Introduction to Vitality and Toxicology

You've got to be willing to follow through. You know, some of them are, are, are challenging. It's lifestyle changes. You need to decide that you want to simplify your life to regain your vitality.

There's so many little things you can do. It's like those antidepressants that just wreak havoc on your body. Studies show that you can get a similar effect to drug antidepressants by buying yourself a puppy.

This is Doctor Talks, real talk from real doctors on the issues that matter to you most. Well, welcome to Vitality Made Simple. This is the podcast that equips you to feel better, look better, and to enjoy better relationships.

And to enjoy better relationships, you have to get rid of all the toxins in the world, correct? So today we have a toxicologist with us. This is Dr. Joe Newsmo.

Welcome Dr. Joe. Thanks for having me. I really appreciate the chance to be on your podcast. Hopefully we can talk about some good stuff today. Oh, I'm confident.

I've researched you well and I know you have lots of good information. You've been a toxicologist and been in the pharmaceutical industry for years. So you have quite an integrated view of what we're dealing with in the world in terms of these elevated toxicants in our world.

It was interesting, Dr. Joe, that the root meaning of toxicology is like avoiding poisons. You know, I mean, it's… So tell us, you know, number one, I'd love to know how you got interested in being a toxicologist.

And then just share with our listeners some of the Things that are easily overlooked easily ignored and even considered normal in our world Oh, yeah, that's you're letting letting the cat right out of the bag right in the beginning, huh?

Well, I'll tell you I've been in toxicology for 37 years I've been in pharmaceutical toxicology for 27 years.

Dr. Joe's Background in Pharmaceutical Toxicology

It's always been on employee or patient safety. So what I would do for my bread and butter is set a safe limit of the pharmaceuticals that the workers in the plants that are making the tablets and capsules could be exposed to on an everyday basis before there's an increased risk of adverse effect.

So the other side of that is an acceptable daily exposure, and that value represented the amount of drug A that you could find in drug B before it's a problem for the end user.

Now think about that. So you have- Are you saying like the drug made on a line and then the next drug comes along in the same machinery? Is that what you mean, Dr.

Jeff? It could be the same machinery. It could be dirty machinery in any of the granulation or tableting or packaging or transport. It could be cross contamination in a warehouse.

It could be cross contamination and transferring from one department to another. where I was the industrial toxicologist for, it was at first Geneva generics, but it turned into Sando, which was Novartis generics.

So we had over a hundred different products in one plant. And so it was a challenge to make sure that the products stayed just what they were supposed to stay.

And so that's basically what I did. And they call it the subset is occupational toxicology, not nearly as sexy as your forensic toxicologists that are forever finding the guilty party in 40 minutes or less on TV.

It never happens that way. So being in pharmaceuticals and medical device and those industries and bio-pharmaceuticals and biotech, I have a very a non-toe-the-line attitude in that drugs are never the answer.

Drugs are not the answer in more times than not. And I have a service that I like to tell people right away, and I'll send you the link and you can put it on your notes.

It's called Dr. Joe For Hope, drjonumberforhope.com. You can get on that website and it takes you to a questionnaire. And I help people that find themselves in polypharmacy situations.

That means that they wake up one day and all of a sudden they're on a bunch of drugs, and they don't know how they got there. So, you know, usually it's because they go to a doctor and they get one or two drugs from one doctor, and then they go to a specialist for something else, and they get one or two drugs from that specialist, and before they know it, they're on a half a dozen or more drugs, maybe even up to a dozen, who knows.

What that does, it's not free. It costs like $150 if it's five or less drugs and 250 if it's six or more. And that's just so that I don't get a thousand of these things.

You got to be serious about it. And then what I do is I will look at what you're on, why you're on it, how long you've been on it, what are the doses, what else you're on.

And I will give you questions and strategies and challenges to bring back to your physician and say, Doc, why am I on these drugs? and really challenge the healthcare provider that's charged with taking care of your health to convince you as to why you need to be on all these drug products.

And I tell you what, Doc, it changes lives. People get their life back because with pharmaceuticals, when you start taking a pharmaceutical, you give it the opportunity to do what you need it to do.

and you give it the opportunity to do a whole bunch of other stuff. That's the fast talk that you can never understand in the drug commercials. That's the side effect.

The pharmaceutical industry has an adage, if you will, that says today's side effects lead to tomorrow's therapies. For instance, Propecia was a drug marketed for prostate cancer.

Polypharmacy and Challenging Prescriptions

And in these males that were being treated for prostate cancer with Propecia, it's a Merck drug. They started growing hair on the top of their head. Now it's marketed for male pattern baldness.

And it's just you never know what it's going to do. And humans are genetically unique, with the exception of identical twins. Yes, there's always an exception to the rule.

I'm married to one. So then how people are reacting to these drug products is completely different from everybody else. And you don't know until you do it.

And you mentioned toxicology being the science of poisons. Toxicology, you can actually expand that. It's the interaction of xenobiotics, which is a fancy science word for things that are inside your body that should not be inside your body.

So it's poisons and it's things from your diet and what you find in water and what you breathe in and what you're living in amongst, if you will. And all of those different areas have their low-hanging fruit toxicity that you can take care of on an easy, regular basis.

And the way I like to explain that is if you're exposed to 10 different things and you eliminate two of them, are you going to be better off? The answer is yes.

And so you would not believe how many things that you are exposed to that you don't even realize. And then on top of that, the human is the only animal on this rock that does things to intentionally hurt themselves and make themselves less healthy.

Yeah. Yeah. If you think about that. Yes. For the very, very easiest, if you only get one message out of this whole podcast that I'd say is, is don't drink tap water.

tap water is just one step above this stuff won't kill you with an infection from bacteria or viruses. That's all your treatment plant does is it makes sure that there's nothing pathogenic in the water.

And that's not always the case. Sometimes there is. But if you take that tap water and you run it through at least the carbon filter in your fridge, better off like a five stage filter, like a zero water filter you can get from Amazon.

That takes out all the fluoride. That takes out all the chlorine. That takes out all the heavy metals. That takes out the forever chemicals, the PFOSs and PFASs.

Those are microplastics and such. And if you get that zero water filter, it comes in a little urn. I have one in my fridge, so I have cold water. I have one on my counter, so I have room temperature water.

And we cook with it. And once you realize how water is supposed to taste, It makes it that much easier to dump your sugared beverages. You get rid of the Coke, you get rid of the Mountain Dew, you get rid of the Red Bull, you get rid of everything that has all that extra added sugar.

Because sugar, as benign as it sounds, is extremely addictive. And sugar can destroy somebody's health just as much as smoking or alcohol or getting hit by a truck.

Yes, so interesting, Dr. Joe. Sugar actually competes for the insulin receptors for magnesium. And I mean, I just learned that yesterday from an interview.

And so the more sugar people are eating, not only are they raising their blood glucose, but they're also decreasing their magnesium absorption, which magnesium, as you know, is just needed for every single reaction in the body.

So you were saying these, these poly pharma problems. I think this is so key because people start taking a medication and then they, they sort of forget they're on it.

Someone will come back to me and say, Oh, by the way, I've been taking this, you know, proton pump inhibitor for 12 years or, you know, Yeah, all the time I hear that.

I can keep those with my very simple dietary advice. Exactly. No, your service is so important. I'm excited to hear this. The polypharma problem is really what sent me back to school 20 years ago.

I started seeing this on people's health histories. And as they took more drugs, they got sicker and sicker. And they sort of collected not only diseases, but also doctors.

So in my research of you, I heard you talking about the fact that drug studies are actually done in isolation. So they're going to test, say, a new drug coming out.

And they're not testing it on people who are taking four other things or even two other things. Expound on that for us. You mean pull the covers back on some of the deep dark secrets of the pharma industry?

Please, yes. Yeah, well, it's just the way… Well, it's the truth. We want the truth. It's just the way drug studies are done. Drug studies are first done in healthy people.

They're done in people that aren't suffering what the drug's supposed to do, and they do that just to get pharmacokinetics of how they work in somebody that is 100% physiologically intact.

So then they're going to administer this drug to somebody different, somebody that's not physiologically intact. And there's one assumption that those pharmacokinetics are going to be the same.

Everyday Toxic Exposures and Water Quality

Another assumption is that whatever the malady is that they're trying to treat is not interacting with any other system, and these drug studies, the trials, are all done with one drug.

That's not mimicking real life. People are never exposed to just one thing, and that's actually a huge part of the latest paper that I've written, and it should come out in the next two weeks, it's about smoked out houses instead of burned down houses in wildfire situations, where the insurance company is saying, just sponge down the walls and get rid of your ash, soot, and char, and move back in.

And they miss the fact that it's loaded up with dioxins, furans, and heavy metals. extremely toxic and carcinogenic things and then the population that's most susceptible to that is the kids and they tell these families to move back into these houses without ever even having tested for the ultimate toxin.

So this paper, when it comes out, should be a wake-up call for the insurance industry, and that's what I've been doing all day today is working on paper number two in the series, and then there's a three, and then there's a four, so that the scientific foundation in literature just keeps hammering the insurance industry, saying that they can't do that, because people aren't exposed to one thing.

It's a mixture. It's always a mixture. You're not just exposed to what you find in the water that the water filter can fix to some extent. It's the water filter.

It's what you breathe in in the air. It's where you choose to live. It's what is in your food. Do you eat whole and raw around the outside of the supermarket or do you eat all the ultra processed stuff that's found in the middle of the supermarket?

If you're eating the ultra processed stuff, then you're Every day toxic insult to your body is significantly higher than somebody that eats whole and raw.

And I like to say, and this actually ties into the drugs as well too, the body is made up of billions and billions and billions of cells. But let's make it very, very simple.

Let's call the body one cell. We're an amoeba. Yep. And our cell has a bucket of defense mechanisms. The poster child of which everybody's heard of it is glutathione.

Everybody's heard of glutathione. And the body is very redundant. They have lots of different mechanisms. It's not just glutathione. But what this bucket of defenses does is it protects the body from the ultimate mechanism of toxicity.

And it goes down to oxidative stress and chronic inflammation. Those two things wreak havoc on the human body and cause most of the diseases of the aged.

oxidative stress, and chronic inflammation. As long as there's some of those defense mechanisms left in that cell's bucket of defenses, your body is going to be able to survive that insult.

But the problem is every sphere, whether it's water, whether it's air, whether it's food, whether it's environmental toxins or any of those things, they all dip into that bucket.

And then health comes into play, hydration comes into play, activity level comes into play, enough rest comes into

play. All of these things affect how much defense mechanisms are in that bucket.

And as long as we keep enough in that bucket, then the oxidative stress and chronic inflammation don't hit the critical cellular macromolecules. They don't hit the membranes.

They don't hit the receptors. They don't hit the DNA. They don't hit the RNA. They don't hit the mitochondria. And the body is designed with one tragic flaw divinely.

When we make energy respiration, when we breathe and convert the building blocks to ATP, which is the fancy science word for energy, at the inner membrane of the mitochondria, which is the powerhouse of the cells, every single time we make energy, which functions, which goes to fuel the functions of everything that we do to be human in every one of the billions of cells, not just the one cell, that process kicks out reactive oxygen species.

It happens billions of times every single day. And our body has these mechanisms to squelch that. And that's those defense mechanisms. Over time, those mechanisms get a little bit less efficient.

And that's where you see the signs of aging, the graying hair, the fine lines and wrinkles, the extra added weight, the slowed metabolism. And if you can get in front of the oxidative stress and the inflammation, you have a much better chance of staying on this rock with quality physiology for a lot longer.

We, I know you watched my Ted talk. So I talked about health span lifespan. And of course, you and I are about the same age. We want that health span.

We want that long vibrant health span. So, you know, one of the other areas of chronic inflammation, of course, is the oral microbiome. And you had a lot to say about that off camera.

I appreciate it. Because your father was an oral surgeon. And I didn't tell you, Dr. Joe, right before our call, I got a text from a cardiologist who refers patients to me.

And we had a mutual patient who started with a C-reactive protein. It's an inflammatory number, not necessarily chronic inflammation. that started out as a 12 and with with just getting out two infected root canals and getting her oral microbiome healthy it dropped to 0.4 which is was astounding absolutely astounding and thrilling So speak to what you've learned, just sort of as a son of an oral surgeon and an endometriarchal psychologist.

Oxidative Stress, Inflammation, and Healthy Habits

And to the oral microbiome, I so appreciated your insights earlier. Absolutely. I mean, yes, my dad was an oral surgeon and he trained all of the Navy oral surgeons for decades and then a bunch more at the West Virginia University of Morgantown.

And he's been dead for three years now, but still as a son, of an oral surgeon. We had good oral health. We brushed our teeth multiple times a day. We flossed from the day that we could manage the floss, and it is so critical because oral health is a direct reflection of cardiac health.

There is a 15-lane highway between your mouth and your heart. What's going on in your mouth is gonna affect your heart. What's going on in your heart has already affected your mouth.

If you do not take care of your mouth, you absolutely guaranteed 100% will have cardiovascular issues down the line. It's such an easy process to maintain oral health and make sure you brush and make sure you floss and make sure you take care of your gums so that when you're eating your fourth plate of nachos and you jam a nacho chip up into your gums, it doesn't bleed profusely.

This should not have bleeding gums is abnormal, even when you're flossing. bleeding gums is sore. Even when you get your teeth cleaned, they should not bleed.

Yeah, exactly. And they really torture those gums to see if they can make them bleed. Oh boy, I try to make them bleed because, you know, if we had a chronic infection anywhere else, we would want to solve it.

You know, why do we call it okay when it's, you know, in the mouth? Just because it's so common, you know. And I think that's what you speak to so well is that so many things that are common Or normal in our world are actually horrible.

I mean, I joke on the podcast so much about normal. Normal is dehydrated, irritated, constipated, frustrated, overskipped, overstimulated. Most people are chronically dehydrated and people don't realize how critically important that is.

All those things straight, you know, being stressed out is normal. Oh yeah. You know, not sleeping is too normal. So normal is just whatever's typical.

We don't want, we don't want to be normal. We don't want to be typical. And the things about that, I mean, naturally boost your anti-defense, your defense mechanisms.

In your defense mechanisms, the four things you can do to naturally boost that is eat a good diet, hydrate, hydrate, hydrate, have some activity and get enough rest.

Those four things are how you naturally boost your defense mechanisms against oxidative stress and chronic inflammation. Now, when you have that deep-rooted oral infection or an infection anywhere else in your body, let's say even a toenail fungus, whatever it is, as minor as it sounds, the body fights that by creating reactive oxygen species and inflammation.

Autoimmunity is when those processes get off track. And your production of oxidative stress and your use of inflammation goes unregulated. And then it just goes afoul.

And once it's there, it's very hard to bring back under control. It's kind of like when your hormones get out of balance. It takes forever to get them back in balance.

And the fact of the matter is the body is just trying to fight what it fights on a daily basis. And it's divinely designed to heal. If the body gets what it's needed nutritionally, it will take care of itself more times than not.

And if you do have a way to get in front of that inflammation, you're that much better off. And of course, I'm going to tell you how to do that before the end of this podcast.

But the fact of the matter is everything is connected. Everything is connected. And it's just like the body heals during sleep. If you don't get enough sleep, you don't give your body a chance to heal.

And other things are connected. You mentioned your patient or a friend or colleague or somebody who was on the proton pump inhibitor. So that's Prilosec or something for 12 years.

You know how you can decrease your stomach acid without any drugs at all? Don't eat so much. If you're not jamming- That's too tough, Dr. Joe. every one of my suggestions in the Dr.

Joe for Hope program, you have to be right here. You have to be right in the six inches between your ears in order to be successful in that program because some of those suggestions are going to be hard.

For instance, the proton pump inhibitor. It goes back to my very simple food advice. I got it from a lawyer 15 years ago before a deposition. He's like, you know, if you eat half and mostly plants, you're going to be OK.

And I got to thinking about that, and I'm like, that's fabulous advice. Because if you eat half, you're going to give your body that chance to catch up and tell your brain that you're full.

And if it's mostly plants, then that's whole and raw. And you're going to give your body what you need to battle some of those chronic conditions that we're all battling, especially late in life.

Because there's so much good that comes out of fruits and vegetables. Have you heard the term hara hachi bu? No. It's a Japanese term that means just eat slowly until you're no more than 80% full.

So a little different, but hara hachi bu. You know, practice that because it gives your brain time to catch up. Absolutely. So give us your thoughts. You'd mentioned those four things, but I might want to add a fifth based on my research of what you're doing.

And that is the importance of positive words, of positive thoughts. I mean, not just, you know, toxic positive thinking, but actually from my perspective, Dr.

Joe, I would say, you know, the power of life and death is in the tongue. That's just very biblical from Proverbs. So tell us in your research, in your experience, what you've found in terms of the impact on health span of the words people say.

Oh, it's huge. It's absolutely huge.

Oral Health and Its Link to Heart Health

The first thing you have to realize is that the Bible says that the human body should last, I think, between 120 and 130 years. And there's always exceptions to the rule that live hundreds and hundreds and hundreds.

But if that's true, and I think it is, what decreases that? That's environmental exposure. It's toxic exposure. And there was a famous rat study that happened in, gosh, when was it?

It was 19, no, it was 2012. Happened in Paris. And it was right after Buckminster Fuller came out and discovered the carbon-60 fullerene, the little balls of 60 carbon molecules.

He won the Nobel Prize for it, very famous. Well, this group in Paris said, well, we're going to put this whole rigmarole to bed. We're going to feed rats carbon-60 fullerenes in olive oil, and we're going to see how fast they die.

So their study basically was control rats, olive oil alone, and then olive oil with carbon-60. And the normal lifespan of a rat is two years. At two years, all the control rats were dead.

Only a few of the olive oil rats were dead, and not a single one of the carbon-60 rats were dead. So they did not find a toxic dose of carbon-60 in these rats.

And they only did, like the first month was daily dosing, and then every week for a couple months, and then just monthly. So it wasn't even carbon-60 every day.

And this group got tired of taking care of the population of rats and intentionally terminated the study. The bottom line of that study was if it was a one-to-one conversion from how long they let the rats live, humans should live 135 years.

So again, the only thing that decreases that is environmental exposure. Carbon 60, it's 60 carbon molecules. We're all made up of carbon. It's a chemistry thing.

And these 60 carbon molecules form so that they form a ball. And when these carbon molecules get inside the body, they pick up protons, hydrogen molecules, from the cellular environment.

And then when they run into one of these reactive oxygen species, they give it a proton. So it squelches that unpaired electron. And it takes that little dart that would poke the membranes and makes it innocuous.

and it can do that very quickly and six times, because it picks up six hydrogen molecules and then gives them to all of these different reactive oxygen species, then pops back out into the cellular environment, picks up more, comes back in, and so it's rapid fire squelching of oxidative stress.

Carbon 60 has been shown to be 172 times better at an antioxidant than vitamin C, which is a very good antioxidant. So carbon 60 now becomes the best antioxidant on the planet.

And so the guy that made this carbon-60 product, his mother was beginning to suffer from beginning dementia and Alzheimer's. And he found this study on carbon-60, so he got some very pure carbon-60 and he put it in olive oil.

He took a bunch of it to make sure it didn't kill him. And then when it didn't, he gave it to his mom. His mom regained full mental capacity and lived another eight years before other things failed.

And this guy's name is Max. Max actually told me that he gave his mom back so much of her mental capacities that she became so much like mom of old that it irritated him.

She's telling him to clean his room. Right, exactly. So Max made this product and he gave it to a few of his friends and family and everybody loved it so much that it created his company, LiveLongerLabs.com.

Telomeres are basically the thermometer, if you will, of a cell. The length of the telomeres gives you a snapshot into cellular health and how long these cells will reproduce and be functional cells, or if they'll go senescent and become just resource sinks.

And Max and a half a dozen of his other folks, he lives up in the mountains in Colorado in his little enclave there. They all took a telomere length test and then they took carbon 60 for a couple months and they retook another telomere length test.

And the company that sent them the test across the board, all six of them said, I think we sent you a test that didn't work right. It was bad. We need to send you a new test because we don't believe the results.

across the board, all six of them gained at least a biological age of decreasing 15 years in their cellular health from about two months of taking carbon-60.

That would be an interesting study that anybody can do because there's so many good tests out there to take something. I love doing those tests on myself.

Well, you can certainly do it. So from that, Max has now made Carbon 60 available in olive oil and in coconut oil and in avocado oil, just for personal preference, and then as a gel cap in black seed oil, and then with black seed oil with curcumin.

And black seed oil is a phenomenally powerful natural product. It just apparently tastes like garbage. Nigella sativa, black seed oil. You'll also see it called black seed cumin oil.

I did a series of three podcasts on it over a year ago. I got interested in it sort of accidentally.

Carbon-60, Antioxidants, and Personal Results

It is a miracle product. I said it's a gift from the Lord. The active ingredient in my Gala Sativa is thymoquinone. So if they could patent thymoquinone, we could not afford it because it is so valuable.

So I drink a little bit every night. And, but the amazing thing, this is interesting that you brought this up, because I didn't know all of this about Carbon 60, but I bottle it up for my patients and I have them use it on little brush picks.

Maya may not have one sitting around here because I wasn't even thinking about this, but. It's amazing where the podcasts go. Yeah, I mean, it's so interesting because you like the taste of black seed oil.

So you're saying one of the little gel caps, I should bite into it and see what it tastes like. Get a big old spoonful, you know. I mean, that's what it looks like.

Go big or go home. Can't you get a heck of a lot more in a spoonful? But if that, you know, if the carbon 60, I'll try that. I'll do a telomere test on myself and get back with you.

We can get you a sample of this carbon 60 and you can, you can. I'll come back on and you can just talk about the results. Because with the antioxidant capacity, it gets people ahead of the inflammation and oxidative stress.

And when you remove that from the equation, your body has so many more resources on a daily basis. Neil, what needs to be healed? I have three stories I'd like to tell about that.

The first one is, it's a retired physician in the Denver area. Her name was Dr. Loretta Ivory, and she was beginning to suffer from macular degeneration.

As you probably know, that's an untreatable oxidative stress erosion of your vision, and you go blind, period. But they tell everybody it's only genetic.

They tell everybody. I mean, I, my mother has it. And at the, at the best eye clinic that I take her to, you know, I nudge her, ask what, what's, oh, there's nothing we can do.

Oh, there's never you shot in the eye. Oh, no. Another deep dark secret of the pharmaceutical industry is. is code for, we don't know why it actually- We don't know.

I, with 37 years in toxicology and no literature basis to support it, have a radical opinion that I think most of the cancers today, I think most of the autoimmune disease today, and I think a lot of the chronic conditions today are due to toxic exposure.

I agree. I agree. And if you remove that toxic exposure, I mean, it's the rule to get out of a hole in the ground. The first thing you need to do is stop digging.

Oh, that's a good one. So if you remove the exposure, then you can take step one to getting better. So the three stories, Dr. Loretta Ivory, and what she did is she knew that there was oxidative stress as a component of the macular degeneration.

So she took the bottle of the oil, the carbon-60 in olive oil, and the bottle is designed to last someone a month. She took one bottle in its entirety every Sunday.

So she used a month's worth in a day and did that every week. So she took four bottles in a month. Four bottles in a month. And she has the pictures before and after.

Not only did she stop her macular degeneration, she reversed it. And those eye doctors broke their arms, patting themselves on the back saying, my, what a great job we did on your eyes.

She never told them. No. But that's one. The second one is my 85-year-old mom. She has been through two knee replacement surgeries. And the first one she did before I got her on C60.

The second one she did after I got her on C60, and she said the second knee replacement was less painful, less swelling, and the PT went tremendously better, and she has better range of motion in her second knee replacement than she does in the first knee replacement.

Third one is my sister. My sister, right straight out of college, so I'm 57, my sister's 56. Right straight out of college in her mid-20s, my sister worked at a wildlife refuge where she worked with whooping cranes, Sandhill cranes.

And she contracted Lyme's disease way back in her 20s. Never really been fully treated. It's one of those diseases

that jumps out and smacks you and then hides.

Yeah. Smacks you and then hides. Hides in the biofilms. Very difficult to find, very difficult to treat. And so she also was gullible enough, I guess is a good word, to get a couple of vaccinations.

And then she got COVID, and then she got long COVID. So the vaccinations with long COVID and once in a while, a Lyme disease flare up really was debilitating for her.

And every time it happened, I would tell her, I can get that. Don't use the word cure because the FDA doesn't like that. But I can get that. I can help with that.

I can do it. I can help you. I can make you better. Finally, okay, older brother that doesn't know anything, give me what you got, I'll try it. Older brother that used to hold me down and almost spit on me.

Exactly, I put her on my two-prong approach, I gave her an oxidative therapy, and I gave her the antioxidative therapy. The antioxidative therapy was C60.

The oxidative therapy, I like to talk about it, but if you send me an email, I'll tell you what it is. But between those two, I got any infectious stuff, the bacteria and the viruses, or whatever it is that causes that Lyme disease stuff.

And between the antioxidative therapy, we squelch the inflammation that was a result of that Lyme's disease. She texted me two weeks now. She said, I've been able to go three days without my pain medicine for the first time in years.

How cool is that? Praise God. I mean, yeah, you know, just listening to her dumb old brother. Yeah. So it's. chronic inflammation, and it's oxidative stress.

And you can get in front of those with a simple product like Carbon 60. And you can get online and Google Carbon 60. And you will see articles that say, don't use this product.

It's very toxic. It's going to kill you. And there's two reasons for that. It's a very buyer-beware market, because there's a lot of cheap products out there that don't use ultra-pure Carbon 60. Those carbons have side chains.

and the side chains will break off and you'll get short hydrocarbon toxicity. And a lot of those products are processed with solvents, so you get solvents toxicity.

So those two things, the side chains and the solvents, are what result in those toxicities that are mentioned in those articles. So you Google Carbon 60, you will find those articles, and they will scare you, and they're all true.

if you buy a poor product if you stick with the one from live longer labs they use ultra pure carbon 60 and they are solvent free processing and that's super important even for uh like nigella sativa you have to find organic cold pressed hexane free the best of the hexane is the the solvent that is in a lot of the cheaper products so No, that again is your area of expertise with the toxins.

They actually give me a coupon code, so if you go to LiveLongerLabs.com and order and you use the coupon code DRJOE15, D-R-J-O-E-1-5.

Wildfire Smoke, Dioxins, and Home Contamination

I'm assuming it's a 15% discount, but I've never actually checked. Yeah. And it's the way to really get in front of inflammation and oxidative stress.

And you go on their website, you can find testimonials after testimonials after testimonials about how this product has helped change lives. I think it's pretty easy to test.

I'm going to test it for myself because I really don't know anything about yet. I can tell you what it does for me if you're interested. Tell us. What I noticed right away when I took it the very first time is all the little floaties that sometimes when you blink, you see little things in your field of vision.

Within a couple doses, those were gone for me. Just gone. The other thing I noticed is I sleep better. I don't need as much sleep. I wake up refreshed, and I have a lot more energy.

And as a big guy, you know, I'm Dutch. They say that the Dutch heritage is you are in the top 90% to 95% in size for the earthlings. And as a big guy, I really ask a lot of my knees, my hips, and my ankles.

And when I'm on the C60, there's no joint pain, none. If I forget to take it for a while, those aches and pains start creeping back in. This is very well a product that you can take for a while and think, oh, this isn't doing anything.

Stop it and see what comes back. It's really a way how people say, oh, that really was doing something for me. You earlier mentioned the papers you're writing.

Is that research related to carbon-60 or toxicants? It can be. How do we find your research? The research papers I'm writing right now, are based on fire data from smoked out houses and industrial hygiene testing that shows quantitatively how much dioxins, furans and heavy metals, things like chromium and antimony and nickel and lead are found in these houses that don't actually burn to the ground.

So people initially think, oh, gosh, we're lucky the fire spared our house. But then they go back into the soup of toxic exposure where everything in the house is carcinogenic.

or it causes oxidative stress and chronic inflammation through your acute and chronic symptoms. You know, you have your respiratory symptoms, you have your dermal symptoms, you'll get rashes, you'll get shortness of breath, and all of this other stuff, and you can affect organ systems, but it's all inflammation-based.

So obviously, C60 could help those folks too. But the insurance companies are saying, and Department of Health, like the California Department of Health, are telling people in the LA area, there's no need to test anything in your house.

Just go in, wash it down with the sponge and water, and move back in. And the guy that sent me a data set from Pacific Palisades, no, it was Altadena, had the highest levels of dioxin that I've seen in all of the case studies.

The World Health Organization has a safe limit that if a person is exposed to 70 picograms per month per kilogram of body weight, then there should be no increased risk of adverse effects over their lifetime.

So 70 picograms per kilogram per month comes out to 2.3 picograms per kilogram per day. This guy's house had enough dioxin, the most toxic, the top of the heap, the most toxic thing in the world, that it was 84,000% higher than that World Health Organization limit.

And then it had four other dioxins that were also present, and five other furans that were present, and a whole host of carcinogenic heavy metals. And the California Department of Health is saying there's nothing wrong with their house, move back in.

Well, you know, they don't want it to cost money for the insurance companies. Uh, that's why people have to be aware. Um, I interviewed Michael Feldstein, uh, with Jasper air filter and we, a similar deal.

It's been a couple of years since he and I talked, but you know, these, uh, these dioxins, their half life is so long. I mean, they don't, you're not getting rid of them is take them off site and burn them at 1500 degrees.

Well, then, once again, Dr. Joe, it's like you said earlier, just with pharmacological agents, we're not looking at just one. We might say, well, this is the safe limit for X, but, you know, we've got 14 of those X's and we don't know how that gets back.

And it's all grabbing out of that bucket of cellular defenses. Yeah, we don't know. I mean, people already have, I do stool testing. And people's immune systems are shot just from all that we've been through in the last five years.

So we're not starting with a healthy immune system to deal with. People are challenged. Anybody that was duped into thinking that the, how do I say this, NIH and CDC was looking out for their health and wellness, they're going to have challenges for a long time.

There's an article out of MIT by Stephanie Nye that predicted every single thing that an mRNA vaccine will do before it went into the first person. And it's like a roadmap of exactly what's happening.

It's unfortunate. We haven't seen that alternative yet. If yeah, I'd love to have it. If we could even look at what positivity has come out of any of this last five years.

And I think it's that people are awake and people are aware that, okay, I need to research this myself and I'm not going to be shamed at my doctors. I'm going to look out for my kids.

Yeah. Yeah. I mean, we have a grandbaby and I'm so proud of our daughter and son-in-law because they are thinking and they are not doing a lot that, you know, that we did five years ago.

Back in the mid eighties, there was about three or four that the CDC recommended. And it was about, I think it was seven total injections today. It is like 35 to 45 vaccines and it's 70 injections for the little guys.

The only difference is the United States government passed a no liability clause for the pharmaceutical companies that they aren't held liable if their vaccines do anything that hurt people.

Lifestyle Change, Positivity, and Closing Remarks

And the worst part of it, another secret of the pharmaceutical industry is if a pediatrician gets a fully vaccinated baby in his care, they get a bonus from the vaccine lobby of 50 to $100,000. Yeah.

That's, you know, I think that's going to, I think we're going to see some changes in the conflict of interest situation. Yeah. I think, I think people are, you know, aware that if they want to live with vitality, they're going to have to, they're catching up to think.

Yeah. To think. So tell our listeners again, Dr. Joe, about your, your link to, to be able to access. Yes. Yeah. To access you. I'll, I'll put these things in the show notes.

The one I love to mention is Dr. Joe for Hope. That's where if you find yourself in the polypharmacy and you'd like some help to challenge your doctor, you can also find that through my website, superiortoxicology.com.

Superiortoxicology.com. There's a contact sheet there. You can fill that out. Or if you're savvy enough, you'll find the cell phone that rides around in my pocket and I answer my phone whenever I can.

If you leave me a message, I will get back to you. Sometimes it takes a little longer than others, but I will get back to you and answer your question.

Well, thank you, Dr. Joe Neusma. All this information for our listeners will be in the show notes that you can find. If you wonder, you know, how can I get off some of these meds?

That's, that's very affordable. service that you offer, because for $150, boy, it could really change the trajectory for somebody. You've got to be willing to follow through.

Some of them are a challenge. It's lifestyle changes. You need to decide that you want to simplify your life to regain your vitality, and I think that's why I was invited on this podcast.

But there's so many little things you can do. It's like those antidepressants that just wreak havoc on your body. Studies show that you can get a similar effect to drug antidepressants by buying yourself a puppy.

Yeah, a puppy or taking a walk or looking at the sky and understanding, you know, the glory of God or telling some jokes, having some humor. The brain is very powerful.

If you think about it, it will make you sick. If you think about it, it will make you well. It really is. There's so much in our power and life is just too short to go around and pray and ground and and you know Manifest what you want from this universe and god is good.

He'll give it to you Yeah, I get get get in the bible and and just see the goodness of god I just uh, I just it's so fun to see people feeling better with simple simple strategies Well, thank you so much.

Thanks for being here and thank you listeners. I think we're now in 145 countries or so in about 6,500 cities because you all are sharing and so please subscribe.

I'm supposed to ask you to subscribe and to leave me a review and just share this with somebody that can help. Somebody that's not feeling good and just wants some very free and affordable solutions.

Thanks again. Blessings until next time. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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