The Truth About Dental Fillings And Your Cardiovascular System Transcript

(Transcripts are generated by AI and may contain errors)

Summit Introduction and Guest Welcome

Hey, everyone. Doctor Eric Linsky here. And welcome to the Heart Attack and Stroke Prevention and Recovery Summit. I'm absolutely thrilled to be part of this life transforming event that has been carefully designed to give you and your loved ones the natural living tips that you need to enjoy a long, hard, healthy life.

This is information your doctor will not be telling you about, so please clear away distractions and get ready to take lots of notes. No joke, you will not find this collection of practical, natural solutions anywhere else online.

From avoiding hidden toxins in your home that could be damaging your heart to easy natural product swaps to simple lifestyle habits, each expert will empower you with money and time saving tips that puts your heart health back in your hands.

And remember to keep this life changing knowledge at your fingertips. Be sure to grab the summit recordings and bonus materials for ongoing support in your journey to a long, heart healthy, abundant life.

And today, I'm thrilled to introduce you to a longtime friend and colleague, Jonathan Landsman. For nearly 40 years, Jonathan Landsman has been in the health and fitness industry and is the creator of Natural Health 365.com.

One of the most popular natural health sites in the world. Throughout his career on the internet, Jonathan has created over 500 online programs with over 300 of the brightest minds in natural health and science, including the cardiovascular docu class and his famous GHC club.

To learn more about Jonathan's programs, visit Natural Health 365 programs.com. And get ready because you're going to love this interview. All right everyone, just so excited to be interviewing and talking to my longtime friend Jonathan Landsman.

Jonathan, thank you again for being here. It's my pleasure. Thank you. Well, one thing I didn't mention when I just read your bio was you and I have known each other for quite a long time, actually, you were the very first person that I met on next to doctor Josh ax back in the day.

Why the Cardiovascular Docu Class Was Created

And it's it's I'm having a little bit of, I don't know, I'm being a little, nostalgic right now. Jonathan. I don't know if you remember, but it was almost to the date.

Ten years ago. I was interviewing you for my first summit, my essential oil revolution summit. And I'll never forget that. And and to see here has been ten years of just.

You've been so productive, so helpful, so impactful, helping millions of people. You've been doing this for a long time, but I've seen you and your reach just blossom in the last ten years.

So just thank you for being committed to this work and for doing all that you have done. Thank you very much. I appreciate that and you as well, doing a lot of good work out there.

We certainly need more of us out there with, the way the media goes, these days and slanting things only in one direction. Most people know what I mean.

It's good that we're out there getting a kind of information that most people are still, to this day, not hearing about at all. Exactly. And I just mentioned everyone.

This is information your doctor is not telling you about. And which is why when I put together this event, you were one of the first people that came to mind.

So folks, we're going to talk about heart damage and infections today. But before we do, Jonathan, I was hoping you could share a little bit about your, your, your cardio, docu class and so if you don't know this, y'all, Jonathan Landsman has created wonderful series of what I consider extremely innovative docu classes.

So he's combine this master class model and this docu series model together because the main issue with both is is not as entertaining as the other and one isn't as education on the other.

And he's like, well, okay, let's combine them both. And so you get very unbelievably effective practical solutions in this. So what I was hoping, Jonathan, before we dive in is if you could just give us a little bit of insight into why you, you created that cardio docu class.

What was the there's just a heart behind it and some of the biggest takeaways and maybe some testimonials from people that have watched it, because you've had hundreds of thousands of people that have watched it.

The heart behind it, that's, a great, play on words. Thank you very much for that intro. The cardiovascular docu class really just came out of realizing that in terms of heart inflammation, I felt like with all the people that I was coming in contact with, all the health care providers that you and I both know, I didn't feel like the message was getting out there loud and clear as to what's really causing it.

And certainly we all know it's not hard at all to figure out. You go on the internet, use any search engine you want it all, and ask you about what causes heart disease.

The most things that come up to people's minds are, I don't know, cholesterol, stress. It's very vague. It's also not very accurate at all. So that was really the heart behind it.

I mean, my whole life and my passion is to create programs. We've created many different programs. As you've alluded to already, the cardiovascular docu class is just one of many where we really dive in.

And I appreciate what you said about making it sort of a blend of entertainment, which I sort of put as a very easy to digest, easy to understand in a fun, lighthearted way.

But we really keep it to the science, the kind of science that is not really getting out there. And when it comes to cardiovascular health, to this day, most people don't have a clue as to what's causing that fatal heart attack, which for the most part, is the very first sign.

Whoops, I've got a heart problem. Yep. And I think you and I both know that's a little too late. So in terms of conventional wisdom, it's very limited.

It's very dumbed down. Not to get into any conspiracy theories, but I think it's just a combination of pharmaceutical control and medical school training that it really has gone down one track only.

You've got this demon cholesterol. That seems to be the problem. Take a pill to reduce LDL cholesterol. It's not even dealing with all of your cholesterol in any way at all.

How can we lower that LDL, which in fact, scientifically speaking, is a very dangerous thing. And then it goes on to, I don't know, talk about blockages of plaque and other different ways.

Rarely, if ever, a word is mentioned about the food that you eat every day, the way you mentally or emotionally feel every single day that causes the injury to the inside of our plumbing, our cardiovascular system.

The more we live our lives, a certain way that injure our cardiovascular system, our arteries in particular, the more cholesterol is sent to that area, the more plaque is being sent to an area they got injured, starts to have little micro

bleeds, and just like God forbid if you cut your finger, the first thing you want is for a scab to be created.

Let's repair that area. Let's put a little crusty something on top of that cut. Let's protect it from getting any more injured or from bleeding. That's what's happening on the inside.

The problem is, as the plaque builds and builds and builds, desperately trying to repair injuries that are happening over and over again that aren't being dealt with, a person's lifestyle is still continuing to injure the arteries over and over again.

What happens then, in most cases, is that that plaque gets torn away by blood circulation, and that's when that massive widowmaker, if you will, heart attack, take somebody down.

The example I often use is, a blessed memory. Tim Russert, who was a very famous news reporter on a major network, and I use that example because the public record clearly showed, I remember and I'll never forget, like it was yesterday.

This was years ago. Now he's passed away from a massive heart attack on set at his studio, just going about his normal regular routine.

How Oral Infections Damage Heart Health

But to sum it up really quickly, he was well managed, his physician as was on television afterwards. It was a big shock to the public. What on earth happened to this man?

He drops dead of a heart attack out of nowhere. He was, quote unquote, a well-managed individual. So again, goes back to why I created my cardiovascular doctor class.

People are taking blood pressure medications. They're taking cholesterol lowering medications. All of this was done by Tim Russert. He was also exercising.

Now, you know, my background is studies and exercise physiology and training, high performance athletes. And also of course, very wealthy people who wanted to get into shape before I was on the internet. This is decades ago.

It's how I earned my money. So exercise was a big deal for me. I appreciate it, I understand it, but a hard sell for me to my clients was in many cases.

I told those people to calm down. Why would I tell them not to exercise so much? Because they were on medications? Because they had weak cardiovascular systems, because they expressed rapid heart rates that I could feel by taking their pulse or irregular heartbeats.

And I knew that they were had hypertension. So all of these things were going on in these people. And I would say to them often, don't you understand?

You're not an Olympic athlete, and they have to be careful as well. But you could easily over exercise and cause yourself a lot of problems. What does this got to do with Tim Russert?

He travels across the world. I don't know if you remember this story at all. Just ask. Oh no, oh no, oh no. Okay. He travels across the world. I believe it was his son's wedding.

He goes to the Orient, he goes to a wedding. Mind you, this man is taking medications all the time. He has all these markers that are inflamed. He's got all these cardiovascular problems cardiologists assigned him.

He's got all the meds. He goes off to the Orient, goes to his son's wedding and flies all the way back. Now, anybody who's traveled any great distance in a plane, that's stressful enough, right?

But he proceeds to also continue to do his very steady routine of going pretty hard. From what word is about the way he was on a treadmill early in the morning before going to the studio?

Is this something he always did? So push, push, push. No big deal. Go go go. Nobody kind of tells him, maybe you ought to adjust your heart rate. I would, I dare say if I was his personal trainer and coach, I would have most depth innately modified his routine.

And you know what? I probably would have told him the day he came back to the United States. Just relax. Don't worry about anything. Sleep a little bit more.

Get your feet in the ground. Get grounded. Which is great for you electrically anyway. For your heart to be grounded with your feet on the ground. And then when you're all done and you've gotten a nice amount of good, healthy fluid into you, run off to the studio and do your thing.

He didn't do that. He ran hard on the treadmill like he always did, went to the studio, went about his day for a little bit, and immediately had that massive heart attack that I explained dropped him to the floor and he was dead on arrival.

There was no reviving him at all. Not a chance. And it was clearly explained on television. This is what most people die out the first sign as a major problem.

The plaque tears away, shuts down the artery completely, and there's not a whole lot you can do at that point. So I hope this wasn't too long winded, but this was a major driving force that I'm acutely aware of a lot of people don't know.

I know we're going to talk about a major, factor in terms of infecting and injuring the cardiovascular system, the problems inside the mouth. We'll spend a little bit of time doing that, but I tell you, every day, everywhere I go, this topic we'll talk about in the next few minutes is still something that isn't really well looked at by even people in a natural health world, and I say it with a lot of respect because, you know, I'm in that industry, but my friends and my family around me and all the people that run across me recognize me in health food stores, whatever it might be.

And we get into these conversations about, I'm struggling, I meditate, I exercise, I take supplements, but I'm still struggling with a, B or C, you know, no, go over the whole health history with me.

Usually when they say hello to me in a store and I'll come back at them with what we're going to talk about now in the next few minutes. And most of the time I might get a nod.

That's really good. Most of the time it's a blank stare like, wow, I was never told that, you know? Thank you. I'll look into it. And usually that's the way the conversation goes over and over and over again.

So that's a long way from me saying that, I don't ever want to stop at this point. You know, when I walk around and everybody kind of knows that there is a oral health problem with what is caused by not knowing, combined with going to the wrong dentist when everybody kind of gets that and they're getting much better care, I think then I'll stop doing programs like this.

Wayne really appreciate it, Jonathan. And you, as you're telling the story, go back. And I know you agree with me on this. We need to we need to focus and and and have our Sabbath.

That's something that we haven't been talking about in this series of interviews and that that moment of rest and not just a moment, but I would challenge everyone.

When's the last time you actually took a day off, day off of whatever it is, but just a day to let your mind, your heart, your soul, your spirit. Just relax. I mean, it's a commandment in the Bible.

It's funny. Jonathan is one of the top ten, right? That people just, we'll forget number four. It's the fourth

commandment, right? And it's really interesting when you look at the Judeo Christian background, how people justify whether or not we take that day off.

But, you know, hey, I'll leave it at this. If God had to rest on the seventh day, that maybe we need to as well. And so thank you so much. That story is so impactful and so real.

And my pastor just had a heart attack just out of nowhere. Right. And we can talk about some of the issues that he's had over the years. But he's still in ICU and we pray for him as we speak.

It's been a week and I don't know where the first symptom is. The heart is the heart attack, and we want to help you prevent that. And if, heaven forbid, something were to happen, how to recover in a way that you can have a good, healthy, abundant life afterwards.

So let's dive into that topic. Let's go right into it and let's talk about this. I mean, again, put the cat out of the bag. You kind of alluded to it, but what about oral health?

The in the mouth. What about oral health contributes to heart attack and stroke. So much. Again, this is I use the phrase a tough sell for a lot of people initially because so many of these things are we live with them for years and years and years, I certainly did.

I started doing these online educational health programs. I started getting in touch with some really great doctors, great teachers who were talking about this problem Mercury based silver fillings, fully infected root canal treated teeth, the subtle yet significant problem of gum disease that is so undetected throughout the Western world.

For sure, that is an understatement. Even saying that. And so all of this was going on and on. Certainly for me personally, it was the mercury based silver fillings.

I had 14 amalgams upper right, upper left, bottom left, lower right. It was sitting there for decades. They were put in without any discussion with me.

I was a kid, I had cavities. Hey, let's just fill it with a mercury based silver filling. If you go to the internet. I just went there before having this conversation with you.

Type it in our mercury base. Silver filling, safe or not, for the most part, you easily find on the first page they're safe. Nothing's wrong. Unless maybe it's cracked, you know, go get it repaired or if it's broken and there's some sort of infection underneath it.

Oh, by all means, fix it. Nothing to say about the fact this is not something that can be disputed. The mercury is leaking out. It is mixing with your saliva.

It is vapors going up into your brain, mixing with the saliva and going into your gut. We know about how leaky gut and a toxic liver, where our blood flows all through the liver as an organ, all the time, every minute of our lives.

Toxic, dysfunctional gut and liver has a direct impact on our heart function, the injuries to our arteries, which is what I discussed earlier. So this is happening almost in a sense, 24 hours a day from just drinking hot and cold liquid chewing food.

Those vapors are mercury based. Fillings are just going into your entire system. So that's number one. Root canal treated teeth. Search the internet. Same thing.

All you see when you search for the most part on that first page, the message is clear. It is terrific procedure. Nothing wrong with it. It will save your tooth.

The idea behind that for people might not be familiar with this is you have a pain in your tooth. You go to the dentist, drill and fill. Okay. Cavities been removed with some filling in.

You leave the office. Oh. I'm in pain. Something's really wrong here. What can I do? Dentist. Boom. Next step. For the most part, is go right to get a root canal treatment and just clean out that whole area, as they say, and save your tooth.

But nothing could be further from the truth. They're saying they're going to clean out that tooth, remove the nerve, make it a dead tooth. And what happens then?

This is the only time in medicine where they say, you're good to go, because you have a dead body part in your body. You're fine now. No pain at all. And this is the thing to to please keep in mind everything we're talking about the mercury base, silver fillings, the root canal, the teeth and the gum disease, which I'll mention in a moment.

None of this necessarily has any pain associated with it at all. Once this is done to you in one way or another, in a lot of cases, the tough sell is to tell people, look, you really should take a second look at this and make sure, first of all, with the mercury based silver fillings, my position is very clear.

After a gazillion hours of doing programing with the top biological dentists, you've got to get those mercury based silver fillings out. It is just making your body toxic all the time.

Enjoying your cardiovascular system. It's just a no brainer. The root canal treated teeth. Yes, in some cases somebody has one done ten months ago. You go and you can get it scanned.

We'll talk about that in a moment. Two how to properly identify these infections in the mouth. But you could look at it and say, you know what? You seem pretty good.

You're 42 years old, you got good energy. You had it done ten months ago. You know what your root canal treated tooth. You're okay. Let's focus on some other things to improve your cardiovascular system or whatever other kind of health problem you like.

But for the most part, most all of these root canal treated teeth when they are finally removed. And I'm talking about the vast majority of the millions and millions of these procedures done to so many people.

They're all fully infected. And what happens is that gets walled off by the body because our bodies are not stupid. God designed us pretty darn well. We don't want that to spread around, but it's compromising our immune function by distracting it all the time to work so hard to keep that infected area contained.

Finding Hidden Dental Infections

And the reality is, a lot of that nasty bacteria and the toxins that get spewed out from these nasty, unwanted bacteria that are growing out of control, like sort of mold in the bottom of a shower, you see that dark, disgusting thing there?

I don't think most people would want to leave that they'd want to kind of clean that out. But that happening in our mouth is spreading into the rest of our body, making our blood toxic and definitely causing injury to the inside of our arteries and gum disease.

Finally, I'll end with that. To keep this simple, since we have a limited amount of time. Gum disease is not just, you know, go on the internet. What is gum disease look like?

You look at somebody's teeth and all rotted out, and you just touch him and they'll fall out of the mouth. You know, that's pretty disgusting. And yes, we can easily call that gum disease, but there's so many people that have gum disease, infections in and around their gums, and they have no idea at all.

The vast majority are walking around to this day thinking they're fine and all three of these areas and they're not. When it comes to gum disease, a simple thing to understand and appreciate is if you've been brushing your teeth, flossing a little bit, you spit out into the sink.

You see a little blood. You have gum disease. What is this got to do with cardiovascular? I think I've made this connection already. Now clearly the cardiovascular system gets injured by toxic noise and infections.

If you're bleeding and you see that blood in the sink, you have gum disease. The tissue in your mouth is breaking apart. The integrity of your tissues are compromised.

It does not stay just in the mouth. Those tissues represent other cells and tissues throughout your body, most in particular your cardiovascular system.

These insults, depending on how long they go on and how severe the problem is. Maybe somebody has five root canal treated teeth. Maybe they still have for years and years, really bad mercury based silver fillings that are just polluting the body.

Maybe they're also walking around with gum disease. Obviously all three of those at one time, even on a low level, is tremendously stressful. And then if you take that out for years and years, this is what is breaking down the body.

This is what's actually driving cholesterol up as a total number that people get when they go for a blood test. Oh my God, my cholesterol number is high.

That's a whole other conversation. Is it really too high or not? But the bottom line simple point is, if you're 222, 32, 52, 73, ten, if over time when you're taking your cholesterol readings, the numbers keep going up and up and you don't feel well, even if it's simply on an intuitive level, let alone, let's not even forget.

You already know you have cardiovascular problems. Then if that's the case, that rising cholesterol number could very well be, in many cases, a sign of more and more stress in your body and certainly more injury to your cardiovascular system, which is demanding more cholesterol and plaque to rush to that area.

So I hope I made it very simple. I know I just said a mouthful, pun intended, but it's very, it's very important to keep these things in mind, because back to the story I told you about the people that run into me at the store.

They they're wonderful people. They're great. They're on my newsletter list. They've seen my programs. But the sound, what they all sound like. So often when they talk to me about health issues is they don't know why what is happening here.

And most doctors are not asking those people to go to a well trained biological dentist. And I also dare say, and this might be for another time, a lot of biological dentists who are not really up to speed yet, even on really detecting things well.

So it isn't about me saying, oh, Jonathan says go to a biological dentist, everything will be okay. Still got to be very mindful. Are you comfortable in that office?

And let's just do a spoiler alert. The number one thing I want every person to do to get this off your plate. Do I have an infection too? I have a real problem in my mouth or not.

Is a 3D cone beam x ray? What is that? Oh, I heard about that. If you're a dentist doesn't have the. Let's just throw out a number. I might be off by a few thousand dollars, but it's about a $100,000 unit.

If they don't have that unit, if they don't have that software to read the results of that test, if they don't have it in their office, and most importantly, they don't speak to you about going and getting it done, at least somewhere else and getting that test result interpreted properly.

You need to find another dentist because you'll go in for your cleanings, which is another thing I can go off on for a moment. If you go in for a cleaning and you don't know what your pockets number is one, two, three, four, five, six and even higher for a lot of people, A123 number is what you want to hear.

But if your hygienist is doing the little poking, maybe a bunch of them don't even do it at all. Unfortunately, this is true. What I'm telling you. If you don't know what your gum pocket is, you haven't even had a thorough, good, proper cleaning appointment.

So you have to make sure you're in the right office. You're getting the right information so that you can truly make. We throw it around like a cliche, but it's as real as a heart attack.

We make an informed decision about what we need to do next. Too many people right now are going to their dentist about a bing bada boom. They're getting a cleaning.

They get a quick visit by their dentist. You look good today. Make sure you brush. Excuse me. Make sure you brush a little bit more in the back right side, and you'll be okay.

And that's all they're told. And they walk out with an infection. And if those infections, especially upper mouth, breach the sinus cavity, you've got a serious world of hurt.

Not to mention all the things I said to you about these hidden infections. Literally, truly hidden infections that are polluting your bloodstream every day.

So it's important to understand where you're at, and you've got to get that cone beam test, that 3D x ray tells you so much.

Natural Ways to Reduce Mouth Inflammation

I want to show everyone what Jonathan's talking about here because, he's unfortunately 100% accurate when he says when you go search could, whatever it might be mercury fillings specifically, but when that is always going to be contested, I think till the last breath too, it's beyond a cognitive dissonance.

The amount of liability. Jonathan, of the Ada, if they were to ever admit that they were wrong and Mercury would be in the trillions of dollars at this point, the whole industry would just kaput.

And so I don't have hopes that they would relent and repent on that. But when it comes to the root canal issue, there's hope, essentially. But there you are correct.

Unfortunately, when you search, just root canal and heart disease risk or heart attack, you have to scroll ten, 15, 20 some pages to get to any sort of glimmer of the reality.

But this is something I want to point out. This is beyond a shadow of a doubt. I mean, this is beyond proven for nearly a decade plus that we could see, hidden tooth infections predispose people to heart disease.

And the sad thing is, though, they're recommending need of root canal treatment. So this is where the they found the problem. But the solution is wrong.

So I guess I'm hopeful that they're in somewhat of the right direction. And this article as well. Medical news today like it is again, what Jonathan saying isn't craziness like this is peer reviewed medical research and infection immunity.

Gum disease increases your risk of heart attack and stroke, and heart disease. It's beyond a shadow of a doubt. They say that we're we are offering a different solution or we're we're offering a different conversation is the solution.

So I think that's something to agree on. We are we are finding a commonality in the problem. We notice we see that this infection has been linked to heart issues.

But what are we going to do about it. So with that let's let's land this plane because this has been wonderful. This

has just been a master class. And I just love to sit back and and not just remind me of these things, but I'm learning a lot with everyone too.

What are the best ways to reduce infection in the mouth? 40 years of research. All the interviews you've done, all the work in biological dentistry. What are some takeaways people can can go home with?

Well, it's starts with the simple but often overlooked solutions of the way you eat and drink. So to keep this really simple, too much sugar is no good.

So even if it's organic, 100% fruit smoothies not great, obviously. Should be more vegetables and fruit, but any of that sitting in your mouth, your organic chewy bars, pasta, breads, crackers, cookies all there are 100% organic ingredients.

It doesn't matter. So all the way over to that extreme, any kind of sugary food that is then left in the mouth, especially at night, is bad news in every respect for your teeth and your gums.

So food wise, that's obvious. Eat a whole foods diet. Really get healthy fats, healthy proteins. Minimize your sugar intake. Brush your teeth. If you have serious problems with your mouth, you're going to have to apply yourself more.

It's just common sense. But brushing every day? Yes, flossing to remove some of the material between your teeth. Of course, that's a good idea. Learn how to floss properly.

Learn how to brush properly. All of these things are a lot of details beyond the scope of today, but Hydro Floss as well. Now that's an actual unit, an oral irrigator that I use.

Hydro floss is something I would say everyone should have one at least several times a week. You fill up a bucket of water and obviously the setting of the water pressure going in.

Do you have lots of gum disease, big gum pockets? You don't want to blast it at full blast. You'll tone it down a little bit, but blasting that water in and around the gums where they attach to your teeth, fantastic.

You can literally reverse gum disease by doing that alone. And of course the food changes as well. Just taking better care if you have a more serious case of gum disease, you may have to use the hydro floss unit two buckets at a time, two or maybe three times a day.

Every single day, and then go back to your hygienist. Measure your pockets. I see your you're showing it now on screen. This is exactly the unit that I use.

It's very simple. I don't have financial interest in a company. I just tell everybody you're going to win if you use this. And then someone like me is not diagnosed with any gum disease at all.

No apparent problems in my mouth at all. I've had a cone beam, X-ray done, full evaluation, all that good stuff, and I still go to the dentist every quarter and I go there to have my pockets checked.

Yes, to have a cleaning from the hygienist. That's nice. And all you teeth feel a bit better leaving. But I'm checking the gum pockets. I'm checking. How well have I been taking care of my mouth by listening and hearing what those numbers are over and over and over again.

This is the kind of feedback that just about every person is not getting. So there's sea salt. Winces people, I'm sure, who watch these programs, they know this kind of stuff can be deployed as well.

Sea salt rinses are good. A little oil pulling, pulling. Don't go crazy with that. At the beginning I was sort of loose in my recommendations. I now appreciate that.

Everything with a little moderation. You don't want to go overboard with it. Take a half a teaspoon, a teaspoon of oil. You're going to get a lot of saliva generated.

Swish it around, don't spit it out in your sink or your mock up your plumbing. Put it into a garbage bag and dispose of it that way. Ten minutes of that may be three times a week.

Four times a week. You're going to feel great every time you do it. These are all great things to do. Make sure you have enough vitamin C on board, week.

And of course, talk a little bit more about that in terms of cardiovascular health. That's great. In terms of collagen production, cellular integrity, obviously anyone with serious infections or compromised cellular integrity, chronic inflammation and vitamin C is a home run.

Make sure you test for your vitamin D, obviously. Zinc levels, magnesium Ho Q10 all these things are good for your cardiovascular system. But if I had to pick one supplement for sure for the cardiovascular system and for, oral health, the gum integrity, in particular vitamin C powder liposomal, however you can get it on board thousands and thousands of milligrams every day.

And again, I know that already for most people, sounds like, whoa, that's crazy. Anything over 2 or 3000mg just sounds like an enormous amount when you go search on the internet, but it's not at all.

Two time Nobel Prize winner Linus Pauling, a blessed memory who was just an absolute bridge man. Nobody debated him when he was alive. They only bashed the heck out of him as soon as he passed away.

He had 6 to 10,000mg a day for a healthy person to have streaming through their body throughout the day, as just a common sense way of helping to buffer and protect yourself from all the oxidative stress that we're all exposed to.

Just regular physiology, biochemistry. We're going to have some form of oxidative stress. Now, you throw in the regular stress of life and all the things that we really do day to day, and the toxins were exposed to in the air, water and food.

Having 6 to 10,000mg of vitamin C is really nothing. And I strongly recommend that for anybody or every day I'm taking C powder, throwing it in my green drink.

I don't even think about it. It's no big deal. And just drinking that during the day, you can put it in a bottle of water and, you know, mix it up and sip on that throughout the day.

It's like giving yourself a natural I. V. without the needle, and it's just a really smart thing to do. I have 100 bucks, and if you're impulsive like me, go get the Hydro Flask.

I just bought it because I don't have one. Really? No, jokey. I just showing you. I just bought it like this is. This is John. Jonathan. When I had you remember, you might.

You might forget this. Eight years ago, I had pneumonia and I was sick as a dog because we had toxic mold in our home, our home, our foundation cracked.

We were renting a house and, the basement flooded like three times in a month. And I just developed a horrible case of pneumonia that I couldn't, I couldn't shake.

And I was interviewing just like this people, for my second essential oil summit. I couldn't stop coughing for the life of me. I got you on the phone. Somehow.

I don't know what I ended up doing. A bribe you to talk to me, but you're like, listen, he told me what vitamin C to, but I ended up having like ten times the dose every day.

I knocked out that pneumonia within a week and I will tell you something. I did try antibiotics before I tried everything because I had to stop coughing because this is my livelihood, this is my job.

This is what I'm trying to do to provide for my family. Nothing. Medical work. In fact, I got sicker after the antibiotic and you told me the recommendation of high dose vitamin C boom.

And since then, I call it my doctor's flu shot because I add, our immune boosting essential oil blend to it, some manuka honey, the vitamin C, a little bit of cinnamon powder.

And people love it. What we do for flu and cold season. But anyway, when you tell me to do something, I do it. I just bought it. So folks, if you got 100 bucks, if you're impulsive like me, do it.

Because this is I want to encourage you with this. When you go through a lot of interviews, whether it's Jonathan's docu classes or my summits or my my podcast, whatever.

If you listen to someone that resonates with you and if you can say, wow, that makes sense, and they give you a recommendation that you could afford, do it like do it now and get it done, check it off your list and start to implement it.

And if Jonathan, I still use the vitamin C that you recommend every single day. It's been eight years and so does my family. And the thing that I think separates you, Jonathan, and from a lot of other people out there is you take action and you continue.

You don't look back and change your ways. And I hope to be a man like that when I get older and wiser and be like, you know what? I didn't go back to my old ways.

Final Advice and Closing Remarks

When I made a change. I stuck with it. So I'm going to commit to you. I'm going to hide your flaws because you made all the sense in the world and I learned something new.

So thank you for that. And, folks, I hope that you are as blessed as I, please go to natural health three, six, five programs to learn more about Jonathan and his wife and the wonderful work that they're doing and the programs that they offer.

Anything left you want to share with the with the audience before we say goodbye, my friend? No, it says you said it perfectly. Anything that somebody is listening to when it comes to this, I always say, don't get stressed out because I'm acutely aware of that as well.

We can easily get overwhelmed at the beginning and really just don't let that happen. I know it's easier said than done, but what you said is so true every single day.

That's the way I move through life with my wife. If something resonates with us, look into it. Do it. As much as you feel comfortable doing, make up your own mind.

But if it feels good, go ahead. Just do it. Get involved in something and let the results tell you. Stop going by what other people say to you. You should think about something you really feel like you want to do.

Just do it and experience for yourself. That's what knowing is. Do for yourself and you'll know whether it's something you should continue or not. And I couldn't agree with you more.

Just keep going that way and and you know, add things and whatever's bothering you the most. If it's poor oral health, please put that at the top of your list.

Take care of it. Check it off. Feel like it's under control. It's moving in the right direction. And don't worry about a

thing. You'll definitely have something else as number one, float to the top as soon as you're done with that one, and you just keep going like that and don't get stressed out because you know you'll look back over a year or two, nearly 40 years that I've been doing this.

And, you'll be happy that you went that way. Jonathan, I'm just blessed. I'm 44 years old, my friend. Whether people call you an OG, an elder, or a grandpa or a wise person, I just am grateful that you've been sharing your wisdom with us.

Truly I am, I look, I've always looked to you as a mentor and I thank you for leading this charge. And folks, please continue to check out Jonathan's work and as always, his doctor, Eric Zelensky.

My hope and prayers that you and your family truly experienced an abundant life. God bless. We'll talk soon. Bye bye.