Overcome Disease and Unlock your Infinite Healing Potential: Taming the "Survival Paradox Protein" Transcript

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Introduction to the Survival Paradox

Welcome back, everybody, to the bioenergetics summit. I'm your host, doctor Greg Eckel. I have Doctor Isaac Elias today, and we're talking about the survival paradox.

He is an expert in the field of integrative medicine, focusing on cancer detoxification and complex conditions. He's a respected physician, researcher, bestselling author, educator, and mind body practitioner.

Doctor Elias partners with leading research institutes including Harvard, NIH, Columbia, and others to coauthor studies on integrative therapeutics for cancer, heavy metal toxicity, and others.

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

Doctor Elias, welcome aboard. Thank you. Thank you for having me. It's a great topic to talk about. I love your book and I'm really excited to see where our conversation goes today.

I want to start with this concept of the title of your book, The Survival Paradox, because this could be some new information for folks. Yeah, the survival paradox really offers a paradigm shift.

We know in the integrative, holistic approach that inflammation drives every chronic disease practically and of course, acute diseases. And I think that Western conventional medicine is acknowledging tomorrow, especially with the Covid and the cytokine storm.

But if we really look at it a little bit deeper, inflammation is really not the cause. Inflammation is the response. It's the body's response. It's the body's response to danger, to survival to it.

So really our survival response is what drives the inflammation. So we are built to survive I am built to survive. You are built to survive. Every cell in our body is built to survive.

And communities are built to survive. You know, countries are built to survive. And so it's innate within us. And if something is innate within us, it's really automated.

We can't control it if it's built within us. And indeed we respond to survival threats and danger with the autonomic nervous system. We just like it called it's autonomic sympathetic nervous system.

We either fight. And before the we started we chatted about fighting. We're going to a war zone, which is what inflammation is about. And as we've talked, nobody wins from inflammation.

And or we go into flight, we run away. We hide by creating a micro environment, by boxing the issue, either psychologically cyclosporine really emotionally, physiologically biofilm microenvironment area that are less active or by creating fibrosis a hardening of the tissue which leads to tissue degeneration.

Heart-Centered Healing and Innate Intelligence

So no matter if we go through the through the fight inflammatory process or the flight fibrotic process, we end up with organ degeneration, tissue degeneration, accelerated aging, and poor quality of life.

So that's an example. How what is supposed to help us survive actually shortens our life. And that's the profundity

of the paradox. So we talked about the nervous system.

But there's also a biochemical response and the biochemical response to within minutes. And one of the leading proteins, the leading molecule in the body that is that serves is called galectin three, which I've been researching for almost 30 years.

And interesting right now. I got my second and very large NIH grant to study the depletion depletion of galectin three as a treatment for sepsis. Actually, you have the body responding to an infection.

It goes into severe dysregulated inflammation, cytokine storm that now most people are familiar with. And the result is deterioration of the system and death.

So we can see how it is. It's a nervous system effect and a biochemical effect. And once we understand it, we can start addressing our existential health in a deeper way, not in the deepest way, but in a deeper way.

Well, so let's let's go into that. I want to return to a couple of those items there on the survival protein, the galactic threes that you've been researching.

And but in, you know, with your background in Tibetan Buddhism and, you know, you found in your search for kind of true source of our innate healing abilities, you know, so that existential component to healing that doesn't really get talked about.

Right? We can get into the biochem angle, the physiological, the physical. But I really like how you've couched this really in, in a larger discussion, you know, from even like changing the wording from mind body medicine to heart body medicine.

But I want to start with that, this concept, you know, in your search for true healing and the innate intelligence, you know, where where I've gotten to is in, you know, the set of disease is the further from source, the disconnect from source that we, we go.

So we get into suffering. And so at the heart of your work, you've cut the heart. So let's let's talk about that. The true source. What have you found in your search for the true source of our innate healing abilities?

So, you know, I it may be worthwhile to see where it's coming from, you know? So I started my journey in integrative medicine, in healing as a teenager.

I lived in Korea, did taekwondo and yoga, and I'm in my early 60s. So this book, the survival part of which I finally wrote a book after many years of resisting, it's really an expression of this.

So I was fortunate. I dive deep into very esoteric meditation techniques, deep meaning. Like for ten years I spent half a day on retreat and half a day work.

For 20 years, I would go every year to the mountains for two months, and I got to treat them mostly in daily meditation masters in the Himalaya and to be their student and then a doctor.

And within all this is a Terry practices and spending months all together years on my own. I came to the recognition that the real healing comes from our heart, and it's it's innate in each of us.

And that's why I really call it open heart medicine. The infinite Healing Potential of Love and Compassion was supposed to be my first book in Hebrew, actually, but then because of the Covid they switched.

It was finished and they came with a survivor pride. This is the other book. So how does it work? We first have to recognize that we are built to survive.

We have to recognize it. And now if you look at my body, at your body and we average out, I mean, I'm going

around it a little bit up. We have about 50 trillion cells, trillion, not million, not billion, but trillion in each cell.

And many people are not aware. Each cell has between hundreds of thousands and 1 million reactions a second. Can you just visualize this? So the fact we can talk and understand and function as one unit is nothing less than a miracle within this, every cell has its own existence, right?

It is a membrane. You decide what goes in, what comes out. It takes what it wants. It gets rid of what it doesn't want. Yet it knows that it's a part of a bigger economy, a bigger self.

And the image that you use for nature is it being a beehive know? Are you a bee? They love raising bee. They're just watching. They just took a walk through a beehive. They're doing great.

You just watch these thousands of bees in the distance there and just feel their energy. Each of them knows where it's going to, what it's going to do, how far it's going to fly, what its role is part of the whole body.

When one of our cells forget that it's part of a community, when it come becomes overly self-focused, we all fall into this, this trap, right? It doesn't want a day, it doesn't recognize it.

Everything is impermanent. Everything that comes with also. And that's the only truth is it is nothing to do with belief system. Everything is impermanent.

You know, quantum physics, anything in this cell doesn't want to die. It wants to survive. How can you do it? By creating a micro environment where he doesn't have to listen to the environment anymore, which tells him it's your time to.

Going to have a picture this way can grow like crazy when it can create an area without oxygen of hypoxia. And how do we call such a cell? We call it a cancer cell, right?

Or we call it a no inflammation cell in the brain. Well, etcetera, etcetera. So many. But cancer is the classical example. So every cell and then the tissue in the organ takes what it wants and lets go of what it doesn't want.

It's part of self focus. Self-preservation doesn't work when the classical example is the kidneys. The kidneys feel like they don't get enough blood. Why the renal arteries too narrow?

So you get the sense that I'm not getting enough blood. What does it do? It secretes renin angiotensin. It goes to the heart, pushes it harder to contract, stronger raises the blood pressure.

What happen? We get worse. Arterial clearance. The kidney gets worse, and you get a vicious cycle. You get kidney failure, heart failure, and you die.

So the only organ in the body who's survival is fundamentally different in the heart. For the how to survive, it has to take all the dirty blood of all the others.

Don't want all that you can call the suffering of other organs the toxins of other organs, the heart welcomed with open arms. No discrimination. Oh, I'll take the liver, but I won't take the kidney.

No, no, it takes everything right. And what does it do? It connects with the universe through our lungs, through our breath. And know it's so interesting. This metaphor didn't exist.

It kind of came to me that was meditating one day, says, wow. Because there are practices of exchange of suffering with love and compassion, but nobody talks about it like they said.

So what does happen? The lungs connect with the universe. We exhale. What we don't want is a system. Now what we don't want for the universe is negligent.

You know, we don't realize it's a molecule of air in our mouth. Think about it's connected with the whole universe, past, present and future. Right? There's no separation. So.

And that's why we got to take care of the environment. Otherwise there wouldn't be this container to take our dramas and our problems. Then we get clean air comes to the heart.

And what does the how do the heart contracts and gives it with no discrimination? The author is a rigid outer. He doesn't contract and expand like the arterials, the capillaries.

It gives it without discrimination. And who does the heart nourish? First, it nourishes itself through the coronary arteries, but the heart will nourish itself only after it did its selfless job taking all the junk and connecting to the universe, getting clean blood with the help of the lungs, and giving.

So when the heart is done with its work, it nourishes itself in order to nourish other and is part of nourishing others. When we recognize this, we recognize that all this stuff that has been a problem for every organ, the heart actually transforms into nourishment.

And that's why does it do it? Because it keeps moving. If the heart gets stuck and fixates and doesn't recognize it. Everything is impermanent, usually.

By the way, speaking a lot of and today I'm giving more like a bioenergetics. Like a deeper explanation. Okay? When the heart doesn't recognize everything is flowing, that there's nothing to hold to, that everything is changeable, which means that everything is possible and it fixating stops.

What happens? We die within a minute. The survival of the heart is due to this transformation. Now this is happening physiologically anyway. We are not connected with it emotionally, psychologically, psycho, spiritually.

Also, the heart has its electromagnetic field is 100 times bigger than the brain, so the effect of the heart touching every cell of our body all the time, the only organ in the body.

More than this, the heart affects people around us. We can feel it, right? Somebody comes from the heart. They have this, you know, true, you know, kindness.

So love and compassion, it affects us, right? We know just like in this, the person getting sick.

Bioenergetics, Mitochondria, and Survival Mode

So this quality of the heart when we connected with it, then anything and everything is possible for the simple reason that anything and everything is changeable.

And that's why one of my most favorite symptoms is not everybody will be a miracle, but anyone can be a miracle. And that's really bio energetics at its core when we connect to the energetic movement, because energy is movement and we translate it into the biology, and now it affects a living system, that's how you get spontaneous healing.

Yeah. So that's a little bit of an explanation on a on a more esoteric level. But within it we address it in many layers and on the biochemical layer.

The simplest thing is we got to block these proteins. It causes the survival paradox. And for this so we have it very simple. We have modified it respecting picked the salt to block the galectin three damage just like fundamental supplement we can take.

And then but it's just one layer. And then we got our emotional work, our psychological work in the understanding that everything is changeable. What is amazing right now is going to change.

And what's terrible right now, it's going to change. When we recognize it, we give it potential for healing in the more we is being in tuned into it, the more the health provider, which is on one side of the equation into more, will be on the other side.

We all patients also recognizes it. Then the more amazing things can happen and the less fancy tools we need to help the healing. Love it! Thank you so much for that.

That is exactly where I wanted to go on the bioenergetics summit. And you so you you speak. That is so beautiful. So thank you for that. And I really look forward to your next book that's coming out.

So on that, it brings up a couple things. So one, this concept of resistance, but then also what happens in the microcosm happens in the macrocosm, because I think you've tied that the, the bioenergetics down.

And then into what is happening in the cell is also happening in the external environment. And so maybe speak into that component because you, you what your solution.

And one of them is the, the modified citrus pectin, which I do want to talk about as well. And really how this links together here so beautifully. Yeah.

It's a, it's a, it's, it's really an, it's my life journey. Not because I planned it. So in one level I happen to research this protein more for galectin three and modified it was speaking were involved with prevention of metastases in prostate cancer.

And we now showed in a multicenter trial I mean six months 80% benefit in biochemical relapse of prostate cancer 18 months compared to baseline. We are about to publish 90% insane.

So that's the results on a on a biochemical level. And interestingly enough, my work with apheresis with blood filtration is outside of the body, right?

We are filtering the blood outside of the body. So it's bigger than the body. And in the same time the meditation and healing. You know, I in different rounds, right.

So you can see in my own journey I had the microcosm, you know, studying with these meditation masters and practicing and, and trying to share a little bit.

I learned and then I'm and then very pure scientist. So it happens in the cell because the cell will regulate based on the environment where the cell feels safe, when the cell is properly nourished.

We're insulin receptors are working. Well. Was that when adenosine monophosphate kinases Ampk is functioning well and into one which throws off the mitochondrial function is shut down and there is no hypoxia.

So I focus inducing factor in the plasma in the, in the in the inside of in the cytoplasm of the cell is is not active. Then the main enzyme that brings pyruvate into the mitochondria is working, where then you've got D1 and you get acid.

And from every molecule of glucose we produce 36 molecules of ATP. Very efficient, slow and relaxed. When we go into crisis, no matter why. And again galectin three will activate the macrophage.

They will become inflamed. They will block, you know, insulin receptors. They will also downgrade p53. So you can get cancer. But in any case now with the cell goes into crisis energy energy energy panic.

So we produce energy 100 times faster through glycolysis but extremely inefficient. Only two molecules of ATP for one glucose instead of 36, and a lot of toxic byproducts, which creates hypoxia, lack of oxygen, which is then a vicious cycle which happens to all of us when we go into survival mode.

And we know when we go into panic, sometimes the on the one simple thing, it will shift us. I know in my experience it's taking a few deep breaths because when we have oxygen we are not in a survival mode.

So in this sense, the bioenergetics is is something that we have to practice. It's a reminder, but we also have to be easy with ourself. Remember when I talked about the heart?

The knowledge is itself. First, you know, self-love is part of loving others. It's profound. You know, it's something I've explained in the last few years in my book.

I write about how I healed from the trauma of my grandfather from the Holocaust, which for me was intense pain in the center of the chest. Since I was a teenager.

And now it's gone, now I push, I don't feel anything. I couldn't touch it. I did a few years ago, and now I have a sense, yeah, I accept myself, I love myself, it's part of loving others.

It's not narcissistic. Completely not. You can't have this sense for yourself in a genuine way without having an open heart for every living being. And when you do this and the heart is flowing smoothly, that's when bioenergetics can really work.

You know that it's not about the the connection between energy and matter. It's happening all the time. We just have to stop blocking it. Right? What blocks it? Our concepts, our head.

So for example, when we meditate from the head and we try to create openness, it's great. It takes work. When we connect with our heart, we become masters of this very quickly.

Why? Because it's innate within us. It's who we are when this happens and our mitochondria are functions normally, while our health can transform it. We know as you know well, every disease is a similar mechanism.

And the question is what blocks this and the blocks? This can be not only mental, emotional, psychological can be epigenetics from trauma but can be toxins, can be pesticide.

You know, I've overlooked the importance of pesticide. Noticed I wasn't aware, I didn't put enough emphasis on it. Now I'm doing a lot of work on removal of glyphosate and and I'm showing I'm able to remove it.

It completely throws off the gut lining, which means that with boundaries, right, with normal boundaries, where the gut lining is not working well, we create invasion of larger molecule with inflammatory response.

We create new inflammation. We create kidney damage. You've got mycotoxins, you've got heavy metals, you've got MF, you've got all these abnormal energetic things that were not in existence 200 years ago.

And the good news is that we are we are smart.

Heart Rigidity, Compassion, and Epigenetics

We learn to adopt this part of our survival, but we can adopt in a way that is damaging or with the way we choose nourishing. And that's a choice we have, you know? Yeah.

And that goes right into the root of your survival paradox. Kind of bringing us full circle in the discussion. You talk about this catch 22 of positive thinking.

It kind of it piggybacks on, on this conversation here around from the bioenergetics into matter and matter back into the energy, and and stopping that flow and wondering if you can weave that into a discussion because and I want to return to the heart because it seems like that's a it's a big piece.

You know, the way that I talk about it is we're treating heart centered, dynamic beings moving through time and

space. And so this is a very heart centeredness that, you know, addressing us as human beings, as heart beings.

You talked about the the electrical, generation from the heart. The hearts feel you can feel that in people with open hearts, etc.. Heart disease is being kind of one of the number one.

It is the number one killer in North America. And resistance of the hardening, the fibrosis kind of coming back into your main premise here around this, kind of survival protein that gets activated, but it gets over activated and causes more, detriment.

So maybe, you know, that's a kind of a convoluted question for you, but I think you can feel that. Yeah. You know, it's interesting if you look at galectin three and how disease galectin three is especially contribute thing to what you call ejection preserved heart failure.

Do you have a heart failure when the heart becomes very big dilated. So it's not as efficient, you know, too big and and so it doesn't pull out enough blood out of it because the muscles are weak and there's a lot of compensatory because of the muscle structure.

And then the ejection preserved when the heart can still push out 50 or 60% of the blood, but the heart becomes rigid, rigid, there's a rigidity of the heart and which is exactly contradictory to an open heart.

So when the heart becomes rigid, it's driven by galectin three. So people with heart failure, with galectin three under 17.8, which is already high, and these are from old studies, but just as a number one out of eight will die in one year, people with heart failure with galectin three over 25.6 not such a big difference.

37% will die in one year compared to 12.5 in 1 year. Why? Because of this rigidity. So this rigidity, you can see it physically, but you can also seat emotionally like, no, there is the first when the heart is not rigid, when it gives out without discrimination.

How do we call it? We call it generosity. So the generosity of money, that's a lower level important. But the generosity of sharing what we know, the the generosity of sharing what we have, you know, like, are you going to treat people for free?

How much you will do things with no expectation to get something in return? Not so easy, right? All of this kind of of your heart. We can be we can do good things that come from other organs.

But then there's always an agenda. When we come from the heart, there is no agenda. Let's say process Chinese medicine discusses, you know, the five kinds of happiness and five kind of, you know, and laughter.

In fact, it's the more we want to bring all our emotions from the heart. So there comes a state where when you talk, when you think, you think from your heart, you know, it's like you don't think from your head.

You can see it, right? I mean, I kind of I'm usually I'm not really trained in it. You know, I think from a feeling I think from my heart. And then of course, the brain gets information, believe me.

I mean, you can look at what I'm doing, what day. It has a different power. It has a different quality. We have it for a moment and we lose it for a moment.

It's part of human nature. Everything is changeable, but it's our birthright to connect with. And when we connect with it, life becomes different. We become alive. Why?

Because we are moving. We're not stuck. And in this sense, you know, like in Judaism, they talk in the Kabbalah about the fixing the cool. It's connecting with the heart in every tradition.

It's the same. It's about connecting with our heart. So the really the bottom line in our own journeys, we become kinder and we become more compassionate, you know, and we become more considerate of others.

And of course, now this we we live in challenging times, you know, and I want to bring it into the context of bioenergetics. But the good news and the importance of touch summit and the power of media is it when there's a lot of light, a small candle doesn't make a big difference.

The reason why I'm talking about it is not the great master from the Himalaya, you know. But when it's dark, it's small. Light can make a big difference.

And that really is a part of the importance of this. And that's really the true healing. That's really my passion. I do have some very important biochemical discoveries that now have been acknowledged and know and it's much bigger than me, that close to 10,000 papers and relating to the about 80 papers on picked up on most published by independent university.

You know it's bigger than than than than my journey. But we can see the biochemical effect of a basic fundamental response that is come, it come to us to allow us to survive, but we are doing it in the wrong way, you know.

No, you know, and you can see, for example, I spent a few years, a few months, a year in Hawaii, and people say that Hawaii's Paradise. You look at the why is it claimed there are no there are no predators.

You know, there are no snakes. Yes. The players don't have to protect themselves. So of course, when you get an invader, you get in trouble. But you see disharmony.

It's not that they just call it Paradise for no reason. It's a place of harmony, you know? So we want to bring it back to our body. And when we bring it to our body, then everything is possible.

And within it, we have to recognize that when we have difficulties, often this is a byproduct. The end product of something that we really have no control is that's what epigenetics comes into play when I teach.

So I teach meditation and healing. I do it a lot in Hebrew because they're the foundation of their. But now is a book. And when I started doing it like in 2023 and again, I'm sharing no decades of training.

It's not like, oh, I did a course for two months now I want to share it. Decades of sitting so you can see patients with cancer. The cancer markers are getting better.

Fibromyalgia be. But you can see a lot of PTSD melting away because we are wired to respond to an existing present event based on what happened in the past and this past, in this life and its traumas.

And it's our epigenetics traits from our our ancestors and their community. And if we look at the simple math and we say 25 years per generation, which used to be, you know, until the end of 50 years ago, and we go back 1500 years, we were made from infinite number of people.

So there is no way that there is no interdependent connection between each living person, all of us, that one day in the past had a mutual father or sibling or relative.

It's impossible. You know, you do the 23 and me or whatever. My ancestry and somebody, they say he is feminist from Ireland and they find out they have they are 1% Jewish.

How come? Well, 1% in 1500 years is millions of people. You know, it's not like 1 or 2 people I know all all the other 3%. That's a lot of people, you know.

So we are all have an interdependent connection. We just within our survival and self-preservation, we lost the ability to do, to see. And when we lost the ability to see, our survival fixates.

And when we get fixated, we create a block, an energetic block, you know, an emotional block, you know, you know, if you go away from your medical work, then you get energy stagnation, then you get blood stagnation, then you get a tumor, or you get an a two sclerotic plaque, 1 or 2 immune disease.

And it's contrary to the idea that everything is flowing. When everything flows. There are no clothes, there are no thrombosis of no sclerosis. So how do we make that switch from the survival into thriving oily?

Okay. This is this is a great topic. It's really multi-layered. It's multi-layered. So we can't we can't disregard any of the layers.

Detoxification, Clinical Practice, and Staying in Flow

So it's really important for the patient, for the person and for the doctor. So I am I'm going to start with the doctor. The, the the health practitioner very often comes into a situation with a preconceived ideas.

This disease, that's the outcome. I'm going to do this. No, no, no, no for example, I now have a questionnaire because legally the board made me do it for the but I deal in patients still do it.

They summarize whatever they think is important because who am I to tell the patient what is important for them? You know, and then for example, when I look when I get all these blood tests from patients, I scan very quickly, but I don't open the records, just the summary.

And I talk to them. Once I talk to them, I start pulling other pieces, so I don't. And this is someone who is trained in a way, okay. So I don't have preconceived good ideas.

Oh, I already have this. I'm going to do that because you're going to miss the door. There's always a door. Same thing for the patient. So we have this created, for example in Amitabha clinic.

The biggest face in the middle of the clinic in the nicest space isn't waiting room. It's huge. Bigger than all the treatment rooms. And all the treatment rooms are on the sides.

Are serving the person in the middle. So the patient. It's a patient with no diplomas. You don't see behind the desk. No white coated ticket. Okay. So that's that's one part.

Then we have to wait. We have to address the survival issue with something like modifying it respecting. And if you look at my program 20 years ago, not everybody got picked.

So now everybody first thing why it's it's the basis of every treatment. Because it's still you can reproduce it because it removes heavy metals that reproduce.

It creates a good binder that will use it because it regulates immunity. Some people use it because it's good for circulation. It has different rules. How is it possible?

Because it addresses these very basic. And then we look what pulls us out of inflammatory response, automatic reactivity into a heartfelt responsiveness.

Because the heart responds, the heart gets all the junk and it responds by nourishment. When we react, we react with anger, with fear. It's a it's an automatic. It's a survival reaction.

And that's when diets come into play and supplements come into play and meditation comes into play. In doing things that nourish, you've come into play and being outside as much as we can and connecting with nature, and we each build our our own recipe.

You know, I often say that the only protocol I have is that I don't have a problem because it's so individualized. But within it, there are some very basic principles that I covered briefly, of course, but they offer a they offer a, you know, a profound solution.

So we work on a multi-layered level and we look where are zip pockets when somebody can hide their issues so well. The micro environment is a very challenging medicine and esoteric concept called in the books.

But when we books our problems, so we don't have to deal with them, it takes a lot of energy to keep the books locked. One day you wake up the cancer inside the books.

So where is it? So is it emotional? We got to address pesticides and micro toxins. I'm convinced about it. I see the difference. And that's where I developed life for detox.

And we're showing great results with glyphosate etcetera. But so we got to really deal with with the pot of toxins so everybody can respond in a normal way.

And we have to look in the body. Where is the places of hiding. So one area is biofilms, you know, and biofilms are made from galectin three. So I know we don't just slide you, but the galectin three is a carbohydrate binding protein.

So it binds to these ligands to this molecule that can cause inflammation and overgrowth and, and and stickiness and shut down the immune system. And it takes them to areas of problem.

Because the biofilm is a normal layer where bacteria and fungi and parasites live in harmony with us in the gut, 100 trillion, 90% of our DNA. When we get into a stressful position, when we put them under stress, our body goes into stress.

We take antibiotics, or a diet is imbalanced. They use the biofilm to change their behavior, and then they attach to the gut lining and create inflammation.

It's enhanced by glyphosate, for example. So we have to be aware of this other area, which is really important is areas that we cannot ventilate in the body.

So deep breathing is important bottom of the lungs and our sinuses. Our sinuses are cavities of air that really we we don't get to recycle them and clean them up.

So the lungs in many levels are like this, right. There's the alveoli with air in the blood. Vessels are around but it is a small space sinuses big. So these are great reservoirs for bacterial infections, for for fungi, for parasites.

Also for emotional storage, for traumas. And so many people have chronic sinusitis. So part of my work is they open the sinuses using natural therapy and ozone.

But always in the context of acupuncture and healing, always in the context of I make the change in the night profound, I provide the nourishment and then I can, using this fancy, a therapeutic of ariss, which is a high tech procedure like a sophisticated dialysis, requires a lot of knowhow for people who hear me and say, oh yeah, I'm going to do it next week. No, no, it's a specialty.

I've been I've been a pioneer in it, and I've done hundreds of patients and I've been doing it very focused for ten years. So you get to know what you're doing.

But that's a deeper way of changing is the milieu, the environment of our blood. And it's really interesting when you do one treatment and you clean the plasma, you think, wow, I really clean the person and you repeat another treatment.

Only 2 or 3, four days later, you get much more stuff coming out because the tissue can let go now. So there's a whole letting go of detoxification, which is essential.

That is really important to get the proper bio energetic response. The concept of discharge from the tissue to the blood, elimination from the blood to the elimination organs, and how the liver is part of it.

But in my book, The Three Solutions to Detoxification Dealing with the Scars of survival and freezing our survival paradox is the ultimate freedom of survival.

Paradox is really a meditative. It's not easy to come by. In fact, it's rare to come back. And it is it. Whatever comes or doesn't come in the mind. If you're thinking or you're not thinking, you don't hold to anything.

Everything is free. It's absolute freedom. Nothing sticks. And that's where miracles happen. So that's really the ultimate meaning of the open heart medicine that usually I don't mention. But I got carried away today.

But so the whole book at the end is to give an introduction that this is a next step, but within it. So in my book, I take people through the process and I get from many doctors.

Well, it's a change in my thinking about my practice to change the thinking about chronic diseases. And then of course, I give 80 pages of protocols and what to do.

But it's not about what to do. That's a tool you have when you have a deeper understand. So it's an it's an amazing journey, just like bioenergetics means things that are moving all the time.

So we are in a journey. And even if we feel, wow, we really got to we we found a solution. Lights came up and they are lights. No, no, it's just an experience.

Our role is to stay in the flow. To stay in the flow, to stay in. Doctor Elias. Beautiful. Thank you so much. Here's to more miracles.