Transforming The Survival Paradox To Create Space For Detox And Regeneration Transcript

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Introduction to Dr. Eliaz and Regenerative Medicine

– Well Dr. Isaac Eliaz I'm so excited to have you on on this segment of a Regenerative Medicine Summit, you are a leading expert in the field of integrative medicine, you're specializing in cancer, detoxification, immunity and complex conditions, respected physician researcher bestselling author.

I have your book at home, I love it, educator and and mind body practitioner your Dr. Eliaz is your partner were leading research institutes including Harvard, National Institute of Health.

You know that you're running research studies now on you know some of the amazing things that we're going to talk about Colombia and and a lot of others and you co authored studies on integrative therapies for cancer. Have a metal toxicity and and a lot lot of other things. You're the founder medical director of the Amitabha and Medical Clinic in Santa Rosa California.

We have pioneered the use of therapeutic apheresis as an adjunct blood filtration treatment for detox and chronic degenerative condition. I'm so excited to to to continue our discussion with that that we we started started the day before.

– Yeah I know. Yeah, thank you for the opportunity and it is an exciting topic. You know, we're kind of chatting prior prior to to this interview really. What is regenerative medicine and coming from my background as a physician as a somebody trained in depth in Chinese medicine, being a licensed acupuncturist herbalist and spending decades in meditating for long periods of time every year, like two months away.

It's interesting. I've experienced regenerative medicine in my patient in myself and reflecting on this on this interview. I remember when I would go on on on long retweets for like two or three months and not only my physical element would dissipate but I would come I would look I would feel decades younger. I mean the tissue would change and the main thing I was doing I was just letting go. You know it's basically a process of letting go and as a result opening your heart but just just letting go of the contraction and this really relates to this idea of the survival paradox that what really the topic of my book and it's it's simple but it's it's really a paradigm shift because what drives our survival were all built to survive. We all want to survive and we do the best to survive. So the because it's built within us, it's innate in our autonomic sympathetic nervous system reflecting those fight and flight which equates to inflammation and fibrosis.

Both exactly what we don't want if we want to regenerate because the fiber optic tissue inflammation creates tissue damage cytokine, storm immune dis regulation as you know so well. And the result fibrosis is organ dysfunction and aging. So if we address this process both as simple as by addressing the survival protein products, protein collecting three through modified it respecting but we also understand the concept of regeneration.

We look deeply within it from a mind, body and body mind perspective and I'm saying both because I reflect on this now coming into this interview there is a biochemistry that affects our mind and there is a mind that affects our biochemistry.

But it's really the mind that affects our biochemistry, the people, the biological orientation people, it's a more materialistic approach.

Regeneration, Survival Mode, and the Role of Rest

It's really a thought and intention that creates a movement and energy that creates substance and it's a dense it's a dense that is constantly changing that the essence of quantum of quantum physics and and and looking from from

quantum healing that nothing is permanent. And when we recognize that we understand that if nothing is permanent that everything is changing then truly everything is possible.

So that is the essence of regeneration. So when we look at regeneration we really want to think what allows us as people, what allows communities, what allows this world and inside our body, what allows our sales our tissues to move to a regenerative state and and for example we know in the body the body regenerates at night when we are sleep a lot. Well why?

Because the ordinary survival activities are not there, we are hopefully sleeping in a safe place. We are warm enough. The body's maintenance systems are quieting down the attention instead of going outwardly there was a census which is part of survival to see to hear no to smell. Were coming back into our body and this inner movement allows regeneration in Chinese medicine.

It's interesting. The organ late at night 11 1 and 123 A. M. Is the gallbladder and deliver the energy comes into the liver and the liver is the major regeneration organ through breakdown of of byproduct and through creation of hormones and enzymes, et cetera. And once we finish the process, the energy comes out through the lungs with the breath we exhale it out into the world and we start our day just like we start our life with an exhalation.

It's the same process in a bigger place. So we want to see from a from a multidimensional philosophical psycho spiritual, you name it, you call it. We want to see what is the state, how does it feel? What happened in our mind and then what happened in our body and the beauty, Michael for you, for me, for every living being is that we shift all the time.

We fall into a state of survival. We all do where we get into survival mode. We become reactive, we can get upset angry, afraid, jealous. No, we react as part of self preservation and we always do the best we can.

So for people, you know, people who are dealing with traumas, whatever happened in the past we have to acknowledge was the best the body could have done at the time. We always do their best to survive.

Part of the regeneration is letting go of patterns that were necessary in the past and we don't need them anymore. And they are stored in our genetics and our epa genetics there. They affect our membrane, our receptors on the membranes and what goes into our cells. What comes out of our cell.

So it's a dance. When you think about regeneration, it's a dance. And the more we can grasp it, the more we can feel it, the more we can surrender into it, the less dramatic treatment we need to create a change, simplicity that comes out of the out of complex understanding.

If we really understand in the depth, simple tools will become very powerful. And if not then we need a lot of tools – And I love you have the physicist, you're talking about quantum kind of the quantum world that we live in where everything is connected. Yeah. David bone, you know, the you know, the gentleman that that started Quantum Quantum physics theory in how the world was is continually shifting from the explicit to the implicit how it was continually being reborn every moment. You know, so that there there's not there's nothing that is that is static at any time because it shifts from the intrinsic or and then into the explicit so that it is invisible and then it it dies and then is born and then it dies just like our breath.

– Right? Right, totally. Actually, it's so true. Our reality recreate itself every fraction of a second. That's why we have a choice and so the breath is more evident because we control it. It's a little bit more tricky with our thoughts because we kind of tend to hold them and then they lead to another thought and another thought and then we lose the idea that there's actually space between the thought that the time for regeneration, if we look at our physiology, the real change happens always at the time of rest. You know, you contract the muscle and then you rest. You know, you do things you learn and then when you take a break from learning, suddenly it all gets absorbed.

So there's always an action and the time of relaxation, just like with the house, there is historic contraction and then there is a relaxation. So the more we are tuned with the relaxation, the more we are tuned with regenerative aspect. The doing is a survival is the maintenance the time when we finally let go of the doing at the time when we

can grow, we can explain, you know, it's interesting these days.

Right? I'm sure you experience, I experienced, we get so many emails, we're finally done with our emails and now we can actually do some stuff right and learn some stuff and make a difference because finally we clear the clutter and this clutter is toxicity. This clutter is kinetic energy.

This clutter is inflammation, This clutter is is infection, This clutter is heavy metals, This clutter is small toxin. This clutter is pesticides and it affects us as beings, it affects our organs and it affects ourselves because our cell has has a membrane, you know, as the surrounding and we decide what we take in as nourishment and what we put out as detoxification. So we tend to separate into detoxification when we let go, the cell excretes out the breath, excretes out the stores the urine and nourishment where we take in. But if you think about the cell, the cell does both at the same time, the cell is close to one million reactions a second.

It's insane. The things we can see when there's one million reactions a second and things coming things go out, things interact. It's a transformative process.

And this transformative process is the essence of regeneration. So when we understand it we can start applying some medical principles into it. One, we got to regulate the survival drive so we use it when we need it but it's not overused and that's important of regulating collecting three.

And that's why if we look at collecting three levels, we find that centenarians have high have lower levels of collecting three people in the seventies and eighties.

Detoxification, Trauma Release, and Cellular Renewal

And interesting if you look at the level of people who are centurions and let's say it's here and the 70 and 80 are here, you will see the group of 70 80 that are lower collecting three and these are the ones who are going to make it to be centurion because collecting three goes with time is we have more repairing the body.

So that's one simple thing. But the other thing is what we can do from a mind body perspective to being a regenerative state and we all have a busy life.

We all have unplanned things that happened to us. We all have traumas, we all have difficulties. It's part of human existence but we also all have opportunities for regeneration and we really have to jump on them.

I really feel we have to jump on them. And one of the ideas of making it easier for ourselves is reduction of toxicity. So it can be psychological toxicity, emotional toxicity and and it can be biochemical toxicity that we are bombarded with and often and you do so much work with cancer yourself familiar with it often we can do all the right things.

But if the toxic burden is really bad, the cell cannot revert to a normal mitochondrial function. So in cancer as you know. So well it doesn't revert to normal mitochondrial function.

You get to one jumping in, you got your epoxy and using factor or your meek, you get pdK being activated cancer is gonna go out of control. So the idea of clearing toxicity in whatever level it is as part of regeneration is so important and this, you know, Michael bring me back to the years when I got to spend two or three months a year and I hope to go back to this in the mountains on my own.

And as you advance in the meditation path, you move for more structural practices to what we call effortless practices. We just do nothing. You just let the mind rest.

There's enough training that the thought you don't, the thought don't stick together anymore. There's a sense of freedom. And this by itself created detoxification, memories, dreams, things that clear up and as you do this and like I would integrate it with detoxification is often need to be winter time. I would be in the trinity up, you know, it's snowing outside. I'm really isolated, meaning like there were places where they were like you know three people on the 300 acre area and you would get food every two weeks to your cabin and you would just be on your own

walking in the mountains. So it was just sitting all day and meditating outside. So it will be amazing sense of letting go and as you let go stuff comes up and when stuff comes up it can be pleasant stuff and pleasant stuff that's very similar to what happened to the cell when it lets go.

So from a meditation point of view, meditation is not what we experience, but our relationship with what we experience from a regenerated point of view is how do we let this toxicity? How do we let go of it?

So healthy lymph system, healthy, supportive removal of metals of pesticides of micro toxins and regulating this survival grasping response that we all fall into. So quickly.

I fall into it very quickly and creating more space in our life. If we create more space in our life we have more opportunity for regeneration. – And what I've seen a lot in my work is that and I'm sure you've seen the same is that when you work on the emotional component, it it's almost like the heavy metals and pathogens and chemicals you know that that are crowding the cells and then crowding the mitochondria on cellular function that they they're holding energetic patterns like traumas and guilt and shame. So they are there to make it easier to hold the trauma in the system. But as we are then letting go of the trauma or letting go of beliefs or letting go of I am this or I am that you know, all the grasping that we do, you know we cannot think that we are somebody that we're not. And as we let that go then the toxins have been holding that energy or the pathogens been holding that energy doesn't serve a purpose anymore. So now it can then freely move out of the system and and we can kind of with gratitude say thank you for holding that emotion, make it easier for me. It doesn't serve me anymore.

And now I can let you go – Totally. So you know this will translate into a biofilm holding aggressive bacteria or lime Spy rockets or heavy metal and it will translate to in a terrorist sclerotic plaque. And it will translate to a micro environment creating a cancerous environment. And it's really important like you know again you and I are cancer guys even if we do other stuff and a cancer cell has the potential to be a normal cell. You know it's all based on which energetic pathways the cell will take. And if the cell is in a survival mode it will feel like it doesn't have enough oxygen. It feels like it can't metabolize and produce energy in a relaxed safe manner. It will revert to glycol assis with oxygen and aerobic psychologist or in the presence of oxygen.

The Warburg effect aerobic. And if we can take a deep breath, if the cell can take a deep breath it will function normally And it's this toxins that really disrupt it.

And I think that one of the most universal ones is actually pesticide because you can somehow you know you can have HEPA filters and you can clean your amalgam feelings and you can have water filters that take out they take out heavy metals and you can reduce heavy metals and you can make sure there's no mold around. But pesticides are everywhere we can't accept unless you're truly isolated like on the mountainside growing your own food and you know it's very theoretical and what they do especially glyphosate their disruption on the gut level of the, of the gut lining. In addition to affecting adversely the absorption of nutrients, the creation of holes, you know of leaky gut of molecules that are not supposed to come in that are invading our system. We respond with a survival response with inflammation with its auto immunity or that's driving narrow inflammation and we know narrow inflammation is so closely related for with cancer not to talk about the classical narrow inflammation, alzheimer Parkinson, etcetera. So it's really a dense So I think within all the experts that you had in the interviews and the different methods and I know there are amazing people are participating in this summit is really taking for people and for practitioners to look and to understand we can be in a regenerative mode and to be in a regenerative mode, we have to let go because if we hold to all concepts like you said, there's no room for regeneration for regeneration, we need to have space and that's important of detoxification, detoxification has to happen on all levels. It has to have happened on the level of the mind of the heart, especially it has to happen on the level of the biochemistry addressing the survival paradox collecting three. It has to happen on the level of removal of toxins and is to have two at the level of providing the body with nourishment and the and yeah it's it's it's it's a real dance of course in oncology it's more complicated because you can regenerate the body. But what happens if you're regenerating the cancer? Right?

So you almost can you really push down the cancer faster than the body and then regenerate the body faster than the cancer? And there are techniques for doing it right?

Like cancer doesn't like oxygen. If the cell has enough oxygen, it regenerates, the cancer gets hurt. And so that

there is a dance around it in the context of oncology and regeneration, which often are controversial subject.

Right? I mean, can you take but there is a certain selection based on behavior and there are certain compound that know how to do it. For example, Pinocchio is an amazing compound. Pinocchio all because of its effect of P 53 the the cancer suppression gene because of its effect on H.

I. F. Hypoxia inducing factors into one M. P. K. A. K. T multiple pathways in the cell in a normal cell. It recognizes a normal cell and it becomes a powerful antioxidant in the cancer cell. It creates oxidative stress and helps to kill the cancer cell. So certain compounds in nature have the wisdom to do it and that's why if you look at research on a Nokia, which I mention it because it's one of the most under used compounds.

You will see that it's synergistic with almost every cancer treatment. But it's also very good for post exercise inflammation as an anti inflammatory. It's also very good for reducing narrow inflammation which is the driving force of aging.

Cancer, Pesticides, and the Need for Space to Heal

And so yeah, it's a fascinating journey. – So I'm curious because you I mean you've been in this field for I mean you're part of the birthing of of this field.

But when you talk about integrative oncology and and yeah, I mean you've really driven that this integrative medicine field tremendously through all the years that you've been present and you've studied so many different factors, so many different herbs and substances and yet in your company, you know you you have chosen very specifically like Pinocchio, you know that you've chosen that out of everything that that's out there, this is what you picked and out of everything that you're out there was practice.

I'll see you know that's what you picked. So it must be that you know, these are such powerful tools in the regenerative aspect in addition to obviously protecting us from the survival paradox that you're talking about that, you know, we need we need the survival instinct.

You know that's why we're still alive. But it's not a an instinct. We should always, we need to do it for a short spurt and then move on and then go into that relaxed state where we can regenerate and detoxify.

So why did you pick those two substances? I mean out of everything that's out there? – It's a great question. Of course I do have complex formulation and a lot of medicinal mushrooms which I love because they also have a regulatory effect.

It's a little bit of a journey and I was 12 years old when my neighbor was going out of the blue told me that one day they'll find a treatment for cancer from the pill of the citrus fruit. And it's stuck in my mind 1971 and then 1995 I reached out to her and she put me in touch with the main scientist but collecting three.

So it was the first sub ever substance study we're blocking it with modified respecting affected metastatic process. It was like no drug has done. It is 95. I often say if it was a drug it would have been a multibillion dollar industry, but it was only the pill of the Citrus fruit.

But over the time when I started recognizing that collecting three drives inflammation and fibrosis. When you block it, people started commenting that the joints are better, the memories better the blood pressure is regulating and realized, wow, collecting three is a driver of this. So I made these discoveries over 20 years ago.

But now that it's it's common knowledge and there are 10,000 papers on collecting three, we know it's what we call an upstream molecule. It really starts the process.

So when you address it, you get a profound effect downward later on in the expression of the disease. But also it lends itself to combination to integration with other treatments. And in this sense we are so that's one power that we're taking. Something that's created.

It's like a bus that goes to the areas of travel of trouble and tries to help by creating inflammation and as a result of my brothers and immune dis regulation.

So recognizing this, I recognize also the effect how affecting the extra similar space affects the intracellular space when okay, all works on the intracellular space and together with with with modified respect. And we published on it.

It is an integrative effect. In fact, I finally I I just got a patent on the anti inflammatory combination of the 21 of my discoveries because you have an intracellular extra cell allow. Now this makes sense to what you talked about.

Quantum, right. The outer expression and the inner reflection. So this when you combine them, you combine both of them together. So, I think they have a huge huge the future in integrative oncology.

In certain cancers where there is a big contrast between the function of the tissue and the function of the cancer. And the biggest contrast is in glioblastoma.

The brain proliferates normal cells so slowly. Now we know they do. We thought in the past they don't change in glioblastoma grows so fast. Right, huge contrast between normal brain metabolism and pathological.

So naturally ha Nokia will lend itself and this combination this combination will lend itself. And we're going to start actually a study on glioblastoma before the covid hope we'll get to it and collecting three actually disrupt the blood brain barrier and create micro glial glial inflammation which drives aging and narrow inflammation. So these two are like two items that you can build on and I plan actually in the future to build different formulations around it, you know, you know specifically. But yes, so it's interesting it's a great comment because I am very complex in my thinking and I do have you know my prosecute which we published a number of papers. Our prostate health product which we have number had like 33 ingredients and breast defendants seven or nine I remember.

And but with this complexity it's interesting that the simpler single ingredients were so powerful. It's it's a lesson for me also. I see I remember when I was formulating breast defendant prosecuted.

So I was working on prosecuting Months and months, 33 ingredients how they're gonna work in breast difference. It was seven ingredients and then breast defense became a powerhouse of result in breast tales is an oncological nutritional support.

Amazing truly doesn't matter if it's negative or positive and the prosecutor is a good product. It says studies but it's a breast defense that really surprised me a little bit simpler product.

So there is there is a simplicity but within it there's over the complexity. For example the medicinal mushrooms. I formulate I grow the mushrooms on different herbs so I give them different nourishment that gives them different message you know.

And so yeah so it's really a dense between regeneration and you know in detoxification and clearing and the it's interesting we are veering towards oncology a lot but we do this you know when you have it let's say 21 day chemo cycle.

So you give the chemo drug you want to make sure the drug gets to the tissue, you wanna help circulation. Then you want to help to clear to clear the by product of the drug and all this side toxins and all the cells that died.

And then you want to nourish towards the next cycle. Right? So we have it in our strategy. But I think when we understand this dense of detoxification transformation, this exchange and healing, it's the root of regeneration and the organ that really does it is the heart.

The heart is the same time gets dirty blood the same time right? When it expands it gets dirty blood it connects with the universe through the breath let's go it gets nourishment from the universe through through oxygenated blood.

The the right the left atrium gets clean blood the right atrium get dirty blood and they both give blood for detoxification and give blood for trans for nourishment.

Same time and that's the power of the heart.

Why Pinocchio and Modified Citrus Pectin Stand Out

And interesting once the heart nourishes and sends out blood through the aorta when it relaxes the first arteries out of the heart are the culinary arteries. We nourish ourselves.

So that's why the heart is a key place in regeneration. And then we find out. We can see that people who are connected with the how people who are connected with understanding that everything flows. Because you know, Michael is a fundamental difference between the function of the brain in the function of the heart. Beyond the fact that the heart electromagnetic field is 100 times bigger than the brain it gets to every cell our brain function by stopping us in thinking and analyzing right? It's a counter flow device. It doesn't let us flow. So.

No no no. I think now I think this this doesn't make sense and why did it happen? But meanwhile time went forward right, the heart flows flows whatever comes in. It's okay.

It clears it gives the moment the heart stops. We're out of here. We check out, you know, So that's a fundamental difference. And this is why for example meditation that connects with the heart are much easier to learn because we are built to do them.

We have a physiological compared to letting go of our thinking process and the stickiness of our thoughts. That's a more complicated process. And whenever we think gets sticky, there is less oxygen, there is a micro environment, you know sticking molecules like integrations that drive cancer metastases that drives sticking of trauma tight and platelets and strokes and micro and you know in micro clotting so big in in covid long haul.

So I I wanted to take a lot of the second interview and offer a little bit more of a philosophical, esoteric but extremely practical because really when when one can develop some meditation qualities so when you meditate and you feel that things are opening and then you just let it settle in your body because you understand that you're inside and outside actually inseparable.

And then as you do this suddenly, you know, I was just sharing with some friend of mine, I was doing a podcast with that, Why did it take me so many years, why did they have to make it for 45 or 50 or whatever?

It's almost 50 now I'm feeling and then every day it unfolds, you know it takes time. It's a maturity of the understanding is that when we can connect with this and suddenly you know literally you feel yourselves, you feel your tissues and then again I mentioned this is a relationship with the experience. We really let go of the experience.

We can feel the letting go, we can feel the regeneration in the body. So anything that helps us to do it. So in a mundane level like we said, it's blocking collecting three is like using a product like like life or detox to get rid of of pesticides and other toxins and regulating immune system with medicinal mushrooms using herb using nutrients, good diet, hydration, sleep and fancy things like pep types. And on the other hand of at least least of my range of therapies I used come a place where the body, the aging process has affected the quality of our tissue and the quality of our blood.

And that's where therapeutic of racist creates a game changer. And that's what I specialize in using the political apparatus. Off classical indication just for cholesterol, for inflammatory for cancer.

We come in and we clear the blood. So when you are done the person's blood is as clean as it was when they were like 16 or 18 years old and totally healthy.

Suddenly the tissue let's go because the tissue has the permission to let go before there was no room, no space

and that's why we always do two treatments in a row.

Today is a part of five days apart one week and then suddenly you get this change and the body will go back to its habits. But it allows the body to recalibrate.

So this is more dramatic. No it's more afraid. This is similar to dialysis but a little bit more sophisticated because you separate the cells from the fluid and you filter the fluids.

But a similar process happens all the time between the cell and the extra cellular fluid between the extra cellular fluid and the lymph system and the venice system and between the organ and the circulatory system. Between the circulatory system and the dish and the elimination organs. There's always this kind of a dense and the we have to support each other. The different stages of detoxification of the liver and the phase one and phase two are balanced and we can eliminate.

The last thing we want is to let go of the tissue and not being able to eliminate that. That's what therapeutical for is. This is an example but that's where for example when the body is produced to toxin it, if we don't blow collecting three we will respond with an inflammatory response. That's why when people use a lot of Lyme clinics use vector sol so patients don't have health primary action anymore.

Why? Because we are binding, breaking down toxic areas and the body is letting go of toxins. But we are regulating down and harmonizing the unnecessary over inflammatory and this an immune dysfunction.

That's why you don't get side effects as the tissue has changed. So this is really kind of a journey into all of these. – It's amazing and you have I mean since you have like like we spoke about the emotions you know connected to chemicals and connected to all these these pathogens.

So by doing that freezes and you clear out these chemicals and with that then you get like you're saying it's like a a moment of reset where you exist without the traumas and emotions that are associated with these chemicals and things that you then kind of clear out of the blood so that you have.

I mean yes, you'll go back to old patterns but you have a moment of clarity where you are then able to shift your trajectory into a more free, more regenerative state, more holistic state, more integrative state, you know, more accepting, more free flowing.

So it's powerful to be able to have these tools and the same with a pec to cell C or the ha Nokia which is then addressing, you know, you're talking about that stickiness, you know like our traumas or emotions or chemicals or cancer cells, you know, they have that stickiness, you know, they land in certain areas and then they start to fester and grow there just like, you know, guilt or shame or whatever it may be, you know.

But then having picked us all seed to kind of work like that velcro to undo that stickiness. So it doesn't kind of stick somewhere we can kind of grab onto it and and move it out instead of it landing and giving you that free in that space to be able to more freely see who you are and kind of have that re like that.

Continual birth of newness. Like like the heart being accepting and then you know new oxygen and just kind of accepting and breathing and regenerating.

– Yeah so it's so well said you know it's interesting like when I do therapeutic a phrase and I watch my mind and I had actually severe long helicopter which I really recovered miraculously from. So I watched after I there are phrases.

I could see how the regular lesson mind processes that would have created severe symptoms. The fuel for the symptoms was not there. Because even if I recalibrated my mind and my emotions and I didn't react to the symptoms.

Like you know I knew that chest pain on the left side and going down to the with numbness and sweating. Oh my

God am. I know it's not I it's a symptom of the cytokine storm.

Just relax into it. The cytokines are still there. They're not listening to you. But when the cytokines are out, when the V. G. F. Is out when when the sticky lipoprotein is down is down and you really relax your mind, you actually get a responsiveness from the body and you can actually recalibrate. So with the recalibration is really the journey of us as human beings. The journey of the patient.

We you and I will give the patient the opportunity to recalibrate in part of it is for us as health providers healers not to have preconceived ideas about what will happen about what is the right treatment but to give the space for patients to go through their journey. Because one of my favorite sayings that I may have told you before is not everybody will be a miracle.

But anyone can be a miracle. But if you if you analyze miracles, what is a miracle is something that is unexpected?

Therapeutic Apheresis and Blood Filtration for Resetting the Body

Right? So at a certain very, very low probability it becomes a miracle. Well, if we have the same habits, miracle ain't gonna happen. So the prerequisite for a miracle is to change our habits to recalibrate.

But if we are drained by the same heaviness, by the same toxin, by the same emotional pattern, by the same hyper viscosity. It's an uphill battle. So if we can lighten it up and the phrase is does it to an extreme. But blocking collecting three and breaking the lattice formation of the collecting three. Also does it, you know, It's a similar one in stand is the oxygen to the tissues.

And said, oh my God, I can breathe. I can take my time to produce energy. The cell doesn't have to be in a rush to produce energy. It feels safe, it is oxygen. You know.

And then suddenly we produce energy more efficiently. We produce less byproduct that are toxic. This is regeneration – And like you're talking about in regards to the brain.

I mean in regenerative medicine, people are living longer now. I mean, they but the issue is that they may not be living longer. Well, I mean, we have dementia, Alzheimer's and cancer, all these different things, you know, neurological disorders, diabetes, heart disease, all these things are becoming more and more of an issue because people exist on earth longer now than they did in the early 1900s.

So these type of tools become than even more important to incorporate, recognizing that our bodies are going to have to last a longer time than maybe they were programmed to do initially. So we were gonna have to kind of put more effort into cleaning up are the toxicity toxicity, the what exists outside of the cell, what exists inside the cell, you know what our brains are exposed to, what's going on in our gut, you know, the glyphosate we're exposed to now that our bodies have no idea.

We really, we haven't involved dealing with it. We've been around heavy metals for a long time, but these kind of chemicals we don't know what to do with.

And so then to be able to incorporate these kind of tools and incorporate these kind of habits becomes mandatory if you want to be able to live healthy, have a health span, you know, where you're living healthy for a longer period of time rather than just existing and dealing with all these chronic conditions, you know, the the last number of years where you should just be in and enjoying life and be a resource to the next generations and you know, so that the the next generations can learn from the wisdom that that you have from being here on earth just longer.

– It's so true. I mean, it's really Yeah, exactly. We actually, aging is the process of refinement of wisdom. It's really the culmination of all the effort we have done in our life. It would be an amazing time as we become less and less attached. We can let go and we can have a bigger and more free perspective and instead it turned into a struggle.

And so you're so, so true. And it's part of regeneration is really the quality of our lives. Yeah, it's like when you're

engaged in such a process with every day of your life, you become more alive.

Actually, it's really beautifully said. – Yeah, I mean, now we're looking upon elderly people as a draining of the economy instead of the resource that they truly are. And it is because of the, this the setup, so to say, you know, how people are eating, how they're living and how and and by shifting that paradigm, you know, which is what you are doing with, you know, the different products you're bringing out to the market and then also just, you know, about the body, mind, mind body how that coexist and learning how to be able to breathe through life rather than kind of be that contracted survival state, you know, where you feel attacked. You know, you listen to news all the time, you're reading the newspaper, you know, facebook, you know, you're trying to compare yourself to somebody else which is not you. So now you're looking for being this person over there instead of just going inward and finding yourself and finding your own strength, your own identity, what makes you happy? What makes yourself happy?

And you have this identity crisis? And that's kind of the world we're living in right now. – The world is in an inflammatory crisis. Obviously, that's why there's global warming and in this sense. Yeah, it's like we were looking just like you said, we're looking at with generation is something bigger than just us as people of ourselves. It's like our communities, our country, the world, you know, it's and remember, remember when we connect with the heart, the heart gives selflessly, the heart takes dirty blood from everybody.

Same thing. We are, we are so easy for us to be to be judgmental of others. You know, and react with violence and reactivity instead of with the responsive, open heart and love and compassion.

I mean, it's – And like you're talking about the difference between the brain and the heart. I mean, the brain has to stop and analyze. I mean, the the heart just flows, you know, it doesn't judge, I mean, yes, dirty things come but it doesn't kind of hold on to this trauma or hold on to that emotion or hold on. It just allows it to flow and it gets enriched and then it's enriched you know, and revitalizes the rest of the body.

So it's that allowing you know that non judgment the forgiveness that letting go. I mean how important that is. – Yeah, yeah, that's it. That's definitely that's really and then when we integrate this approach, understanding and experience into the methodologies of regenerative medicine, then everything becomes more, more effective, more efficient, more long lasting and as a result, you know, we are regenerating ourselves definitely.

– So with the galactic three, I mean like you're saying it it's almost like it sounds to me and from everything that I'm learning is that that is the the the top molecule in a way that is the that drives the different inflammatory driver.

So by in order to be able to regulate that component, we are then impacting things like you know, the new term inflammation, you know aging that is caused by inflammation all the different diseases. So then it has that cascading event that domino effect on all these other drivers underneath it. So by addressing kind of a top top and the down, you know, we can have this huge impact. – I've shown in some I've been part of our group of published important papers showing the sepsis when we blow collecting three.

We will reduce dramatically the rising interlocking six. The kidney damage and mortality in animal models and level of collecting three of the sepsis patient coming to the ICU without preexisting conditions will determine who later on is going to die actually. So yes.

So it's an upstream, it's like shutting down the waterfall from the top instead of catching it down with the bucket. And that's why it becomes part of the strategy.

And that's why it has a longevity regenerative effect. We see it in people. – And then that's why I take two scoops of practice all see shake it up and I drink it every day. So that's my so I can live long and healthy and I'll be around for people I won't drain society and then I will enjoy a long lasting life.

So should people then measure their galactic three as a kind of an aging to kind of see where they're at And if they are aging faster aging slower, would that be a good measurement then?

– Great question because collecting three levels is a tricky subject by the way, it's an inexpensive blood test covered by all insurances and available in our labs.

So collecting three, If collecting three is high, it does point out to a possible issue, especially if you don't know that you have something but you don't decide if to take motivated respecting based on collecting three level.

And the reason is it because of genetic reasons that relate to mental proteins and the ratio between pantomimes and monomers of collecting three. You will have different numbers. And also now the reading in the labs is automated. You're getting lower numbers.

But it's important to measure it because if suddenly it's going up Or if somebody comes and it's already healthy regulated between its elevated, elevated is anything above 1213, not above 17.8. It's not correct because the initial levels were related to people with heart failure and this patient with heart failure have kidney problems so they don't excrete collecting three properly.

So you get skewing up of collecting three. So if you Galatians three are elevated, then you'll need a higher dose of motivated perspective. If it's like over 18 or 20 you will need 20 g because there is more to block. But as your inflammation gets better, You're collecting three will come down.

It's not that modified citrus pectin removes collecting three. It blocks its damaging effect. And as such it breaks down the lattice formation the coating the biofilm that is sclerotic plaque, the non oxygenated tissue and also because of the structure collecting three.

Often often you will have heavy metals and toxins related to this biofilm in this terrorist robotic plaque and modifies it. Respecting. And I published a number of papers on this has an enormous affinity to remove heavy metals.

Any positively charging the metals lead and mercury and arsenic and cesium and uranium and and you and cadmium and nickel many of them. So. So yes. So it's good to measure to know and for certain patients where you see a correlation between symptoms getting worse and collecting three Rising for this patient, collecting three becomes a very good marker for following following where they are.

But it's important to to test it because it changes often every few months and 20% of the population and A rise of collections we are finding unexplainable collecting three may mean there is something going on. We're not too well.

Measuring Galectin-3 and Tracking Inflammation

– So because I haven't been measuring collecting three of my cancer patients and it and it sounds like that is something that I should do. And you should be able then to kind of track to see if you're containing the process or if it if it's starting to kind of something that you're not seeing is all of a sudden taking off and collecting three would then be a good measure – Michael. As long as you identified pair patient because now for example, our multi center trial on biochemical relapse of prostate cancer.

We just presented in 18 months follow up. That's a long term follow up six different centers and we wanted to see the prostate cancer is removed. There is no PS zero undetectable. And now process cancer comes back produces P.

S. A. P. S. A. Starts coming back. It's not from the tissue there's no more prostate issue. It's a cancer coming back. So in these patients when you give them motivated respecting we see a slowdown of the rise of P.

S. A. Or flattening or going down compared to baseline in 90% of the patient. 90 after 18 months. Imagine how much life this is adding right? But for certain ones even more aggressive prostate cancer, it doesn't always correlate with collecting three levels but blocking collecting three still has benefits. And this relates to the ratio between the different how they aggregate together. And the reason is The detection of collecting three is done on what we call the end terminal.

So it doesn't matter if there are five collecting three or there is one collecting three. It will read it as one. So if you have more single one the number will be higher.

You got you got more and that's why you can't rely on it. But you in the same time you do need to follow up on it to to look for changes and where you are. And basically if somebody is healthy, Let's say for regenerative purposes. Somebody some somebody later those people who are exercising and they're athletic and they are in the authorities and they want to stay healthy. They'll take 5g of victor sort As we age as we have more chronic diseases. We need at least 10 very often 15.

But We do a blood test. We think we're in great shape and suddenly 83 comes 16 1720. We need a full dose and we can see how over time in these patients collection will come down. So you often you see the relevance of collecting three in degenerative diseases, in autoimmune diseases, chronic kidney disease and autoimmunities a lot and also in cancer, especially In the metastatic process.

And where you see a relationship between collecting three and the severity of the disease. So the answer is yes. It's worthwhile testing. It would give it will shed more light.

For example, what is the relationship between collecting three and V G F and T G F better. TDF better is driven by collecting three which is above it.

It's an upstream to drive the fiber optic process. So you get it, you get it improved collecting three's blogs better will go down there are certain conditions like Lyme patients were often they will have very low Siri active proteins are not producing normal inflammation, collecting three is on the low side and T G F beta is skyrocket because they create a lot of biofilm.

They create a lot of hiding places for the skyrocket. You regulate them, you improve them, you get give them pictures. All collecting three comes up a little bit too normal level that the body needs, let's say 67 T G F better comes down dramatically.

Patient is doing better. why they're getting more oxygen to the tissue with less of the fiber optic elements in the infi brain and fibrinogen etcetera. So yes so in it's a good question.

I know my answer a little bit complex but it is complex and somebody has seen thousands and thousands of tests and really drive the clinical understanding of collecting – And that's fascinating. That's important people to understand is that a lot of these tests can like your body's antibody response or your inflammatory response that it involves. That the immune system is is healthy enough to be able to produce that response. So just because the numbers are low doesn't mean that there's not an issue you know So but then when you start to then treat the patient like you know using modified citrus pectin and then all of a sudden you're starting to kind of pull away you know the heavy metals that are in those biofilms and kind of break up that film. And then now the immune system sees that the pathogens are there and we were removing some of the stress and all of a sudden we get a response and these numbers will rise. So yeah – Yeah and it's interesting because the beauty of motivated respecting is it is it binds and breaks the biofilm is buying and break this lattice formation. It's literally it's like a velcro it is a velcro made and because all the first glycol it is like a protein heavy metals all attached to these receptors. So velcro is a very good term as it breaks down.

The body can deal with the problem. You know the reason why we got such amazing results in the biochemical relapse of prostate cancer. It's not because M. C. P. Is psycho toxic.

No it allowed the body to deal with the cancer. And if you think about it it's a regenerative process. It took a cancerous process and it just had it dissipate or slow down meaning it became less aggressive. It became more normal.

That is the definition of regeneration. Taking something which is working in inappropriately and making it work appropriately. We kind of started our discussion with this.

So it's a and it's it's a strategy in cancer right? With generative treatment you know study infinite beauty rates also vitamin A. Right I mean this they acquire sitting procurement, Pinocchio.

They have they have they have these properties and and we use them and that's really how we make a difference. Right? I often say you can get you can get a recommendation cancer from one oncologist you can go to another one, you'll get a 2nd 1st opinion And you will get very similar results.

We have a hard work getting the response to get to be 5% better and getting the side effect to go down. That's our work it's an out right it's dynamic.

So if we can see the big picture and we can see and feel the cellular level, we can really make a difference in people's lives and people can make a difference in their own lives. – And that's the thing like the survival paradox.

I think that's a fitting, such a fitting title of your book because the autoimmune is a survival paradox. I mean the cancer is when the cell goes into survival mode and shift into the fermentation, that that's a survival.

And then can a shift shift these processes that are that are degenerative, you know, which is what the survival paradox is, your in that survival mode and shift that away. And then all of a sudden you can be in that regenerative state shifting away from that survival paradox.

– The spiral creating line field when we are in stress when you're in survival, they get activated because they are stressed out. You know, that's the mechanism.

– Yeah, it's not that there there that is the issue. It's the survival stress that they are feeling and they're responding to that and that is what's reeking the havoc with all the sights of kinds and all of that.

So by doing, you know, blocking these these inflammatory signaling or doing at freezes where you clear out a lot of these stressful side of kinds then all of a sudden there's a clean space and inspired kids can say maybe it's not so stressful and they calm down.

– Exactly, that's actually what happens exactly how it works. – Well, it's always such a pleasure. I always love our discussions and it's I'm so honored to to have you and get to interview twice on on my my summit, you know, and so it's always – I love talking to you, you know, so well, because we do it a lot. So thank you, thank you for having me. I really appreciate it.

– Thank you.