Teaching Drug Doctors What Wellness Is Transcript

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Wellness vs. drug-based medicine

I'm teaching drug-based doctors about the wellness industry. Let's go. I was talking to a guy the other day and he was telling me that he gets his medical care from the best doctor.

He's like, I see one of the greatest doctors, he's well-renowned, and my doctor, recommended that I take the following supplements. And he said, oh, you know, taking this and taking that.

One of the supplements were Methylene Blue. I was like, wait, what? And then he's like yeah, my doctor's actually a functional medicine doctor. I have to clarify from the beginning, she said that her patient goes to get the best medical care, but it's not medical-care, methylene blue supplements.

And the whole wellness industry, let's take the medicine out. It's a completely different industry. Medicine, drug-based, that's all poisons, it is all negative side effects.

The more you take, the sooner you die, and the sicker you are. That's in the medical research. We're sticking with nutritional supplements and diet. So, Methylene Blue goes in that category of nutritional supplement.

And keep in mind, this person knows that I'm a medical doctor. I was like, what made you want to see a functional medicine doctor? He's like I get why you need evidence-based medicine, Dana.

Uh, I like to take some of my medical information and care from functional medicines because I feel like they don't wait around for all the research to come out.

So the patient is saying to her, the medical doctor, I understand that you provide evidence based care, but medicine doesn't have all the evidence-based research and he doesn' want to wait for them to come out with science on a supplement or on an herb or something like that.

And what he's implying is that there are traditional uses of herbs that are not in the research, and there off-label uses or supplements that may or may not be in research.

And there're supplements with tons of research that have been ignored. There's a ton of feeding studies going back decades that were ignored, so what this patient is saying, maybe he doesn't vocalize it well or she's not vocalizing it, or maybe it was not even said, But on his defense, I'm saying that medicine is so focused on medications and drugs that they're missing the diet and supplements that are used by the functional or foundational health care providers.

So when she's having a hard time, she struggling with this because the evidence-based medicine, is drugs, drugs drugs. And that's what's making us sick.

When you have polypharmacy, which means five or more medications, you die sooner and you're sicker. That's in the research.

Functional medicine and the health-disease continuum

There's no way around it. Her patient is trying to avoid that. So the way he's avoiding that is doing a whole bunch of supplements or whatever and she's going to get into it and he has got this attempt at being healthy.

So let's get in to some more about this. And then eventually, you know, the kind of medicine that you're practicing, what I guess is like real medicine, that's what he used to describe the medicine I'm practicing.

He said that eventually like you'll catch up to like what functional medicine is So functional medicine is used all along the, what I call the health disease continuum.

From the time that you're healthy to the times that your at the end of life syndromes. You can use natural medicine to feel better or try to, you know, increase the heath of the mitochondria.

And I've been there with vitamin B1, it is the best supplement for cachexia, which is an end-of-life syndrome condition. Now the medications are really good for middle to end, of this health-disease continuum, You don't want to be taking a bunch of drugs at the beginning when you're healthy.

So I'm clarifying this conversation between the patient and this doctor. And then I just kind of like look like real medicine. That's what he used to describe the medicine I am practicing.

Real medicine, that's drug-based medicine! I don' t consider that real. I call that urgent care, emergency care. i can call it life-saving. It'll save your life.

But if you are doing the wrong things with your diet, and you expose the toxins, your body is accumulating, more and more toxins and parasites, and you get exposed to viruses, bacteria.

And over the course of decades, you'll get sicker and sickier. The real medicine will save your life, but never make you better. They way you'd get better is by detoxing and getting all the organisms out.

It can take six months to two years to do this. So that's a bad term, real medicines. I think real medication actually cures, whereas pharmacological medicine would save you life.

But not really cure. You could take an antibiotic and claim that it saved your lives. Yeah, sure. But if you need an antibiotic once a month for 12 months, then you're missing something.

Or if your needing some kind of anti-candida, anti yeast treatment, you know, four times a year for 10 years, your really missing some thing. And that's where pharmacological medicine is kind missing the boat in chronic illness.

You said that, eventually you'll catch up to what functional medicine's doing. looked at him really discerned and then he's like, well, I don't, listen to like everything functional medicine doctors say.

I just like take a little bit of here and a bit from there and I supply what makes sense. So that's an interesting statement. And he's probably pretty healthy.

Maybe he is obese, whatever. But he picking and choosing what he wants to do. Okay, that is fine. Now in functional medicine, there are many ways that you can detox.

You can do sauna, you could do supplements. There is a variety of supplements for detoxing. Of course, the lifestyle choices so that your not exposing yourself to toxins.

And when it comes to organisms, there's many ways to get rid of fungus and yeast. There's may ways get to rid parasites, usually supplements and herbs, and there are combination herbs.

Detox, mitochondria, and chronic illness recovery

there is also electrical devices, also ways enhance mitochondrial function. So he's picking and choosing the things he wants to do to improve his overall health and enhance mitochondrial function and that could be exercise.

Some people do cold plunges and other people sauna. So yeah, he is picking in choosing things that all end up doing the same thing in the long run. Detoxing, nourishing and enhancing mitochondria function.

That's the basis of foundational medicine and she doesn't understand that. And I was just curious, for people who

have seen functional medicine doctors, was that your reasoning?

Was it because the vibes-based medicine is just a head of evidence-base medicine? Vibes-based medicine, that's a pretty gross statement because there's tons of research.

But when you're a drug- based doctor, you not looking into it. You're not researching it, why would you even do that when it's not your job every day?

You are prescribing drugs, she's an obesity doctor. So she sees all about GLP-1s right now, I'm sure, because everybody is. And maybe she does surgeries, but the same with the vibes-base medicine means that she doesn't know, She doesn' study it She's ignorant of functional medicine and how life-saving it is.

So in my personal case, I had terrible mold exposure for 13 years and in 2016 I got four EKGs. I saw a bunch of medical doctors. They went to urgent care twice and they recommended things that were not solving anything.

Thankfully, i'm in the functional medicines space for my whole career and I saved my own life. And then in 2024, And I went to E. R. I saw the medical doctors and they couldn't find anything.

So thankfully I'm in the functional foundational medical space and I saved my life. And then 10 months later, I found the gas leak. Both times I had the same symptoms, heart symptoms and digestive symptoms.

swollen ankles left arm numb left chest numb trouble breathing and using my functional medicine mind and research no vibes I solved it then later I found the mold and later i found a gas leak and that was the cause So she's dismissive of functional medicine, as are a lot of social media MDs.

And I know that they want a lotta clicks, and I that know they're very ignorant on what we do. I understand that. They don't understand. So here I am, I'm just educating them.

Here's another person making fun of the wellness industry. She'd rather have you take a bunch of drugs and get better. Okay, what are her qualifications?

Oh no, she doesn't have qualifications, but that is actually what makes her more qualified. That doesn' make sense. I know, right? But she'll set you up with some supplements.

So there's a lot of people in the wellness industry that don't have any certifications or licenses or degrees and they're selling supplements and maybe they are just trying to make some extra income even if it's multi-level marketing company.

I'm totally down with that because supplements will help even it is just like straight up B vitamins or synthetic vitamin C or E. Like I am okay with all that stuff and there has been an improvement in quality of supplements over the last 30 years and I've been actually seeing it.

Now, if you go to big box stores like Target or Walmart or something, maybe not so much, certainly not Walmart. But even Target has their own nutritional supplement development division.

So the more supplements that are out there, the better off we're all going to be. Now the supplement industry is only 5% the size of the pharmaceutical industry.

You'll see doctors talking about how the trillion dollar supplement or wellness industry overpowering the meek medical slash pharmaceutical industry, but that's not true at all.

The supplement industry is only 5% the size of the drug-based industry. But please keep in mind there's the overall rule of getting better first by detoxing, then you nourish.

So now she's talking about a 30-day cleanse, and there's no evidence for that. Okay, debatable. So when you're

talking fulvic acid and humic acid, which are the basis of detoxifying, there is a lot of research on that, so yeah, And there's a lot of clinics that have really good results.

I've been using these slides here to talk about how these people have, over the course of one to two years, improved their health dramatically.

Supplements, conflicts of interest, and the free market

You can see from left to right that the red colors, that's the severe symptom, like 9 or 10 out of 10, become green, which is less severe, 0 or 1 out 10. And all the symptoms on the left, they could be GI, psychiatric, muscle pain, brain power, And on and on all the different specialties within medicine they're all there on the left hand side and when people detox they all get better you don't have to go see the brain doctor the neurologist the arthritis specialist you know rheumatology psychiatry etc etc you get your body healthy.

by detoxing and then you nourish. So these graphics show how all of medicine is totally debunkable by just using nutritional supplements. These people are better because of doing a cleanse.

But she doesn't know this. She's just, she didn't study the wellness industry. she just attacks. There's no evidence at all, but she does have a dischem code and we'll get a cake back when you buy from her.

What? Yeah, I think it's like 25% off. So she's talking about how the wellness people, including myself, actually sell supplements and then make money from those supplements.

Now, there is a responsibility for us, me, the other wellness, people to have the best supplements, and the supplements that I carry, they show me the research.

And if I didn't carry the best supplements, then the results won't be there. So I've gotten rid of a lot of supplements and I kept the ones that I have now.

I worked with other products and realized, okay, this is not a valid therapy that i'm not going to pursue, so I would stop using it. Over the course of almost 30 years now, I got down to the supplements that like to use.

Now she's bashing this. It's the free market. This is the best industry right here. I am selling supplements directly to people as opposed to in the pharmaceutical industry.

Medical doctors are not selling to People. They're going through a third party. That's a pharmacy. The pharmacy is selling the people. the medical doctor is not responsible for the ill effects of the Pharmaceutical therapy.

I am responsible for ill effects of my supplements. Now, the patient absolutely knows that because they're paying me cash and then we deliver the service.

This is the free market. But in pharmaceutical drug medicine, The patient has insurance and if they have a bad result from the drug, they don't know where to go.

Should they see the doctor? Do they sue the pharmaceutical company? do they Sue the pharmacist? They sue insurance company. They're all involved. So doctors are really well protected when they give poor results and have nasty side effects from the drugs.

They got the government backing them up. This is not the free market. It is so controlled and so insulated and the patients are basically powerless. And the patient have bought into this philosophy.

Its called the sunken cost philosophy so you sunk your money into insurance. Now you're bought in and now you are biased to do that system. and off still because of her Martin Luther King Jr.

Day sale. Isn't that a conflict of interest? Yeah, but because she's a wellness influencer, it's like… So when a

wellness influencer sells a supplement, it is not a conflict of interest.

Because if that person, the patient, does not get better, they can just choose to never go there again. And they could choose tell all of their friends and family never to go to that personal again, then go on Google reviews and give them a one star and a nasty review.

They can go and yelp. they Can do whatever they want to do to give that wellness influencers poor ratings and lose their practice. In drug-based medicine, that doesn't exist.

That's a conflict of interest because no matter how bad the service is, they still take your insurance money and they take Medicare and Medicaid every week out of your paycheck before you even see that money.

Anyway, here's the details, just whatever you do, do not take medical advice from her. Wait, why? It's in her disclaimer, which is on her website, at the bottom, in the smallest font possible.

I'm surprised you didn't see it. Well, if I shouldn't be taking medical advise from here, then what is the point of this? I know. And that's a legal thing that we have to do.

By law, we had to say we're not giving medical advice. We're now diagnosing a disease. And thank God for that because there are 900,000 medical doctors.

They're all diagnoses a diseases. There are all treating a diseased and are we getting sicker and sickers and seeker over the decades.

Pathophysiology, sleep, and natural remedies

So we need a whole other industry to have a different philosophy and a treatment system in order to get people actually better instead of drug, drug drug and they get sicker and sickier and die earlier.

The point is to improve your health. Medicine doesn't do that. Oh right, but apparently she knows something that we don't want you to know. Can't I just stay here and work with you?

I wish I could help, but… So apparently there's something that she knows that the medical doctors don't want you to know? Yeah man, like B1 is like the most supported nutrient.

I've had the greatest clinical effects in the last two years, I put 400 people on B-1. How come they don' t know. If they do know, how come their not telling you.

if you're lucky, maybe she'll let you do a coffee anime with her in front of her 250,000 followers. i don t want that. Yeah, i mean, none of us do, But according to social media, true health these days is putting a bunch of stuff up your ass.

And medicine never puts anything up your ass. I'd have to say this is very creative and she's got a lot of likes and cheerleaders in her comments. They love it that she is bashing the people who are trying to improve their health.

And they love that is she a drug-based doctor. Drugs, drugs, we need more, more. Then they wonder why the trust in the medical field is dropping like a rock.

Here's another one. He says, I love how wellness influences Influencers are all like, we got to get to the core underlying issue and medical doctors don't do that.

That is actually what we try to do. But you try do it, but there's really only 10, to be honest, and the diet is a huge one. There's five pathogens, there are three toxins, There is also organ dysfunction, especially the drainage organs, And there is nutritional deficiency.

What is the issue that you found? Do they have like a turmeric deficiency like why you know it's never really like an herb deficiency it never even a supplement deficiency.

It's a whole program with multiple steps and these steps are bigger than what PubMed could ever say and I've done research on open evidence AI looking for this overall philosophy in medicine to get a sick person well from chronic illness And it gave me some answers.

There's one particular research study that was kind of close but wasn't close at all. So that's what medicine is missing. The drug-based medical doctors are missing this overall overarching philosophy regarding healing from chronic illness.

It's never just a supplement or never a treatment. it's a combination of things that take six months to two years to get your health back. Why are you selling these supplements?

Are they like net low on essential oils? Is their body Physiologically not had enough cold plunges? What's the pathophysiology there? I'm just curious.

And his last statement is, what is the pathophysiology there? So that statement means the physiology of pathology, whatever the biochemical reactions and the dysfunctions in the body that lead to disease.

So what does the pathway physiology? That's his question. That says medical drug centered question, as opposed to how do you get somebody healthier? So the whole philosophy needs to be reversed around.

So he's looking for pathophysiology and then you drug it. I'm looking what's not functioning and you make the function greater, therefore improving health.

Symptoms and disease go away when you improve your health." So yeah, I am just trying to help him out like he doesn't know. And his name is That Sleep Doc, so I think he is trying help people get to sleep.

Maybe he should use some essential oils. So, turmeric? Sure. Cold plunges? sure. Essential oils?sure. But there's a time and a place for each supplement for an individual.

Dose has to be right, the quality has be to right. There's way more knowledge needed to just dismiss foundational or functional medicine by saying, Oh, essential oils, what's the pathophysiology?

Or, oh, with cold plungers, What's patho-physiology? In this video, he's shopping and he finds a bottle of melatonin and throws it because he doesn't like supplements.

Run! Despite all the research on melatonin, he's gonna throw it out. That's his drug-based philosophy. Melatonins is his competition. He's going to squash all of the natural remedies and all things that help with sleep, because it affects his income.

Just know that there are two industries here, and I've had a lot of people very upset because their medical doctors not trying to cure their disease. They're drugging their symptoms, then they come to me and have to explain to them, yeah, that's how they're trained, That their industry, their license, if they do anything outside of their licenses.

then they're liable, they may get in trouble, may lose their license, get punished, have a fine. A doctor told me she's an allergist in Texas and she recommended silver to a patient and he turned her in.

This is a 14-year-old boy with a big chip on his shoulder. She was fined $800 and was forced to take extra training because she recommend silver. Of course the way that you get your health better is you have to educate yourself first and of course I have ebooks I got a thousand videos on YouTube.

I get courses on my website. Have a large office We have 11 practitioners in the office. You can come to us for help and we'll help you improve your house.

Oh