Tapping Into Your Superconscious Healing Ability Transcript

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Introduction to Healing the Energy Body

Welcome back to the reverse Autoimmune Disease Summit series everyone. This is version 5.0 where we're talking about healing the energy body. And my guest is recognizable to most people.

And the top title is where does the juice come from in healing your energy Body. So we're going to talk a little bit about how that energy body is connected to the thigh bone, the knee bone, the immune system, the gut genetic trauma, etc..

So when it comes to getting healthy, doctor Tom O'Brian, goal for you is making it easy to do the right thing. As an internationally recognized, admired, and compassionate speaker focusing on food sensitivities, environmental toxins, and the development of autoimmune diseases, Doctor Tom's audiences discover that through a clear understanding of how you got to where you are, that you and your doctor can figure out what will help get you well.

He's considered a Sherlock Holmes for chronic disease and teaches that recognizing and addressing the underlying mechanism the activated immune response, is the map to the highway toward better health.

He holds teaching faculty positions at the Institute for Functional Medicine and the National University of Health Sciences. He's trained and certified tens of thousands of practitioners around the world, and advanced understanding of the impact of wheat sensitivity and the development of individual autoimmune diseases.

Welcome to the Summit Series once again, doctor Tom. Thank you doctor. He should really a pleasure. Always a pleasure to be with you. Support your efforts.

It's just great what you're doing out there. Well, I feel the same way about years, so I'd love to talk a little bit. You know, you you talk about each of us being consumers, right?

As a consumer with a number of symptoms, trying to get healthier. What's the big picture that we have to keep in mind when we're focusing on healing the energy body?

Oh. You bet. Just in healing in general, whether it's the physical body, the energy body, the chemical body, just healing, we we we have to know where is the drive, where's the powertrain that's pushing disease?

You know, where what's the momentum? I mean, if you want to change the direction of your health, you have to change the direction of your metabolism. And so where's what's the push and we know that 14 of the top 15 causes of death in the world today are chronic inflammatory diseases, 14 out of 15.

The only one that's not is unintentional injuries.

Inflammation and the Pyramid of Health

Everything else is a chronic inflammatory disease, which means when I go down or when you go down, or when any of us go down, it's very likely to be from a chronic inflammatory disease.

Meaning this inflammation was going on for a long time. It was chronic. It's been going on for years. Well, I feel fine. Oh, really? Well, you know, I would wager almost $1,000 that with most people, if they do the right tests, they're going to find out they're inflamed and they're carrying more inflammation than what it is that the body can adapt to.

And when you have excess inflammation, then you have tissue degeneration, collateral damage from the inflammation. And that occurs just wherever your vulnerability is.

I call it the weak link in your chain. You know, if you pull it a chain, it always breaks it. The weakest link is at one end, the middle, the other end.

It's your heart, your brain, your liver, your kidneys, your immune system. Wherever your genetic weak link is. It's a combination of genes. And this is a Greek word.

And to see this, which means how you've lived your life, you know, if you eat tuna fish three times a week, you got mercury poisoning. You know, that's just a given now, because all tuna fish except for one type, has high levels of mercury.

It's a predator of fish. And the bigger predator fish accumulate a lot more mercury than the little tiny smelt or anchovies or sardines too, right? So if you eat a lot of tuna, it accumulates over the years.

That's an antecedent. So it's your genetics and antecedents that determine where the weak link in your chain is. But it's always inflammation. That's the big picture here.

So if there's only one direction that we want to focus our attention on to learn more, if there's only one hope there's many. But if there's only one, it's how do I live?

More of an anti-inflammatory, likes. That's the big kahuna, you know. And when you've got that one, then you look at what I break down into four categories.

Some may have different breakdowns. These various components of health, but I call it the pyramid of health. You know, when you look at a pyramid, there's three sides to it.

No, there's four. There's also a base. Right. And that's your structure and that's the home of chiropractic and massage and exercise and your bones and your muscles and your ligaments and posture and all of that.

And that can change any health direction if that's the primary area that's out of balance. I've seen so many miracles with just straight chiropractic care, mechanical care over the years that if that's the primary imbalance, that's what you have to fix.

So that's the base of the pyramid. Then one side is the biochemistry. And that's where most of us spend all of our time trying to get healthy with what we eat, what we drink, the medications we take, the supplements we take, the air that we breathe.

Really important to address that. But it's only one of the four sides. The next side is the mental or spiritual side. And that's what we're looking at here today.

And the left side is the electromagnetic that in the last 30 years now that's become as big a player as structure or biochemistry or emotions that, we have.

That's why my cell phone has got a pong case on it playing, because it just minimizes the amount of radiation that comes to the phone now. And I know it works, because the car that I drove for many years is an Acura.

And when I walk up to the car, the lights turn on the shine down by your feet and the inside lights turn on before I get to the car. So my key sends a message, says we're here and the lights turn on so you can see, you know the inside of the car.

You can see by the door handle and all that. But if I'm holding my keys in the same hand as my phone and I walk up to the car, the lights don't turn out.

But, What's wrong? Oh, yeah. Of course. And then I change hands and then the lights turn on right away before I touch the car. So that tells me this thing is doing something.

You know, I'm no expert on emps, but, I've recommended porn to people for years because I know it works. And there are others also. On the EMF side of it.

So when you say something that you said about the pyramid and where we're focusing most of our time and energy is on that mental spiritual, but actually we're not biochemical, the biochemicals where we spend most of our time.

But you were saying on the summit that the energy body is mostly over there, but actually it's all four of those, right? EMF the fact, the biochemistry, the fact that your structure affect the.

It's all right. Yeah, exactly. They're all interconnected. Yes. And that's the next concept I wanted to address. And for some it will be introduce them to it.

And that is the concept of network medicine. It was jaw dropping. And you know, we conveniently forget about stuff that, is outside our paradigm. You know, the, the world that we live in.

If there's something that we're not quite, you know, it doesn't fit, then we just conveniently forget about it.

Network Medicine and Interconnected Systems

And, I'm writing a paper right now, and, I, the title of the paper is The Enigma of the Gluten free Diet. Reduce symptomatology and increase mortality.

And if you don't do the gluten free diet correctly, I mean, if you do it correctly, it's the best thing in the world. But if you don't do it correctly, you just start eating all the gluten free garbage that's out there.

Your health goes down, it goes down. And I'm I start off this paper and hunt for this first paragraph. I just wanted to bring it up here because it's such a great concept.

Oxford Languages defines an enigma as a person or thing that is mysterious, puzzling, or difficult to understand. And when you have an enigma in health care, so many of our doctors conveniently bypass the picnic enigma.

They stay with what they know and they bypass the rest of it. So here's here's a concept from the New England Journal of Medicine that came out 18 years ago.

And yet most people, if they hear it today, they say, what? What? I didn't know that you know, that. Meaning that they bypass the information. So what they did.

Well, there was a paper that came out that identified a particular gene called the FTO gene. And we know that it's a gene that is indicated of high risk for obesity.

And if you carry one of those genes, you you can carry none, 1 or 2, because you get one from your mother, one from your father. And if you carry one of those genes, we know that the risk of developing obesity for that person is, 30% higher than the general than people that don't carry the gene.

Now, that's really interesting. And if you carry both genes, then the risk of developing obesity is 67%. Okay. So that means it's more than likely that person is going to develop obesity unless they take some measures to quiet their gene down.

But it's more than likely that they will. But here and about one sixth of the population from Europe of European descent carries 1 or 2 of those genes.

So this is an important concept to understand just in general. But here is where the concept of network medicine really came into play. Friends have an even more important effect on a person's risk of obesity.

Then the genes do that. If you're friends with someone who develops obesity while you're friends with them over the years, your risk of developing obesity, it goes up by 171%.

So if you have one gene, it's 30%. If two genes at 67%, if your friend develops obesity, it's 171%. And they follow this line of thinking and it took up to the fourth degree of separation.

Friend of a friend of a friend before there was no effect. So that's network medicine. Meaning there are networks like you were just saying about, energy body with mechanical and there's networks that we have to understand.

And we've grown up in a world that wants us to believe there's a magic pill. And what do I take for this? What pill do I take? And that's not the case.

You know, when you're dealing with network medicine and all of it is network medicine, because you work on the structure, you're affecting the energy body and you're affecting the biochemistry and you're affecting the emotions.

I mean, there are so many studies that tie all of this together that network medicine should be the prerequisite for every physician before they implement any protocols to understand.

Well, if we do this, it could affect this, this, this and this. Yep. We don't think like that. And our doctors don't think like that. It's critically important that we all understand that it's not a single shot to address your blood sugar imbalance, or address your high cholesterol, or address your back pain, or address your brain fog, or your long Covid.

There is not a direct way of doing it. You have to deal with the whole picture. The whole network. And that's why events like this are so important, because you learn one more piece of the puzzle, and then one more piece of the puzzle, and then one more piece.

That's all my God. And then you finally realize you're going to be learning pieces of the puzzle probably for many years to come, and how they fit with you.

Because each of us. Right. Different. Yeah. The individualization, I would say, if one theme has percolated to the top of this particular summit, it's been the thing that you just pointed to, that it's not one thing.

It's critical mass and it's not one thing that will get you better. And it's not an instant thing either. It's a journey, and it's a process and a learning how to really clue in with compassion and curiosity in a collaborative way with all of your systems instead of a tyrannical, you know, I want you to be this way.

Therefore we're, you know, so the bottom doesn't really respond very well, just like small children don't. So a really good point. Really good point. And for some people, it's hard to embrace this concept as the scaffolding that you stand on as you're climbing up to better health.

This is the platform, you know. Is that it's all connected. And if you change your diet but you still have stinking thinking, it's unlikely that you know you're going to get the results you want, right?

Yeah. And, and, so it's it's a long journey when you've crossed that line of tolerance and now you're manifesting wherever the weak link in your chain is.

It's a long journey. And if you can embrace and settle down for the ride and know that your goal is to roll across the hills a little bit at a time with you, you're going to have some ups.

You're going to have some little downs, as opposed to a roller coaster where you're going, oh, you feel great. And all of a sudden next week you crash, right?

So the goal is it's called the Zen wave. You know, it just is just is a slow rise or slow drop, a slow rise. But there is a consistency across the scale that that's the goal when you're trying to reverse the direction of one's health and you,

you can get it pretty quickly.

Usually in a month or two months, you can see some excellent biomarkers that things are changing in the right direction, but it'll take a year to two years to really settle in to your body.

Having a different way of integrating all of the things that you're learning just takes a while. You know, I, I really appreciate you pointing to the wave because everything comes in wave form light, sound, energy of all kinds, the tides, the cycle of the everything come to me and it seems like humans expect straight lines.

Awareness, Reactions, and Emotional Healing

But you know, once I've reached this bar, then I'm going to stay there until I go to this bar. And and you know, having dips is not something it's like, oh, no, I'm getting bad again.

You know, instead of realizing that everything happens this way, I notice that people are a little intolerant to having their mood dip without if they've had a history of deep dips, without having some anxiety around that.

Until I show like that. Yeah. This is the waveform. This is the way it goes. That's the only thing that a straight line is human invention. When we look outside at Mother Nature, there are no straight line.

None. That's a really good point. You know, and I'm reminded, back in 1970, probably a 76 or 77, I had done a weekend experience called EST. Yes, back in 75.

And, any time the trainers came into town to do their courses, I would treat them. I was, called to their rooms, you know, their hotel rooms and happy to do that.

I was a young stud, not just opening my practice. And one day I had a nice conversation with one of these trainers. And he explained to me the path to consciousness, and it just made so much sense.

He said, you know, if you ever, like, done something and you look back like three days later and say, why did I say that to that person? That was strange.

That's not what I meant at all. And, you know, you'd say, well, oh, well, I don't know. I just did. And then the next time a stimulus comes in that's similar and you have that same kind of response with another person, maybe you recognize it a day later instead of three days later.

Why did I oh man, I did that again. I really don't like that. Maybe. But you're going to send that person an email and say, hey, you know, I just realized that what I said to you yesterday, that's not what I meant at all.

And this is what I meant. You know, you're trying to clean it up a little bit. Maybe, you know, some lousy energy left in the space with that person. And then the next time that input comes in and you react to it, you know, the, you you catch it maybe three hours after it happens and you call the person, hey, you remember, you know, I said this little.

I really didn't mean that. I'm sorry. You know, I, I'm I'm really working on this to understand why that happens, but that's not what I meant. I mean, this is here's what I meant.

And then the next time it happens, you catch it. Five minutes. You're still in the conversation with the person when you feel threatened by something that they said that they didn't mean as a problem, but you just feel threatened by.

And five minutes later, oh, you said just a minute ago I didn't really mean that, man. That's that's just my old pattern. And this is the way I'm thinking about it now.

And this is what I meant by that. And then the next time it happens, you catch the thought before it gets to the muscles of your tongue and you don't say it.

But that's the path to awareness, is that it's not like you're going to go sit in a cave in India somewhere and achieve enlightenment. You know, it's just pounding the pavement every day and trying to clean up the mess that you create in your life and the world around you so that your energy body can be refreshed, you know, and your psyche gets refreshed.

You just keep cleaning up the mess that you've made and you say, well, what a mess. I don't make any messes. Well, you are a blind one. You deluded. I posted a meme the other day that I, one of my patients responded to and that this helped so much.

And the meme was, if you stop listening through your wounds, you might really be able to hear what people are saying to you. No. Exactly, exactly. And, you know, and this process that when you recognize it, it may be two months after something happened, but if you put the energy into cleaning up whatever it is that you've just realized was not what you meant at all, you put the energy into it.

It might be an email, it might be a phone call. It reinforces your desire for a more authentic, balanced response the next time that energy comes in. But if you say to yourself, oh, that was four months ago, I doubt it.

But and you just kind of write it off, then it sits in there. It's like dirt in the space, or I'm being polite in my language. Now, but it's dirt in there, right?

If it's in your awareness, you need to clean it up. Yeah, yeah, this is really good. I was talking to a patient yesterday, and she said, when am I going to be over the earth there, overcome this part of myself.

And I said, well, that's the wrong language. It when can I have compassion for that part that that has that response and meet them with something stronger, that loving, you know, and then then that part gets integrated and brought into wholeness.

You're not trying to kill the part of you or overcome it or overpower it. That's actually what autoimmunity is, you know? So yeah, it's true. Yeah. It's it's like bringing the anger that you might have, like you're a mother with a baby and you're bringing the baby close to you and the baby food, because just the presence of that loving energy allows the baby to then co regulate your co regulating yourself.

And yeah, you're replacing that anger with something stronger loving loving compassionate energy. Yes yes. And it doesn't matter how long ago the incident occurred, if it comes up in your consciousness, clean it up as best you can.

Clean it up. Every moment is an opportunity. That's right, that's right. And you'll find at the time it may feel kind of awkward and stumbling, but it will make you lighter.

And so that every time you do that in life, you get the lighter, the lighter a little lighter, and then you catch the thought before it goes to the muscles of your tongue.

Yeah, right. That's the whole and and that's when you're going to get over something. You're never going to get over something. You've got these these programed responses.

We call it PTSD. Right. But and that's the extreme. But it's just a programed response to a noise or a comment or a look from someone. For our survival.

We it get all these stress hormones going. And that's how we learn to survive. What we need to do is reprogram and to reprogram. It's exactly what I just said.

You know, all the things that come up for you that I wish I hadn't said that to that person last month. All right. Dear Kathy, I was just thinking about our conversation a month ago, and I realized that I wasn't, speaking my entire truth.

And here's what I really felt. Whatever, whatever. One of my favorite ways of saying that, I realized I wasn't very

skillful in my communication. Oh. That's good. Yeah.

That's good. Yeah. But it's embracing this concept. Yeah. That is the formula to bringing more balance to your psyche and your energy body. That's the first thing.

And most important, because our brains are just going a million miles an hour. You know, the thoughts that keep coming and keep coming, keep coming. And we want to program in, giving attention to those thoughts that we prefer.

You know, you can't stop the thoughts that come in, but they're like clouds going by. You know, I remember this analogy that someone gave me. Every thought is like a cloud just going by, oh, what blah blah, blah, blah, blah, blah, blah, blah.

But what we do is about a. And we put that thought right in the midst of our awareness. And it's all encompassing. Yeah. And you know, grab it and stick some lightning in it.

That's right, that's right. And and it's much of that is because when we were kids, we didn't have the conscious skills to deal with a particular energy that came in.

So to survive, we did whatever we did and we survived. Yeah. And that kind of response mechanism is a savior life response mechanism. And we just unconsciously keep using that response mechanism as adults.

When an energy comes in, that's similar to what we experienced as a kid. We call that the the strategy, the wise mind of your child. Self created. That was perfect for that time.

Yeah. You couldn't do anything else. Yeah. Right. Yeah, yeah. And it may be outdated now. Not skillful because it was titled mind. Right. And so you can always, you know, people that have an expectation that they were supposed to leave home at whatever 18 years old will say, you know, are supposed to be cooked like a turkey with the little button that's come out, that's you're not done.

You're not done when you're 18. Just begun. Right? Yes. So you have an opportunity to learn new skills all the time. If you're just willing, though, each opportunity that you get to uplevel your skill and one that you know is, a blessing, maybe sometimes in disguise.

And, it sounds kind of airy, fairy and wussy. Then each time there's a stress that comes in, it's an opportunity. And, you know, it's it sounds like, yeah, yeah, whatever.

You know, but that's just being stuck in our current mode of action, you know, that that we are reacting to what comes at us. And there's a big difference between a reaction and a response.

A reaction is an automatic, you do this, I do that and automatic. And those thoughts that come up to your tongue and outcomes, whatever comes up, our response is in comes the energy.

And no, no way. I don't want to say that I want to. And then you respond consciously as opposed to reacting unconsciously. And it takes a lot of practice and a lot of practice to do that.

But it's very doable. And and it has profound benefits in terms of the quality of your health overall. You can't just you just can't be lazy with your mind.

And that's the thing. You know, automatic negative thoughts are matter what they are because they're automatic. And just the relaxing of your witness, your observer.

And you just have to make sure that you're always awake to it. Right? That's what awake awareness is. Well, I would I would say you're awake as often as possible.

Yeah. You know, always sets us up for failure. Yeah. I'm sure that you know that when you're aware, pick up the phone and clean it up.

Methylation, Supplements, and Response Patterns

Yeah. If you're if you're not aware, there's nothing to do. Right. But yeah, when you're aware and if you add do it later. No. Do it now. Yeah. So what does this have to do with supplementation.

Is supplementation is a, very valuable tool. It's one of the four sides of the pyramid. And there are some supplements that help to reap pattern your emotional response.

And that is when you can increase your body's detoxification capability. And the Greek term for that, is, his, his, his situation with methyl at methylation is a primary one.

And, breaking down his stones is a second, but when you can increase your methylation pathway, then the genes that your body expresses, the genes they get activated are genes that are not from the survival response that you've already been programed into.

They've done this with a lot of animals, and they show that they can change completely from a relaxed response to a stimulus, to the target to go to a relaxed response that if the first response with an animal is stress response, and that's because of how they were raised as infants, and they could measure all that if they can increase their methylation pathways, they don't respond with a stress response.

They respond with a normal, more relaxed response. So for people who that's why there's so much work now going on with, methylation pathways and methylation genetics.

And lots of doctors are doing tests now to see how, how, accurate or how comprehensive are your methylation pathways? So are you really doing well there?

And it's a simple it goes beyond MT 5677 and 1298 everybody. So we have a lot more information on methylation. Right. Right, right. Yeah. And one nutrient that seems to be effective, few studies that I've read on that and they're probably more is Sammy, because Sammy just helps your body methylation better.

So when you methylation better, your brain responds is different. It's not a reacts or it's less likely to be a reaction. It's more of a response. And with animals they've shown that to be the case.

So that's one answer to the question what about supplements? The second answer is where we started is that you must have an anti-inflammatory lifestyle because you're if you're inflamed, you're much more vulnerable to reacting to the stimuli in your life as opposed to responding to that stimuli, because inflammation affects the brain hormones called neurotransmitters.

And so your brains can be very easily out of balance, and you're more likely to react as opposed to plant. So than me, I always look really good on paper to me.

And I thought, oh, I should try this. And I remember when I was very first learning about genetics years ago, I, I went to somebody that I had been training with and said, why do I feel like I want to become a serial killer on Sammy?

You know, just so overstimulated? And he mentioned that if you have a lot of Comt activity, the yeah, might be a bit much, you know, and bring up some of that manic kind of feeling.

So just be aware that and the dosing on Sammy goes from 400 to 1600 a day. It's pretty wide range for joints versus mood. So just being aware that you are always the the guru of your own body and start, start low, go slow.

Yeah. I'd like to look at some markers of methylation to see where they're at. You know I always look at

homocysteine and yeah, there's there's two ways of looking at homocysteine.

The analogy I give is, you know, if you're pregnant and you're checking your blood sugar, many obstetricians will just do a fasting blood sugar draw. But some, especially if there's a history of diabetes or, problems in pregnancy for women in the family, they might do a little more aggressive tests, and they do a glucose tolerance test where you drink a bottle of sugar, and then you do the blood draw over a couple of hours to see how does your body handle a little extra sugar stress.

How does your body handle it? Or if you're checking the electrical conductivity of the heart, you can do an EKG and it measures how the heart is working.

But if you really want to know, you put him on a treadmill and you do a stress EKG, you know, you push them a little bit harder. The same with homocysteine that, you can do a fasting blood draw for homocysteine.

But you miss a lot of them. And if you really want to know, then you give them a, some anxiety to take. And it's a fair amount of methi names and amino acid.

And depending on your body weight, it's usually somewhere between 18 and 25 capsules of thiamin. And you take them within about five minutes. And then four hours later, you check the homocysteine again.

And it's because the methionine is supposed to be metabolize and gold and will produce homocysteine. This isn't supposed to go somewhere else and is called a provocative challenge.

And now you see the hidden ones, the ones that are missed. So the regular homocysteine, your perspective of what the lab says, according to Kilmer McCulley, the godfather of this research, he said, any time your homocysteine is above eight, your blood vessels are inflamed and with a provocative challenge.

It's anything above 25. Your blood vessels are inflamed. So you push that a little bit. So that's the first test that we'll do kind of to look at methylation.

Detoxification, Toxins, and Environmental Load

And the next one is we'll do a, organic acids profile and look at a what's called fig glue stands for for middle glutamic acid. And if you're, not methylated very well, your body is not using foliate very well.

Your fig leu level goes up. And in that same organic profile, May is called methyl melnick acid. It's once again with methylation. It's a marker of how your body's using B-12.

So we're looking at B12 folate and homocysteine is just a couple of general inexpensive indicators of how well are we methylated right now. So you can over methylation.

Yes. Yeah. And drive the pathways push them too hard. And that has upstream and downstream complications. Yeah. Yes, yes. So what about the the environment that we live in today that has so many toxin.

And when we start talking about detoxification building our, our not just our energy body but our, our physical time, it's it's a topic that in the last 20 years has gained a whole lot of traction.

And it's at the point now to where it needs to be basic 101 understanding for everyone. For everyone. This whole concept of detoxification is not something you do once a year or once a quarter.

You do it every day, meaning your choices of lifestyle and your choices of foods and things has to include the screening of detoxification. And why do I say that?

This study just dropped my jaw, came out in the journal, the American Medical Association three years ago, and the editors wrote a commentary to say this is an elegant study with sophisticated biomarkers to show their point.

And you don't get that kind of stamp of approval from the editors of the journal, the American Medical Association. Very often. What did they show? They looked at couples who were going to assisted fertility centers, and they ruled out all of the other potential contributors, like obesity or smoking or exercise.

They ruled all of that out, and they had some way of doing that where the the editors said, this is a sophisticated study. They did great. So I'm going to believe that they set this up correctly.

And they just compared couples who were eating, conventional fruits and vegetables and couples eating organic fruits and vegetables, and they broke each group into fourths, those eating the lowest amount of fruits and vegetables, the next, the third and the highest amount.

And they compared the group eating the highest amount of fruits and vegetables conventional meaning they buy them at the local supermarket and those eating the highest amount of fruits and vegetables organic.

So they compared those two groups once again, all the other factors had been ruled out. What did they find? They found that if you were eating the highest amount of fruits and vegetables, the Mediterranean diet or the rainbow diet that we always talk about, the highest amount of conventional compared to organic, you had an 18% less likelihood of successfully getting pregnant, 18% eating the highest amount of fruits and vegetables.

And this was the kicker. If you did get pregnant, you had a 26% less likelihood of a live birth compared to the couples eating the same amount of fruits and vegetables.

Organic. That's so high, 26% of those people eating as best as they know how to eat, trying to be healthy. They were losing their babies 26% more than those eating organic.

What does that mean? It means that the amount of chemicals that we are exposed to now that are inside our body, see, there's two types of toxins. There's toxins that you're exposed to in the air.

And on the end of your fork and what you're drinking. But then there's also toxins that have accumulated that are inside your body. We all know that lead toxicity, you know, lead gets in the bones.

And that's a primary reason why, you know, the incidence of Alzheimer's in 40 and 50 year olds. If you compare male to female much higher in men early in, earlier in life than in women, dramatically higher.

But when women go through a change of life, all of a sudden within a couple of years, their percentages are just as high as the men. Well, why is that?

Well, it's because as they go through a change of life and the ovaries stop producing their hormones, it's the job of the adrenal glands to pick up the slack and make about one tenth of the estrogen that the ovaries use to make.

But most people, their adrenal glands are so worn out they can't do it. And so they have hormone insufficiencies. And when you have hormone insufficiencies and you go through a change of life when you don't have enough estrogen, you increase osteoporosis.

The bone cells break down and the bones are where the legs been stored for so many years in the minor amounts that we're exposed to on a regular basis, but it accumulates in the bones.

Now it's in the bloodstream and it gets up to the brain, causing more inflammation in the brain, accelerating the collateral damage of inflammation in the brain.

So within a couple of years after menopause, the percentage of women getting Alzheimer's is right up their neck and neck with men. But it's the lead that was stored in the bones.

That's why I did that whole analogy. And we store mercury in the brain and organophosphates, the chemicals used on our fruits and vegetables, in our fat cells and in our livers and in our lymph nodes and we, and, you know, if you

really test comprehensively, many of us are walking cesspools of toxic chemicals and toxic debris that we've been exposed to over decades.

And, you know, it's it's a topic that people don't like to hear. Right? Because you have to begin the detox ification process. And that just takes time.

You take baby steps and you make sure you're throwing less toxins in your body. How do you do that? You get an air filtration system in your house, because the indoor air pollution in most places are much worse than outdoor air pollution.

Well, what do you mean by house? Nice and clean. What do you mean? Well, everything that's in your house, that's plastic out. Gases, the chemicals used to mold plastic called phthalates.

For years. Your plastic blinds are throwing phthalates, and, well, there's nothing in my ear and my ears. Nice and clean. Really? You ever look at the sun coming through the window at a certain time of day, and you see the sun, the rays of the sun, and you can see the dust in the air.

That's what you're breathing. And it's full of all kinds of garbage, the flame retardant chemicals on your sofa. And on your bed and on your sheets and your your comforters.

Unless it's organic cotton. And you start to learn about all of this and it's overwhelming, you know, you can only do a little bit at a time. But when you do these little things to change your environment, NASA publish the studies on house plants absorbing toxins in the air because their astronauts were going loopy in space.

And they never talk about it on the news. But what's going on? These guys are not thinking they've got lots of brain fog, and they found out it was the air and it was the phthalates in the air that was effect causing inflammation in the brain.

And the families were coming from all the equipment with plastic counters and plastic keyboards and, you know, whatever else. And so they funded the studies to look at, houseplants and which houseplants help to clean the air.

And it was jaw dropping. You get two six inch house plants in a ten by ten room. You absorb over 70% of the toxins in the air just by doing that. Right.

So you my website, I have 50 of them throughout my house because they. Yes, yes. Right. So let's easy. It's very easy. You know, if you've got eight rooms in your house, you go out and you buy 20 house plants.

Yeah. And you. Well I only have a green thumb. They're going to die. Then you buy more. You know, you just learn the little things that you can do that will make a big difference.

And, it's all those little baby steps you take that create an environment where you're getting less toxins coming into your kitchen cabinets and your bathroom cabinets.

If they're not solid wood, they're pressed for press for it is soaked in formaldehyde, which out gases for years. I can't smell it. That doesn't mean anything right now.

There is no evidence that the amount of formaldehyde that, oh, gasses out of cabinets is toxic to humans. There is no evidence whatsoever or that the amount of flame retardant chemicals that out gas out of your sofa every day is toxic to humans.

There's no evidence. None. And that's how they got away with this, legally. Because you have to prove that when a person is exposed to in 24 hours is toxic to them, it's not.

But this stuff is accumulative in the body, and it accumulates over years. And eventually you cross a threshold. Now you've got all the stored mercury or the stored cadmium or arsenic or lead or organophosphates or,

glyphosate from GMO foods that is accumulated.

Now, it's at a level where your immune system is fighting it. Now you're getting inflammation. And if like just Google BPA and thyroid, and here come the studies that show BPA can grab on to your thyroid and many other tissues.

But if it grabs on your thyroid now, your immune system is going to attack that that area, because that's not thyroid tissue, that's like thyroid and something I better fight that.

And you kill that that. It's called a neo epitope, a new compound. You kill that neo epitope, but now you've damaged the thyroid cells. So now you make more antibodies to your thyroid to get rid of the old and damaged cells.

And that becomes perpetual. And here comes Hashimoto's thyroid disease. And, Doctor Kesha is just world renowned for talking about this stuff, right? And, but you have to clean your environ ment.

You, you have to stop drinking out of plastic water bottles. You you have to, make efforts to get the cleanest water you can possibly get. I mean, all these little things that'll take you six months to a year to implement.

But the result will be you've changed your paradigm. You've changed how you live your life. If you address one thing at a time. Thank you so much, doctor Tom, for coming on and sharing your wisdom with us.

It's always such a pleasure to listen to you. Well, thank you, thank you. You know, it's that big picture idea that if people have that big picture idea, they weather the disappointments that they will.

You know, once again, the Zen wave versus the roller coaster ride, you know, so the more you know, the more you can implement, just a little bit at a time.

And, the greater your level of health as a result. Thank you. Yes. Thank you. Kisha. All right, everybody, until next time, be well.