The Truth About “Detox” Machines Transcript

(Transcripts are generated by AI and may contain errors)

Intro

There is a radio going around right now There is a radio going around right now that I need to [music] talk about. Maybe that I need to [music] talk about. Maybe you've seen it. A person is hooked up to you've seen it. A person is hooked up to two lines. Blood flowing out of one arm two lines. Blood flowing out of one arm through a [music] machine and back into through a [music] machine and back into the other. And next to them is a clear the other. And next to them is a clear canister [music] filling up with foam, canister [music] filling up with foam, thick yellowish, almost like the head of thick yellowish, almost like the head of a beer maybe. And the caption says a beer maybe.

The Viral Detox Machine

And the caption says something like, "This is the something like, "This is the inflammation leaving your body. This is inflammation leaving your body. This is the detox actually working. Plastics, the detox actually working. Plastics, parasites, heavy metals gone. [music] parasites, heavy metals gone. [music] And if you're living with kidney And if you're living with kidney disease, scared, tired of being told to disease, scared, tired of being told to just wait and watch, your numbers slowly just wait and watch, your numbers slowly slip, [music] a video like that lands slip, [music] a video like that lands because it offers the one thing nobody because it offers the one thing nobody in a rushed appointment has given you.

in a rushed appointment has given you. [music] The feeling that something is [music] The feeling that something is finally being removed. Welcome to finally being removed. Welcome to Wellness Focus with Dr. BM. I'm [music] Wellness Focus with Dr. BM. I'm [music] Dr. Bismar, a physician on a mission to Dr. Bismar, a physician on a mission to help you break free from symptom [music] help you break free from symptom [music] management and step into a life of management and step into a life of thriving health. Together, we will thriving health. Together, we will uncover simple, powerful ways to prevent uncover simple, powerful ways to prevent disease, restore [music] energy, and disease, restore [music] energy, and take control of your health naturally.

take control of your health naturally. Your prescription for [music] vitality Your prescription for [music] vitality starts now. starts now.

What This Video Gets Wrong

So, here's [music] what I want to do So, here's [music] what I want to do today. I don't want to mock that video today. I don't want to mock that video and I don't want to scare you away from and I don't want to scare you away from every therapy that isn't a prescription every therapy that isn't a prescription pad. That's not who I am. [music] What I pad. That's not who I am. [music] What I want to do is something quieter and want to do is something quieter and honestly more useful. [music] honestly more useful. [music] I want to stand exactly in the middle I want to stand exactly in the middle where the real science is [music] and where the real science is [music] and walk you through what this ozone blood walk you through what this ozone blood treatment genuinely does in the body, treatment genuinely does in the body, what it doesn't do, and how to tell the what it doesn't do, and how to tell the difference between [music] a tool that difference between [music] a tool that might help and a piece of theater that might help and a piece of theater that could [music] actually hurt you. Because could [music] actually hurt you. Because the thing in that canister, it's not the thing in that canister, it's not your inflammation. [music] your inflammation. [music] And once you understand what it actually And once you understand what it actually is, you're going to look at every one of is, you're going to look at every one of these videos differently and you're these videos differently and you're going to be a lot harder to fool. The going to be a lot harder to fool. The treatment has a name. You'll see it treatment has a name. You'll see it marketed as IU. [music] And we do EbU in marketed as IU. [music] And we do EbU in our clinic. So I know what it is. It our clinic. So I know what it is.

What Is EBOO?

It stands [music] for extracoreal stands [music] for extracoreal blood oxygenation and ozonation. [music] blood oxygenation and ozonation. [music] Extracorporeal just means outside the Extracorporeal just means outside the body. Your blood is drawn out, passed body. Your blood is drawn out, passed through a filter where it meets a mix of through a filter where it meets a mix of oxygen and ozone gas and returned to oxygen and ozone gas and returned to you. And ozone is a part that makes you. And ozone is a part that makes people nervous [music] because we are people nervous [music] because we are taught ozone is a pollutant, something taught ozone is a pollutant, something that's bad for your lungs. So how is it that's bad for your lungs. So how is it suddenly [music] a treatment? That suddenly [music] a treatment? That contra indication is exactly where the contra indication is exactly where the interesting [music] science lives. Stay interesting [music] science lives. Stay with me. Let's start with the part with me.

How Ozone Therapy Works

Let's start with the part that's real because there is real that's real because there is real science here. And I'm not going to science here. And I'm not going to pretend otherwise. Ozone in the body is pretend otherwise. Ozone in the body is what we'd call a paradox. [music] At what we'd call a paradox. [music] At high do at high doses, it absolutely high do at high doses, it absolutely [music] damages tissue. Nobody disputes [music] damages tissue. Nobody disputes that. But at very low controlled, that. But at very low controlled, carefully controlled doses, it [music] carefully controlled doses, it [music] does something counterintuitive.

does something counterintuitive. It creates a tiny brief flicker of It creates a tiny brief flicker of oxidative stress [music] and your cells oxidative stress [music] and your cells respond to that flicker by switching on respond to that flicker by switching on their own [music] antioxidant defense their own [music] antioxidant defense system. Researchers have a name for the system. Researchers have a name for the master switch behind this. [music] It is master switch behind this. [music] It is a cellular pathway called NRF2. Think of a cellular pathway called NRF2. Think of NRF2 as a fourman of your cells repair NRF2 as a fourman of your cells repair crew. Most of the time the fourman is crew. Most of the time the fourman is sitting in the office [music] clipped in sitting in the office [music] clipped in place doing nothing. A small control place doing nothing. A small control dose of ozone is like a fire alarm dose of ozone is like a fire alarm that's just loud enough to get the that's just loud enough to get the [music] four men out of his chair, but [music] four men out of his chair, but not so loud that the building burns not so loud that the building burns down. [music] down. [music] He walks onto the floor and tells the He walks onto the floor and tells the crew to start producing your body's own crew to start producing your body's own heavy [music] hitters. Glutathione, heavy [music] hitters. Glutathione, super oxide dismutase, catalates.

super oxide dismutase, catalates. [music] [music] [music] These are basically the antioxidants These are basically the antioxidants your cells make themselves [music] and your cells make themselves [music] and they are far more powerful than anything they are far more powerful than anything you'll swallow in a capsule. This is a you'll swallow in a capsule. This is a documented mechanism. It's called documented mechanism. It's called oxidative preconditioning and [music] is oxidative preconditioning and [music] is the same principle as exercise. By the the same principle as exercise. By the way, a small controlled stress that way, a small controlled stress that leaves the system stronger than it was leaves the system stronger than it was [music] before is what it does. The key [music] before is what it does.

Why Dose Matters

The key word in that entire sentence is word in that entire sentence is controlled. Low dose trains the system. controlled. Low dose trains the system.

High dose damages it. Now, here's where High dose damages it. Now, here's where I have to be the careful one in the I have to be the careful one in the room. [music] Almost everything I just room. [music] Almost everything I just described, the protection of the described, the protection of the kidneys, the heart, the lungs from the kidneys, the heart, the lungs from the injury, the strongest version of that injury, the strongest version of that evidence comes [music] from animal evidence comes [music] from animal studies, rats mostly. There is a studies, rats mostly. There is a well-known line of research where ozone well-known line of research where ozone preconditioning [music] protected rat preconditioning [music] protected rat kidneys from a specific kind of injury kidneys from a specific kind

of injury and it's genuinely compelling work.

and it's genuinely compelling work. [music] But a protected rat kidney, can [music] But a protected rat kidney, can we have these results [music] in a human we have these results [music] in a human kidneys? And anyone who blurs that line kidneys? And anyone who blurs that line [music] or does not understand what [music] or does not understand what ozone or IU does is not truly ozone or IU does is not truly understanding the root cause. When I understanding the root cause. When I tell you the mechanism is real, I also tell you the mechanism is real, I also have to tell you the human evidence, have to tell you the human evidence, right? [music] Because that is why we right? [music] Because that is why we are here. So the honest picture is the are here. So the honest picture is the clinical studies on this blood ozone clinical studies on this blood ozone treatment are mostly small. [music] treatment are mostly small. [music] Many of them are decades old and they Many of them are decades old and they have come largely from a single group of have come largely from a single group of researchers in Italy who pioneered the researchers in Italy who pioneered the technique. And here's the part that technique. And here's the part that matters most for you. Those studies were matters most for you. Those studies were in people with peripheral artery in people with peripheral artery disease, poor circulation in the legs.

disease, poor circulation in the legs. The best known trial showed it helped The best known trial showed it helped [music] heal skin wounds in people with [music] heal skin wounds in people with severe vascular diseases [music] severe vascular diseases [music] better than a standard drug death.

better than a standard drug death. That's a real result. [music] It's also That's a real result. [music] It's also a completely different problem than the a completely different problem than the one maybe you're searching answers for.

one maybe you're searching answers for. [music] Which means when someone points [music] Which means when someone points an ozone machine at kidney disease or at an ozone machine at kidney disease or at detoxing your whole body, [music] detoxing your whole body, [music] they've quietly stepped off the edge of they've quietly stepped off the edge of the evidence and at [music] that time the evidence and at [music] that time they have to understand what is the they have to understand what is the safest dose of ozone. [music] So when we safest dose of ozone. [music] So when we use ozone or Ibu in our clinic, we are use ozone or Ibu in our clinic, we are firstly careful [music] firstly careful [music] with the filters that we use because the with the filters that we use because the standard filter does not apply here standard filter does not apply here [music] and secondly the dose of ozone [music] and secondly the dose of ozone is very low and at the same time is very low and at the same time controlled. [music] So we get that controlled. [music] So we get that version of stress that actually helps version of stress that actually helps you [music] make these antioxidants in you [music] make these antioxidants in the body. When blood is processed the body. When blood is processed through these systems, the waistline through these systems, the waistline [music] collects what's called [music] collects what's called extracellular fluid. The fluid component extracellular fluid. The fluid component plus the normal contents of [music] plus the normal contents of [music] plasma, proteins, salts, and critically plasma, proteins, salts, and critically the foam itself is mostly just that the foam itself is mostly just that protein and plasma whipped up by gas and protein and plasma whipped up by gas and turbulence. [music] turbulence. [music] When you push oxygen and ozone through When you push oxygen and ozone through blood, especially [music] blood, especially [music] a little bit aggressively, you denature a little bit aggressively, you denature proteins [music] the same way bisking proteins [music] the same way bisking egg whites turns clear liquid into stiff egg whites turns clear liquid into stiff white foam. Nothing left the [music] white foam. Nothing left the [music] egg. You just changed its shape with air egg. You just changed its shape with air and agitation. So when a video tells you and agitation. So when a video tells you that foam is your inflammation, your that foam is your inflammation, your [music] plastics, your parasites visibly [music] plastics, your parasites visibly leaving your body, this is not what leaving your body, this is not what you're looking at. You're looking at you're looking at. You're looking at frothed [music] frothed [music] plasma protein. And here's a part that plasma protein. And here's a part that should actually concern you.

should actually concern you. >> [music] >> [music] >> [music] >> A lot of foam dark or reddish fluid in >> A lot of foam dark or reddish fluid in the canister isn't sign that the the canister isn't sign that the treatment is working harder. As [music] treatment is working harder. As [music] clinicians and physicians, we have to be clinicians and physicians, we have to be careful.

careful. careful. Is the blood [music] being pushed too Is the blood [music] being pushed too fast in the system? Because we do have a fast in the system? Because we do have a pump in [music] this EU system and if we pump in [music] this EU system and if we push it too hard or fast, [music] then push it too hard or fast, [music] then we may see a lot of bubbles in that we may see a lot of bubbles in that canister. So we have to be careful. In canister. So we have to be careful. In my um [music] patients, I my um [music] patients, I have never seen the bowl that we have to have never seen the bowl that we have to collect these [music] filled up with collect these [music] filled up with these bubbles. There is definitely a these bubbles. There is definitely a little bit [music] and that is when we little bit [music] and that is when we would think that there is lot of protein would think that there is lot of protein [music] [music] [music] with the toxins maybe coming out.

with the toxins maybe coming out. However, if it is a lot more, [music] However, if it is a lot more, [music] then we know that it is probably the then we know that it is probably the speed bump which could be too high speed bump which could be too high causing [music] that effect. I have had causing [music] that effect.

What the Research Actually Says

I have had patients, same patients, uh had IU patients, same patients, uh had IU somewhere else with a [music] different somewhere else with a [music] different filter and their container filled with filter and their container filled with these bubbles that was flowing out. And these bubbles that was flowing out. And that patient later on when came to our that patient later on when came to our clinic in Houston, [music] we did Ibu clinic in Houston, [music] we did Ibu and it was a gentle procedure with the and it was a gentle procedure with the right amount of ozone and there were no right amount of ozone and there were no bubbles [music] in the container. I want bubbles [music] in the container. I want to be really clear and [music] really to be really clear and [music] really fair here because this is the heart of fair here because this is the heart of it. The problem is in the molecule used it. The problem is in the molecule used at the right dose with the right at the right dose with the right equipment in the right person. [music] equipment in the right person. [music] This is a legitimate area of research.

This is a legitimate area of research. The problem is the spectacle. The more The problem is the spectacle. The more dramatic that canister looks, [music] dramatic that canister looks, [music] the more it gets shared. And the the more it gets shared. And the incentive online is always towards more incentive online is always towards more dramatic, [music] which in this case dramatic, [music] which in this case means more aggressive, which means more means more aggressive, which means more potential for harm. The visual [music] potential for harm. The visual [music] that sells the best is the one that that sells the best is the one that should worry you the most. That's the should worry you the most. That's the [music] trap. And there is a quieter [music] trap. And there is a quieter detail most people never [music] hear.

detail most people never [music] hear. The filter these machines use matters The filter these machines use matters enormously. [music] Some are built with enormously. [music] Some are built with materials that hold up to ozone. Others materials that hold up to ozone. Others are made of plastics that ozone slowly are made of plastics that ozone slowly degrades, which is ironic, isn't [music] degrades, which is ironic, isn't [music] it? For a treatment sold as removing it? For a treatment sold as removing plastics from your blood. [music] plastics from your blood. [music] There's even published concern in the There's even published concern in the kidney literature about [music] kidney literature about [music] diialysis type membranes shedding diialysis type membranes shedding microplastics and byproducts under microplastics and byproducts under stress. So the machine being run by stress.

What Studies Don't Prove

So the machine being run by someone who learned the technique someone who learned the technique [music] [music] [music] from a weekend course with whatever from a weekend course with whatever filter was cheapest is a very different filter was cheapest is a very different thing from the controlled science thing from the controlled science [music] [music] [music] we started with and that we follow at we started with and that we follow at kidney holistic [music] kidney holistic [music] institute. This reminds me of someone I institute. This reminds me of someone I worked with, a woman in her 50s, kidney worked with, a woman in her 50s, kidney function declining, [music] who had function declining, [music] who had spent $2,000 on a package of these spent $2,000 on a package of these treatments at a wellness center before treatments at a wellness center before she ever came to

me. She wasn't foolish.

she ever came to me. She wasn't foolish. [music] She was frightened. And she was [music] She was frightened. And she was tired of being handed a lab print out tired of being handed a lab print out and told to come back in 3 [music] and told to come back in 3 [music] months. What she wanted wasn't ozone.

months. What she wanted wasn't ozone. What she wanted was for someone to look What she wanted was for someone to look at the whole of her [music] her gut, her at the whole of her [music] her gut, her blood pressure, her medications, the blood pressure, her medications, the inflammation. Nobody had explained inflammation. Nobody had explained [music] [music] [music] and told her why her kidneys were and told her why her kidneys were struggling in the first place. The struggling in the first place. The machine gave her a dramatic canister.

machine gave her a dramatic canister. [music] [music] [music] It never gave her that answer. And the It never gave her that answer. And the answer is the part that actually changes answer is the part that actually changes a [music] kidney's trajectory. So, let a [music] kidney's trajectory.

What Is the Foam?

So, let me bring this back to where we started me bring this back to where we started [music] to that foam in the canister and [music] to that foam in the canister and give you something you can actually hold give you something you can actually hold on to. First, the mechanism behind ozone on to. First, the mechanism behind ozone is real. [music] A small controlled is real. [music] A small controlled oxidative signal can switch on your oxidative signal can switch on your body's own antioxidant and repair body's own antioxidant and repair pathways. That's genuine science and pathways. That's genuine science and it's worth being curious about rather it's worth being curious about rather than dismissive. Second, the gap between than dismissive. Second, the gap between that mechanism and the claims being made that mechanism and the claims being made is enormous.

is enormous. The strong evidence is largely in The strong evidence is largely in animals and in vascular disease. animals and in vascular disease. However, However, However, there are a lot of case reports as well there are a lot of case reports as well as people who are doing IU and ozone but as people who are doing IU and ozone but was never published. So that means that was never published. So that means that they would be anecdotal. When a claim they would be anecdotal. When a claim races ahead of the evidence, that's your races ahead of the evidence, that's your signal to slow down. And third, this is signal to slow down. And third, this is the practical one. The spectacle is not the practical one. The spectacle is not the proof. If anything, in this therapy, the proof. If anything, in this therapy, the more theoretical the result looks in the more theoretical the result looks in that container, the more likely that container, the more likely something has been pushed past a safe something has been pushed past a safe limit. A treatment that respects your limit.

When Foam Is a Warning Sign

A treatment that respects your physiology is usually quiet. [music] The physiology is usually quiet. [music] The drama is the red flag, not the receipt.

drama is the red flag, not the receipt. So if you take one thing from today, let So if you take one thing from today, let it be this. Your body is not a clogged it be this. Your body is not a clogged drain that needs to be vis visually drain that needs to be vis visually flushed. It's a system that's flushed. It's a system that's communicating with you. The real work, communicating with you. The real work, the work that actually shifts kidney the work that actually shifts kidney function isn't about watching something function isn't about watching something leave a tube. It's about finding the leave a tube. It's about finding the root causes quietly, driving the root causes quietly, driving the decline, and addressing those. That's decline, and addressing those. That's less dramatic. It's also the thing that less dramatic. It's also the thing that works. Your kidneys don't need a works. Your kidneys don't need a spectacle. They need the right questions spectacle. They need the right questions asked. So, instead of pointing you asked. So, instead of pointing you toward a machine, let me point you toward a machine, let me point you toward a question, your own. The thing toward a question, your own. The thing that actually burdens your kidneys is that actually burdens your kidneys is usually findable. and you can start usually findable. and you can start finding it

today for free. I've built a finding it today for free. I've built a short kidney root cause quiz. It takes short kidney root cause quiz. It takes about 2 minutes. It's completely free.

about 2 minutes. It's completely free.

Find Your Kidney Root Cause

There's nothing to buy and at the end it There's nothing to buy and at the end it gives you a personalized sense of which gives you a personalized sense of which root causes might be quitely stressing root causes might be quitely stressing your kidneys. Things like hidden toxins, your kidneys. Things like hidden toxins, gut issues, inflammation, stress, gut issues, inflammation, stress, hormone imbalance, or certain hormone imbalance, or certain medications. It's just for you to help medications. It's just for you to help you understand your own body a little you understand your own body a little better. You can find it in the link better. You can find it in the link [music] below [music] below and I'll put the link in the show notes and I'll put the link in the show notes as well. There is one more thread I as well. There is one more thread I can't quite let go of and it's this. If can't quite let go of and it's this. If the foam isn't the toxins leaving, then the foam isn't the toxins leaving, then where do the toxins that burden your where do the toxins that burden your kidneys actually come from?

kidneys actually come from? And how does the body clear them on its And how does the body clear them on its own? That's a question worth sitting own? That's a question worth sitting with because the answer lives much with because the answer lives much closer to home than a machine. It lives closer to home than a machine. It lives in your gut, your liver, [music] and the in your gut, your liver, [music] and the everyday exposures most people never everyday exposures most people never think to question. I've been pulling think to question. I've been pulling that thread in a few recent episodes.

that thread in a few recent episodes. the story of a patient who did six days the story of a patient who did six days of these very treatments and watched her of these very treatments and watched her kidney numbers stay exactly the same and kidney numbers stay exactly the same and what it really takes to find and address what it really takes to find and address a root cause. If this one spoke to you, a root cause. If this one spoke to you, those are where you will go next. Thank those are where you will go next. Thank