The Better Question: What If the Science Was Never Actually Settled? Transcript

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Introduction: Trusting Science Critically

You do not have to choose between trusting medicine and being a critical thinker. In fact, genuine trust in any system requires that you understand it well enough to evaluate it honestly.

That means reading primary sources. It means asking your doctor what the actual studies say. It means forcing your doctor to actually look at the studies.

In science, dismissal without engagement is a red flag, not a sign of confidence. When a doctor or an institution says the science is settled, the correct response is curiosity, and not compliance.

Ask which science? Ask who funded it? As what the dissenting studies show? That's not disrespect. That is exactly what science designed to welcome. Welcome to the resiliency method, the truth about healing.

I'm Dr. Erica and we are here to uncover the root causes keeping you stuck. Together we'll restore your energy, your focus and your resiliency so you can finally heal, regenerate and feel truly alive again.

My name is Dr. Erica, and today we're going to talk about something that recently made news and something, that in my view, deserves a lot more careful attention than the news cycle typically allows for.

Now, in June of 2025, the U. S. Secretary of Health and Human Services, Robert F. Kennedy Jr., announced a formal federal ban on a preservative called Thermarisol in all U S vaccines.

And almost immediately that announcement was sorted into camps. Some people cheered, some people rolled their eyes, and some dismissed it as a political theater.

RFK Jr. and the Thimerosal Ban

And very few people in all that noise actually stopped to ask, well, what does the science say? Not what your favorite news commentators say, but what the actual documented science says.

That's what we're going to look at today. So let's just name something directly because I think it helps to just get it out in the open. Robert F. Kennedy Jr.

is one of the most polarizing figures in American public life right now. Depending on who you talk to, he's either a courageous health freedom advocate or he is a dangerous anti-science conspiracy theorist.

And here's what I want to gently point out about that. Both of those descriptions are political assessments. Neither of them is an actual scientific one.

The question of whether the marisol is safe is not answered by what you think of the person who banned it. And I think most of us, if we can slow down for a moment, can actually recognize that.

We've all seen a movement in our own lives where we agreed with someone we disliked or doubted, someone that we admired. That experience, that ability to separate the message from the messenger is actually one of most important cognitive skills a person can develop.

So here's what I'd like to suggest, and you might find this easier than you expect. Let's set Robert Kennedy aside for the next few minutes, not because his announcement doesn't matter, because it really does, but because the evidence he cited when making that announcement existed long before he arrived in government.

It was documented by the FDA, by The National Academy of Sciences, the National Toxicology Program, and by CDC's own researchers by peer-reviewed journals.

Kennedy did not create this data. He acted on it. And the question worth asking is, why did it take this long? That's not a political question, that's a scientific and institutional one, and it deserves a serious answer.

We've heard the phrase a lot over the past several years, trust the science. And I genuinely believe in science, I believe the scientific method. I belief in peer review and reproducibility and the slow accumulation of evidence that moves human understanding forward.

And these things are not things I want to undermine.

Why the Evidence Matters

But I think there's a version of trustless science that has quietly shifted from being a call to examine evidence into being signal to stop asking questions.

And those are NOT the same thing. In fact, they're the opposites. Real science is never really finished and real science has never settled by a press release or a government statement.

Real Science invites challenge, it welcomes replication, and it's always open to revision in the light of new evidence. And that is not weakness. That's the entire point.

So when someone tells you the science settled on a topic, any topic The most scientifically literate response is to ask, settled according to which studies, funded by whom, reviewed by which bodies, and what do the studies on the other side say?

That's not being anti-science. That science applied correctly. Now, let me give you a specific example of why this matters in the context of today's topic.

In 2001, the director of the FDA's own Office of Vaccine Research and Review testified before Congress and acknowledged that the safety of thimerosal had never been formally studied in human beings.

This is not a fringe claim, this is a sworn congressional testimony from the FDA official. And yet, their Marisol has been used in vaccines for roughly 70 years at that point.

70 Years of use without a formal human safety study. Now pause on that for a moment. Because if a pharmaceutical company introduced a new drug today and we found out it had never been tested for safety and humans.

we would all immediately understand why that was a problem. We would demand answers. That same standard of scrutiny though, the one that we apply to a new drug is exactly the standard worth applying here.

Trusting the science means applying that standard consistently. not selectively. So let's look at what the evidence actually shows. And I want to walk through this slowly because it builds on itself in a way that I think is genuinely important.

The Marisol is an organo-mercury preservative. It has been used in vaccines since the 1930s, primarily to prevent bacterial contamination in bottles that were open and used multiple times.

Its active ingredient is a form of mercury called ethylmercury. Now here's where it gets important. Mercury is well-established neurotoxin. The debate has never really been about whether mercury is harmful.

It's acknowledged as harmful at virtually every level of the scientific and regulatory world.

Thimerosal History and Infant Exposure

The debate is about how much and in what form and through what pathway. Are you tied to treatments, protocols, and gurus who promise results but don't deliver?

You're not alone. For years, I struggled with my own long-term illness and I know how frustrating it feels when nothing seems to work. That's why I developed the resiliency method.

It's a science-backed approach to combine the best of Western and ancient medicines to restore your body's natural intelligence. Patient after patient has discovered what's possible, living stronger, brighter, and more spiritually connected than ever before.

Whether you're facing autoimmune issues, hormonal imbalances, weight struggles, or just feeling stuck, you don't need another quick fix. You need a clear path forward.

Take the first step with a discovery call at drericaonline.com forward slash discovery. That's D-R-E- R-I-K-A online. com forward. So discovery or dive deeper with the full initial consultation at Dr.

Erica online dot com board slash initial dash consultation, because your health, your clarity and your freedom cannot wait. Now, by 1999, the FDA conducted a calculation that found infants following the standard vaccine schedule could be receiving more than 187 micrograms of ethylmercury in the first six months of life.

Now that was through multiple vaccines, not just flu shots, pertussis vaccines hepatitis B vaccines. All of these contain thimerosal and were all given the same time.

compressed in the infant schedule. That calculation was alarming enough that in July of 1999, the CDC, The American Academy of Pediatrics, and the U. S.

Public Health Service issued a joint statement asking manufacturers to please remove the themarisol from the childhood vaccines as quickly as possible.

manufacturing of thimerosal-containing childhood vaccines stopped, and by 2003, the last of those vaccine stocks had expired or were gone. But flu vaccines and multi-dose vials were allowed to continue containing thimerasal for more than 20 additional years.

That exemption, which lasted until the 2025 ban, is itself worth examining. I will also mention that Thimerosal is still an active ingredient in most of your pets' vaccines as well.

So if this is something that's on your radar, you need to also be talking to your veterinarian and looking at the actual ingredients in the boxes. As of yesterday, I was in a veterinary's office and read the label and Thimerasal was the rabies vaccine that they're using today.

So here's something that may change how you think about the question of whether this mercury is even still relevant to your health. A 2005 study commissioned by the FDA and performed by The National Toxicology Program found that ethylmercury from thimerosal crosses the blood brain barrier and converts inside the brain into its most toxic form, inorganic mercury, at double the rate of the mercury we worry about in fish.

Mercury, the Brain, and Development

And a follow-up study found that this inorganic mercury can remain sequestered in the brain tissue for more than 27 years. 27 Years! That's not a short-term concern, that's a lifetime concern.

Now let me tell you something about how mercury reaches the Brain that most people and most of the people in public don't discussion skip over entirely because it's anatomically fascinated and clinically crucial.

Most of your brain is protected by something called the blood-brain barrier, a remarkably sophisticated seal between your bloodstream and your bone tissue.

But there's also a region of the brain where this barrier has a permanent gap, and it's called Nucleus Tractus Solitarius, or NTS. And this region needs direct blood access because it monitors everything in your circulation in real time.

It helps regulate your digestion, your heart rate, you're breathing, and your hormone balance. It's one of the most important regulatory centers in your body.

Now, because its barrier never fully closes, any toxin in you bloodstream, including mercury, has direct unimpeded access to those neurons for as long as it circulates.

And this is not speculation. This is documented neuroanatomy. And it means that the idea of a substance being blocked by the blood-brain barrier, and it's only really partially true for every human being who has ever lived.

For babies and young children, the situation is even more significant. The blood brain barrier is not fully formed at birth. It develops over the first several years of life.

And during that window, that entire brain is more permeable and far more vulnerable than an adult brain. And that is precisely the window in which the most concentrated the Marisol exposure was taking place.

Now there's one more layer to this that I want to share because it's the part that tends to land differently, especially for parents. Mercury and lead both cross the placenta during pregnancy.

A woman who carries a mercury or lead burden in her body from her own childhood exposures, from vaccines, dental fillings, diet, can transfer a portion of that stored burden to her developing baby before it's ever born.

Now think about what that means. A child born today might be carrying a heavy metal burden that originated in their mother's childhood in an environment or a medical system that existed 20, 30, 50 years ago.

Their own exposure history begins before their first breath, and it may continue to shape their nervous system development, their digestive health, they're mood, the cognitive function, immune system function in ways that standard medical testing would never catch.

Because standard blood tests don't reflect what's stored in the tissues. This is not intended to frighten you, I just want to be very clear about that.

The reason to understand this is, not so that you can feel helpless, it's so you that can ask better questions. because the body also has real remarkable systems for processing and clearing heavy metals.

Systems that could be supported and strengthened with the right guidance. Now understanding this problem is the beginning of finding the path through it.

So I think it leaves us with a few things worth sitting with.

What the Ban Means for Health

The first is this, the 2025 federal plan on the Marisol is a significant policy milestone, regardless of how you feel about the person who announced it, it reflects a decades long accumulation of scientific and regulatory concern that was always present in the literature, always acknowledged in new internal government documents and somehow never quite translated into protective action until now.

That is worth acknowledging without a political filter. The second is that removing some Marisol from future vaccines does not address the burden that may already exist in the bodies of millions of people who are vaccinated

before 2003 or who received flu shots in years since or had babies and were vaccinated with mercury and thimerosal-containing vaccines.

So that means pretty much the majority of our entire population. Mercury stored in tissues does not leave the body simply because its source has been removed.

For anyone experiencing unexplained neurological symptoms, gut dysfunction, hormonal imbalances, immune system dysfunction developmental concerns, heavy metal burden, deserves to be part of the clinical conversation.

And the third is something about how we engage with health information going forward. This may be the most important point of all. You do not have to choose between trusting medicine and being a critical thinker.

In fact, genuine trust in any system requires that you understand it well enough to evaluate it honestly. That means reading primary sources when you can.

It means asking your doctor what the actual studies say. It means forcing your doctor to actually look at the studies. Uh, it's not just what guidelines say, It's noticing when a topic gets dismissed rather than debated.

Because in science, dismissal without engagement is a red flag, not a sign of confidence. When a doctor or an institution says the science is settled, the correct response is curiosity, not compliance.

Ask which science, ask who funded it, and ask what the dissenting studies show. That's not disrespect, that's exactly what science designed to welcome.

And when a politician announces something, whether it's someone you support or someone, you can't stand, ask the same question. What does the underlying evidence actually show?

Because the evidence on the Marisol was always there. It was in federal archives and congressional testimony and peer-reviewed journals in the safety data sheets that came with the product itself.

It wasn't hidden, it was simply not being amplified. Until now. Thank you for joining me for this important conversation today, and I just want to close with something that I think really matters more than any single fact in today's episode.

We are living in a time when it can feel like every health topic has been claimed by one political tribe or another. Vaccines are not political. Nutrition is not.

Political even how we talk about the body has become political and that is genuinely exhausting. It makes people defensive.

Detox, Resiliency, and Next Steps

It makes nuance almost impossible. It make people who ask reasonable questions feel like they have to pick a side before they even understood the issue.

But here's what I know to be true. Your body is not political. You're child's nervous system is no political The question of what mercury does to developing brain tissue is not a matter of ideology.

It's a manner of biology and biology does not care which party you vote for. So give yourself permission to think about this outside of whatever camp you've been placed in.

Give yourself permission to sit with information that feels uncomfortable, to ask questions that feel risky, and to arrive at conclusions that are genuinely your own.

Not your team's conclusion, not your tribe's, yours and yours alone. That kind of thinking is rare right now and it's

also exactly what good health and good science has always required.

So if what you've heard today has landed with any weight, and I believe it has, because the truth of it is hard to ignore, then the next question is the most important one.

What do you actually do about it? Now, not all detoxification approaches are created equal and this is where I need to be quite direct with you. Most detox protocols that are available today, whether that's a supplement stack, a juice cleanse, or even a basic chelation program, they're all working at the surface level.

They are a beginning and that beginning matters. But mercury stored from early life exposures is not sitting at the surface. It's encapsulated deep in the tissues, lodged in a nervous system, in brain, sequestered in places that a superficial protocol was never designed to reach.

Pulling at that depth before the body is ready does not create healing. it creates redistribution and redistribution can make symptoms worse. Now this is precisely why the resiliency method exists.

And why it stands alone as the only system designed for full-body detoxification at this level. Rather than simply throwing the body into a detox process it hasn't earned the capacity to complete, the resiliency method works systematically to organize the bodies own healing architecture first.

restoring the biological pathways, the cellular resilience, and the regulatory function that allow a deep detoxification to actually happen safely, effectively, in the right sequence.

The body has to earn the rights to go deeper, guys. You can't do this overnight. Our process is how it does that. If you're ready to stop managing symptoms and start addressing what is actually underneath them, The resiliency method is where that work begins.

You deserve that and so do the people you love. Thank you for listening. Take care of yourself and I'll see you next time. Thanks for tuning into The Resiliency Method, the truth about healing podcast.

If this episode spoke to you, follow, share and leave us a review. Are you ready to go deeper? Book your discovery called now at drericaonline.com forward slash discovery and take your first step today.