What They’re NOT Telling You About Disease – Dr. Yahki Awakened EXPOSES the System | | Ep. 72 Transcript

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Introduction and guest background

Is cholesterol really bad for people? The study I read on it blew my mind. How people die younger with low cholesterol and people with the highest cholesterol live longer.

My partner, Dr. Christopher Davis, he speaks about it. He says cholesterol isn't bad, cholesterol is not the issue for heart disease. Cholesterol is just as important as water and food.

Meet Dr. Yaqui Rafa Elohim, a PhD biochemist, master herbalist author and founder of the Yaqi Health and Wellness Detox Institute in Missouri. He's globally known for blending mind, body, spirit healing with advanced herbal science to combat chronic inflammation, cancer, dementia and gut issues.

I have literally detox over 150,000 people documented and what we see is a lot of people come in and don't heal or don t receive what they want is because of their mindset.

We have been taught on this fact. You have symptoms, your body is not working right, this is the disease. we never been talked to sit down and say let me study the physiology and the mechanism behind this disease and see what's happening to my body.

Would you say that stress can kill somebody? Stress does. Is there a difference between good stress and bad stress? The body needs stress. Stress is very, very important as well.

So what do you recommend when it comes to enhancing the detox pathways? I would say eating food that favors alkalinity, natural fruits, vegetables, nuts, herbs, things of that sort.

Dr. Yaki, man, why is America so sick? Welcome to another episode of a healthy point of view podcast. I'm your host Sam Sahara. And as usual, we're bringing experts from all over the world to talk about health, wellness, beauty, and mindset.

Today we have a guest who comes into town. This is a guy that you've seen him on all the different platforms. He's actually changing the course of healthcare.

You're talking about someone who's actually deep into the culture, right? We've seen so many different things happening within our culture especially the black and brown community.

We're exposed to the ultra-processed foods because we're living in these food deserts but it doesn't have to be that way. Disease should not be taking over our body.

Were actually gonna talk today about what disease really is and what we've been programmed to think what diseases. Today we have an expert who you've seen talk on all the big platforms.

You've probably seen one of his famous interviews with 19 Keys. And today he's gonna bring all of that knowledge here on a Healthy Point of View podcast.

Today, we Dr. Yaqui Rafa Elohim. He goes by Dr Yaqi Awaken. Dr Yaki Awake, man, pleasure to be here, bro. All right. How you doing, man? Brother, I'm excited to have you here.

This is a podcast I've been waiting for. I have been following you for quite a while. We had the opportunity to connect when you came down here to South Florida and came and walked through one of our wellness centers.

One of y'all beautiful wellness center. It was amazing. I appreciate it. And you and I talk a lot of the same language because, you know, we've seen how broken our medical system here in the United States truly is.

Yeah. In my years, my 12 years working in The Fire Department as a firefighter paramedic, I thought it was going to be the most rewarding job. saving people's lives, but only 10% of the 911 calls was actually that, you know, going into a burning building or extricating somebody out of a car accident.

90% percent of it was me being a product in a broken medical system and just seeing people just circle down the drain when it comes to the health. So that's where I had, I tell myself, says, You know what?

I got to go a different route. We got go more that proactive, preventative approach. And focus on the root cause, not these just simple signs and symptoms and whatnot.

And I know you have your own story of what really got you into more of the natural healing. I want people to kind of get to know more who Dr. Yaqui truly is and what started this journey.

Then we're going to get into the good stuff after that. Well, basically I grew up in the streets of St. Louis, which is one of the most terrible neighborhoods in The United States of America.

And, you know, growing up was a lot of gang activity going on out there. So, as a culture and as community, we are already ancestrally a tribal people.

Naturally, I got involved in groups and cliques and gangs, and it was just I adapted a lot of bad habits. So, you know, I was drinking, smoking, recreational cocaine, eating ultra processed foods, chicken, lamb, everything every single day.

And eventually you do all of these things and you sleep deprived, things catch up with you. I ended up developing scar tissue on my heart. I had very, very high cholesterol.

Can't wait till we talk about that later. Just a whole lot of things going on with my body. And at the age of 21, I have an incident where I've had a heart attack.

A literal heart at 21. Now prior to that I used to go to the hospital a lot for heart issues. Remember I was saying I'd scar tissue on my heart and it was from all the drinking and again all of the drugs and all other bad foods that i was eating.

You know, just getting in trouble in and out the streets, eating wrong, it kept me in the hospital a lot. I had high blood pressure, my kidneys was not functioning properly at all.

They even talked about dialysis at one point. Uh, I have bad insulin resistance, diabetes, uh, black, that black neck syndrome where your neck gets super, super dark because of the hyperpigmentation of melanin coming in to try to help, you know secure areas.

Toe nail fungus, fingernail fungus. Everything was wrong with me. But I had the heart attack and prior to the, well, before the hard attack, my mother, everybody's telling me, man, you need to change your life.

Like you, gaining all of this weight, mind you on five, six, I was up to 260 pounds. 260? Yeah. And that's what, that wasn't for a long period of time, but at the time that I heard the Heart Attack, was that weight.

I believe that contribute to a lot to do with the Hard Attack as well. So when I get to the hospital, I'm in a hospital actively having a heart attack, the doctor came in.

The doctor was like, not you again. Because remember I used to, it was kind of like a hypochondriac, you know, do all of these recreation, all these drugs, drink, smoke, then get a heartscare and run to hospital.

So he's saying to me, he thinking it's the same thing, but this time it real. It was a real one. He looked at me like man you gotta change. Like you were having heart attacks as we speak.

So I'm on a bed and I don't know, this particular time it just changed something in my life. I was there for about four or five days, I get home, they gave me some medicine of course because that's what a lot of them are trained to do.

And I was just done, man. I threw away everything. Threw away all my weed I had. And was done with everything, feeling depressed and I ended up sitting down on my chair and kicking up my feet on the table and knocked over the medicine that they had just gave me.

So I got on YouTube. And at this time, YouTube wasn't real, real popular, but it was popular to the point where I knew I can get on it and look up natural ways to heal this, natural way to to that because I couldn't get an erection because the hypertension medicine I was taking was keeping my blood from flowing properly in that area.

Mind you, I'm 21. So what I did was I typed in natural cures for erection. That was the first one I looked up. Then I would look up natural cues for heart disease.

And a few people popped up, I listened to them, but it wasn't resonating with my spirit. But they had just came out with this subjection thing. Basically once a video move on, it's another video that pop up and I seen a tall, skinny, dark bald head man with a gray beard.

And this is exactly what he said. My name is Dr. Savvy. I healed sickle cell anemia, leukemia, all these diseases. And I'm like, man, he is fibbing. He is not telling the truth.

But some just told me to sit there and keep listening to them. The more and more I listened, the more it resonated and things started making sense. How many hours did you actually 48 hours straight.

48 Hours. I sat on the couch for two days and I started off without a notepad. Ended up with a note pad and pen. About time I got done listening to Dr.

Savy, I knew where his research institute was. knew that was based in Usha. They had Usa Village. Knew about his wife at the time. She was in New York, so I'm calling around trying to find him.

You go all in. I love it. So basically, I ended up learning about a few herbs and I said, you know what I think my first step is? I need to study herbology.

Then I started getting in contact with a lot of people and remember talking to somebody from Jamaica and he was like, herb biology, cool. You can study herbology, but you need focus on your diet.

And that was the first time it really, that the real correlation between my heart attack and all of the so-called diseases I was suffering from and what I putting in my body.

So I took herbal courses, took an herbal class, and I became a master herbalist. It took me two and a half years. But on that journey, I started learning about nutrition and took a bunch of nutritional science classes from Stanford University, got my certification, certificates and stuff.

while doing it from Neumann, the University of Adelaide. I just started applying for a bunch of courses and learning all of this knowledge. And I said, let me do a solid food vacation, because I was real hooked on to another one named John Rose, another healer, Caucasian man.

He's an elder, he's like in his seventies and have an eight pack, pecs, muscular, and he just like live in the wilderness. Any talk about how raw food needs its enzymes and these enzymes push the mineral content.

Personal health crisis and healing journey

He's real deep with it. So I said, let me do a solid food vacation. I'm going to set out to do 90 days. I completed my 90 days. After I'd completed me 90 day, I felt so good.

I said, look, Imma keep going. Why 90 Days though? Because that's what he had recommended. He recommended 90 Day. So his thing was in 90-days, and I say this to all of my clients that come to my nutritional clinic and come my detoxification facility now, give me ninety days, or I'll change your life if you just give my ninety-day.

It's interesting that you say that because any patients that go through a medically supervised weight loss program or anything, We always recommend, you gotta give it at least 90 days to see that noticeable effect.

And it's a beautiful thing, because when you look at how blood, when blood dies off and being rebirthed, and you go through your stages of autophagy, how bone growth occur, just autophygy and how cells recycle themselves, every single cell in your body have to die off, new cells are being re-birthed and that's about a 90 day process.

So it makes sense that we all are thinking and speaking that same language. So I went on that 90 day fast, I felt so amazing. I lost so much weight. The first week I literally lost like 35 pounds.

So my whole family thought I was sick, thought was dying, though I had incurable STD. That's a complete opposite. Yeah, and I'm healing. And that's why now I say I didn't lose weight, lost waste.

Cellular metabolic waste, so I feel so good after the 90 days. After 120, My mother kept saying you need to go back to the doctor just to get checked up you don't you?

Don't look good. You know your skin flabby You need the tight like what's going on with you, so I went back said a doctor guess what all the scar tissue in my heart gone No more diabetes blood sugar a1c regulated I mean everything, kidney filtration was functioning properly.

GFR is functioning. I means everything that was wrong with me was now completely gone. Now did I look skinny and frail? Did I lose all of my muscle? Yes I did.

But on paper and how I felt, I feel good and on the paper I didn't have none of the things that I went to the doctor and got diagnosed with. And I get it without pharmaceuticals.

and I do it through plant nutrition and fasting. That blew my mind because at this point it's like, This is not hearsay, this is me doing the experiment on myself, experiencing these things from myself and getting positive results.

That's first person. Now, when you went through that and you got those results, you said it blew your mind. So your mindset obviously shifted like, man, what I'm doing and everything that I've listen to and read online, it's working.

Now, how did everybody else around you, family members, friends in the inner city, because listen, I grew up in an inner-city. Yeah. And one of the things that you mentioned, you said that that it you had to focus on diet.

That's that's a very rough word when you're utilizing that with people who have never even thought about what a diet is. You know, so how that everybody has kind of take it when he came back says, hey, look at the news.

Yeah, so that was just wild. Some didn't believe it. You know, and then our people, even if they see it, sometimes they don't. Believe it is just a part of how our culture has been programmed.

So what I did was I started telling people look, I can do the same thing for you. I'll create you a diet program, I create your herbal program and then I put you on it.

And then you tell me how you feel when you're done and you go back to your doctor and see if everything is gone. So the first person I started off on was my mother.

My mother had hypertension. She was pre-diabetic, she had some things going on with her. Then her boyfriend at the time had it, so they did the same program I did.

They didn't do it as long, but she got off of her hypertension medication too. You know, I remember I was running around with a gang. All of them had things going on because we eating the same food, drinking the the things, snorting the coke, same cocaine.

We're doing all of the thing things. So I started helping out them in the community and they was getting rid of their issues and stuff too. And after that, uh, had, basically I don't want to say I healed someone because our bodies have the innate healing mechanism itself.

I helped facilitate the healing to someone and I didn't know that he knew a basketball player. And the basketball player had herpes. So we put him on a program and you know, we'd put them on the detoxification program that basically got rid of parasites.

And he ended up testing negative on his one and two, even though he was positive before. So that's what started, and that how I really blew up, because he was connected to the music industry and connected the movie industry, the theater industry.

And once he tested negative, he like, look, I think you need to be bigger. So he gave me a bunch of money. He set up my first seminar and lecture. he did all of this for me.

Then he introduced me to a lot of big people names in the industry So I blew in in industry before I blow up in community. So, you know, I was running around with Tiffany Haddish and everybody, all of these big name industry personnels, but didn't too many people know me in the actual streets because that's where I, that where was.

And then I started doing podcasts in YouTube and Facebook and every Tuesday I used to go live and just talk about what my body experienced. And I looked up a couple years later, I had millions of followers and I started the herbal company and we started making millions off of flying to people because that was my service.

You call me, i will fly to you, you don't even have to come to me. At this point I didn't have a facility or nothing. And then you know you look up all this hard work and you in your work, in you studies, You don' even realize what you built because you actively built it.

So it had me… I just had to sit back and say, All this happened just because I had that heart attack, or let me say I attacked my heart, because my hurt didn't attack me, I did my body wrong.

And me reversing that and just treating my right and going back to the fundamental practices and laws of nature have built all of these things. Then look at what you doing.

by treating your body right and loving yourself and choosing to put you and your patients first, it's success that come with that. And I'm not just talking about monetary, you can see it.

It's a shine on you. Like it is a halo that we walk around with. In my opinion, It is one of the most rewarding things. That I can do. Yeah, you know, it's powerful when you can actually see Someone actually go out hang out with their kids play ball with the kids.

Yes be able to walk again Yes, yes, no, this is a huge difference. It's an impact. That's not just impacting one person It is impacting several people.

Family members and all of that stuff so And I remember, man, when you got online and you started, you just started going deep. And, I don't know how it is, the algorithms hit me and I remembered the first time I saw your video, and this dude is on to something.

He's speaking the language I've been hearing a lot of people in my inner circle talk about and he's doing it. In the

city the inner city, you know, it's and that's that information that a lot of people don't have access to you were giving them access which I know you you've had to go through a of ups and downs because There's there's some governing bodies out there and I'll say how it is.

They don' want people to have that Nah, they don't. They didn't took all of my channels from me. It's like a silence Dr. Yakai campaign right now. they take all my content down.

We'd have been followed around and one year they tried to get us on taxes when we paid our taxes. Just anything to slow me down and I don' even think it's necessarily the intellect that come with the knowledge.

It's me knowing who I am and knowing what I can do. You don't even have to know none of these big words. All you have do is know the fundamental practices and the laws of nature and have a gift to gather people, which is what i got.

I have the gift of gathering the city. That's just always been that way. With those three combined, I just think it's a threat to a lot of financial institutes that is, you know, spewing the program and they got our people eating these things that they're eating right now in any way I agree with that.

We gotta change that, you know what I'm saying? We have to, it's our responsibility. It would be irresponsible us having the knowledge that we have not to put the pressure to change from these bigger dogs that are doing that and I think right now we're in a position with the new administration, the whole Make America Healthy Again movement to really create some of that exposure, right?

But most importantly, get people to get the knowlege to start taking care of themselves. And I look at it like this, I was in the streets from 7 years old to 21 years, really involved in all types of activities that I shouldn't have been involved and willing to die for that belief and that perception that had deeply rooted in me at that time.

If I'm willing to die and if I am willing do all of this for a negative cause, then that means I need to go ten times harder when it comes to a positive cause in saving lives.

I around here damaging lives, so I have to put that much energy times ten into saving life. And that just gives me a fuel, man. I study, study study. I experiment on myself and then I apply that to self and I see how that work and now we have a accredited laboratory in Houston, Texas.

We have two detoxification healing centers. And I'm applying the methodologies and we're seeing the same results that I got when I was 21. You know, so, I mean it is what it, this is our divine purpose and can't shy away from it.

So it's just like, it it what is. Nah, agree with that. So Dr. Yaqui, man, why is America so sick? The first thing is the standard American diet, off-back.

That's why it's diet. It's programming in the way we perceive ourselves. Like when you go to any other country, they actually have something called medicine-less hospitals.

where they're using bioenergetics to heal people. It was just a video I seen in India probably a month ago where this lady had a tumor on her spine. She sat in a hospital bed and it was 6 Indian doctors that came in.

You think they were going to do surgery? Guess what they did. They tapped into her bioelectrical magnetic field they put their hands over her spinal cord all six of them together and all they did with one intent was said you are healed you or healed and they Did it in such a?

A rhythm it was in Such rhythm and then they all became coherent after five minutes of him saying you were healed You can watch in real time the tumor shrink in Real time and this is on YouTube if anybody just want to look at this practice of medicine is that?

So, I would call it energy healing, but if you look at any type of medicine, it's energy-healing. Think about it, you're

putting people on a PEMF-mad, post-electromagnetic frequency.

It's to tap into the biofield, to mess with the magnetics of the body. So we're talking about energy, whether you put somebody on a photobiomodulation bed, a light bed.

We're still talking photonic energy. A massage, it moves the fascia. The fascias are a conductor of these electrical energy impulses. So I think everything starts on an energetic or what a lot of people will identify as a spiritual level first, and then it manifests itself into the physical realm.

And that's how I truly learned. how to heal myself and then help facilitate the healings of others. Until you change your mindset, nothing will happen.

Well, if I open up your brain right now and I can't read your thoughts, all I'm gonna see is tissue and matter. So what is fueling that? And that's the energetic ramming frequency that I am talking about.

What's wrong in America is the diet. Not only is diet wrong, it's a program. And not only the program is wrong. it is how are doctors or talk to be doctors.

Like for instance, I'll write in my book, Killing the Illusion, we call it disease. They said out of the whole nine years of a doctor getting all of this study in to become a clinical doctor in a physician at his practice, they only receive about three to five percent of nutritional classes, man.

And that is heartbreaking, really. You've been in school that long, and I'm not blaming the doctors. It's the way the facility and the institutes have set up the curriculum.

This is the system. Yeah, it's a pharmaceutical-driven system, right? And when you go back to the Rockefellers, when they put the whole school of medicine together and everything else, that's what it is.

So, and that's scary. When you start talking to a lot of these MDs and DOs, they got three weeks of nutrition. What are you getting in three? Out of nine years, though, man.

Three weeks. That is crazy to me, Man. But when you're looking at the metabolic pathways and you going into the actual body's biochemistry system, we run off of this nutrients.

Yes. Vitamins, minerals, amino acids, fatty acids and all that stuff. Our bodies function on that. And you know, one of the parts that get me the most is like, even when I did emergency medicine, you start looking at all the anti-dysrhythmics and everything else.

Because, when i started the IV therapy business, I was still at the fire department. Yeah, and I started looking, it was like… I'm putting magnesium chloride, I am putting adenosine, monophosphate, you know, calcium.

This is all the stuff that I've given in the ER. to patients that are dying, that have gone into cardiac arrest, sodium bicarbonate. These are all things that natural, but we're labeling them as a pharmaceutical.

So obviously it's doing something worse, actually even reviving you or bringing your heart rhythm back to the homeostasis, normal sinus rhythm, right?

You know, it's unfortunate that these doctors are not learning nutrition the way they should be learning. So now one of the things that you just brought up, and you're talking about energy, right, in the different frequencies.

And some people, they'll start, will lose them a little bit when it comes to like the frequencies and in my opinion, That's the future of medicine. Yeah.

I mean, everything comes with a frequency.

Mindset, stress, and the roots of disease

Everything, these cameras, wall outlets, we're talking about electricity, photons, electrons, protons, all of these are part of an energetic field. Quantum mechanics and quantum computers are now even verifying all of this stuff.

Everything starts off in this energetic field. For instance, minerals. The same minerals that we need, they are cations and anions. And when you start getting into cation and aions, it traces back to what?

Energetics. Some have a positive charge, some have negative charge. It's charged by what. So when you really look at biochemistry, human biology, plant biology and marine biology the basis of it is still energetic.

It's not taught from that standpoint in America. But when you go anywhere else in the world, and I'm not going to say anywhere, but when we go to most places in this world especially in Eastern Hemisphere, they teach these principles that the energy or the spirit, the mind and emotions and ego and the flesh, or what we will call the human body, is entangled, it's all in one.

And that's why you can see they have something called psychoneuroimmunology. What do that mean? Psychoneuroimmunology. That means that my mindset, and whether I'm in a state of psychosis or not, would have a functional belief or a function influence on myself.

Dr. Bruce Lipton talked about this all the time, the biology of belief. You can believe something that changed the molecule of your molecular structure.

And these are documented. Dr. Joe Dispensa talks about that. Dr Joe Dispensa as well. In his book he got one called Becoming Supernatural. And you start reading these books and you started looking up the paperwork and then you see they haven't been talking about psycho-neuro-immunology.

They don't even been talk about this for 20 years. So these are new concepts that ancient scrolls and books have been talking about for thousands of years, but modern-day science is just now catching up to it.

And we have to understand that emotions have a chemical effect on the body. When you're mad and when you angry, that's epinephrine. Where you in a state of fight or flight, there's nereoepinephrone and that adrenaline.

That's by the adrenal glands. When you're binding to your significant other and you've fallen in love, that's oxytocin. You know, when you learn something and feel good, it's serotonin, a dopamine respite that actually feeds the reward center of the brain.

So all of these energy emotions, where we get emotions from, have a biological and molecular chemical exchange with the body. So if you can tap into the energetic part, sometimes, I'm not saying all the time, but sometimes you don't need to put in herbs and things like that.

You tap in to the energy part to find that emotion, you believe in it, and then you express how you will feel if it already had happened and you start doing the things that you need do like detoxification, changing up your diet.

And you starts seeing immediate changes in your body. And we see it all the time. So, you know, back to what you said, what's wrong with America, I think it's the mindset.

And it is funny when you start reading into ancient literature, they call America Babylon. In Babylon, in the Hebrew tongue, it means to babble. It means, to be confused, turn backwards.

That's what is going on. I believe we need to return this the right way. Another word that means turn back or go the way is actually repent. So in essence, it's kind of like America needs to repent.

We need to turn back because right now we're in a Babylon stage, which means to babble or mean to confuse. The first thing anybody should do when they find out that something is not going right with their body, they need sit

down and examine, what am I bringing into my body?

And I'm talking about food for thought first. You got to, What are you bringing it to your cipher? What do you bring it into your senses, in your mind?

Then after that, I put it in my physical avatar. And then once you see that these things are not on the same energetics that you are operating on, it's time to change them.

And this is from my own personal testimonies. I have literally detoxed over 150,000 people. over 150,000 documented through groups, through retreats, and through the thousands that come into my clinic physically.

And what we see is a lot of people come in and don't heal or don t receive what they want is because of their mindset. We had a man come to the facility probably like two months ago and he kept saying, I'm a dead man walking.

He had prostate cancer. I m a dad man walk and I am a damn walking and my assistant had to tell him like, you keep talking like that, that's going to be your reality.

You know, I'm losing all of this weight. No, just start changing these things. And then the whole concept of disease need to be talked about with America.

What is the concept or disease and how do we come up with these terminologies? Because the more and more I research and the More I do my experiments is turning out that disease is not what is being said it is.

All right. So so we're going to go deep on this one. But to finish off on what you're talking about, Would you say that the first step in healing is a shift in mindset?

It gotta be the shift of mindset. This is what I tell my clients all the time. Because all of the people that come to my facility, fly there. I'm in St.

Louis, Missouri. There's nothing to really do in Saint Louis. So if you wanna come see me, you have to have the will to want to live to come to see. Based off my name, my reputation, and all of the good healing testimonies, there's thousands of them out there.

So the first thing I say, they come in crying head down, in this sad state. I said, put your chin up, the hard part done. You believed enough in yourself and in these methodologies that you spent all this money getting to me.

And once they start changing their perception and looking at it that way, Now the healing begins. Cause your mindset can be to the point where you put so much cortisol and stress on your body, you shut down detoxification and metabolic pathways.

Meaning I can put as many herbs in you as I want, but since you are in such a state of fight or flight and cortisol is so high, guess what cortisol brings on insulin resistant?

You see what I'm saying? It stops you from absorbing. So now you mal-absorb. It shuts down the kidneys because the adrenals are too focused on the state of fight or flight.

it's not worried about filtrating toxins. You know, it takes the blood away from all the extremities. I mean, all of the center, and it put it in your extremity because you either fighting or you running for your life.

Like this defense mechanism. And sales can't do the same thing. Sales cannot defend themselves and grow at the same time. They choose one. And they're going to choose survival.

It's called adaptation. they gonna choose Survival Mode. So now you're not growing. And once we get into this conversation, it makes so much sense. So the first thing I try to go after is the mindset, is to program it.

Once the reprogramming come, the herbs is easy part. And a lot of people think herbs heal. Herbs do not heal, The body heals itself. What herbs do is, herbs tone, They strengthen and help influence detoxification.

But the herbs don't detox you. The herbs connect with enzymes, and the enzymes that's already within your molecular structure turn on these detoxifications.

So let me ask you this. Would you say that herbs are signaling? Herbs, that's all energetic, signaling. And when you look at herbs, what are you looking at the herbs for?

The nutrition, the protons, electrons, and neutrons. The enzymes, same thing as in food. Then a lot of people disassociate herbs with food and it's like what all herbs is is dried vegetables.

So once you really start just looking at it, not from a scientific lens, but you know, you take your intellectual cap off and you just go in nature and be real simplistic about it.

Healing is simple. It really is. We making it hard, man. Dr. Yaki, we're talking about the mindset shift. Would you say that stress can kill somebody?

Stress does kill, stress kills. Is there a difference between good stress and bad stress? The body needs stress. Stress is very, very important as well.

For instance, when you wake up at 6 a.m., when the sun come out, there's blue light spectrum that's coming from the actual sun. That's a stress hormone.

At 6 am, from 6am to 10am, quarters all rise. And the reason why cortisol rise, because it works with serotonin. This is what makes you serious. It's where you get seratonin from, it makes your serious, then the cortisol starts tapering off and declining during the day for melatonins can come in and make you mellow before you can go to sleep.

So you know, you need cortisol. Cortisol is very, very essential for the body. And if I'm in the wilderness and I see a lion or a tiger and bear, I will hope that my adrenals will know how to release a bunch of cortisol for I can So you need it for fight or flight, but you're not supposed to be in fight of flight the whole time.

Cortisol is one of the most leading costs to what I would say, you know, I got to do quote unquote disease than anything else. And if you look at the program and the nine and fives that they got us in, if look the rat race that we got on, we're chasing money to pay bills and we never happy.

We're working to V60 to just get a small thing that the call a pension or retirement. They're putting us in these cubicles away from the natural sun. We can't go through natural bio-photomodulation.

Uh, we're drinking contaminated water. All of our food's got microplastics in it. And let's not even talk about the seed oil epidemic that is killing, that's really fueling heart disease.

You know, really feel, it's really the way we cook in our food and using these seed oils, very rancid, so when you look at it from that standpoint, our body is constantly fighting.

So we in a state of fight or flight 24 hours out of the day, when technically, according to the Sarcadian rhythm, you only supposed to be in the light stage of a fight of flight for two to four hours a day unless you in wilderness and you're running from your life.

So insulin resistant kick in, the glycocalyx and the, uh, glyco biome or what you'll call the microbiome get very disrupted. You know, you start getting all of these different symptomologies and then what we do is we run to the doctor to get our symptomology checked out and they will give a name to those symptomologist called, called a disease.

But if you look at what the body's doing, The body is constantly trying to recalibrate and regulate itself, which is a healing mechanism, a healer response.

Well, let's talk about this stress hormone, the cortisol that we're talking about. Because you brought up the blue light first thing in the morning, stimulates cortisol production, gets you going.

But we got a bunch of other artificial blue lights that stimulated us all day, all night. The screens, I mean the casinos were onto it very early, right?

With all the slot machines and all that blue like you're up all-night gambling because of that. So, you know i'm seeing people wearing the yellow glasses blue light blocking glasses, right?

And then the orange and then at night the red ones that block almost 99 of blue. Like what's your input on that? Uh, I like I liked the the blue, light, blocking, glasses uh, i don't think all of them were very very effective but uh the ideology behind it, and there is some that test out in clinical trials.

I think it worked, but the best thing is aesthetic creating all of these technologies. And this is coming from a person that love healing technologies, I got a clinic full of them.

But I first resort should always be go back into nature. So get back on the Sarcadian rhythm clock, because each of your cells have biological clocks in them, that the creator set it up for.

In my book, Healing Illusion, we call it disease. There's a section called Dr. Yokai's Healing and Protocol Schedule, and it breaks down this arcadian rhythm from 6 a.m.

to 6 am, 24 hours in what you're supposed to be doing. So I think them are cool to do, but how about this? Rise when the sun rise. Right. go down when the sun goes down.

And then if you gotta stay up late, use candles, something that gives a natural red hue that comes from it. Now you don't have to be spending all this extra money on glasses and they might not work.

You can get your body back in the rhythmic frequency with the earth, because the Earth is on her circadian rhythm. The sun rises and sets every day at the same time.

Man change time, but the Sun don's change. It goes up on the East and it sets on West every time at same. These are the things that we need to be doing.

We need be cleaving onto the natural governing bodies of the earth and we'll see that will heal much faster. Now, you got people that don't have access like that and that's where me and you come in at, our technologies.

You can't get in the sun or it's cold outside and melanated beings like us, brown and light brown, dark brown or light-brown people, we needs sunlight more.

Buy a photomodulation, come get it in my light bed. You know, things like that, but I'm going to always push naturalism first. Go outside, get back into nature, and get familiar with where you come from.

I want to put some emphasis on one of the things that you said about going out and getting that first sunlight in the morning. Me personally, when I started doing that.

The type of energy that I get beats any cup of coffee that you can imagine. You just get awake and you just feel it. It's just like in your body. And if no one has ever done that, my recommendation is try it out for a week.

Yep, do it a week. And black and brown people, so-called black-and-brown people do longer because your melanin pigment content, you need more sunlight than any other species or race, or so called race because that's a made up terminology on earth.

Actually, our melanins, the way it converts sunlight, it does it very different. So we see a lot, like when you look at vitamin D deficiency, It is very, very prevalent among black people because we're not in the sun enough.

So a Caucasian or a fair-skinned person can go out there 15, 20 minutes and boom, cholesterol, vitamin D, they're producing everything they need to do by the Sun.

You know, benzene rings, all the chromophores are really eating at Sun, we go up there and we try to be out for the same 15-20 minutes, and were not getting anything.

How long should people… So I say for any fair skin, anybody that's light brown, 20 to 30 minutes to an hour, perfect. But when I'm talking about more pigmentation of you and I, at least an our a day.

At least and hour or more. Go out there, read a book, do whatever you need. Interesting thing, man, I had Dr. Patrick Porter. I don't know if you're familiar.

So Dr Patrick porter, he brought something up and he says the sun is the mitochondria of our universe. Yes, it is. It charges everyone up, every plant, and it just it charges it up.

Yeah. And when people don't know what the Mitochondria is, we're going to get into that in a minute. But I want to start getting into your topic of defining what disease is?

Yes. So you have two different definitions of disease. I agree with the first one. The first dis-ease is I am not at ease. The energy that my body produces by way of the mitochondria, and that's not the only way your body produce energy, but we'll talk about this one for now, is not able to flow easily or is easily accessible.

So I'm at dis ease I love that one. But when we start putting names on symptoms and calling it part disease, and if you do it with the first definition, it makes total sense.

When you start talking about the non-functioning parts of these diseases and then you're blaming it on things, to me it takes the accountability away from the person because all the diseases, the so-called disease that happens to us is because of us.

Like I said, I didn't have a heart attack. I literally attacked my own heart. But if I came in with the perception and perceiving it as, and I had a hard attack, then that was woe is me.

And I need the doctors and can't do nothing to help myself. But if I know I did this to myself, I'm the one who snorted the cocaine. I am the ones who was smoking cigarettes and smoking weed and marijuana, drinking Coca Cola and Pepsi and eating all of these meats and all these things I was not supposed to be putting in my body.

Eventually, those things built up. I never changed my diet, so accumulation happened. Now, since all of these accumulated toxins are in me, now I am serially congested.

Since I'm serually congesting, my mitochondria cannot make… The whole point of the mitochondrial, which is there's many different points, but his entire point is to take glucose, in fructose, if we break down glycolysis, and turn it into water.

In this water, which I'm going to call H3O2, I know a lot of people, you know, they don't like Dr. Gerald Pollock work, in talking about the phase water H302 enzyme water which is very, very brilliant and it's conducted by sunlight, by the way, y'all really need to look it up.

But the whole point and purpose of mitochondria is to take sugar Whether we talk about simple monosaccharides or complex saccharide, and it's to convert it into water.

This water is then used as a fuel, a phosphate, to actually give the body energy to burn off. What disease is, is that energy not being able to make it to the cells where these cells can do their job.

And you start seeing discharge, which is ADP, adenosine diphosphate. It's kind of like you have in a car. You get you a Ferrari, you're going to put premium gas in it, right?

So if you get your Ferrari, you pull up to the gas station, which is the diner hall, to go eat some food, and you put, what you call it, unleaded fuel in it.

Or if, or if put diesel fuel, the car won't even start up sometimes. And that's what's happening to our people. So since that is happening, well, we have been trained to do is go to a doctor from the symptoms of our car not being able to start.

They say, this is blase, blasse, they're not telling you the mechanism. And that's what I mean. So when I say disease is an illusion, I'm not sitting here saying that sure, your issue don't exist.

For one, it'd be very insensitive of me, and it's not that. And two, that would be ignoring an obvious issue, because people are suffering from issues.

My whole point is to change your perception and change the way you perceive what disease is. So when I say illusion, I mean illusion as in trickery, falsehood.

Not saying that your issue don't exist, but saying there's a different way that you can view this, for it can be on your side rather than it being against you.

And for instance, so if all disease starts with hypoxia, all diseases are a state of hypoxia. The body is lacking oxygen. And then you start looking at the electronic transport chain, which we're talking about how mitochondria take glucose and then make it into water.

When you look at four-stage process of that, you need oxygen to actually convert the glucose over into the water, And that's what most people are missing, especially when you start diving into cancer and you look at metabolic acidosis.

We are not producing enough energy to turn on ourselves for them to do their specific jobs and functions. So what is happening there? Now you have to find out.

Detox pathways, diet, and sunlight

Okay, I got a state of hypoxia because of what? Usually it's because something is oxidizing, too much oxidation. too much free radical damage. Well, where is the free-radical damage coming from?

Well what oxidizing the body the quickest? Now you got to start looking at foods. What am I bringing into my environment? Environmental toxins. So let me shut out the environmental toxins, what about my water?

Let me make sure I get me a kegging machine or something that can clean my Yeah, because the whole thing is, and I tell my clients this all the time, we have to take bit by bits out or all of it at once to see what the issue is.

Because I haven't been in your body for 34 to 50 years. You've been on your walking around. I'm just now meeting you. because I got millions of followers and you listen to me religiously every day.

But now, in order for us to get to know each other during my consultations, I don't even ask you what you ate. I'm finna find out. You know, let's take you on a…

I wanna get know you for 30 days. As these 30 day, s let start changing your environment and taking everything out and it can be something simple as an environmental pollutant like cologne and perfume that can cause us all… I mean, endocrine disruptor.

And you've got a low thyroid activity. Your T3 and T4s are not functioning properly. And if you're thinking that

something is really wrong because you got this gourd of mass on your thyroid the whole time, it's your perfume or your cologne that could contribute to your issue.

So these are the things I'm talking about. We need to reprogram ourselves. Back in the biblical days or in ancient days, they used natural oils and saps and maple and things like that from the earth flowers.

They didn't mix all of these chemicals. Now it' a bunch of chemicals Dr. Yaki, because obviously we're talking about disease, right? And one of the things that I try to coach people on, and I wanna get your input on it, is people are not gonna eliminate all of these external toxic factors that are in their life.

And there's some that we can't even… Run away from forever chemicals, man. They're there chemtrails. I mean, you're right. You're Right. So so it's not just about treating disease.

It's also about preventing disease, right? So So what do you recommend when it comes to enhancing the detox pathways to be able to get rid of a lot of these external factors that we're talking about?

I would say eating alkaline forming food, because technically there's no such thing as alkalin food. The food has to go through methylation once it gets through your body and then you create an alkalined ash or acidic ash based off the mineral content that you bleed behind.

Eating food that favors alkalinity, you know, natural fruits, vegetables, nuts, herbs, things of that sort. So changing your diet, eating food, that agrees with your biology.

And everybody biology is different when you talk about species and subspecies. Like for instance, when get into Caucasians, on an average, not as an individual, but on a average they tend to have higher gastro juices than us.

Their hydrochloric acid is hotter than ours. it's more higher, so they're able to break down meat. So they would thrive off a carnivore ketogenic diet.

You see them thrive, but then you would get a so-called black African-American that comes to my clinic that tried the same diet, his kidneys are failing and he's leaking proteins because his body couldn't deal with all of the complex amino acids that came from that high ketogenetic diet so now you can do a high-ketogenic but you have to do high Ketogenic plant-based and you see it'll work out.

So when you start really, you know, looking at what's going on, it's our bodies trying to heal itself. We have been taught and we have be educated on this fact.

You have symptoms, your body is not working right. This is the disease. we never been talked to sit down and say, let me study the physiology and the mechanism behind this disease and see what is happening to my body.

And when do it that way, he'd be like, hold on. this is my buddy actually helping me when somebody sneeze. There's particles that is coming out your nasal passage.

These particles are not supposed to be inside of you because it can get in your sephnoid, ephanoid and maxillary cavities of your, and it could cause a dysfunction and causes hypoxia.

So the body want to maintain, especially the brain, it want maintain all that oxygen for you can think straight. If anything get inside your nose, the first protection is you have nose or nasal hairs.

that keeps these particles. But if it make it past that, then you're going to get this reflux to sneeze, huh-choo. That is to to toxins out of your airways, a cough.

A cough is the break up something, or mucus, usually it's mucous and phlegm, that is solidifying inside of the chest cavity wall. So when you cough, you feel a tension here to break it up and then you're going to get a mucus in your throat.

Spit it out. So a cough. And these are all the things that say symptoms of viruses and disease. You know, a skin outbreaks. If I put you on a liver, and you can have the most beautiful skin in the world, if I'll put on the liver detox and a parasite detox right now, your going have a worse skin for about six months.

The reason why is most people, especially in America, kidneys and adrenals are not functioning properly. We know that the skin is the third kidney. So if your kidneys are functioning not properly and you're not opening up metabolic and detoxification pathways and can't urinate all of these metabolic waste out, guess what your skin do?

it act as a third kidney and it start coming through the skin. But they say you have psoriasis, they have, say, you all type of derm issues, something's going on with the epiderm, the endo, Something is going with your skin, but no, my skin is literally taking a poop for me.

All I gotta do now is just go to the sauna and we can speed this process up. See, these are very interesting things that you're bringing up and I want people to realize When you go to your regular general practitioner doctor, and they're doing a full body assessment on you, if they even do that in today's world, a lot of the things that you're talking about when you are assessing your body and understanding how the body works, you start looking at the difference between Western and Eastern medicine.

Right? When you look at a practitioner who understands Eastern medicine, they're looking at these things. They're understanding what phlegm is, right?

The cooling mechanism of what it's doing. Exactly. Looking at, you know, the tongue, looking the nail bits. Yes. Right. Yeah. So they are looking that the eyes.

The skin. All of it. You know all of those things to me are critical when you're trying to understand the body. And you are breaking them down and explaining it But most people, even the medical providers that are now getting sick and tired of conventional medicine and dabbling over to this side, they're starting to realize, but they are still not even there yet.

But those things that you're talking about are extremely important. That's the first thing I do when you come into my facility. You come to Dr. Yukai's Detoxification Health and Wellness Facility.

The first that we do, before I check your eyes and anything, open your mouth. Let me see your teeth. I want to check the teeth because a lot of people, they try to dispel meridian pathways, but they exist.

It's a study where they injected Technetium M99 into several people, and a lot of these pathways, or what you'll call meridian lines, actually popped up.

They put a luminescent ink inside. It is called Technitium-M99, I believe. Y'all look it up! And they found these pathways and you start looking at teeth inside of people's mouths that are rotten or they're going through like periodontal disease, they have cavacations and caries on them.

And then you look at the teeth on, depending on what meridian line it sits on and boom, prostate cancer. Then you started looking the tooth. Okay, this tooth is connected to the prostate meridians.

Breast cancer, you'll start lookin' at your teeth and the woman, hold on. This tooth connected the breast meriden. So it's like you start looking at the mouth, and you really be like, hold on, my mouth is the entryway to my body.

How I speak and communicate is with my month, how I eat is through my mouse. So let's start there first. When you come to our facility, first thing I look at is your mouth.

And this is a fact. This is common in Google. There are so many heart disease cases that's connected with poor oral hygiene. Oh yeah, the leading cause of heart disease is gum disease.

It's gum diseases. So this is not me just speaking from a place of, you know, I'm not talking out the side of my neck

here. And then you see when you go to a biological dentist who learn the way we learn, well we learned both ways.

There's a lot more popping up now, which is a beautiful thing. But when you take them to a biological dentist, they get the mercury removed. They get their teeth pulled because of these failed root canals.

they start cleaning up and straightening up their oral hygiene. The other symptomologies go away. So what does that mean? So is that really disease, or is my mouth pH so low?

I don't have the bacteria I need in my month, and my mouse can't detoxify itself anymore, so now all of this stagnation, solidification, accumulation of toxins is in these spots.

And now bacteria, who get blamed for everything, they get blame, when they really are helpers, now we're gonna blame the bacterial for being there. But the bacterias only there when the have something to eat.

You know, it's kind of like you used to be a firefighter and every time I see you there's a fire What I'm gonna look at he's the hero. He's saving lives, but from the medical industry standpoint you starting to fire Viruses are being blamed for all these things bacteria being bland and you start looking at viruses Do you know we cannot exist without viruses viruses help protect us same as bacteria same is all of these thing so It's going to come to a point in this getting there, thank God it finally is, where we're going have to really sit down and ask very, very hard questions and we need serious answers.

Serious answers, you know, and one of the ones is on cancer, high cholesterol. Is cholesterol really bad for people? The study I read on it blew my mind how people die younger with low cholesterol and people with the highest cholesterol live longer.

Because, you know, my partner, Dr. Christopher Davis, who's an interventional cardiologist, he speaks about it. He says cholesterol isn't bad for you.

No. Cholesterol isn' t the issue for heart disease. Yeah. And he'll go deep on it, so what's your input on that? Ch??esterol is essential. cholesterol is just as important as water and food.

Right. Without cholesterol, You technically have no brain. Because your brain is built off of cholesterol. without cholesterol you have not cellular membrane.

because your cellular membrane, that protective layer that protects every 50 to 150 trillion cells in your body is made with cholesterol to help protect it.

Without cholesterol, you have none of your, You don't have estrogen, your don' have progneme alone, progesterone, testosterone. These are your baby making…

It's chemistry. So these are your baby making steroids. With cholesterol, you don't have steroids, cholesterol is one of the building blocks of biological.

It is the one building box of life. And then when you look at the way your brain communicates through melanine neurotransmitters by way of cholesterol.

Cholesterol is known as the body's internal, I'm going to say eternal because we are eternal people. eternal, people don't want to identify with internal, y'all can, but it's the body's eternal internal scab.

So if something happens to the venous system and your arteries and something gets plucked, say just some leftover calcium, calcium is a calcite, it can rip and tear the artery walls.

What's going to happen is cholesterol is going go patch up that area, kind of like you put a hole in a wall, you'll put putty there. The medical industry that cholesterol caused the rip and tear and caused a narrowing of the actual arteries.

A holistic thinker, hold on, that was used as a putting mechanism. It came to actually patch and repair. And then they don't look at calcium. So instead of blaming calcium and blaming the foods and blame these rancid oils that we've been using, they automatically blame it on the cholesterol.

Now, and there's another study showing the higher your cholesterol, the less likely you are to get cancer. And this is stuff y'all can Google and just look up scholarly articles and really read through the articles.

The data's there. I mean, it's so much now, and it is overwhelming. It's overwhelming! They can't even hide it. Yeah, to the point now the Heart of America Association is finally thinking about taking it out the literature.

They just said that, what, four years ago? We're thinking of taking that out to literature! Because the whole picture was painted where most of this cholesterol comes from your food.

Now it is scientifically proven that 85 to 90% of the cholesterol that's in your body is made by your own body. It don't even come from you food! So you start looking at these ancient tribes and culture in Africa.

that are carnivore type of people in Africa that eats nothing but meat, they're hunter-gatherers, and they eat fish, all these foods, pigs and stuff like that, but they have the lowest instance of heart disease.

but they're eating the most cholesterol-made food. And that's because most of your cholesterol, your body makes it. The reason why it makes and it goes higher or lower is depending on your terrain.

We need to quit focusing on the symptomologies and start focusing the root cause of these dysfunctional diseases that we call diseases happening in our body.

It is usually toxins. I teach all of my students this. You have ingestion, Ingesting is before, it's a chapter in my book called ingestion even before the bite.

Your mindset how you choose to look at food can tell me whether you're gonna have being a disease state in the next 10 years Because what they have found they got scientists now making these ultra processed foods.

They have bliss points You know, they they something called palatable acoustics y'all look this up Palatable Acoustics meaning that they know how to make a certain sound you bite a chip that will that would turn on the reward centers in your brain in a potato chip, and you get addicted to the crunch.

It's called palatable acoustics. Real word, real sound. And so you start seeing- That's like that, with that candy bar too, the Crunch. Yes, what the candy bars, The Crunch, all about the crunchy.

So what they're doing is they are- So in order for you to eat, you have to be hungry.

Defining disease, cholesterol, and cholesterol myths

What initiate this hunger response is usually the smell. You smell the food. Usually you hear a commercial or simply somebody say, I'm hungry and I want to.

Or you feel your stomach enzymes and you get hungry, what they have figured out is they beat you in between. So they learn how to hijack your sensory inputs and outputs and basically they literally have a chart, a predictable chart of if I market this this way, I know what they're going to eat.

And I was watching a video showing how they built restaurants and one of your biggest restaurant builders, they positioned the oven in the exhaust of the They always put it outside of the building facing towards the most population, for you can smell it when you driving.

Same things with McDonald's and the golden arches. They put so high in the sky for, you could see it, so it's like a bat signal. That's crazy. Ingesting.

You thinking you want to ingest food because you hungry, but they have plagued you and hijacked your sensory inputs and outputs and making you think you're hungry.

So you eat when they want you to eat. You don't eat, when you really want eat because if you've really think about it, we do not be as hungry your stomach is the size of your fist.

Three meals a day is insane. That is INSANE. Especially when you start learning health, and you started learning about nutritional foods, you starting learning how to incorporate intermittent fasting, then you learn how they ate back, long back in the day, the indigenous people, how the ate.

They never ate, matter of fact, they couldn't eat that much, because they were hunter-gatherers. If they was chasing meat, it probably, most of the time they could not get it, cause the animal was faster than them.

So you know they had to intermittent fast. When they wasn't intermittent, fasting was eating grains and eating plants. These grains of plants was not GMO crops.

You know, it wasn't controlled by Monsanto. It wasn' sprayed on with herbicides, insecticides or pesticides. That's everything that's messing people up.

You see what I'm saying? And it was fried. Back then, they did not have fried food. And in fact, if you go into nature, you will not see a gorilla. take meat, kill it, skin it and put it in a frying pan and puts some canola oil on it.

You just, you won't see it so. And then a beautiful thing about nature, nature is our classroom. When you go into nature and you see these animals get sick, the first thing they do is fast.

They don't eat anything. If a dog gets sick they fast, after a day or two of fasting they eat grass to throw up. So that's a detail. Okay, but they say vomiting.

Sneezing, coughing, they want to suppress it. It's called suppressive medical therapy. They want give you a cough suppressant. I don't want stop coughing.

That's your body's natural defense mechanism. Yes, these are eliminative pathways. So if we see that a dog in nature or a gorilla in the nature will make itself throw up, And these are called detoxification signals to me.

So why are we not doing the same thing? And that's all I'm saying. My question to people is this. There's two ways that you can look at disease. You can at look disease as if it's killing you.

You know, cause now it's a fight. We not fighting disease. Or you can embrace disease as my body have an innate intelligence. My body having innate immune system in a way to cleanse itself.

And these symptomologies that I'm feeling from natural detoxification, I have been taught as disease, but I want to block that out my head and I am going to embrace these detoxifications symptoms.

If my body is vomiting, that means there's things in my gut that I need to get out. How about I help it? How bout I drink some activated charcoal water to help and bind these things up before I can get rid of it quicker?

If you got diarrhea, it's coming out that end. how bout' I helped it, how about' go on a fruit fast to be rid off everything but make sure that i'm getting electrolytes in because I don't want to become dehydrated.

You know, if I'm coughing and sneezing, maybe I need to go into the sauna. If my skin is breaking out, I maybe need do a red light therapy. Go into a sauna or do cold therapy where I activate cold shock and heat shock proteins.

So what I am saying is there is a different way that you can look at disease that would be more beneficial than looking at a disease like it just spontaneously came out of nowhere and picked you.

Because when you look at it that way, it is very, very depressing. You start cursing God, and then you start asking, why me? And now once you are in that belief, your body is fighting against you.

So now, in the ideology, you have to fight your back. And what do you fight you body back with? Chemotherapy. you get organs sucking out that you didn't need to get taken out.

All of these surgeries. I'm not knocking the surgery community. If I get shot right now I am not going to take no herbs. take me to the nearest hospital and give me the best service.

So I want to put that out there. But I'm just talking about the ideology in what you was talking, about preventive maintenance, for we don't even have to get to these points.

And it's all in our perception in the way we perceive disease is. If you look at disease as an illusion, and you look at it as a friend, and my, oh, okay, I got a tumor, that's a trash bag.

When you cut open these tumors, all the metabolic toxic waste is in them. The more waste you put in your body, the tumor grows. Yep. the more wastes you get out of your bodies, your tumor shrinks.

So, Oh, let me quit looking at this like it's death sentence and praise this tumor because I probably wouldn't have lived this long if I didn't this have tumor.

Now, you do have many cases where the tumors will obstruct and block blood flow that will kill you. Surgery, get it removed. You see what I'm saying? So I am not sitting here saying be stupid.

I not saying that at all. Just saying, be smart and just think simplistically here. You have to embrace what we're talking about here, you know I like to break it into three categories.

Man, I break into prevention, early detection, and treatment intervention. And you have really look at the all three of them. Say that one more time. prevention, early detection, and treatment intervention.

And every single one has different things that you have to consider in every, in all three of those. You really wanna try to stay on that prevention side.

It's way better. Way better, but then the early detections are important. But then most importantly, when we do detect something, that treatment and intervention has to be right.

Because if you go down the wrong path, I agree. You're gonna stick in that treatment intervention side and it's not gonna be pretty. Oh man, we've been seeing some crazy stuff, especially with detoxification.

For instance, a tumor. Tumor have a bunch of heavy metals in them. And that's the reason why we had a lady come in to the clinic and she had cervical cancer.

We had her on the protocol for about 90 days and now she ended up passing her cervical tumors in the bathroom. Me, I took them in. I split them open, looked under them on my microscope.

and there was a bunch of parasites in them. But I'm like, why is these parasites here? Cause you know, they blame parasites for everything. And you start looking at these parasites and they were himmoth worms inside the tumor, but you check the mineral content in it was full of iron and her iron was constantly low, constantly, low.

So she never had low iron. It's just the iron wasn't utilized properly throughout the bloodstream cause it caught up in her liver and it stuck in these tumors.

Hemoth worms. That's one of their main delicacies. So now starting to question this, okay, is cancer parasites or is parasites cancer? Do parasites cause cancer or these are misdiagnoses?

Is it really a parasite that's hiding in the nest, a fleshly nest that we call a sac or you call it cysts, tumor, fibroid? Like, what's really going on here?

Could it be all of them what I just said, or could it just be one? And this is what i'm saying. Let's start questioning that. I'm not saying we all have to have the right answer, but let's all start studying to get to the answer.

Because guess what? After we got those parasites out, she tested negative for cancer. Same thing that happened with the thyroid before. And then you start looking at these parasites, they only show up when the microbes are not doing their job.

They said, look, I gave you enough time to get rid of this situation, to eat these things and biologically break down these toxins. You're not doing it.

So now I'm going to send a myso biofilm in. Myso Biofilm is basically a type of fungi. Fungi is known for eating up things, and fungi in the body eat a lot of microplastics.

A lot people don't know that. And we have a bad micro plastic toxicity problem in America. Certain mushrooms will help you out with that. So after the microbes fail, because you never change your diet, now you get fungal infections and fungo problems.

You constantly call them infections, and bad things, but it's the body trying to heal itself. After the fungus don't work, then you'll get the big boys.

The fluke worms, the hook worms. And I'm not saying that all of these worms start off in the bodies, you do have worms that you can get from your pets walking barefoot and on concrete ground.

uh gardening you can get a lot of these things from gardening because they will it's many ways they can Get in but most of These different what they call parasites or inside of our biological entities already and i'm showed and proved this on my instagram 100 times just showing you your own blood and cells under a microscope all of, these different living entities that can pleomorph Themselves depending on the state of your terrain to come help you out So it's time to stop blaming our innate detoxification and healing mechanisms and start asking ourselves, why do we got them in the first place?

And then that will create a clear plan and pathway on how to get rid of things. If I have a bunch of fungus in my body, that means that I'm insulin resistant, my blood sugar is high, I am going through too much fermentation, and I had microplastic.

So let me get rid of microplastic. Let me lower my sugar intake, because usually the sugar intakes is from processed sugars. I'm not talking about monosaccharides or disaccarides, which is the natural sugar that comes in your fruit and vegetables.

Then once you start taking those things away, they don't have a job no more. So guess what they do? They leave. Same thing that if you go on a fast for at least 21 days with water or nothing but fruit juices, you're going to poop out so many worms because you are not feeding them anymore.

So I'm saying embrace what they call in these diseases is and learn the mechanism and the physiology and then help help this so-called disease because the disease is nothing but D Toxification symptoms, right?

All right, dr. Yaki You know for the patient or even the medical provider who's listening to the podcast that, um, a patient is coming in in the, you know, they have cancer and they're going through like a radiation chemotherapy and.

And they don't want to stop doing the conventional. Yeah, bladder-rack, I will instantly tell them to do bladder rack, charcoal, these are things. And then this is scientifically proven too.

There's support that these people should be going. If they decide to keep on going through the chemotherapy radiation, and I always say, listen, i'm not going to steer you away from it.

I do the same thing. You don't want to that anyway. Conventional medicine has its place, right? It has science, it's that. But there's a lot of things we could do while you do Yeah, because you can, like for instance, this is known fact, broccoli sprouts have something called sulforaphane in it.

Those are powerful. Very powerful, you could smell, I get mines from a farm in Italy. We're talking about the phytonutrients, polyphenols, all that stuff.

Broccoli is one of the heaviest superfoods on this planet, hybrid and all it still is. But you smell it, mines are so plunged, it's coming through the door, that's how strong it is, But like somebody that's saying, look, Dr.

Akai, I want to do my chemo. I wanna do radiation, but I wanted to both. But I'm not gonna turn you down. So what I can do is, because chemos are 100% derivative of mustard gas.

Chemo is clinically known to cause cancer in the future because it burns the cells. These are facts. What I've been seeing, that talks about the high, you gotta get safety on her.

He talks the the High Ketogenic Diet, he's like the godfather of cancer now. In his study that he published, He's been noticing when he put his people on, it's called post therapy.

It's call pushed post-therapy. he puts them on high ketogenic diets, and with the higher ketogenetic diets he add a bunch of sulforaphane and things like that to the diet.

it engulfs the chemotherapy and make the dosages lower to the cell, so you're not burning everything. So a person that comes to my facility and say, I want to still do chemotherapy, and I wanted to do the bladder rack, imma tell them the truth about what I've studied on it.

And then I'm gonna say it's up to you, it is your ultimate decision, because I am not your doctor. But if you gonna choose this way, Make sure that you get in bladder rack.

Bladder rack is known to basically neutralize in radiation. So I'm going to put you on bladder-rack capsules. I'll make sure I get you cruciferous vegetables, particularly broccoli sprouts.

The bigger broccoli heads are good if you cut them in half because you have to cut in order to ignite that sulforaphane in them. And I think it's called glucoraphanase.

Forgive me if I said that wrong. So, ferrofane and glucoraphanase. But I'm going to say get on the cruciferous family. Eat a lot of broccoli sprouts. Another thing is the berry kingdom.

High antioxidants. And I am going tell you to eat them and juice them. Blueberries, blackberries. Raspberrys, strawberries. Be careful with the strawberries, they are super contaminated, even the organic ones.

It's nothing to get in your garden and grow them yourself. You can grow strawberries on your sink if you wanted to. And these are the things that I'm going to tell you to do and I want to keep encouraging infrared sauna.

Chemotherapy though, I would say don't do it too high, keep it low because it can burn you when it's coming through your skin. So I say stay around at 120 range and don' t go over 21 minutes and do that three times a week.

Even though I'm not endorsing using these type of methodologies like chemotherapy and radiation, my following know how I feel about them. But if that's your choice, you can do that, plus you could still do some things that will lessen the blowback or side effects of chemotherapy or radiation.

There's another thing that both you and I offer that if you afford it, the high dose vitamin C reduces that oxidative

stress. And intravenous high dose vitamin C is amazing.

High dose. I don't know why people are scared to talk about it.

Cancer support, IV therapy, and MAHA movement

You ain't never supposed to say the high grams. 30 to 50,000 milligrams in higher is amazin'. I got a book called The cure to all diseases. And the man was in Germany.

He had his own clinic and he studied on like 10,000 people, man. Where he just gave it to them by mouth and gave them to him intravenously. These people were getting rid of so many stuff.

People with HIV, their CD4 count would rise up. They had tests negative, but you know that means non-detective now. But it was just showing how high dose vitamin C, which is a master antioxidant, along with melanin, and me personally, I think melanine is an even higher antioxidate than vitamin c.

It's so man, look, IV therapy is like the next wave. And I don't think they said IV Therapy is predicted to do like a billion within the next couple of years because that's how much it's taking it all.

They're coming to your house now. You can find people that will pull up on you, registered nurses, that would pull upon you just to give you these things.

So, you know, glutathione pushes. I love glutothione pushers. Get the liver activated, get the livers detoxifying. Definitely the high vitamin C. We have something called the B cocktail where it gives you all your B vitamins.

I just teach people to make sure that you know the sources of them, because a lot of use tar derivatives, or what you would call oil derivatives in the IVs.

And one thing I do like about yours, when I came to your clinic, your high vitamin C came from a real natural source, which was the first time- Self-Bioca Base, this comes from the cassava root, the scorbic acid that we use.

That's important, what your saying. Ours is preservative free. And I was just going to say that next, when you broke that down to me, I looked at NIB, and I said, yeah, we need to find different sources for our IVs because that was the next step to be.

I heard about it, but I never knew nobody that got the resources or the connections to get those because 98% of them have oral tar derivatives in them.

So I want to take my hat off to you for that. That's a beautiful, beautiful thing that you got going on at your clinic. And by the way, again, your You know, I got appointed as the chairman for the American IV Association.

Let me get your hands. I appreciate it. Back in 2024, so I've been, you know I have all the top companies that have the longevity clinics, they're on the board and what not.

And as a matter of fact I'm going to invite you in September 26th, the weekend of the 26, we have what's called the VIBE Conference, Vitamin Infusion Business Expo.

which myself and a bunch of the CEOs of IV therapy business, we put it together. We have everybody from Grant Cardone's company, 10X Health, Next Health.

Dr. Dershan Shah, who's really big in the longevity space. Two days, I'm actually the emcee for the whole event. Wow. But listen, if you want to come, you wanna speak on the stage.

I'll be there. Let's do it. It's done. But yeah, so IV therapy, man, you know, I got a soft part of my heart for it because obviously I'm so involved in it.

But Dr. Yaqui, what you're doing, is you really educating the masses. And that's one of the things that I love. In part what what are you doing also, your exposing things people need to be aware of.

Like earlier you brought up the American Heart Association in one our conversations. I know the American Heart Association is out there. doing some good, right?

I don't wanna take all of it away from it, but when you look at a box of Fruit Loops and it says this has been approved by the American Heart Association, I got a problem with that.

And especially fortified Fruit loops and just the whole fortification on iron oxide, zinc oxides, vitamin D, synthetic vitamin, D. The whole thing is crazy and you start really looking at the real issue and problem The real issue and problem is our soils have been stripped of all of their nutrients and minerals.

And that's why I think what we're doing is very, very important, especially the IV therapy. Because now if I can't get it from my food, I do need to supplement it.

I mean, if it ain't gonna come from the food. And then just thinking about the IV therapies too, most of the people that come see us, their digestive system is messed up.

Remember when I was talking about ingestion, the next one was digestion. So if you're not able to digest, that means you can't absorb your food. If you cannot absorb you food, your show can not utilize your foods.

And if can cannot utilize food that mean you are steadily congested and you cant eliminate your So if somebody come to me and 99% of the issue is that they are not getting the nutrients in and they're malabsorbed, then I need to put it straight into your bloodstream anyway, that way yourselves can utilize it.

But when I see things like the Heart Association, you know, and when they start putting their tags on Tyson Chicken Wings, And then you start studying, just the whole mindset behind Tyson chicken wings and their free range chicken, which…

They free-range chicken, they're supposed to be free ranging, grown properly, and then you see what free range mean, then they have their name and they stamp on it.

It just make you question everything. You got to. And that's what I'm here to tell the people. I am not telling you to, well I guess I AM telling to you be a rebel, but be rebel in a more intelligent, Be a rebel by questioning everything, question every bite.

Question what's in your refrigerator and question why you decided to buy that. Because sensory hijacking is real. You know, palatable acoustics is really.

The bliss point is where they figured out how to put the right amount of sugar and salt and fat ratio in you food and you chew them and they time the reward center, the dopamine receptor response.

And they say, this is the perfect chip. This is perfect snicker. The perfect junk food. And then they put those on the shelf. So question everything. That's why I'm here.

I know a lot of people, new people. They're going to see this. Say, I've seen his face before. But they're gonna say he got tattoos on his arms. He just admitted that he used to do drugs.

I'm telling you from experience, so since you know and I am associated with all of those things, you'll know that I went down a hard path. From that hard part, I completely changed my life.

I was from hurting people to saving people. If you need to listen to anybody or let anybody inspire you to do better and to love yourself and put yourself first, then I should be the one.

So instead of looking at me and saying, I'm not listening to nobody that got tattoos on his face. It should be, he got tattooed on this face and he talking about health and wellness and loving himself.

Let me sit back and really listen to what he's talking. And you will see that we have to question everything. These tests on my face is because I didn't question.

Everything. The heart attack I had is, because. I. Didn't. Question everything, the scar tissue on. My liver is. Because I, didn.t question, everything that the diabetes is?

Because. and started looking for answers, that's when I received my illness. Now I'm happy I am in a place of tranquility, you know, and this is the mission to do that.

But you can't get there unless you challenge yourself to challenge what we would call this system. You have to ask questions. And I love that you said that about the tattoo on the face and everything else.

And people know that the people that tune into the podcast, regardless if they're a medical provider, which we have thousands of them that tuned in or an end consumer who's just tuning in because they want to dive deeper into health and wellness.

People know there's a reason why I dress the way I dressed. I'm not wearing a suit. You never see me wear a shoe. Initially, when I first got into that business, I was doing that.

Health and wellness should be hip and cool. People should invited. You know what I'm saying? And I got the fireman gear here so people understand, listen, I was on that side in a very professional way, saving people in their worst times.

But this is who I am. This is you are. And we're seeing it. We're making a difference in many, many people around the globe. Millions of people. So Dr.

Yaki, you know, if there's one person listening to this podcast and they really resonate with today's message, what is that one thing you can leave them off with?

My one thing would be this, ingestion, digestion, absorption, utilization, and elimination. If you focus on those five things, you won't get congested.

And that congest it means that you will bring on toxicities and deficiencies because that's going to force your body into a detoxification mode, which you would get all these symptoms off of.

You are already programmed to believe they're diseases. Focus on your food what you eating it going to nature let nature be your classroom Look at what nature is eating and go and look at if you assimilate with a primate and you look like a Primate because they can walk up right they have arms like you to have five fingers See what they eating try to own that diet for me to see how I make your body feel so I say let Nature be Your classroom love yourself put yourself first question everything and cleanse your gut.

That's what I would say Absolutely. And to finish off here, man, we got a big movement that's happening right now called the MAHA movement, Make America Healthy Again.

Yeah. There's a part that is very unfortunate is that people put politics behind it. So, you know, when you talk about make America healthy again, it should be for everybody.

It should not be partisan. You know what I'm saying? You got R. F. K. Jr., who's leading the way, which you already know from the years before he even got into this part.

He's been fighting masantos. He has been suing all the big food companies. Yeah, he a warrior. What are your thoughts on this whole Make America Healthy Again movement?

Beyond the politics, I think it's amazing. But of course, when something is big and you can see the future, all of the greedy ones is going to have their input on it because they want to jump on the bandwagon.

The particular part that I really do like since this is happening and since he is leading the four forefront in the political world. I've been noticing a lot.

It's very, it's a less controversial to speak about things like that. We can speak confidently as a group. And me, they just got a niche for me. You just gotta Dr.

Yaki on it. Yes. But as group in health and wellness industry. We can speak our minds more and it can stay up on these channels and they can get promoted more.

And people can listen to both sides of the story. There's been one side of this story that's being told for hundreds of years and now we're reaching a breaking point where our side can be told now.

That's for people to think for themselves and make decisions for them. So that is what I think is a good thing. and I think it's gonna be amazing and where everything is going and all these healing technologies that we both have inside of our facilities, we see where it is goin'.

So it was good that now we have many voices that's comin' together and we had the political side that strengthenin' us and backin us with it too. I love it.

Thank you, brother. Mm-hmm, thank you. Dr. Yaquid, it a pleasure havin' you here on the podcast. Your message is something that many people will resonate with and they need to hear it, What you're doing is phenomenal.

We need more of it. And I wanna support you in any possible way that I can throughout your continued journey. I appreciate you, brother. Appreciate you.

Thank you for having me. Now, people wanna find you? How can they find? You can find me on Instagram at Yaki Awaken, Y-A-H-K-I- A-W-E- K- E-N-D. You could find my on Facebook at yakirafaelohene.

Make sure that you get the actual blue check pages. There's a lot of people pretending to be me, a lotta people scamming, using my face, and it's lot AI voiceovers.

My website is www.yakiawaken.com. If you see my phase on the product, and it don't go back to yakiawaken.com, it is not me. There are so many people using my likeness and my name, man.

I've been paying $100,000 a month to try to get this stuff rectified, but it's just not working right now. But Yaki Awaken, check the blue page. My website is www.yakiAwaken.com.

Uh, my detox and wellness facility, uh, 18,00 square feet. Big. Humongous. This is St. Louis, Missouri. Come check us out. 2402 North Highway 67, Florissant, MO 63033. I'm going to have to go check it out myself.

Yes, man. He's gonna love it. Brother. I appreciate it and we'll have all the links down below. Let's do it, appreciate. Guys, you heard it from Dr. Jackie.

The first step is changing that mindset. You have. To be good with yourself before you decide to start healing, You can heal yourself. It's something we've seen it multiple different times, but you got to change that my set.

There's so many different avenues that you can go when it comes to healing yourself, but that mindset is number one. Guys, make sure you share this, follow, subscribe, do all the stuff that, you gotta do to get this message out there.

And then we'll see you for the next one