial heavy metal clearing Detoxing some of the old childhood vaccines. Parasites was a big one. Dealing with some those chronic infections that were hanging out.

And doing more of that foundational approach. It really made a bit difference for me initially. To the point where even at one point I came off my seizure medication.

But just shortly thereafter, within a year or so, I started having them again and I start having more and more. Medications helped a little bit, like palliatively, and then it just got worse and worse.

That's typically what happens. Yeah, I mean, as I was getting older, and what I didn't realize was that I really wasn't at the root cause quite yet with my own health.

And at this point in time, about 10 years into my clinical practice, seeing my healing miracles with patients inside of my clinic, Um, really had a thriving over 300 client visits a week.

I mean, I look back, we just did this data the other day. Um I've been in practice about 15 years. So a lot of my experience in medicine comes from clinical application of it.

And we, in my 15-years of tenure, i've done over 40,000 visits, Isaac. Wow. When you're in that much. You're an OG. When you're in that much exchange with the human body and humans, of course, patients, clients, it really is a learning process and it is really a practice in every bit of encounter and information you get through your work, you learn and you start to see that there's even more to know.

And that's really where I got to with my own health journey was I had reached that kind of precipice point. I noticed that, you know, certainly the seizures never really had changed much or for very long.

Um, I did go back on the medication. Luckily I've always been pretty well controlled with a low dose, but it was really around, um, 2020 when, I started to see even more increased shifts in terms of what was going on as I was looking around.

We had the pandemic come in. I starting to observe and feel the stress and the extra tension of myself, of being confronted by my community, having to take this experimental vaccine.

It was very frightening to me. Um, it was frightening for a lot of my colleagues, you know? When was that? Well, 2021, I guess. So lots of increased pressure, a lot of people have had disrupted relationships with people in their lives, and that certainly wasn't an exception to that.

I lost a lotta friends for taking the stance I took. But when your health history is, you can observe and look back and see, oh, that there was some kind of involvement there, then it makes you real trepidatious, especially when you're symptom is that you drop down and lose complete consciousness, you know, flailing all over arms and legs.

That's what happened when you got vaccinated the first time, right? Well, ultimately, I didn't have seizures right away. It was really that tetanus shot that kind of threw me over the edge.

But what I've uncovered in the process, and this is what the resiliency method really culminates toward, is the importance of detoxing at a deeper level in your body and specifically encapsulated toxins and, specifically, heavy metals such as.

And just real quick. Yeah, sure. What is an encapsulate toxin? So an encapsulated toxin is what the body does when you get exposed to something very early on in life.

And it stores it very deeply. Now, there's actual science out there. In the show notes today, I'll leave a guide here for practitioners who are listening to this podcast that they can review.

Encapsulated Toxins and Hidden Neurological Damage

It gets a little bit more technical and heavy. Also covers the research where we're seeing that this is a recognized phenomena that's happening in the exposure to especially aluminum.

and mercury, especially in the form of ethylmercury, which is what is delivered in vaccines by way of the Marisol. So I had already, I mean, it wasn't like I spontaneously combusted at age 10 into having an outbreak of shingles on my face and then shortly thereafter starting to have grand mal seizures, right?

It was like that tetanus shot was the straw that broke my camel's back. But what I've observed clinically is that This pattern of unwellness is happening not just in people that have significant neurological dysfunction like I did.

This is what's happening to all of us. And it's showing up in a variety of different ways. We can talk about that more, but ultimately, The encapsulation held these toxins stored deeply and that includes especially the nervous system, the brain, and the vagus nerve.

The brain stem in particular, which controls the function and featuring of the Vagus nerve itself, deeply stores of this in the liver. is increasing metabolic dysfunction in the lobes of the spleen, is increasingly inflammatory and especially digestive dysfunction encapsulated in thoracic ganglia of body, which is affecting cardiovascular function.

And then, I mean, what I'm seeing it already also down into, you know, tongue, the tongue of the mouth is storing it, that gum tissue is during it. And so I am starting to develop this whole new viewpoint, even on plaque and, and teeth and bacterial decay and such that actually these things, What we're seeing and calling decay in the mouse, for example, may actually be evidence of leaching of these heavy metals that are actually deeply encapsulated in the gum tissue.

And real quick, talk a little bit about where these are coming from, right? Like, where is it that we're getting these heavy metals? Where is that they were getting this onslaught of toxicity that you see that the body then needs to encapsulate inside of all these fragile tissues within the that shouldn't have the heavy medals and whatnot.

And I'll give you a follow-up question as well. Yeah, so absolutely. It's early on in life and it's specifically, most likely, we can tie it to the childhood vaccine schedule.

Wow. Mm-hmm, yeah. And so then, when that first initial exposure comes off, and we're even mapping this down even into the brachial plexus of the body, the arms, you know, of course the breast tissue, if you think about where those shots most likely went in for most people.

I mean, it gives a whole nother definition to why females, you know, middle age start having all sorts of like, underarm saddle bag, retention of fat, like it doesn't matter how many push-ups they do, there's still this encapsulated level of toxin that's hanging out below beneath the arm.

that really was probably from some of the first inoculations that they received in these areas of their body. And then the most intense amount of those toxins traveled into the breast tissue, into to the brachial plexus, through the brain central nervous system, peripheral nervous systems.

We're seeing how encapsulate toxins into the fingers and toes, are presenting as skin issues, they're presenting herpatic, chronic herpes outbreaks, that that's actually behind there, causing some of those distinctions of why some people can be exposed to that virus and not have a problem and others can't.

And then even down to encapsulation in the peripheral nervous system, you know, showing up as, um, some of the scleroderma conditions, Raynaud, Sjogrens, things like that, that are affecting circulation to the perforal nervous and the fingers and toes even.

Joint pain, encapsulated toxins inside of joints. I mean, it's really like, your hard pressed to find where this is going up. Yeah, it's kind of like any symptom that a person may have could be related to this encapsulated toxin.

Exactly. And that's why I call it a pattern of unwellness because it seems like they're showing up sort of maybe based on some kind profile for that individual where there's a weakness.

And then it's just showing up in the areas where it was the most, like I said, an example of going in arms and then going into breast tissue, going to the brachial plexus of the body into the thoracic ganglia.

We can make cause for why encapsulated toxins that have damaged the epithelial tissue of the cardiovascular system may be causing the body to want to increase an output of cholesterol to go and try to constantly repair that tissue or that the damaged tissue that just sits there and even thymic gland, thimus gland involvement, encapsulations in the thimas gland which is underlying a lot of immune system dysfunction, right?

I mean we can look at our statistics as a nation and see that our autoimmune rates are going like this, that are neurodegenerative conditions are You name it, and we've got this incredible amount of encapsulated toxicity that continues to leach.

And where we're at as healthcare professionals and where I was for a long time was I called that level one detox, where you're going in and you see, you can assess that there's heavy metal toxicity presence, BPA also.

I put the plastics, those toxins into this category too. Those are getting deeply encapsulated. But your body encapsulates it to protect itself. Exactly.

It's innate intelligence at work. Perfect in design. Super smart, right? Should we worry about it? Should we? I think it's the ultimate, it is the utmost important thing that everyone needs to get rid of in their body.

If it, if it encapsulated though, then, I, think some people would argue like, oh, well, It's not. Well, that's where I'm going next. So it incapsulated, but it not a complete encapsulation.

It is constantly leeching into your bloodstream, into you body, which causes you to continue to have to manage these chronic or these inflammatory states of your body and left unchecked and specifically in your brain and this is where a lot of like high performers need to pay attention to because I think one of the reasons high-performers got to the place where we are is that we do have a chronic upregulation of neural tissue makes us smarter, makes be able to have a bigger capacity for things.

But it's also one of the worst sleeping giants because a lot of times as we're aging, those unchecked encapsulated toxins are going to lead to situations where we are having neurodegenerative disorders, Alzheimer's, ALS, Parkinson's.

And these toxins, the research is showing that these things are contributing to that. Now, you have to dig for it, because the local media isn't going to provide you with how ethylmercury is a challenge for the body.

But it's out there. It's recognized as, and in particular, a lot of studies out on methylmercury, by the way, which would be like the type of mercury might come across if you're eating fish.

And a lotta times that's the first thing people will say to me is, I eat fish. Should I stop eating fish? And I'm like, listen, the mercury that you're exposed to in fish is not anywhere near, is causing anywhere the damage that the Mercury that was injected into you has been doing.

and there's actually even research on the differences between how methylmercury is processed in the body and it

tends to stay more at the peripheral of the of body so it's an easier one to catch you know and then for you in a level one situation to actually do some kind of you know, binder, chelator, kind of detox for an individual.

But methylmercury is in the vaccines.

Resiliency Method: Level One Detox

And I believe it's been taken out of the vaccine by RFK juniors. Well, I think that there was a mandate to do that a while back, but it doesn't seem to be consensus that it is fully out-of-the-supply of vaccines I see, yeah, because they print so many vaccines at the same time.

It's in there to preserve them, so yeah. Right. And then the other question is, ethyl mercury then is way more neurodegenerative than methylmercury. Methyl mercury stays, you know, gets broken down in the liver.

It's not as much a scare that can bioaccumulate in your brain and your body as etho mercury when it gets into the brain body, right? Yeah, via the bloodstream, specifically an injection, right?

Anything would be delivered more easily, more readily, even to the brain, would through the stream itself, yeah. Okay, great. So yeah, I mean, this is one of those things where it's like, as we've uncovered this, you know, in the process of going from a level one stage, which is where a lot of practitioners are at, and they're doing great work, the dealing with the heavy metal toxin accumulation through peripheral, or I call them peripheral now, levels of detox are helpful, right?

But it becomes a case of, long term, it becomes a case of management, ongoing management. And I started to see that clinically. It was like, okay, great.

Actually, the way I got to this, arrived here myself, was not just the desire to fix the seizures or to understand that better for my own self. it actually came to five years ago or about when I was I had the worst body odor that I couldn't even believe it.

And not only that, then I started to have the worse itching armpits and rashes accumulating in my armpit. What I didn't realize was that that was the signs of that encapsulation of heavy metal through my brachial plexus into my shoulder.

Fast forward a couple years later, I was literally like this, where the right side of my body was way more was was like hardening and starting to move in this.

And then as I started to unwind this further, I start to see that the most of my brain damage actually that was precipitating the seizures was on the right side of body, was the on right parietal.

area of my brain and that was all fitting together. It would happen bilaterally, but it was worse on the right side. And that's where I get these awful headaches.

A lot of women are describing those, you know, the rightsided migraine types of patterns. That's consistent with even those types scenarios will even show up on EEGs looking like the same brain waves as people with seizures.

It's interesting because you can really make a case for why this is involved. We all have individualized bodies and we need individualize approaches to getting our health back.

I still believe that. The interesting thing that I've discovered too is you cannot get to this level of detox. You cannot pluck somebody off the street and say, start detoxing the encapsulated heavy metal in your body today.

That's not how this works. So why don't you talk about the resiliency method and how it works? Like what tests do you do? What does the process look like?

I know everyone's different, but like just generally speaking, what does that look? And then how can, like maybe you tell us a little bit about some of the results that you've seen.

Absolutely. So level one detox is still where we start phase one, and I call it detox, but I would also throw in there the addressing, doing parasite cleanses, dealing with stealth pathogens.

An interesting one oftentimes that you can tell if somebody's level-one mercury or heavy metal is too high in their body, they'll often present with fungus.

And so in this scenario I'm describing, that patient, if they never get beyond, and I call level one kindergarten. If they're never getting beyond kindergarten, you end up becoming a case where you're just managing the reoccurrence of the fungus, the candida, in their system because there's still the encapsulated heavy metal that's leaching, right?

But it's still important to do. You got to that level one detox. you got do the parasite cleansing. But where I was stuck for many years and I know where a lot of practitioners are stuck today is they just keep repeating phase one.

So everybody gets excited because even in a phase 1 or a level 1 kindergarten approach, you still are getting great results with people, which is Fantastic.

And we can see some of those, you know, lab testing that we could look at a total tox burden. We can the data there that can back it up. Um, we see the leaky gut, the symptoms of the leaking gut looking at, You know the, testing the gut zoomer from is one that use often times in that process, right?

But ultimately, what we need to do is also stop the parasite reinfection and reinfestation, which is an area where if you are a clinician and you're getting to that level of depth with your patients, a lot of practitioners are staying there, and I was one of them for many years.

Well, this is where the Chinese medicine kind of background comes in and discrepancy and something that I always had a little trouble with having my extensive knowledge and training in Chinese herbology was that all herbs have a certain type of like temperature.

They also have certain direction that they go in. This is what you kind of learn when you're studying the field of herbs and herbologies. And anti-parasite herbs are really cold in nature.

And the problem with that is that when you have somebody that has chronic parasite infections, oftentimes you. Have a underlying tissue organ or you know, gland deficiency in the body, right?

And so what you end up doing is you ended up taking that deficiency where, in a Chinese medicine perspective, we look at a deficiency pattern as having cold retention.

So literally cold. And what Chinese meant by that was just a lack of blood supply. Yeah, to an organ. You can't get enough blood in there to heat and create enough, you now, white blood cell repair to the organ tissue.

over time, right? And that sometimes stems from the fact that the body will encapsulate parasites, too, by the way. But when you keep doing that over and over again, you never get off that merry-go-round of kill, kill kill detox, detox detox.

Okay? You keep throwing cold herbs at the bodies, aggravating the chronic deficiency pattern that's below it. Right? So what we did is that we saw there was an opportunity to get to, I call it junior high or level two, which is phase two of our program.

And that was to then clear out mycoplasma, identify where myoplasm was sitting in the body and clear that out. When that happened, then we see the parasite reinfestation stop.

And at least enough to where we could continue to move forward and get off that recycling of antiparasitic cleanses and heavy metal detoxes at a tissue level.

So that was significant. That was also significant for Lyme patients because they also have a lot of accumulation.

Level Two: Parasites, Mycoplasma, and Gut Repair

They also parasites, they have heavy metals, right? So a line of Lyne patients started to get sustainably well and we weren't just managing the, you know.

And again, the reason being is because you stopped from a Chinese medicine perspective. You stopped throwing just cold herbs at it. at the problem and you started supporting the organs the way that they needed to be supported.

Yeah, well, ultimately, my working operational theory on this, and it may or may not be 100% correct, I'll admit it, is I think we're actually eliminating the eggs.

potentially, or we're bringing the bite and what she means by eggs is the actual eggs that the parasites. Yeah. Yes. I did a fluke, a liver fluca cleanse.

And I didn't actually believe I had them. Then I got rid of them And, and, it was, awesome. Like I could literally, I felt completely different. I was like, oh my gosh, that is absolutely disgusting.

And I can't believe that I had liver flukes. But I, was muscle tested by two separate people on two different sides of the room. They were the best people in the.

And I was like, and I don't know if you know Todd, what's his name? You'd know him from Michigan. Anyways, it'll come to me. Yeah, Darren. Yeah. And it was like both of them, but they're on the other side of the room.

I was, they went through like a hundred vials. There's no way they are going to have the same. They're like, you don't have any problems, BUT you have liver flukes.

The other guy said, You don' have no problems but you've got a liver fluke. Yeah. And I told you like four years ago when I first met you. Yeah, you probably did.

I was in denial though. Even you saying that to me is disgusting. So anyways, I cleansed and I got rid of all of them and it felt a lot better. But honestly, like I felt them recently coming back.

You know what I'm saying? You've got no neural tissue and you don't have nociception in your liver. So I think it's like inflammation that's putting pressure on the capsule around my liver right now.

That's caused it. And I was like, how the heck did these flukes come back? Because I crushed them. Yeah. It's probably the eggs, right? Yep, and I think, too, it could just literally be mycoplasma, because we all are carrying a fair amount of myoplasm around.

And mycoplasma, as it's illuminating the body, is very sticky, so it is a form of phlegm, you know, type of material, It's really believed that the typical definition of mycoplasma that you'll hear in the literature is that it's just bacterial in nature, but there's some recognition that actually that this may have something to do with how we can, it is called polymorphism, how like a bacteria can actually become a parasite and kind of over my expertise level.

But that has something with, they're starting to recognize myoplasmas as having something do a parasites as well. So I think that just goes to my point.

But then ultimately when we did that, that the other thing that started to happen was, oh my gosh, we saw if we introduced a low weight molecular collagen in the picture and did some initial gut repair.

Well, by and large now we started seeing the food sensitivities reverse and not through desensitization techniques, but actual through gut And I was one of them, Isaac.

I could not eat gluten or wheat. That's crazy. The same thing has happened to me. being sensitive to all these different foods that I was sensitive before.

And I didn't connect it to the hydrogen therapy, but that was one thing that i was doing. So hydrogen actually may be helping to eliminate some of the mycoplasma.

Yeah. We saw that starting to happen, which was incredible. You said it was actually reversing food sensitivities, not through something but through hydrogen, right?

Like completely reversing it. What were you… No, it's not the hydrogen. The collagen. A low molecular weight collagen, so highly absorbable form of collagen as a supplement.

You drink. Got it! Yep, and it's a patented formula. It's excellent. And introduce it the right time, though, because I always tell people don't start collagen when you're in phase one.

You know, it almost like you have a tornado going on in your gut. What are you supposed to do when the tornado comes through? You're not supposed close your windows, you are supposed open them.

Well, that's the same thing we want to do inside the gut, right? We don't want shut the windows too soon. And using a collagen-based product is really, most of the powders, quite frankly, I don' think they do much.

So you're probably not doing harm if you are taking a powder collagen. You're just not really getting a benefit from it. But ultimately, if you use that strategically at the right time, you close those windows of the gut wall and then you start seeing some of improvement with the food and the reversal of food sensitivities.

Because hey guys, I'm sorry, this might be so disruptive, but we were never designed to be allergic to our food. Okay, and I know that's hard for a lot of practitioners.

You know, that are themselves eating like five foods, you know. We really weren't designed that way. Uh, we just haven't gone far enough. And I want to introduce too, in this conversation too.

I mentioned earlier, when we're talking about encapsulation is the thymus gland involvement. So that's the other thing that I don't, I wanna give credit to.

In phase one, We're also paying particular attention to the Thymis gland and supporting it. in phase two, were paying, particular, attention, to, the, Thymos gland, and, supporting, it, In phase three, we're paying attention to thymus gland and supporting it.

And that is key to that improvement with the immune system, especially the long-term immune systems. I mean, I'll tell you what, you know, up until just five years ago reading, if you looked up anything on Dr.

Google about the thyrmus gland, it'd be like, oh, never mind, It's not that important. It just atrophies past adolescence. You don't need any more. autoimmune rates are going like this.

And I'm going, that doesn't make sense. You know, like that, those two things don't really, you know. So I always was a skeptical about it. Then I started seeing clinically, if I paid more attention to it and specifically with the use of analyzing it more at a deeper level, that made a huge difference to granting us access into deeper levels of work with a body.

So that's junior high, and that is the first part of junior-high. The second part, junior, high or level two, phase two is dealing with cellular mold in the body and all of us have it and have been exposed to environmental mold and toxins in our environment.

But also the part where it's coming from is on the cell lines from reproducing with mold in our celllines. And that's causing a level of cellular inflammation in your bodies.

Now we're at senior high and we are in phase three or level three. And that's where we start to do really the complete was kind of where. We've completed the majority or the big parts of a, you know, fill the dumpster phase, what I call it.

and then we can start repairing. So. at this phase, in phase three, we start doing organ and tissue and gland repair.

Level Three: Organ Repair and Deep Detox

I should also mention, like I mentioned, that we're paying attention to the thymus gland throughout the entire process. We're also paying the attention the mitochondria, because a lot of practitioners are getting tripped up on having, they can't get their patients to heal effectively because their mitochondrion is so trashed from all of these things that they cannot get enough energy at a deeper level to keep the train moving forward on the tracks.

So we've got a systemized way of analyzing that. So that gets accounted for throughout the process. And that just keeps introducing more efficiency and faster results and then more depth in the healing process itself.

Now, coming back to where we started, which is that encapsulated toxin situation. I mentioned to you, you can't pull somebody off the street and start dealing with encapsulate toxins.

However, this is interesting. What we saw is that once we built up the organ tissues, glands, the mitochondria efficiently and effectively enough, now we had a quote unquote, earn the right to have the body say, oh, This looks safer out here.

Maybe I'll start to, and we introduced, by the way, the inhalation therapy of the molecular hydrogen. Inhalation, not drinking it. Everybody always asks me, can I drink it?

No. Why not drink? It doesn't have the same effect. It's only going through the digestive organs. And here's probably why. Let's discuss the mechanisms at play here.

That encapsulation, from a Chinese medicine perspective, we call that phlegm. So think lipomas. Certainly along the brain and nervous system, you have a lot of encapsulations being used with fat tissue.

You have that also in the liver. What do you think about GLP-1s then? Do you it's just like really bad because people take the GLp- 1s and then they're just releasing all these toxins?

Yes, I do think that that can happen. Yeah, that's a good mechanism at play probably, Isaac, what you're suggesting there because the reason they need the glp1 in the first place is because of the issue with the fatty liver, the non-alcoholic fatty And that is really encapsulated aluminum and mercury in the liver from that early exposure is what we're seeing.

And the body will start to open up all of these gradiently over time. Anyone know the coolest part? When we're detoxing at this level, we are not using chelators and binders.

We're using B vitamins, increasing B Vitamins, minerals, and fatty acids. And those are the things that our ancestors detoxed with, Isaac. They ate the whole animal.

You know, they killed the animal and then they ate that and that's how they kept themselves. You said minerals, vitamins, you're not using chelators, maybe in phase one and two.

Exactly, exactly. But once you hit phase three senior high, your organ, tissue, glands repair, your body's innate intelligence opens up to phlegm. Even more, yeah.

Which then allows for the encapsulated toxins to come out. As they're releasing, we're just supporting. So at different times, especially because a lot of it's in the nervous system, will just support.

We do use NAC to help liver out, during that time period as well. But we will just simply allow the body to kind of lead, like what it can do, right? And we'll just kind facilitate and guide the process.

So like when we're using the hydrogen at this stage, we have to use it, you know, minimally at times, because you don't want to push this too fast either.

You don' want force the by do this, You want the bod to sort of take the lead and allow these things to gradiently come out. We're using Epsom salt baths a lot when it comes to especially mercury.

But to mention that you talked about some of the clinical results we're seeing. Well, one thing that comes off the top of my mind is one woman came after we had detoxed the the aluminum from her tongue.

She went to the dentist shortly after and she was using the inhalation of the hydrogen as well while we were supporting her body through her supplement program.

And the doctor, the dentists is like, you always have plaque on your teeth and you have like no plaque in your tooth and it's been more than six months or it'd been like nine months since she had been to a dentist and has to be a regular.

They were like what? And then we've seen improved HRB scores because encapsulation is also happening on the vagus nerve. So we're doing a ton of repair as well within support for the Vegas nerve at this stage.

And that's a game changer for longevity as you know too, because the vegas nerve, there's almost like nothing in the respect to the hallmarks of aging that the Vagus nerve doesn't have a hand in.

So really important piece for the longevity aspect. Of course, getting heavy metal out of your brain. I have one patient that probably should, you know, be dead by now.

And I say that because his daughter who's been bringing him to me for last several years. has, would probably say the same thing. And we at first were just managing him, like I said, because I was mostly starting with him at a level one, right?

And then as I started to open this up, we got to level three, and Isaac is like, his lights went back on. I saw it in his eyes when she brought him in one day, I'm like something shifted there.

And then within a couple of months, she's telling me stories about how he's reading off the menu, making decisions about the venue. He still doesn't have the facial recognition piece back yet, but we're not done.

And so I'm excited to see what's going to transpire with that particular case. But ultimately we are finding, I am finding a lot of people have encapsulated mercury at the top of their, excuse me, aluminum, and particularly at top their cortex there.

which are some of the centers for where the Alzheimer patterns or dementia patterns are setting forth from. And we're getting that headed off for them.

We're dealing with that now when they're in their 40s. How can you test to know that there's aluminum in the top part of their brain, for instance? Well, we'll use our muscle testing procedures to identify where they are encapsulated.

And we can do that virtually? Yep. We do it virtually as well. It works just as. That's great. So phase one's kindergarten, heavy metals, toxins, phase two's junior high, biotoxins, parasites, Phase three's senior high organ tissue gland repair, upgrading efficiency.

Is that a good summary? Yeah, encapsulated toxins. Yeah. And then, yeah, then you can get to the encapsulate toxins and you're not using key letters, you are using vitamins, minerals and what else?

Uh, we're using, well, the gamut really, you know, in level one, were using homeopathy. We're, using herbs. Were using chelators, binders. Level two, where using bindars.

A lot of the fulvic acid we use, um, they humic and fulpic acid supplements. we used the carbon based technology. Um, We've got that in, level two. Always we are supporting drainage, always we were supporting the thymus gland.

Always we're assessing the thyroid gland. Poor little thyroid gets beat up because this is like a narrow passageway. So we are unwinding some of the chronic patterns with the thyroids situation and why they never can come off the medication fully.

That has a lot to do with encapsulation of cervical ganglia. And the thoracic ganglion encapsulation is affecting the heart, the cardiovascular function for people, as I mentioned earlier.

But we're using whole food, primarily whole-food supplements in phase three. We use whole foods throughout, but for shorter periods of time, because in phases one and two, you're really just boosting, like I said, mitochondria and or the organ tissue just to keep promoting the body moving forward in the healing process.

When we get to level three, it's ready to take those things on and have those stay in for more duration. So we end up using a lot of protomorphogens from standard process, which are incredible.

for doing that repair work that we need to get done. And then we're using some synthetics, but for shorter duration, you know, we'll use nutraceuticals like NAC to help promote glutathione production.

But we are seeing, again, the repair of the spleen and the internal encapsulations in the liver. That's a game changer for metabolic function. That the game-changer for weight loss.

We're encapsulating a lot of the stuff in our fat cells. So we're just starting to see the impact of this and how this is really showing up in a lotta different ways for people.

Dr. Erika, I have to go in one minute from now. I would love for you to share where they can learn more about you and sign up to work with you. Yeah, absolutely.

In the show notes, there's going to be a couple of guides. I'm going leave for you all the longevity guide for practitioners, which is a little bit more techy, talking about some of this encapsulated scenario.

Ill leave one in there, probably two for just health consumers. And then also the Show Notes will give information on how to reach us and then you can follow us.

Um, I do a podcast, The Resiliency Method, the Truth About Healing. Follow us on your favorite podcast. Thank you so much, Dr. Erica. Appreciate your time.

Thanks for listening to the Longevity Leaders podcast. A Lungevity leaders community is on mission to transform a hundred million lives by 2040. If you enjoyed the show, please share this with somebody that you know, especially another doctor or physician, but also click that follow button until next time, stay strong and live long.