Introduction to the summit and guest

Hello and welcome back to Mastering the Menopause Transition Summit. I am your host, doctor Sharon Stills, and I know I sound like a broken record, but I have another great interview for you.

Today we are going to talk about supplements and the survival paradox. And don't worry if you don't know what that is, because you will know. When we're done with this interview, we're going to be talking about breast cancer and environmental risks.

And prevention. And so this is going to be chock full of a lot of good scientific information. So you might want to grab your pens and your paper for this one because there's going to be a lot we're going to be throwing at you.

And I have a very special guest to do that with Doctor Isaac Elias. He's an expert in the field of integrative medicine, focuses on cancer detoxification and complex conditions.

He's a respected physician, researcher, bestselling author, educator, and mind body practitioner. He partners with leading research institutes including Harvard, NIH, Columbia, and others to coauthor studies on integrative therapies for cancer, heavy metal toxicity, and others.

He's the founder and medical director of Amitabha medical Clinic in Santa Rosa, California, where he has pioneered the use of therapeutic apheresis as an adjunctive blood filtration treatment for chronic degenerative conditions.

Oh, I wouldn't know about that. Welcome. Welcome to the summit. It's really an honor to have you here. Thank you for having me. I'm really happy to be on this as well.

And as we were chatting before we came on, I said, you're the galectin three guy, aren't you? I remember learning and studying from you years and years ago when I was early in my clinical practice.

So I'm I'm like, fan girl, super excited to have you here. So, for those who don't know you, maybe just tell us a little bit about how you got on this path and why you're doing what you're doing.

Yes. So I'm, I am a native of Israel, and I am in my early 60s. And I started my journey into healing as a teenager in Korea. My father was a civil engineer, where I learned taekwondo and yoga and since then I was interested in yoga and yoga therapy.

And when I went to medical school in Israel, I was already a yoga teacher. I was learning shiatsu and Chinese medicine, and when I got my medical degree and finished my internship, I came to United States.

I did a master of science in Chinese medicine. So I'm also a licensed acupuncturist.

Isaac Elias's background in integrative medicine

And over the decades, I learned different, medical and healing system, what I call in the vertical way, each system a few years, classical homeopathy and herbs, etcetera, and also got very engaged in meditation, which focused on healing, really engaged meaning for 20 years I would go away for about two months a year to meditate in the mountains, and for ten years I did a half day retreat and half they worked and they got to treat the most legendary meditation masters in the Himalayas and this all together is expressed in my new book, The Survival Paradox, where I finally put decades of experience and studies into this concept that we'll talk about very relevant for women's health.

And in addition, I'm an active researcher. I have in age grants, around galectin three, this protein that will also

discuss and how it affects every field in our health by grants, for example, on sepsis, actually, which is very relevant for Covid, but and on the cytokine storm.

So within all of this, I was always interested in women's health. We did a lot of breast cancer, hundreds and hundreds of patients for decades, and really recognized early on the need to treat women differently in different ages.

And I was just mentioning to you, we we created the first gender, age based multi nutrient. It was based on an herbal formula one formula was more for nourishment and production of blood and energy in the childbearing years, where a woman has built a family in this career and is a lot of things to do.

And the second formula is more about nourishment when estrogen level goes down. So even our supplements are built around this concept of understanding as a movement.

And the women are so attuned to movement and so sensitive, and it's hard to keep our rhythms in in a world like ours these days from a, from a demand point of view, from a, from a pace point of view.

So when rhythms get disrupted, the our body doesn't like it and especially women's health doesn't like it. We we are rhythmical creatures, that's for sure.

So I'm curious what is what does this mean? The Survival Paradox, the title of your new book. So the Survival Paradox is really a paradigm shift. You know, a thing about health and disease.

We are all aware especially, you know, in our field that the inflammation drives almost every disease, chronic and acute, but we don't didn't recognize it.

Inflammation is really not the cause of any disease. It's an outcome. And what causes inflammation is a survival paradox. And what do I mean? We are built to survive.

Every cell in our body is built to survive every organ and tissue. Us is people, community, countries, our earth. And as a result of this survival response, which is automated within us, it is what causes us inflammation, struggle and organ degeneration.

So because it's built within us, it's automated. So our immediate response to the survival paradox is an automated autonomic nervous system response. The sympathetic system we either fight creating inflammation.

And the result, for example, in Covid is a cytokine storm, which is really what kills patients. Or we fight or flight, we run away, we hide, we create fibrosis.

We create areas of microenvironment as if microenvironment, a cancer can grow where biofilm can be built and where there can be an area that the body is not in control.

Very much worse, things can grow out of our control and the classical tissue for this, because it's really, effect based is the best where things can be stored and hidden.

And suddenly you wake up one morning and there's breast cancer. So when we really understand this, then we can see what does the what does this survival in appropriate survival respond.

Do to us. And how what can we do about it. And we talked about the nervous system, but within minutes our body biochemically turned into survival response.

And the protein that drives it is galectin three. So galectin three is a bus that takes different inflammatory compound sticky molecules that get tumor cells to stick together, a molecule that suppresses the immune system, and a molecule that damage the brain.

And it drives them to the area of injury, and it tries to fix things as part of survival. We always want to do the best when we are young. We can survive without creating inflammation right?

We get a scar, we get a cut. It heals without a scar. When we are older, we get a scar. So when we heal, we produce more inflammation and we produce more scarring, which is a dysfunctional tissue.

So when we understand is when distended, the real journey is to learn how to how to a ameliorate the damages of the ongoing survival response. And then on the deepest level, how can we transform the survivors?

So a couple of things you mentioned that I want to backtrack to for the listeners. So first with galectin three, could you just speak for the ladies listening like what they should ask their doctors for and what they should want their levels to look like so they can get that measured?

Yes, of course. So, so if we look at so galectin three, as I said, is a carbohydrate binding protein. So it is a, an amino acid, a peptide site. And it is a site that catches carbohydrate.

So it catches different ligands like inflammatory ligands in the binding to create the pentimento. And then it creates the lattice formation a coating.

So the level of galectin three can change based on the population. So some people will have high levels.

The survival paradox and galectin-3

People would have lower levels. And we don't address galectin three based on levels because galectin seven needs to be addressed for anyone who is breathing, especially if you're over the age of 40, because over time it will go up and it's innately will cause survival driven damage for some people because of their genetic predisposition or because of an inflammatory process, a struggling process internally, a physical scar, an infection, an emotional crime, trauma and multi-generational trauma which they are trying to fix.

They will generate more galectin three, and these people will need more modified C two spectrum. So basically addressing galectin three is it's a basis of really of supporting longevity.

And it will enhance different treatments. If we look for example in women's health, we see studies that that more effective respecting is synergistic with Adria.

Amazing is the synergistic with Taxol is synergistic with radiation therapy. We're talking about cancer. Why? Because it allows us to expose the damage to the cancer tissue.

It allows the immune system to respond better and it reduces the damaging inflammation. And so this level happened on a cellular level, on a tissue level and on an organ level.

So women can just ask their doctors to run. Yes, I galectin three or it's approved by every medical insurance. It's inexpensive and it's formerly used for heart failure because this is a FDA approval in 2008.

Since then, the company we developed went out of business. So they didn't get other approvals. But the safe levels of entry are much, much lower than what the test shows.

The test is, again, for patient who already have heart failure, which usually have kidney damage, and they are not clearing galectin three properly. So for me, any galectin three over 12 is a concern. It.

Yeah I've been running it at regular labs ever since I first heard you teach about it many, many years ago. So and you mentioned modify citrus pectin.

Could you just elaborate on that a little. Of course. So pectin is a low long chain of carbohydrate of a certain sugar, not glucose that is present in the inner peeling.

I'll be doing the the white part of the citrus fruit. And it is a very high molecular weight. It doesn't get absorbed. It can be in the gut. It can help in the fiber.

It can absorb some some lip. It can bind to some lipids. When we modify it very specifically. And we create a modified pectin that can be absorbed in the specific pectin that did all the research.

Now, 80 published papers, it's called Back to soil because there's a lot of backward science over my work. Over the decades. It gets absorbed into the bloodstream and then it becomes a galectin three blocker.

But it also removes heavy metals, and it also regulates and enhances normal immune function. So when you take modified introspecting, you will see, you will see the benefit in a very wide range of diseases naturally, because inflammation and survival response drives every disease.

So for example, we just published a multicenter trial on prostate cancer, which has a lot of similarities hormonally with breast cancer. And so this is post initial local treatment.

Just like a woman removes breast cancer locally and a man removes the prostate and then the cancer starts coming back, PSA starts coming back and we give them more effective prospecting.

We see benefits in 80% of the patient age zero. So why not? Because it kills the cancer. Because it changes the environment and allows the body to deal with the cancer.

And in this sense, we have a lot of women with breast health and breast cancer who have benefited from modified introspecting. And so I explain this is part of the simple supplement solution for the survival protein.

The other deeper solution is how can we reduce the survival response by becoming less toxic, by letting go of things that create a survival response for us?

The main one, connecting back to our heart and from a physiological level, how can we remove different obstacles to a normal metabolism, which is, you know, you know, so when it's critical for estrogen metabolism and it's critical for thyroid metabolism, it's critical for outcome of health.

And in this sense, in addition to the life space and the AMF and and radiation and stress and lack of sleep, we are bombarded with pesticides and toxins bombarded.

And we almost, you know, we were almost drained. It's interesting. I was just recognizing it two years ago. And then I'm very active now in developing preparation for removal of pesticides and in glyphosate very successfully.

I just got the first subject from the clinical trial, amazing results. But I realized, wow, we have been duped. We have been brainwashed to accept that a little bit of toxic material is okay, because it's only a little bit and you know what?

I don't think it's okay. So we really, as part of addressing our well-being from when good hydration and good sleep, which is critical for women's health because of the rhythms, these pesticides disrupt our rhythms.

You know, the Zino estrogen, the organic phosphate, they change the brain, causing neuroinflammation, excitatory neurotransmitter take control. We don't sleep as well.

And we know the relationship between melatonin and breast cancer and and the good night's sleep. So it all comes together. And there is the nourishing part that we can talk about as soon that will be what every woman needs to emphasize.

And then the cleanup to allow that nourishment to happen. And that's the dialog we go through our life every single day. Every cell does it, and we do it throughout our life.

You know, it's an ongoing process between detox, nourishment and transformation in between. Exactly, exactly.

And I totally agree with you about no amount of pesticides should be acceptable.

I know a lot of the labs I work with. I run levels on patients and they say, oh, it's fine unless it's over the 80% or something. And I'm like, no, no, no, no, no, no.

We can't normalize that. It's okay to have 80% toxins in our body. That's just absurd to me. And so with that is, you know, when at the same time there's a little bit of heavy metals and they have mycotoxins and they didn't sleep enough.

And you know, it's all adds together in the cell, you know, is bombarded. You know, people don't realize we are made from 50 trillion cells, okay. Trillion okay.

Not million, not billion trillion. And each cell has close to 1 million reactions a second. Can you even imagine this, this ongoing movement? It's really infinite number.

And we still function as one being, which for me, I love saying it. Each of us is a working miracle. And how do we do it? By creating and recognizing that we are community.

As long as the cell realizes it's part of a bigger reality, it accept that is going to express itself and it's going to die. When we're going to survival mode, when when a cell goes into survival mode and doesn't want to die, it will create a micro environment driven by collecting three it was create its own environment, its own rules, its own metabolism.

It starts growing fast. And how do we call it? We call it cancer. We call it autoimmunity or we call it. But cancer is a classical one. And from this sense, the breast cancer is a classical spot because it's not really an organ.

You know, that has metabolism like the stomach, like the liver. And it's has such a high percentage of, of, of, of fatty tissue that it can store a lot of toxins.

You know, interesting. Even now, 60 years after DDT has been abandoned in Israel, 60 years, you find elevated levels in DDT in women's breast, 60 years, I imagine glyphosate being sprayed every day in the in the ground, right, 1 pound per year per person.

It bio accumulates. So it goes into these areas that are by accumulating. And then at some point it becomes too much and it disrupts our metabolism. So this idea of coming to harmony, the reason why I'm emphasizing it because in Chinese medicine, this we call it the feminine principle.

Women have the ability to create community.

Modified citrus pectin and detox support

Women have the ability to nourish. Right. It's a part of giving birth, mother Earth. And this has been disrupted with the crazy pace, with the xeno estrogen, with not sleeping, we know, and working at night and sleep cycles.

So as a result, it has a major effect on women's health and specifically on women in estrogen related cancers, which are much more than breast cancer.

People don't know colon cancer has estrogen receptor. Lung cancer. Estrogen receptors. Thyroid cancer expression receptors. Glioblastoma has estrogen receptors, so many, many cancers can respond to abnormal estrogen metabolism and to hormones that relate to estrogen, such as it's prolactin that don't then get too technical.

So the the basic thing is we want to come into harmony. So the survival understanding is a survival paradox. And balancing collecting three is one important piece.

And then also allowing us to metabolize estrogens properly. Properly, which, you know, so much of your work is what does the estrogens breaking into other breaking into good estrogen or into cancer promoting estrogen?

Well, this depends in some level to our genetic and then in SNPs, but also to how loaded is our liver with other tests, how backed up is the liver with toxins?

I mean, if you gave people with like issue of liver detoxification, if you give them a break for a month, what is the toxic input would be minimized. They will clean the back up and suddenly they can do well even with partial capacity.

But we are always in this struggle that we have to catch up and survive. And that's why the survival paradox is is a profound concept in the book. I explain it in a big way, and then I go into metabolism and I go into every organ and into immunity and into the microbiome.

And then I give the solution, of course, detoxification now to transform our scales of survival and how to free the survival, part of which is really a meditative process.

We all look doing, we all capable of doing but it but from a biochemical level, the reason why I feel it is blocking galectin three is the most important supplement.

And I didn't say this even five years ago. Maybe five, I already said, but ten years ago, if you look at my health programs 15 years ago, not everybody got a good picture.

So now I'm saying it because the research is overwhelming in kidney and liver, in lungs, in heart, in brain, in inflammation, in autoimmunity, in cancer, in sepsis.

I published some very important papers because when the body goes into a a loop of survival and cannot turn off, everything catches on fire. No, everything catches on fire, nothing stays fresh and nothing stays intact, you know?

So are you saying, modified citrus pectin is something everyone should be taking? Preventatively number one, if you if I don't take one supplement, it will be modified.

It was picked because we can get our vitamins and minerals from food. We can get a lot of stuff, you know, and there are a lot of great things. I take a lot of things.

But we got to block galectin three so it can reduce galectin three if we are more relaxed, if we have good hydration. So there is better communication, less inflammation if we if we sleep well, but.

We have lost this world. You know, only only few people can really keep it to eat. And in this sense, if we if we look at centurions compared to people in the 70s and 80s, the centurions, which include within them in the 70s, 80s, the centurions are much lower levels of galectin three, which goes with age.

Now the people who are 70 and 80 has a few people who will make it to be over 100 years old because as if we are surviving, if we are living by creating a stronger survival response, it creates more inflammation and fibrosis.

It's going to shorten our life. And the beauty of it is that we know the biochemistry. We're not guessing because when you have galectin three coming outside the cell, or if you have inflammation and danger coming, the macrophage and the macrophage turning to inflammatory macrophage macrophages, they are the immune cells that clean the mess.

And when they become inflamed they excrete in the area of the problem. More galectin three. We then will block the insulin receptors and will and will and will attenuates in normal metabolic function.

It will block Ampk and which produces normal energy. It will enhance into one. The cell is not getting oxygen now hypoxia inducing factor goes up PDK for the people.

No biochemistry gets activated. Mitochondria get shut down. We go into glycolysis very fast, very devastating. And in the route of cancer becoming more aggressive, autoimmunity diabetes etc..

So this is extracellular. And there are some compounds which can help intracellular early berberine coming home. No really the very big one. But here we see how a systemic effect of galectin three is going into the cell, into our metabolism.

And and in this sense, every cell, including a cancer cell, has a choice to turn into a normal cell. If we could get a cancer cell to take a deep breath and relax and not feel in danger.

And in my book I, I you will see I have a I have a personal relationship with the with the cell, the the psychology of the cell. Because the cell is our smallest independent unit in mitochondria.

Also within the cell, right. But looking at the cell it is a board boundary. It decides what it takes out in it, inside what it puts out, decide what it wants, what it doesn't want, and it has a relationship with the environment just like we do.

So if we can get the cell to feel everything is okay, it's going to be okay. It's not all on you. You do your job and then many time comes, you know, just like everything changes, your time will come. Now just relax.

The cell takes a deep breath. It mitochondria opens up. There's no more hypocrisy inducing factor. There is oxygen. We produce 36 ATP from one molecule of glucose.

That's the value of, intermittent fasting. We give a break to this pattern of all the time struggling, and then suddenly the cell becomes normal. So this is a process of re differenti ation, you know, getting a cell to be less cancer cell, for example, to be less aggressive.

Often with post radiation, post chemotherapy we get more stem cells. We get cancer cells to be more aggressive. Why? Because they survived the treatment like we just talked about it.

And when you survive something all your survival mechanisms enhanced. And the result is more inflammation, more struggle, more fire. So it's a dialog that happens in the way we live our life, in the way we feel.

We think we treat ourselves, we treat others and there are supplements and dietary changes. I'm sure a lot of them, you know, your guest discussed, but I want to also hear a little bit of a bigger model because we do have a choice with every breath, with every thought, we have a choice.

Are we going to struggle and fight and survive? I fall into this. You for everybody, for all.

Breast cancer, toxins, and estrogen metabolism

We're going to just realize, you know, everything is changeable and we just we just drop the reactivity. And it's really the final solution, which is very hard to actually it's the deepest way to transform the survival paradox is by connecting with our heart.

I mentioned in a while, it's not just like a buzzword, because every cell in the body, every organ in the body, takes nourishment and let go of what they consider toxin, what they don't want.

That's what toxin is, right? So I mean, when food for a certain animal, they love it. And the other species, it's toxic for that. So this is why. Because every cell wants to survive.

The only organ in the body who's survival responsibility is to take it, to take the toxic stuff from others, connect with the universe with the breath, and then give without judgment is our heart.

So our heart is built to take all the struggles and whatever comes to the heart from the perspective, the heart belongs to the past. It was already released by the cells before, right until it got to the how the heart connects with the universe in that one.

For the universe, our drama is not so big. Something a lot. Now when we say universe, it's not the buzzword. If you

think about it, the molecule of air in your mouth right now is connected with the whole universe.

There's no there's no argument about it. Right? So we are totally connected. That's why we have to keep our environment clean. We don't give our environment clean.

We lose our filtration system, our navigation system, and then it comes back to the heart. And the only thing the how does it offers blood with no judgment, right?

The outer is a rigid artery and who does the heart nourish first? I love it when I came to this recognition. Well, I got to share this with the world.

Who does the heart now is first. It nourishes itself through the coronary arteries. So self-love is part of loving others, not narcissistic love. Because you know what the other amazing thing about the heart very important for women's health.

Because women have the capacity to connect with the heart in a very, you know, it's built in, interestingly, the heart doesn't nourish itself unless it finishes its work.

Every other organ gets blood. The nourishment. Before when does the heart now issues itself? When it's finished its work and it puts the blood out. This is a selflessness of the heart and in women principle have this a lot.

You know, the selfless mother, the giving, the nourishment it's built in. And estrogen is the hormone that creates this nourishment. One of the one of what?

One of the ways that I like to look at it in nature. I'm a beekeeper. I've been a beekeeper in a very early age. And now I came back to actually have some I have some videos and I thought, maybe I'll share, but I don't know if it will work.

But if you look at the beehive, it's a great example of women's health. First of all, it's a feminine driven kingdom community. It's ruled by the Queen.

Okay. The the main principle is to fertilize the queen. When the when the beehive gets weak, all the men gets kicked out. Okay? Every working bee is. If a female bee was all guys were not developed because they didn't take royal jelly.

And the bee queen lays in the springtime eggs that are greater than her body weight. Every single day. So when you look at the beehive and I just stand next to me behind like magic, and you see the community, you see the harmony, which is a this is a selflessness.

Everybody knows where it has to go to. How far is it getting nectar? Is it getting pollen? You see how community can work when it's not under survival, under stress.

And so in this sense, it's a great, great analogy for women's health. And bee beehives are under existential threat, you know. And we all know you hear about it there being last year 60% of beehives died, 66 zero.

Okay. And it's really interesting. So last year I was giving different medicines to my bees and they died. This year I am treating them holistically. I'm giving them my medicinal mushrooms.

I giving them probiotic and then giving them protein. And they are doing so well because I'm supporting them, you know. So it's a great image really. It's a great image.

The, a great image for, for women's health. And in this sense, when we, when our supply of estrogen is harmonized and when we break it properly, then estrogen are not damaging.

The problem is that it doesn't happen as often. And that's why certain compound like dam is so important. You

know, in combating breast cancer. Beautiful. Beautiful.

I think you are a poetic biochemist. I love the the visions and the analogies you bring in there. They're beautiful. So. So what do you do? You think breast cancer is really a toxic environmental?

Genetic? I mean, an environmental problem? Do you think it's a genetic problem? What? What do you think is the you know, I. Yeah, it's a great question. I think it's a combination.

We know. I mean, I mean, American Cancer Society, you know, recognize that the majority of cancers, environmentally driven are lifestyle driven. And in this sense, we do have the genetics and no other is in Judaism is or is a beautiful thing in Hebrew saying says it says a culture self we value should not or not, which means everything is predetermined, which is our genetic.

But we have a choice, which is our epigenetics, so we can decide which gene is going to to express itself or not, including the package into, for example, there are studies on damn showing that women with a positive who take damn there is an improvement in the breast tissue compared to cancer risk, and there is a reduction in the abnormal BRCA expression.

Amazing, right? This is a epigenetic expression. So in this sense breast cancer because of the tendency of the breast to accumulate heavy metals like mercury for example, you know, and and fat soluble toxins and organophosphates and and pesticides.

And because of other issues that are more lifestyle that relate to to the understanding of the breast from the flow of digestion. Environment plays a big part in breast cancer.

But of course, there's clearer, clear familial tendencies and genetic tendencies. It's often like I'm, you know, I'm I'm mainly a clinician and a healer, so you can see it in the pulse.

You can see a breast cancer pattern in a woman when she's a teenager. And the same pattern at some point will, will, will come as cancer addict. But you know, decades later and you can change the pattern.

You know, if you change the pattern, you change the driving force. It is going to bring the breast cancer. And we know that, right? It culturally and geographically, the areas with less cancer.

And then once people one certain population change the diet the cancer appears in the same way. So in this sense breast cancer is very responsive to environmental manipulation and also needs to be addressed.

And the interesting thing for me, you know, is that there are not a lot of supplement for breast cancer. It always blows my mind. There are like zillions of supplements for prostate BPH and, you know, and this and the I mean, there's really there are some ingredients.

You know, we did our work with breast the trend we started this like I think over 20 years ago we were really an aberration. You know, we did in vitro study because in animal studies we never got to proper clinical trials because it's hard to get, big hospitals to really engage in a, in an arable based.

But the thinking behind the formula was very much the thing that I've explained today and the recognition that women's breast health needs to be addressed is a standalone issue in relationship to the total body health.

And for some reason, no, it didn't pick up enough. There's not enough attention into it even now, you know, and I think it's it's critical. And also for women to know that breast cancer when found early on have a great prognosis.

You know, I mean, 93% of women, it's it, you know, stage one with a small tumor will survive and will not die from breast cancer. So, but there's no doubt that it's driven by all this, inflammation, survival driven factors, like, like like we mentioned like, like pesticides and mycotoxins and heavy metals and stress and abnormal sleep patterns.

So for women to really recognize menopause is a very sudden change for women. Men, testosterone goes down for women, you know, like the hormone that then boom, it really it's a major shift.

And we're not always prepared for it. Right. Women it's hard to prepare. Your body is used. So the preparation for menopause should really start in the 40s.

But understanding that at some point this is going to shift, there's going to be less nourishment. You know, estrogen drops different, different other, you know, heat or like heat, inflammation and hot flashes.

A response is going to really happen there. We have to deal with it differently than during the, the years of, of of fertility. But anything that can keep rhythms in women is critical because women are basically women have a lunar based at 20, you know, a monthly cycle.

They I know, and even the moon, the moon is the moon. It's really important to recognize the lunar energy is very soft. It's very feminine compared to the sun, which is very strong.

And so women often will be in tune with the lunar cycle. Women in communities gets their period in the same time they're the community element. So anything women can do to maintain the rhythm, like waking in the same time, sleeping in the same time, sleeping in a real dark room.

So you really allow your melatonin to to really go up.

Breast Defend formula and menopause support

Having good hydration. Why is good activation is so important? Because hydration is nourishment. It bring moisture to the body and estrogen bring moisture to the body.

Estrogen is the building nourishing hormones. It builds. It builds the endometrium. You know, it builds it up. It is the ability to create. When we are balanced, it will create healthy tissue where imbalance.

It will create unhealthy tissue. So really understanding rhythm and what we can do about it. That's why if you look at our herbal based supplement in one of them is not there anymore because we're not good in marketing.

One is based on building blood and energy, early aging. The other one is built on nourishing on building nourishment and fluidity in the postmenopausal different basic Chinese herbal formula.

You would you want one do on one post menopausal and and and and budget and the eight ratios doing doing you know the fertility so it's a movement and the more we can respect it the healthier will be.

And it's it's a challenge now. It's a challenge with the Covid, with isolation, with with with lack of diversity, with, struggling opinions politically like Covid. Yes.

Vaccine. No. Vaccine. Yes. Mask. No. Mass. I'm right. They are not right. It's great. The struggle, the community sense is really weakened and it has a direct effect on women's health.

So, so many, so many nuggets in there. I'd like to go back to a, a few things. So you you mentioned breast defend your supplement. What exactly is in that.

So breast defend is a really interesting supplement is six ingredients but they're not as obvious. So the leading compound is is dam which is a metabolite of ice b c which has a very important effect in all kind of breast cancer cells.

Estrogen positive triple negative. Inhale to a new. And our studies on this formula cell line in animals. We actually tested in both estrogen positive and triple negative.

So this is like the the head of the cancer of the people of the pyramid. Then we have bye bye. It's always good to allow which is an herb studied a lot for breast cancer.

And then we have quercetin and curcumin a quercetin specifically prevent drug resistance to some of the chemotherapy drugs like Adrienne lysine and anti-inflammatory and curcumin, which helps the population and normalizes the cell.

And, then we have astragalus in a struggle, which is the immune supporting herb. But the struggle was from an esoteric Chinese medicine herbology. It's also a community herb.

So we give it this kind of to bring back the sense of community, within strengthening of the immune system. And then we have three medicinal mushrooms.

I'm big on medicinal mushrooms, one of them unusual cylinders, which is not used often, which is specifically for breast health and and and Coriolis and reishi.

But we take these herbs and we grow them on immune enhancing and anti-cancer adaptogenic herb. So we feed them botanicals which are good for breast health and for immunity and for circulation.

And the mushrooms potentiate these properties. Mushrooms have a way to ferment and potentiate ingredients, so it's surprising that I created this formula and I created a prostate formula for you.

So I'm going to add 33 ingredients, this one and only six. The the breast is an amazing results. Amazing results is supportive nutritional adjunct nutritional support together with hormonal therapy with eyes on what is inhibitors together with tamoxifen.

It has really been of of great benefit and we show that it's synergistic with modified statistics. And we published it to this particular effect. Fantastic. And it's very potent.

So like just for general breast health maintenance for women with no risk, one capsule a day, we'll do it. Maybe one capsule twice a day. If you are dealing with an active issue and you want to have the proper oncological nutritional support, you need to go up to three twice a day with food.

So it is different dosages, geared towards 25 people. So what do you think about women who are metabolizing and like their 216 ratio is fine. And giving them dim even if their ratio is fine.

I think that them in general has a lot of other properties, so I would still give them dim, but if their metabolism is fine, I would give them like a lower dose.

So if we look different just to twice a day and and, and watch the change in the metabolism. Definitely. And again the metabolism of of 2 to 16 is less significant in post-menopausal because the level of estrogens are very low, you know.

Right. But if someone can be HRT, right. And you got to be careful because if you lower 16 too much, then they're at risk for osteoporosis. Right? Right, right. Exactly.

So you have you have to watch all of this. So for us for example I give this and then they give the rhythm gold to give them nourishment you know so they work what is really what is rhythm.

Go give them go to this specific multi nutrient for women that we actually created almost three decades ago that we upgraded on a regular basis. And it provides the nourishment to work with with the breastfed.

So and you know it's so women's will will will be poor. The heart is better. The, the the joint pains are better and the memory seems better, but it's more from a nourishment perspective.

It's not that we are creating a symptom. We are creating a more harmonized environment. And yeah, it's an excellent supplement. I love the name of it.

And you mentioned before, and I'm sure some women are stuck on this. You said there's a pattern that you can detect in even young women that says they're going to have breast cancer.

Could you speak a little more to that? I'm sure women are going, what's the pattern? How do I know what the pattern is? The pulse is a pattern of struggle.

It's a pattern of roughness. Often the people who know Chinese medicine, then when they look at the patterns, they look at the quality and they describe it.

So they say the pulse is rough, but how does a rough sensation come on the pulse. It's supposed to flow in one area. It's when it flows in two directions.

There is a struggle. So if you see the struggle along the stomach channels in this area, you know the area is under pressure. And if it's from a very early age, it's probably in the family has breast cancer, you know, it's a certain pattern.

So it can also from, from a, from a behavior because it often in general and in women, it can be more often the idea of self-acceptance, accepting and loving this.

If I want to be prettier, I want to be. I know people don't accept themselves when we digest our food and we accept our nourishment, the energy goes down when we rebel and we don't accept, the energy goes up and the stomach channel is right along the breast.

So that's when that's when it meets. No, when into it is built. Frustration and anger and traumas, the gallbladder and liver get involved. And then you move to the side channels and then you get axillary lymph nodes spread.

So based on the patterns the cancer will be less aggressive or more aggressive. So as long as we can clear the stomach channel and nourish the yin and the spleen and the earth element, we are clearing this pattern.

And for example, one area in the body, when nourishment in community is very strong is between us and our microbiome. I'm microbiome is 1,000,000,000,100 trillion organisms.

And when the microbiome is healthy, we don't get leaky gut. We don't get systemic inflammation. We don't get narrow inflammation that you shake the whole body and we and we get better digestive system, better immunity.

We know in in cancer, if you give immunotherapies and you disrupt the microbiome or the microbiome is imbalanced, it doesn't work. Amazing. The microbiome is part of it's supportive synergistic effect supports treatment that help us because it also have the microbiome.

If we die, the microbiome is not going to survive. So in this sense, the digestion, the nourishment, the earth element, which is hard to it's hard to do when you build, you know, now, for example, Sibo is an epidemic.

Everybody small intestine bacterial overgrowth. Right. Because of lack of diversity, because of disruption to our community in the gut. Same principle like what we took today.

Community, heart-centered healing, and clinic work

So in this sense, the nourishment, the acceptance and the rhythmic movement and the eating properly, they all go to the same place, all should appreciate that you bring up the the stomach meridian and the connection, because I always talk about the teeth and the upper molars that lay.

The breast tube is the panic meridian with so many problems. You. Yeah, yeah. I want to re-emphasize this is

always for women with breast cancer. Check your molars because you will be amazed.

You have women who don't know, even if they have like an abscess that only an advocate will will show and you deal with it. And suddenly they respond to the chemotherapy within this point.

Yeah, definitely a lot. So I'm glad that you are emphasizing it, that it's the same because these days we relate to the digestive system. Excellent. Well and community I mean I think that's just so beautiful and so important.

I have a dream post summit of creating communities, red tent communities where women can come together and nurture and grow and be in harmony. Because tend and befriend women do much better.

It improves their immune system when we are in community, when we have a sisterhood. And so yeah, it's really a lesson for the men. I can say, you know, if you look, for example, women CEOs are much more successful, like in all my organization that always put a woman in charge.

Yeah. Smart. I'm I'm smart. You know, I mean, there's the principle of communities so, so, so important in the inside. So women, you know, people are we all have the ability for insight, but we lost the ability to take the time to really see it anymore.

But for women, it's critical. They can't afford to lose this part in that it's who they are. You know? Yeah, yeah. And then once you push to the fighting mode and the and being, you know, and now there is work small for you know for evening out and equality.

But it's just it's a struggle. You know, the inequality is still there and you always have to prove yourself. You know, each creative struggle in struggle is counterproductive to nourishment to to to to to just being receptive.

You know, the, the the womb, the the uterus is a receptive organ, you know, so this receptivity, this community, this nourishment, it's very powerful.

And and that's why if we look at miracles in the clinic, most of them are women. And if they are not women, they are men who got connected with a feminine quality.

And then a woman next to them, I think. I mean, you can see in the stories in, in my, in my book or certain people who just let go and accepted. So in my in my book, I sprinkle different stories of patients because the patient is who really who we learn from.

We just have to have them. The wisdom to just sit quietly and watch, you know? Yes. Where is your clinic located? So my my clinic is in Santa Rosa. And when I say that I'm a pioneer in therapeutic of visits, is this concept of, of filtering the plasma which is used?

The United States is really limited. It's used mainly for high cholesterol genetically, but I use it for inflammatory conditions a lot with cancer. So I am considered what you call in professional language a disrupter on a global level.

And I have and that's why I have an Aids grants. And and the idea that you treat the person outside their body because you are filtering the plasma outside the body, it's bigger than us.

So there are no there are no side effects. So it's a complex process. It's similar to dialysis but a little bit more, more, more specific and very, very safe.

And it really reduces inflammation for Lyme disease, for long haul Covid and of course for cancer together with treatments because so yeah. Is this like I news for resist because one of the clinics I work with in Switzerland is I use for research. Yeah.

So they also do this but they're they are very this is not is selective. So they are very good in removing for example

antibodies. But they also remove your albumin and other proteins.

And you know so you feel very tired Wednesday after this is more selective. You don't feel tired because you're removing specifically the inflammatory part in the.

Are you the only one doing this in the country? Well I started now that are few people I've been doing it for a decade. I mean literally, you know, speaking of the big international conferences, they publish late.

I'm a researcher in it now. It's starting to some people are developing, but I can comfortably say that I am the services guy in United States. And that's when people, well, hearing about it.

But it's a specialty. So I really focus on it now. You know, I look at it, we beg. It's a focus. It's not another thing somebody does because you really need to know it's a powerful treatment.

So that's how I work with many doctors and patients who do their care. And then they send me patients for their phrases. And on the waves they want, they get a little bit of my decades of understanding and diet, which is something is going how do you have time to do research, clinical practice, take care of these.

So I'll tell you how. And I swear my family, I feel like I'm always on vacation because I love what I do and I take care of myself, you know? So I spend, for example, I spend some of the year in Hawaii where I work right now.

I mean, how I work really hard. So I start my day at six. But for some reason, at 730 there are no more meetings because I got to joke to the ocean. I swim in mile, I meditate, I come back, I work that day, and then when it's sunset here, it's already late.

Everywhere else I go watch the sunset, meditate again, I come back, I can do some cold international early. So I always feel, you know, when you come from your heart and you excited about what you do and you know you're making a difference.

And for me, the reason why I'm suddenly on the summit, I was too busy treating and researching is because I've been in this almost 50 years, you know?

So I really distilled some insight with some of my crazy connections and the people I learned. So I feel like on a mission to share it with people, you know, just to share as much as I can save it.

In Israel, I teach a lot, you know, in volunteer base and meditation and healing, because I really want to show that the mind can really heal anything.

The mind can, anything. But we need to help it sometime with the right food, with the right environment. And it really works. So I do have time. I somehow manage, we're glad you made to be here with us today and share your brilliance.

And I know that you said you have, a free gift. Yeah, yeah, I know, based on our conversation today, I will create a, a compilation of certain important chapters from for my book about survival, paradox and detox and how to deal with collecting theory.

And I do recommend people read the book because it's not a book about what to do. There is 80 pages of protocol. In the end, it will it will create a paradigm shift about how you think about life, because our life journey is to transform our survival, and our heart is built to do it.

It does it anyway, so it's easy to connect to it because physiologically we are doing it. We just don't know it. You know, we just have to connect our mind and our conscious and our intention into what is happening anyway.

And that we're calling it thank you. Thank you for for being here and contributing. And with your poetic biochemistry, it's so yeah, I'm sure you all have a lot to take in, but there's some real beautiful nuggets in here.

So, be well, everyone be blessed, and we'll be back with another interview for.