Your Guide To Overcome Mineral Nutrient Deficiencies Transcript

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Introduction and nutrient deficiency overview

Welcome back to the conversation, everyone. I'm joined today by one of our fan favorites, Morley Robbins. Hi, Morley. Welcome back. Laura, it's great to be here.

Looking forward to our blitzkrieg conversation today. Me, too. This is always a good one. Well, let me introduce you to people who haven't heard you before.

You're the creator of the Root Cause Protocol You're also known as the "Magnesium Man" because you're an expert on magnesium role in the body and that really delicate dance that magnesium plays with iron, copper and calcium, and plus, you were a favored talk on my last summit, so we wanted to bring you back again to talk about nutrient deficiencies.

So today we're going to go into mineral nutrient deficiencies and you're just so knowledgeable and easy. Who knows where this conversation is going to go today? So we'll see.

We'll see all the ground that we cover, but we'll jump right in. And I'd love it if you could define what it means to have a nutrient deficiency from a natural medicine perspective.

So, you know, the Western world has their definition of what nutrient deficiency is. And then over here in natural medicine space, we kind of have a different view on things.

And I'd like you to just to discuss just kind of an overview as we get started here, how toxins and hidden infections actually contribute to those nutrient deficiencies, because many people believe that nutrient deficiencies are really a cause of our depleted soil and eating processed food and yeah, maybe that's part of it, but we both know that that's a much bigger picture.

So could you just start there? I think that's a that's going to be just a big one to unpack right there. We have about three days to talk about this right now. It's it's a huge issue.

I mean, when you look at pictures of your ancestors, you know, back in the 1860s, whatever, we looked the same on the outside, pretty much on the inside.

We're very different because we have massive we're like Swiss cheese in the inside. We're missing nutrients. We're missing key factors that are needed to run our metabolism, run our immune system, and people don't think about that.

They're not they're not mindful of the the handoffs that need to take place. If you want to get technical, they're called redox reactions and that's a shorthand for reduction oxidation.

And that's how electrons get handed off back and forth to allow progress and signaling to be made inside the body. And we have redox reactions for making energy, redox reactions for reacting to toxins and what have you. And those redox reactions don't just happen.

They need to be stimulated.

Stress, hypoxia, and pathogen-driven energy loss

They need to be regulated, and no one's thinking about that. And so the food that we're eating today is is very different. Michael Pollan calls it food like substances.

And we're eating foods that our ancestors wouldn't recognize, in large part because most of the foods that they grew and we don't do that anymore. We when we run down to the store and pick up something and don't think twice about what's inside this box or what's inside this bag of produce that I just got.

Does it really have any energy in it? And I think it was Dr. Kellogg who was the one who coined this idea of food is just stored solar energy. So it was a really cool concept but of photons, but you got to be able to work with those photons.

And so then we get into the nutrients that you're alluding to. You've got to have the right vitamins, got to have the right mineral minerals and mineral ratios.

And I think that's where we get into trouble today is that the mineral ratios have been skewed by a modern era. And so when you you grab a substance, some food that you've bought at the store and it's got the nutrition label in the back, what's it going to talk about?

It's going to talk about calcium. It's going to talk about iron. It's going to talk about vitamin D, it's going to talk about ascorbic acid. Maybe it's about B vitamins, and that's pretty much it and takes a lot more than that to run the body.

And it does talk about calcium but doesn't talk about magnesium. It does talk about iron but never talks about copper. That's a big problem. It does talk about D but doesn't talk about Retinol vitamin A and and what people don't realize is that the B vitamins that are there, they're coming from coal tar derivatives.

And if you want an entertaining afternoon, just research cold hard derivatives. I've actually done that. And I was actually shocked to find out that there's a name for 5000 of the items.

There's five of 5000 others that they don't know what they are. They just know they're theirs. It's a very that's sort of an uneasy realization that we're eating food, that we don't really know what it is.

So the the food is affecting our physiology in big ways. And that's before we get to the stress of life. And we've all been engaged in a very global period of stress.

I don't know that we need to go into that now, but I think. I think we don't have time to cover that. I want you to talk about real quick, if I just could, that so the stress of life, I'd like to unpack that as it relates to our great grandparents who ate very different food, even my So I lost my grandmother almost like a year and a half ago at 96 years old.

And she grew up, you know, she was a teenager during World War Two. She actually grew up in Europe, but she wasn't here in the United States in her youth.

And so she had, you know, her food intake. And nutrient intake was very different than American kids at the time. And and, you know, you talk about this stress on our life and there's the stressors that have been going on for the last three years with the pandemic and everything that's occurred there.

But there's also other stressors. We're in an era where we have more toxins coming into our bodies than ever before. We have more infections showing up in our bodies than ever before.

And I can remember my grandmother saying to me, What do you mean, don't eat gluten or dairy of eight it my whole life and I do fine with it. What's wrong with you youngsters?

Why wouldn't you eat that right? Sure. So could you talk a little bit about some of those other factors that are stressing our bodies out? And then we can also talk about the emotional stress factor, which is huge.

But those toxins and those infections that could be driving nutrient deficiencies, even adding on to what you've just described is wrong with our food source right now.

Well, I think we're into a catch 22 are those are the toxins and pathogens causing the nutrient deficiency or the

nutrient deficiencies inviting the toxins and the pathogens.

And so I think we can we can actually talk about both sides of. The what came first chicken or the egg problem? No, it really is. It's a very significant issue.

And and so, you know, in our world now, we have not just the food is changed, but the farming has changed, which is affecting the food. Pharmaceuticals have changed.

We have the added stress of global satellites. You want to talk about EMFs for a little while, which is like just the exposure that we have to radiation now is a multiple of what our ancestors were faced with.

I've heard it said that we endured in the day the stress that our ancestors got in their lifetime. Now, there's no way to prove that one way or the other, but it makes you take stock and say, Wait a minute, maybe we do have more stressful lives.

We're trying to make sense of the world as it goes through transition. We know that thing. Life is different today than it was in 2019. So we're trying to make sense of that.

We're having to rethink the economy, how we make a living that's very stressful. And when we go into a state of stress, I think it's really important for people to realize that there's a there's a bodily response to that.

And and the natural response is there's going to be a a rush of stress hormones, particularly adrenaline and cortisol. But what's also going to be taking place.

Hypoxia, you know, yeah, we hold our breath when we're wet, even when we're overworking, when we're just sitting in a computer and meeting a deadline, we're holding our breath.

And so what does adrenaline do? Adrenaline is a super charging system to force oxygen into the body, and it's going to be affecting iron status. That's not our friend.

Despite what you might think. And then what does cortisol do? Cortisol increases a very critical protein called metallothionein. What increases metallothionein 4 to 5 fold under chronic stress.

And what does metallothionein do? Oh, it binds up copper a thousand times stronger than it binds up zinc. And what we've done is effectively taken copper off line and we're not able to make energy the same way that we should be able to under a stressful situation.

Because how are we supposed to respond to stress? We got to make energy because we're either going to run from the bear or we're going to change the situation.

And if we can't think because we can't make energy, that is ultimately going to intensify our stress. And so the hypoxia when people when people hear that word, they immediately think, oh, I'm at the top of Mount Everest.

It's altitude, hypoxia, lack of air, lack of oxygen.

Copper, iron, and magnesium imbalances

Right. Well, that's one form. There's a second form called pathogenic hypoxia. When the neutrophils, which are the Marines of our immune system, they come in first strike.

And what do they do? They they use oxygen. They turn it into oxidants and turn them into bullets to kill the pathogens. So it's using up oxygen that should be available to make energy as a second form of hypoxia.

And then there's a third form that very few people know about. It's called functional hypoxia. What are you able to work with? The oxygen. Why? Because we don't have enough bioavailable copper.

Because our diet is based on a contemporary belief that that the soil's okay, that the food boxes okay and things like that and so if we can't turn the O2 molecule in our mitochondria into water, we cannot release energy most important chemical transaction on the planet.

And so the hypoxia induced by the chronic stress and amplified by the adrenaline and cortisol puts us in a very vulnerable state. And then that what's happening, energy levels coming down and when do pathogens wake up when the energy drops down?

That's the genius of Jerry Turner. This book is called Healing is Voltage, and it's got a bell shaped curve for energy production. And as the energy drops off, whether it's too acidic or too basic inside the tissue, energy drops.

And that's when the pathogens come to life. And so people need to know that there is a very close connection between stress, energy, pathogens and toxins because the toxins need to be removed.

How? Through energetic activity to run the pathways to remove those elements. Yeah, I think the way for the audience, I mean you just explain that so beautifully.

And another easy way for the audience to even think of this is, you know, it requires energy, mitochondrial energy production for your immune system to keep the pathogens at bay.

And when the energy isn't being made, the immune system can't do its job. And this is like it's like that when that when the cat is away, the mice will play kind of situation where it can't can't keep a tap tap on that lid and now pathogens can play.

So it's a kind of another way to think about it, too. The word that I learned in 2020 was immuno metabolism. I'd never seen that word before and the immune system must have energy at its disposal.

So very important connection to bring those concepts together because again, we, we think about immune system threats. It's over. There's no it's inside.

It's it's really critically dependent upon energy production. Now. So let's unpack a couple more concepts here. As we as we keep going with this really important conversation, are there you know, are there particular nutrient deficiencies that we're seeing in our modern cultures that are more prevalent than others?

Could you name some of those out for our audience? I know they're sitting with pen and paper right now, taking notes, wanting to know what should I be looking for?

Well, there are two that I think are particularly important. If if we were chatting with the World Health Organization, they would tell us that iron deficiency is the most significant nutrient deficiency on the planet.

And if you believe that I've got to use BMW, I'd love to sell you, but there's more to the story because for 80 years, copper deficiency and this is a this is a documented fact.

Copper deficiency has been the number one nutrient deficiency on the farm. And what the listeners might not know is that copper is the general in iron, is the foot soldier.

And people know that there doesn't take a lot of generals to run lots and lots of foot soldiers where the generals have they have more stars on their shoulder made of what brass?

What's brass made out of copper. And so the copper generals are running the show. People don't know that. And so if copper is low in your diet because you're eating a contemporary diet, which most of us do, we're not going to get the amount of copper that our ancestors used to get again, farming has changed the access to these minerals.

What are our biggest copper foods morally? Well, I know people are one. Store historically ordered seafood, organ meats, nuts and seeds would be your classic sources of copper and glyphosate has changed all that.

So if copper is down, what people need to understand is that iron gets disregulated. And we've known since 1928 two major studies march at the University of Wisconsin.

They at the University of Kentucky that when you deprive an animal of copper, iron builds in its liver. It was then revalidated in 2021, Kevin Gonzalez looked at 13 genes and proved that only one gene increased expression in the face of copper deficiency and severity and might change gene, which is what stores iron in the liver and the spleen.

That's a big deal, folks. And so if what's happening, the reason why the W. H. O. thinks that iron is deficit is that in a blood test, there's a difference between iron looking low in the blood test and iron being high in the tissue because the blood test doesn't measure tissue levels of iron.

It's measuring blood levels of iron. And there's a recycling system that's really important that enables the body to recycle iron, get it out of the tissue and get it back into the bloodstream so it can go back to the bone marrow to be turned into new red blood cells.

Well, the body's designed to do this at 2.5 million red blood cells a second. Every second we're supposed to break down two and a half million red blood cells, get the iron and get it to the bone marrow.

And the bone marrow that makes two and a half million red blood cells like that. And this is going on for 24 hours a day. And to the tune of 2 trillion red blood cells.

Now, what people need to understand is when the cabbage says we have an iron deficiency, iron is the number one planet on the number one elemental planet Earth.

There's nine different forms of iron being added to the food system. They've been adding iron to our food since 1941. And so when when there's a deficit in iron, it means that there's got to be a massive shortage of copper, because you cannot make him you cannot make hemoglobin, you cannot recycle your red blood cells, and you cannot mature red blood cells without copper.

And that's well documented in the literature, but it's not taught in doctor school. And so there's a big gap. So those are the two most obvious deficiencies.

The one that people also love to talk about is magnesium deficiency. And it took me years to figure out what what's causing this massive magnesium burn rate that I referred to.

If you really I'm almost embarrassed to tell you, took me five years to figure this out. But when copper is low, iron, high, what is iron like to do? Iron likes to play with oxygen, so it creates oxidative stress.

That's what gets burned up in a state of oxidative stress.

Hope, Root Cause Protocol, and where to find Morley

Oh yeah. That magnesium thing, it just disappears. Kinase enzymes all over the body let go of magnesium in response to oxidative and heat stress. And it's like, Oh, wow.

It's absolutely fascinating to connect those various players. But if magnesium if magnesium was off, guess what? It's going to affect it's going to affect calcium.

And suddenly we've got to you know, people all over the world are struggling with osteopenia and osteoporosis and you think it's a calcium problem? No, it turns out it's iron building in the bone marrow because copper is not there to regulate it.

Oxidative stress is building. Iron activates a critical enzyme called acid phosphatase. What does it do? It breaks down the bone matrix to release what?

Calcium. So you have calcium loss. You can drink a bucket of calcium, you can drink two buckets of vitamin D, and you won't correct the copper iron dysregulation that's causing the calcium loss.

So it's just we need to understand how these minerals have seesaw relationships with each other and they affect each other because of just the nature of these elements.

You know, Mali, I worked in an osteoporosis clinic for almost 15 years and you know, all the latest research in the Western world would come across my desk.

Of course, it's all funded by the pharmaceutical companies. And and, of course, we never talked about iron, copper, magnesium as it related to calcium.

It was not a discussion. And everybody got recommended the same thing, a certain amount of calcium per day and vitamin D and, you know, do some weight bearing exercise and take this medication.

And that was about it. So, you know, in the in the couple of minutes that we have left before we transition here, I want to I want to ask if you can give the viewers who who are watching with us right now, if you can give them some hope.

And then we're going to come back. We're going to end this, then we're going to keep going for a longer conversation. So what do you have in words of hope for people?

And we'll be unpacking some of this in the heart of our conversation as well. With the words of hope. Or I got into this work because I was a former hospital executive and consultant and was introduced to natural healing by my now wife, Dr. Liz.

And she introduced me to a phrase I'd never heard in 32 years of hospital activity, innate healer, the healer within the remember thinking to myself, I didn't say anything to her at the time, but I remember thinking, Well, if there's an age here, why do we have millions of doctors around the world?

We should be able to do this ourselves.

Recognizing deficiency symptoms and toxin effects

So then I set out on a ten plus year journey to really understand who is the interviewer, and I wrote a book about it called The Cure Your Fatigue. And what most people don't know is they're not aware of the work of Dr.

Wallace at UPenn, famous geneticist and biologist and Douglas Wallace and he wrote a very important article in 2005 about energy efficiency deficiency.

He makes a very important observation that contemporary medicine doesn't understand energy deficiency, and it's the precursor to every condition in the work manual, all 32,000 of them.

And so the message of hope is the body responds to stimulus. The body has a blueprint. My favorite color, blue, but it has a blueprint that requires energy and the root cause protocol that's written up in this book, Cure Your Fatigue gives you the steps to read minerals, to revitalize, to reintroduce the critical nutrients that allow your body to make energy to run your immuno metabolism.

How's that? That's such a good message of hope. Before we transition here, tell our audience where they can reach you. You have this book, A Cure for fatigue with your recommendations.

And where can our audience find you? Well, they can find me on RCP 123. org. They can find me on the social media, Facebook. We also have an Instagram account, but it's all about the root cause protocol and people want to reach out to me.

They can certainly just like you can see my name on the screen, it's my my name first and last name at gmail.com and feel free to reach out and ask me your question.

I get I get messages from people all over the world and I'm happy to share my insights with them. That I love about you more. You are seriously dedicated to the wellness of humanity.

So thank you so much for joining us today for this talk about nutrient deficiencies and to our audience. I hope you found this part of our conversation insightful and helpful.

If you're a summit purchaser, stay right here, because we're about to dove even deeper into this discussion with Morelli. We're going to go into explore some more solutions and even some more problems.

So if you're not a purchaser, click on the button on the page to get access to a continuation of the conversation and so many others from the summit as well.

And get all the tools you need to reclaim your health if you're watching this continuation of my talk with Morley Robbins, thank you for being a valuable member of our community and we're going to dove right back in.

Morley, I have a bunch more questions for you. Okay. So can you talk about can you talk about how we can identify nutrient deficiencies early on? What are some symptoms or signs?

Obviously, bone loss, right? Well, we talk we just mentioned that. So there's I call them Five Habits of Daily Living. Did you get a good night's sleep?

Did you wake awake and refreshed? And do you have an appetite? Do you have enough energy to get through the day? And is your mood in sync with your circumstance?

If you just won the lottery, you should be happy. If a family member just passed away, you should be sad. And unfortunately your people who are that's been twisted.

But those are really basic habits that you need to stay on track of. And if those are off, which typically runs, you're not making enough energy in your body.

Your thoughts of the base foundation of pathways are not expressing right. If you start to get patterns of headaches or especially migraines, if you start to have aches and pains, whether it's in your joints or where organs are supposed to be, then you know, you've got some dysregulation that's taking place.

So the energy's off, but the communication is off. What most people don't realize is the body has thousands of hormones. And what's amazing is they work just like our cell phones.

They've got to be turned off. Oh, to know that. And there's one enzyme that turns on our woman's and it's activated by copper. And so that's a really critical piece of information to have.

And so if if that enzyme is off because your diet is off, the signaling in the body is off, and then you can't regulate your response to your situation.

And it's one of the most beautiful aspects of our body, is this incredible network of hormones and neuropeptides that do, in fact, talk to each other.

But if they can't get turned on, no can do. And so it's it's something it's called the PAM Enzyme. And you don't buy it, you make it, but you've got to be able to activate it with copper in your diet.

And so the funny thing is, Laura, there are people now calling up supplement companies saying, I'd like to get some of that Pam enzyme. Which means that we should all take a medicine or a supplement with everything we need.

But quite frankly, there's many, many enzymes in the body that you just have to be able to make them. You need to be able to activate that. That's the key.

So people are body makes hormones, wants to make hormones, but they're like parked cars. A parked car doesn't do us any good. Does you got to turn on the engine right.

And that's that's the whole that's the whole mechanism. And so when people claim that they need hormone replacement therapy because of not activating the hormones.

Right. That's a whole nother whole little layer of dysregulation that we can get into at a later point. Is going to activate this pan enzyme. Absolutely.

The research from Maine's Dr. Richard Maines and his wife, Betty Piper from 1980 to 2022.

Spleen health, stress, and emotional release

It's a long time to be doing research about one enzyme. They wrote hundreds of articles. Yes. So but again, no one's ever heard of it and no one's doctor has ever heard of that enzyme I have talked to probably 50 doctors, but not one knows what I'm talking.

What is why I love talking to you because I always hear things from you that I've never heard of before. It's pretty cool, but what I heard you just describe the person who's tired, foggy, achy, scratchy, itchy, you know, bloated.

I mean, this is the majority of people watching this right now are thinking, that's me. I feel like this now. I didn't used to feel like that, but I feel like this now.

So this is a sign that nutrient deficiencies are happening. Could you I'd like to talk about another topic. I'd like to talk about just toxins in general.

So environmental toxins, whether it's phthalates or parabens or pesticides or herbicides or some sort of chemical, industrial, industrial, chemical or it's a mold toxin.

Right. It's my understanding that oftentimes these toxins can block nutrient receptor sites in cells. So can you speak to that a little bit as a potentially an addition to what's going on here in the human body?

So it seems like we've got a lot of problems to solve for nutrient deficiencies. Well, let's first let's celebrate the fact that we're still standing and having a very switched on, engaging conversation and think about what we have been exposed to in the course of our lifetime.

I mean, it's it's really stunning. The average person may not appreciate it, but we're talking about tens of thousands of of elements and chemicals that our ancestors never in their lifetime witnessed.

So it's just there is a depth of resilience in our species that's amazing to think of. Think we're proving hard to kill. Just leave that there. That's right. Exactly.

So these these toxin do have an effect. They do affect receptor sites. They do affect, as I was talking about, redox chemical reactions, reduction, oxidation.

That's going to be affecting they do affect energy production. They're going to affect a lot of different facets of our physiology. But they're only doing what they're designed to do.

And what people don't realize is that we do have a built in capacity to deal with these toxins, but it requires energy. It requires the right nutrients.

So again, we're back into this catch 22. Who came first? Was it the deficiency or the toxin? You know, and we

could debate that until rebuttal. But the point is, they are very real.

These toxins are a part of our lives. But I remain unswervingly, hopeful because I know we're designed to make energy and to stay in balance. And once you know the code, once you understand what the critical steps are to make energy, then the body knows how to respond to this relentless assault that we find ourselves in.

Doesn't say that it's easy. It takes discipline, it takes perseverance, takes patience. But it is absolutely doable. And I've seen it in thousands of people around the world responding to these basic nutrients that we have within the root cause protocol.

You know, it reminds me of that concept that life finds a way. Life and our bodies are truly remarkable. You touched on stress at the beginning of our conversation, and this you know, we're in this unrelenting stress.

And I know that this is a topic you like to explore deeply, is that this unrelenting stress is creating nutrient deficiencies. I had cut you off earlier.

We started talking about that because I wanted to cover something else. But is there more you want to say about that? Well, you know, there is. I know I've just learned about a new mouse model for depression.

It's absolutely fascinating. So are our medieval ancestors. I'm going to I'm going to guess that you go back into Europe in your ancestry. Yes, sir. I am Danish, Irish, English, French, Belgian.

I am a European. You know, and me too. I got a lot of splash of of Anglo-Saxon, but a lot of wines. 57 But our medieval ancestors knew that when someone had melancholy, they have they were producing what's called black bile out of their spleen.

Melancholy is a state of depression, right? So the mouse model, the modern day mouse model for creating depression in rodents is called chronic social defeat stress season.

Yes, if you ever heard of it. No, but I can imagine where you're going with this. Well, it's Laura. It's absolutely amazing. You and I would probably call it PTSD if we were going to go to shorthand, but that's essentially what it is.

But the target of of chronic social defeat stress is the spleen, and it goes after a specific receptor site in k, g, two D. I'm totally geeking out on people.

They're like, oh my gosh. I like when you go in K to G, you said, I'm always taking off. I take lots of notes when Morelli talks and I'll go back and read this.

Engaging to do so and K is natural killer. G is for group to D. I'm not sure what the D it's such a subset of the of the natural killer cells. And when the natural killer cells can't do their job, guess what happens?

We get depressed. Absolutely amazing. And describe a natural killer cell real quick, because I know people are probably wondering what's that. Is a it's a white blood cell that has special capacity to change its environment to to correct pathogenic activity.

Okay. So what amounts to. An of course, spleen is Grand Central Station for our immune system. So it's absolutely Grand Central Station for immune. But it's also Grand Central for the ion recycling that we were talking about before.

The 2.5 million is taking place in the spleen, 2.5 million per second and then we got the immune system. So it's absolutely mind boggling what the spleen has to keep track of it.

You talk about a sentient part of our body keeping track of that flow of activity and it's got to pick out and attack the pathogens that they find finds in the blood and so encapsulated bacteria, fungus virus parasites are all designed to be cleaned and cleared in the spleen or malaria.

You've heard of it? Mm hmm. It's a defective spleen. Pneumonia. You've heard of it? Defective spleen, Lyme disease. You've heard of it. It's a defective spleen because the pathogens were supposed to be cleared out there.

Then we have things like autoimmune. You've heard of that, right? Well, there's only 100 different forms of autoimmune all flowing out of an overwhelmed spleen.

Okay, so now tell us how to fix the spleen. Don't leave us hanging. We're going to fix the spleen. That's a great, great point. We're going to fix the spleen by dealing with our stress.

And what I really encourage people to do is emotional release work either if t emotional technique or emotion code and begin to release the fear that you have that chronic stress causes is relentless.

And that chronic stress, the word fear spelled differently, spelled f e hyphen a R. So we see the phrase iron attracts rust.

Practical mineral and food-based solutions

And when you're in a constant state of fear, it become a magnet for iron. And what does that answer do? It affects the spleen performance. And I'm not saying it's just the spleen, but the spleen is this.

It's called the hidden organ. My favorite term for the spleen. I just read this the other day, Laura. It's the organ of odd numbers. One, three, five, seven, nine and 11.

It's one inch thick, three inches wide, five inches long. It weighs seven ounces and it hides behind ribs, 9 to 11 and under chronic, unrelenting stress.

The spleen can go from weighing seven ounces to £7. And it's a big deal. And nobody talks about it. Nobody knows about it. And why do I think it's important?

Because no one talks about it. So what I've learned over the course of my work last 15 years is that when it's hidden from us that no one's talking about it.

You bet your bippy it's right in the center of the problem. And so the way to deal with it is clean up your diet. Warm foods are especially important.

Remember grandmother's chicken soup when you had a cold that was so nourishing to the screen. It's amazing. And so you can even do desiccated spleen if you want.

You can help to rebuild that tissue, but you need to do the root cause protocol and you need to do copper supplements. And the one that I developed was called Recuperate just to make sure that we're getting the copper we need in our daily routine.

It's not in our food, folks. I don't mean to be a harbinger of doom and gloom, but the food that we're eating doesn't have the nutrient density. And I think that's what's inspired Laura to have this summit is to get people to be aware that there's these nutrients that are just missing.

And it's a it's a wide range. But to me, there's a pyramid. That's why this you behind me, the critical issues around copper and magnesium and the related minerals that help to support energy production and keeping us in metabolic balance.

In your opinion, you know, if someone doesn't have the the ability to work with a practitioner in their area, have testing, I know you're a to of mineral analysis expert and other testings I mean if people just knowing that most of us are going to be deficient in several minerals, what's something that our viewers right now can do that is going to be safe for everyone, even if they're not doing testing?

The most important thing is add minerals to the water. You're you're drinking in the water. You're cooking with, you know, you can get go to health, food, store Whole Foods, whatever they sell minerals, just start adding minerals as they recommend.

That would be the easiest thing you can do. I think adding magnesium, you know, gently to your system would be very, very good. Adding more. Kind. There's so many kinds of magnesium. What do you like?

The two that I think are most bioavailable are magnesium, malic and magnesium glycine. Eight. Most people respond well to those two. You know, people in the UK have gluconate people in in Germany love or take different forms around the world.

But I think the metal in the glass, they seem to be the most is most responsive to our needs. You need to get real forms of B vitamins. You get it from from your from liver or these desiccated liver.

Don't don't be buying your B vitamins from a bottle and get real whole food vitamin C complex. I think desiccated liver and I started cooking with liver.

You know, there's companies that will mix liver with ground beef and like a 10%, 90% mix if you don't love the flavor of it. And if you just mix it with another pack of straight ground beef, you can't even tell.

And you're getting all that goodness from the liver. It's fantastic. Yeah. I mean, the thing is, most people have been raised without organ meats. They don't know, you know, we were our ancestors ate the organ meats and fed the muscle needs to the dogs.

And we're so hip and modern, we need the muscle needs and we throw that we're going to teach the dogs, you know, what happened. So there's so many things that have flipped in our lifetime.

But the thing is, there's a lot of nutrient density in those organ meats and the word everyone loves their barbecue, right? They don't know what it stands for.

It's a French word. It's B, a, r, b, that's nos and Q you eat is tail. Nose to tail. Nose to tail barbecue. A barbecue was eating the whole animal. And now what it means is sugar coated ribs.

It's just there's so much that we're missing because we don't have the perspective of our ancestors and and how nutrient focused they were. And we just we don't have that, that awareness and that perspective.

Yeah. So what I'm hearing is get your B vitamins from organ meats. And if you don't like organ meats, there's desiccated organ supplements that you can take and get your copper from supplement because you're not going to get enough from food, get your magnesium up too.

So those three things right there are three quick and easy solutions anyone watching right now can do. Is there anybody who shouldn't be doing those things?

But I can't think of someone who wouldn't benefit from that, especially in this timeframe that we're in right now. Okay. We've got about 5 minutes left and I'm just going to give you the floor.

What would you like to say to our audience? What would you like to what other wisdom would you like to impart? You take it away. What really got me into this work was wanting to democratize healing, put the individual back in control again.

Empowering self-healing and closing resources

Our ancestors didn't have an allergist for every part of their body, and we'd been lulled into this idea that we're broken and that we need all these specialists and all these, you know, very well-trained, very, very sincere practitioners.

But what we've lost sight of is the ease with which our ancestors stayed in good health. We have pictures of our ancestors, and they look all we are. Why don't you come to look old?

Well, I well remember when I was 20 years old, who was with my grandfather, who was 72 years older than I was. And he didn't tire. And I did. And so there was a difference in his frame that came into being in 1879 and mine that came into being in 1952.

So I learned some important lessons from observing his dietary habits, but I didn't really appreciate it until I was in my fifties and sixties. So I encourage people to know that that there is a mechanism for staying in balance.

We do, in fact have a blueprint in our body, and that blueprint does require energy is absolutely essential to our well-being, and it is within our grasp, is within our purview to be able to do this.

But it does take more time. It does take more discipline. You got to be patient with yourself, but you've got to be persistent as well. And people are always looking for easy.

Where is the easy button. Where is the easy button I want the easy button. And relatively speaking, it is easy. Once you understand how energy is made and how if you have nutrient deficiencies, that energy doesn't get made.

And so I think it's important for people to to realize that it's that straightforward. And as it relates to the relationship you have with your practitioner, I think you need to ask better questions and I think you need to demand better answers.

And I think what I would say that the Internet is very accessible and a lot of people rely on it. But I've come to realize that it's basically garbage in, garbage out.

Oh, there's so much garbage on the Internet. I mean, those of us who put good stuff out on the Internet get censored and shut down. So beware of and for anybody trying to rely on chat GPT or any of the I it's completely government owned and run.

I mean, you can't try to try to get good information out of there. I mean, I play with it and put concepts in there and I get information, I get notifications back saying there's not enough sufficient research to, you know, discuss this and like B. S., there is someone. I won't even engage with it.

It's just I think it's right on the edge of evil, so I just. I stay away from it. Oh, I want to see what people are. I play with it to see what people are learning from it.

Right. What am I up against here? Yeah, really? No, that's a fair it's a fair way to approach it. I just I go to the to the core research. I go to the published peer reviewed research going back to the early 1900s all the way forward.

That's where I spend my time. And I think that's where the wisdom is. But again, that takes time. I spend several hours a day hanging out with these articles, trying to make sense of it all.

So that's that's my perspective. Yeah. And that most people are going to do that. So, I would tag on to what you're saying Morley and I would say find your trusted people right here on this summit.

I curated this list of speakers very carefully, and I actually booted people out who I don't think are creating or teaching the best solutions for our modern day health problems.

So find your people right here on this summit because they're vetted. They're good people. Really good. That's a wonderful service for people. I hope people appreciate what you've done to make that information available.

Yeah, yeah. It's great. It's a it's a great resource. Well, Morley, as always, thank you so much. And as you joke, we could talk for 2 or 3 hours. I could just interview you endlessly, but not a bad idea.

I should probably as much out of your brain as possible and tell our viewers one more time where they can find you and the name of your book and the name of your website.

The book is Cure Your Fatigue, available on your favorite purveyor online purveyor. It's in physical e-book and audible. We've got a training program that we're enrolling for now.

It's called the RCP Institute, and you can go on the website, RCP for Root Cause Protocol rcp123.org and you can look into the institute, you can download The Root Cause Protocol.

And then if you're interested in social media, we have activity on both Facebook and Instagram that's under The Root Cause Protocol and also under what's called the Magnesium Advocacy Group.

Wonderful. Thank you so much, Morley and everyone viewing until next time, take good care. Bye now.