Introduction to the Summit and Dr. Eliaz

All right. Hi, everyone. Welcome to the Type 2 Diabetes Summit, specifically our session today. We'll look at a particular aspect of reversing type 2 diabetes with my guest, Dr. Isaac Eliaz.

He has fantastic expertise. And in fact, one of the reasons why he's on a summit is because he'll be able to tell us about specific aspects of what goes on behind the scenes on how it is that people wind up in such trouble with these chronic illnesses, including type 2 diabetes and pre-diabetes and what you can do to make it different for yourself.

He's a leading expert in the field of integrative medicine, specializing in cancer, detoxification, immunity and complex conditions. He is a well-respected physician researcher and a bestselling author and educator and a mind body practitioner.

He practices what he preaches and is consistent all around. It's touched many, many lives. We're lucky to have him here as part of our summit. Dr. Eliaz are partners with leading research institutes, including Harvard, National Institutes of Health, also known as NIH Columbia and others to coauthor studies on integrative therapies for cancer and heavy metal toxicity and other kinds of toxins in the environment.

He's founder and medical director of the Amitabha Medical Clinic in Santa Rosa, California, where he's pioneered the use of therapeutic apheresis as an adjunctive blood filtration treatment for detox and chronic degenerative conditions.

All right. So, Isaac, welcome to the summit. Thank you, Beverly, for having me and for the opportunity to discuss such a big topic. And, you know, it's actually a topic where we can make a difference, where everybody can make a difference every time you talk about a topic and it's so difficult to make a change and now we're talking about something which we really have the power to change, you know?

So it's it's really exciting. Yeah, it is exciting. It's very hopeful. So thank you for being my partner in this. You know, when we look at your wonderful bestselling book, The Survival Paradox, you offer some very unique insights.

You're very clear in how you explain things so that everyone can understand around the root causes of metabolic conditions and other diseases and many people would say that diabetes is a metabolic condition.

Can you give us an overview of The Survival Paradox and the culprit that you call called The Survival Paradox? Protein is, of course a survival part of this.

It's sound. It's a it's a paradox because we are wired and built to survive every cell in our body is built to survive. We are built as the person to survive.

This community is an earth, etc. But the same thing that drives us to survive is the same things that will cause this pain and suffering and acute diseases and chronic diseases and inflamm aging and metabolic diseases, including diabetes.

And that's the paradox. How can we maintain our survival in a way that doesn't damage us?

The Survival Paradox and Galectin-3

And the reason is that it happens. Is it because it's so innate in us? Beverly It is automated. It's taught within a fraction of a second within the autonomic nervous system, within the sympathetic nervous system, either by fighting, which equate to inflammation or by flight and freezing, which creates isolate, microenvironment and

fibrosis.

So while it's easier to change the sympathetic response by taking a deep breath by taking a walk in nature in many similar ways, within minutes, the biochemical system turns into the same pathway by using alarm protein.

And one of the key one that I have been researching for almost 30 years and found some of the most important benefits when you block it with more effective prospecting is called Galectin 3.

So Galectin 3 it gets gets triggered within within a fraction of a minute probably, and it is an upstream protein that drives the inflammation, the fibrosis into the different tissues and it creates a cascade of events that we now after COVID, so many people are familiar with the cytokine storm.

It's really driven by Galectin 3. So when we understand this survival paradox, the profoundity of it and where we understand it in one simple biochemical way, there is a protein that drives it by taking it to the different tissues affecting this cells.

And we'll talk later on about how it is relevant specifically for diabetes and we can actually block it and attenuate reduce, prevent this damaging effect.

There's definitely a very good starting point to to change things. And so inspiring and hopeful. I think that's a large part of why we put together this summary, right, is leave people with clear information to give them inspiration and hope that they can make their situation better.

That's for sure. All right. So Isaac, specifically, how does this survival paradox protein called Galectin 3 contribute to insulin resistance and type 2 diabetes as well as other cardio metabolic issues?

So Galectin 3 is a carbohydrate binding protein. It's a protein that binds, it has a binding site, and once it's triggered, it either brings the different layers to the tissue or it drives to the tissue of of problem, lets you get the signal that there's a problem in the kidneys, it will go to the kidneys.

It will bind to different inflammatory compounds, hyper viscosity, immune disruptor compounds in them. And then once it binds, it's created pentomil 5 and then pentomil attaches to pentomil and we get it coating a biofilm, a micro environment.

And this micro environment is where bacteria and viruses can hide with the material. Sclerotic plaque is formed where cancer cell can they can hide in and thrive.

But for the context of diabetes, when it comes to the tissue it creates because of the isolation, it creates a different microenvironment, greater microenvironment that is inducing for inflammation.

So the extracellular space, the macrophages, the immune cell that are key, that are coming to the clean up, become inflamed and want him to macrophage.

And they also excrete more Galectin 3. But also because of the inflammation it disrupts Galectin 3 will disrupt insulin receptors and once they disrupt insulin receptors, they now intracellular only because a cell behaves based on what it feels from the outside.

If it feels safe, we can take a deep breath. We can produce energy in a relaxed way, in an efficient way. 36 ATP from one glucose with no byproducts, with no lactic acid.

And this is a healthy cell. Once the cell is under this survival threat, then its mechanism of producing energy through adenosine monophosphate kind of ampk is shut down.

And now the cell moves into a survival mode. It can produce energy a hundred times faster, but extremely inefficient. Extremely inefficient because only two molecules of ATP for one glucose.

So just to get a sense, we need 2000 more glucose to get to the same amount of energy. If we go 100, it's only 5% efficiency. So then it stimulates something called MTL, one in one symptom, one is stimulated, it blocks the mitochondria and now we have inefficient unhealthy in metabolism.

The cells feel like the cells feels like it's being starved right? Diabetes into visceral is a starvation disease. So hypoxia inducing factor. Oh my God, I don't have oxygen in the cell gets triggered.

And it's a vicious cycle. So the cycle starts extracellular only. And what triggers it is anything that triggers survival, emotional, psychological, psycho spiritual, physical traumas, toxins that we can touch on the different areas during this interview.

So once we address it systemically extracellular only, we get an intracellular effect. But the beauty of our holistic approach that we can also address it intracellular lead with other compounds and then you get a synergistic effect.

And because this cell has a potential to decide how it's going to behave because everything changes all the time, we have the power to change our metabolism with our mind, with our habits, with our diet.

We, you know, with what we do in life and with getting in with removing obstacles to our health, such as different kind of toxins. So as we dive into this during the interview, I want to give an overview of what we are trying to achieve.

And then there are many tools in each of us need a little bit of a different toolkit based on our needs. All right, great. Thank you for that. Okay. So as we think about all the things that affect people and, you know, you see this amazing rise around the world really with the incidence of type two diabetes and prediabetes.

In your view, why is diabetes such a rising epidemic right now? And what, if anything, can we do about it? Right. You know, so really diabetes is a multi it's a multifactorial disease, as you saw well know, Beverly and the same factors will also drive other diseases it will relate to it right like Alzheimer's, an example called diabetes type 3, etc..

How Galectin-3 Drives Diabetes and Metabolic Dysfunction

So if we want to look first from a bigger perspective, the pancreas anatomically is located in the middle of our body, in the center of our abdomen. It's really our own nourishment center where food comes in.

If it's well digested and broken, we get sugar for nourishment, we get other enzymes, it gets excreted, exocrine enzymes and insulin, and now we can nourish.

So the nourishing element of us as individuals is communities is really weakened. There is no communities. A weakened Mother Earth is weakened, there's less minerals.

We abuse the Earth, we pull out the minerals we polluted, and as a result we can see global warming is really inflammation on a macro scale. So now we got a weaker nourishment and that's why it's expected that this will weaken the digestive system and cause more diabetes and will it will weaken the mental digestive system and cause more Alzheimer and memory loss.

And this why the gut brain connection is so closely related. So anything we can do to improve nourishment will help. And then one of the reasons why we can now is show us if what is it?

We are always in a rush. We live in a crazy pace, ongoing stress and we can take the time to just relax in the same sense of relaxation, equate with safety, the same thing of Oh my God, relate to survival response.

And so the thing that effects us is behavioral dietary wise, you know, not enough sleep, not enough hydration. That's well known. But also there are certain outside factors that make us respond in a different way by giving us different signaling.

And this is a categories of toxins, which are now the peak heavy metals, environmental toxins, mycotoxins and pollutants and pesticides. So all of them together, and especially glyphosate, all of them together will disrupt our endocrine metabolism, especially when we look at it, disruptions, you know, and no obesity in vitro genes, you know, plastic byproduct, PCBs, DDT, which is killing the earth, but similar other compound, dioxin, etc..

So we get this toxic mix that mixes with EMF and radiation pollution of the amount of radiation of all kinds. We are exposed now, too, compared to 100 years ago.

Is that people estimate ten to the 15th power 15 million times a million times million times million times million. Okay. So this body little bit more difficult to really relax and and expand and nourish and the pancreas gets squeezed.

You know, the pancreas gets squeezed. And because the cells are so busy with so many signaling, the receptors get squeezed. So I'm trying to the biochemical picture is a reflection of our life.

And our life is affected by the biochemistry We and it's really a two way street and diabetes is the outcome. And knowing this also means that if we can change it, then we can really change the outcome.

That's the beauty of this discussion. Yes, definitely. That's the place of hope, right? For sure. For sure. Making that conscious choice for the environmental factors and toxicity to go down.

So Isaac given your expertise in environmental toxins and detoxification. Right. Which is what you do to handle the overburden really of toxicity, how do you see toxins playing a role in diabetes?

So toxins play a huge role and we have to look at them at multiple level. The first place they play a role is in our digestive system. They really disrupt our gut lining and the different ones do it through biofilm disruption, through microbiome disruption.

And the way that I've been a little bit on a crusade to find a solution for and by the way, is the preload. I did find a solution for this pesticide is glyphosate because we are spraying 330 million pounds of glyphosate here in the US, 1 pound per person.

I mean it's insane. Okay, the amount of and would life as it does, it disrupts the gut lining, it disrupts the microbiome. Now while you described the microbiome, our absorption gets affected.

We don't absorb minerals well. We just talked about about weakening Mother Earth. We get heavy metals to now get better absorbed through the system into the brain and suddenly we our whole nourishment is upside down.

Now, this this concept of leaky gut, basically inflammation in the gut will also reflected self with inflammation into the brain, with blood building up blood brain barrier, disruption and activation of the microglia, which I think equivalent of the macrophages described around the extracellular space in the brain.

And that's the starting point for never inflammatory diseases. So, you know, we have the formal diseases, you know, Alzheimer's and Parkinson's and A. L. S., etc., but it's a memory which is not as good.

And this is actually the disruptions of neurotransmitters because the brain is such a controller of what we do. It is very sensitive. So it gets skewed very quickly.

That's why it always tries to get enough oxygen and have glucose. And other organs are the ones who give up on the nourishment. So once they never transmit to get skewed, it affects downstream like, you know, insulin growth factors are affected by the pituitary, by the hypothalamus.

So your gut never endocrine disruptions. And then of course, of course glucagon goes up and you know, and cortisol goes up and insulin tries to support and it's and the adrenal comes off and then the thyroid is trying to help.

And all of these started with a disruption much earlier. So we have to address it. And it's really I know it's I've been recognized because I work mainly with cancer and with how to cure medical issues.

That's pesticides are an obstacle to our healing. So yeah so it's it's it's one one thing to tell you that said I formulated a political guideline for detox.

So now we're getting our the data from our our trials with patients that it's amazing without with the exception of one outlier it dramatically dramatically lowering glyphosate levels and we'll be publishing it in the next few months.

But in addition, we also need to address Mycotoxins and we need to address heavy metals. And it's interesting because Galectin three can support the accumulation of these toxins and what effects it respecting which blocks Galectin three and has over 80 published papers is one of the most established key letters of heavy metals, lead and mercury in us, and they can cadmium and you'll be published on uranium or they're also positively charged heavy metals.

So part of addressing this is is very important. And also within diabetes, because of our lifestyle and our bombardment, our immune system is, is this regulated?

And when you get a dysregulated immune system, the pancreas will end up with the same scarring that other tissues will get and you get scarring and dysfunction of the pancreas, which is really slowly, slowly happens over time.

Why Diabetes Is Rising and the Role of Toxins

So it's a multifactorial condition where toxins are really contributing to the mix and we have to address them. We have to address this. So unhealthy survival drive and with this is is a is the backbone.

Then we have then diet will work better and the supplement will work better and herbs will work better, and lifestyle may work better because we are addressing a very basic drive, this uncontrolled survival drive.

And at the same time we got to clear toxicity from our body. And Beverly, we got to do it all the time because we get toxins to our body all the time.

And then as we go into on the path of healing, we find a ways to transform our health, which are different than detoxification. And that's when we start utilizing our heart is our biggest healer, and that's a gift that all of us have.

But within that, within the within diabetes is a metabolic disease. We can see why the metabolic disease, it's a it's really a disease where we actually have a choice, even with genetic predisposition.

It's really is there are some people with a very strong genetic trait where it's very hard to overcome it. But even people with a familial history, it's really a choice in the choices with our diet, with our lifestyle, with how we think that we feel, with how we treat ourselves, how we treat others.

So yeah, it's it's and it's really a disease that devastated conditions that devastate so many people without actually a solution. Exactly. Exactly. Thank you for sharing that.

It's one of the interesting things around prediabetes and type two diabetes. I always think of them as a spectrum and something that I've noticed clinically is that what often precedes a diagnosis of dementia or Alzheimer's is some sort of blood sugar dysregulation, right?

There's some sort of glycemic upset and I often notice it more acutely with people who say, Oh, this person had pre-diabetes before they were diagnosed with dementia or Alzheimer's, also known as type three diabetes.

Would you give us your insights around the connection there? Because I don't think everybody understands why some of us think of those things as type three diabetes.

Yeah, you know, I say more is a metabolic disease. Cancer is also metabolic disease. I mean, some of the leading researcher in cancer are metabolic people.

That's what you call the phenotypic level. How is this cell behaving? So, I mean, really does what our body will do inside the brain. It comes to a place where because of inappropriate metabolism, there is in there definitely insulin resistance and metabolic syndrome and in hyper glycemia will cause the regular inflammatory process.

It will produce an inflammatory process in the brain. And we end, for example, the amyloid plaque. The Alzheimer plaque is 10 to 20 times the concentration of galectin three compared to normal brain tissue when we do a study.

So the damage to the brain and let's talk about Alzheimer, because really it's it's a package. All of us are concerned about it and almost don't like labeling it as we age.

Our memory is going to go down. And so we want to look at dementia in general. Dementia, what can affect the brain. So one is inflammatory pressures that the metabolism will affect.

The second one is is toxicity, excitatory toxicity, damaging toxicity, and the third one is circulation. So part of diabetes, part of metabolic syndrome is that you have damages to the micro-scale correlation, right.

And this damages the brain. You know, in general it's called perfusion injury reperfusion, which means there's no blood coming and then blood comes. So the classical one thing is stroke play.

But on a micro level it happens all the time. And the response is inflammatory, triggered by Galectin three. So for example, a paper from 2020 to your take, you create perfusion injury Reperfusion is the brain tissue Galectin three gets expressed, you get inflammatory damage.

That's your diabetes type three You put what is likely perspective, you reverse the damage. I published some really important papers and similar mechanism in people after surgery when they are in the heart lung machine blood get disconnected for a few hours or whatever it is.

They get weakened. It doesn't get because there's blood flowing. But while it is in the machine, the connection and reconnections are for a short while. There's not proper circulation.

The kidney get damaged, send the signal to the body and we know that the kidneys are all they are really is one of the organs target organs of of of diabetes and we know of and the and the it's important to recognize because Galectin three will make kidney disease, chronic kidney disease go get worse much quicker, but also glyphosate.

Glyphosate is a major driver of chronic kidney disease. So we can see a pesticide affecting the brain excitatory never damaging extremely with glycine the smallest amino acid that is neuroprotective and driving chronic kidney disease.

So we so diabetes is really and metabolic syndrome and it's really it's one spectrum. As you said we really have to look at this is really a systemic condition so it affects us everywhere so we can give different drugs for different organs that we can say, let's change the whole thing.

That's really your work, you know, that's what you are dedicated to. And in this sense, aiding this understanding of this very early on what we call upstream survival, the beginning of the waterfall, If we can shut down the waterfall, know what it will be down.

If we try to collect the water with the bucket. It's not a winning proposition. You know. The bucket will either overflow or the bucket has holes depending on how you look at it.

Exactly. I hear you. I hear you. Thank you, Isaac. Okay, super. All right. So what's your protocol for patients to address Type two diabetes and metabolic conditions?

Can these conditions be reversed? Yes, it can definitely be reversed, as we well know. So the basic protocols which are pretty universal, are the lifestyle protocols.

You know, it's, of course, refraining from refined sugars that really a new invention that we all indulged in. I do. And also giving adequate minerals supplements and that helps us to overcome sugar craving.

But sugaring is not a natural thing. People know within days it will change. So balancing our diet, also slowing down the absorption of carbohydrate will will prevent the insulin spike, as it were, Different fibers like regular pectin, like alginate, like different fiber that will slow down the absorption exercises.

Exercise is probably the most important thing because when we exercise, the cell is able to absorb glucose in a better way. Really, glucose is really a starvation disease where we have a lot of glucose in the system and the cell is not getting energy really what I described.

Right. And there are two ways that the body responds acutely with glycolysis, which is devastating long term with ketosis. Right? These are these are both alternative diets.

And in those is the ketogenic diet is very popular.

Diabetes, Dementia, and Type 3 Diabetes

But you remember, if it was the ultimate diet, it wouldn't be able to an active diet, but it would have made it our main diet. It's good for very selective period of time.

I, as an expert in cancer, talked about it as early as 210 to 11 when it got very excited and I took a decade for people to recognize that that's the case.

But for example, intermittent fasting is very good because the pancreas gets a break, the cell gets time to repair, especially if you give enough time between your last meal and night time, then the body.

Now, when the body doesn't need to absorb, it gets time to repair. And then if you are hungry in the morning, take some coconut oil, something that doesn't have sugars in it.

And so these 4016 hours is fine. If you have liver problems, be careful from too long of a diet. You don't want the liver to feel like it's not getting nourishment.

So that's another principle in good hydration and then stress relief, whatever it is, people have more time. Can be a lot of time. You know, I am busier now.

For many years I would go to the mountains for 2 to 3 months, a year for 20 years. I don't know how I found the time, but you can find 10 minutes in the morning when you wake up and before bedtime just to load the system to get space and good hydration.

Most people are chronically dehydrated. Remember, we talked about connectivity, about community. We have 50 trillion cells, Beverly, And people are not aware each cell has close to 1 million reaction.

The second 50 trillion people say 40 or whatever, and hundred trillion organisms, the microbiome. So it's not a miracle that we are talking right now.

I don't know what's a miracle. I love to to say this because all of this works together physiologically. The connectivity is through the blood, through nourishment.

We need hydration. Water connects us. When we get dry, we get areas that are no longer connected to each other. They go into survival mode, right? Diabetes is a disease of dryness, of lack of nourishment.

And then we get panicked. We don't get that with supply. We react with a survival response. So these this imaging that I'm offering, that's really what happens.

The biochemistry is, you know, so well, it's just the biochemical expression of it. And so the idea of community of supporting each other or feeling the earth of respecting the earth is very profound.

And then from a supplement point of view, the quintessence is it you got to use motivated prospecting to block elections, which you look at the research.

There is a reason why I have been in AIDS Grant. There's a reason that over 10,000 published papers on Galectin three Galectin three drives the survival response.

We have a simple way to block and was not effective prospecting. We got to address toxins. We got to support the interstellar space. Berberine curcumin quercetin hono killing and I mentioned really the Quintus sense of intracellular is support for metabolism.

We created a selective effect. It also relaxes the brain and it works very well with modify due to respecting and with. When we do this, we can really change the outcome.

In the other cases that are more severe. And I specialize in a procedure called therapeutic offer. Is this I'm considered be among the industry, the global disrupter, because they took it to new areas.

So they use it for inflammatory conditions for cancer. But for people with a lot of toxicity, sometimes you do need to filter the plasma and to trigger a shedding of the toxin into the plasma because the body doesn't have the detoxification mechanism.

So it's a more sophisticated treatment. It's not cheap, it's a sophisticated dialysis. But once we did saturate the detox pathways, the body gets a second chance.

So you go from really simple of lifestyle and if you supplements to more high tech. But but but but this is definitely this is definitely a reversible condition.

And as we as we get out of diabetes, I really want to make your point about this community, about the pancreas being there. Think about the pancreas. It's right there.

It's ripped about the digestion and the only thing it does, it helps us to get nourishment day and night. So it's really selfless in its behavior, you know.

So in this sense, when you get when you when you're when you're metabolic, you're metabolic status gets better, see how it can affect the people around you.

Reversal Strategies and Treatment Protocols

Look at it is a healing of a community. You know, we live in a world now. We took me for the interview, which is so disrupted which is so device in which you so discriminative, which is so opinionated.

The pancreas just helps us to to absorb nutrients. The heart is the one that gives us love and compassion and and nourishment without discrimination. Right.

It takes all the dirty blood from all the organs, the only organ in the body that takes everything that anybody doesn't want. Connect with the universe, welcome it nourishment and gives clean blood.

It only once it's done, it nourishes itself. So in this sense, the pancreas is it gives us a nourishing food in the heart, just with this electromagnetic field in blood and intention effects our being in the people around us.

If we can view this, it will help in the in the healing of diabetes in a deeper way. And I just wanted to emphasize that no, it's not classical one or one metabolic disease, but it's a difference between an okay treatment and a this superb treatment where all of these factors are taken together to create an holistic effect.

That's a beautiful way to put it. You know, it's healing on multiple levels. And if we can take that metaphor and run with it, right, in terms of how we're nourished, how our body takes in information and nutrients and how we process the things that we don't need anymore.

And what doesn't serve us are toxins, our excretions. And if we can do that in our social relationships, in our emotional world, our spiritual world, and then how we interact with the environment and the planet. Wow.

On all levels, everything. Is it better? Yeah, right, exactly. You put it value versus linked. Yeah, exactly. All right. Thank you. I appreciate you sharing your point of view here with us.

Isaac, I want to circle back to something you mentioned you touched on a little bit. I want to make sure everybody understands what's underneath that, because, you know, when we talk with experts like yourself, there's so much knowledge, right?

So I just want to share this goodness with people. You mentioned Mycotoxins, where you explain to people what those are and why they're a problem. Of course.

So mycotoxins are toxins that are excreted by different fungi, by different molds, and they help the fungus to survive. So obviously they are very protective for the fungus and they just destroy everything around them.

They usually thrive in areas that are very damp and get no oxygen, right? I mean, you don't get you you don't see mold in the in the dry sun when it's you know, when it's like, you know, 95 degrees.

You sit in dark nonfat, non ventilated areas, which is very much what I described right when we talked about the isolation of Galectin three, about the isolation of the cell in about once is no oxygen.

When the metabolism changes to glycolysis, you get inflammation. That's the metabolic disruption. So in this sense they are very prevalent. You know, if you if you live in a humid, cold or hot environment, if there is a leak and they tend to go to areas that we don't have good control over.

So biofilm like in the gut where that can be a shield, where we can get into undoing arterial sclerotic plaque also in the brain and in our sinuses. The sinuses is a great area because we don't have really good ventilation of them and they will disrupt our microbiome, which is our skin.

It is really our symbiotic and neighbors, our security community. We have community between ourselves. We have a community between ourselves and our guests in our gut that have more DNA material than we have.

So they disrupt all of this. And as a result, they will affect our mental capacity, you know, this brain fog and slow mental capacity. Well, same thing will happen in digestion.

We live slow. We get tired after we eat, etc.. So we have to address that because mycotoxins and pesticides, we some heavy metals will really create a mess.

So the idea that we need to really address all of them and so for example, modify it, respecting binds to certain mycotoxins in the product I mentioned like for detox, it binds to others.

We are seeing a really good result with okra toxin reduction. It is very exciting. So as we reduce these these toxins now there is more. It's almost like there is a damp room and you open the window.

What a difference right where you're going. Yeah. What is there in breathe. Right. So that's really what happened between the sale that is in metabolic trouble.

It's going to go to diabetes, autoimmunity, cancer and the cell that has been ventilated. And you can just relax. You want to come to this room now, you can take a deep breath.

You don't want to come in and run out. Right. Like when you're going to a basement. So that's really what they're doing. And then they stay. And the other part is environmental toxins.

And sometimes we don't have control. If you live next to an airport and the planes are flying above you, byproducts of gasoline are going to be showering on you.

Even if you're living in Palo Alto. And it's a 20, $20 million house, you know, And if you live next to an airport with small propeller planes, you're also still getting some led into your organic garden.

You know, so so part of this stuff has to be cleaned. It's part of reality. It's part of our life. We can adapt. We can we learn how to deal with it. It's our survival power.

But we do need some help. We do need some help. These things are very powerfully interconnected. It's like we all rise together or we all fall together.

Totally.

Mycotoxins, Environmental Exposure, and Closing Remarks

That's super, super. All right, Isaac, thank you so much for sharing wisdom and your insights and your pearls here with us. I really appreciate you being on this Reversing Type 2 Diabetes Summit.

Where can our attendees, our viewers find you if they would like more information? Yeah, so they can go to dreliaz.com, D R E L I A Z dot com or dot org (dreliaz.org) And I have a high quality newsletter that goes once a week.

I have a research team that put it together and I teach a lot and lecture a lot, a lot. Meditation and healing outside of the US. But I'm going to start in the U. S.

because it's time. And if you want to find more about what difference in perspective, you can go to pectasol.com and then yeah, and then I do recommend The Survival Paradox for many people.

It's a transformative book. It gives you a very different view on our health, on how we conduct our life and what we can do about it. All right, great.

Thank you so much for this. I really appreciate it. Looking forward to people having the opportunity to access this information and to see this session.

So, friends, as you watch all of our sessions with all of our wonderful experts, please, you know, share this information, share these materials with other people that you know and care about, people who care about their health, people who have specific health problems like type 2 diabetes or pre-diabetes, people who also are looking to prevent maybe they have a family history and they want to rewrite that chapter.

That way they can have great quality information all in one place. Instead of Googling around hoping what you read was credible. We've assembled the experts here, so thank you so much, Isaac, for your time.

And everyone have a beautiful rest of the day. Thank you.