Opening and Topic Setup

All right, we are officially live with Dr. Nelson and the marvelous Dr Stephanie Rimka, who we've had on before with a really great conversation. And we're just talking about, all right.

What are we talking And last time I think we kind of mentioned the glycocalyx as something I know you're very, very passionate about and I am too, and deuterium depleted water and how that contributes to our ill health.

And, and maybe you can, you know, step on that a little bit, but we're open to questions here on a lot of today. Where are you with like in your group?

Where, where are we live? Yeah. YouTube, Instagram, Facebook, Kills mighty tribe. No, I'm not just my tribe X. link linked in i don't know we're okay well i think i remember us talking we were talking about carnivore the benefits of carnival the proper human diet and i Think we ended like i was like well, i, think the most impressive thing what why, we get these incredible?

Radical improvements in mental health that people just don' want to believe i. Don't understand it's not what do you mean it? It's easy to understand like from a number of reasons, microbiome, inflammation, your brain on fire.

But I thought the most powerful thing that doesn't probably get talked about enough, because it's so sciency, is deuterium and deutereum depletion and the involvement of deutarium in mental health issues and how it can cause mania and psychosis and depression.

And people don't even have to think about deutorium. They don' have t measure it. they don t have know what it is, this heavy isotope of hydrogen, And as they go eating, they switch from these high deuterium diets which are high carb diets to the lowest deuterean diet which is meat and fats, animal meats and animal fats.

You just naturally give the body a chance to deplete itself of this deutarium. And I just actually spoke in Boise last week at a functional medicine conference about trauma, and so I was talking about what happens to the autonomic nervous system, but in a small subsection on a couple of the slides, I had to remind them, because we focus on mitochondrial repair, that why is glycolysis and the TCA cycle so complicated?

Why do we have ten enzymatic steps and then nine enzymatic steps to do this? the process of that dehydrating glucose to become pyruvate, why is this so complicated?

This shouldn't be this big of a deal. And then to rehydrate it again in the TCA cycle, all of it is to strip deuterium out of the equation to protect the mitochondria from the trauma that deutereum, the heavy isotope of hydrogen does.

So when you look at it from that way, where's the most concentration of mitochondrion outside of ovaries with the egg potential, it's the brain. So if I start dumping a bunch of deuterium and I started breaking all the mitochondria, well, why wouldn't we are going to have poor brain function, which is always going leave to poor mental health.

That's how it works. Brain health equals mental Health. These are not mental. Health is not some thoughts. It is structure, you know, and function. so that's where we kind of left off.

magical, mysterious functioning organ system, or is it just an organ? Is it greater than that? And you talk about trauma, inflammation, dysfunction, and there's a lot of physical illnesses that express themselves in mental disorders, or do the mental disorders express themselves in physical and are they really separate?

And maybe you could talk a little bit about what is hydrogen atom essentially, or what is deuterium and what non deutereum, a little bit of the science in that, and how our illnesses are related to this sort of sciency things.

And I know Laszlo Boros, talked to him a lot about this in the past. We haven't done it recently. So I think it would be a good time to sort and what your thoughts are on what's the cause of all of this?

Well, deuterium is naturally occurring. So Laszlo is the best, I think, to talk about this. But he can sometimes be really heady for some people to understand.

Deuterium, Mitochondria, and Mental Health

And so to get through some of the accent and then all the science terms, if people are like, I know what he just said was really important, but I don't understand what He basically is like, never eat fruit ever again, because it's poison.

You want to go crazy? Give your children fruit. And so this is where we're at. So people think of water as H2O. We were very familiar with learning that in fifth grade or whatever.

Two hydrogens and an oxygen, we put them together. It's this little polar thing. Its this very special structure. Well, water is a very unique property.

It's this very unique element that we have, and we are these bags of water, a very special kind of structured water. And everything we're doing is about water holding memory.

So for me, the brain is an organ, it is a structure, but it's also an antenna receiver, so it' picking up a lot of information from the field. Hang on, my dog's gonna do this in and out thing.

In and up. My dog owns me. So hydrogen is this first element on the periodic table, and it's very, very special and very unique. And if somebody would have told us when we were in biochem and in grad school, we maybe would've paid more attention to all of this, but we're just trying to get through those courses.

We're like, well, just try to to through physics. Now I go, oh, I should have spent way more time on this. Hydrogen is the simplest. very low weight. We have protons, neutrons, electrons.

You guys remember those things, right? We had this thing in the nucleus that gives it weight, you know, uh, that give something weight and these little electrons are supposed to be flying around it.

That's the model we have of the best we understand it, we don't even know for right about this, We could be totally wrong, but it's what we think, You know?

Um, if you make the middle of one of those neutrons in there, you make it heavier. You make double the weight. So you basically take like a tennis ball and you, instead of weighing a ball weight, make heavy and the size of a bowling ball.

Tennis balls are supposed to be going through the system. That's hydrogen. through the electron transport chain of the mitochondria. Occasionally, I forget the number.

It's like one in 2,000 hydrogen or something like that, or one of 1,500. I forgot that all the numbers, one that you guys might know. occasionally like, that one and 2 thousand times or whatever, a bowling ball gets thrown into electron transfer.

That breaks the whole, it starts breaking it because it's too big and it is too heavy. You can't play tennis with a bowling ball. So if you're playing that and somebody throws up, you like, oh God, and it's going to break your racket, it is going break the whole thing and its a whole mess.

Then you got to clean it up. That's what these deuterium, they're naturally occurring and occurs more in the hydrogen water, the H2O, so it like H20, H30, HDO.

So we have these Deuteriums that come in there instead of the Hydrogen. The hotter it gets, the hotter the water

is. So near the equator, there's just more deuterium.

It's a natural isotope. We have isotopes of things. There's another isotop of hydrogen, but it's radioactive. Trillium, that'll kill you. You know what I mean?

So the deutereum, There is tons of it in the Water at the Equator, very little in water like up at North Lake in Siberia. Where you live naturally determines your deutarium content in your body because how much what's in the water, is it what in is very low deuterium.

And they don't really eat that many plants because it's all snowy, they're almost all carnivores anyway. So they are not eating any deutarium, not drinking any, so their deutarium levels are incredibly low.

It's definitely correlated with aging, longevity and disease. They live very long up in Siberia, in Russia. University of Thompson has done a lot of studies on that.

We come down to where I live in Atlanta, My spring water here, clean water, is just very high in deuterium. I've tested it. It's just how it is. So people that live down here are consuming a lot more deutarium.

We have more load in the system. The mitochondria have been more thrown in, so there's more repair that has to happen. What slows down how quickly the mitochondrial can work, because there is a motor that spins, and it's like, I don't know, 2,000 RPM faster than a Corvettor or a Ferrari.

Like they spin so fast like the the revolutions per minute. It's it's unbelievable What is it seven or eight thousand revs per a minute or something like that something?

It''s crazy per second. These are stupid numbers. I don't remember all of them Rob, you know, but And I just want to and I really appreciate it so just for everyone who's here we're talking about deuterium We're, talking, about uh energy in essence and i think about the clouds.

I fly airplanes and I see these clouds and obviously weather is a critical part and around the equator there tends to be more storms than there are that and i know that the depending on the time of the year, we're going to get more thunderstorms and we think about the electrical energy that is contained in these particular storms and really it's about water molecules and the the attraction and The electrical Energy that somehow is built up in all this.

I'm wondering if that has something to do with this. And I like the analogy of a bowling ball versus a tennis ball because in order for them to move the hydrogen around, because that's a lot of what's going on, we're taking hydrogen from acetyl-CoA, from fatty acids, and we get it from sugars and from amino acids also, they're moving these things around so if it's heavier, it's harder to move, but maybe a little bit more e Yeah, I mean, it is a voltage potential, right?

So we're dealing with the hydrogen, that voltage gradient of the inner mitochondrial membrane and the mitochondria and cytosol, and then intracellular and extracello.

Everything is about voltage gradients, we are doing these gradient potentials. So yes, actually, even though that storm image I don't know how it totally plays in what the deuterium is actually doing as far as that, the charge that it's causing or the lack of charge, because I'm very concerned with patients about charge.

Like that's what I am measuring. So when I do anything on a brain, it is looking at charge right? That's why I dont do neurofeedback on vegans. They cannot hold a charge like that is the thing it took me a few years to figure out doing any brain therapy with neuroplasticity on the vegan brain.

Cannot hold we can correct it. It won't hold so it's like we get them to nine volts and they drain to three volts We get him to 9 volts. They just constantly drain And it smells likely the DHA.

I miss only so many things in the brain I got to have tons of Dha zinc copper, you know B vitamins Magnesium

choline. There's not that many you need to care about inside the But when you load it up with a lot of deuterium, and that's what's in carbs and sugar.

So deutereum is in foods that have a lots of carbohydrates, because it gets inserted, carbohydrates is a bunch of carbons with water on it. And so the water has the heavy hydrogens.

So that's what's going on. So there's fancy, expensive deuterium-depleted water. I rarely recommend that unless I'm dealing with an infertility case or something like that.

Infertility, I think it's really… Deuteria is one of the biggest causes of infertilty to me. You explained it a couple of minutes ago. But you can explain it maybe better, Nelson.

No, no, No. Actually, but I just created this graphic in a little bit. you can probably take us through that very quickly. Yeah, so let's say what we have is hydrogen, right?

We have a very simple, in the center, the nucleus, we got one thing. We look at it like that. Deuterium's got these two things. And then tritium has three things, it's just heavier in middle.

A better analogy is maybe you're playing pool and those balls, instead of the eight ball, somebody sticks the bowling ball. How are you gonna do that?

And that's what happens occasionally. So tritium, I forget where that, that sort of like a rare thing. We don't have to deal with it. And they use it for nuclear stuff.

It's like they're doing a, it's not good. But I really, really do forget the number. I feel like it was one in 2000 or something like that. Like there's one deuterium to every 2000 hydrogens.

but when you have the ATP synthase, the motor that last step in the electron transport chain, And then mitochondria are doing everything. They're these incredible bugs.

We have the symbiotic relationship with a completely different organism that decided, hey, this is what I'll do. I will make all your water for you. I'll keep you hi this very clean water tha keeps things out of the mito things.

Out of your nuclea your DNA, I'm going to m water for. You want to ma I'll help you use the oxygen to make energy and make signal molecules.

Hydrogen Isotopes and Deuterium Science

We'll do all the work for you. Will lend you our DNA. You don't need that much DNA, we're gonna do things for all over your body. All you need to do is keep us safe inside your cells so we don' die out in this horrible atmosphere.

Like cool, great deal. So we have a very symbiotic relationship with these things, they're not human. It's a whole other species inside of us doing this, these mitochondria.

So I throw these things and occasionally just breaks them. They just start and they just don't work as well. It's like if I threw, you know, water into my gas tank, occasionally my car will run, but then it will choke every now and then and it'll run and that'll choke and You know, that's what's happening.

And if that happens, tens of thousands of times more than we're we are capable of handling, we have decreased function. So the charge goes down because we can't make as much the voltage gradient.

We can do as well. You know, the hydrogen keep the electron, you know the barrier that way. We can't make as much ATP. we can utilize oxygen the same.

Um, we don't as exclusion zone water that's pushing toxins out. So then things can get inside and start damaging

more. We can keep out the lead out, keep mold out and keep oxalates out And the cells become dehydrated.

Once we have dehydration we're always going to lose charge. Always can make the potential the water with the salts is what's conductive, and that's what creating that charge.

And life, you see people, when they're dying, the charge is going down. You can see it. It's like a battery, it's this. Uh-oh, we're at 14%, now we are at 5%. When your phone gets to 5%, it starts acting really wonky if you don't charge it in.

Just doesn't even scroll right. That's going on. Yeah, where does the glycocalyx come into this and the and how deuterium May damage the Glycocalyx Which is also responsible for how the electrical charge is maintained because it holds the structured water and once once the glyco calyx is broken down the water structure and the function of the nerve fibers and all of that and cellular membranes are damaged along with the mitochondrial membrane.

I don't know, that might b question. The only, the w destruction to the glyco involves because it's in high, it really high conc fructose, right? That's, high insulin rips apart the glycocalyx.

So I know that. I don't know about the biophysics of what deuterium actually, if that's in and of itself has a direct impact or if it's more indirect based upon high glucose and high blood pressure and all of that, which damages, you know, the Glycocalyx?

So Trillium, oh one second, I just want to say ask one thing because that great graph that you showed, the pictures of Trilium and Deuterium they're more unstable.

Right, and so we know that unstable molecules or atoms release energy that can damage ourselves and our functionality of our structures like the nanomotors that are working.

I always imagine they're working at nearly the speed of light because they are all electro molecular reactions. at a very microscopic level and that the tritium is not very abundant in our natural environment, is it?

No, it's not. I mean, that's like a thing that, as I've said, you don't ever need to worry about it. Like it not, You're not going to encounter that as far as, I haven't gone really down that rabbit hole.

It's okay. Don't need worry that. But I'm curious about what, like how deuterium would function right on, what does it do to the glycocalyx? That is a Hans Wink question.

You know, the Glycocalypse expert, ask him. If anybody's looked at it, It is him, Well, it would be interesting, because I hear that Esther's here, and she says that Laszlo is also listening in and, you know, always, I don't know if, oh, that, listen, he can hop on any minute.

I was just going to throw in a stream link for Laszlo if he's listening and I threw a link in there because it'd be interesting to get his point of view in this because I and and so let me ask you how are you approaching the brain dysfunction, the trauma, inflammation, and how have you seen people benefiting from deuterium depletion?

And when we say that, we're really talking about a low-carb, high-fat dietary changes? Are there other things that you think can also aid in that? Yeah, well, yeah, there are a lot of other things.

I typically, I was testing people for it. Like if they want to spend the money, it's not expensive. We can do a quick deuterium test and do pre and a post, but most people don't need that.

And I don' think most of people even care about the conversation. They just want they know they don't feel well. If you're riddled with anxiety or having panic attacks or depressed or insomnia, you know you are not doing well or have compulsions.

So I've done a lot of that and I would see it consistently doing what it did. I'm like, this works. It's like I know it works, I don t need to waste people $300 two times.

For what? So if they want to, I'll do it. I think it's fun for fertility cases. Like I that's worth tracking. But for most mental health I don't actually test at all.

And I look at other markers and track those like zinc and things like that are really super important to me. We just hit them. I just go, I'm pretty carnivore.

At this point, don't play around with it. Um, have gotten the best results clinically with MS, ulcerative colitis, Crohn's disease, depression, bipolar, borderline schizophrenia.

Don't care what it is. Get way better results with carnival or then I do with keto than I did with ketobor. anything in between. So even if I only get like a 90-day reset and then I have them bring some things in and we're more keto-vore, that's fine.

I prefer a 100% carnivore like, I don't know, super, hypercarnivores versus the 70% hyper-carnavores category when I'm dealing with something very, very serious with the brain.

Now, again, I'm going to titrate because I am going have to deal with oxalate dumping in their liver. I do have look at their stomach acid. In the liver function of pancreas, just like you do, we have I got to see what I can do.

Are they a vegan? Okay, I don't just rip it all the way and start you're eating meat three times a day because they can't they don' have the tolerance.

They don t even have that capacity. You know, they have no stomach acid. So I have to deal with that. But I prefer and get the best results hands down when we go 100% very, very strict carnivore.

I'll let a little coffee be in there, I let little tea maybe be there. A little bit of that kind of stuff, but not any plant foods that they're eating.

I do use herbs and things like that medicinally because I am going to be changing their microbiome and bringing inflammation down. And I use plants like medicine, whether I'm talking oregano or marijuana.

So I definitely do that. They feel it so quickly. People can feel this. this lifting of a fog in days sometimes, days. So when you make somebody feel better, they're ready to latch onto it.

And it makes the effort worth it to them. We just have to go with and we coach them every week. You can't just see somebody like that once a month. we must see them pretty frequently to change things for them, we might have throw a little black tea for oxalates in there or something, but I take them full blown into it right away.

Do you, so do you normally transition people rapidly into carnivore? Let's say someone comes to you. They're dealing with you but they're having a regular diet.

Do your transition them? If you convince them, first of all, if you if they are willing, do transition over how many days or weeks or do you d on the personality.

So I th thing if it's a standard A think the more comfortabl a four to six week kind o longer. But some people They're highly food addicted. They are very black and white.

Especially men, if they have a high tolerance for discomfort, They just wanna do it. They don't want to go gently. they wanna hit it hard. Men have a higher tolerance often for that.

And so I have to honor military guys is how they are. Or they just want do, right? I'm gonna have. So women though are a little bit different and I have to honor if they c a lot of them have no app they're like, oh God, I don' to

eat meat is so gross.

I' know that's because yo your B six and zinc defic that fix, you're going t So I half to work with with and get the stomach acid liver. I may have to do liver for for 30 days.

J know, the congested fatty up function and I had to going so they can even ha right? I might do some fasting to help, you know, get to do, I, might, do a water fast.

It just really is individual. I don't think there's a cook, i don' think, there is a safe cookie cutter way to say that. So some people, it's taken me three months.

Some people it has taken three days. some People take three minutes. They're like, done, never eating it again. Like, okay, You know? And they're okay if they have diarrhea for 30 days, they don''t care.

That's, that's that''s a small price to pay for not feeling suicidal. they don't care. Does that make sense? That's how I do it. Do you think that that how did you used to deal with trauma and and there's a lot of psychotherapy and I'm wondering really what we're seeing is a complete improvement in people's ability to have psychotherapy and see the changes by doing the deuterium depletion, going carnivore, the keto and paleo all help also.

And it's just sort of a game changer because this really is the areas that I'm not sure mainstream psychotherapy and mental dysfunction, trauma treatment, I've seen the benefits that we're seeing with carnivore.

No, they don't really understand it. I'm blessed that I've taken care of so many talk therapists and they come in and understand. And I leverage a lot of electromagnetics, right?

A lot neurofeedback and transcranial direct stem, things like that in the office. My patients are getting like quick results while we're changing, modifying behavior.

It's very hard to change behavior when you're so uncomfortable. A traumatized person, we've got to remember, their activation is very low. My energy, they're really tired.

There's Laszlo. So what I do with them is I have to fill their charge a little bit before I ask them to make too much change. Most of what i'm doing is pretty passive.

What talk therapists don't seem to want to Remember, trauma is unconscious, nonverbal, So talking about it never gets it better. It's somatic. You have to deal with the body and it's a mitochondrial disorder.

Trauma is an overwhelmed breaking point in the autonomic nervous system where there's no more energy to sustain what's happening and there is a crash below threshold.

That is based upon the mitochondria. We must protect, preserve and that's why that whole enzymatic steps of dehydrating, all that complication of glycolysis in the TCA cycle is mitochondria trauma prep and repair.

It's trying to stop all of that and fix it because once they break, you break. So we have to deal with the mitochondrial and the body and water that's holding the memory, the fascia, to recover from trauma.

Once I start doing that, that person has enough reserve to finally receive what the therapist is saying and practice the skills they're trying to ask them to do.

When they are exhausted like that and in depletion, they can't even do it. So that's the difference. I love working with trauma therapists. If I fill the people up, I deal with their mitochondria, and I get their brain to hold a better charge, now they can actually do their job.

Because what they do is very good, but they cannot do it in a system that cannot receive it. But they did not understand, they don't understand brain inflammation, charge and mitochondrial health.

and I'm gonna get all of that better with a carnivore diet, sunlight, sauna, there's some other things that we do for deuterium deletion, but we can, if Dr.

Borros is here. I was about to ask you what other thing, because you mentioned the carnival diet. Yeah, we could have Dr Boros can talk about these other that deuteronium.

All right, so here we have Doctor Borous. You are muted, Dr, Borus, But if you unmute yourself.

Carnivore Diet, Charge, and Brain Function

There we go. Can you hear me? Yes. All right, hi, Dr. Keats. Hi, Doctor Rimka. How are you? Welcome. Fantastic. It's so nice to see you. And we're talking about with Dr Rimke about deuterium depletion, the glycocalyx, physical and mental brain dysfunction, mind dysfunction and how and why maybe you can chime in a little bit and talk about that.

Give us your insight. Yeah, so let's first just talk the isotopes of hydrogen because that's kind of important. We have three isotope Hydrogen is the parent isotope because that's the most common.

So this is why we call it the the parents isotopes. And there's a stabilized isotop of hydrogen. It's called deuterium because besides the proton, it also has a neutron.

and it has an radiating isotoped or an unstabilized isotopedia called tritium. which has one proton and two neutrons, it's pretty much just like an apple basket.

It's too big. If you put one extra apple on top of it, just falls apart. So the, so stritium is unstable, but it is very uncommon. Uh, It is only like one in 10 to the minus 18. Practically you can ignore it because it it a very, very rare isotope of, of hydrogen or anything.

So when it's bad because it has a half-life of about 12 years, that means it loses its activity in about twelve years if you have anything available of that radiating isotope of hydrogen.

but deuterium, which is more common. It's about one in every 6,600 hydrogens. So when hydrogen drops through nanomoders, as you mentioned, and you were talking about it, it actually is so large in numbers that it's gonna hit a deutium in a few seconds.

Biochemistry or biology, has to get rid of deutium from glucose, sugar, and potentially fat, but fat is deuterium depleted because it's synthesized through mitochondrial citrate, which is the deutarium-depleted if everything goes well, meaning that you are eating a ketogenic diet from grass fat past your source.

Those are the lowest in deuteum. Now, Unfortunately, anywhere where glucose shows up, deutium is high simply because sugars or carbohydrates are enriched with deuterium because they come from fruits usually and there's no deuteum depletion in the process when sugars are synthesized.

So anything that has to do with sugar either through metabolism or as a glycosylated entity, for example, membrane surface, mucus and so on, and calyces.

The glucose has to be considered a deuterium trap. And deutium has a different chemical behavior than hydrogen does. It's about 10 times harder to remove from a chemical bond.

Interfacial water, very viscous. So practically anything, for example, mitochondria that only has interfacial or structured water or membrane water. Some people call it exclusion zone water we don't use that terminology, but it doesn't matter.

It has a different property. it's very structured. so it is very viscosity. If a deuterium gets in there from glucose or from any source, that will actually ruin mitochondrial nanomotors, membrane fluidity and solvent capacities in cells

and charge, as you mentioned.

So practically when you compromise the nanometer oxygen transport and water producing system in the matrix, then you also compromise charge simply because Electrons are also very important in this whole process to charge oxygen to form water after all.

So it all comes down to, as you covered in your previous conversation, it comes to the role of deuterium in making sugar heavier, stickier, less capable of participating in metabolic reactions and or making chemicals or structures in our cells more stable as well.

So membranes are more rigid. After all, you just have to control deuterium in various tissues, various intercellular organs below a certain level for sufficient ATP synthesis and charge, maintaining of charge membrane potentials.

So if you eat a low-dietium, grass-fed, natural ketogenic diet, especially with interiors with high fat content, those are very low in the tumor, about 110, between 100 and 110 ppm.

So after all, you're going to be able to preserve or protect these nanomortars from damage if you synthesize mostly ketone bodies or fat. This is practically what the essence of nutritional or metabolic ketosis.

So, after this, would actually relate to our energy transfers in our planet because now what we are arguing is that practically the water, the sun, where the electromagnetic energy source comes to Earth from 150 million kilometers, it's actually a a huge pile of water with a density of 1.4 gram per cubic centimeters, which is the density or water.

And it's actually 10 to the 30th kilograms of protons that because of nuclear magnetic events, sun is to source of the resonance scale that water can actually absorb on earth because resonance and the proton bonds.

So after all, are these grasslands, all these wetlands are able to absorb this energy through photosynthesis and why they are producing organic materials.

because the discrimination starts doing photosynthesis. So after all, if you're eating grass-fed animal meat, which is low in deuterium, just like the steak we ate with Dr.

Keats in, I think it was Hermosa Beach. Yeah, it's Newport. It's in New Port Beach, that's the essence of deuteron depletion that starts from the sun.

finishes in wetlands, in grasslands and where these animals are pastured. And practically that's the lowest possible deuterium to eat, consume from our nutritional kind of sources that we can eat.

Anything above, anything different than grass-fed animals, meat interiors with high saturated long-chain fatty acids, which are the most saturated with hydrogen, that means provide the more energy for our cells, is dangerous, potentially dangerous to the mitochondria, depending on how much of those other sources you eat, fruits, vegetables, and so on.

So you wanna keep kind of carnivore and be part of this electromagnetic field that comes from the sun and that's practically proton resonance, the visible light and the electromagnetic ranges around that under visible light energy scales.

And then you can use those for your body to vitamin D to that or fat hydrogen, carbon hydrogen bonds and resonance. These molecules can absorb light, energy from the sun to lights and light beams that penetrate through the skin and go all the way to the mitochondria when they are longer wavelength.

So after all, this is just a ping pong game with light and heavy kind of ping-pong balls and that decides how well the game goes or if the games is possible simply because those nanomodules are very sensitive to deuterium because of the increased double weight and and size of the nucleus.

So when you want to kind of think of how nutrition and fertility play around, it's practically just, for example, when the egg gets fertilized, there's so many protons released and so Nanomotors are starting in the same time in egg.

The sperm loses all of its nanomortars because only the DNA material penetrates into the egg, but actually the the eggs would give you a light shine, a little light.

You probably saw that on YouTube there was a paper just showing these fertilized eggs. There's so many protons quantum delocalization and destabilization, and starting these nanomotors in the ag before they start dividing.

After all, it's just even a light event is following these. energetically very condensed, very dense events, physiological events in our body. So it's because of the difference between hydrogen and deuterium and the different in chemical behavior, the most reliable and safest food source for us is grass-fed, grazed, interiors and meat.

We usually eat just cows but the sheep gobs, anything that has the split toes and they actually chew and regurgitate and eat grass mostly. That's their only source of food and teeth and anatomy for that just to be able to chew those items and that practically the key how the tomb gets separated, discriminated and fractionated throughout biology through the food chain of what is eating what, how much of it, when or what source and we are on top of the fruit chain so you should not eat, we should grass for many reasons because they are full with toxins.

Our digestive system is not cut out for digesting plants, but animals do offer that for us. We are carnivores, we have teeth that are designed to eat meat and interiors.

And for that matter, it's a very important argument and it is a how did you mis-distribute based on nutritional, and go ahead. Number one, if I eat a carnivore high-fat diet for mostly roaming and animals, that's a very important step in decreasing the deterioration, right?

Dr. Remka mentioned sunlight. What other things can I do to minimize the exposure or the… Can I ask a question? So let me ask Laszlo. Sure, sure. I use a lot of molecular hydrogen, inhaling gas and drinking hydrogen in water for my patients.

And I honestly never thought in my mind I was completing deuterium. Am I doing that? I didn't even know I wasn't doing it. Yes, so it just depends on what source.

you use for your hydrogen gas, because if it's industrial source, it can be high as over 200 ppm deuterium, depending on what the source of the hydrogen gases.

It's medical grade. So I'm going to ask him about that. But thank you. If it is hydrolysis, meaning that if its an electrolysis system, depending on the electrodes, it can be low and high.

We recommend using deutium depleted water in these devices just to make sure you are not releasing deuterium in excess because of the change in the coating of these electrodes.

There is an electrophysiological range. In some scenarios, deuteum oxygen bonds are, is they actually get like faster broken by these devices.

Trauma, Therapy, and Mitochondrial Repair

So what we do is we measure the water yield and we measured the gas yield from using isotope ratio mass spectrometers. Actually, we have a set of samples right now which we are measuring some of these electrolysis and hydrogen generating sources, devices.

And if you are interested, I can give you some hints and some ideas of how they actually operate. But we haven't really found a reliable low deuterium source hydrogen gas device so far.

It's just not any better than like tap water you know, for that matter. But hydrogen gas itself is because it's a low mass, like small molecule. It's H2.

Its only two dartons. He penetrates through membranes very easily. So those are very light gases for their matter, so they evaporate very quickly. If you started measuring these two team levels simply because more and more people are using those and we would like to see the data with those devices and I'll give you some updates.

Okay, yeah, I use deuterium depleted water and then distill it, you know, on top of it. Yeah, that's dangerous. Do you have any idea what else a patient can do for lowering deutium besides sunlight and grass-fed source?

Do Well, I do cold. I mean, a lot of different things. So I use a light, obviously sunlight, but I used a a of panels. A lot my people are like, they're in Detroit or they are in Canada.

They don't have, it's snowing. And I'm like I get it. Use a red, light panels, use PENF as well. Do a stuff for mitochondria. Cold exposure, cold, different if that person can tolerate it to, you know, do that?

Yeah, cold is very useful because with cold you actually activate a decoupling protein. That means you produce water faster without ATP. that's why we call the process the coupling proteins because then protons just shoot right into the matrix.

You produce a lot of matrix water or with the right food source with low deuterium burning low ketones or fat. So cold therapies are are very good. I usually go to sauna just to kind of go in hot and cold sweat and get rid of the team some other ways but these are all very interconnected as long as you and also I live on set on the seventh floor and I don't use elevators so I just go and do a little physical exercise.

I don't think people can exercise but the real sick ones they're just they can they are just a mess so I have to use a lot of the biohacking yeah yeah of course yeah but we want them exercising when we can you know yeah indeed yeah Go ahead.

What type of supplements would you recommend? Or teas? I know you mentioned herbal medicines and things like that. Or like me for clients with deuterium.

I don't really love supplements. When it comes to deuteron depletion, I'm not trying to supplement them. A lot of the supplements have a lot deutarium, so I am not a fan.

Yeah, that's a very good point right there because the supplement are industrial source, most of them, and for example, if they are like just talk about vitamin D.

Vitamin D has to be natural source and deuterium free just to absorb all the photon resonance and industrial source of chemically prepared vitamin. D is not very useful for that matter.

So like cod liver, I don't really have any particular supplement that I could recommend, but from natural like beef interiors, liver, type, you know, we- I think of salmon roe as a supplement.

I like fish eggs. Yeah. Not a supplements, but most of my patients, I make it be a supplemental for them. As long as it comes from nature and like from a natural habitat, almost anything you eat or you can eat would be beneficial.

Don't eat liver from polar bears because they have very high vitamin A content. So they are toxic, animal in your neighborhood, grass fed and pasture animals, their interiors, liver, kidneys and bone marrow and brain and you know their meat products, especially the hind steaks which are high in fat with t-bones, those are the best source of detuned depleted water for matrix water production.

And that's why if my recommendation is just to use detune depleter water if someone is thirsty, but don't drink too much of it just because food is better as far as producing your own water.

But I would say that I wouldn't say. That let me say what I do have to tell them, Dr. Boros and all of you, I have. To tell. Them to stop drinking so much water.

People have conditioned themselves. Drink a gallon a day because they join some pale, hard, 75 days, heart, whatever that stood stupid. All these stupid challenges on the online world with all these social media influencers challenging their people drink a gal in a water day.

So people are carrying. I mean, it's. horrible. So I have to break that up a lot. And so to titrate people and now they've ruined their hormones, right?

The antidiarrheal and all this stuff. Their thirst signals are completely perverted and I had to breakup that myth that they're supposed to… So one, the bigger thing is I stop the poisoning of all of this excess water, which is always wildly deuterium laden, especially…

I'm in the south. It's all ridiculous down here. There's that if I I used to make them buy the deuterium depleted water, I don't do it as much. I find most of the time we can do with that.

They have the money. We they'll buy. The deuteronium, depleting water and we'll switch things. And it's drinking that water. You ask, you know, Dr. Nelson, that's, That's another incredible way to start deplet I just have to be careful with my clients, people with mental health issues, if that what they're coming for.

They're very obsessive, compulsive, and over-track, they have a lot of neuroses around things. I'm trying to mitigate that stuff. You're already okay, you're healthy, your whole, not broken.

So I have to be careful how much interventions I do and how tracking we do because they stop seeing themselves as a medical experiment, as diagnosis. So one, I stopped the drinking of all the excessive water.

That already is a massive thing. Yeah. Huge thing, thank you for bringing that up. But that's a major problem. Well, what you really need to think of like water is you can die of water poisoning by brain swelling.

And it's it a very serious medical condition. If you drink a liter and a half water with no salts in about 20 minutes or so, you're definitely going to have a headache.

And if you keep going, then you may die. So there's a question. They're asking about fasting and iodine. Rob, do you want to bring that up? But I don't find iodide to be a major thing with mental health issues at all, unless it's thyroid driven, which there are a lot of mental problems that are actually thyroid disorders.

That is a a non-issue, that it's not a big thing I deal with. And do I give people iodine? I do, but that's going to be the crux. It's gonna do what zinc is gonna to do.

I'm gonna tell you, zinc deficiency is probably the biggest cause of all the mental health problems I see. And fasting, both dry fasting and just, I mean I just did a three day fast.

And I actually did dry fast three days, which I haven't done that many days of no water. I'm just testing my ability to do it and I felt great. But it's interesting, I rehydrated with some mineral waters and my gut just emptied.

It was just, it was like, but it happens sometimes after a few days of fasting like that. I'm not quite sure why that happens still and wonder if something about the glycocalyx or something going on that that the diarrhea.

I don't know. But what Dr. Boros said, we talked about the glycocalyx. And we're saying, well, I know, let's ask him about deuterium. Does it directly impact it?

But right, deutereum's job is to make things heavier and stickier. Right? Oh, it's making it like, oh, right. Of course it is damaging the Glycocalex, because you don' want the like Glicocalyx stick here.

You know whatever you're like. So do you know stuff specifically about what that would do? Like, yeah, um, Yeah, People complaining.

Glycocalyx, Water Intake, and Fasting

Yeah, I heard people complaining the same, you know, having diarrhea when there's a water load. Simply there might be some personal inflammatory issues during the fast.

These are very transient and very minor in the sense that how water is absorbed. Diarrhea is practically a very important sign of not being able to absorb more water through the small intestines and the large intestines.

And if your microbiome is compromised or less in mass simply because you have not been eating or if you are fasting, then it may affect your water absorption.

It's not necessarily anything other than just you're not able to absorb water as efficient as when you are in a fat state and you have solids and your is acting also as a solvent.

If there's nothing to dissolve, then your waters osmonically just kind of runs through the system, I believe. And I probably drank too much at one time.

If you don't drink by thirst, if you over drink, meaning that you drink more, it's a depsynogenic form of like an insipid situation when you actually drink too you cut down your anti-diuretic hormone release and you start passing water through urination and also through diarrhea.

So it's a pituitary gland related issue, ADH, anti diuretics hormone. When you have too much water intake, then this hormone shuts down because of the swelling of pitutary glands which sits in the cell of Torsica.

It's like a bony little structure. If the pressure increases in your pituitary gland, it shuts down your ADH synthesis, meaning that you start urinating and you started getting rid of water any way you can.

And your bowels are not able to move as fast and they are unable to absorb water efficiently. So you're trying to get rid water if you drink too much.

The other important thing is that if you keep drinking too much, it's not only compromising your ADH release, which is from the posterior lobe, but you also compromise FSH, these sex hormone regulatory releasing factors, the production of dose, so infertility may set in, simply because you damage your pituitary gland because of the swelling.

And for that matter, you have to start with cutting back on water and put them on the right diet. I feel like I'm back in school. This is wonderful. Is the water in fruit deuterium depleted?

Dr. Rinca? I don't know. It's the Okay, I mean, i would say no, but maybe maybe all the deuteriums in the glucose. I don't know. Laszlo, do you know that?

I know what people get the benefit of like when they juice faster so they feel better. Well, it's structured water. They're getting this structured better water is the water that's in.

The fruit deuteronium depleted. It's the sugar. i mean i don t know it would seem like it wouldn't be i. Would think no. But that s me guessing. So what was the question again?

I'm sorry. Let me turn up the water inside fruit deuterium depleted. No. Yeah, I wouldn't think so. Is that a question? Yeah. Roots are fruits are not indicated.

They are actually very high in the team for a very simple reason. The fruit during fruit production, there are no mitochondria present. Practically when the when the flower and the female plant organ is fertilized, then it's

practically just a glucose producing photosynthetic cycle and there are no mitochondria involved in the process.

So you practically, just leave this whole depletion scenario out so your fruits are gonna be very high in deuterium and the water source and also the solid sugar source as well from fruits, they are actually 155 ppm or higher.

The highest we measured was, I think it was peach up in the 160 range. And wine and grape, those are also 160 ppms, because of the high deutium content in fruit sugar.

So it's not low in deuterium, not at all. And I live in the peach state. Isn't that great? You are. Oh, gosh. Okay. Do we have any other questions there, Dr.

Nelson? Oh, there's a bunch of questions. Uh it's past five thirty but let me. We got a few more minutes. we Have some, you know, I mean the two, two.

Oh I may I can go to the next. I would be able to answer. Dr Imka. Can do a couple more. Yeah. Alright, let's Had blood work today, fasting blood glucose went up to 110. I've been carnivore for five months.

Why? Well, I don't really care about fasting, blood, glucose. Like I mean, how you feel Rob, but that, that doesn't mean a lot. It could be anything that can be white coat syndrome.

You didn't sleep last night. And you ran across the parking lot? I dunno why that happened. That's a snapshot. Is a nap shot of a one moment in time. and you don't know what else was going on.

Someone gave me a glucose monitor. And I never used them and I did last month and this month. I just go for 10 days. Yeah, I watch it sometimes and it goes way down or goes up and i'm not doing anything different.

It just, it didn't have much of a rhyme or reason. I never went high, but now this new, I have a new monitor, just a different thing that attached to the skin, and now I'm in the 70s and 90s, And I can't tell you them anything different.

I don't know why sometimes it just pushes glycogen out of our liver. I just, I dunno either sometimes, right? Like- Well, it's- Let's see, but I dont know what the- Yeah.

So once you become a carnivore, once your getting ketosis, you start to absorb and you started to metabolically process triglycerides. Now, triglicerides have fatty acids, free fatty acid, its free.

You can buy lipase, through absorption, through digestion, you can absorb free fatty acids and glycerol itself. Now, this is a gluconeogenic substrate, meaning that your liver can phosphorylate this or make glucose from it.

So. If you're oxidizing or you metabolizing a lot of fat because you are in ketosis from your adipose tissue, which releases free fatty acids and triglycerides, from your liver, there are also triglycerides releasing the circulation.

Then the leftover glycerol gets back into the liver and you start producing glucose from glyceral through gluconeogenesis. And it's also needed for tissues to produce some anaplerotic oxaloacetate for your cells.

So practically you, especially muscle cells, practically you can swing, you see low and high stages of glucose based on where you are in ketosis or in your ketogenic state.

It's not necessarily a low glucose state, it depends on how much glucose is getting produced based the triglycerides that you're metabolizing. So it can be anywhere in the normal range in a sense that, or even above the normally range, in conventional lab results.

But once you get in ketosis, there are no normal labs anymore because nowadays the normals labs are kind of the the average or the expected results that are actually not in an ketogenic state.

Our labs the labs of the population.

Raw Milk, Supplements, and Methylene Blue

You mean LDL cholesterol is not going to kill me? No. No, it's actually very good for you. Higher is better. God bless everybody. My cholesterol's 12 and I'm very happy and proud of it.

I've shown it everywhere. Yeah. And my doctor is asking me like, how is he going? I was like don't worry about it, we have to look at lab results differently, that's all.

I agree. Think 316 asks thoughts on raw milk. I'm a fan. And then raw meat and raw raw, milk compared to cooked meat, and pasteurized milk I mean, I'm a fan, but listen, humans like fire.

We've been using fire a long time. I was a vegan 12 years, you guys. You've got to give me, like my stuff medium well, and I know it's like I am blasphemous to the carnivore.

So like you really do that to your flight? Yes. Listen, back off. like I'm doing the best I do medium rare. So I I love raw milk. I like take patients off of all certain conditions when w modulation is a little, right now if we have a lot if I have thyroid issues, I don't like any pasteurized dairy whatsoever.

I think that's all pro-inflammatory, but some people can get away with it. Other people cannot. So I will take a lot of people off all dairy for a while.

i prefer raw A2 casings, so a goat or a camel or the right kind of cow before we hybridize them and stuff like that. Nothing better than human breast milk, by the way.

That's always, I do like species specific, I like that so I was gonna ask so my daughter is been breastfeeding but she had to go do a conference today so she froze as much as she could but the julio just it may be it maybe a little short on how much we were talking about and they I said don't do it but they tried like a Little bit of formula and he didn't tolerate it at all Yeah, and so what?

What would be a substitute? Would it be goat milk, raw goat, milk? Or do you have any other thoughts on where the Weston a price has some really beautiful formulas that I certainly don't want to come up with the baby milk substitution, but they have some of that.

So I think I forget if it was. Sheep is the closest to human. I forget the configuration. Don't quote me. Is it goat? It's sheep or goat, it's one of them.

But the Weston A Price has some beautiful recipes for mothers to make their own if there was any type of fish. My son was the same way, three years breastfed, he wouldn't touch a nipple besides mine from any other source that was like, you can take that thing.

They're like don't worry, I'll be a cow, and I'm happy to give him life. That stuff's miracles for anything. You put breast milk on a cut, a scrape, Pink guy.

I mean, that's the world's greatest. If you look like you, who's got breast milk? I had friends come like I've literally have used it for things like, you got some breastmilk?

Can I have some? You can do it without cure all kinds of things. It's magic, magic sauce, the idea that they're telling you Nestle can make something better than me.

talk about the greatest gasoline story ever. I like methylene blue. i use a lot of methyline blue in my practice i've used it for quite a few years. I do a lots to support mitochondria, I use peptide therapy, i used light.

So Juan, you got to figure out what happened. Yeah, that's the only thing I can kind of reason with is methylenine blue as a supplement, nothing else.

But methylene blue is something I could It's a very complex molecule and it has a unique structural complexity that we actually published on this with Dominic D'Agostino and Dr.

Shomyai. Structural Gleevec is the drug that was investigated in this particular matter and It actually has some deuterium scavenging capacities because of the bonds that they can, so actually structure is very much determining how prozium or hydrogens and deutium attach to it based on the structure.

So methylene blue seems to be very efficient so is ivermectin and you know, the malaria drug because of their charged states, they have very unique and efficient to tomb scavenging mechanisms in and within cells and organs.

So those… Methylene blue is definitely like a supplement that can be used for this. It's one thing. It throws in this free energy to the electrons. Among others, yeah.

That it kind of acts like oxygen. Sort of it helps move things along in the low oxygen state. it kills things that are microbial. And it also helps with neurotransmitters.

So it's very good for mental health. You know, it help up regulate. Yeah, I agree. It's a lovely thing. It is not going to fix the structural problem, like I might use something like SS31, a peptide to kind of an architect to go inside the inner mitochondrial membrane.

I use a ton of phosphatidylserine and phosphotidylecholine. There was another question about somebody with chronic fatigue syndrome, things like that, because I'm trying to figure out what it is.

One, and you need to work on your vagus nerve, vagal tone, nervous system. That's a big part of this, everything here. And then whatever was damaging the mitochondria, you got to stop it.

Oxalates damage it like crazy. Lack of sunlight is going to damage. lack of temperature, lack cold and heat. If you never are regulating your temperature in any kind of way, it doesn't, your, the infrared light that's given off and the heat waves, you need to get in circadian rhythm.

You need just start respecting nature. We need you to start waking up with the sunlight, eating with light, going to bed, stop eating in the dark. So all of those things matter.

you can't be taking Cipro and think your mitochondria are gonna work either. There's a lot of things, we gotta stop poisoning them. we have to repair the structure, the inner and outer membrane, and we may need do some things to donate energy and take the place of oxygen like methylene blue and I like the and human and and things like that as well.

I I liked the way Kennedy handles this as the secretary and also he pointed Trump pointed Casey means as and she works with Dominic D'Agostino. We wrote the first duty in paper together with Research Foundations Advisory Board.

Audience Questions and Closing Remarks

So it seems like kind of we are getting closer to making this a more comprehensive or more comprehended and more influential. I was actually trying to get in touch with Dominic because of the nomination just recently.

In the next few days, we're probably going to talk about potential Um, fitting applications. Go ahead. That's a question. And that's really good question, I love this.

They go, aren't these hydrogen isotopes naturally occurring in the correct healthy ratio in nature, or maybe chemtrails, pesticides, cell tower radiation messing up the equilibrium.

I think they're manipulating the temperature and the weather like nobody. We've been in temperature weather wars

for decades. It's what GMO is about. Yes.

To load for a year just to load these plants with deuterium through irrigation systems, through glyphosate, genetic modifications, enhancing their yield or productivity with artificial fertilizers and organic stuff that is really not part of the plant's microbiome because those plants also live in connection in company with other prokaryotes, especially in the root system.

And you're right, processed food is practically a deuterium bomb compared to the grass-fed meat source. So I have about 50 more reasons now to be a high-fat carnivore.

Yeah. Okay, I'm gonna go because it's getting late here in Europe, so. Laszlo, a pleasure. Dr. Rimka, pleasure, Stephanie, thank you, and everyone's questions and just being here today, Dr Nelson's really been a plus in helping us really share more important information for everyone.

So again, we're gonna see you in America soon, Laslo. Yeah, I'm planning because there are going to be a few events that I need to come and cover, maybe meeting some of the people in policy and administration.

I definitely want to talk to Dominic D'Agostino about how these new developments can help us. I'll let you know. All right. Well, we appreciate that. Stephanie.

Thank you very much. My pleasure, guys. Thanks for doing your work. Take care. Have a good night, everybody.