



# JOHN BRISSON

FIXING YOUR GUT, THE MEDICAL MACHINE, & PLUM ISLAND

PRESENTED BY THE HIGHERSIDE CHATS



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1  
00:00:02,029 --> 00:00:12,560

[Music]

2  
00:00:18,690 --> 00:00:15,870

the planets puppet-masters almost sure

3  
00:00:21,410 --> 00:00:18,700

you have a plan it's clearly maybe

4  
00:00:24,269 --> 00:00:21,420

something there beyond the realm of man

5  
00:00:27,450 --> 00:00:24,279

till we've thoroughly tested every last

6  
00:00:33,000 --> 00:00:27,460

clip just did you find the ball you

7  
00:00:36,130 --> 00:00:33,010

think you know what you really do where

8  
00:00:43,540 --> 00:00:39,350

we know the lying to us just don't know

9  
00:00:49,250 --> 00:00:43,550

what to green where would we be without

10  
00:01:00,340 --> 00:00:49,260

DC I said show

11  
00:01:02,630 --> 00:01:00,350

[Music]

12  
00:01:04,700 --> 00:01:02,640

how's it going higher side chatters

13  
00:01:06,649 --> 00:01:04,710

drinking a little drink smokin a little

14

00:01:08,960 --> 00:01:06,659

smoke and trying to keep the SS higher

15

00:01:11,270 --> 00:01:08,970

side at full steam in the choppy waters

16

00:01:13,880 --> 00:01:11,280

of this modern reality from sunny San

17

00:01:16,279 --> 00:01:13,890

Diego I'm Greg Carl wood and I know not

18

00:01:18,889 --> 00:01:16,289

everyone is a fan of these pre

19

00:01:21,080 --> 00:01:18,899

introduction introductions but I just

20

00:01:23,300 --> 00:01:21,090

think today is a hell of a show that can

21

00:01:25,700 --> 00:01:23,310

use a little bit of context just in that

22

00:01:27,290 --> 00:01:25,710

first off I think it's great when we

23

00:01:30,020 --> 00:01:27,300

have a guest who is a dedicated

24

00:01:32,240 --> 00:01:30,030

researcher and also a higher side Schatz

25

00:01:33,559 --> 00:01:32,250

fan because I just think you get some

26

00:01:35,960 --> 00:01:33,569

little moments that wouldn't happen

27

00:01:38,600 --> 00:01:35,970

otherwise so that's just kind of a fun

28

00:01:41,600 --> 00:01:38,610

thing but I think John does a great job

29

00:01:43,940 --> 00:01:41,610

regardless especially since I'm not sure

30

00:01:45,800 --> 00:01:43,950

how many interviews he's really done but

31

00:01:48,050 --> 00:01:45,810

he also has one of the most impactful

32

00:01:50,389 --> 00:01:48,060

personal stories out there which really

33

00:01:52,430 --> 00:01:50,399

fueled the research and on top of all of

34

00:01:54,980 --> 00:01:52,440

that he's kind enough to give away his

35

00:01:57,109 --> 00:01:54,990

book for free and I think everyone

36

00:01:58,880 --> 00:01:57,119

should take him up on that so we're

37

00:02:01,010 --> 00:01:58,890

lucky to have the guy given the health

38

00:02:04,550 --> 00:02:01,020

problems he's had we're lucky he's alive

39

00:02:07,160 --> 00:02:04,560

to even talk about his research and yeah

40

00:02:08,690 --> 00:02:07,170

this show is largely about gut issues

41

00:02:10,340 --> 00:02:08,700

but we're learning more and more that

42

00:02:12,229 --> 00:02:10,350

the gut is where the rubber really meets

43

00:02:14,509 --> 00:02:12,239

the road when it comes to our health and

44

00:02:16,640 --> 00:02:14,519

our immune system and you might not even

45

00:02:19,759 --> 00:02:16,650

realize you have a gut issue but it's

46

00:02:21,680 --> 00:02:19,769

sort of insane how many of us do or how

47

00:02:24,229 --> 00:02:21,690

many of us have a health condition we

48

00:02:26,770 --> 00:02:24,239

don't even consider related but yet the

49

00:02:29,300 --> 00:02:26,780

gut microbiome is where it starts

50

00:02:31,160 --> 00:02:29,310

also it is something we talked a little

51  
00:02:32,990 --> 00:02:31,170  
bit about in this episode but it really

52  
00:02:36,319 --> 00:02:33,000  
got me thinking about gut viruses

53  
00:02:39,080 --> 00:02:36,329  
bacteria and parasites and how they are

54  
00:02:42,020 --> 00:02:39,090  
huge factors in our behavior in our mood

55  
00:02:44,780 --> 00:02:42,030  
and our thinking we give a few examples

56  
00:02:47,509 --> 00:02:44,790  
in the show but extrapolate that out and

57  
00:02:50,300 --> 00:02:47,519  
the implications can be pretty

58  
00:02:52,430 --> 00:02:50,310  
mind-blowing but regardless I think Jon

59  
00:02:55,160 --> 00:02:52,440  
put a lot of work into preparing for

60  
00:02:57,650 --> 00:02:55,170  
this which I appreciate I think it is

61  
00:03:00,289 --> 00:02:57,660  
really crucial information for beating

62  
00:03:02,719 --> 00:03:00,299  
back the beast of the biome and I'm even

63  
00:03:04,160 --> 00:03:02,729

planning to have John back after he

64

00:03:06,320 --> 00:03:04,170

tries to fine

65

00:03:07,910 --> 00:03:06,330

tune my diet a little bit and see if we

66

00:03:10,699 --> 00:03:07,920

can't tweak a few things that have me

67

00:03:13,130 --> 00:03:10,709

feeling suboptimal just to see how it

68

00:03:15,650 --> 00:03:13,140

goes but the main thing is stick around

69

00:03:17,720 --> 00:03:15,660

for John's book offer appreciate the

70

00:03:20,570 --> 00:03:17,730

fact that we have another researcher who

71

00:03:23,120 --> 00:03:20,580

also likes the show he is one of us and

72

00:03:25,310 --> 00:03:23,130

empathize with just how serious this

73

00:03:28,010 --> 00:03:25,320

stuff is and how backwards our medical

74

00:03:30,470 --> 00:03:28,020

system really can be but let's do the

75

00:03:31,250 --> 00:03:30,480

damn thing John brisson the gut guy

76

00:03:35,710 --> 00:03:31,260

himself

77

00:03:35,720 --> 00:03:57,500

[Music]

78

00:04:01,890 --> 00:04:00,030

holy hell higher side shatters health

79

00:04:04,830 --> 00:04:01,900

and wellness are the offerings on the

80

00:04:06,780 --> 00:04:04,840

THC altar today because the long road to

81

00:04:09,059 --> 00:04:06,790

corporate food and oil-based allopathic

82

00:04:11,040 --> 00:04:09,069

medicine has been paved with profits for

83

00:04:12,900 --> 00:04:11,050

the Archon controlled capstone cabal and

84

00:04:15,509 --> 00:04:12,910

the lives of our loved ones along the

85

00:04:17,520 --> 00:04:15,519

way yes it seems we've been attacked on

86

00:04:19,949 --> 00:04:17,530

all sides in a perfect storm of health

87

00:04:21,569 --> 00:04:19,959

suppression from a plethora of chemical

88

00:04:24,000 --> 00:04:21,579

filled injections during our first

89

00:04:26,070 --> 00:04:24,010

months of life to an engineered lack of

90

00:04:28,260 --> 00:04:26,080

education and preaching of a deceptive

91

00:04:30,390 --> 00:04:28,270

food pyramid to grocery stores filled

92

00:04:32,400 --> 00:04:30,400

with Franken food and a medical system

93

00:04:34,680 --> 00:04:32,410

structure to support the bad habits

94

00:04:36,629 --> 00:04:34,690

we've been bred for it's sicker than

95

00:04:38,700 --> 00:04:36,639

sick and tantamount to mass murder if

96

00:04:40,830 --> 00:04:38,710

you ask me with coke wielding polar

97

00:04:43,560 --> 00:04:40,840

bears and Tony the Tiger laughing all

98

00:04:45,480 --> 00:04:43,570

the way to our untimely graves it is a

99

00:04:47,610 --> 00:04:45,490

real problem folks and I'm sure we all

100

00:04:49,860 --> 00:04:47,620

know people we hold dear who suffer from

101  
00:04:51,870 --> 00:04:49,870  
ignorance and addiction when it comes to

102  
00:04:53,790 --> 00:04:51,880  
their health many of us probably have

103  
00:04:55,890 --> 00:04:53,800  
family that left us too soon because

104  
00:04:59,010 --> 00:04:55,900  
those super value meals are just too

105  
00:05:00,900 --> 00:04:59,020  
tempting or no nice kind people who

106  
00:05:02,969 --> 00:05:00,910  
suffer daily from conditions they could

107  
00:05:04,680 --> 00:05:02,979  
probably overcome with a swift changed

108  
00:05:07,050 --> 00:05:04,690  
the diet but they've just never heard it

109  
00:05:08,880 --> 00:05:07,060  
from a doctor but don't take my word for

110  
00:05:11,070 --> 00:05:08,890  
it because today's guest knows these

111  
00:05:12,930 --> 00:05:11,080  
troubles all too well his name is John

112  
00:05:15,540 --> 00:05:12,940  
Britton and he's the man behind the book

113  
00:05:17,040 --> 00:05:15,550

and website fix your gut and having

114

00:05:18,870 --> 00:05:17,050

taken charge of his own life he's

115

00:05:21,330 --> 00:05:18,880

repaired the damage the system has done

116

00:05:23,400 --> 00:05:21,340

and become a bona fide expert in getting

117

00:05:25,500 --> 00:05:23,410

us all back on track here to help us

118

00:05:27,960 --> 00:05:25,510

avoid those golden arches and the pearly

119

00:05:30,150 --> 00:05:27,970

gates the great immune system Stabler my

120

00:05:32,250 --> 00:05:30,160

neo of the medical matrix the gut guy

121

00:05:34,710 --> 00:05:32,260

himself John my man welcome to the

122

00:05:36,600 --> 00:05:34,720

higher side excellent introduction and

123

00:05:40,740 --> 00:05:36,610

as always Greg thank you for having me

124

00:05:43,230 --> 00:05:40,750

yes man yes I really loved your book and

125

00:05:46,080 --> 00:05:43,240

I think the subject is so important it's

126  
00:05:48,300 --> 00:05:46,090  
kind of hypocritical to be sounding the

127  
00:05:50,760 --> 00:05:48,310  
alarm on chemtrails and Hollywood mind

128  
00:05:52,890 --> 00:05:50,770  
control and all these ways were being

129  
00:05:54,330 --> 00:05:52,900  
manipulated while eating Frosty's and

130  
00:05:56,580 --> 00:05:54,340  
french fries I mean that's just the way

131  
00:05:59,340 --> 00:05:56,590  
it is so I like to see a health-related

132  
00:06:00,960 --> 00:05:59,350  
show every other month or so and I'm

133  
00:06:03,390 --> 00:06:00,970  
glad you could be the guy today because

134  
00:06:05,490 --> 00:06:03,400  
personal testimonies they go a long way

135  
00:06:07,320 --> 00:06:05,500  
with me and I'm sorry that your family

136  
00:06:09,330 --> 00:06:07,330  
has gone through so much pain because of

137  
00:06:09,839 --> 00:06:09,340  
our corporate controlled diet and

138  
00:06:12,359 --> 00:06:09,849

medical

139

00:06:15,149 --> 00:06:12,369

system but that is probably the best way

140

00:06:17,790 --> 00:06:15,159

to start because it is so impactful so

141

00:06:19,529 --> 00:06:17,800

maybe talk to us about the experiences

142

00:06:22,019 --> 00:06:19,539

that led you down this road of really

143

00:06:22,649 --> 00:06:22,029

becoming the gut biome guru you are

144

00:06:24,929 --> 00:06:22,659

today

145

00:06:27,359 --> 00:06:24,939

yeah Gregg it's definitely been a long

146

00:06:29,730 --> 00:06:27,369

hard journey that I've gone through over

147

00:06:32,219 --> 00:06:29,740

the years and I've lost both my own

148

00:06:33,689 --> 00:06:32,229

health to some degree in health of many

149

00:06:35,669 --> 00:06:33,699

in the life of many loved ones that have

150

00:06:37,260 --> 00:06:35,679

been in my family and it's sad it's

151  
00:06:38,879 --> 00:06:37,270  
tragic you know many of your listeners

152  
00:06:41,070 --> 00:06:38,889  
many people listen to higher side chats

153  
00:06:43,199 --> 00:06:41,080  
they definitely have their own health

154  
00:06:46,079 --> 00:06:43,209  
issues and they've dealt with their own

155  
00:06:47,820 --> 00:06:46,089  
illnesses and their families and even

156  
00:06:49,739 --> 00:06:47,830  
their own death too as well and

157  
00:06:50,850 --> 00:06:49,749  
everybody has their own personal health

158  
00:06:52,350 --> 00:06:50,860  
journey to go through

159  
00:06:54,540 --> 00:06:52,360  
Gregg you know myself included I

160  
00:06:56,489 --> 00:06:54,550  
initially was a hundred percent all in

161  
00:06:59,070 --> 00:06:56,499  
allopathic medicine you know I was born

162  
00:07:00,869 --> 00:06:59,080  
three months premature myself back in 85

163  
00:07:04,549 --> 00:07:00,879

I almost died from that I was actually

164

00:07:07,139 --> 00:07:04,559

born dead they had to revive me and I

165

00:07:09,779 --> 00:07:07,149

spent a lot of time in the UNC Chapel

166

00:07:11,699 --> 00:07:09,789

Hill medical community for the next year

167

00:07:13,949 --> 00:07:11,709

they are testing me making sure that I

168

00:07:16,309 --> 00:07:13,959

didn't have any mental cognition issues

169

00:07:18,689 --> 00:07:16,319

for being so premature at the time and I

170

00:07:20,730 --> 00:07:18,699

recovered from it fairly well I mean had

171

00:07:22,799 --> 00:07:20,740

asthma allergies growing up from a

172

00:07:25,469 --> 00:07:22,809

poorly functioning immune system my

173

00:07:27,629 --> 00:07:25,479

mother had systemic lupus so of course

174

00:07:29,219 --> 00:07:27,639

during that time they recommended that

175

00:07:31,529 --> 00:07:29,229

she actually abort me because they were

176

00:07:33,389 --> 00:07:31,539

afraid they didn't know how her lupus

177

00:07:35,399 --> 00:07:33,399

would affect me at the time of course

178

00:07:37,379 --> 00:07:35,409

she was a staunch Catholic so she

179

00:07:39,989 --> 00:07:37,389

decided not to abort me of course and

180

00:07:42,540 --> 00:07:39,999

her complications of having lupus did

181

00:07:44,100 --> 00:07:42,550

leave me to be born premature and of

182

00:07:46,109 --> 00:07:44,110

course they also told her not to

183

00:07:49,279 --> 00:07:46,119

breastfeed me at the time too

184

00:07:53,189 --> 00:07:49,289

so she did not and she gave me a really

185

00:07:54,749 --> 00:07:53,199

toxin Laden soy children's infants

186

00:07:56,249 --> 00:07:54,759

formula because I was allergic to Cal

187

00:07:59,779 --> 00:07:56,259

protein you know I was allergic to milk

188

00:08:02,279 --> 00:07:59,789

at the time so that led me to have

189

00:08:04,889 --> 00:08:02,289

somewhat health issues growing up I had

190

00:08:07,559 --> 00:08:04,899

as most hospitalized a lot of the time

191

00:08:09,359 --> 00:08:07,569

throughout my years and eventually my

192

00:08:10,049 --> 00:08:09,369

appendix ruptured when I was 14 years

193

00:08:11,939 --> 00:08:10,059

old

194

00:08:14,219 --> 00:08:11,949

misspent a month in the hospital

195

00:08:17,009 --> 00:08:14,229

recovering from that went down to 110

196

00:08:19,139 --> 00:08:17,019

pounds took accutane as a teenager

197

00:08:21,540 --> 00:08:19,149

I'll deal with acne of course stemming

198

00:08:23,830 --> 00:08:21,550

from gut issues as well a grandpa was a

199

00:08:26,260 --> 00:08:23,840

pharmacist he was always big and I

200

00:08:28,480 --> 00:08:26,270

Pathak medicine so I kind of had that

201  
00:08:30,760 --> 00:08:28,490  
same worldview that allopathic medicine

202  
00:08:33,339 --> 00:08:30,770  
was the only way to go so he told me

203  
00:08:35,469 --> 00:08:33,349  
accutane was relatively safe at the time

204  
00:08:38,890 --> 00:08:35,479  
so I took accutane didn't know any

205  
00:08:40,329 --> 00:08:38,900  
better for years I did fairly well as a

206  
00:08:43,810 --> 00:08:40,339  
young adult I didn't have too many

207  
00:08:46,180 --> 00:08:43,820  
issues as modalities were there but they

208  
00:08:50,380 --> 00:08:46,190  
were somewhat under control then when I

209  
00:08:52,810 --> 00:08:50,390  
was about 24 I contracted h4 I I was at

210  
00:08:54,760 --> 00:08:52,820  
a function with my wife at my

211  
00:08:55,870 --> 00:08:54,770  
grandmother in-laws house and ate some

212  
00:08:57,790 --> 00:08:55,880  
fish I must have consumed some

213  
00:08:58,360 --> 00:08:57,800

contaminated water that had H Bowl or I

214

00:09:00,670 --> 00:08:58,370

in it

215

00:09:04,030 --> 00:09:00,680

my stomach burned for the first time and

216

00:09:05,800 --> 00:09:04,040

let me tell you Greg it's weird as sick

217

00:09:09,510 --> 00:09:05,810

as I was when I was dying for my

218

00:09:13,240 --> 00:09:09,520

appendix rupturing it did not make me as

219

00:09:15,610 --> 00:09:13,250

OCD or mentally ill that the H ploor I

220

00:09:18,070 --> 00:09:15,620

did later when it caused me to get

221

00:09:19,180 --> 00:09:18,080

silent reflux and really bad gut issues

222

00:09:21,100 --> 00:09:19,190

Wow

223

00:09:23,079 --> 00:09:21,110

we talk about it later all these

224

00:09:25,030 --> 00:09:23,089

consistencies of the toxin Laden world

225

00:09:27,430 --> 00:09:25,040

that we live in whether it's Kim trails

226

00:09:30,280 --> 00:09:27,440

or EMF exposure and effects that has in

227

00:09:32,050 --> 00:09:30,290

our gut but for me I guess there's a

228

00:09:33,220 --> 00:09:32,060

culmination of all the issues that I've

229

00:09:35,050 --> 00:09:33,230

had throughout my life and all the

230

00:09:36,940 --> 00:09:35,060

things I've exposed to and it was a

231

00:09:37,960 --> 00:09:36,950

straw that broke the camel's back moment

232

00:09:40,000 --> 00:09:37,970

I remember my father was one of the

233

00:09:41,530 --> 00:09:40,010

first people diagnosed with hepatitis C

234

00:09:42,850 --> 00:09:41,540

in the United States in the late

235

00:09:45,130 --> 00:09:42,860

eighties early nineties he had gotten it

236

00:09:45,940 --> 00:09:45,140

from intravenous drug use of heroin in

237

00:09:48,250 --> 00:09:45,950

the 70s

238

00:09:50,800 --> 00:09:48,260

he later kicked the habit of and so he

239

00:09:52,300 --> 00:09:50,810

gave up drinking and actually was

240

00:09:53,500 --> 00:09:52,310

diagnosed around the time my mom passed

241

00:09:55,570 --> 00:09:53,510

away my mom did pass away from

242

00:09:58,329 --> 00:09:55,580

complications of systemic lupus when I

243

00:09:59,650 --> 00:09:58,339

was around the age of 7 and I was around

244

00:10:03,280 --> 00:09:59,660

the time he was diagnosed with hepatitis

245

00:10:05,410 --> 00:10:03,290

C and we know that hepatitis C the virus

246

00:10:07,360 --> 00:10:05,420

itself affects the microbiome it affects

247

00:10:08,769 --> 00:10:07,370

digestion affects health of course you

248

00:10:10,300 --> 00:10:08,779

know livers paramount for proper

249

00:10:13,420 --> 00:10:10,310

digestion through bio production and

250

00:10:15,250 --> 00:10:13,430

everything even with him being one of

251  
00:10:17,829 --> 00:10:15,260  
the first people to try the drugs

252  
00:10:20,590 --> 00:10:17,839  
interferon a rob of ayran and I've spent

253  
00:10:22,300 --> 00:10:20,600  
countless nights as an adolescent up

254  
00:10:24,340 --> 00:10:22,310  
with him he'd be vomiting into the

255  
00:10:26,230 --> 00:10:24,350  
toilet for days on end from the

256  
00:10:29,380 --> 00:10:26,240  
medications of trying to reduce the

257  
00:10:31,960 --> 00:10:29,390  
hepatitis C virus his mental cognition

258  
00:10:32,740 --> 00:10:31,970  
never got as bad as mine did through the

259  
00:10:34,660 --> 00:10:32,750  
H pleura

260  
00:10:36,489 --> 00:10:34,670  
even though his gut was probably in a

261  
00:10:38,859 --> 00:10:36,499  
state of dysbiosis

262  
00:10:41,519 --> 00:10:38,869  
just wanted to throw in H ploor I from

263  
00:10:43,659 --> 00:10:41,529

your book you say H polarize

264

00:10:46,509 --> 00:10:43,669

colonization at this time is at least

265

00:10:48,699 --> 00:10:46,519

half the world's population if not more

266

00:10:51,039 --> 00:10:48,709

yeah this is a thing we've never heard

267

00:10:52,149 --> 00:10:51,049

of but it is like serious but go on with

268

00:10:53,769 --> 00:10:52,159

your story I just wanted to throw that

269

00:10:56,259 --> 00:10:53,779

in because most people probably never

270

00:10:58,329 --> 00:10:56,269

heard the term yeah I mean we could talk

271

00:11:00,369 --> 00:10:58,339

about H plural later when we get to the

272

00:11:03,189 --> 00:11:00,379

main cause of majority of autoimmune

273

00:11:04,809 --> 00:11:03,199

disorders are either microbiome

274

00:11:07,389 --> 00:11:04,819

despisers in the body whether it's

275

00:11:08,979 --> 00:11:07,399

bacterial viruses micro bacterium

276

00:11:11,469 --> 00:11:08,989

usually there's cause you know the

277

00:11:13,209 --> 00:11:11,479

allopathic vigil medics community when

278

00:11:14,469 --> 00:11:13,219

they look at autoimmune disorders they

279

00:11:15,639 --> 00:11:14,479

kind of throw out their hands in the air

280

00:11:18,929 --> 00:11:15,649

they're like we don't know why the body

281

00:11:21,459 --> 00:11:18,939

starts attacking itself for no reason

282

00:11:22,839 --> 00:11:21,469

does it happen that way but researchers

283

00:11:25,359 --> 00:11:22,849

know I mean the research data is all

284

00:11:26,919 --> 00:11:25,369

there even in the microbiological film

285

00:11:29,139 --> 00:11:26,929

solved they're laid out in front of

286

00:11:30,759 --> 00:11:29,149

people but doctors they either don't

287

00:11:32,979 --> 00:11:30,769

learn about it twenty years down the

288

00:11:34,569 --> 00:11:32,989

line or thirty years down I mean H flora

289

00:11:37,919 --> 00:11:34,579

for example we can talk about H pleura I

290

00:11:39,489 --> 00:11:37,929

am Barry Marshall was the Australian

291

00:11:42,279 --> 00:11:39,499

microbiologist researcher that

292

00:11:44,769 --> 00:11:42,289

discovered H chloride in the mid 80s and

293

00:11:46,659 --> 00:11:44,779

everybody thought he was crazy because

294

00:11:48,999 --> 00:11:46,669

he was going around saying the cause of

295

00:11:50,529 --> 00:11:49,009

ulcers is h p-- lore i which back then

296

00:11:53,349 --> 00:11:50,539

everybody thought the cause of ulcers

297

00:11:55,269 --> 00:11:53,359

were mainly lifestyle related baby smoke

298

00:11:56,859 --> 00:11:55,279

cigarettes maybe a too much of rich of a

299

00:11:58,689 --> 00:11:56,869

diet maybe you're under too much of

300

00:12:01,659 --> 00:11:58,699

stress but he was going around saying no

301

00:12:03,069 --> 00:12:01,669

i've isolated h chloride and ulcers an

302

00:12:04,809 --> 00:12:03,079

ulcerated tissue and this looks like the

303

00:12:06,279 --> 00:12:04,819

cause of it and you know even

304

00:12:08,259 --> 00:12:06,289

microbiologist the time thought it was

305

00:12:09,939 --> 00:12:08,269

silly and eventually he goes well you

306

00:12:11,919 --> 00:12:09,949

know what i'm gonna knock you late

307

00:12:13,689 --> 00:12:11,929

myself with HB or i'm gonna grow it and

308

00:12:15,819 --> 00:12:13,699

drink it and consume it i'm gonna get h

309

00:12:17,349 --> 00:12:15,829

pleura and i'm gonna get an ulcer and lo

310

00:12:20,439 --> 00:12:17,359

and behold after he consumed the h

311

00:12:22,359 --> 00:12:20,449

pleura he did get an ulcer hmm so

312

00:12:26,139 --> 00:12:22,369

microbiologist started looking that as

313

00:12:29,949 --> 00:12:26,149

the cause of ulcers but it wasn't

314

00:12:32,559 --> 00:12:29,959

treated by doctors into the early 2000s

315

00:12:36,069 --> 00:12:32,569

almost fifteen years later and at that

316

00:12:38,349 --> 00:12:36,079

time and acid drugs which should not be

317

00:12:40,509 --> 00:12:38,359

used in most cases of h poor i will talk

318

00:12:41,709 --> 00:12:40,519

about that later they were just given as

319

00:12:43,659 --> 00:12:41,719

you know you have an ulcer

320

00:12:45,039 --> 00:12:43,669

here take this antacid your stomach will

321

00:12:48,039 --> 00:12:45,049

feel better because less acid will come

322

00:12:50,260 --> 00:12:48,049

in contact with the ulcer and it's sad

323

00:12:52,540 --> 00:12:50,270

for me no doctor was a

324

00:12:53,290 --> 00:12:52,550

able to help me I didn't even know his H

325

00:12:55,600 --> 00:12:53,300

fluoride

326

00:12:57,820 --> 00:12:55,610

Greg for years every test I'd ever taken

327

00:13:00,400 --> 00:12:57,830

except for the final one by DRG labs

328

00:13:02,650 --> 00:13:00,410

which was a virulent antibody tests for

329

00:13:05,140 --> 00:13:02,660

certain proteins that H pleura produced

330

00:13:07,270 --> 00:13:05,150

even I had the symbology of it it was

331

00:13:12,220 --> 00:13:07,280

always negative until that final test

332

00:13:14,350 --> 00:13:12,230

and H pleura itself is it necessarily an

333

00:13:16,240 --> 00:13:14,360

issue like I mentioned you know at least

334

00:13:17,590 --> 00:13:16,250

half the world's population baby in

335

00:13:19,330 --> 00:13:17,600

Mexico for example could be as high as

336

00:13:21,550 --> 00:13:19,340

80 percent or walking around with this

337

00:13:24,610 --> 00:13:21,560

is ubiquitous in nature it evolved to

338

00:13:26,410 --> 00:13:24,620

have humans as a primary host but the

339

00:13:28,240 --> 00:13:26,420

problem isn't necessarily the H pleura I

340

00:13:30,060 --> 00:13:28,250

don't think it is I think it's more the

341

00:13:32,860 --> 00:13:30,070

lifestyle in the world that we live in

342

00:13:34,450 --> 00:13:32,870

causing issues with our immune system

343

00:13:36,640 --> 00:13:34,460

and with our health that leads H

344

00:13:40,210 --> 00:13:36,650

pleuritis tick and start causing

345

00:13:41,710 --> 00:13:40,220

dysbiosis and it seems a lot of what's

346

00:13:44,640 --> 00:13:41,720

going on with a lot of these autoimmune

347

00:13:47,470 --> 00:13:44,650

conditions where people may have

348

00:13:49,960 --> 00:13:47,480

bacteria like staph for example which is

349

00:13:52,210 --> 00:13:49,970

the cause of lupus ubique was their

350

00:13:53,890 --> 00:13:52,220

whole body and they either come out of

351  
00:13:55,870 --> 00:13:53,900  
tremendous amount of stress or they take

352  
00:13:57,760 --> 00:13:55,880  
a lot of antibiotics or they're firemen

353  
00:13:59,290 --> 00:13:57,770  
really exposed to chemtrails or eat a

354  
00:14:01,150 --> 00:13:59,300  
lot of GMO foods and it starts affecting

355  
00:14:02,410 --> 00:14:01,160  
the gut then all of a sudden their

356  
00:14:04,030 --> 00:14:02,420  
immune systems the state of disarray

357  
00:14:07,120 --> 00:14:04,040  
when they have what is known as a

358  
00:14:10,300 --> 00:14:07,130  
chronic staph infection which is pretty

359  
00:14:13,500 --> 00:14:10,310  
much manifest itself as lupus a lot of

360  
00:14:16,960 --> 00:14:13,510  
these autoimmune conditions have this

361  
00:14:18,430 --> 00:14:16,970  
microbiological origin it's not just

362  
00:14:20,530 --> 00:14:18,440  
like I mentioned the body attacking

363  
00:14:22,930 --> 00:14:20,540

itself randomly for no good reason

364

00:14:24,820 --> 00:14:22,940

mm-hmm man you are definitely

365

00:14:27,220 --> 00:14:24,830

knowledgeable about this stuff and I'm

366

00:14:29,410 --> 00:14:27,230

sorry for taking you down that tangent I

367

00:14:30,940 --> 00:14:29,420

interrupted the latter chapters of your

368

00:14:34,390 --> 00:14:30,950

personal story but I just wanted people

369

00:14:35,830 --> 00:14:34,400

to know ding ding ding H ploor ayat you

370

00:14:38,080 --> 00:14:35,840

should pay attention to that because you

371

00:14:39,910 --> 00:14:38,090

might see it pop up in your own life or

372

00:14:41,590 --> 00:14:39,920

the lives of people you care about

373

00:14:44,530 --> 00:14:41,600

because it is apparently in half the

374

00:14:46,090 --> 00:14:44,540

world's population yeah I mean Erin

375

00:14:47,860 --> 00:14:46,100

Brockovich which most people have seen

376

00:14:49,470 --> 00:14:47,870

the movie that Julia Roberts was in

377

00:14:50,620 --> 00:14:49,480

she's a very strong environmental

378

00:14:52,570 --> 00:14:50,630

activist

379

00:14:54,280 --> 00:14:52,580

I follow her work greatly and we've been

380

00:14:56,530 --> 00:14:54,290

doing some research together and that

381

00:14:58,300 --> 00:14:56,540

each floor I seems to be a lot in our

382

00:15:01,090 --> 00:14:58,310

municipal water supplies because they

383

00:15:02,290 --> 00:15:01,100

use chloramines which are way more toxic

384

00:15:03,630 --> 00:15:02,300

than chlorine because you have

385

00:15:06,410 --> 00:15:03,640

chlorinated ammonia

386

00:15:10,710 --> 00:15:06,420

to try to keep bacterial loads down

387

00:15:13,140 --> 00:15:10,720

cheaper cost and also try to purify

388

00:15:14,430 --> 00:15:13,150

drinking water better the problem with

389

00:15:16,890 --> 00:15:14,440

using chloramine is it doesn't work very

390

00:15:19,410 --> 00:15:16,900

well against these biofilm these thick

391

00:15:23,190 --> 00:15:19,420

matrixes that bacteria produce like H

392

00:15:25,530 --> 00:15:23,200

fluoride so every six months a municipal

393

00:15:27,360 --> 00:15:25,540

water supply has to push a lot of

394

00:15:30,420 --> 00:15:27,370

chlorine into the water like if your tap

395

00:15:31,800 --> 00:15:30,430

ever reeks of have a bleach smell to it

396

00:15:33,480 --> 00:15:31,810

a chlorine smell to it they're probably

397

00:15:34,890 --> 00:15:33,490

flushing your pipes they probably use

398

00:15:36,660 --> 00:15:34,900

chloramines throughout the year

399

00:15:38,220 --> 00:15:36,670

generally and for those two months that

400

00:15:40,440 --> 00:15:38,230

you just use strictly chlorine to kind

401

00:15:43,260 --> 00:15:40,450

of clean that bacterial biofilm out of

402

00:15:44,880 --> 00:15:43,270

the pipes wage chloride congregating in

403

00:15:47,760 --> 00:15:44,890

these pipes and it's spreading like

404

00:15:49,410 --> 00:15:47,770

wildfire that people are getting it just

405

00:15:51,540 --> 00:15:49,420

through consuming a glass of ordinary

406

00:15:53,160 --> 00:15:51,550

tap water I mean we could talk about the

407

00:15:54,810 --> 00:15:53,170

chloramines that are in tap water we can

408

00:15:57,000 --> 00:15:54,820

talk about the fluoride this in tap

409

00:15:58,830 --> 00:15:57,010

water or you know petrochemicals already

410

00:16:00,330 --> 00:15:58,840

going to talk about our water most

411

00:16:02,760 --> 00:16:00,340

people should consume filtered water if

412

00:16:04,980 --> 00:16:02,770

all possible to prevent ingesting all

413

00:16:06,780 --> 00:16:04,990

these issues but it seems like bacterial

414

00:16:08,730 --> 00:16:06,790

contamination is really becoming a

415

00:16:11,850 --> 00:16:08,740

problem and a lot of these city water

416

00:16:14,120 --> 00:16:11,860

municipalities Greg yeah Howard says

417

00:16:17,250 --> 00:16:14,130

though so a lot of people are getting

418

00:16:19,530 --> 00:16:17,260

exposed to HP that may have not normally

419

00:16:23,240 --> 00:16:19,540

had it as normal flora simple as

420

00:16:25,650 --> 00:16:23,250

drinking a glass of unpro

421

00:16:27,750 --> 00:16:25,660

of that you know let's say that maybe

422

00:16:31,020 --> 00:16:27,760

they're on certain medications like

423

00:16:33,900 --> 00:16:31,030

SSRIs or ACE inhibitors that can reduce

424

00:16:35,940 --> 00:16:33,910

the immune function and maybe their

425

00:16:37,920 --> 00:16:35,950

stomach acid production isn't so great

426

00:16:39,120 --> 00:16:37,930

because occasionally they take in acids

427

00:16:41,550 --> 00:16:39,130

or maybe they're on proton pump

428

00:16:43,770 --> 00:16:41,560

inhibitors they get 2h ploor I in it

429

00:16:45,330 --> 00:16:43,780

starts reducing the lactobacillus or one

430

00:16:46,830 --> 00:16:45,340

of the probiotic bacteria that's found

431

00:16:49,320 --> 00:16:46,840

in the stomach and lo and behold they

432

00:16:52,250 --> 00:16:49,330

start getting ulcers and anxiety and

433

00:16:55,610 --> 00:16:52,260

reflux that they never had before hmm

434

00:16:58,770 --> 00:16:55,620

man obviously this is cheap stuff and

435

00:17:00,810 --> 00:16:58,780

just based on the first part of your

436

00:17:03,090 --> 00:17:00,820

story it seems pretty clear that you

437

00:17:06,270 --> 00:17:03,100

just came into this world beaten by the

438

00:17:08,160 --> 00:17:06,280

Machine and sometimes I wonder with a

439

00:17:10,290 --> 00:17:08,170

story like yours if we really are

440

00:17:12,840 --> 00:17:10,300

destined to do the work we do if you

441

00:17:15,120 --> 00:17:12,850

choose to incarnate into a certain

442

00:17:16,710 --> 00:17:15,130

context in which you're going to grow

443

00:17:17,699 --> 00:17:16,720

into the certain kind of person you

444

00:17:21,610 --> 00:17:17,709

might want to be

445

00:17:24,069 --> 00:17:21,620

dammit man I mean that is a rough way to

446

00:17:26,530 --> 00:17:24,079

start but given how knowledgeable you've

447

00:17:30,610 --> 00:17:26,540

become it just seems like to me it

448

00:17:32,740 --> 00:17:30,620

reinforces that possibility that we go

449

00:17:34,300 --> 00:17:32,750

on a journey and you know that you're

450

00:17:36,280 --> 00:17:34,310

now on the rebound of a lot of that

451  
00:17:38,800 --> 00:17:36,290  
stuff with all the knowledge you have

452  
00:17:40,150 --> 00:17:38,810  
attained and you're now sharing yeah I

453  
00:17:41,980 --> 00:17:40,160  
mean I definitely believe they were all

454  
00:17:43,860 --> 00:17:41,990  
put here on earth from some sort of

455  
00:17:47,650 --> 00:17:43,870  
purpose even if we're possibly

456  
00:17:49,540 --> 00:17:47,660  
incarnated in this trap planet everybody

457  
00:17:50,560 --> 00:17:49,550  
likes to call it so much you don't want

458  
00:17:54,040 --> 00:17:50,570  
to call it prison planet that's a

459  
00:17:56,860 --> 00:17:54,050  
Scientology term that is definitely

460  
00:17:59,170 --> 00:17:56,870  
possible that maybe people suffer to

461  
00:18:01,000 --> 00:17:59,180  
gain wisdom some people choose to use

462  
00:18:02,380 --> 00:18:01,010  
that wisdom in a positive way and some

463  
00:18:04,240 --> 00:18:02,390

people choose to use that wisdom in a

464

00:18:06,370 --> 00:18:04,250

negative way and I am pretty sure that

465

00:18:08,620 --> 00:18:06,380

me suffering through my life through

466

00:18:11,650 --> 00:18:08,630

traumatic loss of my parents at a young

467

00:18:13,360 --> 00:18:11,660

age and talked about to my son forgot to

468

00:18:14,860 --> 00:18:13,370

mention sparked my story to Abel he was

469

00:18:16,300 --> 00:18:14,870

born with the extremely rare medical

470

00:18:18,430 --> 00:18:16,310

condition he was six in the world

471

00:18:20,530 --> 00:18:18,440

diagnosed with it which was known as

472

00:18:24,100 --> 00:18:20,540

congedo myopathy with excess muscle

473

00:18:26,740 --> 00:18:24,110

spindles it was so rare at the time that

474

00:18:29,110 --> 00:18:26,750

they pretty much told us Greg when he

475

00:18:30,970 --> 00:18:29,120

was first born his arms were contracted

476  
00:18:33,760 --> 00:18:30,980  
so much he had such poor muscle tone

477  
00:18:35,650 --> 00:18:33,770  
that I remember the head pediatrician

478  
00:18:37,720 --> 00:18:35,660  
for the hospital telling me that was

479  
00:18:42,790 --> 00:18:37,730  
probably better if my son just went

480  
00:18:44,590 --> 00:18:42,800  
ahead and died oh my god and it really

481  
00:18:46,210 --> 00:18:44,600  
affected me and of course I told him to

482  
00:18:48,550 --> 00:18:46,220  
go to hell obviously I mean what else

483  
00:18:51,430 --> 00:18:48,560  
could a person say to that and so they

484  
00:18:53,230 --> 00:18:51,440  
put him on a ventilator and they

485  
00:18:54,700 --> 00:18:53,240  
transferred him to UNC Chapel Hill where

486  
00:18:56,050 --> 00:18:54,710  
they did some genetic tests on them to

487  
00:18:58,600 --> 00:18:56,060  
try to really understand what was going

488  
00:19:00,340 --> 00:18:58,610

on and they sent a muscle biopsy to the

489

00:19:03,040 --> 00:19:00,350

Mayo Clinic and I happened to be one

490

00:19:04,480 --> 00:19:03,050

doctor there who looked at the sample

491

00:19:06,430 --> 00:19:04,490

was like you know what I may have seen

492

00:19:08,530 --> 00:19:06,440

this before the so he they diagnosed it

493

00:19:11,050 --> 00:19:08,540

with him having that condition as a hrs

494

00:19:12,910 --> 00:19:11,060

sought that the mutation of e63 Cade at

495

00:19:14,860 --> 00:19:12,920

Leeds more muscle spindles which are

496

00:19:16,750 --> 00:19:14,870

sensory muscle cells to be far beside a

497

00:19:17,920 --> 00:19:16,760

muscle fiber so his muscles aren't as

498

00:19:21,730 --> 00:19:17,930

strong as they normally would be

499

00:19:22,840 --> 00:19:21,740

so we pretty much had to come to the

500

00:19:24,520 --> 00:19:22,850

conclusion where I didn't want him to

501  
00:19:25,780 --> 00:19:24,530  
suffer anymore you just continue we

502  
00:19:27,010 --> 00:19:25,790  
thought you know this much they were

503  
00:19:28,450 --> 00:19:27,020  
telling us that you continued getting

504  
00:19:30,340 --> 00:19:28,460  
worse until you would die and he

505  
00:19:31,490 --> 00:19:30,350  
couldn't breathe off his own without a

506  
00:19:33,770 --> 00:19:31,500  
ventilator so you

507  
00:19:36,890 --> 00:19:33,780  
my wife and I were making the hard

508  
00:19:39,770 --> 00:19:36,900  
choice of pulling aloft ventilation well

509  
00:19:41,420 --> 00:19:39,780  
I guess maybe the grand architect

510  
00:19:45,200 --> 00:19:41,430  
decided to intervene at that point I

511  
00:19:47,690 --> 00:19:45,210  
don't know but he actually pushed the

512  
00:19:49,330 --> 00:19:47,700  
ventilator tube out of his mouth and was

513  
00:19:53,660 --> 00:19:49,340

actually breathing on his own better

514

00:19:55,340 --> 00:19:53,670

than when he had the ventilation tube in

515

00:19:57,020 --> 00:19:55,350

him and the doctors of course that that

516

00:19:59,360 --> 00:19:57,030

was impossible his lungs should have

517

00:20:01,580 --> 00:19:59,370

atrophied even my scientific knowledge

518

00:20:03,170 --> 00:20:01,590

even I knew that his lungs should have

519

00:20:05,360 --> 00:20:03,180

atrophied or should have been no way he

520

00:20:07,100 --> 00:20:05,370

could have done that but it happened so

521

00:20:08,900 --> 00:20:07,110

we took him home and we started taking

522

00:20:10,490 --> 00:20:08,910

care of him and he was doing well I mean

523

00:20:12,680 --> 00:20:10,500

who started to make so much of recovery

524

00:20:14,300 --> 00:20:12,690

I had him on ubiquinol to try to help

525

00:20:15,680 --> 00:20:14,310

his muscles function better as

526

00:20:18,230 --> 00:20:15,690

mitochondrial function better and he

527

00:20:19,370 --> 00:20:18,240

seemed to be doing fairly well and we

528

00:20:21,920 --> 00:20:19,380

were taking him back to this hospital

529

00:20:23,210 --> 00:20:21,930

one of his nutritionists said that he

530

00:20:25,430 --> 00:20:23,220

wasn't gaining enough weight course

531

00:20:28,580 --> 00:20:25,440

failure to thrive was part of his

532

00:20:29,990 --> 00:20:28,590

condition so we kept trying to feed him

533

00:20:30,830 --> 00:20:30,000

increased the feeding a little bit of

534

00:20:32,480 --> 00:20:30,840

course he had to be fed through a

535

00:20:34,520 --> 00:20:32,490

feeding tube and I was doing my best to

536

00:20:36,620 --> 00:20:34,530

make my own formula of course you know

537

00:20:38,240 --> 00:20:36,630

it's kind of hard there's not a lot of

538

00:20:39,880 --> 00:20:38,250

research back there about the time of

539

00:20:41,900 --> 00:20:39,890

doing so but he was gaining weight and

540

00:20:43,100 --> 00:20:41,910

eventually we took him back and she was

541

00:20:45,620 --> 00:20:43,110

like I he's not gaining enough weight

542

00:20:47,420 --> 00:20:45,630

are you guys even feeding him I'm like

543

00:20:49,130 --> 00:20:47,430

yeah I mean we had nurses coming by

544

00:20:50,450 --> 00:20:49,140

every so often to check on Abel and

545

00:20:51,890 --> 00:20:50,460

stuff like that and they could attest it

546

00:20:53,450 --> 00:20:51,900

we were feeding him but she actually

547

00:20:56,630 --> 00:20:53,460

started getting the hospital social

548

00:20:58,190 --> 00:20:56,640

worker involved and [h\_\_h] that you know

549

00:21:00,440 --> 00:20:58,200

that we weren't feeding him that we were

550

00:21:01,790 --> 00:21:00,450

feeding him our own formula you know

551  
00:21:03,620 --> 00:21:01,800  
they started threatening that they were

552  
00:21:06,650 --> 00:21:03,630  
gonna call Child Protective Services and

553  
00:21:08,390 --> 00:21:06,660  
of course I caved and I I was scared at

554  
00:21:11,240 --> 00:21:08,400  
the time was a lot younger than I was

555  
00:21:14,210 --> 00:21:11,250  
now and everything and so we started

556  
00:21:15,740 --> 00:21:14,220  
feeding him regular formula and sure

557  
00:21:17,720 --> 00:21:15,750  
enough they were feeding him too much he

558  
00:21:19,730 --> 00:21:17,730  
started aspirating into his lungs and

559  
00:21:21,470 --> 00:21:19,740  
eventually he had episode we had to be

560  
00:21:22,670 --> 00:21:21,480  
ventilated again and I kept telling you

561  
00:21:24,050 --> 00:21:22,680  
it was because they were over feeding

562  
00:21:25,340 --> 00:21:24,060  
him and they were feeding in the GMO

563  
00:21:27,590 --> 00:21:25,350

Laden formula but they didn't want to

564

00:21:29,180 --> 00:21:27,600

listen to me and so they kept saying

565

00:21:31,130 --> 00:21:29,190

well his muscular conditions getting

566

00:21:33,170 --> 00:21:31,140

worse his lungs aren't able to function

567

00:21:35,990 --> 00:21:33,180

properly anymore he's deteriorating

568

00:21:37,730 --> 00:21:36,000

getting slowly dying so eventually his

569

00:21:39,500 --> 00:21:37,740

hospitalized off and on Greg for about a

570

00:21:41,120 --> 00:21:39,510

period of three months and I kept

571

00:21:42,410 --> 00:21:41,130

talking with them I was like no Lukas

572

00:21:44,090 --> 00:21:42,420

because you're repeating when he goes to

573

00:21:44,870 --> 00:21:44,100

the hospital you feed him less he gets

574

00:21:46,340 --> 00:21:44,880

better he said

575

00:21:48,610 --> 00:21:46,350

backhoe we put it back on the normal

576  
00:21:50,600 --> 00:21:48,620  
feedings he gets worse eventually they

577  
00:21:52,460 --> 00:21:50,610  
finally figure it out with me pleading

578  
00:21:54,080 --> 00:21:52,470  
that it was that they were over feeding

579  
00:21:57,020 --> 00:21:54,090  
him it was causing him to aspirating to

580  
00:21:58,610 --> 00:21:57,030  
his lungs so they took a backhoe I put

581  
00:21:59,840 --> 00:21:58,620  
him back on my formula and he was doing

582  
00:22:01,880 --> 00:21:59,850  
well he's actually starting to recover

583  
00:22:04,820 --> 00:22:01,890  
he was actually about to get off of the

584  
00:22:06,200 --> 00:22:04,830  
ventilator Greg and behold because of

585  
00:22:08,240 --> 00:22:06,210  
the damage that had been done previously

586  
00:22:10,850 --> 00:22:08,250  
with him being ventilated so many times

587  
00:22:14,750 --> 00:22:10,860  
he had a sudden pulmonary embolism and

588  
00:22:16,400 --> 00:22:14,760

he died Wow God and I regret it every

589

00:22:18,170 --> 00:22:16,410

day of my life man I regret that I

590

00:22:19,550 --> 00:22:18,180

didn't stand out for him initially and

591

00:22:22,190 --> 00:22:19,560

just told them to go to hell and bring

592

00:22:23,870 --> 00:22:22,200

CPS on as much as they come at me with

593

00:22:26,270 --> 00:22:23,880

everything they possibly could but I was

594

00:22:28,220 --> 00:22:26,280

scared man you can't do anything I mean

595

00:22:30,470 --> 00:22:28,230

honestly that's just the way it is you

596

00:22:31,940 --> 00:22:30,480

can huff and puff but I mean they're

597

00:22:34,610 --> 00:22:31,950

just gonna take your kid and then put

598

00:22:36,800 --> 00:22:34,620

you in jail I mean you can't do anything

599

00:22:39,170 --> 00:22:36,810

it really does suck and this is the most

600

00:22:41,330 --> 00:22:39,180

frustrating and heartbreaking back and

601  
00:22:43,010 --> 00:22:41,340  
forth I've probably ever heard from

602  
00:22:45,800 --> 00:22:43,020  
anyone when it comes to dealing with the

603  
00:22:48,440 --> 00:22:45,810  
medical machine but like I said I think

604  
00:22:49,760 --> 00:22:48,450  
that you are just destined to do the

605  
00:22:50,960 --> 00:22:49,770  
work you do because you are so

606  
00:22:54,110 --> 00:22:50,970  
knowledgeable about so many different

607  
00:22:56,380 --> 00:22:54,120  
things and all you can really do is

608  
00:22:59,540 --> 00:22:56,390  
channel everything that's happened into

609  
00:23:02,120 --> 00:22:59,550  
you no peeling back that onion for other

610  
00:23:05,900 --> 00:23:02,130  
people and trying to correct problems on

611  
00:23:07,850 --> 00:23:05,910  
a wider base you know yeah I definitely

612  
00:23:10,040 --> 00:23:07,860  
think that I mean through able I

613  
00:23:11,720 --> 00:23:10,050

continue to do my work I continue to try

614

00:23:14,270 --> 00:23:11,730

to help other people and everything and

615

00:23:16,070 --> 00:23:14,280

his honor and I mean it's a part of life

616

00:23:18,680 --> 00:23:16,080

the Cabal has us every way imaginable

617

00:23:20,780 --> 00:23:18,690

and controls us I mean we're we look

618

00:23:25,010 --> 00:23:20,790

strictly at the microbiome for example

619

00:23:28,010 --> 00:23:25,020

we get our microbiome initially through

620

00:23:29,990 --> 00:23:28,020

our mother through the womb they used to

621

00:23:31,700 --> 00:23:30,000

think that the womb was sterile it's not

622

00:23:34,400 --> 00:23:31,710

it has its own microbiome

623

00:23:36,080 --> 00:23:34,410

so we're initiated from just the

624

00:23:37,970 --> 00:23:36,090

beginning just from that of course then

625

00:23:40,070 --> 00:23:37,980

we get more of our microbiome when we're

626  
00:23:41,750 --> 00:23:40,080  
born onto the earth you know soon as we

627  
00:23:44,150 --> 00:23:41,760  
go through the vaginal birth canal were

628  
00:23:47,300 --> 00:23:44,160  
exposed to lactobacillus and supposedly

629  
00:23:48,770 --> 00:23:47,310  
healthy probiotic type bacteria and

630  
00:23:50,780 --> 00:23:48,780  
that's why there's a huge correlation

631  
00:23:52,520 --> 00:23:50,790  
between c-section births and developing

632  
00:23:54,620 --> 00:23:52,530  
of asthma and dysbiosis and stuff like

633  
00:23:56,870 --> 00:23:54,630  
that because children aren't initially

634  
00:23:58,230 --> 00:23:56,880  
exposed to that probiotic vaginal flora

635  
00:23:59,340 --> 00:23:58,240  
that they would get from their mother

636  
00:24:01,140 --> 00:23:59,350  
hopefully if their mother is healthy

637  
00:24:03,240 --> 00:24:01,150  
enough to have a good vaginal flora you

638  
00:24:04,799 --> 00:24:03,250

know I said they're exposed more amounts

639

00:24:06,210 --> 00:24:04,809

of common bacteria that are found on the

640

00:24:08,100 --> 00:24:06,220

hand like stepha caucus and

641

00:24:09,570 --> 00:24:08,110

streptococcus and stuff like that so

642

00:24:11,130 --> 00:24:09,580

since they're exposed to both those type

643

00:24:13,320 --> 00:24:11,140

of bacteria that generally found more

644

00:24:15,150 --> 00:24:13,330

than gut a c-section children which

645

00:24:16,440 --> 00:24:15,160

Comino lead to developing of allergies

646

00:24:18,690 --> 00:24:16,450

because they're histamine producing

647

00:24:21,870 --> 00:24:18,700

bacteria so you see that correlation

648

00:24:24,630 --> 00:24:21,880

from there so just from birth we see how

649

00:24:27,780 --> 00:24:24,640

it affects the microbiome yeah and then

650

00:24:30,360 --> 00:24:27,790

you take a child and you expose them to

651  
00:24:32,820 --> 00:24:30,370  
a multitude of vaccinations it's gonna

652  
00:24:33,900 --> 00:24:32,830  
have an effect on their immune system

653  
00:24:35,640 --> 00:24:33,910  
it's gonna have an effect on the

654  
00:24:37,620 --> 00:24:35,650  
microbiome of course with the mercury

655  
00:24:39,299 --> 00:24:37,630  
that's in the vaccinations having a

656  
00:24:41,880 --> 00:24:39,309  
terrorists effect on the microbiome too

657  
00:24:45,000 --> 00:24:41,890  
and just at the very beginning were

658  
00:24:46,440 --> 00:24:45,010  
pushed in front of the world and we

659  
00:24:48,030 --> 00:24:46,450  
could barely survive at this point I

660  
00:24:50,580 --> 00:24:48,040  
mean I'm a kid of the 80s and it wasn't

661  
00:24:52,560 --> 00:24:50,590  
as bad as the children who are born now

662  
00:24:54,120 --> 00:24:52,570  
yeah you know it was still bad for us

663  
00:24:56,070 --> 00:24:54,130

you know I mean we still had an

664

00:24:58,020 --> 00:24:56,080

occasional we had of less vaccinations

665

00:25:00,270 --> 00:24:58,030

but we still had them and the c-section

666

00:25:01,799 --> 00:25:00,280

birth still occurred and everything so I

667

00:25:04,680 --> 00:25:01,809

mean just from the basic point of just

668

00:25:07,710 --> 00:25:04,690

birth our microbiomes are affected

669

00:25:09,299 --> 00:25:07,720

negatively by most people through the

670

00:25:10,680 --> 00:25:09,309

Cabal and through what it puts it

671

00:25:13,470 --> 00:25:10,690

through through the birth practice and

672

00:25:16,200 --> 00:25:13,480

everything and later exposed to crappy

673

00:25:20,490 --> 00:25:16,210

formulas with horrible GMO ingredients

674

00:25:23,370 --> 00:25:20,500

and very high amounts of sugar and bad

675

00:25:25,860 --> 00:25:23,380

prebiotics for poor micro biomes like

676

00:25:28,020 --> 00:25:25,870

inulin causing digestive issues I mean

677

00:25:29,910 --> 00:25:28,030

many children who get soy based formula

678

00:25:31,500 --> 00:25:29,920

or milk based formula you know a lot of

679

00:25:33,570 --> 00:25:31,510

them have digestive issues they have gas

680

00:25:35,640 --> 00:25:33,580

they have diarrhea they have

681

00:25:38,490 --> 00:25:35,650

constipation you know their microbiome

682

00:25:41,820 --> 00:25:38,500

is already somewhat not formed popularly

683

00:25:42,600 --> 00:25:41,830

from an improper birth and now the food

684

00:25:44,040 --> 00:25:42,610

that they're getting if they're not

685

00:25:47,160 --> 00:25:44,050

getting breast milk which contains

686

00:25:49,350 --> 00:25:47,170

natural proper immune peptides natural

687

00:25:50,100 --> 00:25:49,360

probiotic bacteria like lactobacillus

688

00:25:53,040 --> 00:25:50,110

reuteri

689

00:25:54,570 --> 00:25:53,050

and gos which is a prebiotic black dog a

690

00:25:56,700 --> 00:25:54,580

saccharide the support for the health of

691

00:25:58,470 --> 00:25:56,710

the microbiome you know without

692

00:26:01,620 --> 00:25:58,480

nourishing breast milk and I said

693

00:26:03,660 --> 00:26:01,630

they're getting crappy formula that's

694

00:26:07,680 --> 00:26:03,670

not doing any favors to their microbiome

695

00:26:10,380 --> 00:26:07,690

it's sad the way the Cabal is and house

696

00:26:11,620 --> 00:26:10,390

affecting our child's microbiome even

697

00:26:12,880 --> 00:26:11,630

from an early age

698

00:26:15,039 --> 00:26:12,890

our digestive systems don't even get a

699

00:26:17,110 --> 00:26:15,049

choice or their microbiome don't even

700

00:26:18,940 --> 00:26:17,120

get a choice in the matter because of

701  
00:26:21,279 --> 00:26:18,950  
that it's almost like a changing of

702  
00:26:23,560 --> 00:26:21,289  
one's gut and I think that's where a lot

703  
00:26:25,419 --> 00:26:23,570  
of these issues come from in the modern

704  
00:26:28,090 --> 00:26:25,429  
world and I love to talk about it later

705  
00:26:30,960 --> 00:26:28,100  
whether it's transgenderism which could

706  
00:26:33,460 --> 00:26:30,970  
be a toxic plasmosis Gandhi eye

707  
00:26:36,039 --> 00:26:33,470  
infection which has also been implicated

708  
00:26:38,830 --> 00:26:36,049  
in schizophrenia really borderline

709  
00:26:41,350 --> 00:26:38,840  
personality disorder rage disorder yeah

710  
00:26:43,090 --> 00:26:41,360  
I mean that might be why men suffer from

711  
00:26:45,130 --> 00:26:43,100  
schizophrenia more often than women

712  
00:26:47,890 --> 00:26:45,140  
because women haven't somewhat natural

713  
00:26:49,510 --> 00:26:47,900

protection to T gondii I because they

714

00:26:50,890 --> 00:26:49,520

don't want their babies to be influenced

715

00:26:52,899 --> 00:26:50,900

by it in the womb that's why you don't

716

00:26:54,880 --> 00:26:52,909

have a pregnant woman change a cat box

717

00:26:56,860 --> 00:26:54,890

because that's where if your house cat

718

00:26:59,320 --> 00:26:56,870

or outdoor cat comes in is affected with

719

00:27:02,140 --> 00:26:59,330

T gondii I you know you're exposed to it

720

00:27:03,700 --> 00:27:02,150

when you change the litter so that's why

721

00:27:05,590 --> 00:27:03,710

you don't have pregnant women do that

722

00:27:07,600 --> 00:27:05,600

and I don't want to interrupt you too

723

00:27:09,640 --> 00:27:07,610

much but that is something that I was

724

00:27:12,640 --> 00:27:09,650

thinking about when you talked about H

725

00:27:15,100 --> 00:27:12,650

pleura is to what degree could these

726

00:27:16,930 --> 00:27:15,110

parasites be altering human behavior to

727

00:27:19,000 --> 00:27:16,940

kind of benefit them and seek out the

728

00:27:21,039 --> 00:27:19,010

things that make them thrive I mean Joe

729

00:27:23,380 --> 00:27:21,049

Rogan's on his podcast always talks

730

00:27:26,649 --> 00:27:23,390

about that cat thing with Toxoplasma m--

731

00:27:29,529 --> 00:27:26,659

that this parasite is supposed to go

732

00:27:31,840 --> 00:27:29,539

into mice and then makes the mouse take

733

00:27:34,419 --> 00:27:31,850

more risks which allows the cat to catch

734

00:27:36,490 --> 00:27:34,429

it and a lot of people apparently around

735

00:27:38,590 --> 00:27:36,500

the world have this now and they say

736

00:27:40,149 --> 00:27:38,600

there's a high amount of it in Brazil

737

00:27:42,850 --> 00:27:40,159

and they think that's why Brazilian

738

00:27:44,500 --> 00:27:42,860

soccer players are more aggressive and

739

00:27:46,450 --> 00:27:44,510

like they actually are able to maybe

740

00:27:48,520 --> 00:27:46,460

edge out other teams and just produce

741

00:27:51,850 --> 00:27:48,530

better soccer players because of a

742

00:27:55,200 --> 00:27:51,860

parasite perhaps and then just to

743

00:27:56,860 --> 00:27:55,210

suggest that there's a possible link to

744

00:27:59,669 --> 00:27:56,870

thinking that you're in the wrong

745

00:28:03,100 --> 00:27:59,679

gendered body or something like that is

746

00:28:05,320 --> 00:28:03,110

pretty provocative I could see it I mean

747

00:28:08,320 --> 00:28:05,330

I can make room for it in my model of

748

00:28:11,919 --> 00:28:08,330

the world but it's also a very taboo

749

00:28:13,450 --> 00:28:11,929

thing to suggest especially now yeah I

750

00:28:14,770 --> 00:28:13,460

mean there's research of course

751  
00:28:17,649 --> 00:28:14,780  
researchers not be done in the United

752  
00:28:19,630 --> 00:28:17,659  
States being done in India that there's

753  
00:28:21,730 --> 00:28:19,640  
a link between T gondii I in gender

754  
00:28:24,310 --> 00:28:21,740  
dysphoria gender dysphoria was

755  
00:28:25,180 --> 00:28:24,320  
originally treated in the United States

756  
00:28:26,620 --> 00:28:25,190  
using

757  
00:28:29,110 --> 00:28:26,630  
antipsychotics and majority of

758  
00:28:31,180 --> 00:28:29,120  
antipsychotics have pyridine rings which

759  
00:28:33,460 --> 00:28:31,190  
work very well against parasites too as

760  
00:28:35,140 --> 00:28:33,470  
well seen with schizophrenia yes muskets

761  
00:28:37,780 --> 00:28:35,150  
AfriNIC sir treated with derivative

762  
00:28:40,300 --> 00:28:37,790  
anti-psychotic drugs and if it is caused

763  
00:28:41,910 --> 00:28:40,310

by T gondii I was sure way more studies

764

00:28:44,050 --> 00:28:41,920

linking T gondii eye to schizophrenia

765

00:28:46,000 --> 00:28:44,060

development then there are transgender

766

00:28:46,870 --> 00:28:46,010

treasures or gender dysphoria I think

767

00:28:48,910 --> 00:28:46,880

that's just because ads have been

768

00:28:51,250 --> 00:28:48,920

studied in the United States if it was

769

00:28:53,890 --> 00:28:51,260

actually studied then it may show a

770

00:28:55,450 --> 00:28:53,900

stronger link to that Wow and I do think

771

00:28:57,310 --> 00:28:55,460

their course was probably an instance of

772

00:28:58,630 --> 00:28:57,320

transgenderism like you mentioned the

773

00:29:01,150 --> 00:28:58,640

Brazilian players if you have high

774

00:29:03,340 --> 00:29:01,160

amounts of testosterone then if you have

775

00:29:04,960 --> 00:29:03,350

toxic plasmosis Gandhi eye infection too

776

00:29:07,960 --> 00:29:04,970

as well it will lead to like I mentioned

777

00:29:10,360 --> 00:29:07,970

rage disorder more testosterone filled

778

00:29:12,610 --> 00:29:10,370

behavior right you know taking risks

779

00:29:14,230 --> 00:29:12,620

being stronger muscular would manifest

780

00:29:16,840 --> 00:29:14,240

itself in that but if it manifests

781

00:29:19,000 --> 00:29:16,850

itself and someone who's exposed to a

782

00:29:21,640 --> 00:29:19,010

lot of the hormone altering chemicals

783

00:29:23,380 --> 00:29:21,650

like bizza phenyl a you know in the

784

00:29:25,510 --> 00:29:23,390

united states for example in our modern

785

00:29:27,010 --> 00:29:25,520

world testosterone may be lowered and

786

00:29:28,770 --> 00:29:27,020

mel suffered were genders for you and

787

00:29:31,450 --> 00:29:28,780

then they also have a T gondii eye

788

00:29:33,630 --> 00:29:31,460

overgrowth too as well it could possibly

789

00:29:36,520 --> 00:29:33,640

lead to the manifesting itself as

790

00:29:39,970 --> 00:29:36,530

genders phoria or transgenderism

791

00:29:41,470 --> 00:29:39,980

it's weird a lot of people with genders

792

00:29:42,970 --> 00:29:41,480

for you and transgenderism they've been

793

00:29:44,860 --> 00:29:42,980

also diagnosed with borderline

794

00:29:46,630 --> 00:29:44,870

personality is where they suffered some

795

00:29:49,060 --> 00:29:46,640

sort of trauma through the early

796

00:29:50,500 --> 00:29:49,070

childhood or adolescence and borderline

797

00:29:52,630 --> 00:29:50,510

personalities or has also been

798

00:29:54,400 --> 00:29:52,640

implicated with T gondii I - there's

799

00:29:56,560 --> 00:29:54,410

been a huge connection between the two

800

00:29:58,120 --> 00:29:56,570

as well so it's almost like what came

801  
00:30:00,910 --> 00:29:58,130  
first the chicken or the egg you know

802  
00:30:02,890 --> 00:30:00,920  
did does someone have a really traumatic

803  
00:30:04,810 --> 00:30:02,900  
event through their childhood and it

804  
00:30:07,030 --> 00:30:04,820  
caused their immune system to dive and

805  
00:30:08,920 --> 00:30:07,040  
the T gondii I was able to cross the

806  
00:30:11,320 --> 00:30:08,930  
blood-brain barrier and cause issues

807  
00:30:13,810 --> 00:30:11,330  
within their brain whether actually

808  
00:30:17,110 --> 00:30:13,820  
taking over the brain parasitically or

809  
00:30:18,490 --> 00:30:17,120  
maybe antibodies the body produces - T

810  
00:30:20,620 --> 00:30:18,500  
gondii across the blood-brain barrier

811  
00:30:21,820 --> 00:30:20,630  
and cause changes structural in the

812  
00:30:23,620 --> 00:30:21,830  
brain we see that with a lot of these

813  
00:30:26,050 --> 00:30:23,630

autoimmune conditions for example h lor

814

00:30:27,310 --> 00:30:26,060

i the bacteria is been implicated as one

815

00:30:30,280 --> 00:30:27,320

of the main causes for multiple

816

00:30:32,740 --> 00:30:30,290

sclerosis greg hmm if it is able to

817

00:30:34,990 --> 00:30:32,750

affect the brain so it's interesting

818

00:30:36,590 --> 00:30:35,000

like you said how these bacteria and

819

00:30:40,070 --> 00:30:36,600

parasites

820

00:30:43,610 --> 00:30:40,080

HP lor I evolved and I hate using that

821

00:30:47,330 --> 00:30:43,620

term but it kind of changed itself to

822

00:30:50,360 --> 00:30:47,340

prefer human hosts and T gondii I might

823

00:30:53,480 --> 00:30:50,370

have as well it might have domesticated

824

00:30:55,940 --> 00:30:53,490

cats Wow kind of got them around human

825

00:30:57,259 --> 00:30:55,950

beings and our theories around that of

826

00:30:59,810 --> 00:30:57,269

how it kind of changed the mindset

827

00:31:01,909 --> 00:30:59,820

similar to and affecting mice making

828

00:31:04,549 --> 00:31:01,919

them play dead so cats will eat them and

829

00:31:05,690 --> 00:31:04,559

propagate the parasite is a grand

830

00:31:08,899 --> 00:31:05,700

possibility that could have affected

831

00:31:11,060 --> 00:31:08,909

cats and made them domesticated toward

832

00:31:13,220 --> 00:31:11,070

human beings to try to reach a higher

833

00:31:14,720 --> 00:31:13,230

host the sad thing is *T gondii* I doesn't

834

00:31:18,080 --> 00:31:14,730

realize that human beings are the end

835

00:31:21,049 --> 00:31:18,090

hosts for the parasite especially in our

836

00:31:22,669 --> 00:31:21,059

modern world with sanitation it kind of

837

00:31:25,249 --> 00:31:22,679

dies off you know you're not exposed to

838

00:31:26,720 --> 00:31:25,259

the human feces as much as you are in

839

00:31:28,369 --> 00:31:26,730

third-world countries and stuff like

840

00:31:30,889 --> 00:31:28,379

that but it's kind of weird how it

841

00:31:32,810 --> 00:31:30,899

affects us and all these diseases can be

842

00:31:35,330 --> 00:31:32,820

linked to a lot of mental disorders and

843

00:31:37,369 --> 00:31:35,340

a lot of autoimmune conditions and it's

844

00:31:38,990 --> 00:31:37,379

kind of interesting you know it's the

845

00:31:40,970 --> 00:31:39,000

chicken or the egg thing is it because

846

00:31:42,590 --> 00:31:40,980

the toxic world that we live in is the

847

00:31:44,840 --> 00:31:42,600

reason why it's manifesting itself

848

00:31:47,060 --> 00:31:44,850

mentally and all these issues like MS or

849

00:31:48,950 --> 00:31:47,070

gender dysphoria or schizophrenia you

850

00:31:50,810 --> 00:31:48,960

know increased cases as such I mean a

851  
00:31:52,940 --> 00:31:50,820  
lot of people talk about autism and I

852  
00:31:54,889 --> 00:31:52,950  
know the conventional way of looking at

853  
00:31:56,539 --> 00:31:54,899  
autism's well the diagnostic methods

854  
00:31:59,269 --> 00:31:56,549  
just got better that's why the number

855  
00:32:00,529 --> 00:31:59,279  
keeps increasing you know but I don't

856  
00:32:04,009 --> 00:32:00,539  
believe that to be true I mean there's a

857  
00:32:07,700 --> 00:32:04,019  
lot of research and majority of autism

858  
00:32:09,619 --> 00:32:07,710  
patients having dysbiosis in the gut one

859  
00:32:11,720 --> 00:32:09,629  
of the main bacteria being an overgrowth

860  
00:32:14,029 --> 00:32:11,730  
of Clostridium a reduce of the short

861  
00:32:16,159 --> 00:32:14,039  
chain fatty acid butyrate and having a

862  
00:32:18,019 --> 00:32:16,169  
higher rate of proton ik acid being

863  
00:32:20,210 --> 00:32:18,029

produced in the gut by Clostridium I

864

00:32:21,590 --> 00:32:20,220

mean a lot of people especially in the

865

00:32:24,320 --> 00:32:21,600

natural health field if you ask them

866

00:32:26,299 --> 00:32:24,330

about autism they'll say there's a huge

867

00:32:28,039 --> 00:32:26,309

link between the autism and the

868

00:32:30,680 --> 00:32:28,049

microbiome I mean even conventional

869

00:32:33,139 --> 00:32:30,690

doctors will admit that majority of kids

870

00:32:34,700 --> 00:32:33,149

sadly they suffer from autism have

871

00:32:37,159 --> 00:32:34,710

digestive issues you know they have

872

00:32:39,590 --> 00:32:37,169

constipation or diarrhea or acid reflux

873

00:32:41,090 --> 00:32:39,600

is fairly common and children that

874

00:32:42,680 --> 00:32:41,100

suffer from autism so I mean could

875

00:32:44,690 --> 00:32:42,690

definitely have a strong link to the gun

876

00:32:46,789 --> 00:32:44,700

I'm not saying that there's an

877

00:32:48,680 --> 00:32:46,799

environmental link to it too that causes

878

00:32:50,030 --> 00:32:48,690

an epigenetic change you know like

879

00:32:52,370 --> 00:32:50,040

vaccinations or

880

00:32:54,620 --> 00:32:52,380

trails or EMF radiation that's probably

881

00:32:56,330 --> 00:32:54,630

different causes that eventually lead to

882

00:32:58,880 --> 00:32:56,340

the microbiome breaking down in these

883

00:33:00,590 --> 00:32:58,890

children or maybe they even had a poor

884

00:33:02,450 --> 00:33:00,600

microbiome developed from birth like we

885

00:33:04,010 --> 00:33:02,460

talked about because they're exposed to

886

00:33:07,220 --> 00:33:04,020

these things later it does cause a

887

00:33:10,160 --> 00:33:07,230

change to the microbiome were autism's

888

00:33:13,190 --> 00:33:10,170

able to manifest itself diagnostically

889

00:33:15,350 --> 00:33:13,200

but it's just crazy how it all leads to

890

00:33:17,530 --> 00:33:15,360

the gut in some way or shape or form

891

00:33:20,390 --> 00:33:17,540

like I don't want to sit here and be

892

00:33:23,240 --> 00:33:20,400

primarily focused on the gut and say

893

00:33:25,550 --> 00:33:23,250

it's the cause of all health issues but

894

00:33:28,610 --> 00:33:25,560

it does seem to be like a lot of health

895

00:33:30,710 --> 00:33:28,620

issues ranging from *Mycobacterium avium*

896

00:33:31,910 --> 00:33:30,720

paratuberculosis and cattle which is

897

00:33:34,130 --> 00:33:31,920

the cause of Crohn's disease and

898

00:33:36,560 --> 00:33:34,140

ulcerative colitis that researchers have

899

00:33:38,330 --> 00:33:36,570

known since the 1990s that it's the

900

00:33:40,580 --> 00:33:38,340

cause but they still want to look at it

901  
00:33:43,970 --> 00:33:40,590  
as an autoimmune condition instead of it

902  
00:33:46,250 --> 00:33:43,980  
being a transplant zoological species

903  
00:33:48,320 --> 00:33:46,260  
that gets in humans through ingestion of

904  
00:33:50,060 --> 00:33:48,330  
room into animal products and meat or

905  
00:33:52,250 --> 00:33:50,070  
maybe contaminated water they don't want

906  
00:33:54,650 --> 00:33:52,260  
to look at it as such I mean if they

907  
00:33:56,780 --> 00:33:54,660  
looked at it as that and you tackle the

908  
00:33:58,400 --> 00:33:56,790  
condition as such and you try to get the

909  
00:34:01,100 --> 00:33:58,410  
person on a better diet have them avoid

910  
00:34:03,530 --> 00:34:01,110  
ruminant animal products like goat sheep

911  
00:34:05,210 --> 00:34:03,540  
and cows dairy have them avoid room to

912  
00:34:07,850 --> 00:34:05,220  
animal meat have them work on their

913  
00:34:09,860 --> 00:34:07,860

microbiome take good prebiotics like dog

914

00:34:11,930 --> 00:34:09,870

of saccharides have them work on their

915

00:34:13,399 --> 00:34:11,940

body and then the alterative colitis or

916

00:34:15,020 --> 00:34:13,409

crohn's disease goes into remission no

917

00:34:17,389 --> 00:34:15,030

instead they want to put them on TNF

918

00:34:19,490 --> 00:34:17,399

alpha blockers which just blocks the

919

00:34:20,990 --> 00:34:19,500

inflammation but doesn't tackle the

920

00:34:22,879 --> 00:34:21,000

Mycobacterium avium paratuberculosis

921

00:34:24,889 --> 00:34:22,889

that they're still consuming with every

922

00:34:27,500 --> 00:34:24,899

glass of milk they drink so it's let's

923

00:34:29,659 --> 00:34:27,510

take care of the side effect let's not

924

00:34:31,310 --> 00:34:29,669

take care of the initial problem that

925

00:34:32,540 --> 00:34:31,320

researchers have known that as the Casa

926  
00:34:33,860 --> 00:34:32,550  
for years

927  
00:34:35,300 --> 00:34:33,870  
let's just keep putting you on these

928  
00:34:37,460 --> 00:34:35,310  
medicines you progressively get worse

929  
00:34:40,100 --> 00:34:37,470  
because the micro bacterium continues to

930  
00:34:42,470 --> 00:34:40,110  
grow and eventually sadly you succumb to

931  
00:34:44,360 --> 00:34:42,480  
Crohn's disease mm-hmm that's how the

932  
00:34:46,730 --> 00:34:44,370  
model is you've had many guests on your

933  
00:34:49,250 --> 00:34:46,740  
show talk about it like that Greg yes

934  
00:34:50,960 --> 00:34:49,260  
and I have a really great friend who

935  
00:34:53,210 --> 00:34:50,970  
suffers from the condition also took

936  
00:34:55,159 --> 00:34:53,220  
accutane in high school and there were

937  
00:34:57,020 --> 00:34:55,169  
those commercials on television did you

938  
00:34:59,240 --> 00:34:57,030

take accutane and you now suffer from

939

00:35:01,370 --> 00:34:59,250

Crohn's disease give us a call we're

940

00:35:03,920 --> 00:35:01,380

suing the company you know we all saw

941

00:35:05,569 --> 00:35:03,930

that kind of [h\_\_h] and yeah it's just

942

00:35:08,839 --> 00:35:05,579

really unfortunate because how can you

943

00:35:11,089 --> 00:35:08,849

ask someone who took a fda-approved drug

944

00:35:13,280 --> 00:35:11,099

in high school who now has a lifelong

945

00:35:14,930 --> 00:35:13,290

debilitating condition how can you ever

946

00:35:17,059 --> 00:35:14,940

ask them to trust the medical system

947

00:35:18,890 --> 00:35:17,069

again the FDA a stamp of approval

948

00:35:21,230 --> 00:35:18,900

doesn't mean a goddamn thing to that

949

00:35:23,270 --> 00:35:21,240

person you know yeah I mean I took

950

00:35:24,680 --> 00:35:23,280

accutane as a high schooler myself and I

951

00:35:26,859 --> 00:35:24,690

mean I didn't get as bad off as your

952

00:35:29,660 --> 00:35:26,869

friend what accutane does is it causes

953

00:35:31,700 --> 00:35:29,670

epigenetically two genes that help

954

00:35:34,549 --> 00:35:31,710

produce collagen in the body so it has a

955

00:35:37,069 --> 00:35:34,559

negative effect on the gut microbiome it

956

00:35:38,839 --> 00:35:37,079

causes the gut junctions and leaky gut

957

00:35:40,880 --> 00:35:38,849

to developed more often because you need

958

00:35:42,559 --> 00:35:40,890

collagen to help keep your gut junctions

959

00:35:44,359 --> 00:35:42,569

and the what they call the mucosal layer

960

00:35:46,309 --> 00:35:44,369

of the gut in healthy shape you know and

961

00:35:49,370 --> 00:35:46,319

healthy function and accutane forever

962

00:35:51,260 --> 00:35:49,380

changes its function which could in some

963

00:35:52,760 --> 00:35:51,270

people who have a genetic disposition or

964

00:35:53,990 --> 00:35:52,770

weakness to Mycobacterium avium

965

00:35:55,940 --> 00:35:54,000

paratuberculosis

966

00:35:59,720 --> 00:35:55,950

him is mainly found in caucasian people

967

00:36:01,760 --> 00:35:59,730

acutane could cause your friends gut to

968

00:36:04,069 --> 00:36:01,770

not have a good enough barrier and so

969

00:36:05,480 --> 00:36:04,079

beforehand when he was ingesting this

970

00:36:07,460 --> 00:36:05,490

map he didn't really have an issue with

971

00:36:10,670 --> 00:36:07,470

it his body would spell it out and he

972

00:36:12,799 --> 00:36:10,680

would be fine but instead now with him

973

00:36:15,289 --> 00:36:12,809

ingesting the map and him having leaky

974

00:36:17,210 --> 00:36:15,299

gut his body can't handle both of that

975

00:36:19,039 --> 00:36:17,220

so it manifests itself as Crohn's

976

00:36:22,670 --> 00:36:19,049

disease which is pretty much systemic

977

00:36:24,380 --> 00:36:22,680

map colonization are dysbiosis accutane

978

00:36:27,650 --> 00:36:24,390

for example all it left me with this dry

979

00:36:29,510 --> 00:36:27,660

skin I'm balding from my hair and an

980

00:36:35,630 --> 00:36:29,520

Esso DT mutation that affects my

981

00:36:37,849 --> 00:36:35,640

mitochondria drugs that we don't realize

982

00:36:40,640 --> 00:36:37,859

and it'll be in the future that have

983

00:36:44,120 --> 00:36:40,650

these epigenetic changes that could

984

00:36:46,700 --> 00:36:44,130

sadly even be generational it could have

985

00:36:48,950 --> 00:36:46,710

changed or mutated the SOT gene

986

00:36:51,230 --> 00:36:48,960

epigenetically in my body that I could

987

00:36:52,460 --> 00:36:51,240

have passed on to one of my children you

988

00:36:54,650 --> 00:36:52,470

know and when you're looking at that

989

00:36:56,870 --> 00:36:54,660

it's scary you know I mean we know bizza

990

00:36:59,240 --> 00:36:56,880

phosphates for example are phosphor max

991

00:37:00,980 --> 00:36:59,250

that's used for osteoporosis at the

992

00:37:04,579 --> 00:37:00,990

half-life in the body is a hundred years

993

00:37:09,020 --> 00:37:04,589

Greg a hundred years Oh until it clears

994

00:37:10,789 --> 00:37:09,030

out of the body too long yeah so it's

995

00:37:12,589 --> 00:37:10,799

crazy when we look at all these drugs

996

00:37:14,390 --> 00:37:12,599

that are out there or the effects that

997

00:37:15,440 --> 00:37:14,400

they have on our health I mean effects

998

00:37:17,350 --> 00:37:15,450

that they can also have on our

999

00:37:19,670 --> 00:37:17,360

microbiome too

1000

00:37:21,800 --> 00:37:19,680

Americans look at the FDA as being

1001  
00:37:23,180 --> 00:37:21,810  
trusted institution you know there are

1002  
00:37:24,560 --> 00:37:23,190  
part of the government they're there to

1003  
00:37:26,960 --> 00:37:24,570  
help but when you look at all the

1004  
00:37:29,120 --> 00:37:26,970  
scandals that evolved the FTA for years

1005  
00:37:30,980 --> 00:37:29,130  
I mean just for example taking the

1006  
00:37:33,350 --> 00:37:30,990  
generic form of wellbutrin that was

1007  
00:37:35,090 --> 00:37:33,360  
produced in the Caribbean many people

1008  
00:37:37,790 --> 00:37:35,100  
said for years that it didn't work at

1009  
00:37:40,220 --> 00:37:37,800  
all the normal wellbutrin as an SNR I

1010  
00:37:42,020 --> 00:37:40,230  
worked fairly well for depression but

1011  
00:37:44,240 --> 00:37:42,030  
the generic didn't work completely at

1012  
00:37:46,820 --> 00:37:44,250  
all and the FDA suppressed that they

1013  
00:37:49,850 --> 00:37:46,830

knew the companies that were producing

1014

00:37:52,340 --> 00:37:49,860

this generic wellbutrin it didn't work

1015

00:37:55,490 --> 00:37:52,350

and didn't do anything but they kept

1016

00:37:56,530 --> 00:37:55,500

allowing it to be sold as working so

1017

00:37:58,850 --> 00:37:56,540

imagine you're taking this

1018

00:38:00,260 --> 00:37:58,860

antidepressant I guess in theory maybe

1019

00:38:01,820 --> 00:38:00,270

it's a good thing that it wasn't doing

1020

00:38:03,470 --> 00:38:01,830

anything but let's say that you know you

1021

00:38:05,390 --> 00:38:03,480

want a few people you suffer from severe

1022

00:38:07,010 --> 00:38:05,400

bipolar disorder or maybe an increase of

1023

00:38:10,790 --> 00:38:07,020

dopamine might actually be a good thing

1024

00:38:13,370 --> 00:38:10,800

for you okay so you take it and it helps

1025

00:38:15,500 --> 00:38:13,380

well imagine you go accidentally get the

1026  
00:38:17,600 --> 00:38:15,510  
generic prescription for it and you take

1027  
00:38:19,520 --> 00:38:17,610  
it and it does nothing and because of

1028  
00:38:21,440 --> 00:38:19,530  
that you spiral into a strong manic

1029  
00:38:22,490 --> 00:38:21,450  
episode end up hurting yourself or

1030  
00:38:24,590 --> 00:38:22,500  
hurting one of your loved ones

1031  
00:38:26,270 --> 00:38:24,600  
accidentally you know and the FDA just

1032  
00:38:28,520 --> 00:38:26,280  
hit this I mean there's numerous

1033  
00:38:30,560 --> 00:38:28,530  
examples of the FDA clearing drugs I

1034  
00:38:32,600 --> 00:38:30,570  
should have never been cleared or hiding

1035  
00:38:35,210 --> 00:38:32,610  
drugs that should have been taken off

1036  
00:38:37,160 --> 00:38:35,220  
the market for example Reglan which is

1037  
00:38:38,900 --> 00:38:37,170  
used for digestion to increase gastric

1038  
00:38:39,470 --> 00:38:38,910

emptying there's a way safer drug called

1039

00:38:42,260 --> 00:38:39,480

Mattila

1040

00:38:43,640 --> 00:38:42,270

that's used in Europe that doesn't cross

1041

00:38:46,880 --> 00:38:43,650

the blood-brain barrier and affect the

1042

00:38:49,160 --> 00:38:46,890

dopamine to receptors like Reglan does

1043

00:38:51,260 --> 00:38:49,170

but yet we use Reglan here in the States

1044

00:38:53,390 --> 00:38:51,270

and it's been known a person could take

1045

00:38:55,130 --> 00:38:53,400

a dose of the gray in the hospital and

1046

00:38:57,110 --> 00:38:55,140

they could have an acute psychotic

1047

00:38:59,120 --> 00:38:57,120

episode from across the blood-brain

1048

00:39:00,500 --> 00:38:59,130

barrier infecting the dopamine receptors

1049

00:39:02,270 --> 00:39:00,510

there's numerous cases of medical

1050

00:39:03,740 --> 00:39:02,280

literature of that occurring also

1051

00:39:06,440 --> 00:39:03,750

there's medical literature of that

1052

00:39:08,210 --> 00:39:06,450

causing hard issues long QT syndrome and

1053

00:39:09,560 --> 00:39:08,220

in the heart but there's a safer

1054

00:39:10,670 --> 00:39:09,570

medicine in Europe but now they don't

1055

00:39:12,560 --> 00:39:10,680

want to use that and said they want to

1056

00:39:14,120 --> 00:39:12,570

continue to use in reg1 here in the

1057

00:39:16,250 --> 00:39:14,130

states just to increase gastric emptying

1058

00:39:19,250 --> 00:39:16,260

I mean heck pregnant women if they have

1059

00:39:20,450 --> 00:39:19,260

a c-section or given Ragland even if

1060

00:39:22,550 --> 00:39:20,460

they don't eat anything the night before

1061

00:39:24,650 --> 00:39:22,560

to prevent them from vomiting during

1062

00:39:26,210 --> 00:39:24,660

surgery I had to tell them well my wife

1063

00:39:27,770 --> 00:39:26,220

was pregnant with all of our children

1064

00:39:29,950 --> 00:39:27,780

not to give her Reglan because there's

1065

00:39:31,510 --> 00:39:29,960

no need to give her the drug

1066

00:39:33,220 --> 00:39:31,520

but they're just giving it willy nilly

1067

00:39:34,599 --> 00:39:33,230

out like it's nothing I mean through the

1068

00:39:36,760 --> 00:39:34,609

overuse of antibiotics like

1069

00:39:38,770 --> 00:39:36,770

ciprofloxacin for klonoa antibiotics

1070

00:39:39,970 --> 00:39:38,780

which are toxic to the mitochondria

1071

00:39:42,520 --> 00:39:39,980

there's many people who they call it

1072

00:39:44,650 --> 00:39:42,530

getting phlox where they wake up one

1073

00:39:46,690 --> 00:39:44,660

morning even while they're taking it

1074

00:39:49,359 --> 00:39:46,700

about it even months later when they

1075

00:39:51,700 --> 00:39:49,369

start having heart issues muscle pains

1076

00:39:53,290 --> 00:39:51,710

your tendon can rupture going down the

1077

00:39:55,750 --> 00:39:53,300

street just because you took an

1078

00:39:57,849 --> 00:39:55,760

antibiotic for a strep throat a couple

1079

00:39:59,710 --> 00:39:57,859

of months back and doctors give

1080

00:40:01,480 --> 00:39:59,720

ciprofloxacin or fluoroquinolones out

1081

00:40:03,880 --> 00:40:01,490

like candy and you could give somebody

1082

00:40:06,730 --> 00:40:03,890

coenzyme q-10 to improve mitochondrial

1083

00:40:08,680 --> 00:40:06,740

function or give them magnesium to kind

1084

00:40:10,359 --> 00:40:08,690

of hedge their bets why they take cipro

1085

00:40:12,220 --> 00:40:10,369

to baby prevent some of these effects

1086

00:40:15,640 --> 00:40:12,230

but no doctors don't do that and instead

1087

00:40:18,220 --> 00:40:15,650

they give it out quite frequently man

1088

00:40:21,430 --> 00:40:18,230

you're just such a wealth of information

1089

00:40:24,460 --> 00:40:21,440

and I'm just really impressed and your

1090

00:40:26,349 --> 00:40:24,470

book you say there is an average of 70

1091

00:40:29,170 --> 00:40:26,359

million Americans diagnosed with

1092

00:40:31,120 --> 00:40:29,180

digestive disorders every year so this

1093

00:40:33,640 --> 00:40:31,130

really is no small thing and it seems to

1094

00:40:35,950 --> 00:40:33,650

be getting worse and your book is pretty

1095

00:40:38,440 --> 00:40:35,960

amazing man it's almost more like an

1096

00:40:40,450 --> 00:40:38,450

encyclopedia of conditions and protocols

1097

00:40:42,880 --> 00:40:40,460

because it's like have this condition do

1098

00:40:44,589 --> 00:40:42,890

X have that condition do Y but it's not

1099

00:40:48,250 --> 00:40:44,599

like these are miracle cures there are

1100

00:40:49,810 --> 00:40:48,260

phases of a process that takes years in

1101

00:40:52,000 --> 00:40:49,820

some cases but there are some

1102

00:40:55,089 --> 00:40:52,010

commonalities what are some of the like

1103

00:40:57,370 --> 00:40:55,099

most broad recommendations for getting

1104

00:41:01,089 --> 00:40:57,380

back on track maybe before we have

1105

00:41:05,170 --> 00:41:01,099

serious gut issues most important thing

1106

00:41:06,880 --> 00:41:05,180

I could say is diet I'm not gonna say

1107

00:41:08,109 --> 00:41:06,890

there's a perfect diet for everyone you

1108

00:41:10,000 --> 00:41:08,119

know there's some people it's a higher

1109

00:41:11,740 --> 00:41:10,010

side chats or vegans than some people

1110

00:41:14,680 --> 00:41:11,750

were a primary key to jannecke diet that

1111

00:41:16,630 --> 00:41:14,690

are meat eaters and science says that as

1112

00:41:19,390 --> 00:41:16,640

far as the gut microbiome is concerned

1113

00:41:21,790 --> 00:41:19,400

there's differing studies but the train

1114

00:41:24,339 --> 00:41:21,800

of thought is if you go to low carb and

1115

00:41:25,810 --> 00:41:24,349

eat nothing but meat for some people it

1116

00:41:27,760 --> 00:41:25,820

could have a negative effect on their

1117

00:41:29,980 --> 00:41:27,770

microbiome and it could cause digestive

1118

00:41:31,870 --> 00:41:29,990

issues for some it can actually help

1119

00:41:34,000 --> 00:41:31,880

alleviate digestive issues too there's

1120

00:41:36,310 --> 00:41:34,010

many people who've done low fermentable

1121

00:41:38,050 --> 00:41:36,320

diets and they've gotten better through

1122

00:41:39,400 --> 00:41:38,060

their gut health but I've seen just as

1123

00:41:40,599 --> 00:41:39,410

much in my own clinical practice who

1124

00:41:42,880 --> 00:41:40,609

have done it and their gut actually gets

1125

00:41:43,900 --> 00:41:42,890

worse and you can swing it - the same

1126

00:41:47,200 --> 00:41:43,910

way with the other

1127

00:41:49,900 --> 00:41:47,210

aspect and vegans and that you're eating

1128

00:41:51,339 --> 00:41:49,910

way too much fermentable foodstuff for

1129

00:41:53,289 --> 00:41:51,349

the microbiome so it could have a

1130

00:41:55,720 --> 00:41:53,299

negative impact in certain people they

1131

00:41:58,029 --> 00:41:55,730

can have a lot of gas a lot of digestive

1132

00:42:01,210 --> 00:41:58,039

discomfort it seems to be causing a

1133

00:42:03,130 --> 00:42:01,220

problem for them so no diet is really

1134

00:42:05,319 --> 00:42:03,140

perfect when we look at the microbiome

1135

00:42:07,480 --> 00:42:05,329

it seems to be pretty much individual

1136

00:42:09,220 --> 00:42:07,490

but when we look at humans and we look

1137

00:42:11,529 --> 00:42:09,230

at our digestive system we mainly have a

1138

00:42:13,990 --> 00:42:11,539

mono gastric digestive system similar to

1139

00:42:19,480 --> 00:42:14,000

pigs which of course there we go again

1140

00:42:21,339 --> 00:42:19,490

with human Pig hybrid systems are

1141

00:42:25,599 --> 00:42:21,349

probably more acute to pigs and they are

1142

00:42:27,279 --> 00:42:25,609

bonobos so I know vegans will argue well

1143

00:42:30,999 --> 00:42:27,289

we don't have a carnivore digestive

1144

00:42:33,039 --> 00:42:31,009

system and that's true but we also don't

1145

00:42:34,720 --> 00:42:33,049

have a herbivore digestive system we're

1146

00:42:37,150 --> 00:42:34,730

not like cattles with our four stomachs

1147

00:42:39,309 --> 00:42:37,160

and our digestive system full of archaea

1148

00:42:41,470 --> 00:42:39,319

we probably need a mixture somewhere

1149

00:42:43,569 --> 00:42:41,480

good in the middle so I usually

1150

00:42:45,730 --> 00:42:43,579

recommend a diet like the perfect health

1151

00:42:46,779 --> 00:42:45,740

diet or a Mediterranean diet or

1152

00:42:49,630 --> 00:42:46,789

something like that where you're eating

1153

00:42:52,779 --> 00:42:49,640

a lot of grass-fed meat organic if

1154

00:42:54,220 --> 00:42:52,789

possible a lot of wild caught fish you

1155

00:42:55,720 --> 00:42:54,230

know which you got to be careful because

1156

00:42:57,730 --> 00:42:55,730

of the mercury component that and

1157

00:42:59,349 --> 00:42:57,740

Fukushima so try to get your fish out on

1158

00:43:01,240 --> 00:42:59,359

Atlantic Ocean if possible I know it's

1159

00:43:03,160 --> 00:43:01,250

not perfect and try to stay for low

1160

00:43:04,960 --> 00:43:03,170

mercury fish but you know anything a lot

1161

00:43:06,670 --> 00:43:04,970

of fruits and vegetables which are good

1162

00:43:09,120 --> 00:43:06,680

for our microbiome they have a lot of

1163

00:43:12,220 --> 00:43:09,130

prebiotics in there waiting some good

1164

00:43:14,440 --> 00:43:12,230

fermented foods like sauerkraut and

1165

00:43:16,870 --> 00:43:14,450

kimchi you know try to get the best

1166

00:43:18,670 --> 00:43:16,880

stuff that you can get at the grocery

1167

00:43:21,009 --> 00:43:18,680

store you don't want to eat a lot of

1168

00:43:23,230 --> 00:43:21,019

yogurt and kefir that generally have a

1169

00:43:25,390 --> 00:43:23,240

lot of sugar in that which could help

1170

00:43:27,759 --> 00:43:25,400

feed nasty organisms your gut and cause

1171

00:43:30,339 --> 00:43:27,769

a lot of dysbiosis I'm kind of mixed on

1172

00:43:33,670 --> 00:43:30,349

kombucha because kombucha has a lot of

1173

00:43:36,309 --> 00:43:33,680

yeast in it and it also has a little bit

1174

00:43:37,329 --> 00:43:36,319

of alcohol which by the way I do want to

1175

00:43:39,490 --> 00:43:37,339

get to that eventually

1176

00:43:41,559 --> 00:43:39,500

discussing drugs and their effects on

1177

00:43:43,240 --> 00:43:41,569

the microbiome and on digestion too this

1178

00:43:44,950 --> 00:43:43,250

is the higher side chats after all so I

1179

00:43:47,710 --> 00:43:44,960

definitely do have to talk about

1180

00:43:49,960 --> 00:43:47,720

marijuana and LSD and DMT and all that

1181

00:43:51,940 --> 00:43:49,970

everything and salvia of course but

1182

00:43:54,099 --> 00:43:51,950

usually most important thing that a

1183

00:43:55,809 --> 00:43:54,109

person can do right off the bat for that

1184

00:43:57,309 --> 00:43:55,819

digestion is just try their best to

1185

00:43:59,099 --> 00:43:57,319

clean up their diet now

1186

00:44:01,779 --> 00:43:59,109

no one's perfect I for example

1187

00:44:05,019 --> 00:44:01,789

occasionally I'll eat Chipotle with my

1188

00:44:06,459 --> 00:44:05,029

family every now and then if I really

1189

00:44:08,769 --> 00:44:06,469

want a burger

1190

00:44:10,359 --> 00:44:08,779

I'll eat five guys even their french

1191

00:44:13,089 --> 00:44:10,369

fries which I know is bad

1192

00:44:14,589 --> 00:44:13,099

I love five guys I won't eat the bread

1193

00:44:16,779 --> 00:44:14,599

though because I do have celiac disease

1194

00:44:18,430 --> 00:44:16,789

but I do love to me and no one's perfect

1195

00:44:19,870 --> 00:44:18,440

I'm not expecting everyone who's

1196

00:44:22,209 --> 00:44:19,880

listening to me unless you're ill if

1197

00:44:24,609 --> 00:44:22,219

you're ill then you may have more of a

1198

00:44:26,769 --> 00:44:24,619

stronger urge to change your diet

1199

00:44:28,839 --> 00:44:26,779

completely to avoid GMO foods try to eat

1200

00:44:30,999 --> 00:44:28,849

organic and stuff like that but if your

1201  
00:44:32,949 --> 00:44:31,009  
guts relatively healthy you just want to

1202  
00:44:35,410 --> 00:44:32,959  
try to do the best that you possibly can

1203  
00:44:37,509 --> 00:44:35,420  
and that's maybe instead of the morning

1204  
00:44:39,459 --> 00:44:37,519  
drinking large Starbucks coffee that

1205  
00:44:43,599 --> 00:44:39,469  
you're gonna drink maybe drink some

1206  
00:44:46,059 --> 00:44:43,609  
green tea maybe have a low sugar coconut

1207  
00:44:47,829 --> 00:44:46,069  
kefir maybe try to do something to build

1208  
00:44:49,900 --> 00:44:47,839  
up your microbiome no one's perfect

1209  
00:44:52,239 --> 00:44:49,910  
Gregg so that would probably be my

1210  
00:44:53,319 --> 00:44:52,249  
recommendation I'd also recommend making

1211  
00:44:55,959 --> 00:44:53,329  
sure that you get enough sunlight

1212  
00:44:58,509 --> 00:44:55,969  
vitamin D production and Dodge's vitamin

1213  
00:45:00,670 --> 00:44:58,519

D production is paramount for a proper

1214

00:45:02,680 --> 00:45:00,680

immune function in combination with

1215

00:45:04,449 --> 00:45:02,690

closing those gut junctions and helping

1216

00:45:06,579 --> 00:45:04,459

prevent against leaky gut and a lot of

1217

00:45:08,769 --> 00:45:06,589

us do not get enough sunlight majority

1218

00:45:11,289 --> 00:45:08,779

of us are stuck indoors with our jobs

1219

00:45:12,849 --> 00:45:11,299

that's probably how the archons want us

1220

00:45:15,819 --> 00:45:12,859

to be is stuck indoors and away from

1221

00:45:17,799 --> 00:45:15,829

getting away from getting electrons from

1222

00:45:19,599 --> 00:45:17,809

sunlight to help better us and help

1223

00:45:21,699 --> 00:45:19,609

awaken us and help with our circadian

1224

00:45:23,259 --> 00:45:21,709

rhythm and everything so that would be

1225

00:45:25,569 --> 00:45:23,269

one thing I'd say that's very important

1226  
00:45:27,339 --> 00:45:25,579  
for gut health too and I guess the final

1227  
00:45:29,109 --> 00:45:27,349  
thing I'd like to harp on for most

1228  
00:45:31,359 --> 00:45:29,119  
people other than diet and vitamin Deen

1229  
00:45:34,359 --> 00:45:31,369  
proper sleep the circadian rhythm is I

1230  
00:45:36,939 --> 00:45:34,369  
would recommend supplementation of

1231  
00:45:39,640 --> 00:45:36,949  
magnesium to help keep the bowels

1232  
00:45:41,859 --> 00:45:39,650  
regular and also help the mitochondria I

1233  
00:45:43,900 --> 00:45:41,869  
really do think magnesium is paramount

1234  
00:45:45,430 --> 00:45:43,910  
majority of us you know are deficient in

1235  
00:45:47,049 --> 00:45:45,440  
magnesium and it does help with

1236  
00:45:49,059 --> 00:45:47,059  
digestion because that's the main

1237  
00:45:50,979 --> 00:45:49,069  
problem for most people it's most people

1238  
00:45:52,959 --> 00:45:50,989

aren't regularly not having order to

1239

00:45:54,849 --> 00:45:52,969

good bowel movements a day which is

1240

00:45:56,259 --> 00:45:54,859

paramount for proper digestive health

1241

00:45:57,699 --> 00:45:56,269

you want to make sure that you're eating

1242

00:45:59,890 --> 00:45:57,709

a good guy you're getting in enough

1243

00:46:01,449 --> 00:45:59,900

water staying hydrated then you want to

1244

00:46:03,160 --> 00:46:01,459

make sure that you are getting magnesium

1245

00:46:05,229 --> 00:46:03,170

which will help of course to soften the

1246

00:46:06,370 --> 00:46:05,239

stools up and help you go better have

1247

00:46:09,009 --> 00:46:06,380

you ever seen the commercials on

1248

00:46:10,479 --> 00:46:09,019

television for the squatty potty I was

1249

00:46:11,200 --> 00:46:10,489

gonna bring that up because I'm a big

1250

00:46:12,880 --> 00:46:11,210

shark tank

1251  
00:46:14,740 --> 00:46:12,890  
guy and when I saw that on there I

1252  
00:46:16,510 --> 00:46:14,750  
thought it was pretty ridiculous but

1253  
00:46:18,430 --> 00:46:16,520  
then I heard you talking about it and it

1254  
00:46:21,010 --> 00:46:18,440  
does seem like there are some first

1255  
00:46:23,470 --> 00:46:21,020  
world conditions that don't translate to

1256  
00:46:25,839 --> 00:46:23,480  
the third world that could be isolated

1257  
00:46:28,390 --> 00:46:25,849  
to actually just the way we sit on a

1258  
00:46:31,000 --> 00:46:28,400  
toilet yeah I mean pretty much the cause

1259  
00:46:32,950 --> 00:46:31,010  
of appendicitis seems to be constipation

1260  
00:46:34,990 --> 00:46:32,960  
which is predominantly a first world

1261  
00:46:37,060 --> 00:46:35,000  
condition and it could be from our

1262  
00:46:39,040 --> 00:46:37,070  
improper diets it could stem from our

1263  
00:46:40,720 --> 00:46:39,050

lack of movement walking bleeding

1264

00:46:42,010 --> 00:46:40,730

sedentary lifestyle because stem from a

1265

00:46:45,790 --> 00:46:42,020

lot of things but one of the main things

1266

00:46:48,700 --> 00:46:45,800

that could stem from is us sitting and

1267

00:46:51,820 --> 00:46:48,710

properly when we use the bathroom I mean

1268

00:46:54,430 --> 00:46:51,830

as children we all squatted animals Qui

1269

00:46:56,710 --> 00:46:54,440

your dog when he takes a dog the dog

1270

00:46:58,150 --> 00:46:56,720

squats so we think they were arrogant of

1271

00:47:00,099 --> 00:46:58,160

us to think that we changed the anal

1272

00:47:01,720 --> 00:47:00,109

rectal angle to a 90 degree angle by

1273

00:47:05,410 --> 00:47:01,730

sitting on the toilet and require more

1274

00:47:07,120 --> 00:47:05,420

vagal nerve response to defecate that

1275

00:47:09,609 --> 00:47:07,130

wouldn't have some effect on our

1276  
00:47:12,099 --> 00:47:09,619  
digestion or active defecation caused us

1277  
00:47:13,900 --> 00:47:12,109  
to retain more stool pushing more stool

1278  
00:47:15,880 --> 00:47:13,910  
upwards if our constipated into the

1279  
00:47:18,730 --> 00:47:15,890  
appendix changing the microbiome of the

1280  
00:47:21,930 --> 00:47:18,740  
appendix I mean our Penis is so vital

1281  
00:47:24,450 --> 00:47:21,940  
for our health and the conventional

1282  
00:47:26,170 --> 00:47:24,460  
medicine treats it as just some

1283  
00:47:29,859 --> 00:47:26,180  
vestibular organ that they could just

1284  
00:47:32,770 --> 00:47:29,869  
throw away a lot of your probiotic

1285  
00:47:34,089 --> 00:47:32,780  
microbiome is safely kept in your

1286  
00:47:35,980 --> 00:47:34,099  
appendix I mean when you get food

1287  
00:47:38,920 --> 00:47:35,990  
poisoning when you get viral gastritis

1288  
00:47:41,410 --> 00:47:38,930

when you have diarrhea you flush a lot

1289

00:47:44,020 --> 00:47:41,420

of your bacteria out of your body a lot

1290

00:47:45,760 --> 00:47:44,030

of your microbiome out as a protective

1291

00:47:47,680 --> 00:47:45,770

mechanism of your body trying to expel

1292

00:47:49,359 --> 00:47:47,690

the toxins associated with a lot of

1293

00:47:51,130 --> 00:47:49,369

foodborne illness or trying to expel the

1294

00:47:53,800 --> 00:47:51,140

virus so a lot of your probiotic

1295

00:47:54,820 --> 00:47:53,810

bacteria safely kept in your appendix

1296

00:47:56,620 --> 00:47:54,830

and it's supposed to

1297

00:47:58,150 --> 00:47:56,630

after the diarrhea is over with it's

1298

00:48:01,030 --> 00:47:58,160

supposed to spread out and repopulate

1299

00:48:02,349 --> 00:48:01,040

your gut with good bacteria I mean a lot

1300

00:48:04,300 --> 00:48:02,359

of people don't realize - one thing that

1301

00:48:06,730 --> 00:48:04,310

I forgot to touch on a lot of these

1302

00:48:08,920 --> 00:48:06,740

bacterial microbiome they produce a lot

1303

00:48:12,700 --> 00:48:08,930

of the neurotransmitters serotonin and

1304

00:48:15,609 --> 00:48:12,710

dopamine that control a lot of how we

1305

00:48:17,680 --> 00:48:15,619

think and how we feel 80% of our

1306

00:48:19,660 --> 00:48:17,690

serotonin production isn't produced in

1307

00:48:23,950 --> 00:48:19,670

the brain is produced by the bacteria in

1308

00:48:24,880 --> 00:48:23,960

our gut just to help move along fecal

1309

00:48:26,740 --> 00:48:24,890

matter I mean Sarah

1310

00:48:28,890 --> 00:48:26,750

tonin is important for the contraction

1311

00:48:31,570 --> 00:48:28,900

of peristalsis of the digestive system

1312

00:48:34,210 --> 00:48:31,580

when we lose our appendix like I did

1313

00:48:36,730 --> 00:48:34,220

through an appendectomy serotonin

1314

00:48:38,860 --> 00:48:36,740

reduced output productions reduced by

1315

00:48:40,660 --> 00:48:38,870

the gut melatonin is produced a lot in

1316

00:48:42,580 --> 00:48:40,670

the gut which is very important for

1317

00:48:44,020 --> 00:48:42,590

sleep serotonin keeps us awake it's

1318

00:48:46,990 --> 00:48:44,030

produced during a day through exposure

1319

00:48:48,760 --> 00:48:47,000

to sunlight to blue light melatonin it's

1320

00:48:50,650 --> 00:48:48,770

one of the strongest antioxidants known

1321

00:48:54,130 --> 00:48:50,660

to mankind helps prevent cancer and

1322

00:48:57,910 --> 00:48:54,140

inflammation so if we lose our appendix

1323

00:48:59,230 --> 00:48:57,920

we lose a little bit of our microbiomes

1324

00:49:01,180 --> 00:48:59,240

ability to produce these

1325

00:49:03,250 --> 00:49:01,190

neurotransmitters and ability for us to

1326

00:49:04,990 --> 00:49:03,260

have a healthy microbiome so let's say

1327

00:49:08,260 --> 00:49:05,000

someone like me and it did happen to me

1328

00:49:09,940 --> 00:49:08,270

I sadly got the norovirus my son brought

1329

00:49:11,710 --> 00:49:09,950

it home from school and I didn't realize

1330

00:49:12,850 --> 00:49:11,720

it and by the time you realize it it's

1331

00:49:16,240 --> 00:49:12,860

too late and you're on the toilet

1332

00:49:18,370 --> 00:49:16,250

purging your guts I don't have an

1333

00:49:20,650 --> 00:49:18,380

appendix so lo and behold my H floor I

1334

00:49:22,390 --> 00:49:20,660

it came back a little bit and I had to

1335

00:49:24,640 --> 00:49:22,400

take some delimiting to keep it back in

1336

00:49:27,250 --> 00:49:24,650

check so the appendix serves such

1337

00:49:30,130 --> 00:49:27,260

important function to our microbiome

1338

00:49:32,080 --> 00:49:30,140

into our digestion but doctors consider

1339

00:49:34,270 --> 00:49:32,090

just the via the Penix doesn't do

1340

00:49:35,920 --> 00:49:34,280

anything it's an important organ no we

1341

00:49:37,540 --> 00:49:35,930

could take it out even though there's

1342

00:49:39,430 --> 00:49:37,550

studies that show that you could treat

1343

00:49:40,750 --> 00:49:39,440

appendicitis with antibiotics like

1344

00:49:43,420 --> 00:49:40,760

syphax and that wouldn't really affect

1345

00:49:45,220 --> 00:49:43,430

the microbiome of the entire body to a

1346

00:49:46,930 --> 00:49:45,230

strong degree Greg I mean you could

1347

00:49:51,520 --> 00:49:46,940

easily tackle it that way and keep your

1348

00:49:52,930 --> 00:49:51,530

appendix huh and it's so crazy because I

1349

00:49:55,450 --> 00:49:52,940

don't even think a lot of people

1350

00:49:57,550 --> 00:49:55,460

understand the function of the gut I

1351  
00:50:00,400 --> 00:49:57,560  
mean they're calling it a second brain

1352  
00:50:02,230 --> 00:50:00,410  
now in alternative circles I don't know

1353  
00:50:04,300 --> 00:50:02,240  
how much of this is mainstream I listen

1354  
00:50:06,460 --> 00:50:04,310  
to some of this alternative health stuff

1355  
00:50:07,990 --> 00:50:06,470  
and they're citing what seems like good

1356  
00:50:10,390 --> 00:50:08,000  
research out there but I don't know I

1357  
00:50:13,030 --> 00:50:10,400  
guess it's just not making it to doctors

1358  
00:50:16,030 --> 00:50:13,040  
and regular people but there's a lot of

1359  
00:50:18,250 --> 00:50:16,040  
push to this look at the gut thing very

1360  
00:50:21,010 --> 00:50:18,260  
much like I bitchin you know majority of

1361  
00:50:22,960 --> 00:50:21,020  
serotonin and some melatonin and

1362  
00:50:25,060 --> 00:50:22,970  
dopamine are produced by the bacteria

1363  
00:50:26,320 --> 00:50:25,070

that are within our gut and it has an

1364

00:50:29,200 --> 00:50:26,330

effect on our health

1365

00:50:31,120 --> 00:50:29,210

me for example h pleura produces ammonia

1366

00:50:32,440 --> 00:50:31,130

in the upper gut in the stomach in the

1367

00:50:34,300 --> 00:50:32,450

duodenum and it's mainly produces

1368

00:50:36,970 --> 00:50:34,310

ammonia no stomach to the production of

1369

00:50:38,769 --> 00:50:36,980

urease to reduce stomach acid because

1370

00:50:40,509 --> 00:50:38,779

ammonia is a highly basic so it's

1371

00:50:42,579 --> 00:50:40,519

but for the stomach acid the h ploor l

1372

00:50:44,949 --> 00:50:42,589

can propagate and survive longer in the

1373

00:50:46,479 --> 00:50:44,959

stomach but ammonia once it starts

1374

00:50:48,489 --> 00:50:46,489

overwhelming deliver and the kiddies

1375

00:50:51,609 --> 00:50:48,499

capability of breaking it down properly

1376

00:50:53,109 --> 00:50:51,619

and starts increasing MDMA receptor

1377

00:50:55,269 --> 00:50:53,119

activity in the brain causing a

1378

00:50:58,239 --> 00:50:55,279

glutamate GABA imbalance which causes a

1379

00:51:00,219 --> 00:50:58,249

lot of anxiety for a lot of people

1380

00:51:03,429 --> 00:51:00,229

including myself so it's interesting

1381

00:51:05,559 --> 00:51:03,439

that H floor I can cause anxiety just by

1382

00:51:07,929 --> 00:51:05,569

having too much ammonia that the body

1383

00:51:09,699 --> 00:51:07,939

has kind of a difficulty writing down

1384

00:51:11,079 --> 00:51:09,709

ammonia is normally produced in the body

1385

00:51:12,880 --> 00:51:11,089

any way through the bacteria that's in

1386

00:51:14,459 --> 00:51:12,890

our gut to some degree and the foods

1387

00:51:16,359 --> 00:51:14,469

that we eat an amino acid metabolism

1388

00:51:18,249 --> 00:51:16,369

catabolism and everything but still

1389

00:51:20,380 --> 00:51:18,259

nonetheless if we have too much of it it

1390

00:51:22,569 --> 00:51:20,390

can cause anxiety and it all stems from

1391

00:51:24,969 --> 00:51:22,579

someone just having a CH pole or I for

1392

00:51:28,029 --> 00:51:24,979

example it just causing too much of a

1393

00:51:29,949 --> 00:51:28,039

glutamate GABA imbalance in the brain I

1394

00:51:32,380 --> 00:51:29,959

mean glutamate of course is important

1395

00:51:34,870 --> 00:51:32,390

for the brain is a neurotransmitter and

1396

00:51:36,609 --> 00:51:34,880

gaba is too but too much glutamine it's

1397

00:51:39,189 --> 00:51:36,619

too excitatory in the brain

1398

00:51:40,899 --> 00:51:39,199

you know promotes anxiety there's too

1399

00:51:42,309 --> 00:51:40,909

much glutamate it cause seizures I mean

1400

00:51:44,039 --> 00:51:42,319

that's where seizure disorder comes from

1401  
00:51:46,329 --> 00:51:44,049  
where gaba as an inhibitory transmitter

1402  
00:51:48,549 --> 00:51:46,339  
stops glutamine an attract promotes

1403  
00:51:50,649 --> 00:51:48,559  
calmness I'm pretty sure some people in

1404  
00:51:52,959 --> 00:51:50,659  
their life have taken benzodiazepines

1405  
00:51:54,999 --> 00:51:52,969  
like volumes addicts or ativan and that

1406  
00:51:56,859 --> 00:51:55,009  
promotes a sense of calmness or even the

1407  
00:51:59,229 --> 00:51:56,869  
natural route of taking a supplemental

1408  
00:52:02,739 --> 00:51:59,239  
gabbo or valerian root and it would

1409  
00:52:04,449 --> 00:52:02,749  
cause relaxation so the gut kind of

1410  
00:52:05,859 --> 00:52:04,459  
through the microbiome through this book

1411  
00:52:08,589 --> 00:52:05,869  
they called the gut brain connection or

1412  
00:52:11,589 --> 00:52:08,599  
the gut brain access our microbiome

1413  
00:52:14,049 --> 00:52:11,599

directly influences our brain and vice

1414

00:52:16,870 --> 00:52:14,059

versa a lot of it could also be from the

1415

00:52:18,309 --> 00:52:16,880

vagus nerve - which helps shows a lot of

1416

00:52:20,589 --> 00:52:18,319

your autonomic nervous system your

1417

00:52:21,219 --> 00:52:20,599

digestion you know your heartbeat your

1418

00:52:23,380 --> 00:52:21,229

breathing

1419

00:52:25,719 --> 00:52:23,390

these bacteria when they produce into

1420

00:52:29,679 --> 00:52:25,729

toxins like HBO I for example it could

1421

00:52:31,959 --> 00:52:29,689

start either colonizing the vagus nerve

1422

00:52:35,019 --> 00:52:31,969

itself that gets into the bloodstream or

1423

00:52:37,329 --> 00:52:35,029

the body can produce antibodies to the

1424

00:52:39,699 --> 00:52:37,339

endotoxins that H pull or I produce and

1425

00:52:41,649 --> 00:52:39,709

it can start causing inflammation and

1426

00:52:43,269 --> 00:52:41,659

start attacking the gal little cells

1427

00:52:45,269 --> 00:52:43,279

that are within the vagus nerve they're

1428

00:52:48,699 --> 00:52:45,279

within the brain and can cause anxiety

1429

00:52:52,359 --> 00:52:48,709

brain fog and mental issues they call

1430

00:52:55,120 --> 00:52:52,369

disorder na Mia so it's interesting

1431

00:52:57,239 --> 00:52:55,130

how the gut in the brain are connected

1432

00:52:59,950 --> 00:52:57,249

to that is it possible that the

1433

00:53:02,680 --> 00:52:59,960

microorganisms that make up our body are

1434

00:53:04,569 --> 00:53:02,690

they what make us up are they what drive

1435

00:53:06,700 --> 00:53:04,579

us to do certain things and to do

1436

00:53:08,109 --> 00:53:06,710

certain actions they say there's

1437

00:53:10,180 --> 00:53:08,119

probably more than that I like to say

1438

00:53:11,410 --> 00:53:10,190

that's probably the sole aspect and the

1439

00:53:13,839 --> 00:53:11,420

conscious is subconscious in the

1440

00:53:15,609 --> 00:53:13,849

unconscious actions that make up our

1441

00:53:17,859 --> 00:53:15,619

lives you know but it is a possibility

1442

00:53:20,680 --> 00:53:17,869

that these microorganisms could at least

1443

00:53:23,880 --> 00:53:20,690

at the bare minimum influence our mental

1444

00:53:27,430 --> 00:53:23,890

health oh yeah it's like so hard to

1445

00:53:29,739 --> 00:53:27,440

separate these influences you know

1446

00:53:32,440 --> 00:53:29,749

external mind control and social

1447

00:53:35,559 --> 00:53:32,450

engineering influences what is our own

1448

00:53:38,920 --> 00:53:35,569

consciousness what is our physical brain

1449

00:53:41,589 --> 00:53:38,930

and body it's a lot to unpack and you

1450

00:53:43,269 --> 00:53:41,599

really can't isolate what a person is

1451

00:53:46,390 --> 00:53:43,279

it's just like it's too interconnected

1452

00:53:48,190 --> 00:53:46,400

to so many different factors and time is

1453

00:53:50,890 --> 00:53:48,200

just flying by here man I'm loving this

1454

00:53:53,769 --> 00:53:50,900

what can be said about why we're in this

1455

00:53:55,930 --> 00:53:53,779

mess obviously the tide is kind of hard

1456

00:53:58,720 --> 00:53:55,940

to turn back now that we have all this

1457

00:54:00,670 --> 00:53:58,730

corporate food and these lobbyists and

1458

00:54:03,009 --> 00:54:00,680

Monsanto is the monster it is and the

1459

00:54:05,829 --> 00:54:03,019

medical system is so screwed up but when

1460

00:54:07,839 --> 00:54:05,839

you look at the history involved here

1461

00:54:09,279 --> 00:54:07,849

and the road that got us here where do

1462

00:54:10,660 --> 00:54:09,289

you shine the spotlight what do you

1463

00:54:13,450 --> 00:54:10,670

think it'd been kind of the biggest

1464

00:54:15,489 --> 00:54:13,460

factors in this big mess well I mean

1465

00:54:17,979 --> 00:54:15,499

you've had many people on your show talk

1466

00:54:19,509 --> 00:54:17,989

about Rockefellers co-opting allopathic

1467

00:54:20,920 --> 00:54:19,519

medicine you know you had Clive de

1468

00:54:22,930 --> 00:54:20,930

Carlton yeah Jim Marrs

1469

00:54:25,329 --> 00:54:22,940

on and they've talked about it mm-hmm at

1470

00:54:27,430 --> 00:54:25,339

length of how conventional medicine is

1471

00:54:29,769 --> 00:54:27,440

pretty much Rockefeller medicine through

1472

00:54:32,799 --> 00:54:29,779

the develop of petroleum derivative type

1473

00:54:35,529 --> 00:54:32,809

drugs through Rockefeller buying out IG

1474

00:54:37,599 --> 00:54:35,539

Farben to how we actually look at the

1475

00:54:39,130 --> 00:54:37,609

medical professional and how its

1476  
00:54:41,170 --> 00:54:39,140  
formatted through they a made to begin

1477  
00:54:44,410 --> 00:54:41,180  
with there used to be in the early

1478  
00:54:46,329 --> 00:54:44,420  
1900's both naturopathic Houma Pathak in

1479  
00:54:49,180 --> 00:54:46,339  
conventional allopathic medicine it was

1480  
00:54:50,559 --> 00:54:49,190  
Ty and different universities throughout

1481  
00:54:53,410 --> 00:54:50,569  
the United States and they kind of

1482  
00:54:54,700 --> 00:54:53,420  
coexisted with one another and then when

1483  
00:54:55,859 --> 00:54:54,710  
the Rockefellers were like ah well

1484  
00:54:59,499 --> 00:54:55,869  
there's not really much money and

1485  
00:55:01,690 --> 00:54:59,509  
cortical caring people natural I would

1486  
00:55:04,660 --> 00:55:01,700  
assume they kind of co-opted it I mean

1487  
00:55:05,000 --> 00:55:04,670  
they hired Abraham Flexner submit a

1488  
00:55:07,280 --> 00:55:05,010

report

1489

00:55:08,090 --> 00:55:07,290

Congress in 1910 there was just too many

1490

00:55:10,430 --> 00:55:08,100

doctors

1491

00:55:12,830 --> 00:55:10,440

there's too many medical schools in the

1492

00:55:16,010 --> 00:55:12,840

United States we kind of need to bring

1493

00:55:18,020 --> 00:55:16,020

it together but have AMA Grant Medical

1494

00:55:19,340 --> 00:55:18,030

School licenses the United States to try

1495

00:55:21,380 --> 00:55:19,350

to control courses medical school

1496

00:55:23,960 --> 00:55:21,390

licenses primarily went to our Pathak

1497

00:55:25,670 --> 00:55:23,970

medicine you know universities for

1498

00:55:28,520 --> 00:55:25,680

example so you know we have the

1499

00:55:30,020 --> 00:55:28,530

Rockefellers definitely influencing it

1500

00:55:31,940 --> 00:55:30,030

but I almost want to say it's more than

1501

00:55:35,170 --> 00:55:31,950

just that I mean through the dawn of

1502

00:55:37,430 --> 00:55:35,180

time we've always had both conventional

1503

00:55:40,280 --> 00:55:37,440

medicine and naturopathic medicine

1504

00:55:44,060 --> 00:55:40,290

warring with one another and we've had

1505

00:55:46,190 --> 00:55:44,070

both sides show both positives and

1506

00:55:48,170 --> 00:55:46,200

negatives I'm not full naturopathic

1507

00:55:49,280 --> 00:55:48,180

medicine for people that are on holistic

1508

00:55:51,380 --> 00:55:49,290

medicine I kind of look at it as

1509

00:55:53,900 --> 00:55:51,390

integrative approach for example if I

1510

00:55:56,750 --> 00:55:53,910

get in a car accident and I'm dying of

1511

00:55:57,860 --> 00:55:56,760

trauma granted natural medicine there's

1512

00:55:59,420 --> 00:55:57,870

some things that I would take some

1513

00:56:01,580 --> 00:55:59,430

supplements that I would take that with

1514

00:56:05,260 --> 00:56:01,590

facilitate proper recovery but it's not

1515

00:56:07,700 --> 00:56:05,270

gonna save my life when I'm bleeding out

1516

00:56:10,760 --> 00:56:07,710

that's where conventional medicine is

1517

00:56:12,530 --> 00:56:10,770

needed but the problem of conventional

1518

00:56:13,640 --> 00:56:12,540

medicine is the mainstream looking at it

1519

00:56:16,130 --> 00:56:13,650

is it takes care of everything

1520

00:56:18,350 --> 00:56:16,140

conventional medicine is extremely bad

1521

00:56:21,010 --> 00:56:18,360

extremely bad track record with

1522

00:56:23,780 --> 00:56:21,020

degenerative diseases like heart disease

1523

00:56:25,640 --> 00:56:23,790

cancer and autoimmune conditions that's

1524

00:56:27,500 --> 00:56:25,650

really where conventional medicine

1525

00:56:30,020 --> 00:56:27,510

severely drops the ball and we're

1526

00:56:32,330 --> 00:56:30,030

natural medicine is superior most ways

1527

00:56:34,430 --> 00:56:32,340

any way you can think of to conventional

1528

00:56:36,500 --> 00:56:34,440

medicine that's where it seems to start

1529

00:56:38,810 --> 00:56:36,510

with is this whole co-opt above the

1530

00:56:40,310 --> 00:56:38,820

medical movement but as a possibility

1531

00:56:42,110 --> 00:56:40,320

that it's always been here since the

1532

00:56:44,240 --> 00:56:42,120

very beginning I mean they're originally

1533

00:56:47,000 --> 00:56:44,250

treating medical conditions with mercury

1534

00:56:49,820 --> 00:56:47,010

back in the day well you know Greg and

1535

00:56:51,080 --> 00:56:49,830

we all know now that mercury is toxic I

1536

00:56:56,150 --> 00:56:51,090

mean they were still using mercury on

1537

00:56:58,370 --> 00:56:56,160

cuts until the 1970s heck I remember my

1538

00:56:59,900 --> 00:56:58,380

great grandfather when I was about 10

1539

00:57:03,080 --> 00:56:59,910

years old seeing a bottle of Marik

1540

00:57:05,300 --> 00:57:03,090

Chrome in his medicine cabinet you know

1541

00:57:07,610 --> 00:57:05,310

you could say that well maybe natural

1542

00:57:09,320 --> 00:57:07,620

pass we're using mercury and maybe they

1543

00:57:11,150 --> 00:57:09,330

just didn't know any better at the time

1544

00:57:12,920 --> 00:57:11,160

but then again I like to say that I

1545

00:57:13,730 --> 00:57:12,930

don't know our ancestors knew quite a

1546

00:57:16,850 --> 00:57:13,740

lot

1547

00:57:18,620 --> 00:57:16,860

maybe the use of mercury was pushed

1548

00:57:20,960 --> 00:57:18,630

forth by more of an

1549

00:57:24,019 --> 00:57:20,970

at the conventional global cabal yeah

1550

00:57:25,339 --> 00:57:24,029

you know mm-hmm this possibility but to

1551  
00:57:26,960 --> 00:57:25,349  
answer your question where we've got to

1552  
00:57:29,240 --> 00:57:26,970  
now where do you want to start

1553  
00:57:30,499 --> 00:57:29,250  
everything that we come in contact with

1554  
00:57:33,349 --> 00:57:30,509  
could be a problem through our digestive

1555  
00:57:35,749 --> 00:57:33,359  
health and microbiome een the overuse of

1556  
00:57:38,420 --> 00:57:35,759  
antibiotics overuse of medications

1557  
00:57:42,410 --> 00:57:38,430  
chemtrails water being polluted with

1558  
00:57:44,660 --> 00:57:42,420  
chemicals and bacteria and parasites and

1559  
00:57:46,640 --> 00:57:44,670  
GMO foods most people talk about

1560  
00:57:49,789 --> 00:57:46,650  
genetically modified corn in it

1561  
00:57:52,819 --> 00:57:49,799  
containing Bt toxin and most scientists

1562  
00:57:55,549 --> 00:57:52,829  
say OBT toxins in activated by stomach

1563  
00:57:56,990 --> 00:57:55,559

acid has to thrive at a high pH for it

1564

00:57:59,150 --> 00:57:57,000

to become activated like an insect

1565

00:58:00,410 --> 00:57:59,160

stomach which is all fine and dandy but

1566

00:58:02,269 --> 00:58:00,420

what if someone takes a proton pump

1567

00:58:04,039 --> 00:58:02,279

inhibitor and they're resting

1568

00:58:06,829 --> 00:58:04,049

acidification of their stomach is

1569

00:58:09,499 --> 00:58:06,839

between 4 & 6 pH and then they go eat a

1570

00:58:12,019 --> 00:58:09,509

genetically modified corn tortilla and

1571

00:58:13,730 --> 00:58:12,029

some of that Bt toxin is inactivated and

1572

00:58:15,710 --> 00:58:13,740

moves into the more alkaline small

1573

00:58:17,599 --> 00:58:15,720

intestine and then becomes activated

1574

00:58:19,160 --> 00:58:17,609

we have no studies of this great we have

1575

00:58:20,779 --> 00:58:19,170

no idea none of this has ever been

1576

00:58:22,609 --> 00:58:20,789

studied or looked at in humans

1577

00:58:24,470 --> 00:58:22,619

especially its effect on the microbiome

1578

00:58:25,789 --> 00:58:24,480

in digestion you know it's ludicrous to

1579

00:58:28,130 --> 00:58:25,799

go around and think that GMOs are safe

1580

00:58:29,839 --> 00:58:28,140

where there's no strong human studies

1581

00:58:32,390 --> 00:58:29,849

they just go well it's been out in the

1582

00:58:33,799 --> 00:58:32,400

wild in front of humans for 30-some plus

1583

00:58:35,630 --> 00:58:33,809

years you know so therefore it has to be

1584

00:58:39,319 --> 00:58:35,640

saved no one's dropping dead from

1585

00:58:41,059 --> 00:58:39,329

consuming GMO corn tortilla I just have

1586

00:58:43,220 --> 00:58:41,069

to disagree you know it has to have some

1587

00:58:44,870 --> 00:58:43,230

effect on our microbiomes and it's a

1588

00:58:46,819 --> 00:58:44,880

combination of all this I'm EMF

1589

00:58:48,620 --> 00:58:46,829

radiation for example you know I know he

1590

00:58:51,829 --> 00:58:48,630

had Sophie a small storm on as she was

1591

00:58:54,160 --> 00:58:51,839

talking about 5g and exposure to EMF we

1592

00:58:56,210 --> 00:58:54,170

know that EMF directly affects

1593

00:58:58,279 --> 00:58:56,220

microorganisms it can cause them to be

1594

00:58:59,779 --> 00:58:58,289

more virulent and some degrees through

1595

00:59:01,759 --> 00:58:59,789

our exposure so it has to have some

1596

00:59:03,410 --> 00:59:01,769

effect on our microbiome I mean they

1597

00:59:05,720 --> 00:59:03,420

might be a very small effect I think

1598

00:59:07,730 --> 00:59:05,730

it's a much larger effect but most

1599

00:59:09,799 --> 00:59:07,740

people with conventional knowledge and

1600

00:59:12,049 --> 00:59:09,809

our establishment sources like the media

1601  
00:59:14,390 --> 00:59:12,059  
they all say well it probably doesn't

1602  
00:59:16,700 --> 00:59:14,400  
have any effect at all or if the effect

1603  
00:59:19,279 --> 00:59:16,710  
it has is negligible well how can that

1604  
00:59:22,779 --> 00:59:19,289  
be when man's main exposure to EMF

1605  
00:59:25,039 --> 00:59:22,789  
radiation was occasional solar storm and

1606  
00:59:27,019 --> 00:59:25,049  
lightning strike where now it's

1607  
00:59:29,089 --> 00:59:27,029  
ubiquitous in nature everywhere in our

1608  
00:59:31,589 --> 00:59:29,099  
modern first world societies when people

1609  
00:59:34,170 --> 00:59:31,599  
have cell phones glued to their hip you

1610  
00:59:36,960 --> 00:59:34,180  
have some effect on our microbiome in

1611  
00:59:39,029 --> 00:59:36,970  
bacteria and yeast and parasites and

1612  
00:59:41,759 --> 00:59:39,039  
viruses it has to have some effect on it

1613  
00:59:44,190 --> 00:59:41,769

it can't just be a non-starter all these

1614

00:59:47,130 --> 00:59:44,200

things combined have to have some effect

1615

00:59:48,719 --> 00:59:47,140

on our microbiome vaccinations to the

1616

00:59:51,440 --> 00:59:48,729

food that we eat the way we live our

1617

00:59:54,180 --> 00:59:51,450

lives you know it has to have some

1618

00:59:56,670 --> 00:59:54,190

effect I mean let's take Lyme disease

1619

01:00:00,620 --> 00:59:56,680

for example hmm I believe that Lyme

1620

01:00:03,450 --> 01:00:00,630

disease thorry Ella is 100% man-made

1621

01:00:05,969 --> 01:00:03,460

boreal itself is not it's ubiquitous in

1622

01:00:09,089 --> 01:00:05,979

nature I'm talking about strains of

1623

01:00:11,549 --> 01:00:09,099

boreal that cause live aziz i think a

1624

01:00:13,620 --> 01:00:11,559

tic somehow managed to hitch a ride on a

1625

01:00:15,569 --> 01:00:13,630

bird to Old Lyme Connecticut which is

1626

01:00:17,700 --> 01:00:15,579

about five to ten miles away from the

1627

01:00:20,430 --> 01:00:17,710

bio research laboratory that's on Plum

1628

01:00:23,999 --> 01:00:20,440

Island where they claim that they're

1629

01:00:25,920 --> 01:00:24,009

just researching the effects of bacteria

1630

01:00:28,109 --> 01:00:25,930

on livestock to try to save the United

1631

01:00:30,660 --> 01:00:28,119

States livestock supply but I mean when

1632

01:00:32,400 --> 01:00:30,670

you really look in the Plum Island you

1633

01:00:35,910 --> 01:00:32,410

start saying well wait a minute this

1634

01:00:39,059 --> 01:00:35,920

doesn't really seem like it adds up we

1635

01:00:41,880 --> 01:00:39,069

have Eric Traub who is a veterinarian

1636

01:00:44,219 --> 01:00:41,890

who studied at the Rockefeller Institute

1637

01:00:46,650 --> 01:00:44,229

in Princeton New Jersey he went back

1638

01:00:48,359 --> 01:00:46,660

over to Nazi Germany we don't really

1639

01:00:50,819 --> 01:00:48,369

know too much what he did over there

1640

01:00:53,729 --> 01:00:50,829

Nazi Germany as a veterinarian but we do

1641

01:00:55,859 --> 01:00:53,739

know after Operation Paperclip when they

1642

01:00:57,690 --> 01:00:55,869

brought him back here and had him work

1643

01:00:59,069 --> 01:00:57,700

in Plum Island that he was studying the

1644

01:01:01,529 --> 01:00:59,079

virus that causes foot and mouth disease

1645

01:01:04,829 --> 01:01:01,539

they brought him over here he helped

1646

01:01:07,589 --> 01:01:04,839

establish Plum Island I mean they

1647

01:01:09,209 --> 01:01:07,599

actually offered him to be the director

1648

01:01:11,190 --> 01:01:09,219

of Plum Island and in the late 50s and

1649

01:01:13,079 --> 01:01:11,200

he ended up turned it down so there you

1650

01:01:15,690 --> 01:01:13,089

have this connection of Operation

1651  
01:01:17,910 --> 01:01:15,700  
Paperclip again to bringing the Nazi

1652  
01:01:20,789 --> 01:01:17,920  
scientists over here to propagate their

1653  
01:01:22,609 --> 01:01:20,799  
further research so you have three

1654  
01:01:26,160 --> 01:01:22,619  
different outbreaks that we know of

1655  
01:01:28,979 --> 01:01:26,170  
linked to Plum Island and that's

1656  
01:01:32,910 --> 01:01:28,989  
Borriello which causes Lyme disease West

1657  
01:01:36,509 --> 01:01:32,920  
Nile virus which was discovered in the

1658  
01:01:38,609 --> 01:01:36,519  
early 1900s in Uganda and it was usually

1659  
01:01:40,650 --> 01:01:38,619  
found in North Africa in the Middle East

1660  
01:01:42,299 --> 01:01:40,660  
and stuff like that below in a hold it

1661  
01:01:43,229 --> 01:01:42,309  
shows itself up in the western

1662  
01:01:44,940 --> 01:01:43,239  
hemisphere

1663  
01:01:47,970 --> 01:01:44,950

all of a sudden nineteen

1664

01:01:50,420 --> 01:01:47,980

99 in Queens New York of all places

1665

01:01:52,740 --> 01:01:50,430

which is 45 miles away from Plum Island

1666

01:01:54,930 --> 01:01:52,750

it doesn't take a lot to put it together

1667

01:01:57,930 --> 01:01:54,940

you know Gregg that some of these

1668

01:01:59,760 --> 01:01:57,940

bacteria or some of the viruses they're

1669

01:02:02,670 --> 01:01:59,770

man-made they're made produced by our

1670

01:02:05,329 --> 01:02:02,680

own government and they're having effect

1671

01:02:08,849 --> 01:02:05,339

on our health Lyme disease for example

1672

01:02:12,300 --> 01:02:08,859

chronic Lyme is causing a lot of health

1673

01:02:14,819 --> 01:02:12,310

issues for a lot of people and Lyme was

1674

01:02:17,069 --> 01:02:14,829

discovered in the mid 70s and Lyme

1675

01:02:19,349 --> 01:02:17,079

Connecticut and you wouldn't think that

1676

01:02:20,849 --> 01:02:19,359

doctors would miss the characteristic

1677

01:02:22,890 --> 01:02:20,859

bullseye rash no great it doesn't happen

1678

01:02:24,900 --> 01:02:22,900

in every Lyme disease case but they

1679

01:02:26,280 --> 01:02:24,910

would discover it beforehand someone

1680

01:02:28,500 --> 01:02:26,290

gets a bull's eye rash someone gets

1681

01:02:30,720 --> 01:02:28,510

joint pain and someone gets a fever so

1682

01:02:32,670 --> 01:02:30,730

to say that all of a sudden they just

1683

01:02:34,920 --> 01:02:32,680

got the diagnostic capability of

1684

01:02:36,510 --> 01:02:34,930

discovering that Borriello causes Lyme

1685

01:02:38,940 --> 01:02:36,520

or du Lyme disease was even a thing in

1686

01:02:42,170 --> 01:02:38,950

the 1970s it had just showed itself up

1687

01:02:44,310 --> 01:02:42,180

is ludicrous Greg it's like autism

1688

01:02:46,530 --> 01:02:44,320

increasing exponentially because of

1689

01:02:48,210 --> 01:02:46,540

diagnostic methods you know it's right

1690

01:02:50,790 --> 01:02:48,220

next to Plum Island all of a sudden you

1691

01:02:52,440 --> 01:02:50,800

have a ver lynch strain of boreal and it

1692

01:02:54,359 --> 01:02:52,450

probably came from experimentation of

1693

01:02:56,250 --> 01:02:54,369

horizontal gene transfer of tried to

1694

01:02:58,440 --> 01:02:56,260

make it more virulent and putting the

1695

01:03:00,480 --> 01:02:58,450

spirochete into ticks

1696

01:03:02,309 --> 01:03:00,490

then somehow a tick managing to get off

1697

01:03:03,540 --> 01:03:02,319

a Plum Island to Old Lyme you know maybe

1698

01:03:05,700 --> 01:03:03,550

hitched a ride on a bird or something

1699

01:03:07,559 --> 01:03:05,710

this is interesting it's just so hard

1700

01:03:09,270 --> 01:03:07,569

for people to kind of look at that and

1701  
01:03:12,359 --> 01:03:09,280  
to kind of believe that maybe this is a

1702  
01:03:14,430 --> 01:03:12,369  
man-made variation to a comment bacteria

1703  
01:03:15,780 --> 01:03:14,440  
I mean we know bori Ella there are a lot

1704  
01:03:17,700 --> 01:03:15,790  
of people walking around with it that

1705  
01:03:20,010 --> 01:03:17,710  
are asymptomatic that may have gotten

1706  
01:03:21,720 --> 01:03:20,020  
tick bites in the past and I didn't get

1707  
01:03:23,670 --> 01:03:21,730  
full-blown Lima C's or even sexually

1708  
01:03:26,670 --> 01:03:23,680  
transmitted it because it is a

1709  
01:03:29,550 --> 01:03:26,680  
spirochete similar to syphilis but it is

1710  
01:03:30,990 --> 01:03:29,560  
transmitted through sex so is the

1711  
01:03:32,490 --> 01:03:31,000  
difference between the reason why

1712  
01:03:33,540 --> 01:03:32,500  
someone gets Lyme disease and there's

1713  
01:03:35,069 --> 01:03:33,550

someone who's walking around with

1714

01:03:37,170 --> 01:03:35,079

Borella doesn't have any symptoms

1715

01:03:40,250 --> 01:03:37,180

whatsoever is the difference this

1716

01:03:42,780 --> 01:03:40,260

specific strain that was genetically

1717

01:03:44,730 --> 01:03:42,790

manipulated that was released from Plum

1718

01:03:46,220 --> 01:03:44,740

Island I would say so I mean you've

1719

01:03:48,030 --> 01:03:46,230

probably talked about and I love

1720

01:03:49,559 --> 01:03:48,040

cryptozoology I'm a huge fan of it

1721

01:03:52,410 --> 01:03:49,569

actually my eight-year-old son is

1722

01:03:53,730 --> 01:03:52,420

successful Bigfoot but a lot of people

1723

01:03:55,500 --> 01:03:53,740

yeah I know you've talked about the

1724

01:03:57,150 --> 01:03:55,510

Montauk creature a lot of people say

1725

01:03:57,609 --> 01:03:57,160

that that came from Plum Island you know

1726

01:03:59,140 --> 01:03:57,619

whatever

1727

01:04:01,630 --> 01:03:59,150

the heck the raccoon looking thing look

1728

01:04:03,700 --> 01:04:01,640

like you know it would fit the bill I

1729

01:04:06,460 --> 01:04:03,710

mean Plum Island is pretty close to

1730

01:04:11,200 --> 01:04:06,470

Montauk New York so it could have washed

1731

01:04:13,960 --> 01:04:11,210

up on the beach you know so yeah is this

1732

01:04:15,910 --> 01:04:13,970

interesting of how people think well the

1733

01:04:17,289 --> 01:04:15,920

government would never bioengineer a

1734

01:04:19,239 --> 01:04:17,299

weapon that's against the Geneva

1735

01:04:21,730 --> 01:04:19,249

Convention right you know but I'm pretty

1736

01:04:24,039 --> 01:04:21,740

sure it's going on it has to be going on

1737

01:04:25,450 --> 01:04:24,049

yeah it's interesting that they say well

1738

01:04:27,700 --> 01:04:25,460

we're just doing the research on Plum

1739

01:04:30,789 --> 01:04:27,710

Island just to protect our livestock

1740

01:04:33,400 --> 01:04:30,799

initially the idea for a Plum Island and

1741

01:04:36,430 --> 01:04:33,410

even before hand for Diedrich was to

1742

01:04:38,049 --> 01:04:36,440

develop these biological weapons hmm but

1743

01:04:39,789 --> 01:04:38,059

now we're not doing it anymore instead

1744

01:04:41,529 --> 01:04:39,799

we're using it just to protect our

1745

01:04:43,539 --> 01:04:41,539

livestock it's just ludicrous to me

1746

01:04:46,480 --> 01:04:43,549

right oh yeah we've seen that before

1747

01:04:48,609 --> 01:04:46,490

where chemical companies turn into food

1748

01:04:51,400 --> 01:04:48,619

companies and Monsanto used to make

1749

01:04:53,380 --> 01:04:51,410

Agent Orange yeah that's not surprising

1750

01:04:56,759 --> 01:04:53,390

that these companies go back and forth

1751

01:04:59,529 --> 01:04:56,769

between areas of weaponization and

1752

01:05:01,900 --> 01:04:59,539

things that are harmful and then

1753

01:05:03,339 --> 01:05:01,910

oh yeah we're just gonna actually give

1754

01:05:04,420 --> 01:05:03,349

them the keys of the castle when it

1755

01:05:07,599 --> 01:05:04,430

comes to public health

1756

01:05:09,940 --> 01:05:07,609

that sounds wise yeah one last thing I

1757

01:05:11,950 --> 01:05:09,950

want to mention too is HIV which most

1758

01:05:14,140 --> 01:05:11,960

people know it supposedly causes the

1759

01:05:16,479 --> 01:05:14,150

autoimmune condition AIDS a common

1760

01:05:18,370 --> 01:05:16,489

retrovirus is the cause of it they

1761

01:05:20,890 --> 01:05:18,380

forget to leave out that the parasite

1762

01:05:23,529 --> 01:05:20,900

int'l amoeba hiss Luka has a way of

1763

01:05:27,940 --> 01:05:23,539

possibly modulating the virulence of the

1764

01:05:31,420 --> 01:05:27,950

lentivirus of HIV and making it possibly

1765

01:05:34,509 --> 01:05:31,430

what causes people to get AIDS is

1766

01:05:36,940 --> 01:05:34,519

because you know the actual HIV cells

1767

01:05:38,559 --> 01:05:36,950

are consumed by Intel and people hiss

1768

01:05:41,710 --> 01:05:38,569

Lakan can be spread throughout the body

1769

01:05:44,349 --> 01:05:41,720

so it is a big possibility that aids is

1770

01:05:47,559 --> 01:05:44,359

just a massive in to me blah hiss Luka

1771

01:05:50,349 --> 01:05:47,569

infection as the primary agent and the

1772

01:05:53,529 --> 01:05:50,359

retrovirus HIV itself is just a

1773

01:05:55,180 --> 01:05:53,539

secondary issue it would make sense to

1774

01:05:57,400 --> 01:05:55,190

me people hiss saccas a parasite is

1775

01:06:00,549 --> 01:05:57,410

commonly found in the colon and one of

1776

01:06:03,910 --> 01:06:00,559

the main ways of getting HIV and AIDS is

1777

01:06:06,519 --> 01:06:03,920

through anal sex which could tear the

1778

01:06:08,289 --> 01:06:06,529

anus over time and cause a propagation

1779

01:06:10,150 --> 01:06:08,299

of Antonio Hisoka to get into the

1780

01:06:11,079 --> 01:06:10,160

bloodstream I mean HIV and AIDS is not

1781

01:06:12,849 --> 01:06:11,089

commonly

1782

01:06:14,979 --> 01:06:12,859

spread through oral sex or through

1783

01:06:17,380 --> 01:06:14,989

vaginal sex it could happen but it's

1784

01:06:19,719 --> 01:06:17,390

generally rare so I mean there goes

1785

01:06:21,729 --> 01:06:19,729

again another relation to the microbiome

1786

01:06:24,099 --> 01:06:21,739

in possibly causing another autoimmune

1787

01:06:26,049 --> 01:06:24,109

or no actual pathogenic disease

1788

01:06:27,670 --> 01:06:26,059

condition Wow

1789

01:06:29,289 --> 01:06:27,680

I mean that's interesting to us also

1790

01:06:31,870 --> 01:06:29,299

taboo but I've never really thought

1791

01:06:34,089 --> 01:06:31,880

about it from that connection to the gut

1792

01:06:36,489 --> 01:06:34,099

perspective which does seem to make

1793

01:06:39,069 --> 01:06:36,499

sense in this wider context and you also

1794

01:06:41,799 --> 01:06:39,079

mentioned to me some concerns that the

1795

01:06:44,549 --> 01:06:41,809

company biome might be studying our

1796

01:06:46,799 --> 01:06:44,559

microbiome for the elite kind of like a

1797

01:06:49,680 --> 01:06:46,809

microbiome version of the popular

1798

01:06:52,599 --> 01:06:49,690

23andme genetic test which of course

1799

01:06:54,549 --> 01:06:52,609

raised my suspicions but why are you

1800

01:06:56,380 --> 01:06:54,559

raising the red flag on volume what has

1801  
01:06:58,719 --> 01:06:56,390  
you concerned here what looks a little

1802  
01:07:00,489 --> 01:06:58,729  
off to you the thing that concerns me

1803  
01:07:02,079 --> 01:07:00,499  
most about biome and I'll say it's

1804  
01:07:04,930 --> 01:07:02,089  
simply put we can go on to it a little

1805  
01:07:07,239 --> 01:07:04,940  
bit more it's because the government has

1806  
01:07:09,670 --> 01:07:07,249  
access to your microbiome because all

1807  
01:07:15,279 --> 01:07:09,680  
the tests for volume are done at the Los

1808  
01:07:17,049 --> 01:07:15,289  
Alamos National Laboratory so you gotta

1809  
01:07:21,249 --> 01:07:17,059  
get scared there because they have a

1810  
01:07:23,440 --> 01:07:21,259  
biome it was started by Naveen John he

1811  
01:07:25,569 --> 01:07:23,450  
went to Los Alamos and he was like hey I

1812  
01:07:28,719 --> 01:07:25,579  
want to use your testing mechanism of

1813  
01:07:31,180 --> 01:07:28,729

using poly chain erase or PCR testing to

1814

01:07:33,549 --> 01:07:31,190

map out the microbiome and Los Alamos

1815

01:07:37,839 --> 01:07:33,559

said yeah we'll do it but we want you to

1816

01:07:40,509 --> 01:07:37,849

still do it at our laboratories so yes

1817

01:07:42,549 --> 01:07:40,519

that's where I'm scared that's why I

1818

01:07:44,890 --> 01:07:42,559

would not recommend anybody do volume

1819

01:07:46,660 --> 01:07:44,900

there's much safer microbiome tests are

1820

01:07:48,759 --> 01:07:46,670

probably better they do a microbiome

1821

01:07:51,039 --> 01:07:48,769

culture and a PCR test like Genova GI

1822

01:07:52,779 --> 01:07:51,049

effects I definitely would not want the

1823

01:07:54,640 --> 01:07:52,789

government to have access to my

1824

01:07:55,749 --> 01:07:54,650

microbiome I don't think you want the

1825

01:07:57,670 --> 01:07:55,759

government to have access to your

1826  
01:07:59,680 --> 01:07:57,680  
microbiome to the Los Alamos National

1827  
01:08:03,099 --> 01:07:59,690  
Laboratory now of course Naveen John

1828  
01:08:04,660 --> 01:08:03,109  
says that your microbiome is safe that

1829  
01:08:06,999 --> 01:08:04,670  
the government's probably not gonna have

1830  
01:08:09,640 --> 01:08:07,009  
any access to it but when you got the

1831  
01:08:11,549 --> 01:08:09,650  
last Alamos laboratory doing the testing

1832  
01:08:14,440 --> 01:08:11,559  
it kind of raises some red flags

1833  
01:08:16,209 --> 01:08:14,450  
just like with 23andme when you had the

1834  
01:08:19,089 --> 01:08:16,219  
founder of Google's wife starting the

1835  
01:08:22,370 --> 01:08:19,099  
company it kind of throws out some red

1836  
01:08:25,129 --> 01:08:22,380  
flags I see what

1837  
01:08:28,280 --> 01:08:25,139  
in there yeah of course and you had

1838  
01:08:29,689 --> 01:08:28,290

mentioned the effects of psychedelics on

1839

01:08:33,019 --> 01:08:29,699

the gut of course we should get into

1840

01:08:34,370 --> 01:08:33,029

that I don't know how specific you want

1841

01:08:37,220 --> 01:08:34,380

to get or if you've really looked at

1842

01:08:39,559 --> 01:08:37,230

each one individually but definitely an

1843

01:08:41,749 --> 01:08:39,569

interesting subject I know my gut

1844

01:08:44,240 --> 01:08:41,759

sometimes is feeling it pretty hard when

1845

01:08:46,640 --> 01:08:44,250

I have a dose of mushrooms I can say

1846

01:08:49,490 --> 01:08:46,650

that for sure but tell us a little bit

1847

01:08:51,800 --> 01:08:49,500

about this kind of frenzy area of the

1848

01:08:53,269 --> 01:08:51,810

research you've done yeah Greg I mean

1849

01:08:54,950 --> 01:08:53,279

it's sad we don't have a lot of research

1850

01:08:59,930 --> 01:08:54,960

don't talk about of the microbiome

1851

01:09:02,390 --> 01:08:59,940

effects of LSD psilocybin salvia DMT

1852

01:09:04,550 --> 01:09:02,400

well of course with any ayahuasca tea

1853

01:09:06,379 --> 01:09:04,560

I've taken MAO inhibitor with the DMT

1854

01:09:08,120 --> 01:09:06,389

and the Mao hipper itself as it strong

1855

01:09:09,260 --> 01:09:08,130

but negative effect on the gut DMT

1856

01:09:11,329 --> 01:09:09,270

itself doesn't really seem to have a

1857

01:09:12,470 --> 01:09:11,339

negative effect upper setting but we

1858

01:09:14,479 --> 01:09:12,480

don't really have a study of the

1859

01:09:16,760 --> 01:09:14,489

microbiome effects of consuming these

1860

01:09:18,709 --> 01:09:16,770

for example eating mushrooms or

1861

01:09:20,090 --> 01:09:18,719

consuming them so psilocybin so yeah I

1862

01:09:22,249 --> 01:09:20,100

would have some effect on the microbe on

1863

01:09:24,349 --> 01:09:22,259

we just don't it's not studied but we do

1864

01:09:25,970 --> 01:09:24,359

know the effects of alcohol and we do

1865

01:09:28,039 --> 01:09:25,980

know the effects of marijuana now the

1866

01:09:30,919 --> 01:09:28,049

effects of alcohol drinking a little

1867

01:09:33,110 --> 01:09:30,929

drink on occasion could be beneficial I

1868

01:09:34,879 --> 01:09:33,120

mean especially if it's wine wine has

1869

01:09:36,950 --> 01:09:34,889

strong antioxidant capability is a

1870

01:09:38,660 --> 01:09:36,960

pretty good prebiotic on occasional

1871

01:09:40,910 --> 01:09:38,670

glass of wine could have a very nice

1872

01:09:42,800 --> 01:09:40,920

positive benefit on the microbiome

1873

01:09:45,249 --> 01:09:42,810

that's been well studied chronic

1874

01:09:47,840 --> 01:09:45,259

alcoholism on the other hand has a very

1875

01:09:49,340 --> 01:09:47,850

negative effect on the microbiome and a

1876

01:09:50,840 --> 01:09:49,350

very negative effect too on the

1877

01:09:54,200 --> 01:09:50,850

digestive system I mean it taxes the

1878

01:09:56,000 --> 01:09:54,210

liver causes cirrhosis alcohol itself I

1879

01:10:01,970 --> 01:09:56,010

hate to say it now since I've become ill

1880

01:10:03,439 --> 01:10:01,980

I'm a complete straightedge Tito I used

1881

01:10:05,649 --> 01:10:03,449

to smoke marijuana back in the day I

1882

01:10:08,899 --> 01:10:05,659

still have my 8-ball Steamroller

1883

01:10:10,490 --> 01:10:08,909

you know somewhere in Swords marijuana

1884

01:10:11,959 --> 01:10:10,500

on the other hand you know I do want to

1885

01:10:14,510 --> 01:10:11,969

get on the other psychedelics too as

1886

01:10:16,100 --> 01:10:14,520

well LSD psilocybin Salvy and DMT and

1887

01:10:18,140 --> 01:10:16,110

peyote and everything but marijuana

1888

01:10:20,660 --> 01:10:18,150

seems to have the most positive effect

1889

01:10:23,689 --> 01:10:20,670

on the microbiome and digestion out of

1890

01:10:27,439 --> 01:10:23,699

all the hallucinogens whooh thank God

1891

01:10:29,720 --> 01:10:27,449

yeah THC we know it's a cannabinoid and

1892

01:10:33,110 --> 01:10:29,730

it works similar to the neurotransmitter

1893

01:10:35,060 --> 01:10:33,120

an amide minutes way of affecting all

1894

01:10:35,960 --> 01:10:35,070

the positives from anti-inflammatory and

1895

01:10:39,140 --> 01:10:35,970

anti-cancer

1896

01:10:41,600 --> 01:10:39,150

helping proper immune function THC has a

1897

01:10:44,360 --> 01:10:41,610

positive effect on the microbiome and so

1898

01:10:47,360 --> 01:10:44,370

does a kin a band also known as CBD oil

1899

01:10:49,730 --> 01:10:47,370

they both have a very positive effect on

1900

01:10:51,320 --> 01:10:49,740

the microbiome and it's actually

1901

01:10:55,670 --> 01:10:51,330

probably better for most people to

1902

01:10:58,190 --> 01:10:55,680

consume marijuana with THC and CBD oil

1903

01:11:00,680 --> 01:10:58,200

together you've had Rick Simpson on the

1904

01:11:03,080 --> 01:11:00,690

higher side chats and Rick Simpson oil

1905

01:11:05,450 --> 01:11:03,090

of course the combination of both THC

1906

01:11:07,610 --> 01:11:05,460

and other cabinet Orioles seem to have a

1907

01:11:09,770 --> 01:11:07,620

better benefit of overall health if all

1908

01:11:11,270 --> 01:11:09,780

possible but if you can't because it's

1909

01:11:13,460 --> 01:11:11,280

illegal and I understand

1910

01:11:16,190 --> 01:11:13,470

sadly the way of controlling the

1911

01:11:17,750 --> 01:11:16,200

populace then CVD oil will have some

1912

01:11:20,420 --> 01:11:17,760

positive effect for digestion in the

1913

01:11:22,280 --> 01:11:20,430

microbiome but let's get down and weed

1914

01:11:25,460 --> 01:11:22,290

let's get down to why it works for

1915

01:11:28,580 --> 01:11:25,470

marijuana really is nausea because THC

1916

01:11:31,370 --> 01:11:28,590

inhibits the 5-HT<sub>3</sub> serotonin receptor

1917

01:11:33,320 --> 01:11:31,380

similar to the mechanism by which ginger

1918

01:11:35,120 --> 01:11:33,330

helps relieve nausea a lot of pregnant

1919

01:11:36,560 --> 01:11:35,130

women take ginger to help relieve

1920

01:11:39,620 --> 01:11:36,570

morning sickness so it works very well

1921

01:11:41,960 --> 01:11:39,630

for that the problem with that is as

1922

01:11:44,450 --> 01:11:41,970

some people gastroparesis or delayed

1923

01:11:46,580 --> 01:11:44,460

gastric emptying it could cause those

1924

01:11:48,920 --> 01:11:46,590

problems so they'd have to look out for

1925

01:11:51,320 --> 01:11:48,930

that we do know that marijuana also

1926

01:11:53,600 --> 01:11:51,330

stimulates appetite norges it very well

1927

01:11:56,090 --> 01:11:53,610

for that it does that by stimulating the

1928

01:11:59,120 --> 01:11:56,100

cannabinoid receptors so of course the

1929

01:12:00,860 --> 01:11:59,130

munchies that's where it comes from it

1930

01:12:03,320 --> 01:12:00,870

also reduces gut pain and by

1931

01:12:05,540 --> 01:12:03,330

manipulating the trpv1 receptors and

1932

01:12:07,190 --> 01:12:05,550

also increases clonic activity so it may

1933

01:12:09,440 --> 01:12:07,200

work very well for constipation for some

1934

01:12:12,680 --> 01:12:09,450

people when activation or modulation the

1935

01:12:14,750 --> 01:12:12,690

trpv1 is similar to eating spicy foods

1936

01:12:16,250 --> 01:12:14,760

it works the same way you know if you

1937

01:12:18,320 --> 01:12:16,260

don't eat spicy foods for a long time

1938

01:12:21,260 --> 01:12:18,330

and you go eat some ghost peppers you're

1939

01:12:23,000 --> 01:12:21,270

gonna be crapping out your guts mm-hmm

1940

01:12:25,160 --> 01:12:23,010

so marijuana does have a way of getting

1941

01:12:26,750 --> 01:12:25,170

that good morning token just like a lot

1942

01:12:27,890 --> 01:12:26,760

of that morning coffee that people drink

1943

01:12:30,290 --> 01:12:27,900

and they have to go do a bowel movement

1944

01:12:33,140 --> 01:12:30,300

or that morning cigarette it does have a

1945

01:12:35,360 --> 01:12:33,150

positive colonic affect people with

1946

01:12:37,130 --> 01:12:35,370

diarrhea or people with CIPO with

1947

01:12:38,930 --> 01:12:37,140

diarrhea IBS with diarrhea probably

1948

01:12:40,760 --> 01:12:38,940

wouldn't want to smoke marijuana because

1949

01:12:42,170 --> 01:12:40,770

it could trigger that but people have

1950

01:12:44,960 --> 01:12:42,180

constipation it would have a really good

1951

01:12:47,390 --> 01:12:44,970

positive effect on that but we do know

1952

01:12:49,320 --> 01:12:47,400

that THC itself does have a positive

1953

01:12:51,390 --> 01:12:49,330

effect on the microbiome

1954

01:12:52,980 --> 01:12:51,400

reduces a lot of opportunistic growth

1955

01:12:55,950 --> 01:12:52,990

that's found in the gut a lot of

1956

01:12:57,930 --> 01:12:55,960

opportunistic clostridia and vasila like

1957

01:12:58,980 --> 01:12:57,940

Staphylococcus growth and probe atella

1958

01:13:01,230 --> 01:12:58,990

growth that could cause a lot of

1959

01:13:03,240 --> 01:13:01,240

digestive issues also increases the

1960

01:13:04,740 --> 01:13:03,250

probiotic Accra man some yuca philia

1961

01:13:07,560 --> 01:13:04,750

which is very important because it helps

1962

01:13:10,290 --> 01:13:07,570

to maintain the mucosal barrier within

1963

01:13:12,990 --> 01:13:10,300

the gut and within our esophagus so it

1964

01:13:14,700 --> 01:13:13,000

would appear that THC itself the

1965

01:13:16,530 --> 01:13:14,710

bacteria in your gut they like it a lot

1966

01:13:19,650 --> 01:13:16,540

and they like it very positively Gregg

1967

01:13:23,760 --> 01:13:19,660

so I mean that's another positive for

1968

01:13:25,950 --> 01:13:23,770

THC there's one rare condition it's

1969

01:13:27,870 --> 01:13:25,960

extremely rare and it's unknown if THC

1970

01:13:29,190 --> 01:13:27,880

or activation of Cavanagh it's caused

1971

01:13:31,500 --> 01:13:29,200

this and it's called kab annoyed

1972

01:13:33,090 --> 01:13:31,510

hyperemesis syndrome Jarrell you know

1973

01:13:36,300 --> 01:13:33,100

you'll you'll have that it usually only

1974

01:13:38,040 --> 01:13:36,310

occurs in long-term marijuana users and

1975

01:13:40,620 --> 01:13:38,050

is extremely rare where if it happens

1976

01:13:43,170 --> 01:13:40,630

you'll just vomit a lot you know and on

1977

01:13:47,640 --> 01:13:43,180

control and oh be related to your intake

1978

01:13:49,440 --> 01:13:47,650

of THC but just stopping marijuana use

1979

01:13:51,330 --> 01:13:49,450

in hot showers seem to help with that

1980

01:13:53,550 --> 01:13:51,340

and we don't quite know why it happens

1981

01:13:56,760 --> 01:13:53,560

yet but it could actually have nothing

1982

01:13:58,590 --> 01:13:56,770

to do with THC or marijuana itself it

1983

01:14:01,860 --> 01:13:58,600

could be just something that THC or

1984

01:14:02,400 --> 01:14:01,870

marijuana exasperates or makes worse we

1985

01:14:05,040 --> 01:14:02,410

don't know

1986

01:14:07,500 --> 01:14:05,050

another hallucinogen it seems to have a

1987

01:14:08,730 --> 01:14:07,510

positive effect on digestion but we

1988

01:14:12,060 --> 01:14:08,740

don't know its effect on the microbiome

1989

01:14:14,160 --> 01:14:12,070

is salvia divinorum saviem is a capa

1990

01:14:16,650 --> 01:14:14,170

opioid agonist so it worked very well

1991

01:14:19,740 --> 01:14:16,660

for people with diarrhea it would reduce

1992

01:14:21,120 --> 01:14:19,750

intestinal spasms and a test no pain so

1993

01:14:23,520 --> 01:14:21,130

work very well for that and salvia is

1994

01:14:25,980 --> 01:14:23,530

also a dopamine agonist so it would help

1995

01:14:28,770 --> 01:14:25,990

also to slow down motility and those

1996

01:14:30,780 --> 01:14:28,780

people but it could cause acid reflux by

1997

01:14:32,970 --> 01:14:30,790

reducing lower esophageal tone and

1998

01:14:34,860 --> 01:14:32,980

delaying stomach emptying so people are

1999

01:14:37,860 --> 01:14:34,870

silent reflux or gas intestinal reflux

2000

01:14:40,260 --> 01:14:37,870

probably don't want to smoke salvia but

2001  
01:14:42,150 --> 01:14:40,270  
for everyone else could have a benefit

2002  
01:14:44,550 --> 01:14:42,160  
especially if you have more [h\_\_h]

2003  
01:14:46,050 --> 01:14:44,560  
colon or more prone to diarrhea I could

2004  
01:14:48,900 --> 01:14:46,060  
have a very positive benefit on the

2005  
01:14:52,200 --> 01:14:48,910  
microbiome or digestion should I say now

2006  
01:14:54,600 --> 01:14:52,210  
we do know that LSD in psilocybin it's

2007  
01:14:57,930 --> 01:14:54,610  
kind of mixed psilocybin is way safer on

2008  
01:15:01,170 --> 01:14:57,940  
the gut than LSD is LSD increases

2009  
01:15:03,240 --> 01:15:01,180  
serotonin so strongly in the body way

2010  
01:15:05,280 --> 01:15:03,250  
more than psilocybin does

2011  
01:15:07,680 --> 01:15:05,290  
strongly associated with nausea and

2012  
01:15:09,630 --> 01:15:07,690  
vomiting and digestive discomfort and

2013  
01:15:11,850 --> 01:15:09,640

diarrhea granted not as strong as people

2014

01:15:14,160 --> 01:15:11,860

who ingest ayahuasca tea because of the

2015

01:15:15,840 --> 01:15:14,170

mao-a inhibitor that I have to take with

2016

01:15:18,870 --> 01:15:15,850

it you know whether it's been sister

2017

01:15:20,700 --> 01:15:18,880

office copy vine or Syrian roof an MAO

2018

01:15:22,860 --> 01:15:20,710

inhibitor definitely causes what is

2019

01:15:24,960 --> 01:15:22,870

known as ayahuasca purge yeah

2020

01:15:25,860 --> 01:15:24,970

but smoking DMT itself wouldn't have

2021

01:15:27,660 --> 01:15:25,870

that problem

2022

01:15:29,850 --> 01:15:27,670

I would bypass in heat of an MAO

2023

01:15:31,680 --> 01:15:29,860

inhibitor I mean DMT it's funny now I

2024

01:15:33,300 --> 01:15:31,690

know you've had people discuss it great

2025

01:15:35,940 --> 01:15:33,310

links on your podcast I'm not gonna go

2026

01:15:37,230 --> 01:15:35,950

to a death in it but it is found in a

2027

01:15:38,850 --> 01:15:37,240

lot of plants that we eat I mean it's

2028

01:15:40,500 --> 01:15:38,860

extremely common in citrus fruits like

2029

01:15:42,720 --> 01:15:40,510

lemon and oranges and the reason why you

2030

01:15:45,570 --> 01:15:42,730

don't trip balls every time you ingest

2031

01:15:47,430 --> 01:15:45,580

an orange is because you have this mao-a

2032

01:15:49,860 --> 01:15:47,440

inhibitor enzyme that kind of breaks

2033

01:15:51,990 --> 01:15:49,870

down DMT and renders it useless mm-hmm

2034

01:15:54,030 --> 01:15:52,000

so that's why people have to ingest a

2035

01:15:55,890 --> 01:15:54,040

caapi vine or Syrian root a kind of work

2036

01:15:57,930 --> 01:15:55,900

as ma it won't take prescription mao

2037

01:15:59,100 --> 01:15:57,940

inhibitors which do have a very negative

2038

01:16:03,210 --> 01:15:59,110

effect on the gut

2039

01:16:05,490 --> 01:16:03,220

now psilocybin it doesn't have a strong

2040

01:16:08,340 --> 01:16:05,500

effect digestive lies as strong as LSD

2041

01:16:11,700 --> 01:16:08,350

does on as a crease of serotonin through

2042

01:16:14,760 --> 01:16:11,710

activation of 5-htt to a receptors but

2043

01:16:19,050 --> 01:16:14,770

it can cause and some people queasiness

2044

01:16:20,280 --> 01:16:19,060

nausea vomiting and diarrhea so it could

2045

01:16:22,470 --> 01:16:20,290

be a possibility in people with

2046

01:16:24,810 --> 01:16:22,480

constipation that psilocybin could be

2047

01:16:27,270 --> 01:16:24,820

helpful but I would argue that marijuana

2048

01:16:29,730 --> 01:16:27,280

and salvia are probably safer definitely

2049

01:16:31,860 --> 01:16:29,740

safer so the salvia helps with diarrhea

2050

01:16:33,510 --> 01:16:31,870

and consciousness the consciousness

2051

01:16:35,010 --> 01:16:33,520

communication with interdimensional

2052

01:16:36,690 --> 01:16:35,020

entities yeah if you got either of those

2053

01:16:40,020 --> 01:16:36,700

issues that you're trying to solve

2054

01:16:41,490 --> 01:16:40,030

little salvia do you ride up yeah very

2055

01:16:44,340 --> 01:16:41,500

much so a marijuana would help a lot

2056

01:16:47,370 --> 01:16:44,350

with constipation so yeah I mean I'm not

2057

01:16:49,110 --> 01:16:47,380

against psychedelic use obviously and I

2058

01:16:51,180 --> 01:16:49,120

talked about off and on through fixture

2059

01:16:53,190 --> 01:16:51,190

that I do believe in the municipal

2060

01:16:53,700 --> 01:16:53,200

benefits of marijuana there's no doubt

2061

01:16:55,800 --> 01:16:53,710

about it

2062

01:16:59,060 --> 01:16:55,810

I think there's medicinal benefits and

2063

01:17:03,600 --> 01:16:59,070

psilocybin and salvia too as well DMT to

2064

01:17:05,040 --> 01:17:03,610

LSD in not so much ever then again it's

2065

01:17:06,750 --> 01:17:05,050

probably because I'm worried about LSD

2066

01:17:10,140 --> 01:17:06,760

possibly being produced by the

2067

01:17:11,910 --> 01:17:10,150

government and of course I also have the

2068

01:17:14,310 --> 01:17:11,920

same concern man I've only really done

2069

01:17:16,380 --> 01:17:14,320

that one once although I have friends

2070

01:17:16,830 --> 01:17:16,390

who will tell me they keep pushing it

2071

01:17:18,540 --> 01:17:16,840

they're like

2072

01:17:19,919 --> 01:17:18,550

there's a lot less likely chance she'll

2073

01:17:23,280 --> 01:17:19,929

have a bad trip than if you take

2074

01:17:26,580 --> 01:17:23,290

mushrooms and that is an argument that

2075

01:17:28,680 --> 01:17:26,590

is pretty persuasive to me but no one

2076

01:17:31,530 --> 01:17:28,690

wants a bad trip but at the same time I

2077

01:17:33,000 --> 01:17:31,540

have those same laboratory concerns of

2078

01:17:34,620 --> 01:17:33,010

course you could say a lot of

2079

01:17:37,649 --> 01:17:34,630

researchers are bringing up the fact

2080

01:17:39,540 --> 01:17:37,659

that Gordon Wasson is who extracted you

2081

01:17:42,750 --> 01:17:39,550

know not extracted in a chemical sense

2082

01:17:45,300 --> 01:17:42,760

but pulled the mushroom out of the

2083

01:17:48,149 --> 01:17:45,310

indigenous cultures in Mexico from that

2084

01:17:50,189 --> 01:17:48,159

trip they took down there and filmed it

2085

01:17:52,290 --> 01:17:50,199

for that show and put it all in Life

2086

01:17:54,660 --> 01:17:52,300

magazine which was apparently owned by

2087

01:17:57,000 --> 01:17:54,670

the skullenbones so that's a curious

2088

01:17:59,040 --> 01:17:57,010

road to but at least it grows in the

2089

01:18:00,780 --> 01:17:59,050

ground I would actually argue the

2090

01:18:03,209 --> 01:18:00,790

psilocybin is a lot shorter trip than

2091

01:18:05,550 --> 01:18:03,219

LSD man I know the trip may be more

2092

01:18:07,229 --> 01:18:05,560

attentive but I'd myself I've done

2093

01:18:09,060 --> 01:18:07,239

psilocybin only once in my life done

2094

01:18:10,740 --> 01:18:09,070

salvia handful of times

2095

01:18:12,600 --> 01:18:10,750

oh of course a lot of this was when I

2096

01:18:14,729 --> 01:18:12,610

was a lot of younger yeah no worries

2097

01:18:18,030 --> 01:18:14,739

I've been sick that I do any of this I

2098

01:18:20,820 --> 01:18:18,040

actually did ayahuasca - Wow I suppose I

2099

01:18:23,280 --> 01:18:20,830

enjoy DMT I its effects I would never

2100

01:18:25,020 --> 01:18:23,290

recommend ever consuming ayahuasca again

2101

01:18:26,669 --> 01:18:25,030

just because like I said I purged my

2102

01:18:28,830 --> 01:18:26,679

guts on the toilet and I don't

2103

01:18:31,530 --> 01:18:28,840

necessarily enjoyed that very much the

2104

01:18:33,300 --> 01:18:31,540

trip was nice ingesting ayahuasca on the

2105

01:18:35,580 --> 01:18:33,310

other hand not really worth it to him I

2106

01:18:38,580 --> 01:18:35,590

might know not a pleasant experience I

2107

01:18:40,770 --> 01:18:38,590

hear no no but I mean these all do have

2108

01:18:42,930 --> 01:18:40,780

effect on our gut both positively and

2109

01:18:45,750 --> 01:18:42,940

negatively and I am probably the most

2110

01:18:47,879 --> 01:18:45,760

concerned about LSD I know there are

2111

01:18:49,979 --> 01:18:47,889

people that claim it's safer just

2112

01:18:51,390 --> 01:18:49,989

something about it just gives me out

2113

01:18:53,189 --> 01:18:51,400

mm-hmm

2114

01:18:55,830 --> 01:18:53,199

and well these aren't people who know

2115

01:18:59,669 --> 01:18:55,840

that it's safer they just feel that it's

2116

01:19:01,530 --> 01:18:59,679

polarity is more positive whereas you

2117

01:19:03,510 --> 01:19:01,540

know with some of these things it can be

2118

01:19:05,550 --> 01:19:03,520

a grab bag of if you're gonna get taken

2119

01:19:08,339 --> 01:19:05,560

to a dark place and you know if you're

2120

01:19:09,839 --> 01:19:08,349

hanging out at an air B&B cabin in the

2121

01:19:11,850 --> 01:19:09,849

mountains going snowboarding with

2122

01:19:13,800 --> 01:19:11,860

friends you don't want to be taken to a

2123

01:19:16,709 --> 01:19:13,810

dark place so anything I could do to

2124

01:19:18,990 --> 01:19:16,719

hedge my bets is appealing but at the

2125

01:19:20,760 --> 01:19:19,000

same time you're right you just gotta be

2126

01:19:22,729 --> 01:19:20,770

careful because there is that added

2127

01:19:26,580 --> 01:19:22,739

caveat that it was cooked up in a lab

2128

01:19:29,280 --> 01:19:26,590

yeah what LSD I would assume it's been

2129

01:19:30,450 --> 01:19:29,290

more widely pronounced with extreme

2130

01:19:32,310 --> 01:19:30,460

trips where people

2131

01:19:33,870 --> 01:19:32,320

been able to come back from more than

2132

01:19:35,700 --> 01:19:33,880

psilocybin but I guess I could be

2133

01:19:38,130 --> 01:19:35,710

mistaken on that that's that's a fair

2134

01:19:40,320 --> 01:19:38,140

point too and I think a lot of people

2135

01:19:42,630 --> 01:19:40,330

who take it to that burnout level it's

2136

01:19:44,220 --> 01:19:42,640

hard to isolate what did it because

2137

01:19:47,070 --> 01:19:44,230

they're doing so much in their system

2138

01:19:48,900 --> 01:19:47,080

but I do like this kind of conversation

2139

01:19:51,270 --> 01:19:48,910

and I noticed that it does look like

2140

01:19:54,420 --> 01:19:51,280

you're working on a second book project

2141

01:19:56,910 --> 01:19:54,430

related to fixing our mitochondria which

2142

01:19:58,440 --> 01:19:56,920

I didn't even really know you could do I

2143

01:20:00,720 --> 01:19:58,450

thought that was kind of outside the

2144

01:20:02,250 --> 01:20:00,730

realm of what I had control over but

2145

01:20:04,380 --> 01:20:02,260

maybe you could give us a little preview

2146

01:20:06,990 --> 01:20:04,390

of the stuff you plan to cover in that

2147

01:20:09,120 --> 01:20:07,000

next book yeah I mean you know our

2148

01:20:10,709 --> 01:20:09,130

mitochondria are very important for our

2149

01:20:12,090 --> 01:20:10,719

health I mean some people can say it

2150

01:20:14,400 --> 01:20:12,100

determines whether or not we live or die

2151  
01:20:15,959 --> 01:20:14,410  
when our mitochondria it's time for the

2152  
01:20:17,459 --> 01:20:15,969  
mitochondria to stop working you know it

2153  
01:20:19,350 --> 01:20:17,469  
starts sell out of poses in our cells

2154  
01:20:22,020 --> 01:20:19,360  
die I mean they talked about the matter

2155  
01:20:24,000 --> 01:20:22,030  
casual theory of aging and how if we can

2156  
01:20:26,220 --> 01:20:24,010  
improve electron transport chain and

2157  
01:20:29,340 --> 01:20:26,230  
mitochondrial efficiency then we might

2158  
01:20:31,290 --> 01:20:29,350  
be able to improve longevity maybe to

2159  
01:20:33,030 --> 01:20:31,300  
the point where we can live forever and

2160  
01:20:34,700 --> 01:20:33,040  
all that being said I don't want that I

2161  
01:20:37,709 --> 01:20:34,710  
look at that as a form of transhumanism

2162  
01:20:40,110 --> 01:20:37,719  
as much as I am afraid that when I die

2163  
01:20:42,750 --> 01:20:40,120

I'll be reincarnated back here on earth

2164

01:20:45,570 --> 01:20:42,760

through of my more Gnostic Christian

2165

01:20:47,729 --> 01:20:45,580

beliefs nonetheless I still think that I

2166

01:20:51,570 --> 01:20:47,739

much rather die than live forever

2167

01:20:53,880 --> 01:20:51,580

trapped in a dystopian hell birth so

2168

01:20:55,440 --> 01:20:53,890

main reason why I think mitochondrial

2169

01:20:57,030 --> 01:20:55,450

function is important and I wouldn't

2170

01:20:58,640 --> 01:20:57,040

take it to the degree of eternal life

2171

01:21:00,390 --> 01:20:58,650

but I would take it to the agree of

2172

01:21:01,979 --> 01:21:00,400

improving a person's health and

2173

01:21:04,410 --> 01:21:01,989

improving their heart function I mean my

2174

01:21:07,260 --> 01:21:04,420

wife's great-grandfather had heart

2175

01:21:09,420 --> 01:21:07,270

failure and we got him on you Beck would

2176

01:21:12,240 --> 01:21:09,430

all in pqq and increased his ejection

2177

01:21:14,430 --> 01:21:12,250

fraction of his heart from about 22% to

2178

01:21:17,010 --> 01:21:14,440

about 70% so he was able to come up

2179

01:21:18,630 --> 01:21:17,020

oxygen and of course you know he did

2180

01:21:20,220 --> 01:21:18,640

eventually succumb the heart fell here

2181

01:21:22,800 --> 01:21:20,230

but it wasn't years down the line I mean

2182

01:21:25,800 --> 01:21:22,810

he made a recovery and lived I'd say a

2183

01:21:27,450 --> 01:21:25,810

good another five to six years before he

2184

01:21:29,160 --> 01:21:27,460

succumbed to the illness it's

2185

01:21:30,360 --> 01:21:29,170

interesting and he would have succumbed

2186

01:21:31,830 --> 01:21:30,370

much quicker to that you know you were

2187

01:21:32,729 --> 01:21:31,840

to succumb within a matter of months or

2188

01:21:34,680 --> 01:21:32,739

a matter years

2189

01:21:36,720 --> 01:21:34,690

if no intervention would have been done

2190

01:21:39,000 --> 01:21:36,730

you know just working on simple things

2191

01:21:41,070 --> 01:21:39,010

to work on as mitochondria my son for

2192

01:21:43,410 --> 01:21:41,080

example I can use Abel

2193

01:21:45,620 --> 01:21:43,420

his condition majority of the children

2194

01:21:48,180 --> 01:21:45,630

had documented cases of cardiomyopathy

2195

01:21:50,430 --> 01:21:48,190

with weak heart dying pretty much of

2196

01:21:52,110 --> 01:21:50,440

heart failure he was the only case he

2197

01:21:54,000 --> 01:21:52,120

did not either when he died his heart

2198

01:21:55,800 --> 01:21:54,010

was remarkably strong through the

2199

01:21:59,280 --> 01:21:55,810

autopsy there was no indication of

2200

01:22:01,470 --> 01:21:59,290

cardiomyopathy at all I not the toot

2201

01:22:03,870 --> 01:22:01,480

my own horn I think it was because I

2202

01:22:06,210 --> 01:22:03,880

gave him ubiquinol I gave him magnesium

2203

01:22:07,920 --> 01:22:06,220

I gave him pqq I exposed in the sunlight

2204

01:22:09,810 --> 01:22:07,930

I tried to get him fresh structured

2205

01:22:11,370 --> 01:22:09,820

water I tried to do two things to

2206

01:22:12,690 --> 01:22:11,380

increase mitochondrial function and

2207

01:22:15,090 --> 01:22:12,700

that's why his heart was able to

2208

01:22:16,590 --> 01:22:15,100

overcome that issue and the reason why I

2209

01:22:18,870 --> 01:22:16,600

wanted to write my second book is

2210

01:22:21,270 --> 01:22:18,880

because we live in a world that destroys

2211

01:22:23,070 --> 01:22:21,280

our mitochondria that saps our energy

2212

01:22:25,530 --> 01:22:23,080

that causes us to have cognitive

2213

01:22:27,210 --> 01:22:25,540

dysfunction and all these mitochondrial

2214

01:22:29,220 --> 01:22:27,220

dysfunction linked conditions like

2215

01:22:31,200 --> 01:22:29,230

diabetes and heart failure heart disease

2216

01:22:34,500 --> 01:22:31,210

for example and we're our mitochondria

2217

01:22:37,440 --> 01:22:34,510

on a constant onslaught every day of

2218

01:22:41,040 --> 01:22:37,450

oxidants you know EMF radiation heavy

2219

01:22:43,050 --> 01:22:41,050

metals chemtrails poor sleep or diet all

2220

01:22:45,570 --> 01:22:43,060

these things that were under and we have

2221

01:22:48,000 --> 01:22:45,580

to have some way to try to fight back to

2222

01:22:50,430 --> 01:22:48,010

have a better life against this I mean

2223

01:22:53,010 --> 01:22:50,440

you know if most people you talk to they

2224

01:22:55,470 --> 01:22:53,020

they have poor sleep they have poor

2225

01:22:56,910 --> 01:22:55,480

energy they can barely think and barely

2226

01:22:58,380 --> 01:22:56,920

function when they go throughout the day

2227

01:23:00,600 --> 01:22:58,390

and a lot of this has to do with the

2228

01:23:01,740 --> 01:23:00,610

microbiome which is why I reassure gut

2229

01:23:03,120 --> 01:23:01,750

but also has to deal with the

2230

01:23:06,480 --> 01:23:03,130

functioning and the health their

2231

01:23:09,450 --> 01:23:06,490

mitochondria too as well make sense man

2232

01:23:13,170 --> 01:23:09,460

you just know so much about so much and

2233

01:23:14,850 --> 01:23:13,180

it's just awesome to try to digest as

2234

01:23:19,800 --> 01:23:14,860

much as I can I hope people out there

2235

01:23:22,080 --> 01:23:19,810

taking notes but before we go do you

2236

01:23:23,910 --> 01:23:22,090

tell people where they can find your

2237

01:23:27,150 --> 01:23:23,920

website and anything else you're working

2238

01:23:29,520 --> 01:23:27,160

on or services you offer that they just

2239

01:23:32,010 --> 01:23:29,530

might not know about yet my website is

2240

01:23:33,480 --> 01:23:32,020

fix your gut calm definitely is to the

2241

01:23:35,010 --> 01:23:33,490

help of a good friend of mine titus

2242

01:23:36,780 --> 01:23:35,020

Wilson he's definitely if it wasn't for

2243

01:23:38,430 --> 01:23:36,790

me I would still be doing nothing and

2244

01:23:41,730 --> 01:23:38,440

doing my best to survive off the grid

2245

01:23:42,960 --> 01:23:41,740

and pot items as I could but yeah we

2246

01:23:44,430 --> 01:23:42,970

started the website to get actually

2247

01:23:46,050 --> 01:23:44,440

helped his sister who had a seizure

2248

01:23:48,180 --> 01:23:46,060

disorder helped her through it

2249

01:23:50,160 --> 01:23:48,190

everything is she's still alive today my

2250

01:23:51,870 --> 01:23:50,170

book fix your gut it's on Amazon

2251

01:23:53,640 --> 01:23:51,880

did anybody was listening to the podcast

2252

01:23:54,900 --> 01:23:53,650

Greg if it's okay with you I'd like to

2253

01:23:56,760 --> 01:23:54,910

offer to her for free

2254

01:23:58,350 --> 01:23:56,770

put the code higher side in on my

2255

01:23:59,790 --> 01:23:58,360

website Wow

2256

01:24:02,010 --> 01:23:59,800

just to give it to anybody I've been a

2257

01:24:04,800 --> 01:24:02,020

huge fan of the least I can do man least

2258

01:24:07,580 --> 01:24:04,810

I can I definitely appreciate that it's

2259

01:24:10,140 --> 01:24:07,590

a really giving thing to do on a big

2260

01:24:12,630 --> 01:24:10,150

promotional opportunity you know yeah I

2261

01:24:14,040 --> 01:24:12,640

also offer coaching not to toot my own

2262

01:24:15,960 --> 01:24:14,050

horn a little bit of anybody's having

2263

01:24:18,390 --> 01:24:15,970

digestive issues don't hesitate to reach

2264

01:24:20,400 --> 01:24:18,400

out to me but yeah hopefully one day I

2265

01:24:22,980 --> 01:24:20,410

am writing a book on my spare time about

2266

01:24:25,290 --> 01:24:22,990

the co-option of the right and maybe one

2267

01:24:27,270 --> 01:24:25,300

day I'll have that done said I could put

2268

01:24:27,720 --> 01:24:27,280

that out but it won't be anytime soon my

2269

01:24:30,900 --> 01:24:27,730

friend

2270

01:24:33,420 --> 01:24:30,910

right on well I had a real blast

2271

01:24:35,000 --> 01:24:33,430

listening to the first and second hour

2272

01:24:37,470 --> 01:24:35,010

for sure of course they're very

2273

01:24:40,020 --> 01:24:37,480

different for people who didn't hear the

2274

01:24:42,660 --> 01:24:40,030

Plus show but we left so much on the

2275

01:24:44,250 --> 01:24:42,670

table in both hours that I really think

2276

01:24:47,040 --> 01:24:44,260

we should follow this up with another

2277

01:24:48,750 --> 01:24:47,050

show fairly soon that kind of is split

2278

01:24:51,180 --> 01:24:48,760

up in the same way which allows the

2279

01:24:53,700 --> 01:24:51,190

privacy of the second hour but also

2280

01:24:55,680 --> 01:24:53,710

allows us to get into all kinds of crazy

2281

01:24:57,960 --> 01:24:55,690

stuff and I've said this many times and

2282

01:25:00,840 --> 01:24:57,970

wrap ups and then it just gets away from

2283

01:25:02,430 --> 01:25:00,850

me or the guest or whatever but we

2284

01:25:05,310 --> 01:25:02,440

should really set that up soon because I

2285

01:25:06,720 --> 01:25:05,320

think this was great man and you're the

2286

01:25:09,390 --> 01:25:06,730

kind of guy I really love to promote

2287

01:25:11,940 --> 01:25:09,400

you've you've suffered at the hands of

2288

01:25:14,220 --> 01:25:11,950

the Machine no doubt and I just think

2289

01:25:16,020 --> 01:25:14,230

that to come out the other side it's a

2290

01:25:19,350 --> 01:25:16,030

beautiful thing like so many people

2291

01:25:21,300 --> 01:25:19,360

never do so many people never wake up to

2292

01:25:24,300 --> 01:25:21,310

this I've had many friends who have

2293

01:25:26,610 --> 01:25:24,310

slowly watched their parents die because

2294

01:25:28,920 --> 01:25:26,620

they can't stop eating cheeseburgers or

2295

01:25:31,560 --> 01:25:28,930

their parents go to the doctor and they

2296

01:25:33,480 --> 01:25:31,570

don't make it about the diet at all and

2297

01:25:35,610 --> 01:25:33,490

the parent comes home and they say oh

2298

01:25:37,560 --> 01:25:35,620

well I'm fine I just had a triple bypass

2299

01:25:39,150 --> 01:25:37,570

and the kids like well you need to

2300

01:25:40,890 --> 01:25:39,160

change your diet and they're like what

2301

01:25:43,020 --> 01:25:40,900

do you know kid doctor didn't tell me

2302

01:25:45,870 --> 01:25:43,030

that and they know but they're in denial

2303

01:25:48,510 --> 01:25:45,880

and there's people that will not see

2304

01:25:50,760 --> 01:25:48,520

their grandchildren ever because they

2305

01:25:54,320 --> 01:25:50,770

couldn't live long enough to do so and

2306

01:25:57,710 --> 01:25:54,330

it is just a real damn shame man so

2307

01:26:01,080 --> 01:25:57,720

kudos to you for staying strong

2308

01:26:04,020 --> 01:26:01,090

congratulations on finding the answers

2309

01:26:05,520 --> 01:26:04,030

that you have found just thanks man I'm

2310

01:26:07,140 --> 01:26:05,530

glad you reached out I'm glad we could

2311

01:26:08,879 --> 01:26:07,150

do this keep fighting the good fight

2312

01:26:10,469 --> 01:26:08,889

weld you Greg thank you

2313

01:26:12,209 --> 01:26:10,479

miyanna booby listens the higher side

2314

01:26:13,859 --> 01:26:12,219

chats as always if you're not + remember

2315

01:26:16,830 --> 01:26:13,869

please subscribe it is definitely worth

2316

01:26:19,290 --> 01:26:16,840

it hahaha right on I appreciate that too

2317

01:26:22,469 --> 01:26:19,300

so take care out there and we'll be

2318

01:26:25,919 --> 01:26:22,479

talking again soon you to crank there we

2319

01:26:29,370 --> 01:26:25,929

have it folks holy Helen hallelujah the

2320

01:26:31,949 --> 01:26:29,380

great John Brisson fix your gut calm I

2321

01:26:33,889 --> 01:26:31,959

just think this is not only a really

2322

01:26:36,270 --> 01:26:33,899

interesting topic because of the

2323

01:26:38,939 --> 01:26:36,280

behavioral and thought altering

2324

01:26:41,459 --> 01:26:38,949

potentials of these things in our gut I

2325

01:26:43,049 --> 01:26:41,469

mean that is the core conspiracy right

2326

01:26:46,229 --> 01:26:43,059

we want to get a full handle on what's

2327

01:26:48,000 --> 01:26:46,239

influencing us and we go so far as to

2328

01:26:49,799 --> 01:26:48,010

consider that the ideas and thoughts

2329

01:26:51,989 --> 01:26:49,809

that float into our heads could be

2330

01:26:54,600 --> 01:26:51,999

seeded by unseen forces and

2331

01:26:57,149 --> 01:26:54,610

intelligences we talk about think tanks

2332

01:27:00,179 --> 01:26:57,159

influencing culture but we can't neglect

2333

01:27:03,000 --> 01:27:00,189

the bacteria viruses and parasites that

2334

01:27:06,239 --> 01:27:03,010

might be in the mix - I think that's an

2335

01:27:09,089 --> 01:27:06,249

aspect of even health-based episodes

2336

01:27:11,909 --> 01:27:09,099

that's really unique here I know John

2337

01:27:14,639 --> 01:27:11,919

voiced a couple of concerns to me after

2338

01:27:16,709 --> 01:27:14,649

we were wrapping up that we really went

2339

01:27:19,049 --> 01:27:16,719

to the most emotional and controversial

2340

01:27:21,540 --> 01:27:19,059

type of parasite causing effect when we

2341

01:27:22,979 --> 01:27:21,550

talked about gender dysmorphia and that

2342

01:27:24,779 --> 01:27:22,989

is just something that came up naturally

2343

01:27:26,639 --> 01:27:24,789

and then I sort of prompted him to

2344

01:27:28,469 --> 01:27:26,649

elaborate because it's a hell of a thing

2345

01:27:32,009 --> 01:27:28,479

to gloss over I thought it was really

2346

01:27:34,109 --> 01:27:32,019

provocative and you know if there's data

2347

01:27:37,439 --> 01:27:34,119

to show a possible connection we have to

2348

01:27:38,819 --> 01:27:37,449

consider that I mean something is making

2349

01:27:41,009 --> 01:27:38,829

a person feel like they're in the wrong

2350

01:27:43,259 --> 01:27:41,019

body we don't know if it's something

2351

01:27:46,439 --> 01:27:43,269

innate in the body something a person

2352

01:27:48,719 --> 01:27:46,449

feels deep in their core or maybe it's

2353

01:27:51,629 --> 01:27:48,729

the side-effect of a certain bacteria if

2354

01:27:53,639 --> 01:27:51,639

it is shouldn't we know that the

2355

01:27:56,759 --> 01:27:53,649

transhumanism campaign has talked about

2356

01:27:59,310 --> 01:27:56,769

a lot in conspiracy circles maybe even

2357

01:28:00,929 --> 01:27:59,320

too much but it's worth considering that

2358

01:28:02,850 --> 01:28:00,939

it's possible the elite know this

2359

01:28:05,699 --> 01:28:02,860

information and maybe they even help

2360

01:28:08,219 --> 01:28:05,709

grow or inject that certain bacteria

2361

01:28:10,679 --> 01:28:08,229

into the meat or the dairy animals that

2362

01:28:12,389 --> 01:28:10,689

we take in or at least we should know

2363

01:28:14,969 --> 01:28:12,399

this information because maybe we can

2364

01:28:16,259 --> 01:28:14,979

help some people out nobody wants to

2365

01:28:18,779 --> 01:28:16,269

feel like they're in the wrong body

2366

01:28:22,259 --> 01:28:18,789

right maybe instead of hacking up their

2367

01:28:22,890 --> 01:28:22,269

parts we can just fix their gut I don't

2368

01:28:25,710 --> 01:28:22,900

know

2369

01:28:27,330 --> 01:28:25,720

just spitballing here I don't have a dog

2370

01:28:30,090 --> 01:28:27,340

in the fight I want everyone to enjoy

2371

01:28:31,710 --> 01:28:30,100

their life and live it however they need

2372

01:28:34,350 --> 01:28:31,720

to live it and it's a shame that we have

2373

01:28:35,540 --> 01:28:34,360

to say that same speech every time we

2374

01:28:39,150 --> 01:28:35,550

get controversial

2375

01:28:40,560 --> 01:28:39,160

but I'm doing it so I don't think John

2376

01:28:43,050 --> 01:28:40,570

really needs to worry about that I think

2377

01:28:45,330 --> 01:28:43,060

we can consider these ideas consider

2378

01:28:47,940 --> 01:28:45,340

that data without freaking out whether

2379

01:28:51,720 --> 01:28:47,950

it turns out to be conclusively true or

2380

01:28:53,430 --> 01:28:51,730

not but man the main thing for me here

2381

01:28:55,680 --> 01:28:53,440

is that you just gotta respect the

2382

01:28:58,500 --> 01:28:55,690

journey the guy has been on losing his

2383

01:29:00,570 --> 01:28:58,510

parents young having his own health go

2384

01:29:03,030 --> 01:29:00,580

through the ringer and then losing his

2385

01:29:04,800 --> 01:29:03,040

son when his own protocol might have

2386

01:29:07,650 --> 01:29:04,810

been prolonging his son's life and

2387

01:29:09,510 --> 01:29:07,660

giving him a better quality of life it's

2388

01:29:11,550 --> 01:29:09,520

just so impressive because so many

2389

01:29:14,670 --> 01:29:11,560

people would just collapse under that

2390

01:29:16,740 --> 01:29:14,680

sort of emotional and physical toll but

2391

01:29:19,140 --> 01:29:16,750

he has a great attitude despite it all

2392

01:29:22,350 --> 01:29:19,150

and it really puts into perspective how

2393

01:29:24,150 --> 01:29:22,360

bad is our life really yeah there's a

2394

01:29:26,790 --> 01:29:24,160

lot of campaigns and agendas out there

2395

01:29:28,610 --> 01:29:26,800

and we definitely digest them dig into

2396

01:29:31,680 --> 01:29:28,620

them we want to know what's happening

2397

01:29:34,860 --> 01:29:31,690

but a story like John's just puts into

2398

01:29:37,590 --> 01:29:34,870

perspective how bad it can get for some

2399

01:29:39,960 --> 01:29:37,600

of us and how lucky some of us are if we

2400

01:29:41,940 --> 01:29:39,970

haven't been touched to that degree by

2401

01:29:45,270 --> 01:29:41,950

the oily appendages of the capstone

2402

01:29:47,280 --> 01:29:45,280

cabal and if you do have a more serious

2403

01:29:49,560 --> 01:29:47,290

condition consider working with John

2404

01:29:51,720 --> 01:29:49,570

one-on-one I know he does have a

2405

01:29:54,390 --> 01:29:51,730

consulting business and why shouldn't a

2406

01:29:56,790 --> 01:29:54,400

guy be able to forge financial security

2407

01:29:59,120 --> 01:29:56,800

through the hard work he's done working

2408

01:30:01,440 --> 01:29:59,130

through complex data and research

2409

01:30:04,320 --> 01:30:01,450

especially when he's willing to share so

2410

01:30:06,030 --> 01:30:04,330

much of that for free also this is a bit

2411

01:30:07,980 --> 01:30:06,040

of a tangent but I had a listener

2412

01:30:10,830 --> 01:30:07,990

contact me about a new platform called

2413

01:30:13,590 --> 01:30:10,840

discord it's something for gamers I know

2414

01:30:16,260 --> 01:30:13,600

and it's honestly a bit complex and

2415

01:30:18,600 --> 01:30:16,270

overwhelming on first glance I am a

2416

01:30:20,670 --> 01:30:18,610

gamer but I'm also just a console guy

2417

01:30:23,670 --> 01:30:20,680

I'm not getting into that twitch stuff

2418

01:30:26,640 --> 01:30:23,680

or this discord type of stuff but anyway

2419

01:30:28,410 --> 01:30:26,650

it's sort of a live ongoing chat and I

2420

01:30:30,360 --> 01:30:28,420

guess the point would be for me to set

2421

01:30:33,440 --> 01:30:30,370

up times to be there and do q and A's

2422

01:30:36,090 --> 01:30:33,450

and maybe that will be a plus thing

2423

01:30:36,720 --> 01:30:36,100

Archangel X was savvy enough to set up

2424

01:30:39,450 --> 01:30:36,730

some

2425

01:30:41,670 --> 01:30:39,460

5-it plus features from the start but

2426

01:30:43,860 --> 01:30:41,680

either way if you know what discord is

2427

01:30:45,330 --> 01:30:43,870

we've got one if you don't and you want

2428

01:30:48,270 --> 01:30:45,340

to get into it we got one

2429

01:30:50,490 --> 01:30:48,280

the real point is that John is a big fan

2430

01:30:53,250 --> 01:30:50,500

of the platform and he has been on it

2431

01:30:55,380 --> 01:30:53,260

talking to people all week all these

2432

01:30:57,300 --> 01:30:55,390

discord group folks have known this was

2433

01:30:59,790 --> 01:30:57,310

gonna be the next episode for a minute I

2434

01:31:01,080 --> 01:30:59,800

think but I did want to promote it and

2435

01:31:03,240 --> 01:31:01,090

just let people know it's there

2436

01:31:06,510 --> 01:31:03,250

obviously any little community we have

2437

01:31:09,750 --> 01:31:06,520

is going to be better by more people

2438

01:31:12,240 --> 01:31:09,760

joining up and I personally am a little

2439

01:31:15,930 --> 01:31:12,250

sick of all the goddamn social media

2440

01:31:17,729 --> 01:31:15,940

profiles that I have to deal with and it

2441

01:31:19,500 --> 01:31:17,739

is what it is but this one might be a

2442

01:31:21,540 --> 01:31:19,510

little bit different and when you guys

2443

01:31:23,040 --> 01:31:21,550

can communicate amongst yourselves I

2444

01:31:24,870 --> 01:31:23,050

think that just makes the experience

2445

01:31:26,729 --> 01:31:24,880

better for everybody and people can

2446

01:31:29,040 --> 01:31:26,739

throw around ideas when this kind of

2447

01:31:31,380 --> 01:31:29,050

material can be somewhat isolating for a

2448

01:31:33,390 --> 01:31:31,390

lot of us also while we're on the

2449

01:31:35,460 --> 01:31:33,400

subject I've been really impressed with

2450

01:31:37,200 --> 01:31:35,470

the higher side chats Facebook group I

2451

01:31:39,360 --> 01:31:37,210

didn't even want to make one for so long

2452

01:31:42,330 --> 01:31:39,370

same reason too many goddamn profiles

2453

01:31:44,660 --> 01:31:42,340

but a listener wanted to make one it's

2454

01:31:47,430 --> 01:31:44,670

called the higher side chats Network and

2455

01:31:50,010 --> 01:31:47,440

for example when this recent shooting

2456

01:31:52,290 --> 01:31:50,020

happened in Florida it was the best

2457

01:31:54,690 --> 01:31:52,300

place for taking a good rational

2458

01:31:56,850 --> 01:31:54,700

objective look at the event and some of

2459

01:31:58,770 --> 01:31:56,860

the things that didn't add up everyone

2460

01:32:01,080 --> 01:31:58,780

there is super respectful and pretty

2461

01:32:03,090 --> 01:32:01,090

positive and there's a lot of great

2462

01:32:05,100 --> 01:32:03,100

laughs to be had because this can be

2463

01:32:07,350 --> 01:32:05,110

dark and defeating material at times but

2464

01:32:09,810 --> 01:32:07,360

I think that group is really killing it

2465

01:32:12,080 --> 01:32:09,820

they got a great tone they're dropping

2466

01:32:14,310 --> 01:32:12,090

in all the mermaids stuff and culture to

2467

01:32:17,550 --> 01:32:14,320

check it out you know if you're looking

2468

01:32:20,400 --> 01:32:17,560

for a better use for facebook it's not a

2469

01:32:23,790 --> 01:32:20,410

bad option also I think I'm gonna start

2470

01:32:26,520 --> 01:32:23,800

moving the higher side chats over to D

2471

01:32:28,620 --> 01:32:26,530

tube instead of YouTube I think they've

2472

01:32:30,660 --> 01:32:28,630

improved the user experience over there

2473

01:32:33,630 --> 01:32:30,670

quite a bit which was a problem for me

2474

01:32:35,910 --> 01:32:33,640

but now I think it's worth doing but to

2475

01:32:37,830 --> 01:32:35,920

meander back to the topic at hand

2476

01:32:39,840 --> 01:32:37,840

big thanks to John for spending some

2477

01:32:42,690 --> 01:32:39,850

extra time with us we recorded for

2478

01:32:45,420 --> 01:32:42,700

almost 3 hours 2 hours and 45 minutes

2479

01:32:48,209 --> 01:32:45,430

after editing and I really appreciate it

2480

01:32:50,459 --> 01:32:48,219

he also spent that time in a hot shed

2481

01:32:52,950 --> 01:32:50,469

just trying to get the best audio

2482

01:32:54,540 --> 01:32:52,960

environment for the recording which is

2483

01:32:56,819 --> 01:32:54,550

also something a lot of people don't do

2484

01:32:59,669 --> 01:32:56,829

got to give a guy a digital high-five

2485

01:33:01,859 --> 01:32:59,679

for that and for people who did hear

2486

01:33:04,319 --> 01:33:01,869

that second hour the Plus show it is a

2487

01:33:07,379 --> 01:33:04,329

completely different topic than the

2488

01:33:09,419 --> 01:33:07,389

fixture gut first hour in fact it's a

2489

01:33:12,390 --> 01:33:09,429

deep dive into research John has been

2490

01:33:15,270 --> 01:33:12,400

doing into the conservative think tanks

2491

01:33:16,979 --> 01:33:15,280

and the co-option of the right because

2492

01:33:19,200 --> 01:33:16,989

John grew up conservative so he's got a

2493

01:33:21,000 --> 01:33:19,210

lot of personal interest in seen how

2494

01:33:22,589 --> 01:33:21,010

people who think on the conservative

2495

01:33:24,660 --> 01:33:22,599

side of the spectrum have been

2496

01:33:27,810 --> 01:33:24,670

manipulated by these backseat drivers

2497

01:33:29,489 --> 01:33:27,820

and it even touches on some prolific UFO

2498

01:33:31,640 --> 01:33:29,499

researchers and why these certain

2499

01:33:35,219 --> 01:33:31,650

companies might be publishing their work

2500

01:33:37,620 --> 01:33:35,229

it's pretty deep stuff but it is great

2501

01:33:40,169 --> 01:33:37,630

that it's all behind the plus pay wall

2502

01:33:42,959 --> 01:33:40,179

only because I wouldn't want something

2503

01:33:46,410 --> 01:33:42,969

so politically charged and polarizing to

2504

01:33:48,450 --> 01:33:46,420

distract from John's health work so if

2505

01:33:50,279 --> 01:33:48,460

you're down for that deeper conversation

2506

01:33:51,839 --> 01:33:50,289

sign up for plus if you want to hear

2507

01:33:53,729 --> 01:33:51,849

about some networks that aren't talked

2508

01:33:56,100 --> 01:33:53,739

about all that much that's the place to

2509

01:33:58,319 --> 01:33:56,110

hear about it I think it's really great

2510

01:34:00,390 --> 01:33:58,329

stuff because if for example like the

2511

01:34:02,489 --> 01:34:00,400

CFR was a major influence and string

2512

01:34:04,919 --> 01:34:02,499

controller behind the Bush Clinton Obama

2513

01:34:08,009 --> 01:34:04,929

Network then the council for national

2514

01:34:09,479 --> 01:34:08,019

policy would be a similar group but with

2515

01:34:11,310 --> 01:34:09,489

their own network of members and

2516

01:34:13,739 --> 01:34:11,320

operatives according to John and of

2517

01:34:15,629 --> 01:34:13,749

course with that their own agendas so if

2518

01:34:18,450 --> 01:34:15,639

it seems like Trump has different

2519

01:34:21,569 --> 01:34:18,460

masters maybe the same masters as Alex

2520

01:34:24,479 --> 01:34:21,579

Jones this is where the ties that bind

2521

01:34:27,600 --> 01:34:24,489

seemed to be centered we also talked a

2522

01:34:29,910 --> 01:34:27,610

lot about the provocative change in red

2523

01:34:31,649 --> 01:34:29,920

ice radio over the years for people who

2524

01:34:34,859 --> 01:34:31,659

might be interested in that some

2525

01:34:37,200 --> 01:34:34,869

conspiracy media drama for you guys if

2526

01:34:37,410 --> 01:34:37,210

that's your thing I also wanted to say

2527

01:34:39,359 --> 01:34:37,420

that

2528

01:34:42,029 --> 01:34:39,369

another reason to sign up for plus is

2529

01:34:44,310 --> 01:34:42,039

that we have a plus exclusive episode

2530

01:34:46,770 --> 01:34:44,320

coming out with Laurie Hanrahan I

2531

01:34:49,919 --> 01:34:46,780

already recorded it it's a real knockout

2532

01:34:51,600 --> 01:34:49,929

show but it is only an hour and it's

2533

01:34:52,979 --> 01:34:51,610

really dark material about human

2534

01:34:55,589 --> 01:34:52,989

trafficking and pedophilia

2535

01:34:58,890 --> 01:34:55,599

in fact her book is called epidemic

2536

01:35:00,689 --> 01:34:58,900

America's trade and child rape so it is

2537

01:35:03,359 --> 01:35:00,699

not for the faint of heart but it is

2538

01:35:04,140 --> 01:35:03,369

very important stuff she said that the

2539

01:35:06,750 --> 01:35:04,150

materials

2540

01:35:09,419 --> 01:35:06,760

two draining to do a full to our

2541

01:35:11,550 --> 01:35:09,429

interview on so we just did one and it

2542

01:35:14,100 --> 01:35:11,560

will be there for plus people probably

2543

01:35:16,740 --> 01:35:14,110

before the weekends over mine as well

2544

01:35:18,870 --> 01:35:16,750

sign up for plus now and the only other

2545

01:35:20,459 --> 01:35:18,880

thing I wanted to throw out there

2546

01:35:22,950 --> 01:35:20,469

related to health and it's not a

2547

01:35:24,810 --> 01:35:22,960

commercial or a paid endorsement but it

2548

01:35:26,340 --> 01:35:24,820

might help people cuz it's helped me if

2549

01:35:29,880 --> 01:35:26,350

we're talking about health and I know

2550

01:35:32,189 --> 01:35:29,890

diet is so hard to be vigilant about at

2551

01:35:34,649 --> 01:35:32,199

least it is for me I signed up for this

2552

01:35:37,110 --> 01:35:34,659

thing called butcher box it's one of

2553

01:35:39,840 --> 01:35:37,120

those food by mail subscription services

2554

01:35:43,020 --> 01:35:39,850

but it's all grass-fed hormone free meat

2555

01:35:45,209 --> 01:35:43,030

I pay like 120 bucks a month I think but

2556

01:35:47,490 --> 01:35:45,219

for that we get all the meat we can eat

2557

01:35:49,350 --> 01:35:47,500

in a month for me and my wife so we just

2558

01:35:51,000 --> 01:35:49,360

go to the store and we grab our

2559

01:35:52,890 --> 01:35:51,010

vegetables and cooking meat with a

2560

01:35:55,200 --> 01:35:52,900

couple healthy sides is simple enough

2561

01:35:56,459 --> 01:35:55,210

even if you're not a great cook and it's

2562

01:35:59,040 --> 01:35:56,469

really working out great

2563

01:36:01,200 --> 01:35:59,050

so I'd recommend that for anyone who's

2564

01:36:03,570 --> 01:36:01,210

looking for a quality meat source that's

2565

01:36:05,820 --> 01:36:03,580

pretty reasonable cost wise when you

2566

01:36:07,590 --> 01:36:05,830

piece it all out especially if you're in

2567

01:36:09,120 --> 01:36:07,600

the Midwest somewhere like where I grew

2568

01:36:11,490 --> 01:36:09,130

up in Arnold Missouri it's a bit of a

2569

01:36:14,910 --> 01:36:11,500

food desert there's only corporate food

2570

01:36:17,070 --> 01:36:14,920

around the grocery stores are really not

2571

01:36:20,760 --> 01:36:17,080

as top-tier as the stuff you're gonna

2572

01:36:24,570 --> 01:36:20,770

get in the coastal cities so you know

2573

01:36:26,070 --> 01:36:24,580

maybe have it sent factory direct it's

2574

01:36:28,169 --> 01:36:26,080

just a random little thing that has

2575

01:36:30,180 --> 01:36:28,179

helped out a little bit in the Carl Wood

2576

01:36:33,060 --> 01:36:30,190

household but I guess that's it for me

2577

01:36:35,280 --> 01:36:33,070

I'll see you guys soon your move are

2578

01:36:37,310 --> 01:36:35,290

conic parasitic and conspiratorial

2579

01:36:39,149 --> 01:36:37,320

causes of the gargantuan

2580

01:36:43,800 --> 01:36:39,159

multi-generational gut problems of

2581

01:36:52,830 --> 01:36:43,810

America and thus the world your [h\_\_h]

2582

01:36:59,770 --> 01:36:52,840

[Music]

2583

01:37:08,610 --> 01:36:59,780

maybe you'll see goddamn this plan no

2584

01:37:11,530 --> 01:37:10,450

[Music]

2585

01:37:16,560 --> 01:37:11,540

where

2586

01:37:22,730 --> 01:37:16,570

[Music]

2587

01:37:31,350 --> 01:37:22,740

oh it go it gone bye-bye

2588

01:37:31,360 --> 01:37:35,100

contra

2589

01:37:35,110 --> 01:37:37,500

with

2590

01:37:39,100 --> 01:37:38,120

[Music]

2591

01:37:40,520 --> 01:37:39,110

[Applause]

2592

01:38:19,350 --> 01:37:40,530

[Music]

2593

01:38:22,860 --> 01:38:19,360

don't you know

2594

01:38:22,870 --> 01:38:28,780

we're done

2595

01:38:40,850 --> 01:38:36,560

[Music]

2596

01:38:46,770 --> 01:38:40,860

it was the son

2597

01:38:52,790 --> 01:38:49,930

with the chemicals

2598

01:38:57,629 --> 01:38:52,800

[Applause]

2599

01:39:00,510 --> 01:38:57,639

[Music]

2600

01:40:17,930 --> 01:39:00,520

to the volatile

