Introduction and Guest Background

And about two and a half months later, she came in radiant and she sat down. She said, I never in my life knew I could feel this good because her whooping cough was suppressed by the antibiotic.

It kept trying to express every year annually through bronchial issues. once or twice a year and what did she go back on antibiotics? And so it was constant suppression and once she didn't suppress and we gave her the right remedy to do the healing that should have taken optimally in place when she was six years old, she's a different person.

Hi and welcome to The Balancing Point. I'm Dr. John Needers and I am here to make traditional Chinese medicine functional medicine and integrative health simple, practical and fun so you can restore balance, boost vitality and enjoy a healthier life every single day.

Hello, welcome to another edition of The Balancing Point. This is Dr. John and I'm here with a guest that I am very excited about having on. You know, it's always wonderful for me to meet with people that have a lot of experience and, or a of new ideas of how to integrate medicine.

And in today's episode, we get both. So we got Dr. Joanna Maytree, who's been doing this for, I think, 35 years, been in healthcare and yeah. And so she specializes in hormonal health, nutrition, women's health.

What was stood out to me is that Dr. Joanna has a doctorate in traditional Chinese medicine and also in classical homeopathy. And I had been the first.

episode that really exposed me to the idea of doing traditional Chinese medicine was actually a homeopathy retreat. The local homeopathist was being brought up on charges of practicing medicine.

And so there was a big retreat for him at a retreat center. So I went to that and in talking with everybody there, it's like, wow, okay, I want to do Chinese Medicine.

It took me a while to get there but I finally did. What I love about Dr. Joanna's practice is she uses so many different tools, right? She's not a carpenter with just a hammer.

She has the whole toolkit. Uh, she includes nutrition, genetics, fertility, again, hormonal assessment and care. That's just to name a few things. And Dr.

Joanna, obviously when you see what she's been doing is a seeker. she is one of those people that will be a lifetime learner, Right? Yep. And so I truly, truly admire that.

And I'm very happy to have Dr. Joanna's intelligence and commitment here with us today. So Dr Joanna, welcome. Thank you. It isn't really a pleasure to be here.

it's an honor. I am very touched. Gosh, yeah, I need to come up and see you in Minnesota. Absolutely. Well, again, one of the things I love about your practice is it's so diverse from TCM to homeopathy, which in some ways are on the same side of this scale, but in sometimes they're on opposite sides, right?

Chinese medicine, more like conventional Western medicine. If you have heat, you apply cold. But in homeopathy, if you had heat you might give something that could create heat.

So can you tell us about some of that? Okay. It would create Heat in what's called approving.

Homeopathy vs. Chinese Medicine

Yeah, okay. Well, If we take a particular plant substance, Let's just say aconite, which is considered a poison, but it's a wonderful cardiac remedy. It's fantastic.

And it is particularly good for people who've had a lot of shock in their lives. So yes, it can, let's say it could be heat. I'm just going with that.

If you do it, if you give it to patients that have no issues at all or are in relatively good health and they take this remedy, they might tell you they start feeling warmer or they have a type of inflammation.

And so that's how we learn. That's exactly what that remedy in a diluted form, in higher frequency, will treat. It will treated. So whatever it causes in optimal healthy patients is what you can use for patients that are sick in the higher dilution.

So is the body then responding to that substance to, I don't know, almost get information? How would you explain that? It's interesting. I just went through this on a recent workshop last week, weekend, and we were talking about antibiotics and when we're talking why people can have continuing infections.

You can UTI multiple times. It can be five years apart, it could be every six months. Either way, whether it's a slow chronic or a fast chronic. So what happens is that the antibiotics can It's a material substance, and it clears the material bacteria, but it doesn't clear the energetic imprint.

Okay, that's the beauty of homeopathy. So the right remedy can not only clear physical, also the energetics. And once you clear energetic, you no longer have that imprint that keeps showing up.

That's where Western, and I'm not saying you should not be on antibiotics at certain times in your life. It's essential. I would never say no to that.

But when you have a chronic condition, it's not working or a Chronic sinusitis. it is really reducing the heat, the inflammation, The bacterial overload temporarily, but the energetics.

And then I have to go in and clean out the antibiotic because that has an energetic imprint also. So then we find remedy that works with A, the bacteria, and B, they imprint from the anesthetic antibiotic.

And then when you do that, it's a game changer. Well, that's great explanation. Again, I know almost nothing about homeopathy, but when my son, was six or seven, I guess, he kept having some recurring issues around hives, right?

Now we got rid of the hive with TCM, but they'd come back. So we took him to a classically trained homeopathist in our area and she cleaned him up completely, completely.

It's beautiful. It's really magic, it's not magic if you don't understand the dynamic of it, but it is very magical. Can I tell you the story about this patient that I had?

She came to me in her sixties. with a diagnosis of breast cancer. And she said, I do not want to go on chemo. I said okay, well, by law, tell you that I can clear cancer, but let's get your immune system up.

That's how I phrased it. A constitutional remedy is a remedy that covers physical mental, emotional, and sometimes spiritual. All of that within a patient, you find one remedy that does all of it.

And that takes time. It takes me almost two hours on an initial case taking. I pretty much identified what remedy I thought would help her and I put her on it and she felt great for six months.

She felt really great. One day she called me and had a horrendous cough. And I said, have you ever had this

before? And she said I have this every year, every spring, Every summer, I Have a terrible bronchitis.

Then I asked the big question, when did this start? She said Oh, it started when I was six years old and I had whooping cough And I said, did you go on antibiotics?

And she said yes. And said okay, now you're going to get better. It turned out the remedy I gave her was also a remedy for whooping cough. Oh, that's wild.

So I wasn't going to change anything because that was a big rookie mistake. We tend to shift around and try different remedies. I said, nope, I'm going get you through this.

And I talked to her every morning, every night for two months. She said I need you in bed. You need to be really prone and just relaxing and not running around.

Well, it's perfect timing because I am a teacher and it is now summer and I don't have to teach. So she stayed in bed. I spoke to her every morning, every night.

She was slowly getting better, better better. Less intensity, less frequency, and less duration of the cough. And I said to her, when you are done with this, you're going to feel better than you ever felt in your whole life.

And she said, really? And just latency. About two and a half months later, she came in, radiant. She sat down. I never in my life knew I could feel this good.

What was happening was because her whooping cough was suppressed by the antibiotic, It kept trying to express every year annually through bronchial issues once or twice a year.

And what did she do? Go back on antibiotics. It was constant suppression. Once she didn't suppress and we gave her the right remedy to do the healing that should have taken optimally in place when she was six years old, she's a different person.

I ran into her We kept her on remedy for another year. She's complete remission of the cancer. And here's the concept that people don't realize that when we suppress something, it just goes somewhere else.

So she never ever identified that her cancer could have been related to that immune suppression or that bacterial suppression all the way back then.

Chronic Illness and Constitutional Remedies

Well, that's a great case. One of things that stands out to me about that is your amazing commitment that you are in contact with her twice a day. That's an amazing, I can't quite imagine my medical doctor doing that with me.

Here's the thing, here's somebody who's trying to clear almost 60 years of a pattern and you wonder if you're ever going to get through it. And so that's why I show up for them.

Now, and when my patients get sick, especially since COVID, There's not too many of them that they've been on a protocol so they don't get it. So most of him have done very well, but the few that have it, they're like, you know, when is it going to end?

So I have them call me every morning and tune in and say, okay, this is better. This is bad or this better than we wait. We're moving in the right trajectory.

If it's noticeably not better, then I say okay. Next we find something better for you. I know you do acupuncture, homeopathy. Do you also do Chinese herbs with patients?

Absolutely. Especially now, since COVID, there's so much cardiovascular issue with the whole spike of protein,

inflammatory, clotting, and AFib. AFB is not normal to see on commercials constantly.

Take this, take that for AFIB. I do. I use Chinese herbs and I strengthen the kidney and the heart because as you know, they're relational. If one is down, it can affect the other and it makes a difference.

And I have a patient now who's 93 years old and she has kidney failure, lung failure. COPD lung failure and cardiovascular, her heart failure. And I put her on the Chinese herbs and one homeopathic to strengthen her and her kidneys and lungs.

She called me up, she said, I'm going to make it to a hundred. That's so beautiful, that's just beautiful. Yes, you know, in that toolbox you need to know what is it?

You can't just say, oh, have this, take that. That is Western medicine. Do this? Do that? Whatever. But it doesn't always work for people. So you have to really know your case, assess your cases and align the right remedies or herbs like in Chinese medicine or protocols for them.

Thank you. That's a great answer. So where did you do your homeopathy training? I had a school that came into the U. S. and the Hahnemann. I did that series of workshops with them.

They were really good, really, good. In fact, I think the head of, if I remember correctly, the Head of the Homeopathic School, and he came over here to teach us.

He was the homeopath to Queen Elizabeth. The royal family is huge on homeopathy. I know. Isn't it great? Oh, yeah. And I knew an acupuncturist that they used to come to also.

So they knew what was going on. You see how long most of those people live. It's amazing. Right. Absolutely right. My patients have been with me every month for 35 years.

Every month they do a check-in. They're leaving people in the dust. You know, they're surviving their families and their friends and they are aging beautifully.

Well, I interviewed Dr. Pat McShane a little while back and, you know talking about post-menopausal issues and we both agreed, although she vehemently, that older women are really often overlooked and given short shrift.

Now, I know from my experience that older men sometimes are too, but I kind of insist on getting what I'm there for. But often, we both said that that's a huge problem.

It's like, oh, well, of course, you're 70. Of course you've got these problems. I agree. And I was interviewed by Pat. She was lovely. One of the things we talked about, and I do tell my patients, is that women When we grew up, if women died at 65, passed away, nobody blinked.

It was kind of normal. And now women are living into their nineties and hundreds. Half their life is without the right hormones, without good bioidentical care, and you have to really study a case and understand their history and their lineage and familial history.

If there's breast cancer all the way through, no, we don't do estrogen, but there are other ways around that. And so what I have found is that women are aging without support that they need.

and they're getting into menopause earlier. I mean, there are women who are 29 going into it. And the reason, from my perception, the reasons is that we have women that are having babies, going back to work, running a household, in a marriage, or maybe not, and it's a huge amount of stress, huge.

And they're having to micromanage everything and they are wearing out a lot faster. Gotcha. I treat a fair amount, not as much now as I was, I'm now treating more long COVID type things, but I wasn't treating a lots of ME-CFS or chronic fatigue, which has a huge overlap.

And I would see a woman with three children. running their household and working as an attorney. And you can only do that so long. It's just, it's not sustainable.

I have two parent families who will have 2 or 3 kids and they spend their entire weekend driving them to sporting events. I played sports all through high school.

My parents never drove me anywhere, not once. I don't think my mom ever came to a game, my dad came a few of my baseball games, but my Mom didn't. Nobody expected her to.

It was just take the stress off, be a mother. And it's so hard now. So many additional things just heaped on top of it. Then we've got all the other influences.

you know, our problem. COVID changed everything and when COVID broke out and we really got the news about it, I knew something was wrong because I was treating two children that weren't responding to remedies that I new worked.

And I turned to my assistant, it just came out of my mouth. It's not something that was thought. I said, this is a global Holocaust. This is much more than just COVID.

we're going to have a big fall apart thing happening here over the next number of years. And sure enough, you know, it was a global event and it really affected people who still don't know some of their current symptoms are related to that.

It's education. So I had the tremendous good fortune in my doctoral program, and it was not my doing. I was just in the right place at the time to have studied with the two best known stroke doctors in all of China.

Zhao Xunfa, who created the scalp system and Xuezhuo Min who ran the largest stroke hospital in world. They saw 10,000 patients a day there. And they built a railroad station to take them, the patients out there, so anyway, I studied I almost never saw a stroke patient.

It was very rare. Nobody really thought of, you know, going to Chinese medicine for stroke, but then the pandemic hit and I have so many stroke patients that I'm currently seeing after vaccination and it was just, we're flooded with them, right?

So it made a huge difference. I am one patient who had a spinal stroke. Oh my gosh. Yeah. And, and she was getting a lot better on remedy. But she was really hooked into the allopathic system, and her doctor told her she had some kind of muscle issue in her legs, which was diminishing.

But, she wasn't patient, so she ended up taking a botulinum injection.

Hormones, Thyroid, and Fertility

And the case went to hell in a handbag, you know, because that undid the work that we had done and that the trajectory we were moving on, but people want a quick fix.

And sometimes it just takes time to rebuild the damage and the whole neural pathways and, and myelin sheath and all of it needs repair. Well, and as you certainly know, it generally took people a long time to get to that state of ill health.

Now, sometimes it's an auto accident or something, but you know it goes back to childhood in many cases. Well you saw the cancer case, right? With whooping cough, It goes way back.

Yeah, so then to expect to heal that in a day is really not very appropriate. It's magical thinking. Yes, exactly. And your bio mentioned genetics. What do you do with genetics?

Well, usually I got into genetics when I was 58 and really burned out and I just couldn't make a comeback, essentially. I kept working, but I really was suffering.

And I read an article on MTFR and MTRR, and all these genetics and went, that's me, so I immediately had my genetics tested and had a wonderful practitioner, he's a cardiovascular specialist, but he also got into genetics for his patients and he taught me well.

And I ended up doing it for my patients. So once we get the raw genetic data, then we can put it into a program and I can see, you know, gee, what's your dopamine levels?

What's you serotonin levels, and most of my genetics is not optimal. You know I'm very sensitive to Western medicines. I don't do well with them. That was on there too.

Um, don't detoxification is slow, made sense with my past history. And then I really got into it and it helped a lot of people. A lot. It's like being reborn because there are things you can do to take where those genes are slowed down or, you know, only half of that gene is functional.

Then you take certain supplements for it. Yeah, that's brilliant. And it's so much more available now and so less expensive. It's very affordable to most people now.

You can do a test for $350 and then pop it into a program. I used to do it all by looking up each one. Well, sometimes that's how you have to start though.

So I've written two lab books, one on the Chem 14 and one CBC. But I remember when I started reading labs, I would be sitting here with my computer and a textbook every time going, aha, that it, right?

And of course, after a while you get so that you can read those in a matter of minutes. Right. It was agonizing for the first few. And I tell students that and they'll say, well, where did you learn this?

I said, Well I did some education, but at the beginning I was self-taught. And you know, after a few tests, you can look at it and go, of course, right?

And so that was good that you had to go through that probably. Well, I think you're a seeker too, and it doesn't stop. Never. Western medicine, there's something new every day.

I mean, I don't know how many podcasts I get now and blogs, but there is something knew. But Chinese medicine is so deep. It's no matter how deep you go, There are deeper levels.

You know, and you read about some of these brilliant physicians in the past and what they were doing. And it's like, that's amazing. Right? So. Do you know Kiko Matsumoto?

Not personally. I met Kiko 35 years ago when she first came to this country. And I think her work is amazing. I've been doing her style of acupuncture since then because you get results before that patient even gets off the table.

Yeah. Kikos not only brilliant, I saw her just a couple of years and she had as much energy as she did 35-years ago. So there's something right there.

And I also noticed, I went to your website, and I noticed that you created a product line for your patient's well-being. Can you tell us about that? Well, it started, yes.

It started about maybe five years before COVID hit. I created product called Respiratory Protect. And had a lot of infants and babies that were coming in with, you know, croup.

I created this product called Respiratory Protect that prevents getting colds and flus. You just put a little bit at the nose and sometimes on the lip and certainly on your throat.

Or you can use it at first sign of getting sick, or you use on chest for bronchitis. And it was incredibly amazing. Then when COVID broke out, I had all my patients go on it.

That was a big game changer for them. Rarely did I see one of my people with COVID. That's wonderful. Amazing. Sorry. No, we'll see so many patients that clearly are still having long-term effects from COVID, but it's hard for them.

They just can't quite grok it. they don't really put it together. So we've started doing more spike protein lab tests and they'll come in, you know, 25,000 times what it should be, and then trying to explain to them, yeah, the virus is one thing, But you've got this spike.

And it is still, essentially clogging you up. And it takes one, two years to break it down. But there, I did a workshop just on this and I think February about, you know, what to take to, break down and it's different for every person again, given their history, but it is doable.

And, so what? It takes a couple of years. you know, what's the big deal? Because the bottom line is you're going to get there anyway, so why not be getting there in better shape, right?

Exactly. And who knows what would happen otherwise during that two years with those spike proteins. Yeah, we're kind of on the same page here. Although I do admire your homeopathics a lot.

I'm a little envious. So that's why you created the product line then? Well, and I did what's called antiseptic assist. It's like a natural neosporin, but it doesn't have any petroleum in it at all.

Its clean, it's the highest essential oils that I can get. And I have somebody, a vendor that travels the world and won't buy it unless it is tested and up to the top tier.

It's more expensive, but it works. It is beautiful. it's like a living biological conglomeration. And so I have the burn bomb. I had a colleague call me and say, I almost have a third degree burn and she spilled boiling water onto her abdomen.

and I said, i'm sending this to you now. She'd been for two weeks on sylvidine and it wasn't working. and she was in a lot of pain. I had her put it on.

She sent me a picture. Less than 48 hours later, it looked almost completely healed. Wow, that's amazing. So I think these things should be in everyone's medicine chest.

You just leave it in the fridge, you know, because it's a living substance. It's alive. In the sense that it is so synergistically and biologically connected.

So it's pretty shelf stable then if you refrigerate it? If you refrigerator, it is good for about three years. Okay, cool. That's great. And then in winter, people take out their respiratory protect.

If they have a burn, I have one practitioner who actually ran an iron over her fingertips and she put on the burn bomb and said within two hours, all the blistering was gone and the white from the burned was So it does work i'm not interested in making one product that works and creating multiple products to create a line that don't work.

I want each one to stand on its own merit so. Aniseptic assist burn bomb trauma bomb is a big one so whenever there's an injury if people put that on with some infrared it works beautifully.

Even a fracture once they are taken care of and I can do homeopathy for reducing pain and knitting bones faster. But if they use the trauma bomb on it, you know, falls, sprains, everybody trips eventually somewhere.

So this stuff works really, really well, tendinitis, all these things. I would say that respiratory protect and trauma bombs are the two number ones. That's awesome.

How would, if someone wanted to purchase those, how would they go about it? So on the website, it will say CoreStar Healing Arts or Nova Botanica. Okay.

And so corestarhealingarts.com, Nova botanicas, the product line. It'll take you right to the site. And on that site, you click on Nova Botanica and it'll just show you, I have a skincare line also for sun damage and radiation damage.

Then I had one for just aging. You mentioned several things that I'm going to buy for myself. I grew up in Napa where it's very hot and sunny and I would play baseball for six, eight hours a day without a hat on.

And so my skin, you know, I have to go in or I had been going in once or twice a year to get things burned off, but I'd love to have some of your remedy.

Yeah, and we can talk after I'll give you my protocol, how to prevent, you know, precancerous lesions. I did a workshop on that just two months ago. Yeah I was a dermatology nurse at one point.

Oh really? Okay, that's great. And so I'm like, when I look at people, I, look their skin. Well I looked at a lot of things, but I… Dermatology is definitely not my specialty.

It wasn't mine until I worked for one of the top practices in Beverly Hills, actually. And they were really good guys. They weren't flashy, you know, trying to sell you repair work all the time.

There were real humanitarians about it. I enjoyed working with them and I learned a lot. So I know you do hormonal support. What do you see that actually gets missed a women and men, I guess, too, are looking at hormonal support.

What do you see that doesn't get handled? Three things. First is blood work's not accurate, because there was a – I can't remember her name. There was practitioner almost 20 years ago in MD in Stanford, and she rounded up a bunch of women, started drawing blood, what she found was that we pulse our hormones every 10 minutes.

So when you get a blood draw, if you're low, did you just pulse? And you are low? That's not good. Or you about to pulse and you low. There's no way of knowing.

So I personally do a 24-hour urine collection. And it's unbelievable with Meridian Valley Labs. It's excellent. Well, they've been around for a while.

I've been with them for 30 years. And so I work with their doctors and we have good conversations. If I look at a test going, this is really unusual, then I'll get on the phone and tear it apart from top to bottom.

Toxins, COVID, and Neurological Effects

They're excellent. So that's one thing, the type of testing. Sometimes people really like saliva test. I don't. You can't beat the 24 hour one. That's it for me.

The other thing is that The number one resistance I see in the medical system is that almost always there's low thyroid, there is hypothyroidism, and people aren't connecting the dots.

And the doctors will say, no, your results are normal. You know, you're T3, T4. Well, did you run a reverse one? No, You got to push that. Then what I have found is They want to do Synthroid.

It's only synthetic T4. And with this hormonal test, I can see what T3 and T 4 look like. through the urine collection and it's usually pretty low and we know that the thyroid has a relationship with estrogen.

Right. But when one's tanking, the other one is likely affected. So what happens is doctors don't want to prescribe T3, T4, porcine, you know, it is a natural one.

They dont want do it because they are locked into a habit, a system. Nope, just do this. And there's a lot of big pharmas trying to get the more natural thyroids off the market.

And that's always a big deal. But every patient who's gone on T3 and T4, porcine, it's new game. Absolutely. Well, as you know, one of the… So most of those large HMOs in our area, if they do a thyroid test, they'd do TSH, and then they will do a T4 if that comes out of range.

They never do T3. And as you know, so many people don't convert T 4 to T 3 properly. So, you can take Sensoid all day and it's not going to help. Yeah, it is not in their system circulating.

It is in the tissue instead. A few years, so my doctorates in gynecological endocrinology, for years I did tons and tons of fertility work. I mean, it was just wall-to-wall females in here for fertility works.

And in all of the cases that came here, and most of them were called unexplained in fertility because they checked everything that they check. and they'd come in and I'd say, it's stress.

You got a very stressful job. And I went through all the stressors, which of course they were used to that, so they didn't see it as stress, and so we would test reverse T3 and test sex hormone binding globulin, both go up with stress and were through the roof.

As soon as we could get them de-stressed with whatever methodology we used, and get pregnant, right? And they think it was some magical event. It's just, no, you let your body relax.

We're living in a world where everything is escalating and time is moving faster and people are way more stressed. They're just trying to survive, not thrive, and it's been building for a long time.

Have you met or are you familiar with Dr. Daryl Turner? No. I interviewed him I think last week. Boy, I taught thyroid to doctoral programs and I actually thought I knew something and then I was disabused of that notion by Dr.

Turner, who has like 800 centers all over the world doing essentially very, very sophisticated testing of the reflexes. And he says, really? If the refluxes are slow, you got to suspect hypothyroid, right?

And so anyway, they have a very sophisticated way of actually measuring that. But one of figures he threw out, and I haven't verified this, I don't know if I could, is that only 18% of thyroid testing is accurate, where it really is consistent.

I am 100% with that, absolutely. Because what's happening is the test is quantitative and not qualitative. So what happens is when you, you know, if you see the symptoms, they're always chilly or their eyebrows are thinned out or there hair is out, or they are just tired all the time.

I don't care if the tests reads normal on the blood work. That's your system that's doing that, but they aren't normal and so I have them do basal body temperature.

Right. and an iodine skin test. I had them do those things. And when they come back and I say, just do it three mornings in a row and give me your temperature.

If it's below 697.6, if it gets below that, then I just- I think Rhoda Barnes said, I don't remember exactly, but he I, think is the one who started that.

There's my dad. There's the Bible and I asked my patients to buy it so that they can understand what's going on. And it turns out asthma and allergies and hives, all of this can be related to thyroid stuff.

Yeah, and of course, it's getting worse for a lot of reasons, but one of them is, you know, back before the turn of the century, a lotta people didn't live into their 20s if they had severe hypothyroid.

They'd get infections, they couldn't fight infections. And now, ya know? It's a blessing that we keep those people alive, right? But of, course the gene pool then changes.

So we've got a huge, huge number of people that are really functionally hypathyroid, What I have found, aside from the lifestyle that we have at this point in time and where it's been building up, where people are overworking and exhausted, but aside form that, what I've found genetically and hormonally is that when you come from a lineage of great stress and persecution or trying to survive, completely changes the genetics.

It harms the genetics. Now, is it fixable? Yes. But you have to be aware of it. That's why I always ask about the familial history. Because almost all those people are low thyroid aside from it, as well as really poor genetics Yeah, good point.

It's not a death sentence, it's just, you know, this is what we need to focus on and rebuild. Yeah, absolutely. That's a beautiful sentiment. I know you also, you treat everything.

And so what's kind of the root cause behind joint pain, right? We see so much joint. Can't believe you missed my workshop. My God, I'm so amazed that you knew that.

The number one cause of joint pain, and I'm not talking about, you know, people who run for 20, 30 years and then they have no cartilage in their knees.

I am not taking about that. And then, they get osteoporosis, which we have a good remedy for that also. But what, or no, not osteoperosis. They get. Osteoarthritis.

Thank you. Yes. So. I did this workshop on joint pain and inflammation, and there's lots of causes for inflammation. But the number one that showed up in Genova work, Genovatesting, their lab, was oxalates.

And so the high-oxalate foods, raspberries, beets, It just, there's a whole cache of foods that are high almonds. And so everybody was getting off milk and drinking almond milk, and then they were having really weird joint pain.

you know, joint pains in the elbow or joint pain in shoulder, or a joint in hip or the knee. And they're like, where is this coming from? I don't even have osteoarthritis in my family.

So they couldn't figure it out. Then I did this workshop and everybody kind of stayed away from those foods and increased their calcium intake. There's a particular product that I now use for osteoporosis, but it's got some calcium in it that's absorbed well because of the MK4 in.

And they did great. It's gone. All of that joint pain was gone, so that first thing that. I look for is an oxalate overload because it so is spinach is really high in oxaloid.

Oh, and you see, I mean, there's been a shift in the type of kidney stones, right? Yes. Oxalic acid is calcium oxalate has just surged because people are doing spinach and kale smoothies in the morning.

That's right. Exactly. I agree with you 100%. And when I was in veterinary medicine a long time ago, can you see what's in here? I can see something, but I'm not sure.

It looks like a dishwasher pod to me. No, these are stones. Oh my God. These are kidney stones and I'm sorry, bladder stones, so I can't believe I've saved this.

We had a surgery and this poor sweet dog, I think he was a healer, he had really bad stones in he kept having it and having so we just went in and cleaned it all up and that is in my little box.

So I had two stones that were that size in my kidneys. Yeah, there were 2.54 and 2.56 centimeters. Painful, painful. It was crazy. And I developed them.

I went about 20 years being vegan, vegetarian and ate so much oxalate. it was Crazy. There you go. You think you're doing the right thing. Absolutely.

So, I have a few lithotripsies and I think I'm stone free. And you're probably not eating spinach now. Oh my God. That stuff doesn't even come near my lips.

Yeah. And people are so into beet juice now because of, you know, nitric oxide. But the reality is it may not be. You can take it if you take calcium foods with it.

If you think about most cultures, there's usually, You know you have a baked potato, it has sour cream, calcium in it, right? You have borscht, there's sour cream in that.

There's cheese that goes with a lot of other foods that are high oxalate. So I think culturally, humankind did know that it needed to be balanced like that, interesting.

Yeah, I know it's fascinating. So you also mentioned sinusitis, and that's one of the things that I've found. Chronic sinusitus, acute is pretty easily treatable, but chronic can be hard.

What's your trick there? Well, again, I look and see when it started and how many antibiotics they've had, And I clean that up first. And then I have a sinus remedy.

Okay. So that seemed to be really helpful. And I have found something very interesting. Don't ask me how this happened. I am somewhat intuitive. So I one day was thinking, wow, some of these patients really have trouble sleeping and you do everything, you know, passion flower and melatonin and they're not sleeping well.

and I thought, I wonder if thymus has a relationship to sleep. So I looked it up, big relationship. Big. And I started putting my patients on sheep thymus and every one of those patients that did very, very very well and slept better and were so grateful from the sheep thymos had sinusitis chronically.

Wow. Yeah, it was a really interesting connection. Well, that's what I do. When somebody tells me they have trouble sleeping and they had a past history of sinusitis, I bolster their thymus.

Well there are many things I'm enjoying about our talk, but that is a hot tip that I am going to take away. That's awesome. And you know, on some level it makes perfect sense.

You know we know that thimus is so involved with the immune system. Correct. But I had not ever thought about that, so thank you. Well, there's a lot of literature now.

Just before the pandemic, I did a talk on dementia prevention. And we pulled up studies from Mexico City that were showing many, almost 50% of young adults, like 20 to 30 years old that died from an accident, were already showing pretty severe Alzheimer's.

They did 200 dog autopsies, or I guess they call them necropsies. They all had Alzheimer's and they proved that it was from those 2.5 particulates. Now we had several big fires out here where the air quality was over 300. It was horrible.

And I think we're going to get a huge surge in dementia. Do you have any thoughts about that? Well, we've had a surge of memory loss. That's a good way to start on that path.

I do have patients that lost their homes in Pacific Palisades from the fire. One of my patients who didn't live that close tested off the chart for uranium.

And so I sent a blitz out to all my patience. If you are living in the LA area or nearby, you need to get tested for heavy metals. So that is one big.

event that definitely has an effect on brain function. You know, we know heavy metals is not optimal for the brain or anywhere in the body. Right. So that's the first thing that I always look for is a heavy metal test.

Yeah, I find that one of the biggies. And so we have a test called an oligo scan, which is looking at intracellular metals, much like a spectroscope. Wow.

It's very rare to find people that have. I'm going to say that don't have excessive levels of mercury and aluminum is off the charts. But the mercury, as you know, the old saying, Matt is a hatter because the hatters used mercury.

And we know that the 49ers, a lot of them lost their minds from smelting with the the Mercury. Unfortunately, The highest level we've seen was in me. So I am working diligently to get some mercury out because I had a mouthful of fillings.

growing up, and my father and I used to go fishing out here in the San Francisco Bay and catch these 40-pound striped bass that were full of mercury. So I got probably the highest dosages of Mercury into my system that I've ever seen.

I might be on the same place as you. My doctor said I'd never seen it this high. Never. It was because I ate sushi every lunch. Right? Every day. Yeah.

There's so many sources. You know, so, many, sources, but aluminum we're seeing very high levels. It's kind of, it's everywhere. Didn't our parents barbecue with aluminum and, you know foil?

When I was growing up, my Well, my mom, and when I was an adult, used to always say how little Johnny didn't want to play with his toys. He just wanted to Play with the pots and pans.

Well the Pots and Pans had dents in them. So they had to be aluminum. They weren't stainless steel, right? And that's what we ate off all the time.

Lyme Disease and Spiritual Healing

And if you go to a restaurant, My son's a chef, they use aluminum because it's the easiest thing to cook with. It's fast and it heats up even faster. And it's cheaper, a whole lot cheaper.

It's a lot a cheaper exactly. So yeah, we see some really scary gadolinium, right? Doctors say, oh, it's out of your system in a couple days. Well, its out your urine or your blood maybe, but it still in your cells.

Because when we test, the only patients we find with high gadolinium have had gadalinium as a contrast. They're the ones. So it does not leave their body.

Otherwise, we wouldn't find it. I agree with you. There are a lot of things that are not intentionally meant to be harmful, but they are. And this is the next workshop I'm doing next month.

which is bottom line, you know, it's not just biotoxins. It's all toxins in our food, in her water, inner air, and our land. Most people don't know when there's a fire that it brings up manium right out of the surface of ground and we're inhaling it.

And yeah, not good, cadmium. We can pretty much predict where people live by some of things that we see, the arsenic levels, for example. I have a question.

I know you treat Lyme disease and you do it certainly holistically. How do you combine your treatments for that? Well, I have a recent case that's doing beautifully well.

She had two tick bites under her collarbone. But she didn't know it was tick bite. So the doctor said, no, it's probably a spider. Don't worry about it.

And then a number of issues began to crop up over the next two years. When I met her, she had one knee that looked like elephantiasis. I gave her a shoulder that was really Not easy to move around, not very mobile.

And so I gave her an acupuncture, did great on her back, great in her shoulder, didn't do anything on the knee, which has never happened before with the technique that I do.

I said, you need to get this tested. She did. she got a synovial test. Sure enough, after two years of going to doctors for various issues, the test showed positive in her synovial fluid for Lyme's.

I said, okay, now we know what you have, so now, we can do it. So, I put her on an immune product that specifically targets, it raises your antibodies so you're no longer reactive to the Lymes.

And I gave her a remedy specifically for lymes and I did one other thing. I gave her, there's an herbal. It's not Chinese medicine, but it's in herbal powder specifically for limes.

And I did that. She's clean. I mean, she is just moving and grooving and getting things done that I can't even keep up with her. Her energy was fantastic and she's completely cleared.

Once a year, I tell her, three times a years, just retake everything. Because it's that spirochete. Absolutely. And it digs in and you need to make sure it is not remaining.

I've seen photomicrographs of brain tissue where you can see the sprochetes. corkscrewed into the Milan sheath, it's very scary stuff. It is scary. And of course in Minnesota, It's one of the top monuments places.

I have a beautiful forest behind me, but I had to wear a hat and cover up because they just drop out of trees. They're watching TV going, what's that?

And then I pull a tick off and I'm like, no. So I run in and go to the migraine remedy. Have you heard or read any of Lida Matmann's work, M-A-T- T-M-N?

Well, I've actually popped 140 bucks for her book a few years ago, which I usually am not willing to do that, but she was so brilliant. And the name of her stealth pathogens, cell wall deficient forms.

And so this is an idea that a few people had come up with before her. that bacteria are pleomorphic. They can change shape and form and she proved that the beta-lactam antibiotics that destroy the cell wall, she said a certain percentage, it's very small, of those bacteria will continue to live without a cellwall and they can then at any time come back, you know, develop into a regular cell walled bacteria.

Well, they laughed at everybody else, but she was too big to laugh at. She was just a brilliant, brilliant biochemist and everybody knew that. But she identified so many tests and things that could be done.

In my mind, she really blew the lid off of Lyme in many ways. she would develop new immunofluorescence testing. And she said that there were actually 26 vectors that she had identified.

Now, the reason the ticks were so much more severe is, well, a lot of reasons. I won't go into all of them, but one of the them is when they inject their saliva, it actually causes the Lyme to spread faster and differently.

But she identified people that had spider bites that it might take 10 years before you got symptoms, But there are many other vectors. But anyway, brilliant woman.

I probably understood 80% of it. But… I know, when I read some of this stuff, I'm like, oh my God, just give me the Cliff Notes, please. Right, exactly.

So anyway I keep her book very close just for those things. Yeah, we've talked a lot about physical medicine of one type or another, but I that you're very involved with spiritual side of healing.

Can you talk about that for a minute? You know the longer that I do this work the more I realize you cannot separate one from the other and if you can really get to the root of what is subconscious or just even having patients do You know, people don't want to do meditations because their mind is busy the whole time.

They're like, you know. I can't do it. And what I've learned is just take two weeks and sit there and watch your mind doing its thing. Don't. Don't try and, you know, squish it down or chase it away or just let it do its thing.

And sure enough, after two weeks, it starts to diminish and then you can get into that, that really peaceful place, which, we're all human in the sense that sometimes you get there all the time, sometimes, things happen, but try, just keep trying.

It makes a difference because when you could get to that stillness, That's when information comes through. The real information, not the busy brain information.

Not the cognitive overload information and so often times I'll take patients into their heart field and then information will come up to them then and I accompany them through that process so they're not alone in it or afraid of what they might find out.

But it's a game changer for a lot of those patients. And I don't do it for all of them. The ones that are open to it are receptive, not in resistance.

Because right now we're in a period of evolution and we need to evolve. We cannot remain the way we are. You know, we were living in hard times. And so a lot of systems are collapsing.

Our government system and our post office system, and you name it, our educational system. All the systems that are big systems, are really kind of falling apart here.

And we're seeing the worst of people coming out because we are meant to deal with it and that shift. And then on the microcosm, you get family systems falling apart, right?

It's people torn away, moving away from their families. I read a book, so my son was homeschooled up until high school, and then he went to highschool because there weren't any girls in his home school group, really.

At the very beginning of that, I had a book called Hold On To Your Children. And I think the first page, he pointed out that until World War II, basically, Education was vertical.

You had your aunts and your uncles and you're grandmother and grandpa and everybody was watching you and working with you. And, you know, giving you their wisdom.

Well, he said in World War II, when the families fell apart, which that my mom was yanked away from her 13 or 12 siblings. Then it became horizontal and the kids started teaching each other and they didn't know what they were teaching, right?

And so it really started to fall apart in many ways. And I see it still that way. War is a big factor in falling apart. Yeah. in our environment. And so was the, you know, when the whole industrial era came on.

Yeah, industrial revolution. The industrial Revolution changed a lot of things. A lot. So the connections that we used to have that were supportive, we don't have anymore.

I would say that 90% of my caseload will say that they don't have the familial support that the wish they had. In fact, most of them tried to get away from their family because it was so dysfunctional.

Yeah. And I found that with recent politics, you have families just torn apart literally by political arguments. I know. That to me is incredibly sad.

You know, disagree, that's fine. But you know no, they just they've locked each other out of their lives. Yeah, this is not what I'm going to say is, not a religious statement at all, because I am not aligned with, you know, any particular religion at, all but it's about a Christ consciousness.

It's, about you, know caring and support and understanding and compassion and we're missing that. You know every time somebody does something really nice to me, I, am absolutely flabbergasted, it is pretty wonderful.

But it can be something very small that makes you feel very good about it. I was in a camera store and I had an old camera and it wasn't worth anything that I could sell and wasn' going to use it again.

And this woman next to me said to her agent, or tech across the counter, said, I'm looking for this kind of camera. It's old fashioned. Where would I get one?

I want to do this art project. And I turned to her and I, I said, give me your hand. She put the camera in it and said it's yours. It's those kinds of things that shine.

Not because I wanted to shine, it made me feel so good to see her whole face lit up. Are you sure? Can I pay you? Nope. This is your gift. So we need more of that in the world and we don't get it.

Yeah, I have to remind myself. I read a book a few years ago called Giftology. The gifting had a little bit more of a business connotation, but still it reminded me that when you give someone a gift kind of out of nowhere, it changes their life for some period of time.

It's such a wonderful thing and it's really so easy to do.

Nature, Community, and Closing Remarks

One of, I'm reminded in speaking with you about the phrase, and I think this was William Osler, the heart guy, but he said, The good physician treats the disease.

The great physician. Treats the patient who has the. And that's you. So. Yeah, you bet. Last question. the hardest one. Kind of looking at Chinese medicine, acupuncture, herbs, And the Dao.

How did they align with the forces of nature? It's everything. Every single thing in nature is a pattern. And it's communicating to us. It is information.

Most of us don't even pay attention to it at all. I need to live near nature because it is food for me. Information comes through. We are part of that nature.

We are, but we abuse nature. You know, we do not treat our planet well at all. We don't care. I think there are people who do care now, But it's not enough in numbers to make a change.

And we need to do it. Our greenhouse emissions are terrible. So I Think, you know the Dao is really, so to speak, the Bible of everything that is living on this planet.

Yeah. Yeah, I love it. I've seen, um, they get a couple of. blogs where people are all excited about this new thing called regenerative farming. And I just want to remind them that that's farming, that how it was done for thousands and thousands of years, you know, rotating crops, et cetera.

Yeah. At least they're excited. That's a good thing. Exactly. I love it. You know I remember reading a report from Congress in the 1930s and they said, There was over 70% of all nutrients were already depleted in our soil.

Well, you know, now it's down to about zero. You just throw a little nitrogen out there and you get a plant with no vitamins or minerals. So, You know I recently purchased this home and I have a terrace and i'm landscaping the terrace.

We have fireflies here and it's absolutely yes it magical and you know the first year i was here i don't really see that many. What now i put in this whole.

You know garden for you no living beings. butterflies and you know, it's just really a pollinator garden. And so they are all over. They are like now flooding that area.

It's so beautiful because you're giving back to nature. You know I'm restoring some nature and they love it. they're coming out and I had a fox come into the garden the other day.

And then the same day I had a beautiful doe, I mean, absolutely gorgeous young female deer. She came in and then I have two white herons come in, actually two, one heron and two egrets, white egret.

And then on the mama, there's about four geese, mama and daddy, four pair. And they were promenading them around onto my property. That is wild. You know when people love nature, they know it.

Then you're in an alignment. It gives you back. Deer are amazing. I was a few years ago up at a retreat center and it was early in the morning and I out on this small lawn area doing a Tai Chi set.

and I suddenly became aware that a whole group of people were watching me. And I thought, that's interesting. Then I turned my head just a hair and there was a doe with her nose about this far from my nose.

They feel it, they get that energy. In shamanic work, The deer is all about the heart and brotherhood, all of it. That's what they represent. I had to stop teaching Tai Chi in the park.

The neighborhood dogs would find us and they would come lay between my legs. They feel it, they feel all that. We had move indoors, unfortunately. Well, that's what I loved about veterinary medicine, because when your heart is really open to them, they're very, those animals are very…

And I did exotic animal work. So I do anesthesia for Siegfried and Roy cats and stuff like that. But I'm telling you, when you make that connection, it is bliss, really bliss.

As much as they feel our energy, they speak back to us. Yes, exactly. My associate Catherine comes over in the morning and brings her dog. We have four females.

He's a little male and they get along great and then we'll take off. But I had noticed I was not doing well a few years ago and I realized I have to get my testosterone up and my human growth hormone.

And so I found some natural ways to do that and it was pretty effective. I doubled my testosterone levels and all of a sudden, Her dog wanted nothing but to sit on my lap.

That was it. I was now the alpha. And when he stopped doing that, I got alarmed, went and checked my testosterone again and it had dropped. Yeah. Isn't that amazing?

Oh, it's just, It's wild. It took me a while to figure out why I had become the center of attention. You were the big daddy. Yep, exactly. So Joanna, this has been delightful.

Absolutely delightful for me. Do you do any telehealth? All the time, that's almost all that I do now. Oh boy, okay, well I'm gonna have some people to contact you for sure.

I love the way you work. Well, thank you. If they email me info at corestarhealingarts. Is that C-O-R-E-S-T-A-r? Yeah. Okay. I only had one patient ever ask me why my practice was named core star.

Core star is you. It's your illumined being inside a human body. It's your eternal being inside your body. And we just only think about the body, but it's the core star is the connection to pure source.

I love it. So we will of course post that, you know, your information so people can get a hold of you. Well, and if they go to the website, corestarhealingarts.com, they'll see the workshops.

They're very informative. Everybody's been really happy with it. I'm just trying to build a base at this conference. This is new for me this year. But people are not well and they don't even know they're not.

And they would like to do maybe some holistic options, then it's $36. Oh, wow. Okay. or try to make it affordable for people who can't afford, you know, functional medicine care.

Would you feel okay about us putting that information in our weekly newsletter about upcoming things? I would be thrilled. I'd be through it. Okay. Yeah.

The next one is on toxins and the one after that is we're going through what we are going though right now. And then, which is a little bit more on the spiritual side, but I would repeat any one of these workshops because they're already set up.

They're ready to go on skincare, on spike protein, lose colds and COVID. I've just done so many of them already and they're just, you know, everybody's been happy with it.

And that's what I want to do. I wanna give, like you, give this information out into the world because we have choice. We have options. People just aren't familiar with.

They're not recognizing it or being exposed to it, so kudos to you for doing this podcast, not me, but in general doing podcasts. Yeah, I come to love them.

Right? Yeah. Once I figured out how to make it effortless. Right. It had been, I'd been done a few, but it was a huge amount of effort. And now it's just totally effortlessness and I love doing them.

I do them one or two a week. That's great. Well, this is why I, you know, the workshops were, oh my God, and the slides, And I want it to be, really informative and Visual so that people can really grasp it and I was like, oh my god, this is so exhausting and then I realized, you know, I Was making it more integrative, You know where people Can really express how they feel and and Then it became super fun Like, how do you feel about this?

Do you understand this are you with me? Okay But then somebody would say, well, what about blah, blah blah. And then we would get into a wonderful conversation and the group started to get tighter.

You know, they started like, I remember you from last time. It was really beautiful. Was community. Yeah. Just building communities. So, so a livening.

That's when you know you're really helping people and that's the whole point. We're here. Well, thank you. Thank you again for talking with me and teaching me some things and really making some thing available to our audience.

It's my pleasure and I think we should probably connect. Sounds like a good idea. And share some stuff, okay. Right, exactly. So, I'm going to say goodbye and please check out Dr.

Joanna Maitreyi's information and keep joining us here on The Balancing Point. Thank You. Thank you. Thank You for joining me on The Balancing Point. If you enjoyed today's episode, please follow the show, share it with a friend and leave a review.

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We'd love to hear from you.