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

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Introduction and Speaker Welcome

Hello, everybody. Welcome back. Sit down. Get out a pad of paper. Write down some notes. You're going to learn a lot of really important hard facts and things.

I guarantee you don't know, because we brought a world expert that's with this summit reverse heart disease actually 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 integrative 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 Ahmedabad 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 a forest 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. When they. 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 in heart health, breakthrough research for halting and reversing cardiovascular disease.

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 there's so interested. What is the survival paradox.

Or 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 drives, it causes inflammation, it causes fibrosis, it causes acute and chronic diseases to go astray like sepsis.

The Survival Paradox and Galectin-3

They do a lot of research on and 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, in how it is. I'm sure many speakers spoke about it, but inflammation is really not the cause. Inflammation is 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 all 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 in a toilet. Sclerotic plaque can can be created by cancer environment if it's cancer. So this so this is on the own on an auto on a autonomic nervous system level.

And we can balance it through taking the breath, through relaxing, through a shifting to a power sympathetic mode. 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 me, which is about 80 published papers, a lot of them in cardiovascular and in circulatory issues, is Galectin three.

So collectively within minutes will rise and it will drive upstream. It will drive the flutter response through all the different cytokines and it will drive the fibrotic response.

And as such Galectin three is a driver of heart disease. For example, if you look at the heart failure, the level galectin three in heart failure will dramatically determine the outcomes to a large study.

Almost 400 people, people with Galectin three under 17.8 with congestive heart failure. One out of eight died in one year. But if the Galectin three was over 25.6, no joint, not such a big difference.

So 37% would die. Three fold will die in one year. Practically everybody will die in three years. Why? Because the galectin three will shift the outflow towards an ejection preserved heart failure to either fibrotic heart failure or you know, we have a saying in Hebrew heart of stone lives 11 this so that well so now wow so galectin three is part of isolation has also isolated our heart so an emotional point of view.

You know if people have an MRI and they hear music or meditate within hour of getting an MRI, their galectin three levels will go down by about ten or 15%.

There will be a significant decrease in damage to the tissue. So you can see the multifaceted connection. That for me is 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 research very actively. And but in this in my research is focused on Galectin three and on a few issues.

But in the same time, I spend decades training and teaching meditation and healing, and I was fortunate to tweet and study from some of the greatest masters 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 offerings as 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 as the survivor paradox has a profound effect on our quality of life. But also it is specifically important effect on the heart and on the relationship between the heart and the kidneys.

And, you know, both of us share is similar tradition in Hebrew the famous saying saying won't leave the client. You know. Right the examined and I think God examines the heart in the kidneys is the way to know if the person galectin three will drive acute kidney injury and when and galectin three excretion through the for the kidney will directly cause damage to the heart.

And when you blow galectin three in animal models in A. I. models, you eliminate the damage to the heart. So we all know the relationship between hypertension, kidney disease and 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 an assured interview. But I just wanted to give the flavor of the inter-relationship between different organs in the body, in relationship to the heart, and specifically the fibrotic effect driving TGF beta driving myofibroblasts driving a heart heart tissue damage over time that Galectin three is involved.

So I just want to break this down because you just gave a university grant around, you know, a lecture that was so beautiful. You got my heart palpitating from an academic sense.

I just have to go off a couple paths. So you use the Hebrew term. I'm just curious when when Pharaoh's heart was hired in in the traditional story of Passover and Exodus, do you think it was Galectin three that was responsible for Pharaoh's heart being inherited.

Or it went up after he did it? There you go. It's about as far as the mind or the 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 Galectin.

Heart, Kidney, and Fibrosis Connections

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 lectins 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, it's I've never asked this question. It's a great question. You know, is it the king of Lectins is Galectin three, galectin three, the most researched, lectin, but since this is my work for since the nineties, it's already belongs to somebody you know and the invention of 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, everything about the topic of it, is of this summit, my initial book, which was written in Hebrew and finished, but then the COVID it came, so I decided not to put it out.

It was called Open Heart Medicine, The Infinite Healing Power of Love and Compassion. And they talked about the healing power of the heart. And really, before I deliver up here, which is really, really what I teach and how I try to live my life and the power of healing.

And I wanted to touch on it because that's the amazing about that's why The Heart is a standalone organ. It's the emperor of the body in Chinese medicine.

But then my second book was going to be more scientific about the concept. But since I jumped to my second book and I decided to really give this a more scientific imagery view of these 45, 50 years of studies, you know, I made 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 survivor response? How can we move from reactivity to responsiveness?

And all 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 a membrane. Decide 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 tissues. Same with the organs. The only organs that behave differently.

The heart. The heart take the junk that everybody doesn't want. All the venous blood. It doesn't say, I'm going to

take it only from the kidney, but not from the liver or only from the right.

Give me. Not from the left. Give me. 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 accepted.

It connects with the universe through our breath, through our Nasima. And then in the end, then when the air touches our mouth, especially 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 a deep depth of the connection of the heart is the micro reflection of the bigger picture.

And then the clean blood comes to the heart. And what is the heart do? The heart gives blood without discrimination right there. The it is a stiff artery.

Blood goes everywhere. But who does the heart nourish itself? First, it nourishes itself 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 heart. So this is this.

So they are the heart of survival. What? The Chapter six in my book, The Heart of Survival is realizing is the survival of the heart is to give. And that's why the heart is where the tikkun, you know, in Kabbalah, the fixing up in the heart is where we can heal ourselves.

That's why there are so many studies about the healing power 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 this secret aspect of the heart, with the healing.

With the healing aspect of the heart. And in this sense, I find that phenomenal kidney heart connection from this is a turning point of view. Very fascinating. You know.

It'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 and that where you 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 patient and a high level in the blood of a test, you can order request lab LabCorp called a galectin three level very sick heart patient.

Then you have a high level. Your prognosis is worse. And if you're a sick card patient but your blood level galectin 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 galectin?

What's the good news? What what's what role does it serve? And then it goes wrong in some people. So is one of us survivor protein in the embryo genesis especially intracellular and in the nucleus it helps embryogenesis especially the kidneys.

When we are aging, it helps us survive. Bye bye, bye bye. Being in charge of the injury repair. So the Galectin three responds immediately to injury. It responds through again creating an inflammatory process and creating a fibrotic position.

For example, I've published two important papers when I'm studying sepsis and acute kidney injury. When you take a sepsis model in the in animals, it's called C CLP seek allegation puncture form and you create sepsis if you give them modified stage respecting if you block galectin three just before you create the sepsis, you will dramatically

attenuate the rise in interleukin six, which is still relevant to COVID.

You will dramatically attenuate the rise of creatinine, and you will reduce mortality from 60% to 20%. Same if you can hear you use a perfume, a perfume, a perfusion injury reperfusion model which is so relevant in cardiovascular disease with cabbage, with the heart lung in a process in the surgery, when you cut the surgery, the 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 what infected respecting you will attenuate the damage to the kidney and as a result, the damage to the heart.

So the beauty and the importance of addressing galectin three. Even if you block it, even if you remove it with the with the therapeutic apparatus, which is my main project that I got in an age grant developing a special column for Galectin three.

Modified Citrus Pectin and Galectin-3 Blocking

It will still be expressed in the tissue where it's needed, so it's not like removing something that like ten if alpha that you want to remove to reduce inflammation but it there's an immune response.

It's different. It will still be expressed in the tissue well where you need it. But the excessive galectin three in the circulation, in the extracellular fluid, in the connective tissue affecting the receptor on the membranes will be reduced.

All right. So in diseases that are involved with scarring, liver injury and heart attack or the process of recovery has to involve creation of scar tissue to heal the area of damage.

And there's fibrosis or scarring. Galectin three will be the fancy term upregulated. So I mean, when Galectin three rises in a patient with congestive heart failure, is it actually galectin three produced in heart cells that leaks into the circulation or is galectin three here?

It sounds like it's made in there. 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 the and when you block it, you can see, for example, the animal model reverses in the athletic stenosis, etc., but some of it will be produced in other organs is a signal that the body is in a large signal and then travel to the heart.

So Galectin really is the bus or the drive, the different ligands drive the fibrotic ligands drive the sticky molecules drive the immune disregulated molecules is blocking normal immune response in the tissue where it's needed.

But the mechanism that it does in order to us to survive is an unhealthy mechanism. So that's the paradox right there. In vitro, you know, that's one say one practical conclusion so far as 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 galleys to give you a little background. Number two. Also, 10,000 published papers in three. Years aren't going to read 10,000 publications.

Just to get said it. Not like, oh my god, there's like 10,000 papers. I'm just trying to be practical. Number two, would you advise that all the listeners that actually have heart disease, ask their cardiologists their internist, their practitioner for a blood level of Galectin three, knowing that a high level might give them a clue that there's trouble brewing and they can go to Quest Lab or LabCorp.

Should they get a Galectin three level? Yes. But qualified, yes. But this is not what should determine if you are going to use modify should perspective.

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 ten, 15 years ago.

Motivated introspection 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, a two weeks ago we presented a multicenter trial on biochemical relapse of prostate cancer. When prostate cancer is removed and then it starts coming back now modified to respect and doesn't kill the cancer directly, it allows the body to respond better.

And 18 months follow up, 90% benefits nine zero. Okay so this is for example in oncology is oncological support why? Because this survival driven inflammatory or fibrotic process in immune dysregulation for example, immunotherapy doesn't work.

If Galectin three is elevated, will will affect so many diseases. Why did why did as they qualified? Because of some complex genetically derived biochemistry cell without using fancy terms.

Certain people would have lower galectin three than others and they still will need to block electrons. So even if it's eight or seven, the other thing that is really important to be aware is that the standard for Galectin three was based on congestive heart failure patients in many of these, as you know, will have kidney disease and there's no not good excretion of Galectin three.

So the levels of Galectin 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 above 12 is already a red light and I've seen thousands and thousands of of results, especially now that the essays automate. It is no longer a mania like it was in 2011.

The results seem to be lower. So why would you check the level of Galectin three? Because if it's high there is something going on, then you would be required to take a higher dose.

Or even if you think you're doing great, there is some kind of fibrotic inflammatory process going on and you just have to put more attention into. All right.

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's been coming along here. It can come in pin tomatoes. The detector detects one if it's five of them or it's one of them. So if people have more mono mares, they will have more detection.

The number will be higher. If it's centimeters, the number in the SCA 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 nature product that actually comes from citrus called modified citrus pectin.

And I won't be shy. It has the brand name packed. The Sol and you have researched it because it blocks Galectin 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 either to the membrane of the cells or to other galectin three or to in like ten different compounds through what you call a carbohydrate recognition domain, through a site that, look, this goes in this way, it modifies it respecting blocks.

These sites breaks down the lattice formation, the painter amino acid, create a coating, a shield and microenvironment 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 amp decay under express m to one overexpressed if overexpressed and you get a change in metabolic function.

Sounds like this is not not not a good idea. So so. So yes so modified it respecting blocks blocks the effect of that exactly. But in the same time it's also an excellent key later of heavy metals and other toxin, which I published extensively on since the year 2000.

So I don't want to embarrass you.

Apheresis, Lipoprotein(a), and Future Research

And Natalie Bacon's is 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 back this all? I think you're going to say every human, because we want to protect ourselves from this terrible, amateurish app reaction.

You actually guessed right in the you know when we started the initial focus Dr. Raza that collaborate with from when university you study in the late eighties or early nineties 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 motivated respecting affected the metastatic metastatic process. First time any company in medicine did it, but when people started taking it, suddenly the reports were My memory is improving.

My joint pain is is better, my blood pressure is better. And that's when I 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 incidents happened, they use some pectin to reduce the radioactive readings of children.

Then I realized, wow, if modified it to spit in, 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 modified it was. It can reduce lead in 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 USDA and we saw that in this specific modified it was picked is 10% rum no garlic two and and two, which is the active immune enhancer present in mistletoe.

Wow. So that so this is why it is a very interesting immune immune regulating effect. And for those of you that don't know, mistletoe is a lectern 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 galectin pathway. How fascinating.

And again, heavy metals, mercury, lead, cadmium, arsenic. You can run, you can't hide. They're out there. If any of you are left eating tuna fish, stop right now.

You're getting mercury every day and take some back to school and eat some hummus instead. It'd be much

healthier for you. You do a procedure at Amitava that is fascinating and it's an extension of this topic called for recess.

Everybody knows dialysis. You cleanse the blood in people with kidney failure. But as a cardiologist, I have patients with tremendous blood levels of cholesterol and light bulb protein.

A And there's been a FDA approved procedure where you cleanse the blood not of kidney byproducts, but of extremely high, genetically derived cholesterol and lipoprotein cholesterol.

What is the role of for resus in your clinic? I was fascinated when I was reading about that on your Amitava website. So I got I got interested enough to read this when I started, when it came with the idea of, of, of removal, of fear, of, of, of Galectin three through apheresis that's a project have been working on for ten years.

And so in this country LDL often raises lipoprotein if raised is approved for probably 20 years and it's used it's not used enough. You are way off feet and now maybe more cardiologists are, but many cardiologist 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's really 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 inflammation too, if conditions. Can 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 terminal logic. Things get really out out of the blue, you know, people don't know. And it's so I'm a I'm a I'm I'm a labor protein addict.

I check every patient and it's surprising how many people have a problem. And by the way, you see the oxidation in rising lipoprotein a is a consequence of COVID long haul.

A lot of COVID patients oxidize lipid dramatic shifts. And then it also relates to changes in the interleukin six. There is a cytokine lipid oxidation balance in dense, which now there are millions of new people in this in this in this bucket.

So we use we use that for fluids 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 dramatically 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 it, respecting for stopping and reversing, believe it or not, chronic kidney disease. Chronic kidney disease is actually a treatable condition.

And it's one of my hopes in there is to actually demonstrate in the next five, ten years and make a statement about it. So you I mean, it's amazing you're going to win the Nobel Prize in Medicine.

I'm going to nominate just 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 within a pretty large intravenous line.

Blood comes out, goes through the cartridge, removes the galectin and the saw. So this is this is what my this is what my innate gratitude for. This is not irradiate.

I'm now finally feeling the columns and after many years of work and developing antibody, etc., we are finally doing

the proof of concept in sepsis. Indulge animals, the final proof in 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 ICU with sepsis without preexisting heart, kidney conditions or cancer, their level of collecting, we will determine which patient will later on develop acute kidney injury in which patient will die a patient post cabbage, which is very relevant in cardiology without a preexisting kidney disease.

We know they just did cabbage wasn't that I before the level of galectin three before the surgery and when they come into the ICU post cabbage will determine who will get Aki.

So now there's an. Acute kidney. And so now imagine we have a way to determine who it right. It's always who are these unexpected patient who will suddenly get achy.

People are not aware. You got to avoid going out to bypass you.

Lifestyle, Meditation, and Heart Healing

Expect to walk out healthy with 10 to 30%, get acute kidney injury, 5 to 10% going to dialysis and 2 to 5% die in the kidney. The kidney damage from the perfusion injury, from the lack of circulation from the heart lung machine is a driving force and Galectin three drives it.

So these are some fascinating projects I'm working on and the I can saving 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 preservatives in a few kinds.

Of course, they can read your book and learn a lot. They can research this. A widely available supplement called Pact, the dissolved modified citrus pectin.

You have to be tough and take six capsules, but they went down smooth and easy and I feel great. 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 lipoproteins, a blood level. I couldn't agree more. Right. Just give us a few lifestyle pearls.

I mean, your license, acupuncture is you're a mind body specialist. I mean, leave us with a couple of thoughts on how to deal with a stressful world. You know, and I'm sure that many other speakers have contributed in 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 who have a very intense schedule, I say do it in the 5 minutes when you wake up and do it in the 5 minutes before you go to sleep.

When 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.

Just take a few deep breaths 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 your cells 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 a few exhalation, and you just let your mind and your heart open until feel a sense of relaxation and clarity.

So. So the sleepiness clarifies. And instead of driving and choosing the process of the mind and thought of the thought you create is 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 that are very important for the heart health, this 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 recommend it to somebody else.

Whatever resonates with the person and we need to be aware. The electromagnetic field of heart is 100 times bigger than the electromagnetic field of the brain.

Which means how is the heart feels? If the heart can move from a place of resentment, of reactivity or fighting, to a place of acceptance of love and compassion, this 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 them. Even from a meditation point of view, coming from mindfulness to heart fullness.

And that's really where the big healing happens. It's why I always say one of my favorite thing 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 with the heart stops our life. You go. Wow!

And 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 comment you made there.

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 diastole.

So the heart feeds itself after it's done that hard lifting of blood to go throughout every portion of the body. I've never heard anyone explain their 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 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 real 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 it know whether it diastolic 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 requiring God to take care of you. You better write that other book in English and get it out there.

Yeah, I am. It is. There is a whole meditation way of dealing with trauma than reversing diseases. I sure hope searching the plane. All right. Very good.

Well, thank you so much for sharing with us such profound science as such so much enthusiasm for the future. With your NH project, there's Pectasol. 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 the summit. But thank you for sharing

from your heart to everybody's heart.

It was really wonderful. Thank you. God bless.