The Survival Paradox and Heart Health: Breakthrough Research For Halting And Reversing Cardiovascular Disease Transcript

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Introduction and Speaker Background

– Hello everybody welcome back, sit down, get out a pad of paper, write down some notes. You're gonna learn a lot of really important heart facts and things I guarantee you don't know because we brought a world expert.

That's what this summit reverse your heart disease naturally is doing. And here's another big shot Dr. Isaac Eliaz. He has a medical degree and many other degrees. I'm so impressed to have him as part of our faculty. A leader in the field of integrated medicine specializing in cancer detoxification, immunity and complex conditions including heart disease, respected physician researcher, author, educator.

He has partnered up with many prominent groups at Harvard National Institutes of Health and he has a clinic in Santa Rosa. Not just any clinic. Go check out the website. You'll see the most gorgeous clinic called Amitabha Medical Clinic some of the most interesting treatments.

And we're going to talk about a range of topics but we're going to end up with something called Apheresis that I've had experience with in the cardiology world.

But we haven't talked about it at all. So this is all hot new information. Thank you Dr. Isaac Eliaz for taking time with me. – Thank you. Thank you for having me participate in this important topic. – All right, well you want to focus on.

I mean it's such a buzz. The survival paradox and heart health breakthrough research for halting and reversing cardiovascular disease. And we have talked a lot about halting and reversing but your angle is very scientific and very different so far from everybody else and I think it's just going to be great.

So you have a book. I have the book, the survival paradox covers a lot about heart health and disease. Tell everybody now they're so interested. What is the survival paradox? – So the survival paradox is it sounds is actually a paradox because we are wired to survive.

You know, we are built to survive. Every cell in our body is built to survive and because it's built within us, we do it in an automated way immediately and by the same drive that drives us to survive in the same drive that causes inflammation that causes fibrosis that causes acute and chronic acute diseases to go astray like sepsis that I do a lot of research on it drives chronic diseases shortens our life and makes us more unhappy.

And so because survival is built within us, you know, we all we all recognize the importance of inflammation right? In chronic disease and how this, I'm sure many speakers spoke about it by inflammation is really not to cause inflammation. As a result it's a response, inflammation is a response to our survival drive.

So when we initially, because it's automated we respond through the autonomic nervous system through the sympathetic system, either by fighting which equates to inflammation to struggle or by flight by running away by hiding by isolating ourselves, which which equates to fibrosis to creating a micro environment where bacteria viruses, heavy metals toxins can hide or anatolia sclerotic plaque can can be created or cancer environment if it's cancer.

So this so this is on a on a on an auto on autonomic nervous system level. And we can balance it through taking the breath through relaxing through shifting to a power sympathetic mode.

The Survival Paradox and Galectin-3

But biochemically within minutes our survival proteins Are turned on and the one I've been researching for almost 30 years and developed a blocker for Guillotine III, which is but 80 published papers, a lot of them in cardiovascular and circulatory issues is collecting three.

So collecting thing within minutes will rise and it will drive upstream. It will drive the inflammatory response through all the different site a kind and it will drive the fiber optic response. And as such, collecting three is a driver of heart disease. For example, if you look at the heart failure, the level of collecting three in heart failure will dramatically determine the outcomes. To allowed study almost 400 people.

People with collecting three under 17.8 with congestive heart failure. One out of eight died in one year. But if they're galectin three was over 25.6.

No Joel, not such a big difference. So 37% would die threefold will die in one year. Practically everybody will die in three years. Why? Because collecting three will shift the out failure towards an ejection preserved heart failure toward if I brought it out failure or you know, we have a saying in Hebrew heart of stone left 11.

So that's what So now, wow. So collecting three is part of isolation. Can also isolate our heart from an emotional point of view. You know, if people have an M. I. And they hear music or meditate within our Of getting an M. I. They're collecting 3 11 will go down by about 10, There will be a significant decrease in damage to the tissue.

So you can see it's a multifaceted connection that for me, it's interesting because on one level I'm a researcher, I'm a licensed acupuncturist. I mean, I'm a I'm a physician, I do different things, but I researched very actively and but in this, in my research is focused on collecting three.

But in the same time I spent decades training and teaching meditation and healing and I was fortunate to tweet and study from some of the greatest master in the Himalayas.

And so I got to this idea of isolation and opening our heart both from a research point of view like therapeutic resistance an example and from the point of view of my own, my own meditation path and the the united in the same time.

So, in this sense, the survivor paradox has a profound effect on our quality of life, but also It has a specifically important effect on the heart and on the relationship between the heart and the kidneys.

And, you know, both of us share a similar tradition in Hebrews are the famous thing saying both live the climate, you know, right they examined and I say God examines the heart and the kidneys as a way to know the person galectin three will drive acute kidney injury and when and go galectin three excretion through the through the kidney will directly cause damage to the heart. And when you block galectin three in animal models in A. K. I. Models you eliminate the damage to the heart.

So we all know the relationship between hypertension, kidney disease, heart disease and so galectin Three plays a very big role in it. And of course it's a big subject, much more than than a than a short interview.

But I just wanted to give the flavor of the interrelationship between different organs in the body in relationship to the heart and specifically the fi bra tick effect driving T. G. F. Better, driving mile fibroblast, driving hard heart tissue damage over time.

– So, I just want to break this down because you just gave a university grand rounds, you know, lecture that was so beautiful. You've got my heart palpitating from an academic sense, I just have to go off a couple of paths.

So you used the Hebrew term? I'm just curious when uh when pharaoh's heart was hardened in the traditional story of Passover and exodus. Do you think it was galectin three that was responsible for pharaoh's heart being hearted.

– It went up after he did it, biochemistry right there – A little levity number two, I have to ask. You seem to have a good sense of humor and we're getting to know each other when you chose the name of your book Survival

Paradox.

And it's about a human made compound called collect in There was a book a few years ago with a different term paradox, that was about the idea that plants want to kill humans with electrons. Plant derived compounds, you're talking about a human derived compound made and encoded on chromosome 14.

You make it, I make it everybody makes it. Was there a little bit of humor in the title of your book? – Well, you know, I've never was asked this question. It's a great question, you know, that the King of galectin is galectin three, galectin three is the most research galectin.

But since this is my work for since the nineties, it already belongs to somebody you know, and the invention and the relationship with inflammation and fibrosis.

But when I when I came to write the book, it was really a way of expressing a deeper message. Because my initial book interesting about the topic of this, of this summit. My initial book which was written in Hebrew and finished. But then the Covid came so I decided not to put it out was called open heart medicine.

The infinite healing power of Love and compassion. And I talked about the healing power of the heart and really which is really, really what I teach and how I tried to live my life and the power of healing and well, I wanted to touch it because that's the amazing part.

That's why the heart is a standalone organ is the emperor of the body in chinese medicine. But then my second book was gonna be more scientific about the concept, but since I jumped to my second book and I decided to really give us a more scientific imagery view of these 45 50 years of studies. You know, I'm in my sixties now and I started my journey learning martial arts in Korea and yoga when I was 15 years old in Korea.

So almost 50 years and then I really realized, wow, I really want to get people to look in and say, wow, how can we change our survival response? How can we move from reactivity to responsiveness and Joel.

This is really what the heart is about because every single cell in the body wants to survive. We agree and set in the body as the membrane, it decides what it takes in it takes in what it wants when it can control and it puts out what it doesn't want, right.

And same with the tissue. Same with the organs. The only organ that behaves differently is the heart, the heart takes the junk that everybody doesn't want all the venous blood. It doesn't say I'm gonna take it only from the kidney, but not from the liver, or only from the right kidney, not from the left kidney, it takes with an open heart.

Instead of reacting and saying no. And fighting like a membrane will do, like an immune response will do. It accepts it. It connects with the universe through our breath, through our schema.

And then in the And then when the air touches our mouth, especially in my mouth, because then there's no filter. This piece of air is connected. Think about it with the whole universe in all times, actually, that's the deep depth of the connection of the heart, of the micro reflection of of the bigger picture.

And then the clean blood comes to the heart. And what does the heart do? The heart gives blood without discrimination, right? The altar is a stiff artery, blood goes everywhere.

Heart, Kidney, and Fibrosis Connections

But who does the heart nourish itself first, It nourishes itself or through the coronary artery, but only once it's finished its work. The heart is the only organ in the body that nourishes itself only once. It's done with offering to others that the selflessness of the house. So, that's the heart of survival.

What chapter six in my book the heart of survival is realizing that the survival of the heart is to give and that's why the heart is where the tycoon, you know, in Kabbalah, the fixing happens. The heart is where we can heal

ourselves.

That's why there's so many studies about the healing part of the heart. So when we talk about reversing heart disease, that's one part. But the other part is really getting a glimpse and connecting with the secret aspect of the heart with the healing with the healing aspect of the heart.

And in this sense I find the phenomenal kidney heart connection from this esoteric point of view very fascinating. You know, – That's amazing what you just covered.

So let's go back just for a moment to the biochemistry. Many people listening have never heard of a compound that we have brought up, galectin. Something made by humans and you quoted data.

I think that was the pride study that if you're a sick heart patients and a high level in the blood of a test, you can order a quest lab LabCorp called the collected three level.

If you're a sick heart patient and you have a high level, your prognosis is worse and if you're a sick heart patient but your blood level collected is lower. You may have a better few years ahead of you And it's a test available And cardiologists order it not as frequently as probably you think they should or some centers do. Why do you think our body makes collecting?

What's the good news. What what's what role does it serve? And then it goes wrong in some people. – One of our survival protein in the embryo genesis especially intracellular early and in the nucleus it helps embryo genesis, especially the kidneys. When we are aging, it helps us survive by by by by being in charge of the injury repair. So the galectin three, it responds immediately to injury. It responds through again creating an inflammatory process and creating a fiber optic process.

So for example, I have published two important papers when cause I'm studying sepsis and acute kidney injury. When you take a sepsis model in in in in animals, it's called C C L. P six.

Allegation puncture from and you create sepsis. If you give the modified disrespecting, if you block galectin three just before you create the sepsis, you will dramatically attenuate the rise in interleukin six which is still relevant with the covid. You will dramatically attenuate the rise of creatinine and you will reduce mortality from 60% to 20% same if you can hear you you use a perfume, a perfume, a perfusion injury re perfusion model which is so relevant in cardiovascular disease with cabbage with the Heartland a process in the surgery. When you cut the surgery there's a blood supply, you get damage to the kidneys.

The galectin three from the kidneys that is excreted immediately will affect the heart. So when you block it with modifies it respecting you will attenuate the damage to the kidney and as a result the damage to the heart. So with the beauty and the importance of addressing galectin three. Even if you block it, even if you remove it with with therapeutical for AIDS, which is my main project that I got an NIH grant developing a special column for collecting three. It will still be expressed in the tissue where it's needed. So it's not like removing something that like TNF alpha that you want to remove to reduce inflammation but it has an immune response, it's different. It will still be expressed in the tissue where where you needed. But the excessive collecting three in the circulation, in the extra solar fluid, in the connective tissue affecting the receptors on the membranes will be reduced.

– Alright, so in diseases that are involved with scarring liver injury and heart attack, where the process of recovery has to involve creation of scar tissue to heal the area of damage. And there's fibrosis or scarring collecting three will be the fancy term up regulated.

So, I mean when galactic in three rises in a patient with congestive heart failure is it actually collecting three produced in heart cells that leaks into the circulation or is galectin three. It sounds like it's made and it can be made by most cells of the body. – Yeah, it's a great question.

So some of it will be produced in the heart. And and when you block it you can see for example animal model reverses in our tech stenosis etcetera but some of it will be produced in other organs as a signal that the body is an

alert signal and then travel to the house. So this really is the bus or they drive the different Liggins drive the fiber optic Liggins drive the sticky molecules, drives the immune dis regulator molecules block a normal immune response in the tissue where it's needed. But the mechanism that he does in order for us to survive is an unhealthy mechanism.

– That's the paradox right there. So, you know, that's one say one practical conclusion so far is all the listeners should go read a bit more about galectin because it's probably the first time they've heard about it.

And there's a Wikipedia page. I cheated. I looked G A L E C T I N. Give you a little background number 2. – 10000 published papers. – But most listeners aren't going to read 10,000 publications. – Just to give a sense. It's not like, oh my God, – I'm just trying to be practical. Number two.

Modified Citrus Pectin and Pectasol

Would you advise that all the live that actually have heart disease? Ask their cardiologist, their internist, their practitioner for a blood level of collecting three knowing that a high level might give them a clue that there's trouble brewing and they can go to a quest lab or LabCorp. Should they get a galectin three level.

– Yes, but qualified. Yes, but this is not what you determine if you are going to use, modified retrospective. And there's somebody you know who has been formulating and doing developing products for decades and it's not something I would have said 10, 15 years ago, modified it respecting is the number one supplement anybody can take most important. And the reason is it drives the aging process.

It drives almost every disease. For example, two weeks ago we presented a multi center trial on biochemical relapse of prostate cancer when prostate cancer is removed and then it starts coming back Now a modified respect.

It doesn't kill the cancer directly. It allows the body to respond better and 18 months follow up 90% benefits. 90. Okay, so this is, for example, in oncology is oncological support. Why?

Because this survival driven inflammatory fiber optic process. Any immune dis regulation, for example, immunotherapy doesn't work if collecting three is elevated will will affect so many diseases. Why did why did they say qualified because of some complex genetically derived biochemistry without using fancy terms. Certain people will have lower collecting three than others and they still will need to glow collecting through even if it's eight or seven.

The other thing that is very important to be aware of is that the standard for galectin three was based on congestive heart failure patients and many of these, as you know, well have kidney disease And there's not not good excretion of galectin three. So the levels of collecting three are much higher than they would be in people who don't have kidney disease.

So 17 point under 17.8 is considered normal for me. Anything about 12 is already a red light and I've seen thousands and thousands of of results especially now that the essays automated is no longer many.

Like it was in 2011. The results seem to be lower. So why would you check at the level of collecting three? Because if it's high there is something going on, then it would be required to take a higher dose. Or even if you think you're doing great.

There is some kind of fi brought IQ inflammatory process going on and you just have to put more attention into. – Alright, So it could be high in part because of reduced kidney function. But it could actually be unexpectedly low because of genetic influences. – Yes, because of MMP nine.

Because of Because it can come in, it can come in pantomime. The detector detects won if it's five of them or it's one of them. So, people have more mono males. They will have more detection.

The number will be higher. If it's pantomime, the number in the essay will be lower. – Okay, so everybody listen, we're talking to an incredibly intelligent man who both takes care of patients and does research even funded by the National Institutes of Health.

This is really a great opportunity. But you just brought up another term and I think it's so exciting that many listeners don't know that this is not just a theoretical discussion. You developed and researched and have available a natural product that actually comes from citrus called modified citrus pectin and I won't be shy. It has the brand name peck to Saul.

And you have researched it because it blocks collecting three, lowers the level of galectin three and protects organs from unrestrained scarring and fibrosis and clean that up for me.

– Yeah so a galectin three gets causes damage by attaching under either to the membrane of the sales or to other collecting three or two different lie against different compounds through what you call a carbohydrate with recognition domains through his side it looks that's causing this way modifies it respecting blocks, decides breaks down the lattice formation. The Penta means that create a quoting a shield micro environment and allows the body to respond better, allows better oxygenation, allows better metabolic function.

For example, galectin three will block insulin receptors as a result you will give you will have a M. P. K. Under expressed M. 21 over expressed H. I. F over expressed and you get a change in metabolic function.

Not not not a good idea. So so so yes. So modify it'd respecting blocks blocks the effect of collectively but at the same time it's also an excellent insulator of heavy metals and of other toxin which I published extensively on since the year 2000.

– So I don't want to embarrass you and not everybody can see this well but we have packed us all in my house and I just took six capsules an hour ago and I'm feeling like my brain is firing pretty good. I got a feeling you've helped me here by allowing this modified citrus pectin to go to these carbohydrate receptor domains and block any galectin three I have in my bloodstream from causing unnecessary damage. That survival paradox.

Who should take pectasol? I think you're going to say every human because we want to protect ourselves from this terrible enter amp K production. – You actually guessed right. And you know when we started the initial focus Dr. Ross to collaborate with from Wayne University is starting in the late 80s, early 90s when we started the focus was oncological support and you know it was a natural product if it was a drug you can imagine the attention because modified respecting affected the metastatic process first time any compound in medicine did it but when people started taking it suddenly the reports where my memory is improving my joint pain is is better, my blood pressure is better.

And that's when I really realized wow it is galectin three is driving inflammation. It wasn't known then you know and actually what we are seeing is the blocking of the inflammatory damaging process. And then when the Chernobyl incident happened they used some pick teams to reduce the radioactive readings of Children.

Then I realized wow if modified respecting gets absorbed into the bloodstream. I got an amazing key later of positively charged heavy metals and I produced the first data in I think in 2000 2001 and since then we published quite a few papers showing how motivated respecting can reduce lead and mercury and even uranium.

And so that's another side side benefit. And we also saw some of the immune benefits and we did some work with the U. S. D. A. And we saw that this specific modifications respecting is 10% ram no gallop torreon into which is the active immune enhancer present in mistletoe.

So that's so this is why it has a very interesting immune immune regulating effect. – And for those who don't know, mistletoe is elected containing plant associated with Christmas but it's used in oncology clinics as a therapy for cancer.

I have helped some of my fellow colleagues in Detroit get prescriptions for mistletoe. So I didn't realize it was

through a collective pathway how fascinating.

Apheresis, Lipoprotein(a), and Future Research

And again heavy metals, mercury, lead cadmium arsenic. You can run you can't hide their out there. If any of you are left eating tuna fish, stop right now, you're getting mercury every day and take some pectasol and eat some hummus instead. It'd be much healthier for you.

Um you do a procedure at Amitabha. That is fascinating and its extension this topic called for icis, everybody knows dialysis, you cleanse the blood and people with kidney failure. But as a cardiologist, I have patients with tremendous blood levels of cholesterol and lipoprotein.

A and there's been a FDA approved procedure where you cleanse the blood knot of kidney byproducts but of extremely high genetically derived cholesterol and lipoprotein cholesterol.

What is the role of forests is in New York clinic. I was fascinated when I was reading about that on your Amitabha website. – So I got I got interested in the phrase is when I started when I came with the idea of of of removal of uh of of galectin three through apheresis that the project I've been working for 10 years.

And so in this country LDL apheresis lipoprotein, a phrase is approved for probably 20 years and it's used it's not used enough, you are aware of it and now maybe more cardiologists are but many cardiologists are not.

And so there are certain prevalence of people with very high cholesterol that need this procedure. But I use it for for indications beyond beyond the removal of of oxidized lipids. I do check lipoprotein in every patient since the mid nineties. So it is the only thing that can lower lipoprotein A which is a major silent killer as you as you know very well.

So we use it for inflammatory conditions. – Can I interrupt you? I've written a book called lipoprotein a the heart silent killer. So I couldn't agree with you more and you picked the right terminology. – Out of the blue, you know, people don't know and it's so I'm a libra protein.

They addict. I check every patient and it's surprising how many people have a problem and by the way, you see the oxidation and rising lipoprotein a as a consequence of covid long haul a lot of covid long haul patients Oxidized lipid dramatic shifts and then it also relates to changes in the interleukin six.

There's a cytokine, lipid oxidation balance and dense, which now there are millions of new people in this in this, in this bucket. So we use we use that phrase is to remove inflammatory compounds and also to remove cytokines and to remove oxidized lipids. And the idea is that you expose the tissue that needs to be healed to the body to heal.

And that's where medication supplements, dietary lifestyle work better. Very dramatic in oncology to be done before chemotherapy before, before immunotherapy, but very significant for relieving the pressure on the heart and on the kidneys. And it's one of my main tools together with modified retrospective for stopping and reversing, believe it or not, chronic kidney disease, Bonnie Kennedy is actually a treatable condition and it's one of my hopes in the is to actually demonstrate in the next 5, 10 years and make a statement about it. – So you I mean, it's amazing you're gonna win the Nobel prize in medicine.

I'm gonna nominate your since we're done talking and you deserve it, but you showed us quickly a cartridge that a patient would be sitting in a chair with a pretty large intravenous line blood comes out goes through the cartridge removes the galectin on the. – So this is this is what my this is what my NIH Grant is for. This is not ready yet.

I'm now finally filling the columns and after many years of work and developing antibody etcetera. We are finally doing the proof of concept in sepsis in large animals. The final proof and the safety studies and once we do the safety studies we are going to move into the clinic.

Because I've demonstrated that when a patient with my colleagues, when a patient walks into the I. C. U. Recep sis without preexisting how kidney conditions of cancer their level of collecting three will determine which patients will later on develop acute kidney injury in which patient will die. A patient post cabbage which is very relevant in cardiology without a pre existing kidney disease.

You know they just did cabbage. There wasn't any my before the level of collecting three before the surgery and when they come into the I. C. U. Post cabbage will determine who will get a.

K. I. So now there's a way for so now imagine we have a way to determine who right it's always who are this unexpected patients will suddenly get a K. I. People are not aware you go to have a coronary artery bypass. You expect to walk out healthy.

Well 10 to 30% get acute kidney injury. 5 to 10% going to dialysis and 2 to 5% die. And the kidney, the kidney damage from the profusion injury from the lack of circulation from the Heartland machine is a driving force and collecting three drives it. So, these are some fascinating projects I'm working on. And you can save it as you know, millions of lives if it works out. – So everybody's listening and they've learned they can get a blood level of galectin three. There's a few processes.

A few cons of course, they can read your book and learn a lot. They can research this widely available supplement called peck, tassel modified citrus pectin. You have to be tough and take six capsules.

But they went down smooth and easy. Uh, and I feel great. Um, and then there's all this future bright research but we want to prevent heart disease naturally. So give us a few more pearls.

It sounds like everybody should get a lipoprotein a blood level. I couldn't agree more. Right, Give us a few lifestyle pearls. I mean, you're a licensed acupuncturist. You're a mind body specialist.

I mean, leave us with a couple of thoughts on how to deal with a stressful world. – Yeah, I'm sure that many other speakers have contributed and you and you yourself with your experience and your knowledge, but it's the same lifestyle principles that help so many things. So one of the big things with the heart is to create a space in our life to find a place where we can create a moment that we slow down and for for many people, whoever very intense schedule.

I say do it in the five minutes when you wake up and do it in the five minutes before you go to sleep. Will you slow down? You take a few deep breaths, anything in your day that didn't go well for you or that you didn't do well to others, You just regret, you let go of it.

Lifestyle, Meditation, and Heart Healing

Just take a few deep breath and feel like you can imagine white light coming through the top of your head or through your heart and feeling every cell in your body until you feel more spacious, more relaxed. This spaciousness means that yourselves are getting more oxygen.

They're more relaxed. They will go through a better repair cycle during the night. And when we wake up, same thing you sit up, you take a few deep breaths, just few exhalation and you just let your mind and your heart open until you feel a sense of relaxation and clarity.

So so the sleepiness clarifies and instead of driving into the neurosis of the mind and thought after thought, you create this this spacious place and stay there for a few minutes and this will change the quality of sleep and the quality of your day.

The other few parts are very important for the heart health is one. We've got to be well hydrated. The job of the heart is to bring blood everywhere in the body, water drives drives our fluidity in the body. Many of us are chronically dehydrated and then find something that relaxes you.

Whatever works for you. It doesn't have to be something I told you, I recommended of somebody else. Whatever resonates with the person And we need to be aware. The electromagnetic field of the heart is 100 times bigger than the electromagnetic field of the brain, which means how the heart feels.

If the heart can move from a place of resentment, of reactivity, of fighting to a place of acceptance of love and compassion. This quality is affecting every cell in our body and the people around us. There is no other organ that can do it.

And that's the heart to heart connection that's coming from the even from a meditation point of view, coming from mindfulness to helpfulness and that's really what the big healing happens.

That's why I always say one of my favorite saying, not everybody will be a miracle, but anyone can be a miracle because everything changes all the time.

What drives the change? What drives our infinite healing potential is the heart that keeps on taking on and giving, taking on and giving when the heart stops, – Wow, it's so beautiful and I mean, we'll stop. I do want to just as a cardiologist explain what you said so elegantly a little back this, but it's consistent with this closing, beautiful, beautiful comments you made that when the heart contracts and ejects blood forcefully into the aorta.

It's actually not getting any blood itself. It's feeding the rest of the body. It's the next phase, the relaxation phase we call di Estili. So the heart feeds itself after it's done that hard lifting of blood to go throughout every portion of body I've never heard. Did anybody explain that before and make such a beautiful parallel with serving others before you serve yourself.

But I just wanted to come back to that because it's such a powerful teaching point and as a student of heart disease now for also almost about 40 years.

I mean I'm I'm stealing that because that's great. It's beautiful. I'm going to tell my kids and my grandkids that they serve others before they feel their own don't fill your own arteries till you fill other arteries. – It's really self love is part of loving others.

Very different than narcissistic focus. And if you think physiologically the heart technically could have fed itself in the left atrium when there is no when the historic phase, it didn't it finishes its work, it's done and then it takes time. But it does have to take care of itself.

Otherwise it won't be able to give the next pump the next contraction. You gotta take care of – You better write that other book in english and get it out there.

– Yeah, I am. It's there's there's a whole meditation a way of dealing with traumas and reversing diseases. I sure hope so. It's in the plane. – All right.

Very good. Well thank you so much for sharing with us. Such profound science. Such so much enthusiasm for the future with an H. Project. This practice all is available everywhere.

Econugenics is the company. They have a website Dr. Eliaz has a website, Amathiba Resort has a website. All that will be in this summit. But thank you for sharing from your heart to everybody's heart.

It was really wonderful.