# What Every Cancer Clinic Knows About Oral Health—That You Don’t Transcript

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## Introduction to Oral Health and Cancer

Well, I have the pleasure of having with me no other than Jonathan Landsman. Thank you so much for being with me here today. It's a pleasure. Thank you. Michael, this is, It's an honor.

It's also a very important topic to be covering. What is going on in somebody's mouth, because in terms of cancer, as far as I'm personally concerned, with all my years, almost 40 years in health and fitness industry, everything I've picked up on, the tremendous amount of time I have spent with holistic practitioners like yourself.

It is number one. And so many times when someone's concerned about cancer or their health in general, something's gone south. They don't feel well. And I say, have you checked out your mouth really well?

Blank stares, looking away, feeling uncomfortable. And I'm saying it with all due respect, but it really motivates me, Michael, every single day. Because it's just confirmation that every day so many people are just simply not hearing how important it is to get with the right dentist, feel really comfortable in that office, have a great working relationship with that dentist, and really understand how is my mouth for real?

Because so many walk away from poor dentistry going either I'm okay because they told me I'm fine, or they've got all kinds of problems and they're not being taken care of very well at all.

So I'm really looking forward to talking about all of that with you. I'll follow your lead, but thanks again for inviting me. Yeah, and I see that again and again is that you have and there are cancer clinics that that will not do anything with you until you fix your mouth.

Yeah. And so that how that's how vital it is when you deal with cancer. You know, your oral health has to almost become number one. I know even you know, your doctor.

Doctor Veronique. And with her breast cancer conquer and her seven essentials, one of the essentials is your mouth. You know, that's how. That's how important it is.

And so what? What kind of what role does a mouth play on your health? Okay, well, I think we should just, attack this in a couple different ways. Let's identify first or huge problems.

I say it that way because so many people are not addressing it. And again, for a lot of different reasons they don't know are big, is that it is such a big problem or they're afraid because they've had a really bad experience with a dentist.

They don't have a great dentist, so they just kind of shy away.

## Mercury Fillings and Gum Disease

So it's a combination of things. But we're looking at Mercury based silver fillings. It should be very obvious, Michael, to anyone tuning in to your program here, that that's neurotoxic to have all the half of the material in mercury base silver fillings made up of mercury, a heavy metal that is, I repeat, is leaking out all the time.

So when you're chewing, you're drinking hot and cold liquids, whatever it might be with your mouth every single day. The. Excuse me, that Mercury is a vapor that is leaking out, spilling into your whole system, your brain mixing with you, saliva going into your digestive tract.

Everyone's hearing about how gut health is so important. This is the number one assault that neurotoxic heavy metal vapor is going in and throughout, polluting the lymphatic system, making the blood toxic, putting stress on the

immune system.

And so I don't have to repeat myself. Bottom line is the other three that we're going to talk about, it's this same premise. It's putting way too much stress on your body day to day.

And when you're concern and about cancer, when you're either dealing with it or you want to avoid it, this is not something you want playing around in the forefront and in the background every single day.

You want to eliminate this stress. So that would be number one. And of course getting the right dentist. We can talk about that to take care of these issues is huge.

So another one is gum disease. Now there's a wide spectrum a wide variety of degree if you will, of gum disease. Of course the pictures on the internet of rotted out disgusting mouth that looks like the teeth are falling out of the mouth.

I mean, of course that's gum disease to to a big degree, but that's not what is really hurting the vast majority of people throughout their modern world.

And it's the kind of gum disease where if you brush your teeth, right, just a little bit, you wash them with it with the old brush here and you spit out and you see a little blood, that's gum disease that is not normal.

If there's blood leaking out of your leg or your arm or coming out of your face, you would address it right away. But there's a lot of that going on with people, and it's kind of ignored because it's not really a gushing out of blood.

So gum disease is important because what people need to understand is it isn't just, oh, a little something going on in the mouth. It's representative of tissues breaking down.

There's inflammation there. And that breakdown is represented in the mouth. But it also means something's going on throughout the whole body as well. In terms of cellular integrity breaking down.

You're dealing with inflammation even if it's low level. Keep in mind I'm going to remind everybody it is constant. And that's the kind of stress you don't want.

It's sort of like, oh, is it a big deal if you scratch your arm with a fingernail a little bit, not too hard that you scream, but you feel that little scrape if you stop after two little scrapes and you don't do it for the rest of the year, I think everyone would agree it's no big deal.

Why are we talking about this, Jonathan? But what if I were to take that fingernail and scratch that area, follow you throughout the day and just scratch you like that all day?

That's the analogy I would use. That's like, wait a minute. That's going to be a pain. That's going to be a problem. I don't want that. That's exactly what's happening in our mouth with these things that we're talking about.

So anyway, I don't want to digress too much. So gum disease is very important to deal with. And another thing I want to add on is that the gum disease is so often overlooked and undiagnosed.

So you walk into a dental office, hey, I'm going to get my cleaning today. The hygienist goes in and zip, zip, zip and blasting it with water and spraying it all over your face and your clothes.

Unless you have like a little bib or whatever. So and the poking with the, with the needle or with the probe with the sharp instrument and scrape, scrape, scrape and getting all your teeth clean and ouch some of that hurts and all your gums are bleeding a little bit, but oh, don't worry, that's normal.

My point is, you go through this whole process of 30 minutes to an hour. And side note, indication that you're not getting a good, cleaning is if you're in and out of there in about 30, 40 minutes.

Right away, I would put money on it that you're with the wrong hygienist. That is way too fast a visit. But anyway, you go in and out. All done. Walk away.

Okay. See you in a few months or a year for your next cleaning. And I ask people, do you know what your gum pockets are? What's the number of the gum size, that pocket or space between your gum and you two and most people?

Again, back to what I was saying before. I don't know. They look away, they're a little uncomfortable to question, or they get a little upset, like, you know, the hygienist never told me, or they'll even say something like, oh, they checked.

I'm okay. But I press on Michael and I'll say, what's the numbers? What do you have? Oh, I don't know. So that is what I'm telling you.

## Root Canals and Cavitations

Most of the conversation I would venture to say, well, conservatively, well over 90% of all people I've spoken to over the years, that's exactly what goes down.

Instead of knowing, like I do every quarter, I go and I see a great hygienist who gets it. And by the way, if they don't, you can ask any hygienist to let you know the report points are checked on the outside and the inside of every tooth.

What's the number one one, two, three, six? You get a five verse or four or 5 or 6. And as you go to the hygienist every visit, you keep in mind that upper right, that lower right, that lower left, that upper left, those areas.

I remember what that number was last time. Let me keep knowing what that is. Does the number keep getting bigger and bigger? If the number keeps getting bigger and bigger than your gum pockets are getting larger, allowing stuff to get in there.

Bacteria grows and it's a bad thing. We're talking infections. You ask, how does this impact the rest of our body? I think everybody Michael knows infections are not a good thing to have, but yet somehow this is majorly overlooked.

For a lot of people, because for the most part, I'm going to be a little blunt here. They're in the wrong dental office. They're not getting the information they need.

So they walk out and they're clueless. Third, one root canal treated teeth are all root canal treated teeth bad? Not necessarily. Depends when they were done, but I will say something else.

It's very blunt. If you've had them done and they're sitting in your mouth for a long time and you haven't had them well checked, most likely every single one of those root canal treated teeth, they do go bad.

They get fully infected. The analogy I use is like and I've heard this countless times from dentists, my own wife. The experience of all of them put together is pretty powerful information I've gotten over the years. Now it's like you've killed the nerve.

The tooth is dead. You don't read this on the internet. They'll tell you it's wonderful procedure. It's just so great. You'll save your tooth and everything's fine and you're out of pain, right?

Because the idea is you get a cavity, they drill and fill. It doesn't work out well, now it's hurting me. Dentist, please help me. Okay. Root canal treated. Tooth.

That's the next way to go. That's the procedure we've got to do. Let's kill the nerve. I'm out of pain. I love you, dentist. Walk out. Everything's great.

The tooth is dead. Nowhere else in medicine are we killing something? Leaving a dead body part in you and saying you're good to go. But in dentistry, this is standard for millions and millions of people walking around with not just one Michael.

Two. Three. I don't want to call out the person. Close friend of mine has a lot of them in her mouth and deals with infections and deals with tremendous fatigue.

No thank God. Not diagnosed with cancer. But I talk to this person all the time like everyone else. You don't want this stress. You do have to take care of yourself.

And of course there is a money concern. What do you do instead of that? You know, implants cost a lot of money. Get it? But if someone is dealing with this, you've got to be super, vigilant.

Sorry with the idea that I got to do everything I can to take care of my immune system. And. Yes, if you can, you've got to get those out. Especially if they're infected.

We're going to talk about how, you know, if there are hidden infections, because a lot of people are walking around with that. But these root canal treated teeth are a serious problem.

Well, a lot of people and most people have no idea because they're with a dentist that doesn't view this as a as an issue at all until there's really serious infection that has taken over and spread in the mouth and then causes real issues, and then they have to do serious surgery to correct it.

The fourth one, I cavitation bone infections. Now typically again we have the limited time you're looking at I pulled a tooth a wisdom tooth in the back.

They pulled it out. They didn't clean it out. Well they didn't do the extraction. Well, it heals up. Everything seems fine. And eventually. And infection is there in the bone a lot of times.

Michael, this is no pain, no symptoms, but the infection is there. And again we keep saying this infection, this toxicity, this problem. Hello. If we're concerned about cancer this is a constant stress on our immune system.

Now the body is amazing. I've seen countless X-rays on this. It can typically not 100% of the time. But yes many times it will wall off that infected area.

The body's trying to protect itself. So you can see that in good X-ray imagery, but the body knows that something's there and battling it all the time.

Why is that a problem? Because when we're taking our attention away from what we want all the time as a normal, healthy, vibrant person, our immune system constantly on the lookout, completely on top of it's game, well trained, like an athlete, right?

The immune system goes after it. Any kind of cancer cell gets in there, gobbles it up and removes it from the body. This is what we want our immune system always to be looking for pathogens, things like this, and just taking care of stuff before it's a problem.

But when we have stresses emotional, mental stress, poor diet, toxicity and these infections in the mouth over and over and over again, the immune system is just wiped out.

That's the picture I want to leave for people. That's why keeping the mouth so healthy, which of course spills into other lifestyle habits that are good for you, keeps you in good shape is so important.

So those are the four biggies. I hope I didn't go on too long. I'm trying to give people a very clear picture as to why this stuff really matters and needs to be addressed, and it is very important that we get with the right dentist to do a proper evaluation.

We can talk about that, and if you like, we can get into some of the things I do at home to keep my mouth feeling pretty good. Yeah. So I mean, what people don't realize is the, you know, the proximity of the mouth.

I mean, here you have the brain right above, you have all the meridian lines, you know, from each tooth, you know, that hits all the different organs throughout your system.

You have blood passing by underneath the tongue continually. It's an easy access to, you know, what's going on in the in the bloodstream right there. In fact.

Yeah. Here at the center, we do, you know, light therapies. You know, where we treat the blood. Just having putting light underneath your tongue. And so you have a quick quick access and absorption right there.

So your mouth whole, you know, if you're dealing with, you know, parasites and I, I mean it's scary when you have, you know, some dentists, they do a little scraping of the teeth and then you look at that under the microscope and you see, I mean, the, the, the amount of bacteria and sometimes spider rickets and sometimes said that are there.

And knowing the impact that has on your whole meridian system, on your whole bloodstream consistently. And also you have, you know, your, your brain right there and the absorption that goes up in the brain, then continually inflaming the blood brain barrier.

And that creates and signals inflammatory signals to the rest of the body. You know, when the brain is inflamed and under attack, it's going to send stress signals to your immune system.

So it has that cascading effect that that is that we don't recognize. I mean, yes, like you're saying with the cavitation, we may not be in pain.

## How to Evaluate a Biological Dentist

And I had, you know, patients that have, root canals that were completely bad, completely, in fact, that and there's no pain or they've had fallen and they had a hit and infection and they fell when they were a little kid, and the tooth would look fine, no pain.

And then all of a sudden they developed like thyroid cancer. That and then when they removed that infection, you know, the tooth, you know, the thyroid cancer resolved.

So there's a direct correlation. That's why this this topic is so important to discuss is and you said a few amazing things. I hope people kind of picked up on it.

Yes, of course, the stress which the first thing I think of always when we talk about these things are and I'm being very candid, it's a tough sell to communicate this to people when.

What are you talking about? I feel fine, I don't have pain, boy, of people interested in seeing a dentist when their mouth is hurting their tooth gums, they have a real pain there.

It stops you in your tracks, but there is a lot going on. Like that fingernail analogy I use before that's constant. It's really aggravating on a cellular level, and it's the kind of thing we just want to get rid of, that's for sure.

We don't want that constant stress. One other big thing you mentioned was the phase contrast microscope that again, going now a little into, if you don't mind Michael getting into, you know, are you in the right dental office.

So many of these offices just don't do it a little saliva, it's not like scraping. It's not like a biopsy. Just taking some of that liquid under a slide and just sticking it in a microscope and looking with magnification and how busy the pathways are in that liquid that's in your mouth.

How much bacteria is there. So a phase contrast microscope, which is, you know, not that terribly expensive for a

dentist to have. Of course, you have to have the mindset to want to do this in the office.

And the hygienist who's just, yeah, gets it. That will do this, you know. So it has to do with office management and all that good stuff. But that's how you know you're in an office.

It's really hey, they're looking out for the patient. They want to check on some things you may not be aware of. And so the idea is one, two, three, four.

So one is like a moon crater with nothing going on. You look through the microscope, you can actually see it yourself. I mean, I had a hygienist up in New York.

God bless her. She was the best. And I'm down here in Florida now and we have good ones. But she was like, the best. And, she used to let me look at it.

So when you don't see any activity at all, or maybe you might see one little squiggly thing moving around, that's okay. But like when you get into 2 or 3 or you graded at four, which is sort of like, I'm from New York, you know, Long Island Expressway or some of these major highways where you have like hundreds of thousands of cars and all this energy and activity like crazy.

You don't want to see that under a microscope in your mouth. That means you've got a lot of stuff going on. Spy Kids. It obviously, like I said before, is representative of, you know, buggies and stuff, probably throughout your whole body.

So it's just one example of what you need to do. These would be the three things I would say for I'm in a pretty good place. One, they have that, but some may not.

Okay, two is non-negotiable. The checking up the gum pockets, you got to do it. And even if they don't and you're about to get your teeth cleaned, you can just respectfully ask.

Hey, if you don't mind, I'm just curious about my pockets. Can you just call out the numbers as you go through every tooth and just let me hear what the number is?

Oh, sure. No problem. I mean, I've never heard anybody say, Jonathan, and I'm in front of a lot of people throughout the year for many, many years. Jonathan, you know, I just wanted to write in and send you an email or they run into me at the health food store because they recognize me.

And, I followed your advice, Jonathan. And the hygienist said, absolutely no way. I won't do it. Of course they'll do it. But a lot of times I'm just giving you the heads up.

You're going to have to be proactive. You're going to have to ask to have those pockets read out to you so that you know where your numbers are. And again, one, two, three.

It's okay if there's stability there. That's great. But if you start seeing each visit, you know, 2 or 3 days become 4 to 5. That area needs more attention.

And we can get into some of the things that you can do at home that can actually reverse that kind of problem within your mouth, really clean things up.

Or at least keep you very stable so that you keep really good numbers in your mouth. And, number three is a really big. Michael certainly can pause if you want to chime in, because I know you're, you know, a major health care provider that's seeing a lot of people and perhaps, I dare say, in serious health, concerns or, conditions.

So, yeah, that's the third one. Yeah. That's the thing is that, you know, when you deal with something like cancer, you know, what you are dealing with are all these kind of inflammatory signal things that's taking place.

You deal with the confused immune system, you know? So any time that you can then remove this, you know, reduces inflammatory signaling that drives that, that feeds cancer processes and also then ease up the stress on the immune system, because when the immune system's consistently under attack, then it's not going to be able to deal.

It kind of puts cancer on saying, well, it's not the the major issue right now. I got to deal with this over here. We have a continual inflow of bacteria, parasites, you know, whatever it may be.

Yeah. We got to be high alert. You know, this is annoying. As you like. You said, that fingernail that's been scratching us for years now, and we we've got to stop this because we can't handle this anymore.

And it puts kind of the focus on cancer, on pause. So we essentially want to kind of clean up all these different stressors that are there. So the immune system can be focused, can be targeted and can be and you know doesn't have that stress.

So that's why, you know, these are just some of the factors why it is so important. So I apologize. No no no worries at all Michael great points. So the third one is also non-negotiable at this point.

In all my experience, the first one phase contrast microscope okay. They don't have that. But you can do, you know bacterial testing as well. You can always send out to a lab to see how you bacteria in your mouth.

You know, there's different ways to check a good dentist can be able to see something's going on in your mouth as well. So even if they don't have a phase contrast microscope, okay.

But it's just an indication that, okay, these people really do care about patient care. So that was the one that I would say, okay. Either way, the second one we pointed out gum pockets.

Non-negotiable. You should know every time you go for cleaning. Got to have it. Third one non-negotiable. Whether the dentist has this machine which is very expensive or not, they should have a relationship with someone where they can feel comfortable to send you to get a cone beam done. Now, Jonathan, what are you talking about?

Radiation, x rays. What are you promoting? You're part of the pharmaceutical industry. No, I'm not part of the pharmaceutical industry or the medical industrial complex or all these things that sometimes somebody might think not at all.

This is where technology today is truly amazing. You don't have to get it every year if you have no health concerns and you've never had it done like me at 60, I've had one done in my whole life, only recently being down here in Florida with a really good dentist that I have now, thank God.

But that's for another, presentation. This kind of technology gives you the ability in three dimensions and the ability to turn and look at the head in so many different ways.

And I mean, the entire head behind the tooth, the sides of the tooth in front, the sinus cavity all around in in one test that you get, it's a three dimensional cone beam test that can also with the right health care provider, if that dentist is not familiar with this and doesn't have the machine, they certainly won't have the software that goes with it.

To be able to take that imagery, put it on a computer, a nice screen size for you to actually see when you sit with your dentist and with them to take their mouse and just hover over and show you and reveal your bone density.

This is where it goes back to what I was saying about cavitation is you don't know you have a cavitation. The old days we got to cut the gum, get in there, scrape, scrape, scrape.

You got a lot of mushy garbage in there. Wow. You are infected. We got to get down to that bone. And that's how you clean up a bone infection, a cavitation and all that mushy stuff. And get it out.

But before cutting open the gum and taking a look which most people are not doing bite wing X-rays, panoramic two dimensional X-rays are not enough. And I'm going to keep myself limited here.

But in dentistry it's really bad. Okay. And I'll go just that far in saying that a lot of people are being told they don't have cavitation or they have cavitation without a proper diagnosis, with the cone beam X-ray giving the clearest understanding or perspective that there is most likely infection there.

How do you know for sure how bad the extent of it? You still have to cut the gum. Get in there with a good practitioner to properly clean it out, and to really take a look like that.

But when you take the mouse on software, after this image is done and you're looking around upper right, lower right, lower left, upper left, and you click, click, click.

And in the sinus area it's a huge negative number. But it's supposed to be it's empty space. So it's a big negative number in the cone beam. The software will reveal very good strong positive numbers high numbers.

Those positive numbers are good. Bone density, lots of bone. You're okay. Very unlikely to have any kind of serious kind of infection to be concerned about.

But if there's negativity where there's supposed to be bone in a certain area, that's a strong indication that it's getting rotted out. And that is most likely a cavitation.

So again, this is non-negotiable. Other areas that could have been beckons. So many people get crowns and or they'll get cavities done right drill and fill.

And there's so much stuff like that that's going on from dentists where they're not picking up on infection. And, and quite honestly, a lot of older practitioners or maybe middle age, dentists are missing infections.

They just don't see it. Okay. Or you go in for a cleaning and it's a little something and they say it's on a what? But then you don't go back to the dentist for half a year or a year.

Believe you me, Michael, that area can get very infected. It cone beam X-ray is going to really show all of this. And when you're with the right dentist, that's where you can come up with a plan.

It is way beyond the scope of this conversation, but depending on the bone density, we're talking about the health of the person, what they can afford, what they can physically tolerate, how urgent a situation it is, where the infections are in the mouth, and what kind of plan of action implants or just, you know, inserting baked teeth in there.

If it's just one tooth, you know, is it in the back? Maybe you pull out and clean it, pull the tooth, clean it all out and just leave it, you know, empty space because it's the last one.

Maybe it's a wisdom tooth that gets pulled out and you clean it out, and the person's much older and it's not really a significant part of their chewing surface.

Then maybe nothing else is done except cleaning out the area. So there's a wide variety of situations. It has to be gone over with a good biological dentist, but I would say these are three things that would let you know that you're in the right place in terms of a good dentist.

The other things are common sense.

## Safe Mercury Removal and 3D Cone Beam Scans

I encourage this a lot, Michael, and I know you probably have heard me say this, or people familiar with my programs have heard me say this over and over again.

It is, you know, warning here. It's not scientific, but it's very legitimate. And I'm sure you would agree. Michael, follow your intuition. What does your gut tell you about the person you're in front of or on the phone with?

So when you're looking around for a good dentist and you're asking a few questions, I'm sorry, we just don't have time for this right now. You don't have to come in, you know, you get certain feelings when you're talking.

You know, that's a great question. The doctor would be happy to go over this with you. Yes, we get that all the time. And we can answer all those. You know, it's a certain vibe that you get when you're there.

Or you could pop into some of these dental offices. You could just sort of look around and see what it feels like and talk to the people at the desk. There are different things you can do before you even choose a dentist, but you get an idea of, are you in a good place?

Do you feel comfortable going to the bathroom? May sound a little funny, but go into the bathroom of a dental office that says, hey, we're totally holistic and they have like fluoride in all their products.

They're mouthwashes and stuff. I mean, these are things. Again, I'm not trying to sound like a judgmental person, but when you hear that a dentist is saying, oh, we're natural where we're holistic and they take out Mercury fillings, but their office is not walled off.

It's sort of like partitions and it's open air space. And the the rooms are next to each other. And then you ask them what kind of safeguards do they use?

The, you know, the International Academy of Medicine and Toxicology has an entire protocol. I'm just curious, did the dentists get trained by the, IEA, OMT or International Academy of Oral Medicine and Toxicology with the safe removal of mercury based silver fillings?

You know, you get blank stares or hesitation or stone silence that's telling you something. They are communicating something to you. If you don't like what you are either hearing or not hearing in terms of a response, you're in the wrong dental office.

And so again, I spent a little time on this 2 or 3 minutes to hone in on this idea that your gut intuition, your gut instincts, your intuition is valid.

Go by that. You never want to have regrets later. You know, I never did like that person. I shouldn't have listened to that dentist. I went and I did something, and I'm so sorry I did.

I have heard this Michael countless times. Emails, common comments that we don't post on the internet because it's just more craziness rather than informative.

But I know that what's out there is really, really bad and people saying things to me like, I wish I saw your program, Jonathan earlier is too late. And then they go into these terrible stories of being with horrible dentists.

So these are the biggies, those three, the phase contrast microscope, right. The checking the pockets cone beam. We got all that follow your intuition.

These are biggies to protect your health. This should be a top priority because I've, as I've said in my program, that I did all on holistic All Health Summit, you know, the vast majority of conventional and integrative medicine.

Not you, Michael, but a lot of this, these two professions that are out there touching a lot of people's lives, they're still overlooking this problem in a big way.

And you use the term biological dentist. Yeah. And then you talked about a certification. So how do they equate each other or biological dentists. Is that more than that?

Yeah I mean biological holistic dentists for the sake of this conversation, is a dentist that truly respects the impact of what they do in your mouth, how they investigate things inside your mouth.

Do they thoroughly do that and relating that to other issues throughout the rest of your biology? That is a biological dentist. But again, to be very candid, there are several different organizations.

I do tend to focus on the International Academy of Oral Medicine and Toxicology. I know a lot of the practitioners that come out of there, but Michael, that's not an end all be all because a lot of practitioners can go there.

They go for a weekend, they do one type event, they go to. Then for years and years they say they are trained by I omt dawg. People can go there. They do conferences, they do a lot of training.

They put out a lot of great information. But it still comes down to, are you with a practitioner, a dentist that really adheres to these principles, or are they just sort of using all these right words to attract more patients into their office?

But they're not really doing a great job, and I don't want to make it sound like it's from a malicious place. But really, just from a business perspective, maybe they've done a little something.

They feel like that's okay, but they don't have the really deep knowledge. And Michael, I'm going to step out and say a little bit more because I do know a bit more that in a lot of cases, many of these biological dentists do have a lot more to investigate about the way they're practicing dentistry and really pause and self evaluate and make changes.

So it's it comes down to people need to know themselves as much as they can. And that's why I honed in on these things today. Michael, I appreciate you giving me the time to air this stuff out.

And let me get all this information out there. But I do want to finish with go by your intuition. Yes. You'll get a lot of intellectual knowledge from programs like this and seems interesting, but what resonates with you?

Does it feel right? Does this seem like one thing? Out of everything we talked about today, or anything that they get from all of your program, Michael, what is it that really hits you deep inside?

Listen to that and dive into that and take care of that. And and I always say not so much as a joke, but once you check that off your list, don't worry, there'll be something else that floats up to number one on your list.

And then you just go after that as well, which is what I've been doing since 1986. So, a long time. Yeah. You've you've educated so many people in so many ways in regards to their well-being, their health.

I mean, they're and all of your documentary series, you know, for all the listeners, out there. Yeah. They're phenomenal. Yeah. Go and go and check them out.

Yeah. They, you really get educated through, you know, through these programs that that you offer and just to kind of reiterate just a couple things. Yeah. One safe marker removal. Yeah.

So don't just go to your local dentist and have them chop away on your silver fillings. It is really, really important that we minimize the spillage of mercury into your mouth as you are removing it, because mercury neurotoxin also for any hormonal cancers, you know, it is, estrogenic.

And you know, and like I said, inflames a got, you know, Lance and the thyroid inflames the thyroid a lot of habit. And then number two, you know, just want to reiterate the importance of cone being scammed, the 3D con being scam, just because you you don't know what's going on and you gotta have a look, you gotta see just because you have no symptoms doesn't mean that's not their cone being scanned.

The 3D cone being scanned will reveal, you know, infections will reveal, you know, what was going on so that you

can clean that out so that you least have the information.

You have a choice. You know, you don't want to be flying blind. So, Jonathan, I'm so appreciate what you do and what you bring to the world. And thank you so much for spending this time with me today.

My pleasure. Thank you very much, Michael. And I hope it helps, many people out there. Thanks again. Thank you.