Introduction and Background

– Jonathan. Landsman, I'm so excited to have you on this segment of regenerative Medicine Summit. You've you've been for over 45 years, you've been in the health and fitness industry and is the host of Natural Health 3 65 dot com, one of the most popular natural health websites in the world.

That's pretty amazing. Natural Health three 65 offers a free newsletter, podcast and videos which reveals the very best information and science and natural health solutions throughout his career on the Internet.

Jonathan has created over 500 online programs with over 300 of the brightest minds and natural health and science. He is the creator of six best selling online educate national programs including the stop cancer and fatty liver dot class to learn more and become a part of the Natural Health 3 65 community visit naturalhealth 365.com, Jonathan so great to have you here.

Thanks so much. – Michael it's my pleasure. Good to connect always with new friends out there in the internet world, except one little quick thing. Not that it's a big deal.

Please don't age me so much. It's 36 years in the industry. I think you said something like 45 years. I'm looking forward to it, but I'm not there yet please. But we do have some very, very important information today. I'm sure that we will discuss together about helping people to bring themselves literally back to life and I feel like from everything I've been hearing and all of the feedback that we get at Natural Health 365.

There are a lot of people out there, Michael feeling frustrated alone, scared angry because they just want to feel a lightness, right? They want to feel more alive. They're sick and tired of feeling sick and run down and in a certain sense, that's a good thing.

But as you and I both know, Michael, it's getting harder and harder for people to get really good quality information. Who can they trust all of these issues.

So again, that's my long way of saying, I appreciate everything you're doing because the more we get this information out the better. – And like, course I'm I'm really curious. I mean, I can't even imagine, I mean, what, what you've been able to accomplish during this amount of time, all the online training.

What what kind of catapulted you in that direction?

Foundational Health Habits

Obviously, one of the reasons like you mentioned is that we need good quality information, a place where people can go and get that and feel that this is good trusted information. So what kind of made you take that step, – You know, Michael? It's kind of a hard thing to tell people in like one minute here on video. But the truth is, I'm gonna be honest with you, I was like 17, not even 18 years old and it just hit me.

I was in the middle of a health club. I was extremely athletic when I was young, there was baseball when I was a all star baseball player as a little kid in little league and it was basketball in high school, but I wasn't tall enough, you know, you have to be six more, 6567 to make something happen in basketball at a college level. So I certainly wasn't that tall, forget that and got into racquetball, it was racquetball, thanks to my dad, a blessed memory. He was a handball player who dragged me into these health clubs that had racquetball. I picked up the sport.

Absolutely loved it. Long story short, it just hit me one day, I said, you know, I want to help people in health and physical fitness because it meant so much to me personally, and it really hit me and so long story short, you know, since 1985 1986 my first work in the health and fitness industry fast forward all the way to now, Here I am, over 35

years, still chugging along and it's just, it's a passion, my wife and I absolutely love what we do and every time we stumble upon something, if you will, that is just like, wow, blows our mind.

We now are fortunate, blessed enough to be able to put it into our business and we work together and we put it out there and you know, God willing, it helps a lot of people out there. So that's my uh long story reader's digest version. Real real.

– I love it and thank you so much for bringing all that. So 11 of the things like you're mentioning, you have people out there, they're sick tired and they're looking for solutions and there are some inexpensive solutions that can really be beneficial when an individual is struggling with health challenges and they want to kind of bring that to the next level.

What are some suggestions that you would in your mind say that this this is what I would consider and this is where I would look in order to be able to kind of make the body function at a better, in a better way. – That's a great question.

So now you're making me take several steps back to take a really big view of And I know this is difficult because here we are talking to a lot of people on the internet, so we don't know everybody's situation. And of course I'm not doing any kind of medical advice here. Everybody understands they really have to look into this themselves. But no doubt about it, that the vast majority of people that are suffering with feeling run down all the time.

And I'm not talking about a tough day. Obviously everyone understands here being run down chronically even after being in bed for 678 hours and their mood is bad. They're feeling depressed.

They're feeling anxious all the time. I think we need to take a step back and just really look at basic things like hydration and I would imagine lots of people have talked about it and I would imagine a lot of people saying, yeah, yeah, yeah, Jonathan. I get that already.

But the reality is every person Michael I have spoken to it says you know, you really ought to drink more water. Yeah, Yeah, Yeah. Yeah. I know I should, but I don't.

And you know, whether it's six glasses, eight glasses is half your body weight and water. I mean it's not about splitting those hairs, but it's about getting rid of some things that will check off now on a list that I think would be really, really helpful. And that is just simply wake up in the morning earlier if you can and when I say earlier to people, you know, if you're feeling groggy and you can barely get out of bed at 7 38 o'clock in the morning, the sun has already been up an hour or two. This is something I want to get people in touch with is as difficult as it might be. Get that circadian rhythm back into gear in the healthiest way possible, expose yourself to early morning light.

Wake up earlier, even if you're so groggy, be consistent. Do it every day. Get your feet in the ground. Get grounded every day and I'm talking 45 minutes to an hour.

So now you've got your motivation 45 minutes earlier, what am I gonna do with that time? Get grounded in your backyard, your courtyard, if you're an apart apartment building, whatever it might be if you can get to the san and great, you know, or park terrific, be grounded, get in that morning light, which is great. Energy being light exposed is great for your melatonin levels during the day and it's gonna set you up for having better, higher melatonin levels at night to help you go to sleep.

So this is the idea of turning the ship around and feeling like you're getting more in control of your health. It's not a cliche, it's an amazing feeling once you get there and while you're doing that, taking in the morning light, getting yourself grounded. That means feet, skin, hands and feet touching the ground, which is great for taking out the clumps in your red blood cell. Getting your blood circulation to be moving faster better. So there's better respiration, there's better waste transfer out of cells, right?

The whole idea is your blood literally as healthier by being grounded. You're taking in that light and get yourself hydrated early as possible in the morning with 1620 plus ounces of water.

Yeah, drink it down. Oh my God, Jonathan. That's gonna make me go to the bathroom, great, get the waste products out of you and then drink some more water, especially if you're urinating quite a bit.

Put the water back in. So now you're starting to create this really good cycle of energy in the morning that sets you up for such a better day. These would be some of the simplest things that you could do right away, that costs basically nothing. Right?

And then the other thing, I'm sure others, Michael have talked about this at least I hope they have it's gratitude and I don't mean it in a foofie way.

I mean really literally look and focus your attention on the things that are really good because it's super easy to focus on. Yeah, but Jonathan, you don't understand my problem. I have this going on, I have that going on.

There's your attention on the worst things in the world. And even if there is a problem that you've got on your mind now focus your attention in a more positive uplifting way about how will I make more money, how will I improve my relationship with so and so how can I get better at my career? Right?

Whatever it might be, how can I do one thing today that will greatly improve the way that I'm eating right? So it's the how to which is shifting your attention into a much greater, more positive way of looking at even the most negative thing.

So it is most definitely a state of mind your emotions and trying to do everything you can to change the way you're thinking and feeling to not just sugarcoat things right?

God forbid we don't want more sugar in our life but we want to just find a way to literally regenerate ourselves, right? Because every second we spend time on this earth we are regenerating ourselves. So if we know this.

Yeah. Yeah Jonathan. That's true. We get it already. Well hello then everything we do every day is an opportunity to either go south or north. And I think people get what I'm talking about in terms of being either more negative in the way we're living darker Or literally living with more light in our life and feeling a lot more happy and positive and proactive about literally like I said before regenerating our health.

– Yeah and south we want to be further to the sun rather than you know six ft under.

Environmental Stressors and Organic Food

So we want to stay up. Not not look at the grass from the opposite side. And what's interesting with the with the grounding. I mean so so you have I mean we our bodies are designed to vibrate. You know the same hurts same frequency as as the earth. And so here we around all these five Gs all the Mfs and all these kind of things and and all ourselves and get confused and and how it's supposed to resonate vibrate. You know and the tissues aren't kind of they're not communicating appropriately because the vibrate Is off.

So by grounding you're then kind of recalibrating your hurts your frequency and you're also connecting with the life you know in dirt you have all these bacterias and things and were mostly bacterias. I mean we're like 90% not us.

And so by connecting with earth like that we are then connecting with all that life form that we need all that intelligence that our immune system thrive on in order to be able to battle whatever stresses it is that that we're dealing with.

So I mean these are they seem so basic but they are so foundational and they are so incredibly foundational. And and if you don't do the foundation then adding things onto non foundation is not going to hold – To add to the list now that you've really focused our attention. Michael on five G.

Look if you can't even do this and you're suffering with health issues, you really have to limit your time on these devices. So hopefully people are watching us on what I'm about to get to.

Which is a wired, hard wired, right? It's almost like a foreign language for the younger generation. Right? I've had conversations with people where it's like why don't you get hardwired connections in your office space and at home? And they're saying what are you talking about?

I can't even rent an apartment where I lived without it being all wigs for wireless. What do you talking about man? They don't even have those ports where you can stick the ethernet cable. The point is hopefully for most people they can make these kind of moves to get away from wireless routers, right? And to hardwire computers.

Those refrigerators don't buy the smart technology. The smart homes and the smart energy meters quote unquote. They're not really that smart, they're pulsing out really like you say, a really horrible dirty amount of energy that the body does not resonate well with.

So God forbid you have one of those smart meters unstrapped on the outside of your home. And on the other side of that wall is your bedroom at the very least, do everything you can to try to get that meter moved to the other side of the house attached maybe to the outside of the garage. You know, there's where there's a will, there's a way you've got to try to distance yourself and then it goes back to grounding, not once a week, we must try to do everything we can, as you said, so well, Michael get literally back in touch with earth energy with really good life energy. And of course, the other things we can add to the list to round out the question that you asked me, Michael is organic food. You know, don't read these articles in the mainstream media, the radio, the tv, which barely mentions it at all.

They don't even speak these words. But when you pick up articles and you search on the internet, Oh boy, you'll find plenty of information about how it's just being a health nut. You're being ridiculous.

The nutritional value between a new non organic apple and an apple that's organic is exactly the same. Don't waste your money on organic food. This is this sick brainwashing. It's the demonizing of organic and it's literally making it a stigma, right? So if you connect yourself to that, oh boy, well, you're running the risk of being called a nut.

All of that is a bunch of garbage, go to a local farmer close to you. You'll be amazed who you find, connect with people who are into really clean organic food. Get new better friends around you from the health food store or farmer's market. Like I say directly with a local farmer.

And even if it's not certified organic, you know, like I do, Michael, I know a farmer not too far away from where we live, who literally drives, he has one of his people drive the organic produce off his land right to our home. So why wouldn't I want to spend money with him?

And this is an organic farmer, Michael, It's a quick story who couldn't get, well, he was so sick buying organic food from a supermarket. Now, don't get me wrong, there are lots of people who go from fast food and processed in the middle of the supermarket food. They start buying the food on the outside, real fresh produce, vegetables, fruits, you know, whatever it might be real food and of course the highest quality possible and they're gonna feel amazing.

But this farmer couldn't hack it. It wasn't getting him out of the woods. So what does he do? He was a farmer so he took his skills and he went hardcore biodynamic farming techniques and and principles and moving crops from one place to the other and rotating them and respecting the seasons and when the best time to grow certain foods at certain times of the year for where he is down here in Florida. That's the kind of guy I want to spend money with who's gonna be really militant about how great food is and how important it is. I want to buy his food and you know what?

There's nothing like it. Michael, you have greens, lettuce. Oh lettuce Jonathan is the most boring thing on earth. Give me a break. It's medicinal and I mean medicinal in the nicest way possible when you're chewing on his lettuce it is so alive and vibrant. It makes you feel like you're consuming something so good. This is what we have to do.

Stop the nonsense. Turn off the tv literally I do not watch, I used to confession, tune into Fox and CNN and all the cable stuff. Oh let me you know I was being smarty pants right?

I knew better. I'm a brilliant you know, health and fitness guy. I'm gonna just tune in for a few minutes here and there. I'm gonna see what they're talking about, what a waste of my attention and energy. It's breaking news, Red alert, The sky is falling, everything is dark Anyway, even if the sky isn't falling and every day it's a new thing that a century says the same thing. Turn it off.

Put your attention to connecting with people who are really into high vibrational stuff, better quality food, be well, hydrated. I know, I hope we have enough time to get into some of these things that are overlooked that will absolutely injure you every single day. But these are big deal things, Michael and you know, I'm happy you focused me on these things because I, I never leave it without saying, I am fully aware of how stupid simple it may sound. Come on Jonathan.

Give me some newfangled thing and it isn't that Michael, I've been doing this as you say, not 45 years, but over 36 years now. And it's like every Integrative healthcare provider I have spent time with, I've created over five 100 programs.

I mean, I always say the same thing. It's way more than that at this point. Over 300 of the best integrated healthcare providers in the world. I've been in their homes, They've been to my studio in Florida, I've hung out with these people. The messages are always the same.

It's down to the simplest things. Don't be distracted, become well, hydrated, Clean up your food and eat the cleanest possible. I'd like to throw in chewing your food more. This is specifically directed to those people who are suffering with illnesses and have anxiety, depression, anger, they know they're struggling with mental emotional issues.

What has that got to do with chewing your food? I was in the macrobiotic world many, many moons ago and I was into like Western, the university training about health and physical fitness, Michael. If you met me in my twenties, you would have run the other way. I knew it all and I went to the macrobiotic community and you know, there's some nutty people there too.

Oral Health and Hidden Infections

I'll give you that and there's some very strange ideas, but the respect I had for food energy and especially chewing, I used to uh run their summer conferences And in those summer conferences they had a chewing tent, you would take your soup and chew your soup and you would take your rice, your beans or sea vegetables, whatever and you would chew your food every mouthful of whatever went in 100 times.

I kid you not, Michael. It took me one hour to sit in this tent. I mean, this was my first impression about the value of chewing and the long story short is how it shifts you immediately from this sympathetic mode of tension and it's burning you out into a very calm, clear, much more pleasant, parasympathetic state in one meal and it would take me an hour to do a small bowl of soup and a bowl of whatever I could put in it, you know, just a small Japanese bowl, but it was won by choo choo choo choo choo. And so for this hour it blew my mind how true it was. The value of chewing which is you know completely out the door and you know in Western culture, but the bottom line is 30 40 50 times is way too Better than two or 3 and then Gulp it down.

It's going to help you with digestion. It's gonna definitely improve your nervous system in a big way. These are all really big tips. We're talking about that basically cost next to nothing more.

It's just redirecting our attention and focusing it and I'll leave you with one other thought about all of this. That you know is pretty much if you follow my work a very constant theme, nothing is better than consistency. Be consistent.

And it's a very simple rule to live by Jonathan. I've been consistent, I've done X. Y. Z for three days and nothing's happened. Okay. You know what I'm gonna say?

Maybe you got to be a little bit more consistent for 21 to 28 days, Maybe that's your sweet spot Jonathan. The other end. I've been consistent for 23 months, nothing's happened now, this is of course providing they're telling me

the truth, but if it's true that they've been doing something for 23 months and they don't notice much of any value. I'm the first one to say throw it out the window, get rid of it.

Change to something else. But the sweet spot is 21 to 21 28 days, 3 to 4 weeks you're gonna really feel something wonderful about something that you plug into that really is regenerating your health. – Yeah, I love that.

And and kind of again highlighting the basics, I mean if you're you're you're an athlete and we all know the importance of just the basic foundations.

You know whether you're a baseball player, basketball player, just practicing those basics and how crucial that is in the execution of the game. And and in regards to the chewing. Yeah, so we know parasympathetic, I mean that's where we digest the food. So if we actually want to get value from that the nutrition then we need to be in a parasympathetic state which is in a relaxed state. So then putting yourself in that place by chewing your you're then able to then utilize the nutrients.

But also we have all these, you know, we kind of check what the nutrients are in the mouth hole and that then prepares your whole digestive system as to what's the percentage of the different enzyme that's going to be produced by the pancreas by the small intestines and how much stomach acid do I need and all these different things, it all starts in the in the mouth. And if it does not get that intelligence it's kind of like all of a sudden you have a work project you know that you got to finish but you have no intelligence about it, you have no idea about it and you got to run with the key kids to a concert or you know get out of things to do and that's exactly how the body is responding to that you know oops I get food and what do I do with this now?

So so that that's that's huge. And then one thing more is that you know I want to go into a little bit of the teeth because obviously they aren't involved in and and the chewing process and also with all the E. M. F. And everything you know we have all these kind of like silver fillings that people are deal and all the things that are going on in the teeth and the silver fillings. I mean it's almost like they become like antenna, it just makes it worse. You know you have a cell phone, you got silver fillings and now you're just running this current through and with no brain and neurological system. I mean all that is electrical so it's gonna interfere with all of that in addition to toxicity.

So I mean what are your thoughts about like you know mercury and and the mouth and and and then obviously we have hidden infections there's so many different things that go on there that can impact our health. Wow, We have two hours left.

– Here we go. Everybody just sit tight. Get a sleeping bag, get a bunch of food by your side and we'll just keep going. No, the reader's digest version is, yeah, you really nailed it.

Everything in our health. In a certain sense, when you think about it starts up in our head, how we're thinking, What we feel is really a product of how much we think a certain way.

Right? So our brain function is kind of important. But the health of our mouth, absolutely. We want to keep our teeth all the years of our life. These silver fillings is part of the deception for years. They are telling people, Oh, don't worry about conventionally speaking. Don't worry about.

It's rock hard mercury based silver fillings, 50% mercury. Give or take a percentage point depending on what filling you have in your mouth. A neurotoxic substance, a heavy metal that has no place biologically in your body. There is no value except what conventional dentistry tells you. Oh, this is a wonderful hard substance that will last a very long time. And it's relatively inexpensive.

Okay, great. So now you've created something wonderful. That will kill me. Thank you very much. Okay, so nobody should have mercury based silver fillings in the mouth. But again, as a preface to all of this, Please be careful. Do not be cavalier about this.

Get a biological dentist that is well trained, experienced understands health conditions that may be impacted by

what you're going through. Problems you have in your mouth. You mentioned some other things as well.

I'll be specific, undetected or poorly recognized and treated gum disease. Millions of people have the mercury based silver fillings, the gum disease and millions and millions of people have on top of everything else coupled all together. Or maybe three of the things all at once, fully infected.

Root canal treated teeth. Because you've got your cavity. Oh, my two thirds dentists Help me. Let's drill and fill it with some material, whether it's mercury or not, whatever you go away dentist, it didn't work.

My tooth is killing me. Still. Boom. Conventionally speaking, always the same song and dance. Let's go in. Let's kill the nerve will save the tooth. You'll be all right. Everything will be great.

And they get a root canal treated tooth and the tooth now is dead and no where else in medicine do they say? Don't worry about it. We'll just leave this dead body parts in the body.

Let's just move on. We'll sew up the body and get them out the door of the hospital. Everything will be fine. There won't be any problem. I mean, they're the hospital, the doctors, they will be out of business, gone. They're very meticulous check everything before sewing up the body, but a root canal treated tooth is a dead tooth, that means no circulation, no anything going on and infection starts to brew around this dead area. The analogy I use is sort of like that hook in the corner of a shower stall and you kind of ignore it worse yet than a shower stall is unfortunately in the mouth, you can't see it. So it festers the bacteria that grows. They spit out waste products.

Now it's mixing with your saliva, it's going into your digestive system, it's passing through your gut, it's going into your bloodstream, it's going into your lymphatic. So hello, if anybody's got autoimmune conditions, they're suffering with lymphatic issues, their blood in general for everything, kidney, liver, heart problems, cancer concerns. I don't care where you're coming from. What I do care about is you think about the quality of your blood And you're sealing up your digestive system as that protective inner wall if you will from the outside world to your inside world your body. And if that is not 100 really sealed up and healthy and strong, you're in big trouble.

Well, guess what? What is it that is destroying that lining from the tissues in your mouth all the way into your stomach, small intestines, large intestines. What is destroying the integrity of cell walls every day, every year, infections that are being poorly handled if at all that are stemming from the mouth.

So Michael, I so appreciate you letting me be a little long winded here and really drive home the point please, if you have not looked at what's happening with your oral health, get with a good biological dentist.

I mean, I did a whole program on this and it's out at this point. Hundreds and hundreds of thousands of people have seen it already. Thank God, But we've got millions of people more who have no idea that mercury based silver fillings, no good. The meridians are electrical system that's invisible if you will. It's all connected to the health of our mouth.

We don't want that kind of charge in our mouth, that metal and also the mercury leaking out and going into our body and destroying nerve endings and the health of every cell of our body. We don't want infected root canal treated teeth.

The bottom line is Michael, most of them from 12, 15, 18 months and beyond. There's going to be infection. No, there will not be pain in your mouth necessarily most of the time.

And yes, you will have infections in there spilling out, distracting your immune system from what it needs to do, which is take care of business in other ways to keep you healthy.

That's not a good thing. And gum disease as well. If your spit, even a teeny amount of blood, something's wrong when you're brushing, you've got to start doing the sea salt rinses. I mean, I could do an hour on just solutions. But the idea of sea salt rinse rinses, hydro flossing using a hydro floss to really irrigate flush out that all cavity your mouth area, get this stuff cleaned up with a good biological dentist.

My Michael, I have heard time and again story after story in the most catastrophic conditions that people have had and when they have taken care of it, their site has gotten better. Their M. S.

Has gone away. Their autoimmune conditions have gone away, their cancer tumors have literally been shrinking and disappear even after doing all the other wonderful things.

Organic juicing salads, organic meditating, exercising, you know, you really brought me to a place that I talked about a lot as an analogy if you don't take out the machine guns that are pummeling your home, there's no sense in doing these detox fangled programs which are fine to clean up the shattered glass and the dust and the sheetrock that is being sprayed all over the inside of your house, let's kinda get a dust pan and we'll put it in bags and we'll take them out.

Last. I checked if a machine gun is pounding your house, the first thing to do is to take out the guy behind the machine gun, stop the assault and that's why all health issues must be cleaned up.

– And so what you're saying pretty much and that this is really important for people to understand is that yes, I can take this antioxidant. Yes, I can do this juice and I can do my coffee animals.

I can do this song. I can do all these different things. But if I don't address the driving route costs of why I'm for feeling this way, then we're never gonna be able to get to the point of hell.

– There's no doubt. I mean it could be, I just read an email came into our customer service and of course, you know when it's really dramatic, our customer service Jonathan take a look at this one and so I'll give you another little story real quick. It's a long story.

I mean they they give us their whole life story. How can we possibly do this online? Answer an email, We can't, you know, coaching is important. Getting good physicians, obviously all that's important.

But this person is 35 years old and my life is over. That's the way she feels my life is over because of mold toxicity. So there's the machine gun living in a home as a little bit of mold.

You know, it's, I gotta live here. I don't have a choice. No, I know a holistic integrative medical doctor who built his dream home and the foundation of that home wasn't sealed up properly.

The moisture went through the floor of the home. Everything else was beautiful looking and was inundating him. The dog died.

Vitamin C, Detox, and Consistency

We're not talking about a dog. We're talking about a family member, right? That kind of a dog died because of it. The wife couldn't get out of bed, He was losing his brain function, which he was a super sharp guy. I mean the stories I could keep you on forever, mold toxicity, toxicity in the mouth, right? Unaddressed infections, lyme, all of these things.

But I tell you the biggest thing I do is the mouth Michael because so many other things can be greatly improved your detoxification pathways get better when the mouth is clean and when you're mindful about a lot of these simple things we talked about at the beginning, hydration, cleaner food. Just make that a really top priority.

There's nothing like it. – So once you've then cleared out the machine gun, you know the guy behind the machine gun, you cleared them out and that's so you have these kind of three D. Scan that you could do to check to see if they're hidden infections and I suggest everyone to do that because I just like you mentioned, you never know. I mean I had a on my podcast integrative cancer solution with Dr. Carl Hill had a a young lady yoga instructor after eating well everything perfect. You know life's perfect, gets thyroid cancer goes to all these different integrative clinics down to Mexico ibc to all these different things and able to kind of keep it at bay until she does that and recognize that she does have a hidden infection and she pulls in the tooth clears out the infection and lo and

behold tumor.

– You didn't say it and I wouldn't have said it any better myself. I mean everything you just said is perfect because that's the point. We think organic salad and all these things they're great.

But if that machine gun is firing off outside your home, it's not gonna be, you're gonna be frustrated. And that's exactly what we hear all the time. I had a gentleman who's known me for years old friend up in New York talked about his cancer.

I said, do you have any root canal treated teeth? Oh, Jonathan. I can't tell you how many root canal treated teeth I have. That was his answer. I didn't know how many, I don't know his whole story. Haven't spoken to him in years.

He reached out to me because he saw my cancer stop cancer dot class. He saw I was doing it Jonathan. I need to speak to you. They've sent me home to die. I mean it was just horrible story.

I listened to him. I let him speak it all out. And then that was the only thing I said to him, Michael and he comes back to me. I can't tell you how many I have. I wish I could tell you.

It's a good story ending. I told him about it. I haven't heard from him since you can lead a horse to water. But you can't make him drink. I hope this message is loud and clear the mouth has to be cleaned up.

If that's good, then we can dive deeper with just about every serious illness. I'm happy to talk about that at another time. We can get together again and there's a lot that can be done. But if the mouth isn't done 1st, 1st stop top cancer clinics in the world, that's what they do.

They got the machines, they got the energy medicine, they have all the supplements, they have all the incredible knowledge, expertise and compassion that you could possibly dream of. Doesn't matter if the mouth is a mess.

They clean up the mouth first. That's how they deal with serious cancer issues. – And so now we get rid of the shooter. What can somebody do? What are some simple things that a person can do to kind of detoxify, you know, the heavy metal of the mercury to boost immune system to really kind of soup it up that that's inexpensive and easy to do at home.

– I know we're running long on time so I'll keep this really short and sweet. I want to focus everyone's attention on vitamin C. O. Jonathan. I know vitamin C is good for me.

Okay, great. Look, we're not going to split the hairs as to all the different vitamin C's, they're out there. Yes, there's powder like the somo, there's ivy vitamin C.

Of course lots of places you can go to get that done fine. I just want to keep people focused on the value of vitamin C for removing heavy metals from the body. And if it's not a heavy metal focus that you have, which I would say a lot of people who are struggling with health problems, it's a biggie. Yes.

Lead Mercury, you know, you've got heavy metal issues, but let's put that aside now for a moment and just talk about constipation, chronic fatigue, Just general health problems are really bad and you got to get things moving and you've got to get things out of your body.

Please remember it's a two part approach. You do not want to mobilize toxins I bet and I could keep you on for a while about my own personal experience, a little too much mobilizing toxins and not getting them out of the body. Not well hydrated enough, not enough vitamin C in my body. I kid you not Michael.

Long story short, there was a day where I was detoxing out of my brain, pushing stuff out and the rest of my cells in my body. I had mind you 14, mercury based silver fillings in my mouth at the time, they were not removed yet. I thought this is a great chance to just kind of push stuff out of me before I go through this procedure.

Right? Long story short one day, it hit me so hard, the numbness, the tingling from my waist to my toes. I couldn't feel a thing laying in bed and then getting up.

I kid you not. I thought I was paralyzed, couldn't feel anything. What did I do? Long story short drank a huge amount of water for 23 hours, going to the bathroom peeing, peeing, peeing and around four hours or so things started to really come back to normal. Thank God.

But that's why we're talking about vitamin C as a great antioxidant. That needs to be on board every day. Back to that wonderful word, that sexy word being consistent, be consistent with your vitamin C Linus Pauling.

Used to talk about healthy individuals taking 6 to 10,000 mg a day with no ill symptoms to talk about, right, nothing terrible going on. He wanted to see that much going into you and mind you, it should be done throughout the day stream it in like an I.

V. To 3000 in water in the morning to 3000 later on. It's fine. If you want to do a vitamin C flush, I recommend for people. And this is, you know, getting into the art of it.

Now, if you're overweight and you've got a lot of food product in you. The one thing you don't want to do with a vitamin C flush is eat food early in the morning, bacon, eggs, toast, whatever and then you're gonna decide to do a vitamin C flush.

I'm going for it, Jonathan said this is good to clean me out and I'm gonna put 15 20 25,000 mg in me like very quickly within an hour or two, whatever.

Lots of powder, Open up capsules, whatever you wanna do. Like for some more, you're going to get this all on board. The powder in particular is gonna give you a tremendous amount of gas, You're gonna be incredibly uncomfortable. The pain is going to be enormous and then you just better pray that you're on the bowl and the diarrhea comes that you get the relief.

I'm not trying to be silly here, but my, my long story short point is do not put food in you first. If you want to go for a vitamin C flush, it's a great way to just move a lot of stuff out of you.

Great way to relieve constipation. Do it early in the morning With no food in you from hopefully last 10, 11, 12 hours since the night before. Now you're ready to go. Maybe drink a lot of water first, see if you'll go to the bathroom, get a bowel movement out of you right, get some urination flowing. Now start the process of getting lots of vitamin C on board for yourself.

34 5000 mg, 20 minutes, 30 minutes later, another 2 3000 mg. See how it goes, Keep creeping it up more and more and more over a few hours. Eventually it'll hit you, you'll feel a little rumbling.

Don't panic, there's nothing bad going on. If it's too much for you, you can back off taking the C. Of course. But hopefully at that point you get to a bowel tolerance. Oh, enough's enough here and bada boom.

Now! Mind you, every day, it's not always the same story as the months. Go on and you get healthier, you may not need as much vitamin C. That's right.

I said it correctly, the sicker you are, the more vitamin C you can take on board and be like, what's going on here, Jonathan? Nothing's happening. Okay, Michael, quick story. I've had a cold.

I felt run down and I've taken 2025 30,000 mg of vitamin C. From liposome. Oh and powder form which we have in our own store. But you can get it from anywhere at all.

And I've had no bowel discomfort at all. And I had done that for 23 days in a row to help me navigate through just a cold and feeling better and better in 23 days with no other move at all, except getting lots more vitamin C.

On board. But my point is there was nothing wrong with my bowels. My body needed that much vitamin C. It was soaking it up like crazy. I was stressed from work. Feeling a little rundown.

Can you imagine if someone has cancer and that's exactly the point. That's why when you go to some of these ivy clinics, Reardon Clinic comes to mind.

Good friend of mine Dr. Ronald hunting, hockey, he's the chief medical officer there runs the Reardon Clinic out in the midwest, amazing place, the capital of vitamin C.

For ivy, vitamin C therapies, 50 75 100,000 plus milligrams of sea is going into people with really catastrophic conditions with cancer and all kinds of other problems.

So vitamin C is important. It keeps inflammation at bay. That phrase you used before. Really good to have lots of antioxidants on board, but really focus up, get more vitamin C into you.

Lots of people say to me, hey Jonathan, I'm getting energy from this vitamin C. And it's funny, it's like they say it like it's coffee, no, vitamin C is not coffee, it's not giving you like an adrenaline kick.

Although the adrenal glands use a lot of vitamin C and they need it, it's the vitamin C, bringing down cellular inflammation, calming the fires down inside your body so that your cells are working better.

And I know I'm going on long here, but I just I can't say enough about the importance of having this swimming around in your cells and around your cells all the time to have enough vitamin C. I'll leave you with one other thought, it's 100% fact fact checkers can check this out and they can't I don't know disprove this most critically ill. People in the hospital for sure and even outside the hospital that's suffering at home are dramatically low in vitamin C.

And then of course I can throw in vitamin D. Which is not really a vitamin that's a whole other story. Both of those are way down depleted so the more you take in the better off you're gonna be. – Yeah and to the to the point I mean you have certain I I mean I know you read but for people out there the book curing the incurable ills by Thomas Levy. You know he shows studies you know for certain viral infections you actually need you will then consume 200,000 mg of vitamin C. For certain types of viral infections.

So it's just recognize realizing that these little R. D. A. S. Are recommended daily allowance. I mean that's like like spitting on the fire and thinking that you're going to get rid of it.

You need during those times of stress you need a therapeutic dose a massive dose in order to be able to create a change. And for people that are deplete that you know one of the things that's really important are mitochondrial health.

You know which is the energy factory of our cells and vitamin C. Is like one of the best electron donors. You know that will drive electricity through that that that mitochondria to really drive energy in those cells so those cells can function optimally and and and just you know so you can feel that health, that vibrant health that we all deserve and we all should have – Well said Michael, I hope this makes it really clear for people, gives them a nice list of things to do that are really relatively inexpensive to completely free.

If they go back and listen to the beginning alone, it's gonna greatly guaranteed, guaranteed. Did I say, guaranteed, guaranteed. It's going to make you feel so much better. And here's the other thing at the end, just to throw it out to do this as you feel better.

It's all just a healthy cycle. We start thinking better, we start feeling better and then that brings us to the next thing that we want to do with thankfully more energy to be able to get it done.

So, this is the kind of thing, I hope that from this conversation, people just don't listen, but they take action, that's what this is all about, Michael. – Well, it has been truly a pleasure, thank you so much Jonathan for bringing such

great information to the world and for you know, bringing, you know, bringing in the basics, you know, simple things that people can do on a daily basis that does not cost much money in any shape or form that will improve their health dramatically. Thank you so much