Introduction and Guest Background

Welcome back. You're watching the Restore your Mitochondrial Matrix summit. I'm your host, Laura, for Ontario. I'm bringing you experts with fresh ideas and proven methods to help you boost your energy and fix your health so you can build the life you love.

And today, my special guest is someone near and dear to my heart, Doctor Todd Watts. Hi, Todd. Welcome to the summit. Laura. Good to see you. Really glad to be here.

Me too. I just love the work that you do. I want to introduce you to our audience, and we're going to jump into all things mitochondria. And if we have time, some parasite discussion as well would be amazing.

But, Todd, you are a National Board certified chiropractic physician in Idaho, and you're a functional wellness practitioner. And most people know you as the parasite guy, but you have an extensive knowledge in functional blood chemistry and biochemistry.

And I love hearing you talk on these topics. And, you also are the co-founder of Micro Formulas and Cell Core Bioscience is my personal favorite supplement company.

Use them in all of my programs. And so I thank you from the bottom of my heart. My family does my clients do for what you have put out there in the world?

Because you're a supplement formulator and you bring products to us that are just life changing. So thank you. Thank you for all you do. Can't wait to have you talk about all of this.

And before we jump into the topic of mitochondria, can you tell us a little bit about how you got here, what brought you to this place where you are just being such a huge influence in the world?

Well, a lot of it started back when I was 28. I got my virus. And, you know, that hit me down for about 60 days. The doctor said I needed to take it easy for about a year, and, it didn't work for me at the time as I was in drag doing drywall painting as a remodel guy.

And so I worked 70 hours, 80 hours a week, doing very physical labor. And so I do what I did, what I normally did, which was go to a nutritional store, bought herbs, ginseng and everything.

That's how I grew up. Going to chiropractor and nature passing. And so, you know, going through my 30s, pretty healthy, always been very healthy, very active.

And then, and when I hit 40, I lost stress in my life. 2008 the market crashed and, affected a lot of people throughout the United States. And, I pretty much I lost everything cars, houses, everything foreclosed on it.

And, so I had a little girl, three year old, and a one year old, and, I didn't have a place for my family. And and so my, with that stress came on a lot of health issues.

So, you know, finding I had Lyme disease, the VCA, and just some, a lot of, allergies, headaches, migraines, joint pain, brain fog, brain or word recall issues.

So there's a whole variety of less severe fatigue issues that I went through. And so my journey began. Then I went back to chiropractic school at 41 and, to get my doctorate, through that whole time period, you know, my goal is to, even really be more on the neuropathic side of things.

Not so much to be a chiropractor. And so when I came out of comprehensive school, I specialized in helping people with chronic illness, autoimmune disease and Lyme disease.

That that's where I started my practice in. And, also for myself and in my own journey, going up and down, cycling through this process, those people that have had Lyme disease and issues and this stuff, you know, it doesn't seem to go away a lot of times it just, you know, you feel better for a while, you crash.

And so in my own personal journey, that's where I learned about, seeking out things. I learned about Lyme disease, in more in depth with parasite infections, toxins, mold illness, all these different areas that can affect someone's health and with with taking people's health, with suppressive mitochondrial function, how the role of the mitochondria takes place in all of this.

And in diving into modulating the immune function, the immune system and, that now here at the agency for two months in September and I feel better now my age, you know, since, you know, for the last 20 years.

So it's been great because I don't have cedar allergies anymore. I don't have headaches and migraines, I don't have joint pain and, fatigue and all these things that I went through my 40s.

It's it's it's great to have my life back. I was surviving life and working through it, not thriving in life. And now I feel like I'm thriving. Time. I didn't know that story about hitting that rock bottom.

I hadn't realized where were you at with your health and your life and, This gives hope, right? I mean, here you are, the the guy who is behind all of this amazing self-care products and, and your huge practice and success.

And I don't think people realize that you have your own story there.

Mitochondria and Cellular Energy

Yes. That's what drove me to figure all this out was because I was trying to get myself better. And then as a partner of a doctor, J. I was working on trying to get her back.

So Doctor Jay's wife, doctor Heather, Hamill died a couple of times of Lyme disease and other things. So, I really helped her and her journey restoring her health and these products.

So it changed her life and got her back to where she was in a high level of energy every day. So it's been great to see. Now there's this big link between much of what you do with with your practice.

And SEL core is about restoring gut health because you're removing parasites and toxins from the body. A lot of it's happening in the gut, but mitochondria health is absolutely central to this.

And so that's what I really want to jump into today. And can you start with telling us what is the role of the mitochondria in the body. And as it pertains to clearing out toxins and infections?

Why do we need these little guys? Well, I had the privilege in my doctoral program to teach, biochemistry, first year biochemistry in, in the doctorate level.

So I love biochemistry in the mitochondria is my favorite of it all because it is the powerhouse. It's what creates the energy, the fuel for reactions within the body.

So when you think about it, to digest your your cells, your enzymes need energy to make that go for it. To make hormones, you need energy to make them create those hormones, to make neurotransmitters for function.

How you feel that ATP molecules needed for those enzymes to be powered on and move forward to digest. Same thing to, detox, to do all that. At least a lot of the functions within the body need energy.

Not all of them, but I would say probably the majority. And and so what role does to play? Well, that's one of the role of the plays. The other thing is that ATP molecule outside the cell is utilized to signal the immune system.

In case something is going on here, we need to address this and take care of it. So what we'll see is that that actually molecule will leave. And when you get sick you feel tired because it's not being utilized for the energy part.

It's being utilized to to help the immune function. And then it also helps to create water for water in the body that that helps the the DNA in RNA. So the end metabolite of the in the mitochondria like like transport chain, we produce an electron, a free radical that's bound by oxygen and goes through a process that creates water.

So it's really, really important in the body. So I wait, Todd, wait, are you telling our listeners that drinking water isn't the only way we get water?

That's right. Absolutely. The mitochondria make it. And it's it's amazing because think of it, this, we think, oh there's a mitochondria for cell. Right. But now it's not right in your muscles.

You have 500 to 1000 mitochondria or so. Every single cell in the liver is about 2000 in the heart the 5000 in the brain 10,000 mitochondria or so. There's a huge need in your eyes and your brain, your nervous system for mitochondria, massive because of the amount of energy it takes to produce.

And to do that, there's a one part in the research shows substantia nigra has up to 2 million mitochondria for so crazy numbers. So there must since there's many mitochondria, Percell must play a very important role in what really goes on within the cell versus other organelles that are in the cell and the function of that.

So, that's that's, there's multiple roles that it does play, and we can see it especially in the whole immune system. And so their initial response to.

So absolutely, what I'm hearing is foundationally, your mitochondria have to be healthy in order for you to function. And can you talk a little bit into this.

You need to have mitochondria function in order to heal. And this is one of the things that I learn from you and from, you know, just being a cell core practitioner, that, in my protocols, when I'm working with people, if I don't support mitochondria function, I can actually drop their energy and make them feel worse.

So, so and I think this is a huge missing piece in a lot of American functional medicine. Is people just go for killing, you know, killing infections like killing parasites without supporting the body in the mitochondria.

So can you talk about that? Because you actually need this to heal faster, to heal successful, to heal long term. Talk about that. Yeah. So when you when you're looking at you, you want to function, you want your liver to work really well.

Then the mitochondria needs to be producing energy because the liver uses a lot of energy to be able to produce 70% of the reactions that occur in the body occur in the liver.

So especially for metabolism digesting foods, and, and when you're not eating it to get energy for the body comes from moving comes from the liver. The liver metabolizes glycogen, which is the sugar storage, and metabolizes the fat, and produces it allows the body to produce energy from that.

So the, you know, you want optimal function. The organs have to have energy to do that. And we don't think about it like, I'll just kill the I'll just kill the organism that's affecting it.

Not thinking, well, you could kill all day long, but it's going to keep coming back unless you bring the immune function up. And so, Doctor Leslie, he used to use this whole hand thing here, like, okay, there's Lyme disease.

And, you know, when you have these infections that are really elevated, you need to bring them down. You can

knock them down with all these herbs, and people use antibiotics and different things.

But, but if you don't bring the energy production and the immune system function up, which is really going back to mitochondria health, then it's just going to come back.

It's going to go elevated. So then it's this whole process where they're constantly trying just to kill Lyme and kill bugs and, and and viruses and everything else, when in reality it's, it's not that at all.

It's really it goes back to it's, an immune imbalance. It could be mitochondrial function. What's affecting that. And I can go into all the different areas of where that can apply.

But but you know, there's two there's two ways we make energy when we make energy through substrate level phosphorylation, which means that it's this glycolysis.

We make a little bit of energy through glycolysis and the end of glycolysis is a molecule called pyruvate. Pyruvate then enters the mitochondria. And then then the whole process goes through Krebs cycle.

Electron transport chain means basically we can start making ATP there and we make a lot of ATP. And that requires oxygen. So if we can't get if we don't have to oxygen and we have problems in the mitochondria, then it goes back in pyruvate.

Not not is pushed back out of the mitochondria and it's converted to lactic acid. Lactic acid. And we're familiar with right. You sprint, you run out of you know energy quickly.

You get muscles burning. That's a simple way of looking at it. So it's anaerobic versus aerobic respiration. Meaning with that with oxygen or without oxygen optimally for optimal health.

Anti-Aging. You know, optimal performance, for those that are sick, whatever it may be you want to do is much in the anaerobic respiration or oxygen based type of, thing, which means you have to have optimal mitochondrial function.

And so then you have to look at what's affecting that. Why would, why would the mitochondria not be optimized? What would be creating it from not working.

And it goes back to number one is toxins are toxic. It's you know, what's it referred on. This is environmental toxins and chemicals are known as toxicants.

I'm just going to refer to them as toxins in general. Toxins are also base from microbial. So fungus Candida bacteria. A variety of parasites all produce byproducts or toxins.

And and they can suppress or create free radicals and oxidative stress within the mitochondria and cells in general. And damage, you know, damage to walls.

You know, to bind to receptors, displacing, optimal function of cell signaling and what needs to happen there. So, you know, you look at the very beginning, if you don't have enough oxygen yourselves, then you're going to push everything back to, to to lactic acid if you have oxygen.

And then then you can look at, okay, these toxins can inhibit enzyme function. The first part of that process is taking pyruvate, converting it to pseudo CoA.

And it there's three step enzyme process and and in there that's where heavy metals, environmental toxins glyphosate and stuff can inhibit those enzymes.

And then you don't make a pseudo code that then goes into the mitochondria or goes into the Krebs cycle, which then also can be inhibited by a variety of, toxins or heavy metals and chemicals.

And then as you go, the whole objective in there in the Krebs cycles to make to, metabolites and those are in ad in fad to and the benefit of those molecules are two things they're going to give an electron and a hydrogen, to the electron transport chain, which at the very end, the whole point I know this is a biochemistry thing, so I apologize if I'm talking over people's head here, but the whole point of this is to take phosphate and attach it to ATP to make ATP.

And now you have your fuel. But when you understand this at a deeper level, what's happening? And this is how I look at it in the formulation process and what I need to fix and how I need to fix things versus just going on like, oh, this is good for the mitochondria, and then put a product together because this is what supports the nutrition of it, and it doesn't really have to do with nutrition, in my opinion, has to do with the toxicity.

Toxins create deficiencies. It's not the lack of food but toxicity deficiency. Sorry, sorry to interrupt. What I really want to highlight this right now because there's going to be a mix of practitioners viewing this or to a mix of practitioners and patients.

And we've been taught that mitochondrial dysfunction is nutrient deficiency. And so this is something really important to highlight. And I wanna make sure that everybody hears this.

Because this was even new to me in my training. It was all about nutrient deficiencies replacing cofactors. Yeah. And so say that again that it's not a nutrient deficiency.

And can you explain how the toxin blocks the mitochondrial function. Why is that happening okay. So it's not a nutrition deficiency caused by nutrition deficiency.

Meaning they're not eating food. They're not starving themselves okay. It's not from particular lack of vitamins. It's from a toxin that's creating a wall or blocking it or parallelizing, essentially inhibiting an enzyme from working.

So an example of this is the whole objective of these nutrients. So of of the Krebs cycle is to get hydrogen a proton, an electron because that's what goes over into the, into the electron transport chain.

Electron goes through this process and the hydrogen goes through the other side to create this whole gradient so that we can attach at the end phosphate ATP to make ATP.

So what will happen is these toxins will come in to say complex one of the electron transport chain. And what, what what's supposed to happen. Complex one is that that electron supposed to or the hydrogen has to go through that complex from NAD.

So it gives that proton, it goes to the other side to this process that Id2 gives a hydrogen, a proton that is supposed to go to complex two to do that.

Toxins, Detox, and Mitochondrial Blockage

What will happen is those will be blocked and you can't push that hydrogen through an electron. Then we'll go across. Another thing is that a toxin can inhibit.

So here CoQ10. So there's coenzyme Q that will go across and carry that electronic process. It. And then cytochrome c is another one that will carry four from those for from complex 3 to 4.

Complex one and two to complex three. Is that the Co Q ubiquity all that will will carry that electron across. So that's tied up due to a toxin dividing it or inhibiting it.

They we're trying to give it all these nutrients to help out. And that can help. But it's not solving the problem. It's getting to what it calls foundational medicine not functional medicine.

Functional medicine is like nutrient deficiency cause it helps the palates. But it's not getting to the core issue. It's

not core root cause medicine.

Foundational medicine, which is what we're looking at, is looking at there's a toxin or toxic in inhibiting this process, causing free radical oxidative stress and then causing all these problems.

Really, it's just the whole point of nutrition and nutrients is to create charged particles, because that's what we're dealing with here. The three main charged particles and all this mitochondrial stuff.

The whole point of it is to create protons, electrons and then have oxygen combine in the final to bind the electron at the end. So we don't have free radicals creating all these problems.

It's that simple. And so when I'm when I build products and then some of the things that you work with, with phenomenal results is, is understanding these enzymatic processes.

It is it's doing exactly that. So let's give high doses of electrons hydrogen and an oxygen. And so when what happens is when oxygen binds on to the electron, at the end of the complex after complex four, it goes through this process.

Now that this is where we share glue, this dynamo, and Bluetooth down at the end will, will donate a hydrogen to, hydrogen peroxide because oxygen gets converted.

On over to hydrogen peroxide and then to water in this process or hydroxy ion and then water. So the goal is water at the end because that's healthy for the cells.

The other things are are oxidants or cause oxidative stress and can be damaging to cells in the body. So glued it down donates a hydrogen and then is is in oxidative state.

And then from there receives a hydrogen is reduced and then back. So glutathione when you consume it does not give that doesn't barely make it through.

Hardly even the body at all. It's mostly in the gut and isolated liver area, but mostly in the gut, according to research. And so what we need to do is just give charged particles to to redo that.

It's called recycling glutathione recycling. So how do we recycle it. The the g the key is to do that. So in the cells a lot of Columbia in the brain and everywhere else, you need charge highly charged particles that will do that. And even in the liver when you look at the liver in in phase one and liver detoxification, it's called the cytochrome P450 enzyme. Go.

You know, if you're a practitioner, go look it up and look at the whole process. It's multi-phase process. And in every one of those reactions you either need an electron, a proton or oxygen molecule.

So it needs to be that simple. So how can we get the body's charged particles that it needs to do that. And this is what cell core is all about is is giving those nutrients the carbon, hydrogen and oxygen that the body needs to repair, to metabolize, to create energy and to then remove and and clear these toxins and infections from the body is the core translational part of what medicine is all about.

Right. And there you can bring the nutrients in to help with other, other processes, but you know you're going to be on nutrients forever if you don't address the core root issues here.

Right? So to summarize, for patients watching, for practitioners watching, if you're not addressing the toxins and all you're doing is giving the cofactors to support mitochondrial health, you're going to be on a never ending hamster wheel of trying to support, but not ever getting to full functioning for healing.

Like, when does it ever end? When do you get to come off of those cofactors? You never. If you don't solve the toxin problem and you're only going to be so effective as well.

I mean, they're going to work so much, you never going to get over all the issues they're having anyways. And so Todd, do we all have toxins? Yes. It's in our food, water and air.

I mean look at the skies right now. They're extreme spraying chemicals in the skies. It's just it's in your water system supply. If you're not using distilled water then you're you're drinking water that probably has toxins or or, you know, radioactive elements from radium and things in the water.

If you're eating food, it's almost impossible to get clean food now. So it's really important, especially to get your meat from local sources that you go get after is put in your freezer.

You don't want to get stuff like that at the store because it's been sprayed with chemicals to keep it from, you know, oxidizing and turning colors and everything else going bad.

You know, I highly recommend eating more local granite grown food and people, you know, versus getting stuff at the big box stores, organic as much as possible, you know?

Absolutely. Can you can you talk about distilled water? This is something that I'm constantly teaching in my programs. And, you know, people spend a lot of money on water systems and they don't get out the radioactive elements.

And there's this whole myth that, you know, your mom tells you don't drink distilled water. It's going to leach your minerals out of your bones. I mean, so talk about that for a minute, because people look at me cross-eyed when I tell them to drink distilled water.

And thankfully, you know, you build enough trust with people and you show them what you're doing in your life. So talk about that for a minute. And, and, and, you know, also talk about the minerals and what kind of minerals we actually absorb and what kinds we don't.

Because I think it's really important for people to understand this piece because they're drinking their toxins. Yeah. They are. So there's a lot of systems out there and they help.

They're not perfect. So you see Aro and a lot of filter based ones, they don't clear out all the toxins. There's 86,000 chemicals that are registered with EPA, 40 some thousand and 42,000 plus that are currently active and, being utilized.

They're the biggest test for water. And, is the one we saw. We looked at tons of 109 chemicals. You don't see a test that has 42 or 86,000 tests for chemicals, so you can't really test all that.

So how do you get all the chemicals out? Well, one of the filtration systems only lasts for so long, and they only get really effective. They've only been studied, most of them for 50 gallons, which I'm looking at carbon based filters.

And, and and then there's, there's just weaknesses on pretty much all their systems. So the only thing we found is, is distilled water that gives you clean, pure water because it changes the phase of the water.

And then and then goes, you know, and it goes back to a new phase. So we go from water to, to to vapor to water again. And, and that's, that's really the Earth's natural way of doing it.

Really cleaning purifying water. So when I was in this journey and looking at how to help people out. Yeah, where they get exposed, these chemicals, you know, that can confuse exposure.

And it was the water supply. And then you look at radioactive elements. So then you start to work and look at okay, what is, you know, radioactive elements.

I learned through clinical experience on working with difficult patients that didn't seem to get better. That was to everything, and especially in mouse and stuff in and mold and it's like, okay, what is going on?

Why why can't we get them better? Well, in my research, looking at it, one of the gals is like, hey, you know, we looked at this, these tests, you know, it's like radioactive materials.

And I looked and I and I went through an energetic tester and a bunch of different things, and radium came up. I never heard of radium was because we don't test it on labs.

It's only tested by the EPA. It's in 177 million people have it in the water mishap municipality water, the environmental working group, they did a study.

They pulled they pulled information from the EPA. The EPA has a working, you know, map that you can see. You go over your town and see what it is. There's full on radium belt in Wisconsin, a ton of it in Illinois.

80% of Texas has really in the in their water. Like I said, almost half the United States has it in their municipality water. The other thing is municipality water is I've had patients.

One gal was a pharmacist. Her husband was an engineer, very scientifically minded. And but it just it's like weird that they both had issues. So I'm like, I got to be your water, so let's test your water.

So they tested their cabin thinking there could be no what was in the case. Tested the municipality of water in their hometown in the northeast. And it tested positive for nematode larvae, meaning that she had probably roundworm larvae or stratum larvae in their municipality water, which shocking.

So that was weird. So we tested the neighbors water and then a couple other neighbors and then a business that was downtown. All of them were positive, so it could be in our water supply at times.

I don't say it always is with people that supposedly have clean water. You know, the type of minerals, the type of minerals you're getting. So here, you know, here I look at what water does to my shower, shower window.

My sprinklers do to my windows outside. It creates is they're hard water mineral deposits. That's not healthy minerals. Those aren't minerals that are bioavailable for our body.

So going out there and scratch, you know, scratching rock, bringing it down to drink it, there's not a bio available for the cells. You get your minerals not from your water.

You get your minerals from your plants. Plant derived minerals. Okay, is what is it? What is what is it bioavailable to our cells. So if you want more minerals, eat more plants.

And that's the answer. You don't get it from your water. You don't, you know, you don't get it from the rock outside and eating dirt. It's not the right kind of minerals.

You want organic based plant, right? You need organic meaning attached to carbon that's been metabolized by bacteria into plants that plants then can't give to you in a form that is available for the plant.

Excellent. And you have a product, a liquid mineral product called call that. There's a couple different because you own a couple different supplement companies.

See minerals, you take minerals. And we put that right into our water and it restructures the water. So talk about that for a second because people get nervous about well, my water is not structured after it's distilled.

So it restructures the water and it gives you plant based minerals. So talk about that. So it's a it's a four week, dried mineral.

Water, Minerals, and Distilled Water

So folic acid is a plant derived molecule from, you know, ancient millet. It's from soil from years ago. It's cleaned it

cleaned up and brought us ours is highly energized.

So it's had a very high electrical activity. And that is very low to help provide you lots of energy within your cells, your body, very stable molecule.

And it has all the, the trace minerals that come in these type of nutrients. So, that's where we put it in there. And it helps to then really bring, bring life to, to that, that water.

But really water is composed of two main molecules and it's hydrogen and oxygen which your cells need. So it's one way we get oxygen and hydrogen to your cells is through water.

Not just through air. So you know, it's interesting. It's talking to scientists. It's like, well, it's dead water. Where does the water go? There's so many drinks that you to cut their body open up.

And, you know, you say if you were to cut their body open, you wouldn't use water, pour it out of their body. It's it's turns into gas and it's utilized in cells and it's just somebody has said something about it being dead.

And then and then it, it just, you know, it becomes stuff like adrenal fatigue become popular. Then everybody does it. There's no science behind it. And you go research it and it's really, oh, it's a mitochondrial problem that adrenal problems, adrenals are having problems.

And probably all your other organs are having problems too. So, yeah. You go it's hard to do the research and it's been used for tons of years. It's the, it's the, it's the way that Earth also does it takes water out from the sea, goes through a process and brings pure water.

So, Yeah. Okay. So something that, you know, the best water this is. What is it? The best water is pure water that's clean without toxins and that's distilled water.

Them drinking distilled water. But I'm drinking I'm eating vegetables and fruits and things that are good, healthy nutrients. And I'll put trace minerals in there to be sure I'm getting some nutrition.

Minerals with hydrogen. Thank you for breaking that down. I think this is a I know it's a total side shoot and it's a really important topic. And you explain it so well.

So we've talked about, you know, we've talked deeply about mitochondria, the physiology of mitochondria, what happens biologically in the body, why it's important for healing.

Something that I think, would be really you're really an expert in this is. And I'm going to totally shift gears on everybody listening, but I would love for you to speak into the emotional trauma part of mitochondrial dysfunction.

I know you focus on this, and, it's really important. And it's something that doesn't get a lot of, you know, lip service out there. And so I learned a lot of this clinical practice that like, yeah, you know, these people are getting better, but they're not getting they don't feel the difference.

So it is when you really have to dive into why are they changing? Why are they so sensitive? Why are they so reacted to things. And usually it's an emotional, spiritual traumatic.

That's how people get. And so what we experience with emotions, emotions change physiology. They do the type of hormones are expressed are based off how you think, how you think, how you are you.

We've heard this, but actually really happens. You think about, you go to experience, you go to a football game or something. I like sports so you know you're excited and this is energy.

Emotion pumps through your body because you're at this event. That's train emotion. You go through a horrible traumatic event and that could suppress and just create severe suppression, stuff.

So we have to address this, and shift these emotions because they're stored. So I feel like there's emotion trauma can be stored in the body. There's a lot of techniques that help to address this.

But we created a product that's going to be launching in that helps to upregulate the the vibration of energy in the body that we're and and to release some of these emotional composites as people are working through this process, so similar to people talk about Olympic stuff to, to help with some of the, responses that they get.

It shifts the brain, it gets stuck. And then you can't move forward. And so emotions are a big part of that. Even in my own journey, you know, one of the things I did that really helped me break through the process was I started listening to, like, success and motivational videos and overcoming things every day just to get that mindset.

I'm a warrior to get through this because, you know, I think it really happened in one day. I it's like I came home from, you know, from the clinic one day.

And I was just surviving life. And, I come home and crash for a couple hours, get up, eat dinner with kids, four kids, two girls, two boys and, you know, get up, eat, you know, get them ready and ready for bed and then crash again.

I just, you know, I just exhausted and so fatigued and, and so the stuff started helping my mindset of, like, okay, I need to push through to figure out the answer.

And it started, actually, I started getting energy just from the way I was thinking to do this. I remember, it comes to a standpoint of, sometimes experience you have in your life that you have to make this change for me is one day because, you know, being a dad is like your parent.

You love your kids, you want to be there. You want to just, like, be the best parent. You know, my dad was there playing baseball. I grew up playing baseball as a kid in the 70s, 80s.

And my dad was there as a coach. He's always supported me through that process. I want to be that guy that always was there for my kids, pushing and coaching him along.

And, and I couldn't. I couldn't, and so the day came, I got home, my son was five, my daughter was nine, and they were out in the front yard playing baseball with my next door neighbor.

And I lost that moment of being that that dad that got to do that, that was so important because I used to go to the Potter game to San Diego growing up.

You know, it's like I loved sports. I wanted to be part of that. And I just it's like stabbed in the heart. And, It's like, okay, I wasn't I wasn't the one to throw the ball with my kid.

I was my neighbor. I wasn't one pissed about my kid. That was my next door neighbor. That that's when it really shifted my mindset and mindset a huge issue, when it comes to chronic illness, when it comes to overcoming emotional trauma, is letting go.

Emotional Trauma and Healing

So, as I at, my company and from my clinic as well, working with 130 team members, one of the things I taught people in this process, and I teach each of my patients or clients, is, three, three main things.

One is you going to have family going to be teachable to learn and understand that we don't have all the answers. Even as a doctor, I know how to answers.

I'm always learning. I'm always pushing. I'm open to receiving different sources. Two you need have grace. So you're going to have grace for yourself.

You have to have grace for others. Now. People make mistakes. They can't be perfect yourself. You gotta have a

place for this. It really applies really well in the workplace.

But also, in your own personal healing journey. And the three is forgiveness. So having forgiveness for yourself and for others, because if you hold on to things, then you're not going to be you're going to create physiology is bad.

Harboring harboring bad feelings towards others, is just not going to a lot of times allow you to move forward in health and in optimal, living an optimal life so it doesn't matter.

You know, the Lord had forgiveness and grace for us. We need to do the same thing for ourselves, right? And and for others. And so many times I, I somehow I talked I talked a lot of Christian based people in my clinic over the years, and I feel like a lot of us, we don't understand it enough.

We believe in tell everybody about it. But applying it to our own selves, it's really hard. And having that grace and that forgiveness for ourselves can be one of the hardest things out there.

So we have to come to that point where somebody else has done that for us. You know that higher power, whatever you believe in, for me, it's Christ for other people.

So higher power, there's something higher energy out there that you can release and let go and move forward in not and not care. And you got to realize is it doesn't matter what people think.

I don't care what other people think. If I did, I wouldn't have this company and it would be helping thousands of thousand people worldwide. You know, with these products.

So I had to do what was in my core, being what I was called to do to help people out. And and part of that, I think, is my journey. I went through what I went through so that I would keep pushing through, because I knew all the protocols and things I was doing wasn't enough, because I didn't have my energy back, and I wasn't able to function at the high level until I kept pushing and pushing and finding out there.

And it's a multi-phase process, the chemistry in your body, it's the way you think. It's your mindset. It's grace, forgiveness and love. And it's moving forward in life and that's where you find joy in life.

Is is, and what really matters, really matters in life is the relationships you have with others, especially those that you love. This is a perfect place to to wrap up this.

I love how we went from high level science right into grace and forgiveness for yourself and nobody, nobody beats you up more than yourself. I beat myself a bigger stick than anybody else when I mess up.

And I just want to speak really quickly. I mean, we started we kind of alluded to you have a product, it's called me support and it does help with this emotional trauma piece.

And I was first introduced to it at a live seminar with you. And you could feel I had just gone through something very traumatic. I had gone through some massive betrayal and trauma from, a long term partnership that I'd had for 20 years and, a partnership with a business.

And it was I walked into your your workshop just completely, like, vibrating with sadness, grief. You know, it was awful. And so you kind of, like, zoned in, and you're like, Laura needs help.

And you, you gave me this product. You treated me with this product right then and there in front of the whole group. And it was like an enormous cloud lifted off of me.

I could feel my nervous system. I went straight into parasympathetic. I was just vibrating with stress, and it just completely calmed me down. And when you put me kind of into that parasympathetic relaxed phase, my body could actually heal, I could sleep, I could focus, my brain worked better.

So I'm really excited about this product coming out. Like we're all on pins and needles to get our hands on it for. Yes. Yeah. So thank you for that. It was a huge moment in my journey to see that, you know, I get to be supported.

And when people don't look at this emotional trauma piece of healing, they're missing a huge component. You can eat right. You can move your body right.

You can do all the detoxing and removing the toxins that we just talked about. You can kill parasites if you don't clean up this emotional trauma piece.

What happens? Todd? It wears you out worse than anything else. Yeah, I know for me, it's, you know, just suck the living soul out of you. Your life energy.

And, that's why I have bottles in my life right here on my desk that I take every day. It just, you know, it goes back to raising that vibration in the body through the cells.

And that's what this product does to help just push this off and let it go. Yeah. And it does like water. It's literally water. It's charged particle water.

Yes. So good. Well, Todd, thank you so much for just coming in here and really helping people connect the dots and understand the importance of mitochondrial function at a deep level for healing.

If you missed that piece in your healing process, you're going to be on a hamster wheel of healing forever. It's it's not going to it's not going to end.

When does it ever end if you don't support mitochondria. So, can you leave us with any last words? What do you want people to know and tell us where we can find you?

Where can practitioners find you? Where can patients find you? So they can find me. Doctor Todd watts.com. Dr. todd.com on there. You can link on a cell core microbe or, my clinic.

For the practitioners, go directly to cell core biosciences.com or cell core.com. And, we have a lot is great learning center to learn all the science behind what we do.

You get an account, you start dabbling in the products, we make it easy for you. We create foundational protocols, comprehensive protocols. We have all kinds of kits.

We're launching this next month.

Closing Thoughts and Where to Find Todd Watts

Our goal is to facilitate, to make it simple and also explain the science behind why is why are the stressors and how are they fit in our body. You know, what are they?

You know, how do they affect our bodies and why they do the damage they do. And then, you know, my goal here is, is to continue this work forward and to to provide solutions that no one has, you know, no one has in a lot of different things.

And and so that's, you know, keep an eye out, for us. And I think brain health, especially, I have a passion for brain health. And we're working with a lot of, children that have had some issues from, vaccine damage and other things.

So you get into the autism world. I love that, world there. And I'm trying to trying to work on and really provide products there, but also how to how to engage our lives, how to live up at a high, high level.

That's where I'm at, you know, products that our products will have anti-aging to help. Yeah. You know, push your bodies to the next level to optimize in and, live your life to the fullest.

And then you look at also your, your mindset and we you look through things, you know, if there's anything that you can change in life, it's the way you look at it, you know, no matter what you experienced in there, what you gone through, what trauma it is that can be left behind in, you're there if you've been through that.

So you can live at a so much higher level. So it's, you know, you look at life is these things are happening for you are happening to you. Right? Are you the victim or is this for your growth for a higher reason?

Absolutely. Take the road of it's all happening for you. Even the things that don't feel good. There's a there's something positive on the other end. Just look at your story, hit rock bottom and then created this incredible life and business and helping thousands of people around the world, hundreds of thousands of people, tens of thousands, hundreds of thousands of.

Yeah, yeah. Thank you so much. Time for just being here and supporting this summit and, getting the word out. I appreciate your time and your love for humanity.

You're welcome. It's always good to be part of this. I appreciate everything you do. And you make such a difference in other people's lives, too, so it's awesome to see.

Thanks, Todd. Take care. Bye. I.