Introduction to Therapeutic Plasma Exchange

Well hello everybody. Welcome back to reversing heart Disease Naturally summit 3.0. This is one that I can proudly say. We get better and better as we go on.

And years at the summit, we bring in new and exciting ideas, new and exciting people and new to our previous two summits is Doctor Paul Savage of both, Chicago and South America.

I think we may have in Chicago right now, but he has been a pioneer in the field of functional medicine, integrative medicine, and he is a very, very smart medical doctor.

But he is going to talk to us today about something you probably don't know a lot about. At least I didn't. And maybe if you follow social media, you've heard a little about it lately called therapeutic plasma exchange.

Therapeutic plasma exchange t p e. And anyways, I want to welcome you, Doctor Savage. Thanks for being there. Doctor Khan, I really appreciate you having me on your show.

I've been a big fan, and, as an the doc for ten years. I tell people all the time, if you're going to listen to one bad podcast, listen to it about your heart, because they fix your heart, you pretty much fix everything else that goes on in the plumbing and in the system itself.

Well, I agree with that. And, you know, I've heard, you talk in the past sort of in a, you know, you know, so much about the body and functional medicine.

And we do focus a lot on toxins, toxins. I mean, who can pick up the paper or look at Instagram nowadays and not see things about plastics and all over the place, you know, the movie The Graduate and Dustin Hoffman, the plastics.

And we're coming to realize that there's as much right. And as upside. Oh my God. But, you know, you had a bit of an epiphany where you realize that there might be a path to clean out the body, which has relevance to heart, just a few years ago.

So tell us about that. Well, you know, doctor kind of starts out the fact that I was near doc for ten years, and I get to see all these heart disease patients.

I mean, that was our major thing that we did at 61% of people, die from heart disease rather than men and for females. So, you know, you get to become very versed on that.

But then I had my own health crisis because I didn't take care of my health. That's what led me to leave the emergency room and kind of swing my focus more towards health and wellness.

And at the time that I left the emergency room at 300 pounds with with diagnose heart disease, hypertension, cholesterol, diabetes, like everything like smoker, drinker, not sedentary.

And everybody in my family dies by the age of 65 from heart disease. And my cardiologist at the time turned to me and I was 30 and goes, I give you seven years tops at this point.

And I kind of really did rightfully shake me to the core. And I thought I got a choice and it's given me a choice. I can either go out and do something about this or I can just not.

Doctor Savage's Health Crisis and Functional Medicine Journey

And I decided I wanted to live. And so I started exploring health and wellness. And the interesting thing is, as an ER doctor, I took care of everything that was an emergency and didn't know how to get myself healthy.

So this is a 25 year span now where I become a nationally known expert in functional medicine, integrative medicine, which is traditional medicine, plus diet and exercise and supplements and stem cells and other things that we have as modalities out there.

And I'm really good with putting things together and unique ways to to benefit the body, because this is a machine, right? I mean, we burn fat. We got the computer onboard. Computer.

We have a water pump, we have an air pump. I mean, we have muscles and pulleys and, and dials. This is a machine, and it works like a machine. And there's ways that you can clean machines out, because what we've been watching over the last 20 years, I've been measuring people's toxins levels for over three decades.

And I've seen them go where the average number out of 100 per person was two. That was 20 years ago to six. That was ten years ago to 13. And the high critical range.

And that's for people who are healthy without symptoms. And so these toxins are elevating and elevating. And what has occurred to most of the people in the in the medicine world is chronic inflammation is getting worse.

It's not the same chronic inflammation you and I had in the 60s. It's completely different animal. We're now seeing cancer in the 40 year old heart disease.

That's even more aggressive. We're seeing Alzheimer's at 400% increase in the 30 year old. We're seeing autistic kids. We're seeing ADHD in kids. This has everything to do with the increasing toxin levels in the environment.

We've gone from virtually zero toxins in the 60s to 150,000 chemicals in our environment. And we no longer need to talk about heavy metal toxins like mold or like mercury or lead or people with, more toxins or people with pesticides.

Now we have everybody has a little bit of everything, and we're dealing with this multiple toxic syndrome. And every person. And so what I the epiphany that I had was because up to this point is to a couple years ago, there wasn't a way to get toxins out of the body.

So you go to the CDC website, they'll talk about forever chemicals, the fast. They're on removable microplastics. They're in the arteries, causing a 450% increase in cardiac events in the next few years.

They're now in the brain, causing an increase in dementia. Yet microplastics are impossible to remove. As per current state of knowledge in medicine. And same thing with pesticides.

Some toxins do come out, some heavy metals do come out. But and you and I both know they're bio cumulative over the years. So we got a real problem because most people have been talking about how to decrease the amount of environmental toxins or how to avoid getting a new.

But once they're in you, there's never been a solution. How to get them out. Until now. That's the epiphany. Okay? And you, uncovered an old technique, and we want to talk about that TB that has been around for decades and has been used in Guillain-Barré, multiple sclerosis, myasthenia gravis, and some other conditions people may have heard of.

So tell us what therapeutic plasma exchange give us five minutes and even a bit of a feel for what somebody listening might actually go through if they had this technique.

So first off that you said plasma exchange therapy. Plasma has been around for 50 years. We used to use it in the emergency room with drug overdoses, because one of the ways you got drugs out of the system was basically take it out of the plasma.

So what is that? Well, plasma is the liquid part of your blood. Your blood has two components. Has the cells like the red blood cells and white blood cells.

And it has the liquid component which is the plasma. The plasma is kind of like a superhighway. It carries everything including the cells. So it has nutrients and proteins and plasma inflammation.

It has everything that the body needs to operate, sending it to wherever it needs to go. But as we get older, I mean, as as we accumulate all these toxins, the level of toxins increase in the plasma, and there is no way for the body to get rid of these toxins because it's something new to the body.

That's one of the problems. That's why it build up, because we can't get them out. And what happens is kind of like an old car where the oil gets dirtier and dirtier, and then it starts not working.

Well. Well, a plasma change is an oil change for humans. Basically, what happens is just like the old car used to put it up on the stilts, drain the oil out, put new oil in the top, running around the block for a couple of weeks.

Come back and drain the oil again. It was dirty still, but not quite so bad. You kept repeating that procedure. That's exactly what we're doing with the plasma.

So you come into the office and it's a machine that looks a lot like a plasma donation machine. We put an ivy in one arm, your blood comes out. It goes in the machine that separates the cells from the from the liquid part.

We throw the liquid part away because that's where all the toxins are. That's where all the inflammation is.

Toxins, Chronic Inflammation, and the Need for Detoxification

That's where all the oxidative particles are. That's where all the dangerous cancer markers are. We throw that all away. We mix the cells together with another solution we give back to you.

And then within the next 24 hours, your body generates new, fresh, nontoxic, non inflamed liquid plasma. So you make your own new stuff. Once we take out the old stuff and then we let you run around for about a month and we come back and we do it again.

And then we do it a third time, possibly a fourth and fifth as many times. Because each time we do it, we reduce those levels of inflammation and toxins and oxidative markers, cancer markers and also Alzheimer markers.

And as all those go down, guess what? Your immune system goes up. The way your body detox gets better, the way your brain functions, the way your heart functions all start to improve.

So that's fascinating. So at the end of a session and you said there might be more than one session separated by a month, and there's literally a bag with plasma that's been removed from the, subject we're talking about and listening.

And, you're not selling that. You're not using research that's going to be biologically disposed. We'd be biologically disposed of that. That's correct. Yeah.

And I say this because, you know, there is this phenomenon out there, this gentleman in California named Brian Johnson, the Blueprint Biohacker. And a lot of people have seen a picture of him holding.

He very proudly said his plasma look like super clean motor oil. Well, it was a pretty big, sizable, you know, bag there. So some people might relate to having seen that and not known what he was doing.

But he's on round three or so. Man three of removing toxins from his body in his search for longevity and reversing his biological age. You've done some research on some of the toxins that can be removed with therapeutic plasma exchange.

And of course, we're not talking about people doing this for, you know, multiple sclerosis. That's an option. We're talking about people effectively saying, I want to feel healthier and be cleaner.

What are some of those toxins at your own research? So we're not guessing. Might, you know, be removed. So the interesting thing that can is we tested over 110 different toxins before we started this whole procedure on anybody, including microplastics, passive asides, forever chemicals, phthalates, microplastics, micro toxins, heavy metals, all of them.

We did a whole plethora of them. 25 patients that we did all the testing on the front end. We went through five procedures. We tested them on the back end.

And every single toxin that we detected at a high level was now to a normal level within those five treatments. So the answer is which toxins come out?

The answer is every toxin. Matter of fact, our data scientists said because we removed every single toxin that we tested in the high percentage range and brought them down to normal, whether we tested them or not.

We removed every toxin from the human body, which is makes sense because that's literally what we're doing. We're removing the plasma and throwing it away just like dirty oil.

So but some of the most interesting are some of the most problematic, let's say, of the toxins are the microplastic, the pesticides and the forever chemicals.

The fact the reason they're they're very carcinogenic, they're very detrimental to the DNA. They cause a lot of oxidative stress. And I know you've gone through this, with patients before, but inflammation is the heat that the body generates when, when there's an infection or there's a trauma.

Oxidation is the chemical effect that occurs when a toxin interacts with a tissue and burns it. And that's the difference between inflammation, which is heat and oxidation, which is fire.

Oxidation destroys. And that's what's happening with these toxins. And they're destroying the cells. They're destroying the receptors. They're destroying the DNA and breaking the DNA.

And that's one of the reasons a lot of these toxins are carcinogens. So by removing them out with the plasma change, we're lowering the effects. We're basically removing the oxidative effectors.

And after that, then the oxidation, effect that we see in the body dissipates. We've gone through because we, we do do the, plasmapheresis and the protocol that we've done.

This is the part where we've been using the ingenious part is that we wrap the plasma exchange around whole program and about avoidance supplements, peptides, certain medications.

And what we've done is we have twice the results of removal of toxins than plasma exchange alone. And that's significant because plasma exchange is expensive.

And anything you can do to double the effect lowers the number of procedures you need, or gives you twice the effect over the number of procedures that you choose to do.

Wow.

How Therapeutic Plasma Exchange Works

So, you know, this is very different than another technique people may have heard about called qui lation. Therapy is sort of an idea of removing toxins from the body.

But we're in Asia. We're giving people chemicals with therapeutic plasma exchange. You're not actually introducing any chemicals in the body, correct.

You know, with correlation. And I did collation on people for decades because that's all I had, but only removed six out of the 30 heavy metals. It's ineffective and californium.

It's an effective against aluminum. And only it really is effective against lead, mercury, nickel, arsenic, cadmium and to some degree a couple minor effects on a couple of the other heavy metals.

But that's all it does. It doesn't remove mycotoxins, it doesn't remove pesticides, it doesn't remove microbes. Plastics and things have changed. Doctor con, 20 years ago I would see people with mercury or lead toxicity and we could treat them and they got better.

But about ten years ago, everything changed because even though we had those people had lead and mercury toxins, they had a whole bunch of other toxins too.

And just getting out those toxins didn't make a difference. Because what we're dealing with isn't just one tree in the forest on fire. We're dealing with all the trees on the floor, in the forest, on fire.

And unless you can take out the entire forest fire, you can't get people better. That's where Plasma Exchange has found and will find an amazing revolution in.

And modern medicine is because now we have one safe, effective, minimally invasive procedure that removes every toxin from the body, allowing the body for the first time and maybe two decades to start to heal and repair itself without the convergence of the toxins inhibiting healing.

And, you know, a few people listening might say, well, this is interesting, but this is a cardiology reversal summit. We're not, toxicology summit. Although, as you just said, more and more, you can't really separate the two because toxicology and cardiology become one.

And I just want to remind all our listeners, you probably saw this in the news, but it's been a year ago. But March of 2024, New England Journal of Medicine.

There was a major study microplastics in ETH aromas, plaque in humans and cardiovascular events. And when they cut the cholesterol out of the carotid artery in people, they needed it done for clinical reasons.

Their, plaque was chock full of these microplastics and, people with more microplastics had more cardiology disease problems. And we've learned since then about the brain and the sex organs.

And there's no doubt we've got all these chemicals throughout our body. It's just scary. But you're talking about a solution which is just as exciting as can be.

So, we're. Just we're just pending publication of our microplastic removal with this technique where we removed statistically, removed 90% of the microplastics by using this technique that we that we just discussed, we follow these patients at six weeks, three months and six months, and the levels still remain low.

So there is hope for people. And maybe some people don't want to do the plasma change. It's expensive procedure. Some people may not be able to afford it, but what everybody can do, doctor can is they can become aware of where these toxins are coming from.

And back in the day when we just had mercury and we say, don't eat fish, or you just said PFAs again, don't eat fish or you had pesticides, right? Wash the vegetables, eat organic.

That no longer exists, that just no longer exist. The toxins of every kind are everywhere in everything around us. They're in the air, the water, the food.

No longer is it just the EPA, the forever chemicals in fish. It's in produce. It's in water samples. It's in everywhere. So it's actually become easier to help people understand how to avoid the toxins.

And at our website, MD lifespan.com, people can download guidebooks on air, water, food, cosmetics, home and baby. And it gives them not only what to be looking for, but products that they can use instead of what they're using currently to reduce their toxic load.

Because if you try to keep yourself healthy, you even if you get the plasma change or not, you have to decrease the input of the toxins into your body.

Well that's fascinating, and I glad you mentioned and I'm on your website and medical Doctor lifespan.com, and I certainly would suggest everybody go there after this presentation in an interview, because there are actually free resources.

You just mentioned guidebooks and podcast under a tab I see news and more. I've reviewed them. I think they're excellent resources. Everybody ought to take a look at, whether you decide to, pursue this or not.

Toxins Removed and Why TPE Differs from Chelation

The other thing I want to make sure there is a tab called Test Panels and you might say, you know, how do I possibly know how chock full I am of this stuff?

Well, there are companies in your website, links to them where you can self-administer these tests and find out what burden you're okay. Anybody can come to our website taken by a toxin test or be delivered to their home, and then they can review it with one of our doctors at no charge to go over what it means for that individual, because we want to educate people.

Remember back in the day before we had blood pressure cuffs, we didn't know high blood pressure was a dangerous thing until we started measuring it. Diabetes was the same thing until we had a way to accurately measure it.

We weren't really able to correlate it to how bad it was for the cardiovascular system. That's the same thing with toxins. You don't know how bad you are unless you measure.

That's just the same thing with blood pressure, diabetes, or toxins. You need to measure yourself. Again, we measured 500 people that were healthy 250 men, 250 women.

The average number of toxins in the high range were 13 out of 100 for every person. But here's the part that is really startling. There is a group of women about 10% of the women we tested.

They're in the 40s, the upper 30s and 40s. That is because women do not, detox as well as men, women of smaller frame who don't have the fat tissue to store the toxins and get it out of the way.

The women who use beauty products because that is heavily toxic, and they've been applying it as it accumulates over 40 years. And so the women who are in their 60s, then female, that beauty products, they're the ones at the highest risk.

So if you're listening to this podcast and you fall into that category, please, whether you come to our website and get your toxin test, go somewhere and get your toxin tested, because the probability is you're one of those patients that has high critical levels.

And I mean, a lot of them like third, a third of the ones we test, you have present at high critical levels. All right. And I do see again on your website MD lifespan.com.

Besides the resources, it says you can schedule a free 30 minute consultation. Yep. Any patient can sign up for a

30 minute consultation to discuss how our protocols, whether we're talking about improving your immune system, if you suffer from micro toxins or chronic inflammation or chronic infections, whether you suffer from heart disease.

We're having very, very amazing results with patients with early cognitive decline. We have programs that we have for moms who want to get pregnant because, the March of Dimes has been having this program for three years where they talk about fewer toxins, healthier babies, but they were talking about avoidance for women who want to become pregnant.

Now you can come in and get tested before you get pregnant. And if you have high levels, we can get them out before you get pregnant. Now, I don't know whether that's going to decrease the risk of autism, birth defects, and ADHD, but every pediatric geneticist I talk to says it will. Wow.

Now let's just say theoretically, a person gets excited now, right now, as we're speaking, shortly before the summit launches, you have an up and running center treating patients in Chicago, but you're in, discussions with other centers, including one in my, area of Detroit, which is exciting.

But let's say somebody. New will be up and it will be up in Detroit in about four weeks. We're already up in Florida. In Orlando, we also will be up in the, in the southern part of Ohio, outside of Manhattan and in Houston, within eight weeks, 8 to 10 week.

So it's, it's new, it's exciting, and it's spreading. Now, let's just say somebody commits five months. One, therapeutic plasma exchange a month. For five months.

They do their toxic burden testing before they do it after. And they have a little happy party dance because they see the numbers fall so much. Any idea, you know, how often you're going to test them and what the durability might be in terms of, you know, potentially needing to go through it all again.

So before we all started this whole thing, we assumed that once we got the toxins out, we would have to do this intermittently on people to keep the toxins out.

But we put together a very robust avoidance technique. We put together the supplements and nutrients that help the body cleanse and detox itself as well.

And as of today, since we've started and we've done 300 procedures a day, there's not been a single person. We have seen people two years out, and even at two years out, their toxins actually keep getting lower.

Matter of fact, what we're seeing is after they finish, we test at six weeks and then six months a year, even two years later, those toxin levels keep going down.

I was patient number one doctor card because I have heart disease and I'm always motivated by let's go see how I can do with this.

Cardiovascular Relevance and Early Results

My toxin levels were 18 in the high criticals after we were done with the procedure was six, and those were just moderately above the the acceptable levels.

And then a year later I was down to four. And then a year later after that I was down to two. Now the two that were left were forever chemicals, which are impossible to get out without the therapeutic Plavix.

So I actually submitted to another plasma exchange about four weeks ago, at the first time in a year and a half, just to get the other two phase out of the system.

But all the other toxins have remained remarkably low. Matter of fact, for the first 20 years of therapy, I did everything to get toxins out and sauna binders, and I moved the dial.

But I had 300 better percent removal of the toxins within 90 days with TPI than I had with 20 years of working with all the different methodologies before.

Yeah. Wow. That's, you know, exciting. Obviously, the other part is try and stop putting the toxins in. And that's what you have so many great resources about water filters and air filters and, you know, avoiding plastic cleaning.

And food and and the cosmetics. Women. Guys, please listen. You can go to our website and download the guidebook on cosmetics. There are apps out there that will tell you what toxins are in the cosmetics.

There's a company called goop out there with rennet, Paltrow as a founder, and it's totally dedicated to providing men and women with beauty aids and products that are low toxin if not toxin free itself.

We have to start making some changes. But the interesting thing is, doctor, can you can make all these changes for a couple thousand dollars and it's going to save your life and it's going to save the life of the people you love, including your children, your grandchildren, and everybody who comes to visit you.

Because the most toxic place in the universe is your home. And your body, unfortunately, very, very scary. Yeah, I did read a paper, this week, you know, very relevant.

I can actually, to be academic here. It was published in Scientific Reports, but the plastic wrap around food, which is everywhere, you know, here at the grocery store, everything's wrapped in plastic in your own frigerator at home in the door, you know, ketchup and tomato and everything, but it leaches into the food.

And this was a, basic science study where it ended up in blood vessels again. So another cardiovascular, though this wasn't human. This was basic science.

Which which toxin where they talk about bipedal. It was microplastic and nanoparticles. Yeah, that's what the nanoparticles are. So. You have to rethink you have to rethink human existence.

But in the meantime, now have you, just a couple of ask questions? Have you actually had people finished two months, three months, four months, cycles of this and their energy, brain fog.

You know, it's not just the lab test, but something clinically responds. They say, yeah, this is great stuff. But, we've done 300 procedures. Every patient has a positive move in the direction of being better.

Now, I would be very clear and I want to make sure that everybody understand these are all observational data. We've done 300 patients. We're doing the controlled studies now.

But our observational data is astonishing, to say the least. But I've taken care of people with chronic fatigue and chronic infection and chronic toxicities for 25 years.

And I struggled to make them better. And I know the people listening out there who who hear this are like there's so little that they can do. Well, that's not true anymore.

We treat people with chronic toxicities every day and they do feel better. But I always warn people getting the toxins out is step one healing and repairing it. Step two.

And so it will take time. I mean, in medicine, doctor can't you and I both know we have a saying that we can get you better than half the time it took you to get worse.

Yeah. And so I just want to understand people's. The first step is getting them, getting the toxins out, getting the immune system back on line, getting the inflammation vaccination down.

So now your body can actually start the process of healing. But I had a great report with and we had a guy come in from Los Angeles, very heavy mold toxicity, but he was everything toxic.

Testing, Resources, and Access to Treatment

I tried to tell people, we need to stop using individual toxicity because everybody has multiple toxins already. He he went through the procedure. One of the things we tell people come in were heavily toxic is after the procedure, you're under, you're going to undergo what's called a heart chambers reaction, which is when you're basically the toxins are gone.

Your immune system is a sleeping giant. It wakes up, looks around and goes, what are these people doing here? And it goes crazy and attacking everything.

And so you start getting this feels like a really bad influenza where you get fever and headache and people call me up. I'm like, yeah, that's a that's a good thing.

It's your immune system. Wake up. It's it's tough to go through. I went through it myself. But it's the system is waking up. And so we had a patient today who went through that.

And I we've talked to him through the weekend on fluid. Fluid fluids, flash, flash rash. You just texted Legos for the first time in ten years. The swelling. My face is gone.

Is that going to stick? And I'm like, that was inflammation. As long as we keep the toxins out and we keep the inflammation down. So yes, people have I'm very excited about this, but I always want to taper it to tell people temper this, to tell people it's a process.

It takes time. You know, I and I want to ask one last question because, there'll be somebody out there listening to this who said, this sounds amazing.

I'm going over to MD lifespan.com and just pull down all the tabs and read them all. But my IVs are so challenging and my veins are not big ropes like some people.

You've got a team of, you know, ultrasound trained nurses. You were, you know, talk to me about before. So just tell us about ace. Anybody just worried about getting two IVs, one in each arm for each procedure.

For every month, for five months in a row, right? I mean, and that is a shoot. I mean, I'm an older doctor. You're a cardiologist. Then access is critical.

So I have a lot of experience of putting in vein access throughout my whole career. But when you're doing this procedure at empty lifespan, one of the things we chose to do is we've spent quite a bit of money on our nurses, and these nurses are specially trained eye the ultrasound guided nurses.

So there's a special certificate you have to get takes a couple years. You have to do a clinic. You have to do a clinical. And these nurses that we hire have at least five years experience in that out of the since we had the nurses start in with us.

The last 200 procedures, we've not missed one ID, a matter of fact, I will tell you there's only two patients that we had to poke twice. Wow, that's really quite remarkable.

So I think everybody learned a lot. Nobody's probably heard much about therapeutic plasma exchange. TPA. And you want to go over to MD lifespan that come and just for no reason other than all the great free resources that could, you know, protect your health for sure.

But look deeply into this. And Doctor Paul Savage, I thank you for your time and really pioneering spirit. You know, you know, one day nobody heard of stents and nobody heard of statins.

And I think we've always known about broccoli and cabbage. But, you know, some of the big breakthroughs that are actually in medicine, you know, there was a time there were skeptics and I'm sure there's a few, but, you're

bravely moving ahead.

I think people are going to benefit. Well, I appreciate the opportunity to talk to your, listener base. I do recommend that again. Anybody listening out there do two things.

Go to the website, download, download the guidebooks and learn how to clean up your environment. Number two, order a toxin test. That's that's the best thing that you can do because unless you measure you don't know.

Hey, I hope you all have very low toxins. But if you don't remember, with these toxin test, you order up our website, you get to talk to one of our doctors.

Our doctors have 20 years experience minimum. Most of them are toxicologists as well as er doctors as well as functional medicine doctors. So we really work on having the best team possible.

I'm very grateful the dozens of, medical leaders around the country that have put their weight behind us and their faith in us and their expertise with us, because this is going to be a transformational adaption to every part of medicine, especially cardiology.

Well, and that really great. Now let's stop there and say thank you again for your time and keep up the good work. Sir. Thank you so much.