Introduction and Background

– Hey everybody Dr. Diane Mueller with the microbes and mental health summit here again with Dr. Mark Ruggiero. I am so happy to have you on this call with us.

Tell us a little bit about yourself and what got you into this very interesting branch of medicine. – Well, first of all, let me thank you for this great opportunity to share the latest development of my research as you maybe can tell. Looking at me, I am rather old.

I'm 67 and I got my M. D. At the University of Florence Italy or forensic you prefer in 1980 then I got a specialization in diagnostic radiology, a PhD in molecular biology. I've worked in the United States as a post doc as a young post doc in those days that borrows welcome big pharma and then for the U.

S. Government at the NIH National Institutes of Health, more precisely the laboratory of cellular and molecular biology of the National Cancer Institute. In my youth I was focused on oncology.

Molecular oncology, how cancer develops the genes that are responsible for cancer. And later on Neurosciences. And I think that today we talk more about the Neurosciences than molecular oncology.

With the passing of the years I got tenure at the University of Florence and then I retired from the University of Florence. I founded the company and then now I'm living in Arizona, USA beautiful state. I have a company in Switzerland actually I am I founded that company in Switzerland. I retired from that company as well.

But I still work as a consultant and we develop products that are based on what today we call microbiome a medicine. So the importance of the microbes uh they were once our enemies and now we know that they're our friends, our very close friends actually we are more microbial or microbes than men than humans.

We can talk about this. And more recently I've been working in the fascinating field of quantum biology. That is our quantum physics terribly difficult concept to grasp, but I can't say I grasp it at all. But our quantum physics inter intercept biology and so how uh the way we work, the way ourselves work, our brain work is strictly interconnected with quantum physics.

Again, a topic that I can say I understand, but I might understand a little. Our quantum physics relates to biology. More recently, let's say in April of this year I had the honor to participate as a speaker and also as an attendee to the most prestigious award conference on consciousness, attended by Nobel elaborates like Sir Roger Penrose and the top scientists in this field. And this conference is the longest standing conference in the world on this topic 29 years I think and counting so over there I learned a lot. I hope that I also contributed a little and today if you wish we can talk about human consciousness, how does this relate to the microbes that we have in our brains and whether our brains do truly perform what we think they are performing or whether we should throw all the books of neuro, anatomy and neurophysiology into the fire. Maybe not literally, but it might be that our brains are much more than what we think.

So, all these fascinating things. I'm ready to share them with you. And again, I'm very grateful for this great opportunity. – We're so happy to have you. And it's I mean, it's such a unique feel. Right?

Looking at the consciousness and you know, combining that with human biology and our natural microbiome. I'm curious to start this conversation. So you have this theory, Right? The orchestrated, objective reduction theory. And that's time.

My understanding is that's tied into this topic. So can you tell us a little bit about what that is and how this theory came about? – Right. But if I made since uh images they show and they have a message much stronger than

words in particular when you know, you have to deal with my thick accent.

Consciousness Beyond the Brain

So I prepared a few slides to show you where do we start from? If so, if I measure the screen, let's see if I am proficient enough. Okay, so I think you can see what this was a kind of a first slide I'd prepared. So, if we want to talk about mental health and consciousness or mental disease as a disease of consciousness, I think we have to take into account some novel concepts.

So let's not deal in what consciousness is because, you know, it might take hours and we should be philosophers more than scientists, philosophers are scientists. Whatever the case, Let's start with a simpler question, where is consciousness located?

I think that if you ask 100 people, 99 or maybe 100 of them, they will say, well, consciousness whatever it is. But let's say we instinctively think we know what consciousness is is inside our brains and more precisely inside our heads, in our brains. And then we may discuss which areas of the brain, the prefrontal cortex or maybe the memories in the hippocampus.

You know, all these things are complicated and they have been studied for decades. Well, what if I tell you that there are people, we live perfectly well, they have a full consciousness of themselves that they work as White collars.

So they work some intellectual, they perform intellectual duties that they drive in the very complex and chaotic traffic of Marseille France and they do not possess brains.

And this is not figuratively, this is true anatomically. So these are the pictures that were taken in 2007, published in the most prestigious medical journal, the Lancet. And so this is the brain, or let's say, the non existing brain of a white collar worker working in Marseille France and as you can see because of a condition that is called hydrocephalus.

Actually all this black is liquid liquid And the brain is this very thin slice that is almost non existing here. So this man actually has only 5% of brain tissue. The brain tissue, the 1.3 kg more or less that we have. And this guy is working perfectly well.

So evidently brain we may do without brain and have consciousness and performed perfectly well in our daily activities. This guy was married with kids and was doing everything and this was just a serendipitous observation. Is he alone?

Not at all. A few years ago, Uh it was a book was published describing something like 600 cases of people who were lacking the brain anatomically. Again, these were no jokes.

So they had no brains inside their school Calls and nevertheless they were doing well. So a large study on 600 brains found that people who only had 55% or 5% of brain left half of them, they had Serious problem. They were profoundly mentally disabled.

However, the other half, they had accused over 100. So they were kind of geniuses. So this is going to say that you don't need to have an anatomical brain to be a genius. And of course to be conscious.

So where does consciousness reside By the way? Uh you know, over the years, many, many observations accumulated that these are more recent. They have been published in the new scientists in 2014, you can also do without the cerebellum. It was sort of the cerebellum was absolutely necessary for coordination of movements. But evidently, you know cases demonstrated that you can do without cerebellum and still live a perfectly normal life.

So all this is a kind of strange because as I said, we could take all our books of neuro anatomy or neurophysiology and throw them into the fire. Where is the seat of intelligence? And here comes the orch or theory that was

originally developed by Professor Stewart Amirov of two from Tucson Arizona and Sir Roger Penrose, who just recently was awarded the Nobel Medal.

And they developed this theory that is called or core orchestrates for orchestrated objective reduction that is based on quantum biology. And according to this theory, you can do without a brain because consciousness arises inside some structures that are called micro bubbles that are inside the neurons.

So you only need a few of them. And essentially according to this theory, the brain tunes into consciousness intrinsic to the universe. So now we are moving in a kind of a metaphysical space because according to this theory, consciousness is intrinsic to the universe.

This means that everything in the universe including microbes and they will be the topic of today's talk but also particles like atoms or subatomic particles like works or whatever. You know, new particles are discovered almost on a daily day basis. They are endowed with consciousness.

Now, as I said, I am a medical doctor. I'm not a physicist and I know very little about subatomic particles. So let's uh stick to biology. So let's stick to human beings and bacteria that are small but still our biological entities. So there is a consciousness in the universe and the brain does not possess consciousness. But it tunes into the consciousness that is all around us.

And how does this how does this happen? Well there are two ways that have been scientifically demonstrated. So everything I'm saying is not a matter of philosophical speculation is something that has been experimentally observed in the laboratories reproducible, published in peer reviewed journal.

So on one side there is something that is kind of easy to understand wireless communication. Uh And I have a couple of slides that helped me explaining this.

But this is a kind of easy more difficulties. Quantum entanglement wireless communication. It's easy. It has been known since the 19th century that the brain generates its electromagnetic field. They can be detected by electrodes around inserted in the brain at the beginning and now around the brain.

So the electroencephalogram, the magneto and Saifullah graham. All these things are routine in medical uh medical examination. So this means that it is well accepted that the brain emits and receives electromagnetic fields. A quick calculation postulates that the human brain possesses around 100 billion E. M. F. Transmitters and also 100 billion E.

M. F. Receivers. And by the way here we could open the topic how the men made electromagnetic fields affect our brains, our consciousness. It's a complex topic.

– I was just about to ask you that – They do affect, they do affect as a matter of fact we have an ongoing project. We developed a product that counteracts the harmful effects of man made electromagnetic fields.

We evolved as human beings or as biological entities uh in an E. M. F. Environment. There are natural electromagnetic fields all around us and we produce and receive electromagnetic fields.

But man made electromagnetic fields are different. They are polarized, they have different qualities and they do negatively affect the working of our inner E. M. F. Because of this.

We developed this product that is working very well. But you know, this could be the topic of another conversation in any case if you're interested in this here. I reported the paper that was published in the journal entitled neuroscience and conscious of consciousness in 2020 the same instance for uh you know, it's an acronym dealing with extra amenity fields according to which consciousness is based on electromagnetic fields.

Now this is kind of easy to understand because our cells, our neurons, they have membrane potentials ions that go back and forth as the producer currents they produce electromagnetic fields.

They can be recorded. And so this is the kind easy to understand how we can tap into the consciousness intrinsic to the universe. Much more difficult. – Before we go on Dr. Ruggiero because I think this is going to come up with our listeners. We have so many people at this summit that are suffering from things like mold toxicity or Lyme disease, where they will report a high level of sensitivity to responding to two e.

M. F. S and use a lot of devices Faraday cages, you know, things like that around their house to protect against that. So I'm curious before we go on to even more intense topic, like do you have any sense for people like this that are really, really sensitive to the manmade E. M. F.

Electromagnetic Fields and Hypersensitivity

If that would change consciousness at all by their increase in sensitivity? Can you talk to that before we move on? – Yes or definitely. And by the way, uh let me say that today, we are not in a formal lecture so we can talk about whatever we like.

I prepared some slides, but there is no commitment. I mean I can stop here showing the slides and talking freely and this is perfect. I just want to tap in every here and there when I think of like a question that our audience is going to have.

But this is wonderful, keep going. – Okay, so there is a it is called electromagnetic hypersensitivity. Uh this was described by none other than the Soviets in the Soviet era in the 70s when they noticed that the military personnel working at radars and other devices, they began to develop some strange symptoms that had not been observed before. And later on this observation.

You know, we're talking about Cold War times, uh, the iron cartons of communication and exchange of information was not that easy. But immediately thereafter, defense and the Sweden in Sweden, they observed similar symptoms.

And so it is since the seventies. So now it's 50 years that we know that we may be sensitive to things like electromagnetic fields that they have no color, no smell, you don't see them. But nevertheless they might affect our brains.

So from those early observation, now actually this was shown in 20. It has been demonstrated that the human brain is able to perceive the hurt magnetic field that is extremely weak. But nevertheless, even though we don't have navigation systems like the birds, you know the birds, they use the Earth's magnetic fields to orient themselves and nowhere to go.

We don't have such abilities like we can't fly either like the birds. But nevertheless we have the ability to perceive the earth magnetic fields. Now, if you think that the Earth's magnetic field is order of magnitudes lower or weaker than the manmade magnetic fields than you realize in which kind of toxic environment we live right now, I'm in front of a computer and I have wireless in my house.

Otherwise we couldn't communicate. So it's something I have to accept. Just like I have to accept pollution from cars. So if I want to go somewhere or from airplanes.

But this doesn't mean that they are harmless. They're not harmless at all. And because of this we develop a system to counteract the harmful effects of man made electromagnetic fields at the same time. That's important maintaining the benefits of the natural electromagnetic fields. You know, if you live in a Faraday cage, you are shielded by all types of electromagnetic fields and of course you're shielded from the harmful manmade electromagnetic fields.

But you also do not receive the information that is associated with the natural E. M. S. And you cannot tap into the consciousness of the universe except for the limited environment inside for a decade.

So by the way, it's quite unpractical to live in into inside for a decade. That's how we develop something that is

called like an inner shield, something that protects us from the inside. But to answer your question, what many patients report is something that is absolutely true.

Is not delusional is not like craziness of people who think they are exposed to rays coming from space. You know, like people who have, who have to wear a tinfoil head is not like that is something absolutely Uh through solid again demonstrated since the early 70's. and electromagnetic hypersensitivity is something real. Fortunately now we have tools to fight these or at least to mitigate the damage inflicted by manmade electromagnetic fields.

So I don't know if I've answered your question that's great. – So it sounds like a couple things. One it sounds like, yes, there's been enough research to say this electromagnetic field is really impacting our consciousness and that's very real. And then another thing that you said that I think is important. Maybe you're going to cover this later, we can come back to it. But I think people be interested in learning about this, this internal Faraday cage. And so because I think what you're bringing up around these electro Matic magnetic fields in our environment, some of them are bad, they're man made and others are like the connection to the universal consciousness. And so we want to be careful then right about making sure that we are not limiting the potentiality of the universal consciousness electromagnetic field while if we're going to block the manmade.

So will you speak. Is that an easy thing to speak about that internal? – Yes. Uh it's not difficult at all. Or at least it could be extremely difficult.

Let me try to make it simple. Great. Uh as I said at the beginning of our conversation, my field of research for the past 10, 15 years has been in microbiome medicine.

So we ask for help our microbial friends. And there is a microbial species system that is extremely resistant to electromagnetic fields actually to ionizing radiation actually to nuclear blasts.

Uh there is a unit of measurement of radiation that is called gray Humans are killed by something like around a few grades these microbes. They can survive thousands of grace.

So this means that they can there are 2000 times more resistant to the killing effects of ionizing radiations like those coming from a nuclear blast than human cells.

But you know they are not otherworldly. I mean they live in this world. They have the same D. N. A. We have. So my question was how comes that these microbes are so resistant?

And by the way they have no shields. Uh They have nothing there little microbes, they look like alligators. It's called art aspira play census or spirulina.

And you know, they're a small weak microbes, weak cells. So how is it possible that they can withstand levels of radiation 2000 times higher than those that would kill us.

And the answer is because even though their D. N. A. Is exactly like our D. N. A. So it uh is subjected to the same damage from radiations as our D. N. A. They have a particularly strong ability to repair this D. N. A.

We also have those repair genes and repair proteins. Point is that we have not developed them that much. Probably because we didn't evolutionary we didn't feel it was needed.

So but the potential to repair the DNA damage is there in ourselves. We only need somebody to train us and this is somebody are these microbes. So essentially we developed this product that it is based on the information that these microbes said they transfer this information to our microbes and our microbes.

The microbes in our guts essentially, and also the microbes in our brains and then our microbes, they transfer the information to ourselves. So this is how the inner shield works. So at that point we can be subjected to as much radiation we wish with some degree of good common sense.

So I do not suggest you go in Chernobyl and you dig the red in the red forest as unfortunately somebody recently recently did.

Microbiome, Phages, and Brain Health

Uh so I'm not suggesting that you voluntarily expose yourself to killing effects of radiations but ourselves by taking these uh supplement, they become more resistant because they are able to repair the damage inflicted by radiation. Of course here we're not making any medical claim. We're simply talking hypothetically and academically. So that's how we developed this inner shield by exploiting the ability of these microbial cells to withstand the effects of radiations, the electromagnetic fields or radiation by the way, we were the first to discover this Nasa astronauts, they have Spirulina in their daily routine in their daily nutrition because it has been known for years.

The spirulina helps also with radiation sickness. Our discovery was how to transfer this information from Spirulina to ourselves. So that's how our strategy works. – And so that your product you're you're speaking of is more like probiotics right? Like my understanding is it's utilizing like macrophage activating factor. As part of this is that correct? – And that's also correct. The macrophage activating factor is one of the many proteins that is produced by the microbiome and I have another slide if I may they're not they're not in sequence to show you what I'm talking about. Uh this is something that requires a little bit of explanation. I think that this comes from Wikipedia.

Uh so what is a microbiome? Because you know there is a confusion about these terms. A microbiome is an ecosystem where you are the microbes like the bacteria or eukaryotes, eukaryotes like East plus and that's important.

I mean that's fundamental their theater of activity. It means whatever they produce proteins, peptides, lipids policy aka rights, nuclear cassis, DNA and RNA and everything that is associated with them.

So it is an entire ecosystem. You know if you go to the grocery store and you buy a probiotic and probiotics are good for your health and no doubt about this. You only buy this you by the microbes, uh the spectacle coaster muffins or the defeat the bacterium bifida or a couple of them. But you only buy this, we develop a product that it is all these so the microbes plus their theater of activity that is their entire environment, their entire ecosystem that is composed by what they produce and among what they produce among these protests there is also this macrophage activating factor that is helpful to support the function of our immune system plus hundreds of other proteins and peptides that influence almost all the functions of our body from the function of the brain to the function of the immune system, function of the kidney and so on. But and also this interesting inside this microbiome inside this ecosystem, you also have a viruses.

I know that we come from the pandemic and just to mention the world virus might scare people. But here we're talking about the friendly viruses that compose what is called the human, viral uh this friendly viruses, they come together with the microbes.

Again, if you have a microbiome, they don't come with the microbes. If you only have the micros alone, like all common probiotics and these friendly viruses that that are called fage is short for bacteriophages.

They are powerful natural antibiotics. Now. Uh here things might become confusing because say I take probiotics that are friendly microbes. Why do I want to take antibiotics that kill the friendly microbes? No, no, no, no, it's not like this.

The bacteriophages or phages are the viruses of the microbes that kill the pathogenic or disease causing microbes. Now, the friendly microbes, they need some weapons.

Some tools to kill the unfriendly microbes. And these tools are the viruses and these viruses have been selected over almost three billion years to kill the disease causing microbes are not the friendly ones now. Why this could be important in the context of consciousness. Again here, I'm moving a kind of randomly but I hope that you will not scold me and going back to uh people with chronic lyme or rather chronic neurological diseases.

Now this was published about six years ago in the Journal of Alzheimer disease and it is well demonstrated and well accepted. The Alzheimer disease is also not only, but also an infectious disease due to spiral spiral kits, but by the way, are the same class of microbes that are responsible for persistent line. So essentially infection of the brain.

Low level infection, not kind of encephalitis or meningitis, no low level infection that you barely notice leads to Alzheimer disease most likely to multiple sclerosis, most likely to other neurodegenerative disease.

And definitely it is associated with neurological lyme disease. So how can you deal with that? Well, simple solution like take a cannon fill yourself with antibiotics, Kill everything and despite rockets will be gone and this might work. But this also as tremendous side effects because antibiotics they kill indiscriminately both.

The good and the bad microbes. Now going back to the good microbes, You know, we have a certain number of human cells in our bodies, but the number of microbial cells is 10 times higher.

So if you kill a lot of good microbes that are there to help our bodies, our immune system, our digestive system, uh the detox systems and so on. Well you have some serious side effects as everybody was taking antibiotic knows.

So uh the the trick here is to use natural antibiotics, not those made by big pharma that are extremely useful in a number of conditions of course. But if you want to fight a low level infection that most likely is chronic that is been going on for years and years, it's difficult to use a big pharma's antibiotics or at least you have a number of side effects.

Why not using then the pages the pages that go together with the friendly microbes and have exactly this role of fighting the disease causing bacteria. Or spirochetes.

Spirochetesare bacteria. So I don't know if all this makes sense. But let's say the natural approach uh whenever you can afford it, what I mean is that if you have a pneumonia or if you have meningitis or if you have encephalitis don't go for the natural approach, that is a slow and go for serious antibiotics.

But when you can afford the natural approach, so when you have time, you know, Alzheimer's disease unfortunately develops in time doesn't develop overnight.

Then the natural approach of course is the best because as little if any side effects and it works perfectly well. Now this leads to another topic that I don't know if you want to touch it now or whatever, – I want to ask clarifying questions if I can first please of course.

Just because I keep thinking, you know my way of doing these interviews is thinking about like okay, what are people going to be thinking of when they're listening.

So this is all such amazing information and I know so one of my questions is like some of these supplement companies, these natural supplement companies on the market are making phase products. So if somebody goes out and say buys like a microbiome like a probiotic product and combines it with a fage type product, a bacteriophage products. Are they going to get that theater type of reaction? Are they going to get some of that benefit?

Or is it really more about training the bacteria at an earlier level how to produce those peptides, nucleic acids and phase responses and all that? – Well that's a very clever question. And the short answer is that of course if you mix microbes and pages of good quality you have some effects but you do not have the theater of activity. You don't have the microbiome, you have something that may resemble but it's not that.

Uh so since unfortunately and very tragically we are in a period of war. Uh let's use a kind of a military comparison essentially a well trained army is where you have well trained soldiers who have developed their own weapons and they are very good at using those weapons because they have developed them according to you know their style of warfare, their physical abilities and whatever. So that's a perfectly working and successful fighting army. This is

the microbiome where you have the microbes and the tools that they have developed for themselves.

And these tools include the phages. Now if you have a poorly trained group of soldiers and you give them weapons that they have never seen before definitely is better than fighting with bare hands. But you cannot expect the same level of proficiency of well trained soldiers who have developed their own weapons.

And because they have developed them they know perfectly well how to use them. If you take a bunch of soldiers and you give them some weapons that they have never seen before Again they might somehow use them and again better than fighting with bare hands but maybe they don't even know how to pull the safe. And now that's a problem.

They don't know how to load the bullets and that could be a problem. So that's the comparison. A microbiome is a group of well trained microbes evolution has trained them for three billion years who have their own weapons to defend themselves. And coincidentally they also defend us because they are our microbes or we are there humans because you could see things the other way around we are there humans so it's not that they're so altruistic.

They want to keep us alive and well because we are their homes and they have these weapons including phages and G. C. M. F. And whatever else so that they have developed for themselves coincidentally of course they keep their home safe uh you know if you take some microbes here and some pages there and you put them together again better than nothing but not as efficient as having a microbiome that has evolved for a few billion years. I don't know if I've been able to answer a question. Unfortunately we are in tragic war times but I think that this might might make some sense. – Yeah that is a great analogy.

Now I'll let you continue on with the next thing you wanted to show us. – I don't know what I wanted to show. But maybe let's go back to Professor Hammer off.

And when I was saying that Quentin biology let us tap into the consciousness interesting at a universal I mean that's the title of a paper of theirs. Hammer of Andros paros again and noble elaborate consciousness in the universe.

Now the our core theory it's a similar interesting and to make it simple consciousness is due to quantum computations. And let's not develop into quantum computations are but we know that quantum computers are being developed.

They do exist.

Quantum Biology and Nonlocal Consciousness

So let's assume that we uh intuitively think we know what can quantum computations are whatever quantum computations inside micro tubules that are tiny structures inside brain neurons. And you need a few of them.

And this explains how people with anatomically no brains they are able to function perfectly well. Good however and that's even more fascinating at the conference in chosen in April I added the horror and the opportunity to listen to distort a talk where they demonstrated against scientifically on pay traditions in laboratory, something that can be reproduced. That quantum computation also occur in nuclear cassis D. N. A. And R. N. A.

So this means that everything that is D. N. A. Or RNA. All microbes, all animals, all plants, all viruses including the coronavirus who has RNA. They have consciousness.

And since we have the same nuclear cases, D. N. A. And RNA are chemically identical in all living beings, our DNA, our RNA are exactly the same as those of microbes, viruses, plants, animals, everything and not since today or since yesterday, since 3.5 billion years. So when the first cell that was a kind of a microbial cell appeared on this earth on the surface of earth.

Now this is complex. I want to delve into this. This is how they demonstrated that the D. N. A. As consciousness.

Uh but and again, these are the slides from this doctoral shoulder this and results. So I just uh had a screenshot of this light.

But what is interesting here is that uh the effects are non local. So they are based on quantum effects. So these are not due to electromagnetic fields. This is something deeper because quantum effects, they don't need locality. They don't need a physical vicinity of things of sales or things they can happen at distance and they're simultaneous. These are these pookie affected distance quoted by Albert Einstein who had some difficulty in understanding these spooky effects because you know, it goes against any logic that something that is happening on the other side of the earth is influencing me simultaneously, apparently going faster than light.

And it's kind of an a team a saying that something is going faster than light in physically, but this has been demonstrated. And also Einstein at some point had to admit something that defies as any logic. Uh This is a from Stuart hammer of Chem Parella, non locality and real time causal agency. I will just put a few words that will completely blow the minds of everybody who reads them.

Einstein Podolski and Rosen did an experiment that has been verified by many, many others over the years and essentially what the demonstrated that quantum information goes backwards in time, so that this it's absolutely difficult to understand, but quantum entanglement is based on information going backward in time. And as Professor Romero writes, no other reasonable explanation has been put forth.

I mean that's the only possible explanation to explain something that has been observed for decades is not something new. It's something that, you know Einstein observed in the seventies or maybe earlier than that, I don't remember exactly, no, not becomes interesting.

Uh quantum computations. Therefore they do occur also in the intelligent, non human cells that are present in our brains. The brain microbiome. Now here, I want to brag only a little bit uh in the science most reputable journal of Science in the world in uh 2018, they seem to make this great discovery, gut bacteria make make a second home in our brains are also in our brains and preliminary findings that turn heads and neuroscience meat. But two years earlier, what is it, Whatever the case? Two years earlier I had here it is.

In 2016 I was talking about the brain microbiota and how it is related to neurological diseases ranging from Alzheimers to autism. So actually in 2018 they seemed to discover something that had been known and if I can brag a little bit, I was the first to talk about a brain microbiota in pub med. So in a peer reviewed Jonas but to be honest, The first demonstration of microbes inside our brains was published by Canadian scientists in 2013. So we're close to 10 years of knowledge on microbes inside our heads.

And here I just want to put a few words from this Canadian researchers, Let's they say that the capacity of bacteria for influencing brain function is immense. I mean in English, I think that immense is a superlative, there is nothing more than immense. So in 2013 they realized that the microbes having discovered that in our brains that there are microbes that by the way, the same microbes that are in our guts. The same microbes that you find in environment in soil and water and their capacity to influence brain function including the consciousness is immense.

And this has been further demonstrated in 2018. They these researchers from Alabama, they demonstrated that you know they studied this bacteria where they're located, what do they do and so on.

So I think that now there is a Full knowledge that we have a brain microbiota as I first postulated in 2016. And this brain microbiota does a lot but I just wanted to uh clarify a point where I said here the intelligent non human cells.

Now our microbes intelligent the way we define intelligence and again this is a matter of philosophy more than biology. Well, according to many studies they are intelligent. This is just one of the many studies that I retrieved from bacterial intelligence, imitation games, time sharing and long range quantum coherence.

Again this published the improvement and very reputable period of journals. So microbes that they do have consciousness, they do have intelligence and they share the information through quantum phenomenon that is a non local phenomenon.

And so the fact that we have all these microbes in our heads, the fact that they are intelligent. The fact that we can communicate with them and they can communicate with us. This opens an enormous amount of new perspectives. – Oh it's so exciting and we only have about five minutes left of our time together. You know I feel like I could talk to you all day and I'm sure listeners feel the same way too.

I think one of the most I want to see what you want to wrap up with and what you feel like would be the most beneficial thing to wrap up everybody. But also in my mind I want to make sure we wrap up with everything you're saying with like an action step for people. So your your bravo probiotic is that one is that a probiotic where people can order? That's been trained in the in the way that these these microorganisms need to be trained as you're talking about.

Can you tell a little bit more about how people put this into action? – Well uh they can put into action by re reconstituting the healthy gut and now we know also the healthy brain microbiome.

The product that we have developed the bravo probiotic was developed exactly with this goal in mind it is the entire microbiome. So there are the microbes but there are also all the tools that they have developed for themselves and for us and you know it's a simple probiotic just swallow it and then you let the microbes do their work and you see a number of effects and then we have developed specialized products for example for the defense against electromagnetic fields that these products called procedure.

Um The principal is close is based on Spirulina. We have developed an anti aging product is called uh intracellular Close a formula that works again by exploiting the ability of microbes to live forever.

Applications, Products, and Closing Thoughts

And if I had the time but I've talked too much then uh maybe another time we could talk about the topic of immortality because uh if consciousness is in university, if we're able to tap into this universal consciousness, then when our neurons die our consciousness doesn't die. I published an article on this called immune system, quantum biology and immortality, something like that.

And actually this is a concept that is shared by Sir Roger Penrose by Steve. That is the persistence of consciousness based on quantum phenomena. So we're not talking about religion here. We're talking about quantum phenomena.

We're talking about biology and we're talking about persistence of consciousness after the death of our neurons. So and also these are fascinating topics that by the way have received experimental confirmation.

Do you become immortal by taking the bravo probiotic? I don't know yet because I still have to die but I wouldn't go that far. I wouldn't make this claim.

But definitely you can support and fortify your immune system and it will help you by fighting low level inflammation, low level infections. Again, no medical claims here, I don't know whether claiming immortality is a medical play or not. And I'm joking of course, but the brother probiotic is different from all other probiotics because it is not only the probiotic, it is the probiotic plus all the rest. The late Dr. Jeff Bradstreet, a very good friend, very sad to talk about him now is dead for quite a long time.

I used to say it was a world expert in autistic brother probiotic is not merely a probiotic actually, it's called me for having called the bravo probiotic because it is an entire ecosystem marco you made a mistake, you shouldn't have called the probiotic because you know there are thousands of probiotics. They're all good but this is something that this is an entire ecosystem and it is right of course.

Now we talk about the entire microbiome but the concept is an ecosystem and you know you prefer an ecosystem rather than a couple of microbes. – Yeah well thank you so much for spending time with us.

I think there's so much to be said here and so much around you know the ecosystem, the brain repairing things

from a neurological perspective the E. M. F. Component of things.

This is super super helpful and I would love to have you back another time and talk more about this consciousness conversation. I think it'd be really fun to go into the quantum and explore and immortality I think is an interesting topic.

Very much so very much so and I feel very very sure that these listeners are going to be very interested in hearing more about immortality and how it's related to the microbiome, the micro tubules, and what happens after the micro tubules die.

So – Consciousness stays there. – Right. And that's what I want to hear more about in the future. So thank you again. – Let me go for full screen. I mean, we don't need to share the screen any longer.

Okay, – Is there any like final statement or thing you want to leave the audience with? – Well, let's say that the more, the more we study, the more we know that we are looking at the tip of the iceberg in the distance.

So we're seeing something in the distance. We imagine it is the tip of an iceberg. Maybe there is much much more beneath the water or but you know it's so fascinating and we're doing experiments on non locality. Working together with some in Europe psychologists and some psychiatrist, one of them is from Austria, know the country of Freud and it was a swiss was not Austria, but in any case. So we are working on these fields, consciousness and no locality. The power of intention and this mind matter interactions fascinating. Call me whenever you like and we can talk for hours about this. – That sounds very, very wonderful.

I would love that. Well, thank you again for being on. – Thank you. – We'll see you another time. – Thank you so much