Podcast Introduction and Guest Welcome

There was a study done that actually showed if you stay away completely from seed oils and switch it to olive oils, avocado oils, coconut oil, et cetera, you will never, ever, ever, quote me, never burn in the sun.

Never. Really? It's interesting because as a kid, I would always burn and peel. And as an adult, I use very little sunscreen, if at all. Christine will test to that.

And I don't burn anymore. No, because probably your diet has changed. You're not eating the seed oils or cooking with the seed oils, the Canelo, all that.

It's all poisoned, complete poison. Yeah. Welcome to the Holistic Truth Podcast. I'm Jamie Dorley, CEO of Nutritional Frontiers. And I'm Christine Genovese, creator of the Soul Intelligence Method.

We're here to help you break through chronic disease and dysfunction physically, mentally, emotionally, and energetically. With real proven strategies, protocols, and tools, you can use in your practice today.

Hello, everyone, and welcome back. We are live at the Holistic Truth Podcast. I am your host today, Jamie Dorley. I am CEO and founder of Nutritional Frontiers.

We're making the world healthy. We're so excited to have a special guest on here today. Before we introduce her, I'd like to welcome back the lovely and talented, our chief growth officer, Christine Genovese.

How are we doing, Christine? Oh, I am in such a good place today, Jane. I'm thrilled to have one of the leading experts in eye health in our world. And I'm so excited for what she's going to bring today and share with everyone.

I know she's incredible. I love visiting her office. It was only not only enlightening, entertaining, and very educational. And that comes in, of course, because she is a professor.

She did go to Houston College of Optometry. She has an incredible clinic down there in Texas. It's called the Nanda Dry Eye and Vision Institute. And she specializes not only in dry eye, but all types of different eye challenges.

I know myself because I've suffered from some and we're so excited to learn from her today and not only bring their expertise, but you know, she's been an educator and I was looking up her bio recently and over 500 presentations for healthcare professionals.

Very impressive. It's like another Dr. Bob. I get something going on down there in Texas. I'll tell you what. And she's very fun person. And, you know, the cool thing was what she presented things to me in the office in a very easy to understand fashion, unlike some other professionals and professors.

So welcome to the podcast, Dr. Nanda. How are we doing today? I was absolutely wonderful. As you remember, I can be an edutainer. So I educate through entertainment.

And I do that through fun little accents. And everybody knows if you speak in a British accent, everybody thinks you're smarter than everybody else. But actually, I just talk like this.

top of the morning to you. I was going to get some tea and crumpets for you if you're in your rock and roll. I love it. I love it too. But I thank you very much for letting me share my ideas and information and then integrate what I've learned with so many.

Can I brag on you guys? So many of your wonderful products that Right away. Good. Exactly. So I'm very excited to be here and to share. And I'm so glad that my rep just, I mean, I went to a healing conference and my sister started talking to him and things started flowing.

And then she's like, you need to talk to my sister. And it's like, who's she? And then just like when Jamie came down, I was like, who is this lady? Where did she come from?

It's like, I think God happens with everything. I'm blessed to get to use your products, get to know you, and I'm super psyched to go to the professional training education in Pittsburgh.

We are fired up for the podcast and also for you to come into town and meet. We have over 200 people at the sold out events, our biggest event ever. And you're right.

It's all about where God places us in the universe. And, you know, me and Christine went on a retreat recently with Dr. Joe Dispenza. And, you know, it was enlightening to say the least.

But, you know, since that has happened, so many great things have come into our life, including you. And we just want to thank you and appreciate you making time with your busy schedule.

So can you tell us a little bit about your journey? Because it's fascinating, you know, how you got started in this and then where you are now. Yeah, it is kind of fascinating.

So as you said, I am a professor or clinical professor. I teach students to become doctors. And then I teach doctors to become better doctors because I teach all the continuing education programs throughout the world.

I mean, I used to speak everywhere. And then, unfortunately, the world shuts down. And all my speaking gigs go down the toilet and I didn't know what to do because, you know, I educate.

Dr. Nandau2019s Background and Teaching Approach

So I decided to create my own online education. I call it Nandatory News. Haha. because it's mandatory to come, right? So I just started doing that online.

The world shuts down on Friday the 13th and then March 31st, I reverse it and I start teaching online. And it just kind of developed in that way. And like I said, I like to educate through entertainment.

So I switch voices, I can do Russian if you like, you know, it's all the UN is meeting this week. So I don't know what is going to happen, you know, so all these different things are happening.

And I thought, you know, this is what I do. I teach students, they don't stay awake unless you start changing their voice. And, and I just, I feel like doctors are just older students, right?

So. I just thought, well, why don't I do that? And then I luckily can have a creative mindset anyway. So all my lectures are based on a theme. So this week I talked about diabetic retinopathy or diabetes and how it affects the eye.

Yes, and you know, we can talk about glucolides and stuff like that too, because there's now things that we can do. I always say nutrition and food as medicine, not food is medicine.

So if you take away the toxic stuff, and that's the other thing, I used to speak for pharma. I can't even do it anymore. I can't even, I've changed the way I look at things instead of giving them an eye drop of medicine or whatever.

I say, what's the root cause of the issue? And let's see if we can get to the bottom of that and teach to treat you naturally or holistically. So I've really shifted.

And so instead of going to medical conference, I go to healing conferences now. And that's why I'm excited to go and learn as much as I can. I've really shifted the way I look at things.

in a good way, in a good light. And we have to what? Make America healthy again. We have to realize that there are a lot of things that they're putting poisons in us, and we have to detox from those poisons, reset our makeup, our genetic makeup, whatever they're doing to us, and then get us healthy again.

And I always say it like this, eyes are windows to the soul. We do windows. So that's why. Well, I love it because we've always had a philosophy at Nutritional Frontiers.

You can run for the cure, but you'll never catch it. However, you can run for the cause, and that's what we're doing. And Christine, what have we found is the top causes of any condition, including eyes?

Oh, well, for me, it's underlying emotional root causes, right? What's underneath all of that stuff, right? But there are several key things, right? One of them is toxicity.

You just mentioned it. Another is stress, chronic stress. Oh my gosh, that's probably the biggest one, right? I just read an article this week, how stress destroys the gut microbiome.

Oh yeah, it destroys a lot. And then it creates inflammation, right? And then it all goes wonky, right? It's our body waking us up, telling us something is wrong.

Certainly, poor nutrition is in there. I know Jamie has been quoted saying like, lack of movement, sittings, the new smoking. Correct. Yeah and then the last like they're not out kids aren't out running around riding bikes playing in the woods like we used to right it's sedentary it's gaming and then the last one you know is genetics but that's the smallest component to all of it four out of five are within our control and that's so empowering right like we can actually have an impact on our own health mentally emotionally physically and I love that you say the windows to the soul are the eyes.

And Jamie and I have both had some challenges in the past couple years with different things going on with eye health. So we are so excited to jump into it with you.

Yeah, that's why I was really surprised. Every time you said something, I'm like, what? You have what? I'm like, I mean, I'm not going to share. It's a HIPAA violation.

But if you want to share, that's yours. I will be happy to. I want to make sure that we're not doing anything, but I created a very small little slide deck kind of going an overview of the eye.

If you wouldn't mind, I would like to share that and then we can stop anywhere if we want to interject anything. It just gives a better idea because I even remember before I even got to school, like, what's the cornea?

What's the retina? Is that the front or the back? You know, stuff like that. So just to help your audience understand what the different things are and then maybe some things to help improve their symptoms that they're having.

Would that be great? Absolutely. Please do. So this is my kind of like how I start. Is it like the joke of the day? Okay. Yes. I asked the expert here.

I'm a professor as well as a clinician. So this is what we call an eye exam, right? What is the retina? What causes conjunctivitis? Where is the optic nerve head located?

Well, I didn't realize that's what it meant by an eye exam, but it was kind of being funny. So when we look at these things like, no, we're not giving a test like that, but we want to understand the eyes front to back.

So just real quickly, you know, this is a this is the front view of the eye and this is a cross sectional view. So if we cut the eye and I also brought my buddy Fred, which I can, you know, help you.

Freddie bombats. He's got to be here. So when when when I bring the screen down, I can share a little bit there. But I want to talk a little bit different conditions that you see.

Now, if we look over here inside, this is the pupil. And that's usually what we see is dark. Okay. And that's just the black hole, there's nothing there, it's just the entryway.

So when we dilate or open this thing, which is the iris, which is the color part of the eye, think of the camera, we open the iris up, that gives me a view into the back of the eye without even having to cut a person open.

I can see blood vessels in action. blood flowing, et cetera, just without even cutting into the human, which is brilliant. I mean, we can see a lot of different conditions, including diabetes, including macular degeneration.

Also, anything that's going on that we didn't know. Do you have high blood pressure? I've diagnosed more people with high blood pressure just dilating their eyes.

Boy, those blood vessels look a little beaded or tense or something. Are your blood pressure uncontrolled? He's like, well, you know, I haven't gotten it checked in a while.

So then I whip out the blood pressure cuff. At the eye doctor, I whip out the blood pressure cuff and I go, oh, looks like it's a little bit higher today.

Do you have white coat syndrome? Some people do. But this is more like this has been going on for a bit. Then there's things like glaucoma, which is high pressure in the eye.

So when you say stress, think about the eyes undergoing stress. So a lot of the times people don't realize that because it doesn't affect their center vision, it affects their peripheral vision or side vision.

Right. They could just be looking at something like, I'm 2020, what are you talking about? All of a sudden, we're like, where did that bicycle come from?

Where did that car come from? It came out of nowhere because their side vision has started to decrease.

Eye Anatomy and Front-to-Back Overview

They missed it. So they'll have to turn their head to look instead of seeing. And that's high pressure in the eye causing damage to this right here, which is the optic nerve.

And that's an extension right off the brain. So there's a lot of things out there. People are trying to cheat the system, right, by taking Ozempic and all these other drugs, right, as opposed to getting to the root cause for their diabetes and their overweightness.

So guess what? That Ozempic actually attacks this nerve. And people are going blind because of it. It's called non-arteritic anterior ischemic neuropathy.

Wow. Yes. Yes. That was the lecture I gave this week. So it's pretty scary. And also when you're taking those type of Monjaro, Ozempic, Wegovi, all those semi-glutides, chirozipatides, all those Tide drugs that increases the hemorrhages or blood vessels that break in the back of the eye.

and it's increasing at a faster rate. If you have diabetes, it will last, you know, you won't get diabetic retinopathy for two, three, four, five, ten years because the longer you have it, the more likelihood the blood vessels are not getting enough oxygen.

And I'll go into that a little bit later. But if you take one of those drugs, You'll get it instantly. You'll get diabetic retinopathy quickly. It's been proven over and over.

So I can't, you know, get rid of that quick way to lose weight, quick way to get rid of your diabetes and do it the right way. Do it something using like, and I know Jamie's the expert, so I'm going to lead it to him.

What is glucolized? Tell what the heck that means and what does it do for the sugar in the body? There are some really key nutrients. that makes your body, we've all heard about insulin resistance.

So we wanna make the body more sensitive to insulin so that we don't have to keep pumping more and more. And there are some key nutrients that are directly associated with insulin sensitivity, right?

Some of the more common ones that we've been familiar with are things like chromium, right? But it's not only the ingredient, but the form that we utilize.

So we use a tracks form. So it's a covalent bonded chromium. So the bioavailability is really good. So we use chromium, things like R-alpha-lipoic acid.

That's a really good antioxidant and it makes the body more sensitive to insulin's actions. We use cinnamon. There are studies done all the way back in Diabetes Care 2003. You guys were both young adults back then.

And what it showed is one, three, and six grams of cinnamon a day will have about 18 to 29% modulation of blood sugar. So we did as we put together and then there's B vitamins in there.

So I look at glucose, I hate to compare it to a medication, but a natural metformin is going to make the body a lot more sensitive to the ingredients, to insulin's action.

So we don't have to keep pumping it. And people are very deficient in these minerals and nutrients, as you know. Anyway, we added some herbs in there like gymnium.

So it's a more comprehensive approach. rather than just using one or two ingredients. Nutritional Frontiers is known to create more comprehensive formulas so you get better results and a better value for your patients.

So, glucolisone you can take with meals, two caps twice a day is a really nice dosage. If you need higher, you can go up to six or eight. So that's one thing that everyone would need if they have insulin resistance, type one, type two, or even the new type three diabetes.

But even pre-diabetics, anyone's having problems with blood sugar management, weight control, cravings, glucose is a great nutraceutical. Wonderful. Yes.

See, I knew you'd know that. That's like your thing. I just kind of read the ingredients. I say, here, take this, take two of these and don't call me in the morning.

Anyway. All right. Yes. So those are the things. Let's dive into a little bit more. So what about dry eye? So a lot of people don't know what dry eye really means.

Now this is the lacrimal gland behind. And when I bring Fred out, it looks like he has a tumor. It's not a tumor. It's a lacrimal gland. So what it does, it produces the tears, or one kind of tear.

There's three kinds of tears. I know you guys don't know this, but I'm trying to tell you. So there's ones of tears, right? Three layers of the tears.

Okay, I thought you were gonna tell me it's caused by different types of people in your life. I'm real good at creating tears, yeah. Well, guys, you know, there's the ex-boyfriend kind of tear.

Exactly, exactly. And then there's the taxes, you know, oh my gosh, my taxes are due. Anyway, so these try, there's three layers. Okay. So the top layer is the fat layer.

So, you know, the junk in your trunk. Well, that's the top layer and it's produced by these glands behind every eyelash. There's about 20 to 30 or maybe 30 to 40 up top and about 20 to 30 at the bottom.

Didn't know that, did you? All right and then the other one is produced by this lacrimal gland which produces that like if you get a hair follicle or something in your eye and then all of a sudden you start tearing up that's the lacrimal gland doing its work.

And then the bottom layer is produced by on the white part of the eye that's the conjunctiva well it has these goblet I know it's not chicken okay or turkey it's gobble gobble cells all right and they produce that coating on the top of the layer of the cornea and conjunctiva and they provide that smooth surface.

So what I like, okay, is when we have this glands that are clogged up, and as we age, our hormones change, especially with women, our food, our diet changes, and we start eating, instead of triglyceride type meals, we end up eating monoglycerides and diglycerides, and that's what happens here.

So this is more like a triglyceride that starts to break down. And as we age and as we eat poorly, because like Jamie said, our nutrition pretty much bites.

Okay. And that's a pun. Get it? Haha. Anyway, so anyway, so what happens here is it becomes thicker. So instead of like being this beautiful olive oil, it becomes like, you know, lard or Crisco.

And when I teach this to the students, they raise their hand and like, what's Crisco? I'm like, oh. Now I feel old. Okay. It's like coconut oil that's sitting out outside and it's not been heated.

Oh, coconut oil. Okay. Get it. So yeah, that's the green generation that we have just saying. Nobody knows what Crisco is anymore. Anyway, so I said instead of being liquidy like olive oil, it becomes thick woody.

Okay. So how do you decrease it? How do you decrease it? And because there's a lot of inflammation in the body. Again, I'm going to pull out Jamie because this is what I do.

I give them the SPMs. These specialized modulating or pro-resolving mediators really do the job to break this down to help those patients get rid of some of their dry eye complaints.

So the only thing I know is I tell them, here, take these, take two of these and you can see me in three months and then we'll do a heat treatment and some other things on you.

But then this is where you come in, Jamie, please explain what the SPM does. Yeah. I like how you recommend it to them. It's a recommendation, not a negotiation.

That's what we always tell the patients. Oh, fun. You like that one. You can steal it. It's okay. I'm stealing all yours. Wait till I break out my French accent here coming up.

Oh la la. Sacre bleu. Yes, exactly. So the SPMs were studied at Harvard and what they did is they were injecting these mice With a lethal dose of a toxin and some of them were surviving and they were like, well, why?

And what they found is it had these much higher levels of pro resolving mediators. So if you look at the inflammatory cascade, you have omegas at the top.

And then you have EPA and DHA was the active ingredient in omegas or in fish. And then they find these other concentrations are called pro resolving mediators.

And there's really three main ones and a lot of subsets, but 14, 17, and 18. What they do is they resolve unresolved inflammation. So they kind of like if you're cleaning the floor with the broom, these will go down in the corners and get all the nooks and crannies cleaned up of any inflammation, damaged tissue.

There's over a thousand studies on PubMed for SPMs and COVID. It actually helps with high sensitivity C-reactive proteins, inflammatory marker. It helps with fibrinogen rates.

It helps with pain scores. So it's. thousands of studies on SPM. So the bottom line is that it's a deeper concentration of fish oil. You're not going to get these levels in a regular fish oil.

So for the more advanced inflammation, we need to bring something in that's stronger. So that's where we recommend the SPMs. They're very safe and effective.

We've had tremendous results for a variety of different types of conditions, everything from joint pain to cardiovascular inflammatory markers.

Dry Eye, Tear Layers, and SPM Support

You know, some people use it for acute situations and we've had a lot of PSCs, positive side effects where somebody takes it for something. And then like a guy on our team, he's been a martial artist for over 40 years.

black belt state champion in karate. And he says, Oh my God, my thumb has been stuck for years and now I can move it again. So it's going in there and cleaning up unresolved inflammation that if left as is, it will never get better.

Right. And that's a really nice thing about the SPM. Dr. Bob Rakowski, one of our brand ambassadors says that it's been the greatest innovation in our field in over 25 years.

Since sliced bread? Pretty much, baby. Well, I call it I call it the Roomba then of the Roombas the room and kick. Well, the other thing I do tell patients is like not only your eyes are going to feel better, but your whole body is going to feel better.

And one of my patients actually texted me, I had her on a different product for years and I had been using our product for you. Hey, you know, when you don't know what you don't know, this is why God puts you in other places.

So I'd been using another product. It was doing what it's supposed to at the time. But then I stumbled again upon this and I said, I'm just going to try it.

So I'm going to put my next 20 patients on it and see what happens. And that's what I do. I always do my own tests. I don't believe anything. And you shouldn't believe anything what we're saying.

You should do it yourself. If you don't have that result, you'd be the only one. No. But anyway, so I went ahead and I did it. And then my patient was like, I think this is working better than the other one.

I'm like, it should be. So that's an understatement. Very happy about that. We love hearing testimonials like that. Me too. Me too. Because then it makes me feel like, okay, am I doing the right thing?

Should I have switched? I don't know. Okay. I did the other big benefit of the SPM is we always talk about, you know, all these different anti-inflammatories, either natural or prescription.

But the second part of that is the healing mechanism. So the SPMs will actually accelerate healing and return the body to a homeostasis. So. Yeah, no.

And that's and I also tell them your skin will be smoother. I do say that. So it does work. Thank you. Yes, exactly. Well, we need a little bit more. I'm just saying.

It's okay. I got you guys. I got a lot of miles on me. There you go. There you go. Well, I did briefly speak about diabetes, but diabetes does affect a lot of people in the world right now.

In America alone, 33 million people suffer from diabetes. That is a lot of people. and eight and a half million don't even know that they have it 96 million are pre-diabetic and of those 26 million are totally unaware of it so there is a real big problem and I do believe it's all the processed foods that they're consuming and a lot of people don't know this but most of the ingredients in processed foods forget that they're highly processed okay we already know that's bad But just look at the second and third ingredient of most of the things, other than your soda pops and your Coca Colas and everything, they have high fructose corn syrup.

Everybody knows it's bad. But did you know that majority of the foods that we have, the second and third ingredient is corn, corn solids? So I started looking at packages and I saw this one that said like pork and beef sausage.

And the first ingredient is pork, the second ingredient is beef, and the third ingredient is corn solids. Now, what the heck are they doing that in sausage?

We all know that we don't want to know how sausage is made, but now we really don't want to know. And why do they put corn in everything? Because it's addictive, it has a sweetener in it, and it makes you want to eat more and more.

So now you're overeating. But this is the part that people don't understand. Corn actually stops the synthesis or absorption of vitamin D. Now vitamin D we get from the sun, 80% of the vitamin D we get from the sun.

We need that. We need that to heal. Vitamin D is one of the healing things to allow us our immune system to be strong. But when they put corn in the foods, the absorption of the vitamin D turns down and then we get sick all the time.

So we have to get it through foods. But if the foods are we eating has some poisons in it because it's processed, then you need to get rid of the processed foods.

completely. You start eating whole foods again. And not only that, when you go out in the sun every morning, and everybody should, everybody should stick their feet in the dirt, that's called grounding, by the way, and then get God's light into you for 10 minutes every morning.

One, you'll feel better. Two, your hypertension will go down. Why? Because the sun from the vitamin D causes the blood vessels to open up, decreases the pressure in the body, and then you feel good.

But a lot of us don't even have time to go out in the sun. That's, that's a mistake. You should literally, if you can't schedule 10 minutes out of your day to…

You don't have enough time to go in the sun. What's wrong with people? Come on. What is wrong? I know there's something or they're, they're living in London and there's no sun there or they're in Seattle, right?

It's one of those places, but we get a lot of sun in Texas. And why do you think everybody's happy down here? That's right. Same thing in Florida. Lots of sun here.

Beautiful everything. So where can we get more vitamin D if we can't get it from the sun and we can't get from our foods, Jamie? Well, we've got a couple options for supplements, right?

So we have a fish oil with vitamin D in it. That's not the SPM, that's the omega-3D. We also find with our… 3D, so it's dimensional? Yeah, 3D. I like we're going to go for D next week.

So you better be ready in Pittsburgh. Okay. But we also have found that, you know, when you add a vitamin K two to the D, it really helps with driving that D into the bones and into the muscle and to the tissue.

So we have a super K two plus we have a D three K two complete. It's also in our frontier, women's and men's multi. So we have quite a few options for people.

Oh, see, that's even great too. So if you can't get it from the sun, although you should, you can also get it in one of these supplements. And a lot of the times you should get your vitamin D3 checked and then start the regimen because you really need it to protect your immune system, especially now we're going to get into the winter months.

Yeah. And the research shows you need at least 20 to 30 minutes a day, full body exposure. That would be naked. So I'm all for the birthday suit on the beach.

No problem. That's called a Robert Moses field seven. A friend of mine told me about it. Wink, wink, nudge, nudge, your friend. But seriously, if people are in the sun, usually like in Florida, they're so covered up.

And then if they are out, they wear sunscreen. If you wear sunscreen above a 15, It blocks like 99% of the sun vitamin D content. Okay. And if you're on cholesterol meds and you know, your liver's congested, you're not converting.

So most people need to take a vitamin D supplement. The other challenge is if you go back to school, which you are a professor, you know, normally a grade is up to a hundred, but the vitamin D scale is interesting.

It's 30 to a hundred. So the range is so big. Optimal we find is over 70. And people are concerned about vitamin D toxicity. We've never seen a case of that.

Now they're talking about expanding the levels up to 150, 200, even up to 300. So you're going to see that in the next three to five years. Yeah. And everybody's always worried about, they call it A, D, E, and K.

These are fat soluble vitamins. So he was like, you can overdose. You can, I'm like, yeah, but our body's not absorbing it. And the rest of it, we poop out.

So, you know, God has a way to get rid of the stuff that's extra. So that's a good there's not been one death of a vitamin supplement in the last 10 years.

I looked it up. However, properly prescribed medications is in the top five leading causes of death properly prescribed. That's probably true. And I totally believe that because there are a lot of people.

Even if they don't know what they should or not, whatever, when it comes to medications, because a lot of times people forget even if they take it. Some people undertake the medication.

Like, oh, I think I took it today already. They don't have a checklist. But I wanted to say something about sunscreen. You should not be wearing sunscreen at all.

And everyone says, but I'm going to be Larry the lobster. Wait, let me explain something. Why am I going to be Larry the lobster? Why am I going to burn?

There was a study done that actually showed if you stay away completely from seed oils and switch it to olive oils, avocado oils, coconut oil, et cetera, you will never, ever, ever, quote me, never burn in the sun.

It's interesting because as a kid, I would always burn and peel. And as an adult, I use very little sunscreen, if at all. Christine will test to that.

And I don't burn anymore. No, because you probably, your diet has changed. You're not eating the seed oils or cooking with the seed oils, the canola, all that.

It's all poisoned, completely poisoned. Yeah. Well, I do want to share one little emotional root cause nugget on diabetes, right? There's different types, type 1, type 2, type 3, but if we just kind of look at type 1, right?

That's people who really need sweetness, like attention, love and care, right? That's kind of why the diabetes

presents itself, right? We know why from a blood sugar perspective, but it's because they want that sweetness in their life.

They want that attention and love. And sometimes they can be insecure or under… Yeah, absolutely, absolutely. And like I said, there's different levels, but it's just kind of fascinating when you start looking at what are those underlying emotional root causes to different conditions.

And I know we're going to talk about another one that you have coming up here soon about glaucoma.

Diabetes, Blood Sugar, and Retinal Damage

Oh, so this is an easy way to remember or understand what diabetes is or does. So we know the insulin kind of turns off or the beta cells, those are particular cells in the pancreas.

Pancreas produces insulin. Insulin is what we need to pull the sugar out of the body. Once we eat some food, whatever it is, once we eat some food, the body has to store it for energy later.

But let's think of it, I'm going to switch to a South Carolina accent because we remember things when we have some way of remembering it. So if we put a teaspoon of sugar in our iced tea, because everybody knows about sweet tea in South Carolina, right?

So you put a teaspoon of sugar and we drink it and we go like, that is lovely. But what if we put a cup of sugar in that same eight ounce glass iced tea and you're like, oh my goodness, this is thick and syrupy.

That's what's happening in your blood. It becomes thick and syrupy. And when it becomes thick and syrupy, there's not enough oxygen. So red blood cells carry oxygen.

But if it's full of sugar, it's like the Godfather. I can't breathe here. So it's not breathing. So what happens, if I go back to my pictures here, if what happens is these thick, beautiful blood vessels are full of syrup, then what the bleak blood vessels, or we call them neovascular, means new vascularization, new blood vessels start growing.

So these these blood vessels are kind of like knockoffs. They're not like made in America There's these crappy ones that just showed up and these terrible ones are cheap and they break and That's what these little things are breaking.

They're called causing hemorrhages or blood vessel leaking Now, if it's way off to the side, yeah, the patient might not notice it. But if it's right in the center, that's when the patient starts saying, I see red in my vision or my vision's got really blurry, et cetera.

And that's because there's too much sugar in there and it's causing the patient to go blind. So this is just a physical representation of what I'm looking at in a healthy eye versus one that has diabetes in the back.

Got it. Okay, and these are some other pictures which, and this is what a patient would perceive. Instead of being all clear, they'll like spots are gone in the vision and they don't see as clearly and they're really worried, which of course they should be because they don't have their sugar being processed correctly because the beta cells have died off.

Now, people think because the beta cells have died off, they can't come back and that's what medicine tells you. It's not true. you can cure diabetes.

Yes, you heard me. Okay, I'm not a lawyer, so I can say cure. All right, so you can actually, there's things called HIT, H-I-I-T, High Intensity Interval Training.

If you get up in the morning like some of you guys do and walk just a little bit and you're taking your slows, you know, getting yourself used to it, but then hold two little, you know, pound weights, two pound weights in each hand

and start pumping it up.

Just bringing it up. That brings up the heart rate. And that when that heart rate brings up, then it's more of a higher intensity and then slow it down again.

And then bring it up again, like two minutes high, two minutes slow, two minutes high and start building that up. And that's that high intensity that we need.

The studies have shown that the beta cells grow back. Hmm. Mind-blowing, right? What you can do to help yourself. There's so many things. Even something, if you want GLP-1 receptor agonists, which are the semi-glutides and everything, you don't have to take that.

And do you know what it's derived from, by the way? Do you know what these semi-glutides and everything are derived from? No. The venom of a Gila monster.

Who? A Gila monster or a Gila monster, G-I-L-A, Gila monster. They take the venom from the Gila monster, they synthesize, they make it in a laboratory and then they inject it into the stomach and it paralyzes the stomach.

And so the patient feels full so they don't want to eat. And so what happens is those patients end up being constipated. So they need max lax, by the way.

Anyway. Well, we have a whole other protocol. We can go into a whole other segment with you. I know. I know. Or how to do it naturally with our neutral glutide.

We got a whole host of solutions. Part two. Yeah. But there's so many things out there and nobody even realizes like, what are they doing? So I have another patient who said that her husband is constantly constipated and she's a retired nurse.

She's like, you know how many animals I have to give him? I'm like, oh my gosh, too much information. I do the eyes, not downstairs. I'm learning a lot from these people.

I'm learning a lot. Now, this is another common problem is floaters. Now, what are floaters? This is inside the eye. I'm going to use Fred again, so I'm going to decapitate Fred.

Inside this huge space, think of it like jello, okay? It's gelatinous, it sits there nice and hard. And think of jello in the fridge, it's nice and hard.

But when you take it out of the fridge, it becomes sloshy, not quite liquid, not quite solid. And so that's what's happening here. As we age, this area, this vitreous becomes not quite liquid, not quite solid.

And so you start seeing things floating in your vision, sometimes these cells, sometimes tissues, et cetera. So what can break this down are simple things like papain, which is found in a papaya, or bromelain, which is found in a pineapple.

But the problem is nobody's going to eat, you know, the whole pineapple, first it will make you sick, so much sugar, or a whole papaya. So what I tell the patients to do, I tell them to use Probsyme.

It's a simple thing to decrease the amount of floaters that you have. And I bet you guys didn't even know that, did you? I didn't know that helped with floaters.

I have one, I have one left from my glaucoma cyclic crisis incident that I mentioned. So if you want to break down these cells, bromelain, capane, all that stuff.

So it has all these amylase, lactase, bromelain, lipase, cellulose. It has all these wonderful things in probesine, which I didn't even know that was your first product.

So I learned that too. Yeah, so this is brilliant for floaters. So if your patients don't know about this, this is what I tell them. Again. It's also great for your tummy.

You can take it with meals. You can take it before a meal, after a meal. That is always in my briefcase. I have that as my go-to, especially when I'm out and about.

Well, if you want to break down the floaters and keep your stomach happy, that's what I do. Bonus. Bonus. Two for four. Who knew that? So this is a picture of the vitreous, which is getting, like I said, deliquifying.

And sometimes you have to be careful. This is actually a picture of, I took this photo of a patient's floater. So if I can see it, I know you can see it.

So yeah, this is very common thing as we age. Now, in and of itself, floater is just irritating. But if it starts pulling, if you start seeing lightning bolts or flashes, it could be significant of a tear in the retina.

So you want to make sure you call a doctor immediately and say, hey, you know, you told me the floaters are no big deal, but I'm starting to see hundreds of them and I'm starting to see light flashes.

And then I said, come on in, we got to make sure that the retina is still attached. So that's the thing you have to worry about, floaters. Got it. Okay, this is my little Anybody a fan of blues brothers next week?

I've heard somebody's going to be dressing up. So my blues brothers thing, I just want to, you know, kind of touch on what blue light is doing to our eyes and how it's causing earlier and earlier signs of macular degeneration.

And usually macular degeneration I tend to see in my older patients, like 70, 80, 90, yes, most of my patients are in their 80s. Yes, I have a large octogenarian practice, I'm telling you.

But why am I seeing in patients in 40 and 50s now? Because of their exposure to the computers, okay? So this is what I call the evil TV. Even though we need it all the time, we're on our cell phones, we're on our iPads, there's good light, there's bad light, and there's blue light, okay?

So these are what we can't perceive, these are what we can. Remember, ROYGBIV, right? Red, orange, yellow, green, blue, indigo, violet. This is this visible spectrum.

We can see those things. But we didn't realize how high the energy band was with blue light, okay? And there's two kinds. Is it the cool blue, the soft, the happy blue?

And I call that blue turquoise. And then there's the high energy one. which is the evil one, and I call it blue violent, not blue violet, all right? That's my joke.

Because it can cause damage to the retina, including age-related macular degeneration. Now they used to call it ARMD. age-related then they called it you know AMD just to shorten it now they just call it macular degeneration because guess what it's not age-related anymore it's everyone anyone who's exposing themselves to this blue light all the time I sometimes sit in front of this computer a lot So I take away the blue, I put the red on here, and I make sure I wear my, well, it's not dark per se, but it's my anti-reflective blue blocking glasses, and I can speak to that a little bit more.

And then I always tell them to take what? My 2020 formula. So what's the 2020? I have to say, and I'm going to go into that real quick.

Vitamin D, Sun Exposure, and Seed Oils

how enough doses will cause more damage to the cells in the back of the eye. And if we look at this, we know it helps us stay awake. We know it helps us, you know, our cycle up and down, waking and sleeping cycle.

It makes us feel good, gets away, gets rid of the blues. Blues get rid of the blues, right? So it keeps us alert, etc. And we need it, you know, like back in the hunter gatherer days, we needed to wake up in the morning and go out.

But the problem is there is no nighttime. Our eight hour workday is like 12 hour workday because we have all these artificial lights around us. And most of our time is spent indoors.

We're no longer in the sunlight and majority of people are picking up their phones every 10 minutes. I know my phone has been blowing up since we started this conversation.

And we're on this computer or this blue light 34 hours a week. So there, and that's, you know, on a slow week, on a slow week in my opinion. So we're 13 hours on our laptop, et cetera.

So we're spending more time at home. We're spending more time indoors. We're spending time in front of the TV and the devices and all these LEDs, these artificial lights are emitting that blue light.

And then when we look at it, when we're, I mean, this is like the poltergeist thing. That's what I see. It's like we're mesmerized. I see the light. Do you remember Bugs Life?

It's like, I can't help it. I'm going toward the light. So there's so many venues of watching these different things, but the closer we get, the more damage we have.

So a light source three feet away is four times as intense. Light source one one foot one and a half feet away is 16 times intense and can you imagine these kids?

They're sitting in front of them like two inches away from them It's the more exposure because the closer they are to that blue light and back in the day It used to be an orange screen.

Did you know that maybe Jamie would know that? Did you remember? I am much older, so I do remember. Yes. The orange light was actually calming to the eyes and it never hurt.

The blue light, they switched it. They switched it. Why did they switch the light? Because they wanted our worker bees to be better workers. So they switched all the incandescent lights to fluorescent to make them wake up.

That's why they did it and they changed the orange to the blue. So this is why everything is a these are also earlier computers. Why did they switch it?

Because they wanted better robots in their world. So kids are on it more than three hours a day. And this is sickening to me. This is just making sure that that child doesn't have vision by the time they're 30. Okay, this is the scariest part.

So the child doesn't have the lens that an older adults, the lens inside the eye. Again, I'll pull Fred out. This is the lens inside the eye and this protects.

In a younger kid, it can't protect as well as an older adult. So they're twice as more likely to get exposure to these blue lights compared to a 50 year old.

And that's super scary because these kids are on it longer than these 50 year olds. Yeah. And I know that people use that to kind of occupy kids' time, like not going out and playing with them, but, oh, give them the iPad.

Give them a phone. Correct. Correct. I call it the one-eyed babysitter. That's what it is. Wow. The kids are sleep deprived. Most of them get less than seven hours of sleep at night, 25%. And then they can't fall asleep because they're exposed to it.

So their circadian rhythms are all screwed up and they can't fall asleep. So why do you think all these behavioral disorders are occurring? a lot of these kids are just upset, uptight, whatever, and that goes back to your stress

levels, right?

So you're not getting your sleep, and that means your body is not even processing the day. We need the body to slow down, regenerate, et cetera, so we can get up in the morning.

And I know I saw Dr. Bob's talk about L-theanine and how that helps. I think you said something about sleep time to get your anxiety down too. Yes. Yeah, absolutely.

Calm day and sleep time, they have similar compositions in them. They all have L-theanine. They all have B5 and 6 for the adrenals. They also have glycine and taurine.

And then the sleep time will incorporate 5-HTP and melatonin. Okay. And I remember Dr. Bob said you can even take it during the day to help decrease the anxiety, et cetera.

Especially if they're very deficient in melatonin. Um, he recommends that, uh, every hour during the day. So I know a lot of docs are like looking at them a little with a lot of skepticism.

However, he has all the case studies and he says, if somebody is very deficient in it, you have a big capacity to, um, you know, that to increase those, uh, dosing and, um, he recommends it during the day.

Yeah, and that makes sense because they're not getting what they need. And the blue light actually turns off the melatonin if you didn't know. Well, it turns it off completely.

And as you keep using and using your own natural melatonin will shut down. And as we age anyway, you know, you see a lot of 70 year olds going, oh, I only need five hours because their melatonin is turned down.

Do you recommend somebody wears the glasses, like the yellow glasses? I do. I was actually just looking for my pair right now. I should be wearing them.

These are blue light. They help me. So I totally believe that. Yes and then if you don't have it and you would like to get it either game or glasses. I call it no prescription.

Some people need a prescription. I am now going to offer it on my website so you can you know type in your prescription if you need it or whatever click click and then it has an AI thing where you can put your head there and it does all the measurements.

If you need bifocal or progressive bifocal or just single vision, whatever, all of that is going to be available on my website. So if anybody needs your eyes, you can do that, but you can also help the patient by using that 20-20 formula.

So let me get to that. So look, reduced melatonin levels are linked to breast cancer, prostate cancer, heart disease, diabetes, and obesity. So not having the right melatonin levels in the body is crucial to your health.

You need to have the right melatonin, otherwise you are going to get yourself in a world of hurt. This is really, really scary what's happening. And haven't you noticed like one in three people, one in four people, everybody, every patient that I see has some kind of cancer now.

Have you all seen that too, this uptick? Definitely, definitely. Oh yeah, especially if they have the shot. We've seen a tremendous- Yeah, the clock shot, we call it.

The quad shot, I heard that recently too. I like that name better, the quad shot.

Floaters, Blue Light, and Macular Degeneration

We don't call it a vaccine, we call it a viral injection. So those of you who have been injected with an mRNA

instructions to make more virus, you're actually at a higher risk of developing all these things because the body's own immune system is going on hyperdrive and it doesn't shut down and that causes all these cells to proliferate and all these cancers to start developing.

And as Dr. Sherry Tenpenny said, injection is not ingestion. There's a big difference. You're trying to get people to feel, oh, well, you're ingesting this and that, well, it's different.

So we are not a big fan, of course. Right. I was on Dr. Tenpenny's show last month. So that was, yeah, I talked about all this too. So yeah, it was great.

Yeah, it's good. It's good, but more knowledge, more power, more knowledge. So back in the day, if you can go back to incandescent, I would, because it's only 3% of blue light versus fluorescent, which I told you they switched everybody do to make them more worker bees, which is 26%. And then these LEDs are the most dangerous.

They're producing about 35% blue light. And that's really what's causing most of the damage to our retinas. You know, some of these headlights at night when I'm driving, man, I'm super sensitive to them.

Yeah and and that's why I recommend the yellow filters and the yellow filters cut that blue light down and then like you feel less anxious and then you can have the ones that actually cut the blue light with the lens coatings inside.

So this was a study that was done in 2015. This is over 10 years ago, and they've already known about how the retinal damage is induced by the LED light.

And what does it do? It causes loss of the photoreceptors, which are the receptors in the retina, the back of the eye. And it causes them to apoptosis.

So that means to die, necroptosis, necrosis. So they all die off, or they have this programmed cell death much faster than what they should be. So when this photoreceptor starts to die off, the patient says, I don't know, my vision is just getting blurrier and blurrier and I can't see things and things are missing in my vision.

And so this blue light is high intensity, okay, and it causes heat damage. as well as photochemical damage. So I start to look and I start seeing these potholes, that's what I call it.

This is what I see in a patient who has retinal damage because of the blue light. There are little potholes that appear in the back of the eye and the patient says, my vision is wavy or parts of it are missing and I don't know what's going on.

And if they start to join together, think about it, these are like individual gangs. If they start joining together and coalescing, then it becomes a smooth surface and then everything disappears.

And then blood vessels start to creep in and that's called wet macular degeneration as opposed to this one. Even worse, right? Much worse. And then you have to have injections, a different kind of injection to decrease the blood vessels that are growing back here.

Yeah, the vast injections. The ingredients in the 2020, because we looked at the A-RED study, It was okay. Yeah. Reds to slightly better, but then we created a reds 100 that that's the 2020 and one of the patented research trademark ingredients and it was called Ludamax.

That is a combination of the three most dense nutrients in the macular. So that's lutein, RR, and RSC is antin. That matrix of those three ingredients that are mostly located in the macular is the ingredient called Lutamax.

So one ingredient of the year at the Supply Side West show a couple years ago. And it actually has a tremendous amount of research on blue lights, sleep, headaches, and anxiety.

So exactly what you're talking about. That's one of the majors inside the 2020. So I'm glad you're utilizing that for

your patients. Yeah, and here it is.

So this is the luteum. This is where the vision is seeking. So lutein and xanthin are these two natural carotenoids found in the body. But we have the highest concentrations when we're young.

But once they're there, they get used up. So we don't synthesize it ourselves. We have to get it from outside sources. So it must be obtained from the diet.

So if the product, like the 2020 product, has it, I don't know how much kale a person can eat in a day. Again, we get it. Not enough. Yeah, not enough, not enough, not enough.

And that stuff's bitter. Well, I know. The only way I can do is kale chips. But anyway, I don't want to get chip faced. That's all. All right. So now if we look at this, we have a lot when we were kids, but it starts to decrease with age.

So if we need these, these are all the different kinds of foods that we can have that will help with our retina to get back to the stability. But if you already have macular degeneration, this is not enough.

You need to get the supplements to kick it up because now you've been sitting in front of this computer, you've been doing all these things that are toxic to your retina.

You've got to turn up the volume in order to get that shield. The natural eye shield needs to be you know, warp speed for getting it to get better. That's the important part.

Well, Dr. Nanda, most of those things are included in another formula that we carry. We have what we call our pro colors line. Oh, yes. Yeah. So pro reds, pro purples.

I love those. Yes. Yes. Pro reds, pro purples, our pro lean greens, even our pro oranges. But pro-REDS, we often pair, especially when someone has those types of conditions because of all the incredible veggie and fruit blend that it contains.

It hits pretty much everything on your hot list there. Awesome. So these are the other things to help prevent, you know, the vitamin Cs. Like you said, the pro-oranges have all that great stuff.

Zinc, vitamin E, all of these have great antioxidative properties to prevent the stress in the retina and help the patient heal. So, again, key nutrients and protection against that blue light damage.

So, that's important. So, get that diet-rich lutein and xanthin. These are all the different studies like Jamie had mentioned. The A-REDs had the vitamin C, E, and zinc.

These are Anhain's study with vitamin B1. The Elionor, which is a French study, showed that vitamin B5 and 6, as well as the Mediterranean diet, are also helpful to keep those retinas healthy.

Keep the retina healthy again, right? And prevent that macular degeneration development. Even prevent cataracts and help restore the national blue shield of the eyes.

And then I briefly mentioned about the blue light protection with the glasses, which I provide. Blue light blocking glasses are one of the top things in search engines on Google and everywhere now.

Eight out of 10 people say it's important to protect their eyes from the blue light. So I partner with Zeiss, which is an ophthalmic company, which does a great job of protecting the eyes from the blue light.

It blocks it. It keeps the good blue light, which I told you, the blue turquoise that makes you happy, and gets rid of this blue violent light. And so that's the one that's toxic to the retina.

So it totally blocks the bad ones out and the harmful ones that a patient has. So these are how it shows that and

the exposure. If we limit our exposure before bedtime, that also helps.

yellow tint filters for driving at night to protect from the LEDs from the street lights and the car lights also help and even going to the grocery store that will help to protect from macular degeneration.

Dirt kids from the tablets, we want to make sure that they don't have their devices on two to three hours before bedtime so our natural male attendant can kick up again.

We want to protect from the glare and everything like that so you can consider gamer glasses and everything like that. And this is my last thing, which is so cute.

Here we go. So what? Children today may be tomorrow's experiment. So these case studies, this is a big cause for concern. So we remember that we are. We're on a mission from God.

We are. Well, we are all on the mission. Like the order line, which is four whole chickens and dry toast. Elwood. We are all on a mission to make the world healthy.

Well, Dr. Nanda, that was an incredible showcase of some of the conditions that we all face and great advice on how we can continue to see well. I think we're going to have to do a part two.

We're going to have to have you back to talk about some other conditions like glaucoma and you know, stigmatisms and all kinds of stuff and other things that we can do when we see these conditions in our eyes.

Yeah, one quick thing. Can you summarize your bundle? So are you using the SPMs and the 2020 together? You can see your beautiful face a little bit bigger.

All right. Thank you. Thank you. So how I do it, I guess I listen to what the patients say, but I say from front to back. So we want to cover the cornea from the front.

So we talk about the SPMs and then to the back to the retina. So we want to protect from the blue light and the macular degeneration. So the SPMs as well as the 2020, I just put them together.

And then if they have the floaters or if I notice the floaters, I go ahead and add the Probezyme. If there's other things going on, if they have the diabetes…

Oh, I didn't even mention the other thing. When I have a patient where I see hypertensive retinopathy or the blood vessels that are getting constricted, I go ahead and tell them to take the seven flowers, and I'm sorry I didn't get to mention that either, but these are all the different things that I never used to think about before, but like I said, I see so much now, or maybe I'm paying attention more than I never did before, and I never thought I could help them before.

I just diagnose it and like, well, that kind of sucks to be you. Okay, go on. Whatever your primary care position is telling you, I guess you should do that.

Eye Health Protocols, Glaucoma, and Closing Remarks

Now I say, I'm not sure what your primary position is doing, but promoting big pharma. I'm going to tell you, you can use this in conjunction with what you're doing.

And then when your blood pressure starts to go down and you go to your PCP and they're going, whoa, your blood pressure is too low. I'm going to take you off these meds.

You can thank this. Well, as they would say, the power that created the body is the power that can heal the body. Amen. Yeah. And I'm a big proponent for the seven flowers.

I use that to control my own blood pressure and to get off the pressure meds. And as I mentioned to you, I had a glaucoma cyclic crisis where the eye pressure, my one eye was 39 and normal is supposed to be somewhere in the teens, right?

Yeah. Under 20 is what we want. We're looking for. And I go, yeah, so that was a pretty scary event, but what was going on in my life, I was under such stress.

It was showing up in my eye and essentially, you know, I felt boxed in. I was under pressure. I was overwhelmed. You know, I was mentally, emotionally exhausted and I didn't want to see my life the way it was.

So I needed to make some pretty drastic changes. And so when that happened, I was in total panic and my first call was to Jamie. What do I do? What do I do?

So yes, they did give me some drops to bring the pressure down quickly because that's pretty You know, that can cause blindness, right? So I did that, but I also did the seven flowers in higher levels because the seven flowers are those, it's one of the most ancient formulations, right?

It's all the seven blue flowers. It's been around, I think it started, wasn't it in China, Jane? Yes, I think so. Yeah, I think I'm reading that too. It's been around for a long time.

And so I took that in addition to, you know, some of our pro colors line to get my pressure down. I used SPMs to get inflammation down in my body and I bounced back right away.

And so I'm really grateful that we have those formulas available to help me recover so quickly. And now I just have one little niggly floater, so I'm going to keep popping Probezyme.

Yeah, pop the Probezyme, you know, and then don't call me, right? You can. You can. If you need help, I do telehealth. So, www.docnanda.com. You can go on there and make a telehealth appointment.

If you have your chart notes from your doctor, I can review them and see if I can help you in any way. I'll try. If you need the blue light glasses, you can go on my website and it'll protect your eyes from the retina.

You can always do the 2020, also protect your retina that way. There's so many different things out there that are more natural, more holistic, and if I can help in any way, I would love to.

Thank you. Dr. Nanda, you are an amazing guest today. We will make sure we put all that goodness in the show notes, and I'm just going to encourage everyone to please like, comment, and share this episode.

Tell everybody you know about how to protect their eyes, because like you said, they're the windows to the soul, and I can't imagine not being able to see my best friend clearly.

So I'm very grateful to have good eyesight again. Amen. Thanks, Christine. Thanks, Dr. Nanda. We appreciate you both joining us here to continue making the world healthy.

So let's have a great day, great weekend, and a huge event next week. And God bless, my friends. God bless. Thank you. Thanks for tuning in to the Holistic Truth Podcast.

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