# The Better Question: What's the Secret Saboteur to Longevity and Wellness? Transcript

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## Introduction to Encapsulated Toxin Burden

But when a patient presents with multiple imaging findings that are individually not concerning, but collectively unexplained, cysts here, a nodule there, fibroid somewhere else, consider the possibility that what you're looking at is a pattern of encapsulation, not a collection of unregulated incidental findings.

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.

The better question we're asking today is, if your labs came back normal, but you still feel like something's wrong everywhere, all at once, what if the problem is stored deep in the command center itself?

Today, we are breaking down why standard blood tests always miss encapsulated metals, why injected aluminum and mercury bypass every protective barrier your body has, and why most detox programs, even very good ones, never really reach what's stored at this depth.

And if you've done good work with good practitioners and you still haven't gotten to the bottom of it, well, this episode is going to challenge everything you thought you knew about detox.

For patients ready to explore whether encapsulated toxin burden is driving what you're experiencing, start here. Go to www.ericaonline.com forward slash encapsulation dash toxins dash dash guide dash free report.

Ooh, that's a big one. For practitioners who want to bring this level of evaluation to your patients, learn more here at drericanline.com forward slash practitioner dash longevity dash program.

Both of those links can be found in today's show notes. And if you're enjoying the Resiliency Method Truth About Healing podcast, be so grateful if give us a quick five-star review so we can share this information and spread this conversation to more people.

What if I told you that sitting quietly inside your brain, wrapped in fibrous protein deposited in your vagus nerve, sealed inside of your myelin sheaths and bone tissue joints, there are toxic metals that got there years or even decades ago.

Metals that your blood work has never detected, that you're body has not been able to remove. And that those metals are doing something right now in this moment, corrupting the signals your nervous system sends to every organ, every gland, and every tissue inside your body.

Not loudly, not dramatically, but persistently, day after day, year after year, decade after decade.

## What Encapsulated Heavy Metals Are

This is the reality of encapsulated heavy metal toxicity, and it's one of the most significant, most overlooked drivers of chronic illness and accelerated aging in medicine today.

Welcome, I'm Dr. Erica. with the resiliency method, the truth about healing podcasts, and today we're going deep into something I believe every person who struggles with chronic symptoms and every practitioner who treats them needs to understand.

Now let's start with what most people think heavy metal toxicity looks like. They imagine an emergency room, someone who ate the wrong fish or was exposed to industrial chemicals or opened up a broken old thermometer.

There are acute symptoms, a clear test, clear diagnosis. That model, the acute poisoning model is the framework conventional medicine is built around.

heavy metals, and it's almost completely useless for understanding the real problem most people are facing. is an acute poisoning. The real problem is slow, invisible, cumulative accumulation over a lifetime.

And the way the body responds to it when it can't get the metals out. Here's what actually happens when small amounts of toxic metals enter your body repeatedly over months and years, your immune system can fully clear them.

So it does something remarkably intelligent. and it ultimately devastating. It surrounds those deposits with a hard virus protein coating or a fatty coating.

it literally seals them off, building a wall around the metal to keep the damage from spreading. And we call this encapsulation. It's your immune system being heroic, quite frankly, and it's doing the best it can with the problem it was never designed to solve.

But here's the catch. Standard blood tests for aluminum and mercury only really measure what's circulating in your actual bloodstream right now. Once those metals are encapsulated, once they're walled off in you brain, your bones, you liver, nerve tissue, organs like spleen, they are no longer circulating, the blood levels will drop and look normal.

And you're told completely sincerely by a completely well-intentioned doctor that your heavy metal levels are fine. They aren't fine, they're hidden. And there's a second problem.

Encapsulated metals don't just sit there inertly. They slowly leach back into the surrounding tissue over years, creating a continuous low-grade toxic environment that standard diagnostics will never detect.

The deeper and older the encapsulation, the more firmly entrenched it becomes, and the most carefully it needs to be addressed. So aluminum and mercury, why these two?

There are many heavy metals that we could talk about, lead, cadmium, arsenic, but they all matter. But today I really want to focus specifically on aluminum of mercury because of three characteristics that make them uniquely destructive in the context of encapsulated tissue burden.

First, neurotropism. Both metals seek nervous tissue with a specific targeted affinity. Mercury crosses the blood-brain barrier by mimicking methyl groups and binding to proteins.

And aluminum gets in by impersonating iron, a nutrient that the brain genuinely needs. The brain opens the door, it lets aluminum thinking it's something beneficial and then it can't get it out.

The second is mitochondrial toxicity. Both metals attack your cell's energy producing mitochondria.

## Why Aluminum and Mercury Are Especially Harmful

Mercury is, according to researchers, one of the most potent mitochondrion poisons known in environmental toxicology, capable of reducing ATP production by 50 to 70 percent in affected cells.

For the vagus nerve, a structure that requires extraordinary energy to maintain its long axonal projections, this is catastrophic. And third, immune dysregulation.

Both metals activate microglia, the brain's resonant immune cells, even at very low concentrations. This creates the

chronic low-grade neuroinflammation that researchers now recognize as the central driver of accelerated aging.

Not dramatic inflammation, but not an acute immune response, chronic smoldering. self-perpetuating. Now I want to spend a few minutes on something that I think is one of the most important and least discussed pieces of this puzzle.

The route by which these metals enter the body changes everything. Your body has multiple layers of protection against environmental toxins. You skin is a barrier, your digestive system is filter, and your liver provides burst past detoxification.

When you ingest aluminum through food or water, roughly 0.1 to 0,3% of it actually gets absorbed through the gut wall. The rest is excreted. Your gut, intestinal barrier, and liver work together dramatically to limit how much reaches your systemic circulation and deep tissue.

Injection bypasses every single one of these defenses in one step. Aluminum adjuvants and vaccines are delivered intramuscularly. They enter the tissue at near 100% bioavailability.

There is no gut filtration, there's no liver first pass, nothing standing between that injection and your body's deepest tissues. And here's where it gets particularly important.

Once injected, aluminum adjuvant particles are engulfed by immune cells called macrophages. This is the intended mechanism. Macrophage is carried the adjument to the lymph nodes that stimulate an immune response.

That's actually the purpose of an alum salt inside of the injection. But research has tracked these aluminum-laden macrophages that are traveling far beyond the lymph nodes.

They go to the spleen, the liver, and the brain tissue where the aluminum is deposited and may remain for an entire lifetime. Researchers call this the Trojan horse mechanism and it's unique to injected aluminum.

It simply does not happen with aluminum consumed orally or at normal dietary levels. The mercury picture is equally important. The Marisol, the mercury-based preservative used in some vaccines since the 1930s, contains ethyl mercury.

It was long considered safer than methylmercury, a form found in fish, because it clears from the blood more quickly. But researchers discovered something critical.

Faster blood clearance doesn't mean faster brain clearance. Studies found that ethyl mercury converts to inorganic mercury in brain tissue at a rate of 21 to 86% compared to just 6 to 10% for dietary methylmercury.

An inorganic mercury does not clear from the brain. It accumulates. it drives microglial activation, oxidative stress, and mitochondrial dysfunction and the very neural tissue responsible for coordinating healing and anti-inflammatory signaling.

Hello, Vegasner. When thimerosal is injected, Bypassing gut filtration entirely, this conversion happens at concentrations the brain would rarely encounter through dietary exposure alone.

I want to be clear about something. This isn't about being anti-medicine. It's about understanding biology. The route of exposure actually matters.

## How Exposure Route Changes Toxicity

And the form of the metal matters, and the cumulative lifetime exposure matters. Especially in people who, for genetic or metabolic reasons, don't clear these metals efficiently.

Before we move on, I have to talk to you about infants and children, because the vulnerability here is different in

ways that have profound implications.

Adults have multiple protective systems that slow the entry of toxins into the brain. Young children don't have those protections yet. The blood-brain barrier, the tightly sealed wall that controls what enters the isn't fully formed until around age two.

And during this window, metals that could be locked in an adult can pass through with far less resistance. What gets in during the window may remain for life.

There's also a structure called this cribriform plate, a thin sieve-like bone at the base of the skull where the olfactory nerves pass though tiny holes directly into the brain and they completely bypass the blood-brain barrier.

Research has shown that certain nanoparticles and metal compounds can travel this route from the nasal passages into brain tissue near the brainstem. In infants, this structure is even more permeable.

And the junction itself, the form and magnum right down here where the brainstem passes into the spinal column is surrounded by less developed tissue and infants.

Metals accumulating in spinal fluid or surrounding connective tissue have a shorter, less protected path to the brainstorm's most vital structures, including the origin point of the vagus nerve.

A baby's liver is still maturing. Clearance enzymes are not at full capacity. Injected metals at this stage are being processed by a detox system that simply is not equipped for the load.

When an adult can particularly excrete, an infant is far more likely to store. And for practitioners listening, the research confirms that metal stored in a mother's tissues transfer to a developing baby through the placenta during pregnancy and continue to transfer through breast milk after birth.

A child's metal burger doesn't start at zero. It starts with whatever the mother has been carrying as well. Now let's talk about the vagus nerve because this is where the story of encapsulated heavy metals and chronic illness really come into focus.

The vagus nerve is the longest nerve in your body. It starts in brainstem in two clusters of neurons called the nucleus tractus solitarius, or NTS, and the dorsal motor nucleus of the vagis nerve, of The Vagus.

And it travels all the way down through your neck, your chest, abdomen, connecting to your heart, lungs, liver, stomach, pancreas, kidneys, spleen, in the entire length of your digestive tract.

It is in the anatomical backbone of your parasympathetic nervous system, the rest and repair state, The healing state and critically it operates your body's most powerful built-in anti-inflammatory mechanism called the cholinergic anti inflammatory pathway.

When vagal tone is healthy, the nerve releases acetylcholine, which actively suppresses the exact pro-inflammatory cytokines, TNF-alpha IL-1, IL6, that drive every hallmark of biological aging.

A healthy vagus nerve is your body's master brake on inflammation. When it works, you heal. If it doesn't, inflammation runs the show. Now here's why aluminum and mercury are so catastrophic.

The vagus nerve is not just collaterally damaged by these metals. It is one of their primary targets. Aluminum attacks the myelin sheath, the protective insulating coating around nerve fibers that allows signals to travel quickly and accurately.

Research has confirmed that aluminum disrupts myelin basic protein structure, degrading the single conduction and the compromising the communication between the brain and every organ that the vagus nerve supplies.

Now mercury attacks the axonal transport system, the mechanism by which nerve cells ship proteins, mitochondria, and repair materials along their length.

## Children, Infants, and Developmental Vulnerability

When this fails, The vagus nerve literally cannot maintain itself. And because the vagous nerve spans over a meter in the body, it's uniquely vulnerable.

Mercury also directly suppresses acetylcholine production, the very neurotransmitter that the vagus nerve uses to turn off inflammation, and the vicious cycle this creates is self-perpetuating.

Metals damage the Vagus nerve. The Vagus can no longer suppress inflammation. unchecked, it generates oxidative stress. Oxidative Stress breaks down the gut lining, more toxins enter the bloodstream, vagal tone drops further and the metals and their encapsulated deposits continue to leach, perpetuating the damage indefinitely.

Now when the vagus nerve is compromised by stored metals, the downstream effects touch almost every system in the body. Brain fog and memory problems, chronic fatigue that doesn't respond to rest, anxiety, depression, non-restorative sleep, bloating, constipation, gut dysfunction, autoimmune conditions, thyroid and hormonal imbalances, blood sugar dysregulation, unexplained weight gain, elevated resting heart rate, skin conditions, poor infection clearance.

These often get diagnosed as separate conditions with separate treatments, but the functional medicine approach recognizes them as downstream consequences of one upstream problem of vagus nerve poisoned by encapsulated heavy metals that can no longer coordinate the healing process that the body really truly depends on.

This is where I want both patients and practitioners to sit up straight. In 2023, researchers updated the landmark paper identifying what scientists call the hallmarks of aging, the 12 biological mechanisms that collectively determine how fast you age.

And when you look at the research on aluminum and mercury against this framework, The pattern is unmistakable. These metals don't incidentally affect one or two aspects of ageing.

They accelerate all 12. They cause different DNA strand breaks and impair the repair enzymes that fix them. they accelerate telomere shortening, they disrupt epigenetic genetic methylation patterns, They promote the protein aggregation that creates the plaques.

of Alzheimer's and the toxic tangles of Parkinson's. They disable autophagy, your cell's own self-cleaning mechanism. The impair stem cell niches that enable tissue regeneration.

they create cellular senescence, what researchers call zombie cells, that release inflammatory signals in the surrounding tissue.

## The Vagus Nerve and Chronic Illness

They destroy the gut microbiome and through the vagus nerve, they disprocalate every intercellular communication pathway in For the longevity community, billions of dollars are being spent on interventions targeting individual hallmarks of aging.

NAD plus precursors for mitochondrial support, senolytics for zombie cells, repamycin for mTOR regulation, peptides for stem cell activation. These are not ineffective interventions, but if encapsulated metals are poisoning the mitochondria, you're trying to boost or you are suppressing the vagal tone that determines whether any longevity intervention can actually work.

Actively driving the hallmarks those interventions are trying to reverse. What is your return on your investment without first removing the barrier driving, the dysfunction?

That is not a rhetorical question. It's the question the longevity medicine world has not yet fully confronted. 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. I wanna touch briefly on something that will resonate with a lot of practitioners and a lotta patients who have had imaging done over the years.

When the immune system surrounds a toxic deposit with fibrous tissue, it creates a physical mass. Depending on where it forms, how long it's been there, and what the surrounding tissue looks like, that mass can appear on imaging as a cyst, a nodule, lesion, an benign tumor, fibroid, herniation, calcification, or granuloma.

This isn't speculation. Macrophagic myofasciitis, a recognized condition in medical literature, documents aluminum from vaccine injection sites forming biopsy-confirmed deposits in muscle, macrophages that are detectable on an MRI, The same biology is operating in less visible locations throughout the body, and we're terming it something different.

For practitioners, when a patient presents with multiple imaging findings that are individually not concerning, But collectively unexplained, cysts here, a nodule there, fibroids somewhere else, consider the possibility that what you're looking at is a pattern of encapsulation, not a collection of unregulated incidental findings.

And for patients, if you've been told about massive cyst lesions that are being monitored, it's worth asking what your body may have been trying to wall off in the first place.

Now, let's talk about what to do about it. And I want to start with something that might be uncomfortable to hear, especially if you've already done detox work.

Most detox approaches, even very good ones, never reach encapsulated toxins. Think of the toxic burden your body is sediment settled in layers. At the surface are recently circulating toxins your bodies actively processing right now.

And deeper are toxins deposited in soft tissue over months and years. Deeper still are the old hardened encapsulations in neural tissue, bone matrix, myelin sheaths, and brain stem structures.

Deposits that may have been forming for decades.

## Aging, Longevity, and Downstream Symptoms

Most detox protocols operate the surface, supporting the liver and kidneys, lymphatic system, to improve elimination of currently circulating toxins, and this work is genuinely important.

Many people feel meaningfully better from it, but feeling better form level 1 detox while leaving the deeper encapsulations entirely untouched is like clearing the smoke from a room without finding the source of the fire.

Here is what happens if you try to mobilize encapsulated metals without first building the right biological conditions. You're going to push those metals from where they have been stored in the tissue that is more sensitive.

And you could redistribute rather than actually remove. People feel significantly worse in ways that make them give up on the whole process itself. Now the sequence really matters, more than the speed, always.

And the resiliency method is the only system designed specifically to reach and safely address deeply encapsulated toxins in the brain, the vagus nerve, nervous system, and the surrounding tissue.

No other clinical framework has been built with this level of sequenced phase specificity for reaching what's stored at this depth. This is not a modification of an existing detox program.

It was built from the ground up to solve a problem that existing programs were never designed to reach. The resiliency method works in three phases. Phase one opens the exits before anything moves.

Your body's drainage and elimination pathways, the liver, kidneys, lymphatic system, and gut must be functioning well before any toxin mobilization begins.

If the exits are congestion, mobilized metals have nowhere to go. This phase is just not a preparation step. It's the non-negotiable foundation on which everything else is built.

And this is where most detox programs end. Now we do use in phase one binders and chelators, but I'll tell you that when we get to phase three, where we did the encapsulated toxin work, we don't use them at all.

In the resiliency method, it's only the beginning. And phase two creates the biological environment for safe release with drainage open and we can do a little bit more of a cellular level of detox and address the body needs to actually bind the remaining cellular toxins out.

## The Resiliency Method and Three-Phase Detox

And then finally, in phase three, this is where we build up the surrounding tissue enough by supporting and removing senescent cells, opening up body's ability to heal each organ, tissue, and gland to a structure and a frequency that's held strongly enough and stable enough to where the body will agree to open up these stored toxins.

And it's really about that. It's about really increasing the function of the surroundings tissue such that the bodies innate intelligence goes, it's safe to open this up here.

And then we're just supporting the body in that process. We're using targeted and usually increased amounts of fatty acids and then managing the detox with minerals in B vitamin, increases in b vitamin and sometimes NAC to increase glutathione production.

and we give the the ability to really take the lead at this level so that we are not aggressively pulling them out or pushing them, we really letting the at this piece.

And only after the first two phases have built their foundation does the work of the true encapsulated detox become possible. The body's detox capacity is sufficient, drainage pathways are open, and the nervous system is stable enough with enough mitochondrial function to actually open these things up.

This phase reaches the fibrous protein casings around the old metal deposits in the neural tissue, the myelin sheaths, bone, brainstorm, structures that house the vagus nerve.

It's gradual, it's deliberate, safe because the goal is to complete release over time, not speed. And it is the phase where long-standing symptoms that have persisted through every other treatment often begin to shift for the first time.

No other system takes you through all three phases in the sequence required to safely reach what is stored at this level. And that's what makes the resiliency method different and its uniqueness.

It's not a specific protocol that we use either that applies to everybody. We really work with the body and the individual to make sure each of the three faces are customized enough to keep that person safe, keep them experiencing gradual and continued improvement rather than regression.

And that's what makes it work where other approaches have not. Now, before I give you a call to action, I want to leave you with one more thing, because it's the piece that ties everything we've talked about today together.

Your brain and nervous system are not just one part of your body. They are the command center for every single part Through a complex web of nerves, signals, and chemical messengers, your brain reaches into every organ, every gland, ever tissue, in every cell you have.

Your heart beats because your nervous system tells it to. You stomach digests because you nervous gives the signal. your thyroid, adrenal glands, immune system, blood vessels, skin, lungs, all of them receive constant instructions from the brain and the nervous, minute by minute, every day of your life.

When toxins like aluminum and mercury are stored in the brain, the vagus nerve and the surrounding nervous system tissue, they don't just damage one thing.

They corrupt the signal. The interfere with the instructions your brain is constantly sending to keep your body in balance.

## Imaging Findings and Encapsulation Patterns

And this is why two people with the same toxic burden can have completely different symptoms. One person's nervous system interference might show up as a chronic gut problem.

Another's might auto-immune flares, skin conditions, chronic pain, mood disorders, cognitive decline. The symptom depends on which part of the nervous system has taken the most damage and which organ or gland is receiving the more distorted signals as a result.

And this is why so many people with a heavy metal toxic burden feel like something's wrong everywhere all at once. When the source of problem is stored deep in the command center itself, the downstream effects can appear anywhere.

the Nervous System reaches, and the nervus system reaches everywhere. Now, if you have chronic symptoms that have never been fully explained, If you've done good work with good practitioners and still haven't gotten to the bottom of it.

If You've been told your labs are normal, but you know something isn't right. Heck, you if have a pulse. What we've talked about today may be the missing piece of your story.

And it's probably something everybody needs to do.

## Closing Call to Action

Whether or not they're symptomatic today. We want to talk with you and a discovery call with our team is your first step towards understanding whether or not encapsulated toxin burden is a driver of what you're experiencing and whether the resiliency method is fit for your situation.

There's no pressure, there's not obligation, just a real conversation about your health and what might actually be possible. And for practitioners, if you have patients who've done everything right and still aren't getting well, If you've addressed diet hormones, gut health, infections, and stress and you still can't find the bottom of what's

driving their illness, this framework deserves your attention.

The resiliency method can be integrated into clinical practice. We work with practitioners who want to bring this level of evaluation support to their patients, And we'd love to have that conversation with you.

A discovery call takes 20 to 30 minutes and could change the trajectory of your own life and that of the your patients. And there are a lot of people that are out there with answers that're sitting in their nervous system, just waiting for someone to ask the right question.

Thanks for joining us today.