Introduction and Topic Overview

Through. This is Doctor Pollack. Today I have with me again our esteemed guests. Doctor Elias. Isaac. Elias. And today we're going to focus on the topic is different than the last one that we have.

Last one was more much more general. And introduce the concept of the collection and modify its introspecting. And meditation and holistic, basically holistic medicine.

We raised far and wide last time. Today, doctor Elias wants to focus on the role of detox relative to not only galectin and MC, modified introspective, but also the role of detox in terms of the impact of chemotherapy or the detox process.

We haven't delved into that a whole lot during this conference series, during the Summit Series. So this is a good, good topic to do at this time. So Doctor Elias, I don't think we need to reintroduce you again, but maybe we should do, like, a two minute, explanation of who you are and why you talk to us.

So, important for you, right? Well, you know, in my in my background, I am a physician. I'm a licensed acupuncturist. I'm trained vertically in multiple in, in in multiple, modalities.

I'm a, an active researcher with with an active NIH grant. And I'm also highly trained in meditation and healing for decades. I started meditating at the age 15, and I'm soon going to close 50 years of practicing.

So holding, holding, health and life in different places allows you to see a little bit of a of a larger, picture. And I translated it into a, into a simple concept, a simplified concept that does hold this depth, called the survival paradox.

It's the name of my of my play, my bestselling book that came in September. So, this and this index with we explained in the previous interview we talked about what is the survival part of the explained that we all have an innate and we need to kind of be kept in quickly.

We have an innate, built in survival response, which we all know otherwise, this is what keeps us alive. And this survival response affects us in every level.

Cellular tissue, organ is a person as a community, etcetera. And because it's innate, it's automatically response within. So the autonomic nervous system to the sympathetic system, either by fighting, creating inflammation, war or running away and hiding, which creates micro environments in the body, creates fibrosis, creates dysfunction of tissue level and dysfunction of the person in many levels.

So that's a paradox. And on a biochemical level this is driven as we talked to be with, by galectin three, by this, carbohydrate binding protein that is triggered right away, goes to the different tissues who are under quote unquote, danger and delivers inflammatory compounds, it hyper viscosity compounds, growth factors and also compounds which will cause a cytokine storm.

That's very briefly about the about the survival paradox. When we want to change our health. And it's really important to try to hold in a holistic view.

And holistic view means we don't subscribe to one specific highway for making a change. And we understand that things are multi dimensional and multifaceted from interesting because they speak now in different talk and, summits on different topics from genetics and epigenetics affecting not only diseases, but there's a lot of interest now affecting behavior and behavior affecting affecting it.

Survival Paradox and the Need to Let Go

Our health, we want to understand that in order to change our health, we need to make change in the first step in making change, the first step in being alive is to let go, to create space in the letting go.

Sorry. The the the exhalation. The relaxation is a process of detoxification, of letting go. We come to this world, we let go. We exhale. We leave this world.

We let go. We exhale. So our body goes constantly through a process of detoxification, exhalation, inhalation. And when we take nourishment and in between, if there is enough space and it works properly, we have transformation.

Transformation in the lungs. When we let go of carbon dioxide toxins and get air happening all the time, where the length of exhalation is twice as long as the length of inhalation, we detoxify more in order to be able to nourish.

And it happens, of course, on a tissue level and on the cellular level. And even on the mitochondria. So the first step to allow us to be receptive to a medication, to an herb, or more certainly to an acupuncture treatment, to homeopathic remedy, to create a sacral and to PMS is to allow the space for things to happen.

You know, it's like sending a wave in the water if there is a huge dam, when you start the wave, the wave is not going to continue. It's going to stop in the dam.

We have to open the dam. And this is a process. It's an amazing process because when we open, we don't always know what's going to come out, right? Come out of our tissues, come out of us cells, come out of our traumas, come out of our epigenetic and genetic, tendencies.

But this is true healing. And we see it across the board and I'm almost shifting towards more, emphasizing it at Doctor Pollock because, you know, I see issues that now, like, I see in new epidemics like cell activation, like a, like a simple, like, ovary activity, cytokine storm, the body is overreacting.

The body's an alarm state. So we can give medications to suppress the alarm, like you give antihistamine mast cell stabilizers. But it is a symptomatic treatment.

It does help people. The idea is to turn off the alarm. And an essential step is detoxification in creating space, creating time for things to happen, and especially for PMS.

When you're looking at the field that is working there, it's present there, but it's dynamic, you know, it's not static. If it hits a wall, it hits a wall.

If it hits a tissue in a body that is more fluid, more flowing on a physiological level, good hydration on the level, the detox pathways are opened on the level that there are no heavy metals, micro toxin, pesticide and the level that emotionally, mentally, psychologically we are willing to change.

Which means we we need to let go, let go of toxins, let go of diseases, let go of concepts, truly let go. The more we can do it, the more spontaneously we can heal.

And you know, I had them my my own experience. I told them right now in Hawaii and I got Covid while teaching and it affected my blood pressure. It was going up and down and and nothing happened.

Nothing was helping a medication, higher dosage. So I came here to the island and it really took just three days, three days for me to. And it was still working a little bit for me to totally open up and relax.

And the blood pressure went back to what what it was. Why, when I'm a little bit more trained in letting go. So some people will take longer. But the idea is a letting go processing, especially in your field.

It's very, very important. And of course it's in the hands of the person who is getting the PMF. And if they get other

treatments, it's in the hands of the doctors, of the healers, you know, to allow that change to.

So even us, if there are doctors who are listening for us, it's not over preconceived idea about what needs to change, about what's going to change, but to be open and for the patient also to be open.

Because when we are open, when we don't have expectations, when we are not waiting for something, our alarm system goes down. Our survival system goes down.

And then what happens? Our metabolism changes. And then then we heal. You know, it's very it's you know, so and it's a very similar mechanism. It tells us from so many diseases. Right.

So that's really why it's a little bit of a explanation why this is so vital and so important. And it's it's a game changer. I see it when I do my meditation and healing retreats, and I see it when I work with people.

I have. I provide very sophisticated, high tech specialty of many therapeutic of reasons why I do research, where I filter the plasma from toxin, and I'm working on specific.

My engagement is removal of galectin three. So this is with major hospitals and researchers and and you know, medical device development. But then sometime you know it's not sometime often it's part of the package is the 20 minutes of healing or half an hour with acupuncture that I do before the fancy treatment or after.

And that's what really allows for the change to help. So to happen so that that's why I really wanted to talk about it. So people understand that detox is something we do every second, every time. So every breath.

And ideally, if we are trained, every thought, the thought leaves us and we don't hold to it and we the space. And then the next thought comes. That's a basic level of meditation.

But if we are, we are bound, thought tied to so tightly thought. The stickiness of the mind causes physiological stickiness. Now, in Chinese medicine that you know very well we'll call it blood stagnation.

But that's that's an energetic stagnation which starts from a mind stagnation. So movement, physical movement, hydration and detoxification strategies.

Key to allowing the actual treatments of somebody, for example, again, focusing on the summit where PMF is a key component of the health, then it will be like, you know, the icing on the cake or whatever you want to call it.

It's like the head of the arrow, okay? If you use this as your main therapy, it can be a supportive therapy. But let's say in this case it's the main therapy, okay.

It's like an arrowhead. So the area has to be sharp, but also the reception is everything that supports it. The whole everything, the whole baseline has to be supporting it so it doesn't collapse.

And that's kind of the idea why detox is key and it's a and it's often misunderstood. Often people are saying detox. Oh we'll do colonics we'll leave.

I know it's something to at least contemplate. Wow. And in my book, when I talk about the survivor part of the explain how it works physiologically and it's always stories mainly of cancer patients but different diseases.

And then I go through all the main diseases and then in the solution, three last chapters. The first one is detoxification where I go in-depth and we will we will provide this, this chapter to, to your participant.

You know, I think it's a gift we're giving. I would like to clarify one thing because, and I think you're absolutely correct, that PMF therapy pmfs are a physical modality to a PMF.

The body doesn't exist, right?

Detoxification as Breath, Meditation, and Healing

The body doesn't. It's not there doesn't matter whether there's a body between the PMF and some other place away from it. It basically goes through the body completely.

So the the issue with the PMF is not the PMF as much as it is the from what we're talking about, what you're mentioning, is it the condition of the. If you feel the field at the PMF is passing through?

Exactly. The more changeable is still. So if we go to if we go to Asian tradition, if you go to Buddhist tradition is what I'm trained in. The body also really does it exist?

And it doesn't exist. It really doesn't exist. It's changeable all the time. From quantum physics. Nothing is solid. Everything is changeable all the time.

We are mainly space. The problem. Our body, which feels solid, is identified as solid. We contract, we hold this contraction, penetrate into our behavior, into our organs.

So the reason why I gave just for me as people can do the same. The story about my healing. Is it because I'm trained to let go? When I had the chance, I let go.

So it's a training, you know, it takes time. But the idea is that within simple tools, we have to do it on a physical level. We have to do it in the first step.

So critical. And I and I loved your, your your explanation about the PMF because it's really what it is. The first level is to create space. Because when we create space in our life, when we create space between our exhalation and inhalation, when we are able to create some space between our thoughts.

And for people who are listening well, savvy meditators, space that's hard, hard, hard to do well, to come by space within the thought, within the action, then everything can change.

And then, just like you said so beautifully, the PMF just go through and then guess what? Everything harmonizes. The whole universe, you know, is harmonized.

Well, just a was just like, you know, in a tiny, you know, momentary incidents right here talking. And but when we contract, when we hold it, change is gone.

PMF will hit a wall. And what is the holding? It is survival, right? Everything that comes for the way the waves, the field knows it. It moves through as if nothing exists. It's beautiful.

That's exactly what it is. Nothing stops it. It's the environment that that contacts the magnetic field. So I routinely tell people that magnetic field therapy, doesn't do the work.

The magnetic therapy is just a stimulus. It's just passing through. It's the wind blowing through the trees. Exactly. It's either a strong wind or it's a weekend.

But the tree, I mean, there's nothing between this tree and the next tree. And that magnetic field doesn't know whether it's between this tree and the next tree or it is the tree itself.

Right. And and in the Chinese image, if the tree is very flexible, which means it's hydrated, it's well done. It's not rigid. It will bend with the wind.

If it's stiff fighting or not nourished, the wind will break it. Yeah. And that's really that's another very it's an image used in Chinese medicine. Yeah. Totally.

So the state of the body then becomes the, the key and the and we in medicine, in epidemiology we talk about mild

moderate and severe disease. Right, right.

It's research studies don't take that into account. Then what happens is you put all the people who have a condition into a box and say they're all equal.

They're not right. Some are mild, mildly effective, some are moderately effective, some are severely affected. And so the ones that are severely affected, like the wind in the trees, then they're going to be more likely to break because they don't have that resilience.

They don't have the balancing capacities that you need to be able to take that stimulation and and work with it. Exactly. So it's very accurate. And the other part to realize is the disease is the end result.

And the highways to the disease are different. So if you really want that, like what what I mentioned about muscle activation, which is really an alarm system that turns on so early, you know, so you can get a physical, you know, allergies or you can get mental, always worrying about something that you have so much time to worry about.

And, and you already worrying embedded ahead of time. So the more we are willing to be opened, the more that change will happen. And it's important to recognize that it happens in all levels in our body.

It's a part of our survival. Every cell in our body wants to take nourishment, and once it take nourishment and it let go for what it doesn't want, right?

So very basic and relevant for you for being. This is, sodium, potassium pump keeping the right like, membrane potential, like it's an active process with the boundary.

But then there are all these receptors, insulin receptors, etcetera, that allow for example, if insulin receptor is working well, then a Ampk works well within the cell you produce.

You produce adenosine monophosphate. You know, a kinase is works works well, mitochondria is open because another enzyme called enter one is and hypoxia is shut down.

Mitochondria is opened. We produce energy very efficiently 36 molecules of ATP for one glucose. If we are in survival mode we are blocked, insulin receptor is blocked.

And galectin three will do it when the alarm is on and other things as well. Then Ampk shut down into one wakes up. There's not enough oxygen in the tissue.

For example, in survival mode. And then mitochondria gets shut down. We move to glycolysis, says emergency initiation, lactic acidosis and oxidative stress.

And every disease from cancer to etcetera to us. So the idea is to create this space in the space, start by creating space. And since we are here in life, we didn't come out of thin air.

We are made from endless generations of people in the past, and we have so many things affecting us. We have to create space by letting go. And that's why the my image of the breathing when we come to this world, giving a cry and expanding and then we leave this world, somebody said, this is someone who is dying.

It's work. I do often just this profound letting go. So this is something that we do every moment in our life. If we can connect with this idea of letting go, that's where miracles happen when we don't hold to our habits.

Because habits and and cofactors such as toxin and other stuff creates results, right? This is a highway I mentioned how you get to the disease. If we change our habits, we can get into another highway.

PMC is one way to allow a balanced way that is not tied to a certain imbalance, right? If our body is too rigid, it's like hitting the head on the wall.

I always say keep the head on the wall, but if you create space, suddenly you will see the door. You know, it's so much easier, right, to go through the door.

So this is why I thought people have to understand the profundity of detox. It's not talked about, it's only talk. This method and that method do this and do that.

But and then within it, then you start looking at the actual process of how you do healthy detoxification. It's a process. And the more we understand it preemptively and the more we prepare for it, the more effective and smooth it will be.

And that's my experience in teaching and doing detox for people on all levels, from simple to intense. Meditation and healing leads to filtering of the blood, which is like the, you know, literally, you know, the whole plasma volume go, you know, it's like a dialysis with more sophisticated approach.

So obviously, the experience I see what comes out of the plasma, a lot of the blood in the bed, you know, actually seat. Amazing. You know, I, I actually see what's in the blood.

It's not like I speculated. It's right there. So yeah. So this is what I'm trying to express in the context of your specialty today. And I think one of the, things that you're basically relating to is control.

Totally. Right. And what we do is we believe that we are in control. We actually are. And that's the problem. We actually are, right. Things are not easily done to us.

Most of the time. We are doing them to ourselves by virtue of our reaction to whatever stimuli we have coming in. Absolutely right. In meditation, you learn through meditation to be able to let, as you said, let go, but you also learn how to be able to, in a sense, control better, more holistically.

Yeah, yeah, yeah. Let me perfectly right. So I won't I won't explain. It's a profound point. So yes, the expression of survival is reactivity, automated reactivity.

So the nervous system somebody speaks rude to us. We get upset normal response, but we don't let it go. We hold it. It's not like like a thought. We don't recognize impermanence, changing nature of it.

That's called reactivity. We try to create space and detoxify. So that's a medical approach. That's a life approach, and that's a meditation approach.

Like for example, my, you know, mindfulness, which is very popular. It's the first step. Only we slow down, we become mindful, and then we don't react.

But there is one organ in the body. We touch it a little bit last time, but it's key to detoxification, which shifts us from detoxification to transformation.

And this is really the essence of my work. I call it open heart medicine. I thought it was supposed to be my first book. I wrote it in Hebrew, and then I decided to come with the second book.

But the book is written. I'm going to come out with it. And why? It's open heart medicine because the heart is the organ, the place, the center of our chest, from an energetic point, you know, is a place where we really do our work.

It is like when we do the fixing in Judaism, when we really transform, it's really where we get the deep purpose of life. And why? Because the heart is the only organ in the body that doesn't behave in its survival mode.

The survival of the heart is to serve others. So the heart is the only organ that takes everything that every cell in the body doesn't want, right? All the dirty blood.

The heart doesn't say, I'm going to take it only from the liver, I'm afraid, with the liver. But they don't like the kidneys. The body can do it by narrowing the arteries in other places.

Now, that's a problem of the kidneys, you know, like kidney artery, you know, renal auto is, the nose is, etc.

Open Heart Medicine and the Heart as Transformer

we'll talk about it. It's a great topic. So the heart takes, we accept then the heart instead of trying to do it itself, is connected with the universe.

You know, a molecule of air in our mouth is connected to the whole universe at the moment. So we exhale. We let go our drama, like you said, our control, what we do to ourselves is insignificant for the infinite space around us.

As long as we keep the environment clear, clean. That's why. That's why global warming is an expression of inner glow, inner warming, inner inflammation.

And it's that's why you can see sibling microbiome imbalances is part of the environment imbalances. It's so obvious. You know, I've been writing about it for decades, but now we know there is an alarm about it.

But so we exhale and then we get inhalation, we get oxygen. And the transformation happens in the alveoli of the lungs. And then what is the how do it gives without discrimination.

There is a stiff artery. It doesn't go in one. It gives blood everywhere in the first organ. Very important for people. It's the first step in healing. The first organs.

The heart nourishes is itself through the coronary artery. It's an image I'm really putting out in every talk. We nourish ourselves. Self love is part of loving others.

It's part of nourishing others. We know each of us of nourishing ourselves in order to have the power know each other. So the survival of the heart is to serve the other, to understand the inseparability between the heart and its its environment.

Chinese will call the heart the Emperor. And in almost every mystical tradition, the heart mind connection. It's right there. But interesting. It it's an image that I've brought to the forefront.

I'm explaining the physiological basis of it. So we are built to take negative feeling stuff from the past, connect with the universe, let go and transform it physically.

We do it. Otherwise we wouldn't be talking. Now we would be dead. But we have a door to train in doing it with our mind, with our behavior. And there's a certain meditation techniques where you take suffering and you give love and compassion tumbling.

That's why you learn them. Like within hours you become a must. Anything because they are part of our physiology. You don't need to spend decades training.

And this is really this is really where change in transformation happens. So that when we shift from reactivity to responsiveness, whatever comes to us, our response becomes an open heart.

Love and compassion and understanding. Now when we train, for example, meditation, which wasn't necessarily the topic to start with, one moment we haven't, one moment we don't have it.

That's really our our quality. You know, for people from Judeo-Christian tradition can mean I am from Israel. We would say, you know, in the in the Bible it says, you know, we were born in the image of God.

That's the divine power in us being able to connect with this on a cellular level. You know, on a cellular level, that's

the that's the real healing, that's a real transformation that it is a profound effect on us health wise.

The more we do this process. And in a moment, I do want to go over the the process of detoxification because it is practical actually, and not so complicated.

The process of detoxification allows it to change. Now when we look at PMF, PMF at this level, we say, okay, now we are ready for the change, let the wave come, let us bathe in it and just let go in it, you know, and unite with it, right?

If it goes through you, bill, it's not separate from this field anymore. We are part of the same right. So you can see, I mean like almost like like like the metrics.

But in any case, and also I think what you're saying is like the PMF has is passing through you. It's teaching you. Course, it's connected you, it's not teaching you.

It's reminding you who you really are. That sense, it's teaching. So what you do is you have to look at your reaction to it, just like you look at any other reaction.

If I say, boo, do you go like that? Or if I say boogie, you smile or say, oh, that's interesting. Okay, you have a choice. And pmfs are like that. They're totally neutral, right? They don't.

They don't have an agenda. Absolutely. You know, really the ultimate image for this again, we're going is a TV is a mirror. If the mirror is shining and clean, it doesn't care what's in the mirror.

And the mirror is not changed by the reflection in the mirror. It's our mind. Like you said, it's our holding, the changes, you know. And that's how do you do it? You let go.

Letting go is detox. And that's why I picked this today. But as you can see, it's taking it a little bit to unchartered territories from the point of view of providing the audience with a different level of understanding.

And my experience is somebody, you know, when I say trained vertically, I start the training in healing method and martial arts when I was 15. Okay. So years of acupuncture, years of TCM, years of classical homeopathy, decades of meditation, 20 years, two months, a year in the mountains, ten years if they so tens of thousands of hours.

But this is really the moment I did it. And I realized, wow, it's actually really simple. We just forgot how to do it. And what you are saying, it's teaching us it's neutral and that it's another angle of the same.

Ain't no universal healing principle. Definitely. All right. So, that's a background that's a deep dive. Background is the connection. And I wanted to ask you if you could just address for a second before we really move into the detox process.

There are different levels of the heart to right, right. So as you, if you think in terms of the chakras, but there are I don't know how many levels you would describe the heart to have, you know, one end is the, the, it is called filial love and the love of a child, or the love of an animal, or the love of an object, a baseball or a favorite picture.

Right. At the other end is, let's say, agape, a what I consider you agape. Yeah. So agape basically is that kind of universal love is the connection. And yeah, it's true.

And they come. The relative simple and the universal. Just like you said, their source is the same. They are actually no different in just we have a different capacity to experience different levels.

And that's really the journey of love. You know people people often tell me, you know, this person is very spiritual and yeah, you should really talk to him or interview him or get or talk on it and then say, yeah, it's okay if they're spiritual, but it's not the key thing.

Other kind, you know, they're willing to do things for others just out of sharing their heart with no agenda. That's really what comes in. That comes from the heart.

So, you know, but it's different. People have different doors to this growth. And some people it's very physical and they do it in diet. Of some people it's exercise but it's low energy movement like qigong, tai chi, you know, PMS, some people in their mind and heart opens in meditation and each of us has their own combination.

Some people do through, you know, through through religion and prayer. It's what we call body, speech, mind in Buddhism, in no physical part expression, path and really connecting with our mind and to connect with the depth, we have to create space so it can penetrate, just like you said, you know it's not blocked.

And we also have to be honest with ourself. You know, we can bless in how we remove, we can bluff in how we talk or the people can catch us. You know, like when I talk, you can feel I'm coming for my pilot.

You know, it's an experience. What I'm talking about is not a theory. And when we connect with our mind, we can bluff the mind. We know what's going inside.

We know what's going inside. So it's a journey, and it's, you know, in Chinese medicine. So tell me about the discussion about. But honesty, how honest we are.

We are which is one level. And again, I'm, I'm focusing on your topic. And again how deep is our reality, how deeply connected with the depths of our, our existence.

Because we are if we are living it, 5% of our existence depth. Most people live like it. Listen 1%. We can be very honest with ourselves, but it's a very thin layer, right?

That was suddenly things pop memories and traumas, and suddenly we behave in an unexpected way and the disease shows out out of the blue. Didn't come.

And then as we come in, the layers get peeled, things come up. And when things come up, some of them are amazing, like people meditate, amazing experiences, some are difficult.

But what do we do about it? We just let go. Like you said a few minutes ago, we don't control. And the PMF is a method to bathe in the field that will help you do it, just like other methods.

But if we look at it within the detox process, now that we talk about how in-depth we that we have detox, it goes all the time, like you said, with every breath at night time, the digestion system rest it.

Let's go. The value of intermittent fasting okay. Different metabolism that allows different parts of the cell to function. But so that's that that's a daily one when we want to do a more concerted effort either seasonally spring and fall classical or related to a disease, or that when we have time, the first step is to prepare to really think, what do we want to let go?

And that can be specific things on earth level physical, emotional, mental, psychological, psycho, spiritual, end can also be the idea that we are also letting go of deciding what we can let go of, that we don't have an expectation.

This is the hardest part to do. Then in order to detoxify, we need to expose. And again in my in my own detox are going.

Detox Process: Phase One, Phase Two, and Elimination

But in detail to expose is not so simple because the areas which are problematic tend to hide that were the biofilms are. That's where the actual sclerotic part is.

It's where tumors grow cancer. Well, the coating that creates the isolation, the lattice formation is made out of

galectin three paint. It. So when we use picked the soul body for it respecting the I developed which is close to 80 published papers, it will dissolve, it will dissolve the lattice formation.

And that's why you can see research on MCP in every single disease. You know, it started with cancer, but now suddenly so many reports in mycotoxins, in pesticides, you know, in in muscle activation life, it's dissolving and suddenly the body can reach where it need to, to, to, to have change.

But then when you open the drawers, you need to be able to bind the toxins. And again MCP is a superb binder. But people can use different binders. And then you need to remove it.

And that's where I leave a phase one and phase two detoxification happens. And then the this is we need to discharge. And then the elimination system is it got the breath scheme urination.

And it's important to realize and just in this period of this talk, phase one of detoxification is being aware that there is a problem. Right. The conjugation that like stuff comes to the surface. Wow.

It's toxic. It's hard to handle by. That's why imbalance between phase one and phase two you get a lot of side effects. Phase two is conjugating is saying okay, let's get you out of here.

So it's the same process of letting go. That's why the liver deals with the past, with letting go and the liver deals with the future. It's the biggest factor in the biggest planner in our body in general.

In Chinese medicine, it's the biggest factory for enzymes, for, you know, for different molecules. It does both. It's why it's it's such a complex organ.

It is often blamed for everything. You know, it's it's very unique role. We can go in, understand this concept of past, present, future. We really get to our essence.

So that's really the process we detoxification. And within it we have to keep balance in support. We have to give energy to the body, takes energy to detoxify.

And in this sense, PMS can be a great support, you know, because you just you're right there in the field is holding you, you know, and that's one area.

And then also you want to give some you some tonic herbs, blood circulating herbs and probiotic prebiotic to support the gut. And so so that's really the process that I really you know, we chat on so many things in.

So I'm doing it briefly. And we need to recognize it's the obstacle to detoxification. It can be emotional psychological which I will put aside for a second, but it can be a scar from a surgery.

It's more often blocked detox pathways in the load due to heavy metals, but even more now, pesticides and mycotoxins. So pesticides also in 90% of US citizens have glyphosate in the blood.

Such a toxic material and and I mean, just to get a sense 330 million pounds a year being sprayed a pound per person, can you believe we they dedicated a pound to us now, people who live in the Midwest next to a cornfield, you know, in the no.

Or soy field. So what happens? And the glyphosate, for example, as an example, yes, I do some research on it. And now in the middle of a clinical trial where the it comes in formulation, which are more toxic, what does life what they do, it disrupts the lining of the gut.

So it creates leaky gut. It creates autoimmune processes. It affects the brain. It travels to the brain and exchanges with glycine. And it becomes a never toxic excitatory.

It can go into different tendons. And we know very clearly it affects the kidneys. For example, much higher

incidence of chronic kidney disease, the most common disease in United States that people are not aware.

So you get the life of it. You get other pesticide, you get all the industrial toxins. If you just if there's a airplanes flying above you, that's enough.

You know, they sprayed all the MTBE byproducts, small airplanes. You also get some lead. So that's what's happening to us. So part of it is addressing and removing this.

The these toxins and understanding that they affect all the aspects of our lives. This fix the effect, cleanse the effects meat. They affect our water, they affect our soil.

That's why my specific solution for detox I take solutions from all these kingdoms because my approach is wherever there is a problem, nature will also offer a solution.

So we have to address pesticides, heavy metals in whatever way we want. It's part of creating the space because as you know, these are charged molecules being you know, they're going to affect your membrane potential.

Then they're going to they're going to make PMF not work. Not, not not allow it to do its job with other treatments because membrane potential is different.

And then they bind. And then once you get glyphosate when it carries aluminum or into the brain, you know, it changes the microbiome and which is really our our community within our body.

It's our relationship with the community around us. And again, so in this sense, I really wanted to give these images. So just like you said, you know, you said PMF really is just there.

You know, the body really hits is the one who would accept it. So I wanted to shed a little bit more light of how to how to really do it and why, why things don't work and how we can make them work better.

That's really was the goal of my of my second interview. And I think we really I think we both of us didn't think we talked. We touched on that. So so what are some of the I mean, MCP let's let's be practical in a sense.

You got all these issues and you do have to work on your mind. You have to work on your heart. You have to work on your relationships, your goals and objectives.

Of course, you're who you are basically, right? I don't a practical level. We have to we're going to move to a point where we're lighter, right? And we're less attached.

And we are we're going to float. In a sense, I'm surprised you're not floating right now. Yeah, but let's be practical. So let's. So what do you do? How does MCP relate to not. Yeah.

How does MCP help with detox specifically because MCP modifies it. It's perfectly specific is the one research picture. So it breaks the garlic. It binds to the galectin three that is and it neutralizes inflammatory effect.

It breaks it down so it reduces it stop the ongoing inflammatory process. It stops the cytokine storm, for example, but it also binds to heavy metals.

Well documented. They published a number of papers. It removes heavy metals, is positively charged heavy metals lead, mercury, you know, and also cadmium nickel and cesium uranium.

We published a paper. And so it does it does this process. It allows the cell to rebalance. So in this sense and so the the issue is that sometimes when you have just binders then you get side effects when.

But here you have something that regulates and stop the inappropriate survival response inflammation inflammation. So MCP becomes the basis. And know I often say if you look at my chart 15, 20 years ago, you will

see MCP in my recommendation.

You'll see pictures all. But it's not for everybody. But now when when when when we have the recognition. You know it started some of some of these were my vision but now it's much bigger than me.

The papers are published independently when we understand the road, when they stand by. MCP is a base supplement. There is no supplement more important than this.

And you won't know it until you take it. And for some people, they'll feel the effect in days. For some people, it can take months. You know, we published a study on the on biochemical relapse of prostate cancer when the prostate was removed and the cancer comes back, PSA goes up with 80% response.

This was a multicenter trial. And after six months, labor responded, continued some people who didn't respond, the very few continue to take it and they started responding after a year, only some a year and a half.

But now they are having good responses. For years, the MCP didn't kill the cancer. It allowed the immune system to take care of the cancer. What were the side effects?

Less inflammation, better memory? Feeling better? That's what it does because galectin three is part of driving the survival response drives inflammation, drives fibrosis.

So organ fibrosis heart lungs kidney liver and Nash you know IPF brain or Alzheimer plaque 20 times more IG got to be connected to be the brain of Alzheimer ten times more fibrotic dysfunction.

And so MCP is the basis. And then there are a lot of different ways to that to help deliver it. When you take MCP you are binding to some mycotoxins. And when you take life or detox, which is a product they developed specifically for pesticides and mycotoxins and binding to negatively charged ions, when you take them together, you now get a system that can really help you in the detox, and at the same time, you got to support the gut, either with diet always pre probiotic and preferably I like liquid.

So it's a life and not necessarily a capsule. We have tons of of you know bacteria that may or may not work. You want to give the body a chance to change itself.

And yeah. So that's why that's the basic principles, the basic program for detox and for creating change. And then within and of course there are many ways.

But that was an important point for me that you made, which is that the MCP not only helps you to actually bind the toxins, but it also continues to do work by decreasing the inflammation, right?

Systemically, systemically. Yeah. Yeah, yeah, I'll tell you. Sclerotic part black blocking making cancer less aggressive. We are now we are going to publish.

We are collecting now cases with metastatic prostate cancer patients which I never expected. It's not me. It's oncology. Oncology centers are doing this.

Wow. The results are surprising. I'm really really surprising about. We have a close to 20 cases. We went to a few more so it can go. You know there's bias against natural products in the oncology world.

So you have to have enough to to get published. But yeah, it's surprising. And the idea is that we are reconnecting with our own ability to heal. You know, it is so similar to to what you're talking about.

MCP, Galectin-3, and Practical Detox Support

Now, we, one of the problems that I see frequently in reading the literature on supplements, is often the trials show statistical significance. So statistically significant means you're removing charts to a great extent.

Right. But the statistical significance is not that practical. Maybe 5% or 10% improvement or 5 or 10% benefit to what you're getting from your work with MCP.

What's the range of benefits that you tend to see well, in prostate cancer? In our trial, we had 80% of the patients. Now that's a great, great point for people who are into science.

Some doctor will say, oh, it was only 60 patients. Well guess what? If a drug helps only 10% more than placebo, you will not see the difference with 60 patients, right?

But if you do 1000, you will see a difference and you will get an FDA approval. But clinically it's meaningless. And unfortunately, many of the very expensive oncology drugs are like this because in oncology, oncologists were trained to accept that standard of care and success is prolonging somebody's life by 2 or 3 months with a lot of side effects.

That's a success. That's tragic. Another 2 or 3 months are not enough. But if somebody just were on a good diet and some supplements from the beginning, they would get these few months.

We are not talking about change in people's lives, you know, and they're having a long term effect, but also healing people. And yeah, so in this sense, you know, they said I'm I'm now in a comfortable position, this is bigger than me.

And finally, you know, it said and I've memorized we discovered MCP initially and we collaborate. We talk about it. It's it's no it's it's really what it started with cancer.

I noticed in the inflammation effect very early on in the late 90s, 2000. That's why the first to patent it, to discover it. But now it's the focus that people are really researching.

That's the topic of my grant. And I'm, I'm, I'm, I'm researching the treatment of sepsis by removing galectin three. So therapeutic for reasons. I just got an infection today.

The grant is supposed to be activated. I'm waiting for the email and then I can activate. I got a $2 million grant for my research. Because there is a recognition of the role I'm delighted to be.

And I have to go do my work, develop and prove it. But so far, so good. I my my phase one grant. I got good results. I got my my phase two from the NIH.

So yes. So the idea is not everybody responds to anything. You know, nothing is a miracle. Very important to remember. We are all made differently. Just like you said.

I want people to really recognize the field. Is the field how we respond to it? Is the individual right. And the more we create a better milieu, the better we will respond.

Same with the Covid. Right now, if you look at the Covid, the Covid wants to survive. So the spike protein is practically identical to galectin three.

It's survival protein, you know. So that's why MCP is often helpful. And we were trying to get clinical trials. There was support for galectin three making Covid worse already in June July of 2020.

But it was so hard to get clinical trials with all the drugs of course. But the idea, yes, that's the tragedy that therapeutics is a tragedy is that it's a travesty and a tragedy. Yeah.

And I, I mean, I don't want to say nothing open some of the drugs, helping people. But that's the idea is to understand that Covid also want to survive.

That's and the response of the fight with the body is a cytokine storm. So you need to reduce it. And galectin three

drives the cytokine storm. In a very well published study from from Mexico City, from from the emergency room already from 2020 by very good authors.

I know the last author, she was a surgeon in Harvard and we published together. They showed a patient walking into the E. R. with Covid and related to the level of lung involvement, and that initially, before the vaccines, the levels of galectin three in the blood determined who later on will get to the ICU, who will die, who will get sick.

I've shown in a very important paper that when somebody comes to the hospital, to the ICU with sepsis, with no preexisting condition, and I may call that the leading experts in critical care in the work when you when they come into the ICU, the level of galectin three at the time of admission, no kidney damage yet will determine who will get kidney damage yet.

And more important, who is going to die. The level of galectin three before the bypass surgery, and especially when they get to the cardiac ICU after bypass surgery, will determine who will get the the unwanted and small percentage of acute kidney injury and will die the 2 to 5%.

He is galectin three and now we are showing therapeutically it can make a difference. So you can imagine the potential if if this are for raises of galectin we would work and why I am passionate about explaining about motivated respecting because it's a simple supplement, but it reflects a very profound understanding of really how we function our life.

You know, it's really a gift of nature. One of the things I really liked about your book is that you provide protocols, and I think it's really critical because I don't often see recommendations based on level of severity.

Right. So for example, you, you, you give you have tables that tell you, for a more severe situation, you need higher doses. And then for maintenance, you need the following.

Right. And there's probably there's some room for, for ability or adjustment, of course. So that's the idea in the book. The book is philosophical. It's like a moment for many people, but especially for doctors, for psychotherapies and for patients in the public.

But then you get 80 pages of protocol. I think was 60 a lot. The idea it now that you went through is a journey. Here is what you do. But if you just go to what we need to do and you don't go through the journey, it's like you don't let the wave, you know, come in just like what we talked.

So this interview with you and combining is very important as you said. So different things we'll do have different actions in the body and all of them will become synergistic.

So for example with detox with perhaps one of the most important things about PMS and detox, you mentioned the liver, right? Well, which organ in the body has the most, mitochondria per cubic centimeter, I would guess the liver and liver, right?

The liver, like the heart, the liver is constantly working, constantly working constantly and needs a lot of energy to do all the work that it has to do.

So amps increase ATP production so you can significantly enhance detoxification by treating the liver. So this is what this is the concept of balance in support which is the basis it holds.

Detox you absolutely in this there are certain herbs for example the tonics in the help detox. And in this sense, I mean because really the PMS, it provides the energy and it provides balance.

And once you are balanced, the mitochondria works when it when there are byproducts and you get off balance, it doesn't work with. Yeah, totally. Yeah.

The cells are efficient if they're optimized in their energy levels. But you have to do them and they can be more

efficient. And as you add yeah, some of these other factors that you still have to, add.

So PMS may decrease inflammation by 20 or 30% or 50%. Right. But you add galectin three or MCP rather to that process. Now you're not going you're going from 30% to like 80%.

Exactly. So small, small amounts of one thing or another can make a big difference in terms. Yeah, you can look it up because you look at research. You see the Modifieds.

It was picked in the research we published. You can see we published a number of synergistic effects and different groups. For example, we we published a paper on synergism with radiation therapy in prostate cancer cells.

There was a publication on ovarian cancer publication with conventional treatment not by itself, only way it opens the door. And for that you say, if the MCP can peel the block, the energy just comes, you know, you open the dam.

So MCP really the upstream molecule right here. So if a small change in a galectin three, the small change in galectin three, it creates downstream effect.

Doing my research in animals, we've shown galectin three and sepsis spikes much before interleukin six. It will only double in level but interleukin six will go 1000 fold. Why?

Because it's downstream. So same thing here. If if we can neutralize the collecting three effect and open the door, then you'll got the PMF coming in providing energy.

That's one plus one doesn't equal 3 or 2. It can be 10 or 10,000. Exactly. Yeah, right. Do you have any, final, thoughts or, you know, I mean, I mean, I want to thank you for the opportunity and, you know, I, I, I this, understanding can be discussed in so many level, and discussing it on an energetic level is really where, where I come from.

And I am a healer. So it was it was it was a great joy for me. And I think, I mean, people can get a lot from the Survival paradox. It's a book, you know, it's my first book in my early 60s.

It really reflects decades of reflection and clinical experience and spending a lot of, you know, time in the learning from, you know, I, I was privileged to be the doctor and learn one and one from the greatest meditation masters in the Himalaya, in the same time doing research with large medical centers.

And it gave me a certain understanding that my my third act is really just sharing it with the world. That's why I'm taking the time. You know, many people realize that you are like the best kept secret in town.

But now I want to share the secret, you know? And so thank you for the opportunity. You're very welcome. And I just again, our final sort of thought idea, too, is that, you're a healer.

So you are a doctor, but you're a healer. So I make a distinction between being a doctor, being a physician, and being a healer. Right. I did have an interview done one time, and I described these levels.

So a doctor is anybody who has a degree. You can be a doctor of engineering or a doctor of philosophy, or a doctor of theology or a doctor of podiatry.

Right? Right. You're a doctor, you're a technician. You have the credentials, you have the knowledge of, you have the training. But then but that's it.

You're essentially you're a technician. You've learned to be technical about what you're doing. Right. It takes another 5 to 10 years for for people who have the potential to learn to become physicians.

Right. And now it's no longer about the science, not longer about the gender, no longer about the, you know, the age or or the organ. Now it's about the person, right? Right.

That's the physician. But very few physicians actually become healers. So I think that a healer is somebody who says, why did I go into medicine in the first place?

Right. I went into medicine in the first place not to make money, but I went to medicine in the first place to heal people. Right? So when at the end, you go back to where you started and know the place for the first time, right? So true.

That's why I often say if I was, if I had a medical school, which I want, I would take the first year to send people to the mountains for two months to really figure out why do I want to be a doctor, you know, and if they really connect with the heart, yes.

It's not it's not the profession for them. Yeah. Yeah. That that's where it ends. Back at the heart. Back to giving and recognizing our. Yeah yeah yeah.

The source right right. Yeah. You're so right. So to well doctor healer thank you so much. Thank you so much. Thank you for your past cross again. Yeah. Of course. Take care.

Have a great day.