



MARK SLOAN

RED LIGHT THERAPY, THE CANCER CONSPIRACY, & MORE

PRESENTED BY THE HIGHERSIDE CHATS



LISTEN TO THE EPISODE AT THEHIGHERSIDECHATS.COM

LISTEN TO THE EXTENDED SHOW AT THEHIGHERSIDECHATSPLUS.COM

1
00:00:04,039 --> 00:00:02,300
embrace yourself because you're about to

2
00:00:06,230 --> 00:00:04,049
dive into another free first hour

3
00:00:07,400 --> 00:00:06,240
episode of the higher side chats and we

4
00:00:08,810 --> 00:00:07,410
just want to let you know that whether

5
00:00:10,790 --> 00:00:08,820
you're looking for a companion through

6
00:00:12,410 --> 00:00:10,800
your paranoid insomnia entertaining

7
00:00:14,390 --> 00:00:12,420
yourself through one of life's mundane

8
00:00:16,099 --> 00:00:14,400
activities or trying to ward off the

9
00:00:18,710 --> 00:00:16,109
internal scream to all those sad

10
00:00:20,480 --> 00:00:18,720
smothered Souls around the office THC is

11
00:00:22,130 --> 00:00:20,490
here and you should know that every

12
00:00:24,170 --> 00:00:22,140
episode of the higher side chats has an

13
00:00:26,540 --> 00:00:24,180

entire second hour four plus members

14

00:00:29,029 --> 00:00:26,550

sign up at the higher side chats plus

15

00:00:31,609 --> 00:00:29,039

calm and you get years of plus show

16

00:00:33,020 --> 00:00:31,619

archives lifetime forum access the

17

00:00:36,410 --> 00:00:33,030

special invite to Greg Carl woods

18

00:00:39,860 --> 00:00:36,420

monthly joint sessions mp3s of THC music

19

00:00:42,020 --> 00:00:39,870

and bonus episodes for videos and 10%

20

00:00:44,090 --> 00:00:42,030

off t-shirts grinders and whatever else

21

00:00:45,440 --> 00:00:44,100

ends up in the higher side store it's

22

00:00:47,779 --> 00:00:45,450

eight dollars a month that you won't

23

00:00:49,729 --> 00:00:47,789

miss so become a plus member and treat

24

00:00:51,529 --> 00:00:49,739

yourself in these troubled times always

25

00:00:53,569 --> 00:00:51,539

action-packed and commercial for you

26
00:01:31,940 --> 00:00:53,579
which means you'll unfortunately never

27
00:01:34,010 --> 00:01:31,950
hear my voice here we go again higher

28
00:01:35,810 --> 00:01:34,020
side shatters from sunny San Diego i'm

29
00:01:38,630 --> 00:01:35,820
greg carl wood and let me be the first

30
00:01:41,569 --> 00:01:38,640
to say that sometimes the simplicity of

31
00:01:43,760 --> 00:01:41,579
natural cures and healing techniques can

32
00:01:47,090 --> 00:01:43,770
make them seem far too good to be true

33
00:01:49,069 --> 00:01:47,100
and even a bit silly sounding how could

34
00:01:51,020 --> 00:01:49,079
everyday things like water and light

35
00:01:53,960 --> 00:01:51,030
really be enough to keep us healthy and

36
00:01:55,850 --> 00:01:53,970
stave off the nasty viruses and complex

37
00:01:58,730 --> 00:01:55,860
conditions that seem to be plaguing us

38
00:02:00,350 --> 00:01:58,740

is diet seriously a bigger factor than

39

00:02:02,389 --> 00:02:00,360

genetics and our well being

40

00:02:04,700 --> 00:02:02,399

if these natural techniques are so

41

00:02:07,550 --> 00:02:04,710

simple and the results are so proven how

42

00:02:08,960 --> 00:02:07,560

can this information stay so hidden of

43

00:02:10,490 --> 00:02:08,970

course these are questions we're all

44

00:02:12,410 --> 00:02:10,500

going to have but if you dig a bit

45

00:02:13,640 --> 00:02:12,420

deeper you often realize that these

46

00:02:15,559 --> 00:02:13,650

feelings are just

47

00:02:18,649 --> 00:02:15,569

residue from living in the Rockefeller

48

00:02:20,960 --> 00:02:18,659

medicine system a giant out-of-control

49

00:02:23,089 --> 00:02:20,970

behemoth that puts profits above people

50

00:02:25,910 --> 00:02:23,099

crushes alternatives with great

51
00:02:28,039 --> 00:02:25,920
vengeance and furious anger controls the

52
00:02:30,349 --> 00:02:28,049
system of education and certification

53
00:02:32,839 --> 00:02:30,359
within the medical space has sucked up

54
00:02:35,300 --> 00:02:32,849
hundreds of billions of dollars and has

55
00:02:38,059 --> 00:02:35,310
produced very little in its century long

56
00:02:40,069 --> 00:02:38,069
lifespan and when we zoom out on the

57
00:02:41,960 --> 00:02:40,079
human story we can see that not only is

58
00:02:44,300 --> 00:02:41,970
there a long history of successful

59
00:02:45,740 --> 00:02:44,310
herbalists holistic doctors and positive

60
00:02:48,680 --> 00:02:45,750
results from these off the radar

61
00:02:50,599 --> 00:02:48,690
modalities but also it makes a lot of

62
00:02:52,640 --> 00:02:50,609
sense that fine-tuning the building

63
00:02:54,860 --> 00:02:52,650

blocks of life would be more effective

64

00:02:57,410 --> 00:02:54,870

than petrochemicals invasive surgeries

65

00:02:59,449 --> 00:02:57,420

and radiation exposure and today we're

66

00:03:01,670 --> 00:02:59,459

talking to Mark Sloan a guy who knows

67

00:03:03,229 --> 00:03:01,680

these things all too well as he lost his

68

00:03:05,720 --> 00:03:03,239

mother to the medical system when he was

69

00:03:07,729 --> 00:03:05,730

only 12 years old and his sad and tragic

70

00:03:09,619 --> 00:03:07,739

as that is it also sent him on a

71

00:03:11,990 --> 00:03:09,629

lifelong quest to understand how our

72

00:03:13,670 --> 00:03:12,000

backwards medical system works what

73

00:03:16,069 --> 00:03:13,680

answers are out there that aren't being

74

00:03:18,650 --> 00:03:16,079

talked about and specifically how the

75

00:03:21,740 --> 00:03:18,660

cancer industry has sold us lies that

76

00:03:24,050 --> 00:03:21,750

cost lives he now runs the popular and

77

00:03:26,659 --> 00:03:24,060

boldly named website and all disease

78

00:03:29,330 --> 00:03:26,669

comm where he posts routine blogs videos

79

00:03:30,949 --> 00:03:29,340

and podcasts about his findings he's

80

00:03:33,530 --> 00:03:30,959

also the author of several books

81

00:03:35,229 --> 00:03:33,540

including the cancer industry crimes

82

00:03:38,089 --> 00:03:35,239

conspiracy and the death of my mother

83

00:03:39,830 --> 00:03:38,099

cancer the metabolic disease unraveled

84

00:03:41,619 --> 00:03:39,840

and the international number one

85

00:03:44,479 --> 00:03:41,629

best-selling book red light therapy

86

00:03:46,580 --> 00:03:44,489

miracle medicine so let's get into it

87

00:03:48,559 --> 00:03:46,590

detailing the lies of a corrupt system

88

00:03:50,509 --> 00:03:48,569

and living with a purpose the cancer

89

00:03:52,759 --> 00:03:50,519

conspiracy exposure and red light

90

00:03:55,159 --> 00:03:52,769

therapy renegade Mark Sloan my man

91

00:03:57,469 --> 00:03:55,169

welcome to the higher side thanks Greg

92

00:03:59,270 --> 00:03:57,479

it's good to be here yeah this is a real

93

00:04:00,979 --> 00:03:59,280

pleasure you're clearly a man on a

94

00:04:01,550 --> 00:04:00,989

mission and you definitely know your

95

00:04:03,710 --> 00:04:01,560

stuff

96

00:04:05,300 --> 00:04:03,720

I mentioned the passing of your mother

97

00:04:07,099 --> 00:04:05,310

and I know that's a huge part of your

98

00:04:09,409 --> 00:04:07,109

journey maybe we can talk about that a

99

00:04:11,689 --> 00:04:09,419

bit because I think a lot of people

100

00:04:13,759 --> 00:04:11,699

probably have stories similar to what

101
00:04:16,460 --> 00:04:13,769
you saw happening with her and it really

102
00:04:19,099 --> 00:04:16,470
provides the context for the person you

103
00:04:22,190 --> 00:04:19,109
are today so you even go so far as to

104
00:04:24,620 --> 00:04:22,200
say that her story might qualify as

105
00:04:25,520 --> 00:04:24,630
murder well tell us a bit about what

106
00:04:27,740 --> 00:04:25,530
happened

107
00:04:30,320 --> 00:04:27,750
yeah absolutely anybody who hasn't lost

108
00:04:32,090 --> 00:04:30,330
somebody to cancer at this point is the

109
00:04:34,640 --> 00:04:32,100
exception so I think we can all relate

110
00:04:36,890 --> 00:04:34,650
to this kind of thing for me when I was

111
00:04:40,910 --> 00:04:36,900
11 years old my mom was diagnosed with

112
00:04:42,650 --> 00:04:40,920
cancer and at the time she didn't have

113
00:04:44,330 --> 00:04:42,660

any symptoms and I don't know if people

114

00:04:47,150 --> 00:04:44,340

know that but most people diagnosed with

115

00:04:48,320 --> 00:04:47,160

cancer don't have any symptoms and at

116

00:04:50,960 --> 00:04:48,330

the time I really didn't even know what

117

00:04:52,130 --> 00:04:50,970

cancer was so never did the thought

118

00:04:55,310 --> 00:04:52,140

occurred to me that she might die from

119

00:04:58,070 --> 00:04:55,320

this my dad just sat my sister and I

120

00:05:00,260 --> 00:04:58,080

down on the couch one day and he told us

121

00:05:02,180 --> 00:05:00,270

and I never really felt sad about it I

122

00:05:03,410 --> 00:05:02,190

felt hopeful because he told us that you

123

00:05:06,020 --> 00:05:03,420

know they caught it early they're gonna

124

00:05:08,120 --> 00:05:06,030

get her in for surgery and radiation and

125

00:05:09,950 --> 00:05:08,130

it's gonna be all good so I believed him

126

00:05:12,290 --> 00:05:09,960

and like I said never did I think that

127

00:05:14,780 --> 00:05:12,300

it was gonna lead to her dying when it

128

00:05:16,700 --> 00:05:14,790

ended up happening was my and Ken came

129

00:05:18,200 --> 00:05:16,710

down for a couple months so we loved her

130

00:05:21,020 --> 00:05:18,210

and that was fantastic so it just kind

131

00:05:22,400 --> 00:05:21,030

of felt like a vacation almost expecting

132

00:05:27,290 --> 00:05:22,410

that you know her mother would return

133

00:05:30,170 --> 00:05:27,300

healthy so the cancer that she had was

134

00:05:32,480 --> 00:05:30,180

cervical cancer and it was literally the

135

00:05:36,470 --> 00:05:32,490

size of your baby fingernail on her

136

00:05:37,580 --> 00:05:36,480

cervix and so really it doesn't seem

137

00:05:38,870 --> 00:05:37,590

like much of a threat something that

138

00:05:40,370 --> 00:05:38,880

tiny but they said you know what we're

139

00:05:42,800 --> 00:05:40,380

gonna go in we're gonna cut it off and

140

00:05:45,530 --> 00:05:42,810

they were going to radiate the area just

141

00:05:48,080 --> 00:05:45,540

to make sure it doesn't come back and so

142

00:05:50,060 --> 00:05:48,090

at that time there were cutbacks at the

143

00:05:52,040 --> 00:05:50,070

hospital so there for about six months

144

00:05:54,380 --> 00:05:52,050

there you couldn't really go back for a

145

00:05:56,060 --> 00:05:54,390

checkup till about six months later and

146

00:05:58,250 --> 00:05:56,070

then they did and that's when the doctor

147

00:06:00,830 --> 00:05:58,260

said you know we found the cancer had

148

00:06:02,690 --> 00:06:00,840

metastasized or spread to her hip area

149

00:06:07,580 --> 00:06:02,700

so now we're gonna give her chemotherapy

150

00:06:09,110 --> 00:06:07,590

and after her first treatment I mean she

151
00:06:11,990 --> 00:06:09,120
was in the hospital so she didn't seem

152
00:06:14,000 --> 00:06:12,000
that well no one ever is I don't think

153
00:06:16,520 --> 00:06:14,010
sitting in a hospital all day but after

154
00:06:19,990 --> 00:06:16,530
she got chemotherapy it was without a

155
00:06:22,760 --> 00:06:20,000
doubt her health went rapidly downhill

156
00:06:24,440 --> 00:06:22,770
just a dramatic decline and I think

157
00:06:27,110 --> 00:06:24,450
looking back on it that's undoubtedly

158
00:06:30,439 --> 00:06:27,120
the point where she started dying

159
00:06:33,140 --> 00:06:30,449
so a few months after that pretty brutal

160
00:06:34,540 --> 00:06:33,150
months - is like suffering crows not

161
00:06:38,659 --> 00:06:34,550
only did she die it was like the most

162
00:06:40,730 --> 00:06:38,669
painful and it was a terrible experience

163
00:06:42,230 --> 00:06:40,740

for her and terrible for me and my

164

00:06:44,080 --> 00:06:42,240

family to have to watch her go through

165

00:06:47,930 --> 00:06:44,090

what she did it was almost like torture

166

00:06:49,790 --> 00:06:47,940

so that's kind of how it ended him down

167

00:06:51,790 --> 00:06:49,800

the day it ended my dad sat my sister

168

00:06:54,110 --> 00:06:51,800

and I and our aunt down on the couch

169

00:06:55,700 --> 00:06:54,120

told us the news and I was just

170

00:06:57,590 --> 00:06:55,710

completely shocked I remember the way I

171

00:06:59,270 --> 00:06:57,600

dealt with it I just held my breath I

172

00:07:01,190 --> 00:06:59,280

don't think I could handle that

173

00:07:03,800 --> 00:07:01,200

information so I didn't allow myself to

174

00:07:07,219 --> 00:07:03,810

feel so I held my breath and I kind of

175

00:07:10,240 --> 00:07:07,229

kept that pattern for Oh 10-15 years

176

00:07:12,920 --> 00:07:10,250

before even before I allowed that the

177

00:07:14,330 --> 00:07:12,930

feelings associated with that to seep in

178

00:07:16,580 --> 00:07:14,340

so it's kind of living life just

179

00:07:20,270 --> 00:07:16,590

completely suppressed so it yeah it

180

00:07:23,930 --> 00:07:20,280

completely destroyed me basically and it

181

00:07:27,350 --> 00:07:23,940

wasn't until I was about 29 years old

182

00:07:30,290 --> 00:07:27,360

that I realized you know enough of this

183

00:07:32,750 --> 00:07:30,300

being a victim my mother gave me a story

184

00:07:34,879 --> 00:07:32,760

that could inspire others and the mind

185

00:07:36,650 --> 00:07:34,889

they could find and discover the

186

00:07:39,170 --> 00:07:36,660

solutions to a problem that the world is

187

00:07:41,600 --> 00:07:39,180

literally dying to know so I changed

188

00:07:44,420 --> 00:07:41,610

what happened i reframed it in my mind

189

00:07:46,850 --> 00:07:44,430

and I realized that if I do the work

190

00:07:49,580 --> 00:07:46,860

look out there at all the evidence that

191

00:07:50,779 --> 00:07:49,590

exists and compile it together maybe the

192

00:07:52,520 --> 00:07:50,789

answers are already out there they're

193

00:07:54,680 --> 00:07:52,530

just not being acknowledged after all

194

00:07:56,930 --> 00:07:54,690

the cancer industry makes 126 billion

195

00:07:59,089 --> 00:07:56,940

dollars a year so that was my hypothesis

196

00:08:01,580 --> 00:07:59,099

going in and I was like if the answers

197

00:08:03,350 --> 00:08:01,590

are out there they will be found and I

198

00:08:04,670 --> 00:08:03,360

knew that if I found the answers put

199

00:08:06,680 --> 00:08:04,680

them in a book and compiled it all

200

00:08:08,690 --> 00:08:06,690

together and advanced the knowledge for

201
00:08:10,190 --> 00:08:08,700
the everyday person about cancer so we

202
00:08:12,589 --> 00:08:10,200
could put this disease behind us that

203
00:08:14,960 --> 00:08:12,599
would transform my mother's legacy from

204
00:08:17,690 --> 00:08:14,970
a victim of cancer to a hero who

205
00:08:20,600 --> 00:08:17,700
inspired her son to write the book that

206
00:08:23,690 --> 00:08:20,610
saved lives and changed the world mmm I

207
00:08:26,270 --> 00:08:23,700
think that is so well said man and it's

208
00:08:28,700 --> 00:08:26,280
exactly the kind of approach I think

209
00:08:32,959 --> 00:08:28,710
people should have in these sorts of

210
00:08:36,709 --> 00:08:32,969
situations and I suppose your conclusion

211
00:08:39,469 --> 00:08:36,719
is that her death might be more a result

212
00:08:40,950 --> 00:08:39,479
or consequence of the medical system and

213
00:08:44,030 --> 00:08:40,960

these procedures

214

00:08:46,620 --> 00:08:44,040

selves rather than cancer is that right

215

00:08:48,510 --> 00:08:46,630

well before I put a bias over the cancer

216

00:08:51,420 --> 00:08:48,520

industry book I wrote I wrote it in a

217

00:08:53,220 --> 00:08:51,430

way to be as objective as possible at

218

00:08:54,900 --> 00:08:53,230

least in the chapters on surgery

219

00:08:56,970 --> 00:08:54,910

radiotherapy and chemotherapy I have a

220

00:08:58,410 --> 00:08:56,980

chapter on each and compiled all like

221

00:09:01,050 --> 00:08:58,420

literally hundreds of studies in there

222

00:09:02,370 --> 00:09:01,060

so the purpose of that was not to tell

223

00:09:04,170 --> 00:09:02,380

people how to think but to show them

224

00:09:07,410 --> 00:09:04,180

like look at all this information here's

225

00:09:09,900 --> 00:09:07,420

full disclosure I've done my absolute

226

00:09:11,579 --> 00:09:09,910

best to get everything in here for you

227

00:09:13,620 --> 00:09:11,589

to look at and for you to decide because

228

00:09:15,449 --> 00:09:13,630

we need an informed population we need

229

00:09:17,340 --> 00:09:15,459

people to decide beforehand before

230

00:09:20,540 --> 00:09:17,350

they're put in that situation whether

231

00:09:23,310 --> 00:09:20,550

they want these therapies or not so

232

00:09:25,070 --> 00:09:23,320

first I will say that and then I also

233

00:09:28,590 --> 00:09:25,080

put my conclusions in there as well and

234

00:09:31,019 --> 00:09:28,600

yeah I definitely I struggle with this a

235

00:09:34,050 --> 00:09:31,029

little bit because is it murder for

236

00:09:35,850 --> 00:09:34,060

profit or is it suicide by ignorance hmm

237

00:09:37,530 --> 00:09:35,860

I mean it's like yeah there is a

238

00:09:39,600 --> 00:09:37,540

deception here happening I think with

239

00:09:42,810 --> 00:09:39,610

the cancer industry the idea that

240

00:09:45,570 --> 00:09:42,820

injecting mustard gas into our sickest

241

00:09:48,180 --> 00:09:45,580

among us is gonna help and heal them I

242

00:09:50,400 --> 00:09:48,190

think is insane so there is a deception

243

00:09:53,010 --> 00:09:50,410

but there's also never been a better

244

00:09:54,570 --> 00:09:53,020

time or more access to the information

245

00:09:55,320 --> 00:09:54,580

that's out there you know so there's no

246

00:09:57,030 --> 00:09:55,330

more excuses

247

00:09:59,670 --> 00:09:57,040

especially now that this book has been

248

00:10:02,250 --> 00:09:59,680

written so at the same time I put the

249

00:10:04,290 --> 00:10:02,260

responsibility I guess on people so I

250

00:10:06,060 --> 00:10:04,300

think it's more of a situation of

251

00:10:07,710 --> 00:10:06,070

suicide by ignorance at this point than

252

00:10:11,699 --> 00:10:07,720

murder for profit although you can make

253

00:10:15,030 --> 00:10:11,709

the case for both hmm yes man sometimes

254

00:10:17,820 --> 00:10:15,040

the truth is very raw and hard to accept

255

00:10:19,350 --> 00:10:17,830

but I think you're making a great point

256

00:10:21,500 --> 00:10:19,360

that we have some personal

257

00:10:25,740 --> 00:10:21,510

responsibility in this we aren't just

258

00:10:27,630 --> 00:10:25,750

being babysat by the system so to put

259

00:10:29,579 --> 00:10:27,640

all our trust in it is probably a

260

00:10:32,040 --> 00:10:29,589

mistake especially since it is a

261

00:10:32,519 --> 00:10:32,050

for-profit system and I want to get into

262

00:10:34,949 --> 00:10:32,529

cancer

263

00:10:37,319 --> 00:10:34,959

you know deeper a little bit further

264

00:10:39,960 --> 00:10:37,329

down the line but just to add to this a

265

00:10:44,610 --> 00:10:39,970

bit you have several quotes in the

266

00:10:47,120 --> 00:10:44,620

cancer book from doctors in the past who

267

00:10:50,569 --> 00:10:47,130

have made plenty of statements that

268

00:10:54,000 --> 00:10:50,579

surgery for cancer is ineffective

269

00:10:54,750 --> 00:10:54,010

dangerous and even some goes so far as

270

00:10:57,510 --> 00:10:54,760

to say barb

271

00:11:00,120 --> 00:10:57,520

berrak and that this time will be seen

272

00:11:03,990 --> 00:11:00,130

as a medical Dark Age when our most

273

00:11:05,820 --> 00:11:04,000

common practice was to cut out tumors

274

00:11:07,080 --> 00:11:05,830

and that's just really interesting

275

00:11:10,680 --> 00:11:07,090

because I don't think people realize

276

00:11:13,010 --> 00:11:10,690

that these kind of quotes would go back

277

00:11:15,150 --> 00:11:13,020

decades and they do right

278

00:11:16,710 --> 00:11:15,160

yeah even more than decades we're

279

00:11:19,050 --> 00:11:16,720

talking hundreds of years here like

280

00:11:21,900 --> 00:11:19,060

Alfred Armand Louise Marie Bell Poe who

281

00:11:24,330 --> 00:11:21,910

was a surgeon and he was born in 1795

282

00:11:26,340 --> 00:11:24,340

and one of his quotes was the disease

283

00:11:28,620 --> 00:11:26,350

always returns after removal and

284

00:11:32,520 --> 00:11:28,630

operation only accelerates its growth

285

00:11:35,160 --> 00:11:32,530

and fatal termination hmm so it has been

286

00:11:36,960 --> 00:11:35,170

long looked down upon surgery for cancer

287

00:11:38,280 --> 00:11:36,970

and carving of tumors has been looked

288

00:11:40,950 --> 00:11:38,290

down upon for literally hundreds of

289

00:11:42,960 --> 00:11:40,960

years and it was only in the 1900s

290

00:11:45,090 --> 00:11:42,970

mainly like after World War two where

291

00:11:49,290 --> 00:11:45,100

this became just accepted as standard

292

00:11:52,140 --> 00:11:49,300

practice mm-hmm and it is a tragic story

293

00:11:54,360 --> 00:11:52,150

your mother's and of course many other

294

00:11:57,180 --> 00:11:54,370

people are going to have similar stories

295

00:12:01,230 --> 00:11:57,190

this modality for treating cancer has

296

00:12:03,540 --> 00:12:01,240

affected many many tens of hundreds of

297

00:12:05,850 --> 00:12:03,550

thousands of people and in your case as

298

00:12:08,430 --> 00:12:05,860

you have said her death gave your life

299

00:12:10,830 --> 00:12:08,440

direction and a purpose and in a way her

300

00:12:12,810 --> 00:12:10,840

death was the gift of a compelling story

301
00:12:15,150 --> 00:12:12,820
to push you further along this path I'm

302
00:12:17,970 --> 00:12:15,160
a big believer in that sort of thing too

303
00:12:19,860 --> 00:12:17,980
and I'm sure we'll talk more about the

304
00:12:21,840 --> 00:12:19,870
cancer industry as we go along but my

305
00:12:24,690 --> 00:12:21,850
primary motivation today was to get

306
00:12:27,420 --> 00:12:24,700
deeper into red light therapy something

307
00:12:30,030 --> 00:12:27,430
you know quite a bit about and it really

308
00:12:32,430 --> 00:12:30,040
does seem like magic with all the

309
00:12:33,780 --> 00:12:32,440
supposed cancer cures and natural

310
00:12:37,260 --> 00:12:33,790
remedies that are out there

311
00:12:39,420 --> 00:12:37,270
how did red light therapy become such a

312
00:12:42,660 --> 00:12:39,430
high priority to you how did this get on

313
00:12:44,610 --> 00:12:42,670

your radar well you make a good point

314

00:12:46,560 --> 00:12:44,620

first of all about the fact that it

315

00:12:48,090 --> 00:12:46,570

sounds like magic when I tell people

316

00:12:50,040 --> 00:12:48,100

about it I think people are so

317

00:12:52,440 --> 00:12:50,050

conditioned by the medical industry to

318

00:12:54,840 --> 00:12:52,450

believe that any medicine is going to

319

00:12:56,730 --> 00:12:54,850

have a whole list of side effects and

320

00:12:58,200 --> 00:12:56,740

won't work very well that when they hear

321

00:13:00,290 --> 00:12:58,210

about red light therapy I mean it's been

322

00:13:02,850 --> 00:13:00,300

studied to date there have been over

323

00:13:05,370 --> 00:13:02,860

50,000 scientific and clinical studies

324

00:13:08,280 --> 00:13:05,380

on it and not one has reported a single

325

00:13:09,870 --> 00:13:08,290

side effect so that alone

326

00:13:11,910 --> 00:13:09,880

is kind of shocking to people and kind

327

00:13:14,870 --> 00:13:11,920

of makes them disbelieved already let

328

00:13:18,920 --> 00:13:14,880

alone what it can actually do for people

329

00:13:20,480 --> 00:13:18,930

and as far as how I got into this well

330

00:13:22,340 --> 00:13:20,490

I've always been interested in health

331

00:13:25,100 --> 00:13:22,350

ever since especially since my mom died

332

00:13:26,720 --> 00:13:25,110

and especially for myself really that

333

00:13:28,879 --> 00:13:26,730

was kind of the main reason because

334

00:13:31,160 --> 00:13:28,889

there was so much trauma associated

335

00:13:33,590 --> 00:13:31,170

losing my mom at age 11 and then just

336

00:13:36,259 --> 00:13:33,600

going through life locked up like that

337

00:13:37,879 --> 00:13:36,269

it just really destroyed me so I was

338

00:13:40,309 --> 00:13:37,889

basically on a quest to try to heal

339

00:13:41,749 --> 00:13:40,319

myself I felt like just something was

340

00:13:42,949 --> 00:13:41,759

not right I wasn't healthy and I knew

341

00:13:45,319 --> 00:13:42,959

there was something better out there for

342

00:13:48,350 --> 00:13:45,329

me and then if I worked on myself and

343

00:13:51,110 --> 00:13:48,360

trying to find different therapies and

344

00:13:53,720 --> 00:13:51,120

the ultimate diet that would allow me to

345

00:13:55,850 --> 00:13:53,730

heal I would feel differently I felt

346

00:13:58,249 --> 00:13:55,860

like I've always had this suspicion that

347

00:13:59,660 --> 00:13:58,259

other people are not feeling the way I

348

00:14:01,519 --> 00:13:59,670

am in life so I always wanted to heal

349

00:14:03,319 --> 00:14:01,529

myself and anyways that's kind of how I

350

00:14:06,980 --> 00:14:03,329

came across red light therapy I've tried

351
00:14:09,259 --> 00:14:06,990
a number of fad diets from vegan to the

352
00:14:12,650 --> 00:14:09,269
oddness Vonda plan it's all raw meat

353
00:14:15,019 --> 00:14:12,660
honey butter diet - like a paleo style

354
00:14:17,269 --> 00:14:15,029
diet and now what I have today which is

355
00:14:19,819 --> 00:14:17,279
based on the research of dr. ray Pete

356
00:14:21,650 --> 00:14:19,829
and is through him that I was first

357
00:14:26,600 --> 00:14:21,660
introduced to the concept of red light

358
00:14:28,009 --> 00:14:26,610
as a therapeutic agent in about 2014 is

359
00:14:31,670 --> 00:14:28,019
when I think I first discovered red

360
00:14:35,689 --> 00:14:31,680
light right on and yes your book right

361
00:14:37,939 --> 00:14:35,699
on the cover has a quote from dr. ray

362
00:14:40,970 --> 00:14:37,949
Peet where it says penetrating red light

363
00:14:43,460 --> 00:14:40,980

is possibly the fundamental anti stress

364

00:14:47,120 --> 00:14:43,470

factor for all organisms and that's

365

00:14:49,670 --> 00:14:47,130

pretty blunt and to elaborate on that

366

00:14:51,949 --> 00:14:49,680

and to understand how something like red

367

00:14:54,499 --> 00:14:51,959

light therapy could work I guess we need

368

00:14:57,769 --> 00:14:54,509

to have a better context for disease and

369

00:15:00,079 --> 00:14:57,779

what is really making us sick you write

370

00:15:01,069 --> 00:15:00,089

that the key is to understand cellular

371

00:15:03,530 --> 00:15:01,079

health and that red light therapy

372

00:15:05,269 --> 00:15:03,540

actually addresses the root cause of all

373

00:15:06,980 --> 00:15:05,279

disease what are these

374

00:15:09,530 --> 00:15:06,990

fundamentals that we need to understand

375

00:15:12,110 --> 00:15:09,540

what are the mechanisms that explain how

376

00:15:13,670 --> 00:15:12,120

red light therapy works well it's

377

00:15:15,679 --> 00:15:13,680

important to know first of all I think I

378

00:15:18,679 --> 00:15:15,689

would say that's right now there are

379

00:15:21,350 --> 00:15:18,689

over I think it's over 32,000 officially

380

00:15:23,179 --> 00:15:21,360

classified diseases and if that's the

381

00:15:25,210 --> 00:15:23,189

case then it's obviously really

382

00:15:27,049 --> 00:15:25,220

complicated and yeah we need doctors to

383

00:15:28,630 --> 00:15:27,059

interpret this and to figure out the

384

00:15:30,940 --> 00:15:28,640

best course of action

385

00:15:33,009 --> 00:15:30,950

but in reality and I heard this way of

386

00:15:35,259 --> 00:15:33,019

looking at it first from a doctor named

387

00:15:38,410 --> 00:15:35,269

Raymond Francis when I read his book I

388

00:15:39,759 --> 00:15:38,420

think it was around 2007 and his concept

389

00:15:41,350 --> 00:15:39,769

was that there's only one disease

390

00:15:43,180 --> 00:15:41,360

there's not all these diseases this

391

00:15:45,730 --> 00:15:43,190

reductionist principle where all these

392

00:15:47,889 --> 00:15:45,740

individual diseases require individual

393

00:15:49,300 --> 00:15:47,899

treatments what he was saying is that

394

00:15:51,759 --> 00:15:49,310

there's only one disease and that's a

395

00:15:53,519 --> 00:15:51,769

malfunctioning cell so the really the

396

00:15:56,590 --> 00:15:53,529

key to understanding health is

397

00:15:59,050 --> 00:15:56,600

understanding what causes the cell to

398

00:16:00,880 --> 00:15:59,060

malfunction and what causes a cell to

399

00:16:03,879 --> 00:16:00,890

function properly and how to take a

400

00:16:06,170 --> 00:16:03,889

malfunctioning cell and to

401
00:16:09,889 --> 00:16:06,180
assisted in healing so it can again

402
00:16:11,420 --> 00:16:09,899
function properly so that is why I focus

403
00:16:13,489 --> 00:16:11,430
and narrow things down on the cell

404
00:16:15,439 --> 00:16:13,499
because we are just a collection of

405
00:16:16,970 --> 00:16:15,449
cells some people say like 70 trillion I

406
00:16:21,290 --> 00:16:16,980
don't know how they could know that but

407
00:16:22,819 --> 00:16:21,300
we'll go with that number so so yeah

408
00:16:24,949 --> 00:16:22,829
when you focus down on cellular health

409
00:16:28,249 --> 00:16:24,959
what does a cell need to function

410
00:16:29,809 --> 00:16:28,259
properly and I think the most simplistic

411
00:16:32,019 --> 00:16:29,819
way to put it is that it's a matter of

412
00:16:34,340 --> 00:16:32,029
energy so everybody knows that we need

413
00:16:37,040 --> 00:16:34,350

nutrients you need vitamins and we need

414

00:16:39,079 --> 00:16:37,050

minerals proteins carbs fats all these

415

00:16:40,730 --> 00:16:39,089

things but I don't think they

416

00:16:42,410 --> 00:16:40,740

necessarily know why so taking that a

417

00:16:45,199 --> 00:16:42,420

step further and understanding what

418

00:16:47,059 --> 00:16:45,209

these are being used for is critical for

419

00:16:48,860 --> 00:16:47,069

understanding us and for being able to

420

00:16:51,019 --> 00:16:48,870

really take care of your own health

421

00:16:52,999 --> 00:16:51,029

without the help of anyone else because

422

00:16:55,189 --> 00:16:53,009

then you can understand how diet relates

423

00:16:58,999 --> 00:16:55,199

to it and different medicines can help

424

00:17:01,999 --> 00:16:59,009

you do exactly what you want and so when

425

00:17:04,039 --> 00:17:02,009

it comes to minerals and vitamins what

426
00:17:05,899 --> 00:17:04,049
they're used for is a process inside the

427
00:17:08,210 --> 00:17:05,909
cell called metabolism which is

428
00:17:10,929 --> 00:17:08,220
basically energy production so health

429
00:17:13,039 --> 00:17:10,939
really is a matter of energy just as if

430
00:17:15,260 --> 00:17:13,049
when you woke up in the morning you're

431
00:17:17,299 --> 00:17:15,270
in bed and if you had no energy if you

432
00:17:18,679 --> 00:17:17,309
had literally zero and you weren't able

433
00:17:21,199 --> 00:17:18,689
to get it a bed you would die right

434
00:17:23,480 --> 00:17:21,209
there in your bed and I think that often

435
00:17:25,309 --> 00:17:23,490
having told people and as far as

436
00:17:27,740 --> 00:17:25,319
cellular health goes the same thing

437
00:17:29,419 --> 00:17:27,750
exists for that it's like a cell has all

438
00:17:31,760 --> 00:17:29,429

sorts of vital functions from

439

00:17:33,950 --> 00:17:31,770

detoxification and repair and

440

00:17:36,799 --> 00:17:33,960

regeneration that it needs to perform

441

00:17:38,750 --> 00:17:36,809

and it needs energy to do that every

442

00:17:41,480 --> 00:17:38,760

single cell needs energy and each cell

443

00:17:43,159 --> 00:17:41,490

the energy that they produce is what you

444

00:17:45,770 --> 00:17:43,169

use for your body so this is why it's

445

00:17:48,320 --> 00:17:45,780

amazing that we can focus down and scale

446

00:17:50,680 --> 00:17:48,330

down to the cellular level and you can

447

00:17:54,409 --> 00:17:50,690

understand the entire body through that

448

00:17:57,080 --> 00:17:54,419

so the key to health is a robust high

449

00:17:58,870 --> 00:17:57,090

metabolism and red light therapy is a

450

00:18:01,970 --> 00:17:58,880

powerful way that will get you there

451
00:18:04,399 --> 00:18:01,980
right I think this is really important

452
00:18:07,299 --> 00:18:04,409
to wrap our heads around because it's a

453
00:18:10,639 --> 00:18:07,309
complete inversion really of what our

454
00:18:11,919 --> 00:18:10,649
traditional medical 101 education is

455
00:18:16,039 --> 00:18:11,929
going to tell us where it's all about

456
00:18:17,300 --> 00:18:16,049
viruses and as you've said they got

457
00:18:21,260 --> 00:18:17,310
students and

458
00:18:24,020 --> 00:18:21,270
to studying genetics because that is a

459
00:18:26,720 --> 00:18:24,030
dead-end road and metabolic research

460
00:18:29,030 --> 00:18:26,730
would expose all these answers that they

461
00:18:30,920 --> 00:18:29,040
try to keep quarantined I think that's a

462
00:18:32,630 --> 00:18:30,930
really interesting point because I'm

463
00:18:36,470 --> 00:18:32,640

sure some people's question would be

464

00:18:39,080 --> 00:18:36,480

well how is this not being routinely

465

00:18:42,650 --> 00:18:39,090

picked up on and that's a big reason why

466

00:18:44,720 --> 00:18:42,660

wouldn't you say oh yeah absolutely the

467

00:18:46,010 --> 00:18:44,730

funding and the research is so basically

468

00:18:47,480 --> 00:18:46,020

if you're a scientist and you want to

469

00:18:49,580 --> 00:18:47,490

get funding for a study you have to

470

00:18:50,900 --> 00:18:49,590

apply to an institute like the NIH or

471

00:18:53,150 --> 00:18:50,910

somebody who's gonna give you money who

472

00:18:55,850 --> 00:18:53,160

gives money to researchers for studies

473

00:18:59,420 --> 00:18:55,860

and unless you're looking for some kind

474

00:19:01,010 --> 00:18:59,430

of genetic explanation or they also like

475

00:19:02,780 --> 00:19:01,020

receptors so if you're searching for a

476

00:19:04,760 --> 00:19:02,790

receptor explanation for something

477

00:19:06,260 --> 00:19:04,770

they'll give out big money for that

478

00:19:08,180 --> 00:19:06,270

because that's in the same paradigm and

479

00:19:10,310 --> 00:19:08,190

the medical industry is completely

480

00:19:12,320 --> 00:19:10,320

committed to that because that allows

481

00:19:14,420 --> 00:19:12,330

them to have so many different pills so

482

00:19:16,010 --> 00:19:14,430

many different products and yeah so

483

00:19:17,720 --> 00:19:16,020

they're committed to that paradigm and I

484

00:19:20,450 --> 00:19:17,730

don't think they will switch because

485

00:19:23,300 --> 00:19:20,460

what actually happens or what you start

486

00:19:25,310 --> 00:19:23,310

to realize when you realize most health

487

00:19:29,030 --> 00:19:25,320

problems are related to genetic

488

00:19:31,400 --> 00:19:29,040

deficiencies the same maybe ten twenty

489

00:19:33,770 --> 00:19:31,410

medicines that exist and ten twenty

490

00:19:36,890 --> 00:19:33,780

foods are the most powerful for

491

00:19:38,450 --> 00:19:36,900

virtually every disease hmm and it's

492

00:19:40,160 --> 00:19:38,460

incredibly empowering the truth is

493

00:19:41,510 --> 00:19:40,170

always simple and beautiful and it is in

494

00:19:44,690 --> 00:19:41,520

this case there's no exception

495

00:19:46,880 --> 00:19:44,700

well said and it is just so sad that

496

00:19:50,000 --> 00:19:46,890

we're so conditioned to believe that

497

00:19:53,300 --> 00:19:50,010

without a complex pill or a scalpel is

498

00:19:56,060 --> 00:19:53,310

anything really being done and that's

499

00:19:58,760 --> 00:19:56,070

really the thing we have to overcome

500

00:20:01,610 --> 00:19:58,770

with this and the whole case to be made

501
00:20:04,070 --> 00:20:01,620
for red light therapy but to talk about

502
00:20:06,620 --> 00:20:04,080
the history of it this isn't really a

503
00:20:08,240 --> 00:20:06,630
new discovery it is just a hidden one

504
00:20:11,120 --> 00:20:08,250
and it's been around for a long time

505
00:20:13,340 --> 00:20:11,130
hasn't it well yeah I guess the inventor

506
00:20:15,040 --> 00:20:13,350
of red light therapy would be God if you

507
00:20:17,480 --> 00:20:15,050
believe in God who ever created the Sun

508
00:20:19,910 --> 00:20:17,490
do you think it was the Big Bang I guess

509
00:20:21,170 --> 00:20:19,920
that explosion normally explosions

510
00:20:25,030 --> 00:20:21,180
destroyed things but that explosion

511
00:20:27,800 --> 00:20:25,040
created red light therapy hmm anyways

512
00:20:30,500 --> 00:20:27,810
everybody knows or most people know that

513
00:20:32,750 --> 00:20:30,510

the Sun provides vitamin D so that's

514

00:20:34,700 --> 00:20:32,760

a portion of the spectrum of radiation

515

00:20:36,950 --> 00:20:34,710

that comes off the Sun would be in the

516

00:20:38,930 --> 00:20:36,960

ultraviolet range and so ultraviolet

517

00:20:41,270 --> 00:20:38,940

light interacts in your skin with the

518

00:20:43,909 --> 00:20:41,280

cholesterol and converts it into vitamin

519

00:20:45,860 --> 00:20:43,919

B of course if you get too much of that

520

00:20:48,320 --> 00:20:45,870

although vitamin D is an essential

521

00:20:50,659 --> 00:20:48,330

nutrient so some is important if you get

522

00:20:52,760 --> 00:20:50,669

too much you get burnt it has a similar

523

00:20:55,820 --> 00:20:52,770

effect to ionizing radiation like an

524

00:20:57,530 --> 00:20:55,830

x-rays or radiotherapy but what people

525

00:20:59,870 --> 00:20:57,540

don't know about the Sun is that around

526
00:21:02,780 --> 00:20:59,880
60% of the radiation that comes from the

527
00:21:04,970 --> 00:21:02,790
Sun is in the red and near-infrared end

528
00:21:06,530 --> 00:21:04,980
of the spectrum red light being visible

529
00:21:09,140 --> 00:21:06,540
and your infrared light you can't

530
00:21:12,049 --> 00:21:09,150
actually see the visible spectrum that

531
00:21:15,140 --> 00:21:12,059
your eyes can see is between 400 and 700

532
00:21:17,450 --> 00:21:15,150
nanometers anything above or below that

533
00:21:20,539 --> 00:21:17,460
you can't see and I think what we can

534
00:21:23,299 --> 00:21:20,549
see there the 400 700 is like less than

535
00:21:24,530 --> 00:21:23,309
1% of all that exists so hmm just goes

536
00:21:26,930 --> 00:21:24,540
to show you how mysterious and

537
00:21:28,220 --> 00:21:26,940
fascinating this world is that we're

538
00:21:32,810 --> 00:21:28,230

living in and there's so much more than

539

00:21:36,919 --> 00:21:32,820

we can see and you even note in the book

540

00:21:39,650 --> 00:21:36,929

that Egyptians had solariums with

541

00:21:42,980 --> 00:21:39,660

colored glass to harness specific parts

542

00:21:45,620 --> 00:21:42,990

of the spectrum to heal disease so as a

543

00:21:49,159 --> 00:21:45,630

healing mechanism people have known

544

00:21:50,570 --> 00:21:49,169

about this connection between light and

545

00:21:52,850 --> 00:21:50,580

healing for about as long as

546

00:21:54,320 --> 00:21:52,860

civilizations been around yeah

547

00:21:56,390 --> 00:21:54,330

absolutely and the book I write that

548

00:21:58,280 --> 00:21:56,400

ancient Egyptians they constructed

549

00:22:00,799 --> 00:21:58,290

solarium and they actually put colored

550

00:22:02,600 --> 00:22:00,809

glass which would filter out all the

551
00:22:04,250 --> 00:22:02,610
other wavelengths so if you had like red

552
00:22:06,260 --> 00:22:04,260
glass it would filter out all the

553
00:22:08,260 --> 00:22:06,270
wavelengths but the red and it would

554
00:22:11,450 --> 00:22:08,270
harness specific colors on that spectrum

555
00:22:13,220 --> 00:22:11,460
for medicinal purposes and it wasn't

556
00:22:15,289 --> 00:22:13,230
just the Egyptians also the Greeks and

557
00:22:18,110 --> 00:22:15,299
Romans they emphasize mainly like the

558
00:22:19,280 --> 00:22:18,120
thermal effects of light from the Sun so

559
00:22:21,380 --> 00:22:19,290
that would be that's a different

560
00:22:24,409 --> 00:22:21,390
mechanism but it is medicinal

561
00:22:25,970 --> 00:22:24,419
nonetheless Niels Robert FinCEN he's

562
00:22:28,820 --> 00:22:25,980
known today as the father of modern

563
00:22:30,650 --> 00:22:28,830

photo therapy and in 1903 you won the

564

00:22:32,990 --> 00:22:30,660

Nobel Prize for successfully treating

565

00:22:36,900 --> 00:22:33,000

people with ultraviolet light and he

566

00:22:42,110 --> 00:22:40,050

so we have dr. John Harvey Kellogg the

567

00:22:45,150 --> 00:22:42,120

same guy who brings you your cornflakes

568

00:22:46,710 --> 00:22:45,160

he was deeply involved with light

569

00:22:49,890 --> 00:22:46,720

healing and he would use incandescent

570

00:22:52,320 --> 00:22:49,900

lightbulbs and arc lights so I guess in

571

00:22:53,610 --> 00:22:52,330

the past or in ancient times they would

572

00:22:55,320 --> 00:22:53,620

have to use light from the Sun and do

573

00:22:56,700 --> 00:22:55,330

what they can with that then with the

574

00:23:00,150 --> 00:22:56,710

invention of the light bulb that allowed

575

00:23:03,420 --> 00:23:00,160

us to bring it indoors and kind of get a

576

00:23:04,890 --> 00:23:03,430

little more precise with things so dr.

577

00:23:07,350 --> 00:23:04,900

John Harvey Kellogg wrote a book called

578

00:23:09,390 --> 00:23:07,360

light therapeutics and he talked about

579

00:23:10,770 --> 00:23:09,400

all of the diseases and things he had

580

00:23:13,230 --> 00:23:10,780

been treating people with successfully

581

00:23:15,600 --> 00:23:13,240

including diabetes obesity chronic

582

00:23:17,640 --> 00:23:15,610

fatigue insomnia of baldness cachexia

583

00:23:19,980 --> 00:23:17,650

and a whole bunch of other health

584

00:23:22,740 --> 00:23:19,990

problems and now he's using lightbulbs

585

00:23:25,590 --> 00:23:22,750

and arc lights the arc lights which give

586

00:23:28,440 --> 00:23:25,600

off a lot of UV and the light bulbs do

587

00:23:30,450 --> 00:23:28,450

have red in it but it is also full

588

00:23:31,620 --> 00:23:30,460

spectrum so it's like you have every

589

00:23:33,480 --> 00:23:31,630

color in the rainbow in there and

590

00:23:36,240 --> 00:23:33,490

interestingly blue light actually has

591

00:23:37,650 --> 00:23:36,250

the opposite effect of red so today's

592

00:23:39,570 --> 00:23:37,660

device is where you can harness a

593

00:23:41,550 --> 00:23:39,580

specific wavelength is a lot different

594

00:23:43,920 --> 00:23:41,560

than an incandescent light bulb although

595

00:23:45,720 --> 00:23:43,930

incandescent lightbulbs are certainly a

596

00:23:48,090 --> 00:23:45,730

lot better than a fluorescent bulb for

597

00:23:49,500 --> 00:23:48,100

example if you fraction eight the light

598

00:23:51,210 --> 00:23:49,510

from a fluorescent bulb realize it's

599

00:23:54,210 --> 00:23:51,220

literally almost all blue there's almost

600

00:23:55,640 --> 00:23:54,220

no red in those so there's a little

601
00:23:57,420 --> 00:23:55,650
practical step for anybody who has

602
00:23:58,830 --> 00:23:57,430
compact fluorescent lights in their

603
00:24:00,840 --> 00:23:58,840
house if you replace it with

604
00:24:02,460 --> 00:24:00,850
incandescent lightbulbs or I know

605
00:24:03,900 --> 00:24:02,470
they're a bit of a hog and I think

606
00:24:06,900 --> 00:24:03,910
they're even banned in California aren't

607
00:24:08,940 --> 00:24:06,910
they I'm not sure I did recently buy

608
00:24:11,070 --> 00:24:08,950
some on eBay to try to experiment with

609
00:24:13,790 --> 00:24:11,080
my home lighting and I did get them so

610
00:24:15,870 --> 00:24:13,800
it's a it's possible okay right on I

611
00:24:17,490 --> 00:24:15,880
just I remember hearing something like

612
00:24:19,410 --> 00:24:17,500
that years ago maybe five six years that

613
00:24:21,720 --> 00:24:19,420

they banned incandescent because it was

614

00:24:24,240 --> 00:24:21,730

such a hog on energy and then they made

615

00:24:25,890 --> 00:24:24,250

mandatory fluorescent and I was kind of

616

00:24:27,360 --> 00:24:25,900

angry at that because I'm like we're

617

00:24:29,310 --> 00:24:27,370

using compact fluorescent making that

618

00:24:31,710 --> 00:24:29,320

mandatory meanwhile they put mercury in

619

00:24:33,360 --> 00:24:31,720

there and they emit harmful radio

620

00:24:35,760 --> 00:24:33,370

frequencies and it's completely blue

621

00:24:38,130 --> 00:24:35,770

light and in reality you have LED lights

622

00:24:39,240 --> 00:24:38,140

available as well which can give out red

623

00:24:40,770 --> 00:24:39,250

so they're healthier and they actually

624

00:24:43,230 --> 00:24:40,780

use less energy and they don't use

625

00:24:44,940 --> 00:24:43,240

mercury so like that's a silly solution

626
00:24:46,640 --> 00:24:44,950
to a mandate that people use compact

627
00:24:49,320 --> 00:24:46,650
fluorescent when LEDs are available

628
00:24:50,280 --> 00:24:49,330
anyways that's a bit of a tangent no

629
00:24:53,160 --> 00:24:50,290
it's all

630
00:24:55,530 --> 00:24:53,170
information man and when it comes to the

631
00:24:57,930 --> 00:24:55,540
studies and the papers on red light

632
00:25:01,040 --> 00:24:57,940
therapies effectiveness there are plenty

633
00:25:06,330 --> 00:25:01,050
I think you say there's over 50,000 uh

634
00:25:09,600 --> 00:25:06,340
yeah when I looked at it last that was I

635
00:25:12,240 --> 00:25:09,610
think it was late 2018 so I'm sure

636
00:25:14,550 --> 00:25:12,250
there's more because red light research

637
00:25:16,730 --> 00:25:14,560
is basically exploded in recent years at

638
00:25:19,350 --> 00:25:16,740

least in the West and has been done

639

00:25:21,690 --> 00:25:19,360

Russian research they've been doing it

640

00:25:23,010 --> 00:25:21,700

for a lot longer but in the West they

641

00:25:24,900 --> 00:25:23,020

didn't really catch on until the year

642

00:25:28,050 --> 00:25:24,910

2000 and then there's been an

643

00:25:30,180 --> 00:25:28,060

exponential increase in publications

644

00:25:32,580 --> 00:25:30,190

done on red light therapy since then so

645

00:25:34,650 --> 00:25:32,590

yeah as of today yeah there's over

646

00:25:36,710 --> 00:25:34,660

50,000 scientific and clinical studies

647

00:25:40,530 --> 00:25:36,720

on red and near-infrared light therapy

648

00:25:43,230 --> 00:25:40,540

hmm yeah it does seem like the cracks in

649

00:25:45,510 --> 00:25:43,240

the Rockefeller medicine monopolies are

650

00:25:48,120 --> 00:25:45,520

starting to grow I don't know if it's

651
00:25:50,790 --> 00:25:48,130
the Internet I'm sure that's a component

652
00:25:54,360 --> 00:25:50,800
of it but maybe people are just starting

653
00:25:57,510 --> 00:25:54,370
to see after this century long arc that

654
00:25:59,970 --> 00:25:57,520
this isn't yielding results and maybe

655
00:26:01,590 --> 00:25:59,980
it's just something intuitive but it's a

656
00:26:04,560 --> 00:26:01,600
beautiful thing to see and this is a

657
00:26:06,960 --> 00:26:04,570
huge part of that breakdown of the

658
00:26:09,300 --> 00:26:06,970
corrupt system and I wanted to ask you

659
00:26:11,250 --> 00:26:09,310
where a couple of the go-to studies

660
00:26:12,900 --> 00:26:11,260
you'd like to cite for people that make

661
00:26:14,940 --> 00:26:12,910
the case that this stuff really works

662
00:26:17,370 --> 00:26:14,950
because I'm sure even if some of the

663
00:26:19,380 --> 00:26:17,380

listeners are on board they might want

664

00:26:21,930 --> 00:26:19,390

to share this with someone far more

665

00:26:24,690 --> 00:26:21,940

skeptical maybe our aging parents for

666

00:26:27,420 --> 00:26:24,700

example and I hope we can win them over

667

00:26:28,590 --> 00:26:27,430

as well so give us a little bit more

668

00:26:31,220 --> 00:26:28,600

information about these studies

669

00:26:33,950 --> 00:26:31,230

themselves ones you find most impressive

670

00:26:36,720 --> 00:26:33,960

so there's a bunch of different ways to

671

00:26:38,400 --> 00:26:36,730

realize the efficacy of this treatment

672

00:26:39,720 --> 00:26:38,410

and the beautiful thing about health and

673

00:26:41,640 --> 00:26:39,730

this is why I really like health and

674

00:26:43,140 --> 00:26:41,650

nutrition and red light therapy is that

675

00:26:44,460 --> 00:26:43,150

you can actually put these two pests and

676

00:26:46,620 --> 00:26:44,470

find out for yourself so it's like you

677

00:26:47,640 --> 00:26:46,630

could read studies all day and even

678

00:26:49,080 --> 00:26:47,650

though something looks compelling you

679

00:26:51,330 --> 00:26:49,090

never really know until you try it

680

00:26:53,580 --> 00:26:51,340

so because red light therapy is so cheap

681

00:26:56,160 --> 00:26:53,590

and accessible a lot of like tanning

682

00:26:58,740 --> 00:26:56,170

salons have their fluorescent tube lit

683

00:27:00,120 --> 00:26:58,750

red light tanning beds so they're all

684

00:27:02,790 --> 00:27:00,130

over the place even some gyms have them

685

00:27:03,810 --> 00:27:02,800

but anyways as far as research goes

686

00:27:05,430 --> 00:27:03,820

there's

687

00:27:07,590 --> 00:27:05,440

a lot of amazing studies and I have

688

00:27:09,540 --> 00:27:07,600

listed I think over 70 different

689

00:27:10,800 --> 00:27:09,550

diseases and conditions although I

690

00:27:12,420 --> 00:27:10,810

maintain that there's probably no

691

00:27:15,420 --> 00:27:12,430

disease or condition that cannot at

692

00:27:18,660 --> 00:27:15,430

least benefit from red light let's look

693

00:27:19,830 --> 00:27:18,670

at one on fat loss for example so

694

00:27:23,640 --> 00:27:19,840

there's a lot of good red light research

695

00:27:26,040 --> 00:27:23,650

coming out of Brazil and in 2015 a team

696

00:27:28,440 --> 00:27:26,050

from there took 64 obese women and

697

00:27:30,960 --> 00:27:28,450

randomly assigned them to two groups so

698

00:27:33,600 --> 00:27:30,970

one group was exercise training plus

699

00:27:35,460 --> 00:27:33,610

photo therapy following exercise the

700

00:27:38,040 --> 00:27:35,470

other one just got exercise alone with

701
00:27:40,500 --> 00:27:38,050
no photo therapy and so they were

702
00:27:43,770 --> 00:27:40,510
working out three times a week over 20

703
00:27:45,840 --> 00:27:43,780
week period and then after they assessed

704
00:27:47,430 --> 00:27:45,850
their fat loss and so they measured

705
00:27:50,190 --> 00:27:47,440
before and after as well and what were

706
00:27:51,360 --> 00:27:50,200
the results well the women who received

707
00:27:53,880 --> 00:27:51,370
the near-infrared light therapy

708
00:27:55,740 --> 00:27:53,890
following exercise literally doubled the

709
00:27:56,360 --> 00:27:55,750
amount of fat loss compared to exercise

710
00:27:59,100 --> 00:27:56,370
alone

711
00:28:00,870 --> 00:27:59,110
so it literally hillock melts fat and

712
00:28:03,900 --> 00:28:00,880
the way it does this is by increasing

713
00:28:06,900 --> 00:28:03,910

your metabolism so if you apply red

714

00:28:08,880 --> 00:28:06,910

light to your body for I'm not exactly

715

00:28:10,020 --> 00:28:08,890

sure how long but you could probably say

716

00:28:12,290 --> 00:28:10,030

at least for the rest of the day you're

717

00:28:14,760 --> 00:28:12,300

gonna be burning more calories at rest

718

00:28:17,700 --> 00:28:14,770

than you would normally so that's what

719

00:28:21,030 --> 00:28:17,710

an increase metabolism does and you can

720

00:28:22,890 --> 00:28:21,040

see the results for fat loss it's been

721

00:28:25,890 --> 00:28:22,900

used for also hair regrowth that's a big

722

00:28:27,120 --> 00:28:25,900

a big area as well when you're under

723

00:28:28,770 --> 00:28:27,130

stress if you're under chronic stress

724

00:28:30,660 --> 00:28:28,780

one of the first things to go is hair

725

00:28:33,030 --> 00:28:30,670

because it's just not necessary for

726

00:28:34,410 --> 00:28:33,040

survival another thing to go is

727

00:28:37,320 --> 00:28:34,420

reproduction so we see in our society

728

00:28:38,940 --> 00:28:37,330

our highly stressed highly stressful

729

00:28:41,180 --> 00:28:38,950

society that a lot of people have

730

00:28:43,890 --> 00:28:41,190

fertility problems and that would be why

731

00:28:46,320 --> 00:28:43,900

so basically in hair loss what's

732

00:28:48,750 --> 00:28:46,330

happening there is your hair follicles

733

00:28:50,070 --> 00:28:48,760

which their job is to produce hair and

734

00:28:52,320 --> 00:28:50,080

they're obviously not functioning

735

00:28:53,970 --> 00:28:52,330

properly than are producing hair so red

736

00:28:56,760 --> 00:28:53,980

light puts it back on track gives it the

737

00:28:59,490 --> 00:28:56,770

energy it needs and lots of really great

738

00:29:02,910 --> 00:28:59,500

studies have shown that it can actually

739

00:29:05,790 --> 00:29:02,920

increase hair growth whether you want it

740

00:29:08,430 --> 00:29:05,800

to or not I have here a review on the

741

00:29:10,910 --> 00:29:08,440

subject okay so red look for hair growth

742

00:29:15,180 --> 00:29:10,920

there was an American and Hungarian

743

00:29:16,290 --> 00:29:15,190

review conducted in 2014 on treatment

744

00:29:17,680 --> 00:29:16,300

for hair loss with red and near-infrared

745

00:29:19,210 --> 00:29:17,690

laser therapy

746

00:29:20,770 --> 00:29:19,220

so they looked at a whole bunch of

747

00:29:23,530 --> 00:29:20,780

studies compiled them and would it be

748

00:29:25,150 --> 00:29:23,540

find well here's a quote low-level laser

749

00:29:26,620 --> 00:29:25,160

therapy which is red light therapy

750

00:29:28,960 --> 00:29:26,630

administered with a laser for hair

751

00:29:31,090 --> 00:29:28,970

growth in both men and women appears to

752

00:29:32,710 --> 00:29:31,100

be both safe and effective the optimum

753

00:29:34,600 --> 00:29:32,720

wavelength coherence and doe symmetric

754

00:29:36,070 --> 00:29:34,610

parameters remain to be determined so

755

00:29:37,930 --> 00:29:36,080

what they're saying there is that the

756

00:29:40,180 --> 00:29:37,940

research indicates that it is effective

757

00:29:42,040 --> 00:29:40,190

and it can help regrow hair although we

758

00:29:45,340 --> 00:29:42,050

don't have the exact wavelengths and

759

00:29:47,740 --> 00:29:45,350

frequencies and the different treatment

760

00:29:52,560 --> 00:29:47,750

times nailed down yet for the optimal

761

00:29:55,600 --> 00:29:52,570

hair regrowth but the effect is there

762

00:29:57,940 --> 00:29:55,610

hmm.well regrowing hair and losing a

763

00:30:01,030 --> 00:29:57,950

little bit of fat are two things that I

764

00:30:03,070 --> 00:30:01,040

would appreciate quite a bit but you

765

00:30:05,140 --> 00:30:03,080

have this long list of conditions that

766

00:30:07,780 --> 00:30:05,150

you think red light therapy is effective

767

00:30:10,930 --> 00:30:07,790

for and it makes sense because if we're

768

00:30:13,600 --> 00:30:10,940

addressing some root cause further up

769

00:30:17,820 --> 00:30:13,610

the chain which would be you know our

770

00:30:22,330 --> 00:30:17,830

metabolism and stress reduction and the

771

00:30:24,970 --> 00:30:22,340

lowering of the things like cortisol and

772

00:30:27,310 --> 00:30:24,980

you know the harmful chemicals were

773

00:30:29,020 --> 00:30:27,320

producing versus increasing some of the

774

00:30:31,210 --> 00:30:29,030

positive ones it makes sense that you

775

00:30:33,040 --> 00:30:31,220

could list all these things under the

776

00:30:35,530 --> 00:30:33,050

umbrella if you're addressing that root

777

00:30:37,960 --> 00:30:35,540

cause and then you have the ten that

778

00:30:40,870 --> 00:30:37,970

have clearly proven results as you said

779

00:30:44,020 --> 00:30:40,880

melts belly fat accelerates wound

780

00:30:46,720 --> 00:30:44,030

healing increases bone density increases

781

00:30:49,330 --> 00:30:46,730

testosterone enhances brain function and

782

00:30:53,140 --> 00:30:49,340

memory lowers anxiety and depression

783

00:30:57,840 --> 00:30:53,150

eliminates acne relieves pain regrows

784

00:31:01,540 --> 00:30:57,850

hair and works wonders on arthritis and

785

00:31:05,230 --> 00:31:01,550

these are I guess a lot of seemingly

786

00:31:07,840 --> 00:31:05,240

random and unconnected conditions but

787

00:31:10,750 --> 00:31:07,850

there must be that same connection

788

00:31:12,460 --> 00:31:10,760

between them right yeah absolutely and

789

00:31:14,740 --> 00:31:12,470

it all comes down to cellular health

790

00:31:15,850 --> 00:31:14,750

like we were talking about I wouldn't

791

00:31:17,590 --> 00:31:15,860

mind getting a deeper into the

792

00:31:19,240 --> 00:31:17,600

mechanisms here because I think once you

793

00:31:22,020 --> 00:31:19,250

understand the mechanisms it actually

794

00:31:25,420 --> 00:31:22,030

begins to make sense and it begins to

795

00:31:28,000 --> 00:31:25,430

how to say become a little bit less hard

796

00:31:30,340 --> 00:31:28,010

to believe why it's working cool yes

797

00:31:31,510 --> 00:31:30,350

please lay it on us okay so as far as

798

00:31:33,520 --> 00:31:31,520

like metabolism

799

00:31:35,670 --> 00:31:33,530

if you dig into the details that it is

800

00:31:38,290 --> 00:31:35,680

unbelievably complex I don't have

801
00:31:41,500 --> 00:31:38,300
cellular respiration and all of the

802
00:31:43,780 --> 00:31:41,510
intricacies memorized most biologists

803
00:31:45,100 --> 00:31:43,790
don't have that memorized either so if

804
00:31:46,810 --> 00:31:45,110
you wanted to you can make it really

805
00:31:49,150 --> 00:31:46,820
complex and I feel like this is my value

806
00:31:52,330 --> 00:31:49,160
in red light research and in cancer

807
00:31:55,630 --> 00:31:52,340
research I see myself as a translator so

808
00:31:57,900 --> 00:31:55,640
I've made it my mission to understand

809
00:32:01,000 --> 00:31:57,910
the complex research and boil it down

810
00:32:03,310 --> 00:32:01,010
simply so that anybody of any age and

811
00:32:05,350 --> 00:32:03,320
understand it that is my goal and you

812
00:32:05,980 --> 00:32:05,360
can decide if you think I succeeded at

813
00:32:08,880 --> 00:32:05,990

that or not

814

00:32:12,760 --> 00:32:08,890

but as far as cellular metabolism goes

815

00:32:16,780 --> 00:32:12,770

it's basically a series of chemical

816

00:32:18,940 --> 00:32:16,790

reactions involving enzymes so I don't

817

00:32:20,740 --> 00:32:18,950

know if you your listeners remember the

818

00:32:21,040 --> 00:32:20,750

movie Christmas vacation with Chevy

819

00:32:22,990 --> 00:32:21,050

Chase

820

00:32:25,810 --> 00:32:23,000

sure so buddy when he puts the Christmas

821

00:32:28,420 --> 00:32:25,820

lights on his roof and just one bulb was

822

00:32:30,550 --> 00:32:28,430

burnt out so when you have something

823

00:32:33,850 --> 00:32:30,560

wired an electrical theory I guess if

824

00:32:35,530 --> 00:32:33,860

you have it wired in series if one bulb

825

00:32:37,600 --> 00:32:35,540

is burnt out the whole thing will not

826

00:32:39,970 --> 00:32:37,610

light up mm-hm and so if you think of

827

00:32:42,640 --> 00:32:39,980

metabolism in that way the enzymes would

828

00:32:46,030 --> 00:32:42,650

be like the light bulbs and as I said

829

00:32:48,490 --> 00:32:46,040

it's minerals and it is vitamins that

830

00:32:50,950 --> 00:32:48,500

are used to create these enzymes so if

831

00:32:53,960 --> 00:32:50,960

you are for example I have a very

832

00:32:56,379 --> 00:32:53,970

specific example of this one

833

00:32:59,749 --> 00:32:56,389

one of the enzymes that is essential for

834

00:33:02,990 --> 00:32:59,759

cellular metabolism is called pyruvate

835

00:33:05,810 --> 00:33:03,000

dehydrogenase and the nutrient required

836

00:33:08,440 --> 00:33:05,820

to make that is diamond which is vitamin

837

00:33:11,119 --> 00:33:08,450

b1 it's found most abundantly in liver

838

00:33:13,490 --> 00:33:11,129

caviar octopus crab loves their beef

839

00:33:16,460 --> 00:33:13,500

lamb fish cheese and eggs and shellfish

840

00:33:19,549 --> 00:33:16,470

so if you don't have any vitamin b1

841

00:33:21,529 --> 00:33:19,559

whatsoever in your diet your body will

842

00:33:23,720 --> 00:33:21,539

not be able to make this enzyme and you

843

00:33:26,029 --> 00:33:23,730

will not be able to use oxygen and your

844

00:33:27,379 --> 00:33:26,039

health will suffer so for example it's

845

00:33:29,060 --> 00:33:27,389

some studies show that low levels of

846

00:33:31,700 --> 00:33:29,070

serum thiamine have been significantly

847

00:33:33,200 --> 00:33:31,710

associated with Parkinson's disease and

848

00:33:34,909 --> 00:33:33,210

they actually do this in medical

849

00:33:37,549 --> 00:33:34,919

practice they administer in hospitals

850

00:33:39,019 --> 00:33:37,559

Dimon sometimes to patients and in this

851
00:33:41,060 --> 00:33:39,029
study when they administered thiamine to

852
00:33:42,259 --> 00:33:41,070
Parkinson's disease patients it improved

853
00:33:44,659 --> 00:33:42,269
their brain function and overall

854
00:33:46,399 --> 00:33:44,669
condition as thiamine deficiency is also

855
00:33:48,919 --> 00:33:46,409
frequent and patients with heart disease

856
00:33:50,570 --> 00:33:48,929
and then administering thiamine through

857
00:33:52,700 --> 00:33:50,580
them people with heart disease improves

858
00:33:54,769 --> 00:33:52,710
their heart function so you are

859
00:33:57,700 --> 00:33:54,779
basically switching that light bulb back

860
00:33:59,899 --> 00:33:57,710
on and allowing that sequence of events

861
00:34:02,480 --> 00:33:59,909
which are necessary for energy

862
00:34:05,090 --> 00:34:02,490
production to continue and to flow all

863
00:34:08,089 --> 00:34:05,100

the way until the end point which is ATP

864

00:34:10,669 --> 00:34:08,099

production so ATP is deep is said to be

865

00:34:12,040 --> 00:34:10,679

the energy currency of your body what

866

00:34:16,609 --> 00:34:12,050

people don't talk about is another

867

00:34:19,129 --> 00:34:16,619

product of metabolism is water and the

868

00:34:21,619 --> 00:34:19,139

other product is carbon dioxide and that

869

00:34:24,530 --> 00:34:21,629

is that is one of the most

870

00:34:27,559 --> 00:34:24,540

underestimated things carbon dioxide is

871

00:34:28,790 --> 00:34:27,569

unbelievably important and if you read

872

00:34:31,970 --> 00:34:28,800

the research on red light there are

873

00:34:33,379 --> 00:34:31,980

theories as to its mechanisms one thing

874

00:34:36,200 --> 00:34:33,389

they don't disagree on is the ATP

875

00:34:38,030 --> 00:34:36,210

production so energy production by

876

00:34:40,129 --> 00:34:38,040

applying red light to your cells you're

877

00:34:41,720 --> 00:34:40,139

going to increase energy production your

878

00:34:43,099 --> 00:34:41,730

available energy you can notice it in

879

00:34:45,800 --> 00:34:43,109

athletic performance and things like

880

00:34:48,379 --> 00:34:45,810

this but what they don't talk about is

881

00:34:49,909 --> 00:34:48,389

the increase in carbon dioxide which is

882

00:34:52,460 --> 00:34:49,919

one of the most important things for

883

00:34:56,510 --> 00:34:52,470

your overall health have you heard of

884

00:34:59,180 --> 00:34:56,520

dr. Constantine Buteyko I have not

885

00:35:02,060 --> 00:34:59,190

okay so he was a Russian scientist in

886

00:35:03,710 --> 00:35:02,070

the early 20th century and get an

887

00:35:06,890 --> 00:35:03,720

intense interest in like sophisticated

888

00:35:08,450 --> 00:35:06,900

medical diagnostics and he had the best

889

00:35:10,790 --> 00:35:08,460

lab in the world it was state-of-the-art

890

00:35:12,859 --> 00:35:10,800

equipment of facilities and he was

891

00:35:14,660 --> 00:35:12,869

basically obsessed with finding out the

892

00:35:17,750 --> 00:35:14,670

cause of disease he wanted to find if

893

00:35:21,140 --> 00:35:17,760

there was one single parameter in people

894

00:35:22,580 --> 00:35:21,150

who were sick and his extraordinary

895

00:35:25,460 --> 00:35:22,590

discovery that he made after a lifetime

896

00:35:27,710 --> 00:35:25,470

of research before he was ostracized and

897

00:35:29,600 --> 00:35:27,720

a few attempts were made on his life he

898

00:35:31,340 --> 00:35:29,610

discovered that all chronic diseases

899

00:35:34,820 --> 00:35:31,350

shared one thing in common and that was

900

00:35:36,980 --> 00:35:34,830

a lower level of carbon dioxide and it

901
00:35:38,930 --> 00:35:36,990
turns out the reason why co2 so

902
00:35:41,600 --> 00:35:38,940
important it has been unnecessarily and

903
00:35:43,820 --> 00:35:41,610
unwarranted Lee vilified in our society

904
00:35:46,790 --> 00:35:43,830
when people are taught that it's toxic

905
00:35:48,920 --> 00:35:46,800
waste product but if you look at there's

906
00:35:52,940 --> 00:35:48,930
something called the Bohr effect that's

907
00:35:56,000 --> 00:35:52,950
a key principle to understand so in your

908
00:35:58,070 --> 00:35:56,010
blood oxygen is transported throughout

909
00:36:00,320 --> 00:35:58,080
the body by being bound to red blood

910
00:36:02,090 --> 00:36:00,330
cells so that's red blood cells is also

911
00:36:03,260 --> 00:36:02,100
called hemoglobin that's how it's

912
00:36:06,080 --> 00:36:03,270
transported through your veins and

913
00:36:08,510 --> 00:36:06,090

capillaries and your every single cell

914

00:36:09,650 --> 00:36:08,520

in your body needs oxygen and I think a

915

00:36:13,160 --> 00:36:09,660

lot of people know that by now

916

00:36:15,180 --> 00:36:13,170

especially for cancer

917

00:36:18,390 --> 00:36:15,190

I'm trying to think here I have a quote

918

00:36:20,430 --> 00:36:18,400

actually on that professor Arthur Sze

919

00:36:21,810 --> 00:36:20,440

Gaytan he was the author of the

920

00:36:23,640 --> 00:36:21,820

best-selling medical textbook in the

921

00:36:26,340 --> 00:36:23,650

entire world called the textbook of

922

00:36:29,880 --> 00:36:26,350

medical physiology he said like all

923

00:36:32,100 --> 00:36:29,890

diseases suffering and conditions our

924

00:36:36,740 --> 00:36:32,110

result of the inability of cells to use

925

00:36:39,660 --> 00:36:36,750

oxygen and so how does that relate to

926
00:36:41,280 --> 00:36:39,670
carbon dioxide well the Bohr effect so

927
00:36:43,890 --> 00:36:41,290
as I was saying the oxygen is

928
00:36:46,050 --> 00:36:43,900
transported through your body bound to

929
00:36:47,160 --> 00:36:46,060
red blood cells and if there is no co2

930
00:36:49,470 --> 00:36:47,170
here's the key point

931
00:36:51,860 --> 00:36:49,480
if there's no co2 in the area when that

932
00:36:54,810 --> 00:36:51,870
oxygen is needed it will not unstick

933
00:36:56,790 --> 00:36:54,820
from that red blood cell so if co2 is

934
00:36:58,080 --> 00:36:56,800
present it will release the oxygen from

935
00:37:00,120 --> 00:36:58,090
the red blood cell and drive it into

936
00:37:02,790 --> 00:37:00,130
cells where it is needed but when you

937
00:37:04,680 --> 00:37:02,800
have a co2 deficiency you cannot use

938
00:37:06,270 --> 00:37:04,690

that oxygen even if it's present your

939

00:37:08,280 --> 00:37:06,280

cells can't use the oxygen and that was

940

00:37:10,590 --> 00:37:08,290

what dr. Otto Warburg discovered about

941

00:37:12,930 --> 00:37:10,600

cancer is that a cancer cell even though

942

00:37:15,170 --> 00:37:12,940

the oxygen is present the mitochondria

943

00:37:17,850 --> 00:37:15,180

was damaged and it was unable to use it

944

00:37:21,180 --> 00:37:17,860

hmm that's really fascinating and I

945

00:37:23,280 --> 00:37:21,190

watched your video on the naked mole-rat

946

00:37:25,830 --> 00:37:23,290

which is really fascinating apparently

947

00:37:29,100 --> 00:37:25,840

it's the one mammal that doesn't seem to

948

00:37:31,050 --> 00:37:29,110

age and when they study it and they look

949

00:37:33,270 --> 00:37:31,060

at its environment and the levels of

950

00:37:36,030 --> 00:37:33,280

oxygen and carbon dioxide like you're

951
00:37:38,100 --> 00:37:36,040
talking about this is a major factor

952
00:37:39,780 --> 00:37:38,110
like this ties in quite a bit right I

953
00:37:42,050 --> 00:37:39,790
mean we can look at the naked mole-rat

954
00:37:44,520 --> 00:37:42,060
and see these same principles at work

955
00:37:46,470 --> 00:37:44,530
yeah absolutely the naked mole rat is

956
00:37:49,350 --> 00:37:46,480
fascinating and there are actually other

957
00:37:51,240 --> 00:37:49,360
creatures that do not age but there was

958
00:37:52,920 --> 00:37:51,250
a study I think it was in 2016 on the

959
00:37:55,800 --> 00:37:52,930
naked mole rat and the researchers

960
00:37:57,990 --> 00:37:55,810
concluded that this defies everything we

961
00:38:00,630 --> 00:37:58,000
know about biology the naked mole rat

962
00:38:03,540 --> 00:38:00,640
literally does not age and it has many

963
00:38:05,310 --> 00:38:03,550

other incredible features when you

964

00:38:07,370 --> 00:38:05,320

compare it to other rats which live on

965

00:38:10,280 --> 00:38:07,380

average two to two-and-a-half years tops

966

00:38:13,200 --> 00:38:10,290

the naked mole rat the longest lived

967

00:38:15,480 --> 00:38:13,210

naked mole rat was over 30 years old so

968

00:38:18,180 --> 00:38:15,490

its lifespan is 15 times greater than

969

00:38:21,630 --> 00:38:18,190

other rats it doesn't feel pain when

970

00:38:25,200 --> 00:38:21,640

being burnt with acid it reproduces from

971

00:38:27,079 --> 00:38:25,210

around 6 months and hits puberty all the

972

00:38:29,420 --> 00:38:27,089

way to the grave so there's no like

973

00:38:31,819 --> 00:38:29,430

where it cannot reproduce from birth to

974

00:38:33,739 --> 00:38:31,829

the grave it can withstand 30 minutes

975

00:38:37,130 --> 00:38:33,749

without oxygen without having any brain

976
00:38:39,349 --> 00:38:37,140
damage it's virtually immune to

977
00:38:41,089 --> 00:38:39,359
environmental toxins and in its natural

978
00:38:42,380 --> 00:38:41,099
habitat this is probably the most

979
00:38:44,630 --> 00:38:42,390
important one if you're interested in

980
00:38:46,999 --> 00:38:44,640
cancer it is immune to cancer in its

981
00:38:49,400 --> 00:38:47,009
natural environment and so it's like if

982
00:38:52,519 --> 00:38:49,410
you when you read the research on this

983
00:38:54,229 --> 00:38:52,529
as recently as 2016 researchers say you

984
00:38:57,380 --> 00:38:54,239
know we have no idea why it's doing this

985
00:38:58,539 --> 00:38:57,390
and when you investigate as to why is

986
00:39:02,329 --> 00:38:58,549
because they're looking for genetic

987
00:39:03,920 --> 00:39:02,339
explanations and dr. Rhea Pete was the

988
00:39:05,180 --> 00:39:03,930

first person I've known to figure this

989

00:39:07,700 --> 00:39:05,190

one out this is where I first learned

990

00:39:11,029 --> 00:39:07,710

about this concept of the naked mole rat

991

00:39:13,430 --> 00:39:11,039

and it turns out that the naked mole

992

00:39:15,529 --> 00:39:13,440

rats which live subterranean the entire

993

00:39:19,279 --> 00:39:15,539

lives so they live underground their

994

00:39:21,099 --> 00:39:19,289

entire lives and they plug the entrances

995

00:39:24,589 --> 00:39:21,109

to their burrows and they live in

996

00:39:26,749 --> 00:39:24,599

colonies about 75 to 300 other mole rats

997

00:39:29,839 --> 00:39:26,759

so they dig around all day and they eat

998

00:39:31,219 --> 00:39:29,849

tubers and no access to light and even

999

00:39:33,019 --> 00:39:31,229

despite the light they have all these

1000

00:39:35,180 --> 00:39:33,029

incredible features and the reason why

1001
00:39:37,729 --> 00:39:35,190
it's because when they plug their

1002
00:39:40,489 --> 00:39:37,739
burrows they carefully regulate the

1003
00:39:44,180 --> 00:39:40,499
content of oxygen and carbon dioxide in

1004
00:39:46,130 --> 00:39:44,190
their burrows and so whereas in the air

1005
00:39:49,819 --> 00:39:46,140
you're breathing right now likely the

1006
00:39:52,400 --> 00:39:49,829
oxygen content is almost 21% in a mole

1007
00:39:55,789 --> 00:39:52,410
rat burrow it's been found to be as

1008
00:39:57,920 --> 00:39:55,799
around 6% so they take down the oxygen

1009
00:39:59,989 --> 00:39:57,930
level and the co2 in our air right now

1010
00:40:01,670 --> 00:39:59,999
is extremely low it's point zero four

1011
00:40:03,920 --> 00:40:01,680
percent just to give you a perspective

1012
00:40:06,709 --> 00:40:03,930
in your body you want about five percent

1013
00:40:08,509 --> 00:40:06,719

so it's extremely low compared to what

1014

00:40:10,309 --> 00:40:08,519

we need so it makes it difficult so

1015

00:40:13,219 --> 00:40:10,319

increasing that would make it a lot more

1016

00:40:15,410 --> 00:40:13,229

compatible with life of humans and

1017

00:40:16,700 --> 00:40:15,420

obviously other creatures as well so in

1018

00:40:20,569 --> 00:40:16,710

the mole rat burrow they increased the

1019

00:40:24,459 --> 00:40:20,579

co2 to around seven percent so oxygen is

1020

00:40:27,380 --> 00:40:24,469

way down co2 is way up and this affects

1021

00:40:30,979 --> 00:40:27,390

their metabolism so they have a really

1022

00:40:33,259 --> 00:40:30,989

robust metabolism and this is why they

1023

00:40:34,640 --> 00:40:33,269

do not age because there's no aging or

1024

00:40:37,569 --> 00:40:34,650

degeneration because their bodies are

1025

00:40:39,249 --> 00:40:37,579

using oxygen so efficiently

1026
00:40:42,609 --> 00:40:39,259
that they have no problems whatsoever

1027
00:40:45,399 --> 00:40:42,619
with that I think that is fascinating

1028
00:40:48,669 --> 00:40:45,409
man and we get into some really wild

1029
00:40:52,120 --> 00:40:48,679
subjects on other episodes of this show

1030
00:40:53,829 --> 00:40:52,130
legends of subterranean civilizations

1031
00:40:55,989 --> 00:40:53,839
and all kinds of strange stuff and the

1032
00:40:58,659 --> 00:40:55,999
number one question is people always ask

1033
00:41:00,309 --> 00:40:58,669
well I like the stories of people living

1034
00:41:03,939 --> 00:41:00,319
underground either today or in the

1035
00:41:06,339 --> 00:41:03,949
ancient past but I can't entertain it

1036
00:41:08,889 --> 00:41:06,349
seriously because without sunlight how

1037
00:41:11,949 --> 00:41:08,899
could anything live underground and

1038
00:41:13,899 --> 00:41:11,959

there might be a way it seems yeah

1039

00:41:15,729 --> 00:41:13,909

absolutely so when you think of red

1040

00:41:18,459 --> 00:41:15,739

light the reason why it's so beneficial

1041

00:41:20,469 --> 00:41:18,469

is not only because of the ATP but what

1042

00:41:23,949 --> 00:41:20,479

comes with the ATP so it's increasing

1043

00:41:26,529 --> 00:41:23,959

your carbon dioxide and amazingly even

1044

00:41:28,299 --> 00:41:26,539

without red light or without any

1045

00:41:30,489 --> 00:41:28,309

sunlight as we can see from the naked

1046

00:41:32,349 --> 00:41:30,499

mole-rat and other creatures in the

1047

00:41:33,579 --> 00:41:32,359

absence of sunlight as long as you have

1048

00:41:35,739 --> 00:41:33,589

a high amount of carbon dioxide

1049

00:41:38,919 --> 00:41:35,749

available you can thrive in good health

1050

00:41:40,299 --> 00:41:38,929

and dr. Rey P actually talks about

1051
00:41:42,189 --> 00:41:40,309
another concept I just want to lay out

1052
00:41:43,689 --> 00:41:42,199
because it's so incredible yeah most

1053
00:41:45,339 --> 00:41:43,699
people probably have never heard of this

1054
00:41:48,339 --> 00:41:45,349
and it's amazing most people look to

1055
00:41:49,959 --> 00:41:48,349
outer space for interesting things but I

1056
00:41:51,879 --> 00:41:49,969
mean it's a vacuum we haven't found life

1057
00:41:53,759 --> 00:41:51,889
out there and I don't even know if you

1058
00:41:56,739 --> 00:41:53,769
can go to outer space to be honest but

1059
00:41:58,329 --> 00:41:56,749
if you ask me way more interesting than

1060
00:42:00,789 --> 00:41:58,339
the concept of exploring space is

1061
00:42:02,919 --> 00:42:00,799
exploring the oceans yeah and one of the

1062
00:42:05,679 --> 00:42:02,929
concept that dr. Rey P talks about is a

1063
00:42:08,620 --> 00:42:05,689

champagne vent which exists on the very

1064

00:42:10,959 --> 00:42:08,630

bottom of the ocean and exudes pure

1065

00:42:13,659 --> 00:42:10,969

streams of liquid carbon dioxide and

1066

00:42:17,019 --> 00:42:13,669

around it I mean because it's so deep

1067

00:42:20,469 --> 00:42:17,029

there is almost no light and yet life

1068

00:42:22,089 --> 00:42:20,479

flourishes around these vents and the

1069

00:42:24,639 --> 00:42:22,099

life that exists there cannot be

1070

00:42:27,309 --> 00:42:24,649

accounted for by the little amount of

1071

00:42:29,199 --> 00:42:27,319

light that's there so in other words

1072

00:42:31,629 --> 00:42:29,209

it's the co2 that is sustaining their

1073

00:42:33,909 --> 00:42:31,639

lives by keeping the oxygen the little

1074

00:42:36,039 --> 00:42:33,919

oxygen that does exist there keeps their

1075

00:42:39,429 --> 00:42:36,049

cells working and functioning and using

1076

00:42:41,589 --> 00:42:39,439

that oxygen properly effectively Wow

1077

00:42:45,009 --> 00:42:41,599

that's so interesting and like you

1078

00:42:47,769 --> 00:42:45,019

mentioned co2 is very vilified in our

1079

00:42:51,030 --> 00:42:47,779

current society and I'm sure there is a

1080

00:42:54,990 --> 00:42:51,040

multitude of factors as to why

1081

00:42:57,600 --> 00:42:55,000

is really provocative that every time I

1082

00:43:00,090 --> 00:42:57,610

seem to have someone exploring one of

1083

00:43:03,150 --> 00:43:00,100

these things it's the exact inverse of

1084

00:43:05,330 --> 00:43:03,160

what is taught to everyone else what we

1085

00:43:07,740 --> 00:43:05,340

see on corporate media it's just

1086

00:43:10,940 --> 00:43:07,750

fascinating that it's not just a little

1087

00:43:13,350 --> 00:43:10,950

off it's a complete 180 in most cases

1088

00:43:16,020 --> 00:43:13,360

yeah absolutely I've noticed that myself

1089

00:43:18,120 --> 00:43:16,030

a little bit amazingly I'm gonna lay

1090

00:43:19,650 --> 00:43:18,130

this one out there to hit me I don't

1091

00:43:21,390 --> 00:43:19,660

think there will ever be a cure for

1092

00:43:23,550 --> 00:43:21,400

cancer because it's kind of a process

1093

00:43:26,130 --> 00:43:23,560

it's like a slow gradual degeneration

1094

00:43:27,660 --> 00:43:26,140

form eating the wrong foods there are

1095

00:43:30,390 --> 00:43:27,670

really specific reasons mainly

1096

00:43:32,400 --> 00:43:30,400

unsaturated fats accumulating in your

1097

00:43:35,370 --> 00:43:32,410

tissues of our lifetime of consuming

1098

00:43:36,840 --> 00:43:35,380

them but if there ever were one single

1099

00:43:39,780 --> 00:43:36,850

thing that would be a cure for cancer

1100

00:43:41,370 --> 00:43:39,790

that would be increasing your level of

1101
00:43:43,470 --> 00:43:41,380
carbon dioxide in the body and there are

1102
00:43:45,900 --> 00:43:43,480
a number of ways of doing this you can

1103
00:43:48,030 --> 00:43:45,910
pick up bath with a bath bomb so a bath

1104
00:43:50,400 --> 00:43:48,040
bomb is like baking soda with a little

1105
00:43:53,180 --> 00:43:50,410
citric acid powder and they combined it

1106
00:43:55,230 --> 00:43:53,190
together in a dry form so it's not

1107
00:43:56,100 --> 00:43:55,240
reacting together but those two things

1108
00:43:57,810 --> 00:43:56,110
will react

1109
00:44:00,090 --> 00:43:57,820
obviously when you liquefy them so you

1110
00:44:02,700 --> 00:44:00,100
put it in the tub and what you get is

1111
00:44:04,380 --> 00:44:02,710
carbon dioxide bubbles I'm not sure if

1112
00:44:06,300 --> 00:44:04,390
you heard of Vernon Johnson he lived in

1113
00:44:08,430 --> 00:44:06,310

California he had stage 3 prostate

1114

00:44:09,870 --> 00:44:08,440

cancer his doctor said you got six

1115

00:44:12,180 --> 00:44:09,880

months to live and you're gonna die and

1116

00:44:15,330 --> 00:44:12,190

he didn't want chemotherapy or anything

1117

00:44:17,580 --> 00:44:15,340

like that his brother told about baking

1118

00:44:20,850 --> 00:44:17,590

soda or sodium bicarbonate as a cancer

1119

00:44:22,980 --> 00:44:20,860

treatment and literally in ten days of

1120

00:44:25,650 --> 00:44:22,990

treatment he took I'd say on average a

1121

00:44:27,090 --> 00:44:25,660

couple tablespoons per day ten days

1122

00:44:28,650 --> 00:44:27,100

later he went back to his doctor the

1123

00:44:30,300 --> 00:44:28,660

cancer was completely gone and the

1124

00:44:32,670 --> 00:44:30,310

reason why is because when you consume

1125

00:44:34,440 --> 00:44:32,680

sodium bicarbonate the second it hits

1126

00:44:36,210 --> 00:44:34,450

your stomach acid it is converted into

1127

00:44:39,180 --> 00:44:36,220

carbon dioxide and that's what's

1128

00:44:40,590 --> 00:44:39,190

medicinal about it there's a Japanese

1129

00:44:43,890 --> 00:44:40,600

study I don't have that specifics on

1130

00:44:45,570 --> 00:44:43,900

this but it is in my book it's in cancer

1131

00:44:48,120 --> 00:44:45,580

the metabolic disease unraveled near the

1132

00:44:50,160 --> 00:44:48,130

end and basically they injected carbon

1133

00:44:51,600 --> 00:44:50,170

dioxide directly into tumors and they

1134

00:44:54,090 --> 00:44:51,610

would go away resolve themselves

1135

00:44:56,430 --> 00:44:54,100

completely so there are many different

1136

00:44:58,410 --> 00:44:56,440

ways I used to have a device that a

1137

00:45:02,270 --> 00:44:58,420

friend of mine who's an engineer created

1138

00:45:04,620 --> 00:45:02,280

a device called a carbon generator so

1139

00:45:06,510 --> 00:45:04,630

carbons are really fascinating concept

1140

00:45:08,070 --> 00:45:06,520

- that people need to know about if you

1141

00:45:11,430 --> 00:45:08,080

look into the work of doctor Yan Dell

1142

00:45:14,130 --> 00:45:11,440

Henderson in the early 20th century all

1143

00:45:15,920 --> 00:45:14,140

the way up until World War two ended he

1144

00:45:18,450 --> 00:45:15,930

actually had paramedics and firefighters

1145

00:45:21,180 --> 00:45:18,460

administering carbage n' to patients

1146

00:45:22,610 --> 00:45:21,190

instead of pure oxygen atom urgency

1147

00:45:24,540 --> 00:45:22,620

scenes and it was very very effective

1148

00:45:27,330 --> 00:45:24,550

especially for children with jaundice

1149

00:45:30,210 --> 00:45:27,340

and it would heal people up like crazy

1150

00:45:32,340 --> 00:45:30,220

and interestingly now they give him pure

1151
00:45:35,600 --> 00:45:32,350
oxygen oh I didn't said what carbon was

1152
00:45:40,350 --> 00:45:35,610
carbon is basically a mixture of either

1153
00:45:44,250 --> 00:45:40,360
5% co2 supplemented into air or 95%

1154
00:45:46,230 --> 00:45:44,260
oxygen with 5% co2 so it's supplemental

1155
00:45:48,720 --> 00:45:46,240
co2 in air and you breathe it in through

1156
00:45:50,880 --> 00:45:48,730
an oxygen mask I used to have a device

1157
00:45:52,440 --> 00:45:50,890
that did that I hooked up my co2 tank

1158
00:45:54,000 --> 00:45:52,450
and that was an interesting experience

1159
00:45:55,860 --> 00:45:54,010
I've got some interesting stories about

1160
00:45:57,930 --> 00:45:55,870
that but really Randall Henderson had

1161
00:45:59,760 --> 00:45:57,940
people breathing that on emergency

1162
00:46:02,550 --> 00:45:59,770
scenes and then as soon as World War two

1163
00:46:04,440 --> 00:46:02,560

ended bad all stop even hospitals were

1164

00:46:05,940 --> 00:46:04,450

using it they stopped using it after

1165

00:46:08,400 --> 00:46:05,950

then as well and now they give a pure

1166

00:46:10,080 --> 00:46:08,410

oxygen which is interesting it's one of

1167

00:46:13,260 --> 00:46:10,090

the more popular ways that doctors kill

1168

00:46:16,410 --> 00:46:13,270

people because when you take pure oxygen

1169

00:46:18,720 --> 00:46:16,420

it's actually pushing the carbon dioxide

1170

00:46:21,090 --> 00:46:18,730

out of your body so although you're

1171

00:46:26,310 --> 00:46:21,100

getting more oxygen in there you are

1172

00:46:28,440 --> 00:46:26,320

unable to use it hmm weird man I

1173

00:46:30,270 --> 00:46:28,450

definitely don't hear a lot of people

1174

00:46:32,460 --> 00:46:30,280

talking about this but you're making a

1175

00:46:34,350 --> 00:46:32,470

really interesting case and can you

1176

00:46:36,630 --> 00:46:34,360

elaborate a little bit on those

1177

00:46:38,160 --> 00:46:36,640

interesting experiences you've had that

1178

00:46:39,690 --> 00:46:38,170

you mentioned I mean I'm sure people are

1179

00:46:43,170 --> 00:46:39,700

gonna be curious when you drop something

1180

00:46:45,510 --> 00:46:43,180

like that very true okay yes so I'm a

1181

00:46:48,330 --> 00:46:45,520

pretty avid rollerblader and I used to

1182

00:46:50,910 --> 00:46:48,340

drive limousine now I work full time on

1183

00:46:53,220 --> 00:46:50,920

my website online congratulations

1184

00:46:55,940 --> 00:46:53,230

oh thank you it was a big leap it was

1185

00:46:58,260 --> 00:46:55,950

scary at first but unbelievable I uh

1186

00:46:59,940 --> 00:46:58,270

forced me to bear down and work harder

1187

00:47:03,270 --> 00:46:59,950

and now feel like I got a really good

1188

00:47:04,560 --> 00:47:03,280

momentum going anyways when I would go

1189

00:47:08,070 --> 00:47:04,570

to Toronto I Drive people to like

1190

00:47:09,390 --> 00:47:08,080

Raptors games or concerts and I live an

1191

00:47:10,830 --> 00:47:09,400

hour away from Toronto so people would

1192

00:47:12,210 --> 00:47:10,840

rent a limo I drive them there and then

1193

00:47:15,030 --> 00:47:12,220

I would have like three or four hours

1194

00:47:16,320 --> 00:47:15,040

free time so when I got this device I

1195

00:47:18,180 --> 00:47:16,330

was like yes this is a perfect

1196

00:47:19,710 --> 00:47:18,190

opportunity because in my free time I

1197

00:47:22,880 --> 00:47:19,720

than rollerblade right by the water on

1198

00:47:25,859 --> 00:47:22,890

Lakeshore there and so I really knew my

1199

00:47:27,990 --> 00:47:25,869

ability as far as rollerblading goes and

1200

00:47:30,089 --> 00:47:28,000

especially on that rope too so I'm like

1201
00:47:32,880 --> 00:47:30,099
this is a perfect opportunity to assess

1202
00:47:35,849 --> 00:47:32,890
if carbon can affect my athletic

1203
00:47:38,370 --> 00:47:35,859
performance compared to without so

1204
00:47:39,539 --> 00:47:38,380
before I went to work that night I think

1205
00:47:43,710 --> 00:47:39,549
it was ten minutes of breathing in

1206
00:47:46,980 --> 00:47:43,720
around two percent supplemental co2 in

1207
00:47:49,410 --> 00:47:46,990
air and when I went to Toronto I laced

1208
00:47:54,359 --> 00:47:49,420
off my skates and it was amazing I

1209
00:47:55,349 --> 00:47:54,369
literally sprinted never having to slow

1210
00:47:57,089 --> 00:47:55,359
down at all I felt like I was

1211
00:47:59,430 --> 00:47:57,099
accelerating the entire way for like ten

1212
00:48:02,130 --> 00:47:59,440
kilometers and the amazing part was this

1213
00:48:05,309 --> 00:48:02,140

by the end of it I felt no need at all

1214

00:48:06,690 --> 00:48:05,319

to breathe out of my mouth so you know

1215

00:48:08,039 --> 00:48:06,700

how like you'd be panting usually when

1216

00:48:09,270 --> 00:48:08,049

you sprint yeah I was breathing

1217

00:48:12,450 --> 00:48:09,280

completely out I'm out I was breathing

1218

00:48:15,450 --> 00:48:12,460

hard out of my nose but never did I need

1219

00:48:16,410 --> 00:48:15,460

to breathe out of my mouth at all so it

1220

00:48:19,620 --> 00:48:16,420

was incredible and I literally

1221

00:48:21,960 --> 00:48:19,630

accelerated the whole way so indeed the

1222

00:48:24,420 --> 00:48:21,970

way I interpret that and the way it

1223

00:48:27,630 --> 00:48:24,430

works is by having a high level of co2

1224

00:48:30,539 --> 00:48:27,640

you're preventing lactic acid for being

1225

00:48:32,250 --> 00:48:30,549

produced lactic acid is anyone who lifts

1226

00:48:34,200 --> 00:48:32,260

weights knows like that pump you get in

1227

00:48:36,329 --> 00:48:34,210

your muscle it's not really a good thing

1228

00:48:37,980 --> 00:48:36,339

actually lactic acid lowers your immune

1229

00:48:40,950 --> 00:48:37,990

system it also increases

1230

00:48:43,740 --> 00:48:40,960

hyperventilation which decreases co2

1231

00:48:45,859 --> 00:48:43,750

because you're breathing it out so by

1232

00:48:48,650 --> 00:48:45,869

increasing your co2 you're decreasing

1233

00:48:51,900 --> 00:48:48,660

the production of lactic acid and

1234

00:48:53,490 --> 00:48:51,910

postponing the point where your cells

1235

00:48:55,650 --> 00:48:53,500

can't use oxygen so you're helping your

1236

00:48:57,990 --> 00:48:55,660

cells use oxygen for a longer period of

1237

00:49:00,960 --> 00:48:58,000

time before they begin to produce lactic

1238

00:49:02,609 --> 00:49:00,970

acid hence why I did not have to slow

1239

00:49:04,279 --> 00:49:02,619

down at all and had incredible athletic

1240

00:49:06,809 --> 00:49:04,289

performance enhancement from that

1241

00:49:09,450 --> 00:49:06,819

amazing man and I'm really interested in

1242

00:49:12,480 --> 00:49:09,460

this this kind of does relate to the way

1243

00:49:14,220 --> 00:49:12,490

some of the red light therapy stuff is

1244

00:49:16,319 --> 00:49:14,230

talked about especially in the area of

1245

00:49:19,380 --> 00:49:16,329

melting belly fat and boosting

1246

00:49:22,109 --> 00:49:19,390

testosterone and increasing muscle mass

1247

00:49:24,660 --> 00:49:22,119

and lowering muscle fatigue and that

1248

00:49:27,269 --> 00:49:24,670

whole realm of athletic performance the

1249

00:49:29,910 --> 00:49:27,279

results are pretty mind-blowing but

1250

00:49:32,010 --> 00:49:29,920

apparently red light therapy is so

1251

00:49:35,040 --> 00:49:32,020

effective for athletes that

1252

00:49:37,740 --> 00:49:35,050

in Brazil they considered trying to find

1253

00:49:39,900 --> 00:49:37,750

a way to ban it it's a very hard thing

1254

00:49:42,630 --> 00:49:39,910

to ban light but they were actually

1255

00:49:44,940 --> 00:49:42,640

calling it light doping it was so

1256

00:49:46,800 --> 00:49:44,950

effective is that right oh yeah

1257

00:49:48,660 --> 00:49:46,810

absolutely the Brazilians are all over

1258

00:49:50,550 --> 00:49:48,670

the research on red light for athletic

1259

00:49:52,380 --> 00:49:50,560

performance and pretty much every sport

1260

00:49:54,240 --> 00:49:52,390

they're doing great work down there and

1261

00:49:56,310 --> 00:49:54,250

yeah indeed at the end of some studies

1262

00:49:57,870 --> 00:49:56,320

even dr. Michael Hamlin from Harvard

1263

00:49:59,940 --> 00:49:57,880

he's been researching red light for

1264

00:50:01,320 --> 00:49:59,950

decades now and at the end of their

1265

00:50:03,480 --> 00:50:01,330

study they basically put in a little

1266

00:50:05,820 --> 00:50:03,490

note like kind of a nudge to athletic

1267

00:50:07,710 --> 00:50:05,830

associations whether they should keep

1268

00:50:09,359 --> 00:50:07,720

this legal or not it's so incredibly

1269

00:50:10,920 --> 00:50:09,369

effective for athletic performance that

1270

00:50:13,020 --> 00:50:10,930

you know they're giving him a little

1271

00:50:15,120 --> 00:50:13,030

hint as to whether they want that to

1272

00:50:16,859 --> 00:50:15,130

keep that legal or not although let's be

1273

00:50:19,410 --> 00:50:16,869

honest I mean I think steroids saved

1274

00:50:21,270 --> 00:50:19,420

baseball like the athletic associations

1275

00:50:23,220 --> 00:50:21,280

they want their athletes to be big and

1276

00:50:24,510 --> 00:50:23,230

strong and something that people don't

1277

00:50:27,210 --> 00:50:24,520

see every day because that brings in the

1278

00:50:29,670 --> 00:50:27,220

fans so to be honest I don't think they

1279

00:50:32,160 --> 00:50:29,680

want to ban it and it's a good thing I

1280

00:50:33,840 --> 00:50:32,170

think if there's any top athletes not

1281

00:50:36,210 --> 00:50:33,850

using a red light therapy right now and

1282

00:50:38,340 --> 00:50:36,220

you think that they're good their

1283

00:50:42,090 --> 00:50:38,350

potential is a lot greater than what

1284

00:50:45,000 --> 00:50:42,100

you're seeing yeah it's really kind of

1285

00:50:47,460 --> 00:50:45,010

fascinating because I think in one of

1286

00:50:51,390 --> 00:50:47,470

those Brazilian studies it improved

1287

00:50:54,450 --> 00:50:51,400

endurance by a factor of three which is

1288

00:50:57,960 --> 00:50:54,460

so crazy people who are runners could

1289

00:51:02,010 --> 00:50:57,970

just run three times as hard and as far

1290

00:51:04,320 --> 00:51:02,020

without that fatigue it's just so wild

1291

00:51:06,060 --> 00:51:04,330

and maybe to clarify for people

1292

00:51:07,560 --> 00:51:06,070

listening who are just taken in all this

1293

00:51:11,010 --> 00:51:07,570

new information we're kind of jumping

1294

00:51:12,920 --> 00:51:11,020

between red light therapy and co2 levels

1295

00:51:16,260 --> 00:51:12,930

in the body but these things are

1296

00:51:17,849 --> 00:51:16,270

connected right absolutely and same with

1297

00:51:20,880 --> 00:51:17,859

cancer so it's kind of interesting they

1298

00:51:22,560 --> 00:51:20,890

all coalesce in a way and yeah you could

1299

00:51:23,849 --> 00:51:22,570

consider it red light therapy they don't

1300

00:51:26,310 --> 00:51:23,859

talk about this and the research because

1301

00:51:27,599 --> 00:51:26,320

co2 is I don't know I think it's it's

1302

00:51:28,950 --> 00:51:27,609

not politically correct to talk about

1303

00:51:31,310 --> 00:51:28,960

because everyone's convinced that it's

1304

00:51:34,230 --> 00:51:31,320

some kind of waste product but that is

1305

00:51:36,990 --> 00:51:34,240

at least as important as the increased

1306

00:51:39,930 --> 00:51:37,000

ATP production from red light as far as

1307

00:51:43,859 --> 00:51:39,940

mechanisms go so co2 is definitely a big

1308

00:51:45,540 --> 00:51:43,869

part of it hmm so I also told you that I

1309

00:51:46,890 --> 00:51:45,550

had a personal interest in red

1310

00:51:49,470 --> 00:51:46,900

therapy because I've been deaf in my

1311

00:51:52,290 --> 00:51:49,480

right ear since I was three and even if

1312

00:51:54,780 --> 00:51:52,300

I can't repair that specifically I also

1313

00:51:56,640 --> 00:51:54,790

have the general hearing loss of someone

1314

00:51:59,850 --> 00:51:56,650

who's gone to a lot of loud concerts and

1315

00:52:03,240 --> 00:51:59,860

all that jazz so maybe I met like forty

1316

00:52:05,700 --> 00:52:03,250

thirty five percent capacity and moving

1317

00:52:08,160 --> 00:52:05,710

the needle in any regard would be pretty

1318

00:52:10,430 --> 00:52:08,170

profound what have you found about red

1319

00:52:12,570 --> 00:52:10,440

light therapy working for hearing loss

1320

00:52:14,280 --> 00:52:12,580

yes I think you told me that you lost

1321

00:52:16,200 --> 00:52:14,290

your hearing when your your right ear

1322

00:52:18,480 --> 00:52:16,210

from meningitis from year three is that

1323

00:52:20,070 --> 00:52:18,490

correct correct okay yeah so I'm glad

1324

00:52:22,770 --> 00:52:20,080

you asked that because before that point

1325

00:52:24,330 --> 00:52:22,780

I hadn't really in depth looked into how

1326
00:52:26,940 --> 00:52:24,340
hearing works and how red light could

1327
00:52:28,560 --> 00:52:26,950
affect that but I actually made a full

1328
00:52:31,440 --> 00:52:28,570
video on it it was my very next video

1329
00:52:33,540 --> 00:52:31,450
once he told me about that and I'm

1330
00:52:36,240 --> 00:52:33,550
fascinated with what I found out it is

1331
00:52:39,510 --> 00:52:36,250
it's unbelievably conclusive that what

1332
00:52:41,610 --> 00:52:39,520
hearing loss is and how to take care of

1333
00:52:44,550 --> 00:52:41,620
it and it's very hopeful from what I'm

1334
00:52:47,820 --> 00:52:44,560
seeing as far as being able to reverse

1335
00:52:49,950 --> 00:52:47,830
that as far as what hearing loss is if

1336
00:52:52,440 --> 00:52:49,960
you I'm just trying to think how deep I

1337
00:52:53,520 --> 00:52:52,450
want to go with this the mechanisms of

1338
00:52:55,830 --> 00:52:53,530

hearing it's actually not that

1339

00:52:58,020 --> 00:52:55,840

complicated it can be like I said if you

1340

00:52:59,220 --> 00:52:58,030

look really deep into it but I mean the

1341

00:53:00,780 --> 00:52:59,230

shape of your outer ear is pretty

1342

00:53:03,210 --> 00:53:00,790

fascinating piece of engineering

1343

00:53:05,100 --> 00:53:03,220

that's a marvel in and of itself it

1344

00:53:06,990 --> 00:53:05,110

collects the sound and drives it into

1345

00:53:09,300 --> 00:53:07,000

your auditory tube towards your hear

1346

00:53:10,650 --> 00:53:09,310

drum and it also lets you know where the

1347

00:53:12,440 --> 00:53:10,660

sounds coming from because of all the

1348

00:53:15,300 --> 00:53:12,450

angles which is kind of fascinating and

1349

00:53:18,330 --> 00:53:15,310

once it reaches the eardrum your drums

1350

00:53:20,070 --> 00:53:18,340

like a thin membrane and then behind the

1351
00:53:22,710 --> 00:53:20,080
eardrum this is another marvel of

1352
00:53:26,130 --> 00:53:22,720
engineering there are three bones the

1353
00:53:28,230 --> 00:53:26,140
tiniest bones in your bodies the malleus

1354
00:53:30,600 --> 00:53:28,240
the incus and stapes I believe they're

1355
00:53:34,140 --> 00:53:30,610
called so it kind of works like a lever

1356
00:53:36,450 --> 00:53:34,150
with the drum itself so the sound waves

1357
00:53:38,490 --> 00:53:36,460
come in and they

1358
00:53:39,930 --> 00:53:38,500
make contact with your eardrum and then

1359
00:53:43,049 --> 00:53:39,940
through this leverage through these

1360
00:53:46,620 --> 00:53:43,059
three tiny bones that actually amplifies

1361
00:53:48,660 --> 00:53:46,630
the sound 22 times greater than when it

1362
00:53:51,150 --> 00:53:48,670
came in and then it transfers it to an

1363
00:53:52,740 --> 00:53:51,160

organelle in your ear called the cochlea

1364

00:53:53,880 --> 00:53:52,750

and it basically looks like a snail it's

1365

00:53:56,130 --> 00:53:53,890

kind of like a fractal it's pretty

1366

00:53:58,589 --> 00:53:56,140

interesting and it's filled with water

1367

00:54:00,779 --> 00:53:58,599

and so that's the purpose of the eardrum

1368

00:54:02,970 --> 00:54:00,789

which is like stage 2 of your hearing

1369

00:54:04,410 --> 00:54:02,980

process amplifying that sound and

1370

00:54:08,000 --> 00:54:04,420

transferring it to the water within the

1371

00:54:10,349 --> 00:54:08,010

cochlea and now those sound waves are

1372

00:54:12,990 --> 00:54:10,359

traveling through the liquid in the

1373

00:54:14,910 --> 00:54:13,000

cochlea and the next step is when they

1374

00:54:17,370 --> 00:54:14,920

come in contact with these little hair

1375

00:54:20,579 --> 00:54:17,380

cells inside your cochlea and studies

1376

00:54:21,870 --> 00:54:20,589

that call it auditory hair cells but if

1377

00:54:23,609 --> 00:54:21,880

you really look at anatomy is called

1378

00:54:26,579 --> 00:54:23,619

stereocilia so they're basically these

1379

00:54:28,440 --> 00:54:26,589

tiny hair cells in your gear and that is

1380

00:54:30,690 --> 00:54:28,450

the critical juncture that's the weakest

1381

00:54:32,599 --> 00:54:30,700

link and hearing because the sound waves

1382

00:54:34,590 --> 00:54:32,609

when they reach those hair cells are

1383

00:54:38,010 --> 00:54:34,600

converted

1384

00:54:40,440 --> 00:54:38,020

into neurons or into neurotransmitters

1385

00:54:43,170 --> 00:54:40,450

and at the base of those hair cells are

1386

00:54:46,320 --> 00:54:43,180

your neurons so that is the juncture

1387

00:54:48,540 --> 00:54:46,330

where like physical sound is converted

1388

00:54:49,680 --> 00:54:48,550

into electrical signals that go travel

1389

00:54:51,210 --> 00:54:49,690

up your neurons to your brain and then

1390

00:54:53,040 --> 00:54:51,220

you hear if you think of that like a

1391

00:54:54,990 --> 00:54:53,050

series circuit all these things have to

1392

00:54:57,750 --> 00:54:55,000

go right in order for it to happen if

1393

00:54:59,070 --> 00:54:57,760

somebody like God forbid if you got hit

1394

00:55:00,930 --> 00:54:59,080

in the head with like a bad or something

1395

00:55:02,700 --> 00:55:00,940

that could damage those little bones and

1396

00:55:05,610 --> 00:55:02,710

so you could have physical trauma that

1397

00:55:08,430 --> 00:55:05,620

could damage hearing but the weakest

1398

00:55:10,710 --> 00:55:08,440

link in this hearing process that is

1399

00:55:12,530 --> 00:55:10,720

damaged by whether you're at a concert

1400

00:55:15,690 --> 00:55:12,540

and you hear something that's too loud

1401

00:55:18,840 --> 00:55:15,700

age-related hearing loss is another one

1402

00:55:20,760 --> 00:55:18,850

and also certain drugs chemotherapy like

1403

00:55:23,010 --> 00:55:20,770

I don't have the exact number but it's

1404

00:55:24,960 --> 00:55:23,020

in my book a high number of people when

1405

00:55:27,270 --> 00:55:24,970

they get chemotherapy and an even higher

1406

00:55:31,050 --> 00:55:27,280

number who get radiotherapy go instantly

1407

00:55:33,930 --> 00:55:31,060

deaf and it's because these little tiny

1408

00:55:35,790 --> 00:55:33,940

hair cells are the weakest link and so

1409

00:55:37,950 --> 00:55:35,800

basically anyone who's having hearing

1410

00:55:40,470 --> 00:55:37,960

problems that is the most likely culprit

1411

00:55:42,960 --> 00:55:40,480

right there mm-hmm and so as far as like

1412

00:55:44,310 --> 00:55:42,970

mainstream goes i hearing doctor will

1413

00:55:45,870 --> 00:55:44,320

tell you that these cannot be

1414

00:55:47,940 --> 00:55:45,880

regenerated they say that in some

1415

00:55:50,310 --> 00:55:47,950

studies and yet there are contradictory

1416

00:55:52,830 --> 00:55:50,320

studies showing that it can be they've

1417

00:55:55,050 --> 00:55:52,840

tested before going to a concert they

1418

00:55:56,970 --> 00:55:55,060

tested after going to or have noise

1419

00:55:58,950 --> 00:55:56,980

exposure rather administering

1420

00:56:01,380 --> 00:55:58,960

antioxidants to a person and that

1421

00:56:03,570 --> 00:56:01,390

prevents hearing loss by preserving

1422

00:56:05,220 --> 00:56:03,580

those hair cells and then interestingly

1423

00:56:07,490 --> 00:56:05,230

there have been studies as well with

1424

00:56:09,960 --> 00:56:07,500

using red and near-infrared light and

1425

00:56:12,090 --> 00:56:09,970

not only does it protect from hearing

1426

00:56:16,170 --> 00:56:12,100

damage when administered before or even

1427

00:56:19,110 --> 00:56:16,180

after it also can regrow these

1428

00:56:21,360 --> 00:56:19,120

stereocilia hair cells so as far as

1429

00:56:23,220 --> 00:56:21,370

regenerating the hair cells the most

1430

00:56:25,380 --> 00:56:23,230

promising way to do that so far that

1431

00:56:28,920 --> 00:56:25,390

I've seen in the scientific literature

1432

00:56:31,350 --> 00:56:28,930

is red light hmm yeah man that is a

1433

00:56:33,390 --> 00:56:31,360

great breakdown and I appreciate you

1434

00:56:35,760 --> 00:56:33,400

doing that research just because I

1435

00:56:37,680 --> 00:56:35,770

mentioned it to you and I do think

1436

00:56:39,570 --> 00:56:37,690

that's my issue nerve damage to the

1437

00:56:41,550 --> 00:56:39,580

hairs of the copula so when I heard

1438

00:56:44,010 --> 00:56:41,560

about how effective red light therapy is

1439

00:56:45,540 --> 00:56:44,020

for regrowing hair ding-ding-ding I

1440

00:56:48,470 --> 00:56:45,550

thought hey maybe this is worth looking

1441

00:56:50,990 --> 00:56:48,480

at and this aspect of it pasilla

1442

00:56:53,270 --> 00:56:51,000

ting hair growth actually comes up as an

1443

00:56:55,700 --> 00:56:53,280

unintended consequence sometimes in

1444

00:56:58,430 --> 00:56:55,710

these reports I've seen where women have

1445

00:56:59,720 --> 00:56:58,440

used it to get rid of acne and of course

1446

00:57:02,750 --> 00:56:59,730

we all have these little peach fuzz

1447

00:57:05,540 --> 00:57:02,760

hairs on our face and unfortunately

1448

00:57:07,820 --> 00:57:05,550

those grow so they're saying yeah red

1449

00:57:09,950 --> 00:57:07,830

light healed my acne but now I'm the

1450

00:57:12,140 --> 00:57:09,960

wolf man over yeah absolutely and I'm

1451
00:57:14,570 --> 00:57:12,150
half kidding it's not that bad but no

1452
00:57:17,690 --> 00:57:14,580
woman wants hair to grow on their face

1453
00:57:20,390 --> 00:57:17,700
or at least most don't hey it is 2019

1454
00:57:23,060 --> 00:57:20,400
but because of that effect I thought I

1455
00:57:24,859 --> 00:57:23,070
should check it out and I found a doctor

1456
00:57:27,410 --> 00:57:24,869
in the Netherlands who uses red light

1457
00:57:29,060 --> 00:57:27,420
therapy for hearing loss he sells a

1458
00:57:31,940 --> 00:57:29,070
device that you can wear that just

1459
00:57:34,130 --> 00:57:31,950
shines the light in your ear and he does

1460
00:57:36,380 --> 00:57:34,140
his sessions or his treatments over

1461
00:57:38,780 --> 00:57:36,390
Skype so I wouldn't even need to take a

1462
00:57:41,030 --> 00:57:38,790
big expensive trip and I'm really jazzed

1463
00:57:43,250 --> 00:57:41,040

up about pursuing this further because

1464

00:57:44,840 --> 00:57:43,260

I'm really becoming a believer in this

1465

00:57:48,740 --> 00:57:44,850

sort of thing I'm finally starting to

1466

00:57:50,990 --> 00:57:48,750

understand how it can logically actually

1467

00:57:53,840 --> 00:57:51,000

produce these results which has been

1468

00:57:55,880 --> 00:57:53,850

kind of a big hurdle for me and you know

1469

00:57:57,920 --> 00:57:55,890

I'm a somewhat public figure so let's

1470

00:58:00,800 --> 00:57:57,930

test it out I'm fortunate enough to have

1471

00:58:02,359 --> 00:58:00,810

a real condition worth trying it on so

1472

00:58:04,820 --> 00:58:02,369

I'll be the guinea pig for it let's take

1473

00:58:06,770 --> 00:58:04,830

a shot so we'll see what happens but to

1474

00:58:08,750 --> 00:58:06,780

get back to your work after you release

1475

00:58:11,720 --> 00:58:08,760

the red light therapy book you got a lot

1476

00:58:14,180 --> 00:58:11,730

of feedback from people and added four

1477

00:58:16,760 --> 00:58:14,190

chapters to your second edition as a

1478

00:58:19,160 --> 00:58:16,770

result and the feedback you got really

1479

00:58:20,960 --> 00:58:19,170

mirrors what I hear from my listeners on

1480

00:58:23,960 --> 00:58:20,970

episodes like these they want the

1481

00:58:26,390 --> 00:58:23,970

practical step-by-step instructions for

1482

00:58:28,430 --> 00:58:26,400

using this therapy at home so what can

1483

00:58:30,339 --> 00:58:28,440

you tell them yeah absolutely when I

1484

00:58:31,929 --> 00:58:30,349

wrote it

1485

00:58:33,370 --> 00:58:31,939

I don't know I guess at the time like

1486

00:58:34,809 --> 00:58:33,380

this is the best book ever written on

1487

00:58:37,509 --> 00:58:34,819

red light therapy people are gonna love

1488

00:58:38,829 --> 00:58:37,519

it and they'll be hopefully somebody

1489

00:58:40,449 --> 00:58:38,839

will say something that I can improve

1490

00:58:42,069 --> 00:58:40,459

but a problem won't be too much it's

1491

00:58:44,109 --> 00:58:42,079

pretty thorough and then I got all this

1492

00:58:46,359 --> 00:58:44,119

feedback and boy was I wrong about that

1493

00:58:48,400 --> 00:58:46,369

there was a lot of things that I didn't

1494

00:58:49,659 --> 00:58:48,410

include in it but I specifically asked

1495

00:58:50,829 --> 00:58:49,669

when I wrote it you know if there's

1496

00:58:53,109 --> 00:58:50,839

anything that I didn't teach in this

1497

00:58:56,709 --> 00:58:53,119

book please let me know and in the

1498

00:58:58,719 --> 00:58:56,719

second edition I will add it and on that

1499

00:58:59,979 --> 00:58:58,729

third edition now so I've added a whole

1500

00:59:02,169 --> 00:58:59,989

bunch of things that people were looking

1501
00:59:03,759 --> 00:59:02,179
for and heels take a pretty solid book I

1502
00:59:06,939 --> 00:59:03,769
don't think I missed much it's got over

1503
00:59:09,909 --> 00:59:06,949
250 studies and as far as treatment at

1504
00:59:11,589 --> 00:59:09,919
home goes that's a big one because some

1505
00:59:13,659 --> 00:59:11,599
people have even tried to treat through

1506
00:59:15,219 --> 00:59:13,669
their clothes so not knowing that red

1507
00:59:17,799 --> 00:59:15,229
light doesn't travel through clothes for

1508
00:59:18,969 --> 00:59:17,809
example can have a huge effect that

1509
00:59:20,979 --> 00:59:18,979
could be the difference between getting

1510
00:59:23,709 --> 00:59:20,989
amazing results and literally none

1511
00:59:24,969 --> 00:59:23,719
because your clothes blocked it so

1512
00:59:27,599 --> 00:59:24,979
that's the first thing I would say make

1513
00:59:31,569 --> 00:59:27,609

sure you are treating on bare skin and

1514

00:59:32,799 --> 00:59:31,579

it's also important to know that I don't

1515

00:59:35,799 --> 00:59:32,809

know say you have arthritis in your

1516

00:59:38,289 --> 00:59:35,809

hands and you want to treat that I had a

1517

00:59:39,849 --> 00:59:38,299

woman actually who was using it for that

1518

00:59:41,620 --> 00:59:39,859

and she didn't get really very

1519

00:59:43,749 --> 00:59:41,630

significant results at all so I could

1520

00:59:44,679 --> 00:59:43,759

ask her how she was doing it and this is

1521

00:59:46,239 --> 00:59:44,689

one of the case studies in the book

1522

00:59:48,509 --> 00:59:46,249

she's saying like basically she was

1523

00:59:51,459 --> 00:59:48,519

sitting at a table and she had the light

1524

00:59:53,199 --> 00:59:51,469

facedown on her hand which was flattened

1525

00:59:55,870 --> 00:59:53,209

out on the table and the light was

1526

00:59:56,409 --> 00:59:55,880

directly on top of it well that's pretty

1527

00:59:58,239 --> 00:59:56,419

good

1528

01:00:00,189 --> 00:59:58,249

but I mean at the same time you're kind

1529

01:00:02,469 --> 01:00:00,199

of wasting a lot of light so what I

1530

01:00:05,199 --> 01:00:02,479

recommended it was that she would go on

1531

01:00:08,709 --> 01:00:05,209

her side remove as much clothing as

1532

01:00:10,479 --> 01:00:08,719

possible and kind of put your hand that

1533

01:00:12,999 --> 01:00:10,489

you want to treat right on your stomach

1534

01:00:15,219 --> 01:00:13,009

curl up in kind of a fetal position and

1535

01:00:17,349 --> 01:00:15,229

then put the light rest up beside you

1536

01:00:20,049 --> 01:00:17,359

about a foot away so that way you're

1537

01:00:21,849 --> 01:00:20,059

literally reaching every cell from your

1538

01:00:24,640 --> 01:00:21,859

neck basically to your knees and

1539

01:00:25,719 --> 01:00:24,650

including your hand and so that way

1540

01:00:27,339 --> 01:00:25,729

you're getting more of a full body

1541

01:00:29,679 --> 01:00:27,349

treatment you'll get a lot more of an

1542

01:00:32,289 --> 01:00:29,689

effect so I think the biggest mistake

1543

01:00:34,630 --> 01:00:32,299

people make is that they just treat the

1544

01:00:37,030 --> 01:00:34,640

local area like I said we're kind of

1545

01:00:38,980 --> 01:00:37,040

ingrained to this idea that

1546

01:00:40,750 --> 01:00:38,990

a symptom is localized to a certain area

1547

01:00:42,550 --> 01:00:40,760

but really it's a whole systemic issue

1548

01:00:45,550 --> 01:00:42,560

so what i always recommend for people

1549

01:00:48,280 --> 01:00:45,560

that they do is not only do they treat

1550

01:00:49,900 --> 01:00:48,290

the area specifically but also do a

1551

01:00:51,640 --> 01:00:49,910

full-body treatment as well in that

1552

01:00:53,080 --> 01:00:51,650

fetal position with the light beside you

1553

01:00:55,600 --> 01:00:53,090

that way you don't have to hold it as

1554

01:00:59,590 --> 01:00:55,610

well and you can deliver the light to as

1555

01:01:02,020 --> 01:00:59,600

many cells as possible good advice and i

1556

01:01:05,410 --> 01:01:02,030

think sometimes the researchers like

1557

01:01:07,810 --> 01:01:05,420

yourself kind of gloss over how much

1558

01:01:09,010 --> 01:01:07,820

hand holding the average person really

1559

01:01:11,050 --> 01:01:09,020

needs because you've done the research

1560

01:01:12,550 --> 01:01:11,060

and you've found this stuff and you're

1561

01:01:14,500 --> 01:01:12,560

like oh man if i just give people the

1562

01:01:16,480 --> 01:01:14,510

breadcrumbs clearly they're gonna be

1563

01:01:19,150 --> 01:01:16,490

able to carry it the rest of the way but

1564

01:01:21,040 --> 01:01:19,160

there's always those fundamental

1565

01:01:23,200 --> 01:01:21,050

questions of well which specific thing

1566

01:01:25,750 --> 01:01:23,210

do i buy and what specific thing do i do

1567

01:01:28,780 --> 01:01:25,760

and it's like well you know take this

1568

01:01:31,330 --> 01:01:28,790

knowledge the broad basket of

1569

01:01:32,650 --> 01:01:31,340

information and take it forward people

1570

01:01:35,530 --> 01:01:32,660

you know you can do some of this

1571

01:01:37,260 --> 01:01:35,540

yourself but I think that's great advice

1572

01:01:40,000 --> 01:01:37,270

on how to get started

1573

01:01:42,430 --> 01:01:40,010

Thanks yeah and also another interesting

1574

01:01:45,010 --> 01:01:42,440

thing is since near-infrared is actually

1575

01:01:46,870 --> 01:01:45,020

invisible see the range like I said for

1576

01:01:49,420 --> 01:01:46,880

your visions like 4 to 700 nanometers

1577

01:01:52,030 --> 01:01:49,430

but near-infrared is 700 nanometers to

1578

01:01:54,220 --> 01:01:52,040

1500 nanometers so that's beyond what

1579

01:01:55,630 --> 01:01:54,230

your eyes can see so interestingly a lot

1580

01:01:58,090 --> 01:01:55,640

of people get these devices and they're

1581

01:01:59,980 --> 01:01:58,100

like six of the LEDs are not working so

1582

01:02:01,540 --> 01:01:59,990

I get these emails all the time of

1583

01:02:03,880 --> 01:02:01,550

people thinking that their device is

1584

01:02:05,530 --> 01:02:03,890

broken so it's kind of a pain I have a

1585

01:02:08,290 --> 01:02:05,540

canned answer saved on the doc file

1586

01:02:09,880 --> 01:02:08,300

whenever I get that but what I tell them

1587

01:02:12,460 --> 01:02:09,890

is that if you take out your cell phone

1588

01:02:15,460 --> 01:02:12,470

most cell phones and other cameras can

1589

01:02:17,440 --> 01:02:15,470

see near-infrared so if you look at the

1590

01:02:18,820 --> 01:02:17,450

lights which appear to be off through

1591

01:02:22,030 --> 01:02:18,830

your red light or through your camera

1592

01:02:23,260 --> 01:02:22,040

rather you will see that they are on so

1593

01:02:27,700 --> 01:02:23,270

that's an interesting thing that I

1594

01:02:30,220 --> 01:02:27,710

learned as well that is funny and there

1595

01:02:32,560 --> 01:02:30,230

are a ton of red light therapy products

1596

01:02:34,120 --> 01:02:32,570

on the market and it can get

1597

01:02:37,390 --> 01:02:34,130

overwhelming to play devil's advocate

1598

01:02:39,760 --> 01:02:37,400

for people but you do sell three models

1599

01:02:42,040 --> 01:02:39,770

of your own a small a medium and a

1600

01:02:44,290 --> 01:02:42,050

full-body can you talk to us about the

1601
01:02:47,730 --> 01:02:44,300
choices you made in choosing what to

1602
01:02:50,380 --> 01:02:47,740
consider to be the best features and

1603
01:02:54,430 --> 01:02:50,390
wavelengths and ranges compared to other

1604
01:02:56,319 --> 01:02:54,440
things people could get yeah so in all

1605
01:02:58,269 --> 01:02:56,329
of our devices I actually have four

1606
01:03:00,190 --> 01:02:58,279
wavelengths and this has been found in

1607
01:03:01,870 --> 01:03:00,200
scientific research all four of these

1608
01:03:06,579 --> 01:03:01,880
wavelengths have been found to be the

1609
01:03:09,099 --> 01:03:06,589
most readily absorbed by the cytochrome

1610
01:03:10,960 --> 01:03:09,109
C oxidase enzyme in cells driven even

1611
01:03:12,849 --> 01:03:10,970
got to that mechanism that actually but

1612
01:03:14,980 --> 01:03:12,859
that's the specific enzyme that absorbs

1613
01:03:17,740 --> 01:03:14,990

red light which up regulates its

1614

01:03:20,019 --> 01:03:17,750

activity increases ATP production so in

1615

01:03:22,450 --> 01:03:20,029

this study it found that the four

1616

01:03:25,660 --> 01:03:22,460

particular wavelengths of light that are

1617

01:03:28,870 --> 01:03:25,670

most absorbed by cytochrome C oxidase

1618

01:03:32,410 --> 01:03:28,880

are 620 nanometers 670 both of which are

1619

01:03:34,299 --> 01:03:32,420

red and then 760 and 830 nanometers

1620

01:03:36,609 --> 01:03:34,309

which are near-infrared so all our

1621

01:03:39,000 --> 01:03:36,619

devices contain those four specific

1622

01:03:41,920 --> 01:03:39,010

wavelengths and that's why I chose those

1623

01:03:44,950 --> 01:03:41,930

hmm yeah I thought that was an important

1624

01:03:48,430 --> 01:03:44,960

point because I don't want people to get

1625

01:03:50,049 --> 01:03:48,440

some product that only incorporates half

1626

01:03:52,690 --> 01:03:50,059

of those things and then not have

1627

01:03:55,089 --> 01:03:52,700

results and dismiss this entire field of

1628

01:04:00,160 --> 01:03:55,099

research as we said earlier 50,000

1629

01:04:02,230 --> 01:04:00,170

studies it's no small thing and man mark

1630

01:04:04,299 --> 01:04:02,240

I really appreciate your work and the

1631

01:04:06,999 --> 01:04:04,309

mission you're on it's a noble thing I

1632

01:04:08,589 --> 01:04:07,009

hope you're getting the recognition you

1633

01:04:10,509 --> 01:04:08,599

deserve you're very giving with your

1634

01:04:13,180 --> 01:04:10,519

information of course everyone needs to

1635

01:04:15,309 --> 01:04:13,190

make a living but just by signing up for

1636

01:04:18,069 --> 01:04:15,319

your email list people can get three

1637

01:04:20,559 --> 01:04:18,079

free ebooks maybe tell us a bit about

1638

01:04:23,410 --> 01:04:20,569

that and also the giveaway you wanted to

1639

01:04:25,539 --> 01:04:23,420

utilize today yeah so the three free

1640

01:04:27,670 --> 01:04:25,549

ebooks that you get one is from is a

1641

01:04:31,650 --> 01:04:27,680

chapter from my cancer industry book it

1642

01:04:34,560 --> 01:04:31,660

is chemotherapy versus cancer basically

1643

01:04:36,630 --> 01:04:34,570

my attempts to find and compile

1644

01:04:38,670 --> 01:04:36,640

everything there is to know but there

1645

01:04:40,200 --> 01:04:38,680

are hundreds of studies in it another

1646

01:04:41,670 --> 01:04:40,210

book you get is on sodium bicarbonate

1647

01:04:44,010 --> 01:04:41,680

which is a chapter for my cancer the

1648

01:04:45,690 --> 01:04:44,020

metabolic disease book that's exploring

1649

01:04:47,430 --> 01:04:45,700

its medicinal properties and what it can

1650

01:04:48,690 --> 01:04:47,440

do for your health and then the third

1651

01:04:50,730 --> 01:04:48,700

one is a dose guide for red light

1652

01:04:53,400 --> 01:04:50,740

therapy which will give you according to

1653

01:04:55,530 --> 01:04:53,410

all the research the exact doses and

1654

01:04:58,380 --> 01:04:55,540

treatment times that you need for

1655

01:05:01,950 --> 01:04:58,390

various specific diseases and conditions

1656

01:05:03,750 --> 01:05:01,960

to treat them most effectively right on

1657

01:05:06,690 --> 01:05:03,760

yes I think that's great information

1658

01:05:10,620 --> 01:05:06,700

people should check it out it is free

1659

01:05:14,310 --> 01:05:10,630

and so we also wanted to talk about this

1660

01:05:17,130 --> 01:05:14,320

red light giveaway oh yeah so I decided

1661

01:05:20,430 --> 01:05:17,140

to give away free red lights I got five

1662

01:05:23,520 --> 01:05:20,440

of them or five lucky winners on higher

1663

01:05:26,550 --> 01:05:23,530

sides chat podcast and if you go to end

1664

01:05:29,220 --> 01:05:26,560

all disease comm slash contest that is

1665

01:05:31,830 --> 01:05:29,230

where you can sign up and I think it'll

1666

01:05:33,690 --> 01:05:31,840

be a week or two long contest will draw

1667

01:05:35,070 --> 01:05:33,700

the winners and get those shipped out to

1668

01:05:38,010 --> 01:05:35,080

you so you can try the therapy for

1669

01:05:42,390 --> 01:05:38,020

yourself right away nice yes that's very

1670

01:05:44,190 --> 01:05:42,400

awesome because there is a little bit of

1671

01:05:45,990 --> 01:05:44,200

time in between the recording of these

1672

01:05:48,060 --> 01:05:46,000

shows and the release of them when the

1673

01:05:50,100 --> 01:05:48,070

show releases I guess it will run for

1674

01:05:51,930 --> 01:05:50,110

about a week and it's just going to be

1675

01:05:53,880 --> 01:05:51,940

people can sign up and then it'll be

1676

01:05:55,830 --> 01:05:53,890

like a raffle kind of thing is that what

1677

01:05:58,500 --> 01:05:55,840

you're saying yeah absolutely

1678

01:06:00,540 --> 01:05:58,510

perfect well that is exciting I'm sure

1679

01:06:02,670 --> 01:06:00,550

people will appreciate that

1680

01:06:04,860 --> 01:06:02,680

I guess one more question I had about

1681

01:06:07,380 --> 01:06:04,870

red light therapy is that you do talk

1682

01:06:10,260 --> 01:06:07,390

about how most of the studies are with

1683

01:06:11,820 --> 01:06:10,270

laser light not LEDs because we didn't

1684

01:06:14,640 --> 01:06:11,830

have LEDs yet

1685

01:06:17,130 --> 01:06:14,650

however lasers or thousands of dollars

1686

01:06:19,320 --> 01:06:17,140

in LEDs or hundreds of dollars is there

1687

01:06:21,090 --> 01:06:19,330

a difference in therapeutic value that's

1688

01:06:22,770 --> 01:06:21,100

been tested is it fair to think that we

1689

01:06:25,710 --> 01:06:22,780

get the same results with a different

1690

01:06:28,260 --> 01:06:25,720

type of light well the medical community

1691

01:06:30,240 --> 01:06:28,270

would love you to think so because I

1692

01:06:32,840 --> 01:06:30,250

think what we're gonna see going forward

1693

01:06:35,630 --> 01:06:32,850

is a lot more doctors buying expensive

1694

01:06:38,220 --> 01:06:35,640

multiple thousand dollar red laser

1695

01:06:39,920 --> 01:06:38,230

equipment machines and then they can

1696

01:06:42,960 --> 01:06:39,930

offer you red light therapy of course

1697

01:06:45,040 --> 01:06:42,970

because it's amazing its benefit are

1698

01:06:46,870 --> 01:06:45,050

pretty much undeniable at this point so

1699

01:06:49,330 --> 01:06:46,880

yeah they'll get on board or lose money

1700

01:06:52,570 --> 01:06:49,340

is kind of their option but ever since

1701

01:06:54,670 --> 01:06:52,580

with the advent of LEDs now we are able

1702

01:06:57,550 --> 01:06:54,680

to for literally like 10% of the price

1703

01:07:00,130 --> 01:06:57,560

by small devices that are inexpensive

1704

01:07:02,770 --> 01:07:00,140

and at least as effective and actually

1705

01:07:05,290 --> 01:07:02,780

in some ways they're safer applying red

1706

01:07:07,660 --> 01:07:05,300

laser light to your eyes there has been

1707

01:07:09,609 --> 01:07:07,670

evidence that that can cause damage but

1708

01:07:11,680 --> 01:07:09,619

LEDs the all the evidence I've seen

1709

01:07:13,750 --> 01:07:11,690

points to only benefiting your eyes I've

1710

01:07:15,880 --> 01:07:13,760

had a lot of testimonials a number of

1711

01:07:17,290 --> 01:07:15,890

testimonials and some evidence and

1712

01:07:19,570 --> 01:07:17,300

studies that I've put together in a

1713

01:07:21,190 --> 01:07:19,580

presentation as well showing that that

1714

01:07:23,820 --> 01:07:21,200

it can improve your vision if you shine

1715

01:07:28,000 --> 01:07:23,830

the LED version of red and near-infrared

1716

01:07:31,990 --> 01:07:28,010

into your eyes hmm yeah really

1717

01:07:34,390 --> 01:07:32,000

interesting stuff and right on man again

1718

01:07:37,300 --> 01:07:34,400

this has been a really great time and

1719

01:07:38,440 --> 01:07:37,310

all disease comm is the website people

1720

01:07:40,090 --> 01:07:38,450

should check it out to learn more

1721

01:07:43,840 --> 01:07:40,100

anything else you want to leave them

1722

01:07:45,100 --> 01:07:43,850

with that's a good question yeah I guess

1723

01:07:46,300 --> 01:07:45,110

the big thing I just want to lay one

1724

01:07:49,210 --> 01:07:46,310

more thing that about cancer this won't

1725

01:07:51,040 --> 01:07:49,220

take long at all is the industry and the

1726

01:07:52,720 --> 01:07:51,050

government is committed to this idea of

1727

01:07:56,410 --> 01:07:52,730

cancer that it is some kind of like

1728

01:07:59,109 --> 01:07:56,420

monster cell like a Frankenstein or a

1729

01:08:00,550 --> 01:07:59,119

Darth Vader type cell that mutates and

1730

01:08:03,730 --> 01:08:00,560

it's all of a sudden it's trying to kill

1731

01:08:06,250 --> 01:08:03,740

you no scientific evidence ever has

1732

01:08:07,630 --> 01:08:06,260

suggested that yet the industry is

1733

01:08:08,980 --> 01:08:07,640

completely committed to that because

1734

01:08:11,349 --> 01:08:08,990

that's the only way you can justify the

1735

01:08:13,270 --> 01:08:11,359

use of knives poisons and ionizing

1736

01:08:14,920 --> 01:08:13,280

radiation on people if they were to

1737

01:08:17,470 --> 01:08:14,930

admit that cancer cell is what it is

1738

01:08:20,349 --> 01:08:17,480

which is a damaged cell a cell with

1739

01:08:22,599 --> 01:08:20,359

damaged metabolism then the whole

1740

01:08:25,120 --> 01:08:22,609

industry would crumble so that is I

1741

01:08:27,160 --> 01:08:25,130

think my biggest message the biggest lie

1742

01:08:28,900 --> 01:08:27,170

or misconception being perpetrated and

1743

01:08:30,910 --> 01:08:28,910

put forth that a lot of people believe

1744

01:08:34,630 --> 01:08:30,920

and I would love to dissolve that so

1745

01:08:36,789 --> 01:08:34,640

that's my message huh well said I love

1746

01:08:39,099 --> 01:08:36,799

it and this has been a real pleasure

1747

01:08:41,499 --> 01:08:39,109

thanks for doing what you do take care

1748

01:08:43,930 --> 01:08:41,509

out there and check back with us on your

1749

01:08:47,019 --> 01:08:43,940

Earthship journey maybe we can do a show

1750

01:08:48,400 --> 01:08:47,029

about that in the future when you you

1751
01:08:50,200 --> 01:08:48,410
know really get that thing going because

1752
01:08:52,900 --> 01:08:50,210
that sounds super interesting too and I

1753
01:08:55,740 --> 01:08:52,910
think it's the place most of us need to

1754
01:08:58,379 --> 01:08:55,750
go decentralization as you said and

1755
01:08:59,609 --> 01:08:58,389
self-reliance absolutely

1756
01:09:04,170 --> 01:08:59,619
thanks for having me on the show Greg

1757
01:09:10,930 --> 01:09:08,410
mmm holy naked mole-rat Batman Roxanne

1758
01:09:15,700 --> 01:09:10,940
you go ahead and turn on that red light

1759
01:09:17,800 --> 01:09:15,710
Mark Sloan bring in the heat really

1760
01:09:20,980 --> 01:09:17,810
interesting stuff and another guest who

1761
01:09:23,410 --> 01:09:20,990
has dug deeply into a subject based on

1762
01:09:27,070 --> 01:09:23,420
how they were personally affected by the

1763
01:09:29,620 --> 01:09:27,080

big machine it's a strange bittersweet

1764

01:09:32,770 --> 01:09:29,630

feeling because you don't want anyone to

1765

01:09:34,630 --> 01:09:32,780

suffer a loss like this but to see what

1766

01:09:37,060 --> 01:09:34,640

blossoms out of that is pretty

1767

01:09:39,640 --> 01:09:37,070

impressive obviously red light therapy

1768

01:09:42,820 --> 01:09:39,650

was the star of the show but the

1769

01:09:45,760 --> 01:09:42,830

information about cancer and co2 was

1770

01:09:46,840 --> 01:09:45,770

really interesting and the co2 stuff was

1771

01:09:49,780 --> 01:09:46,850

pretty unexpected

1772

01:09:51,900 --> 01:09:49,790

I'm not surprised it does make sense I

1773

01:09:54,910 --> 01:09:51,910

just hadn't given it much thought before

1774

01:09:57,250 --> 01:09:54,920

of course Randall Carlson both times he

1775

01:09:59,770 --> 01:09:57,260

was on THC rallied hard against the

1776

01:10:01,990 --> 01:09:59,780

man-made climate change agenda and this

1777

01:10:04,240 --> 01:10:02,000

idea that co2 is destroying the planet

1778

01:10:06,940 --> 01:10:04,250

and one of the main arguments was no

1779

01:10:09,640 --> 01:10:06,950

plants eat co2 which I think a lot of us

1780

01:10:12,070 --> 01:10:09,650

know but I could also confirm from my

1781

01:10:14,320 --> 01:10:12,080

weed growing days that people who have

1782

01:10:17,050 --> 01:10:14,330

the money and want that top shelf bud

1783

01:10:19,270 --> 01:10:17,060

they often put a co2 tank in the room

1784

01:10:21,910 --> 01:10:19,280

but it sounds like something to dig into

1785

01:10:24,250 --> 01:10:21,920

more I wonder if sparkling water has any

1786

01:10:27,820 --> 01:10:24,260

sort of effect from that perspective it

1787

01:10:30,310 --> 01:10:27,830

is co2 that carbonates that either way I

1788

01:10:33,160 --> 01:10:30,320

would love to try breathing through one

1789

01:10:35,530 --> 01:10:33,170

of those mixed co2 oxygen devices and

1790

01:10:37,870 --> 01:10:35,540

see if I have an easier time doing

1791

01:10:41,320 --> 01:10:37,880

something strenuous like Marc seemed to

1792

01:10:44,620 --> 01:10:41,330

I also think at this point I am going to

1793

01:10:47,140 --> 01:10:44,630

buy a red light panel probably from Marc

1794

01:10:49,240 --> 01:10:47,150

because I trust his level of detailed

1795

01:10:52,180 --> 01:10:49,250

research and I hope some of you guys

1796

01:10:53,590 --> 01:10:52,190

participate in his contest I think

1797

01:10:55,060 --> 01:10:53,600

that's really cool of him because these

1798

01:10:56,500 --> 01:10:55,070

things sell for like a hundred bucks

1799

01:10:59,530 --> 01:10:56,510

apiece and he's going to be giving away

1800

01:11:02,680 --> 01:10:59,540

five of them I'm interested to hear from

1801
01:11:04,830 --> 01:11:02,690
whoever wins and get filled in on if you

1802
01:11:07,660 --> 01:11:04,840
have any positive results from using it

1803
01:11:09,730 --> 01:11:07,670
I've been hearing a lot of people saying

1804
01:11:11,350 --> 01:11:09,740
they use them for their meditation time

1805
01:11:13,060 --> 01:11:11,360
which makes sense if you're just going

1806
01:11:16,930 --> 01:11:13,070
to be sitting there for 15 minutes might

1807
01:11:19,270 --> 01:11:16,940
as well do the two birds one stone thing

1808
01:11:21,490 --> 01:11:19,280
but I am proud of this one another good

1809
01:11:24,730 --> 01:11:21,500
health show on the books I think the

1810
01:11:28,270 --> 01:11:24,740
health show portion of the THC portfolio

1811
01:11:30,670 --> 01:11:28,280
is filling out quite nicely I know we're

1812
01:11:34,360 --> 01:11:30,680
not a health show but it is a branch on

1813
01:11:37,270 --> 01:11:34,370

the tree and I think about what pushes

1814

01:11:39,820 --> 01:11:37,280

us forward do we really need another

1815

01:11:43,030 --> 01:11:39,830

show breaking down the latest mass

1816

01:11:45,520 --> 01:11:43,040

shooting or did we cover that over a

1817

01:11:48,550 --> 01:11:45,530

dozen times with many different events

1818

01:11:52,000 --> 01:11:48,560

in the past and we can just kind of

1819

01:11:55,270 --> 01:11:52,010

apply that template to newer ones if we

1820

01:11:59,170 --> 01:11:55,280

start to think things look fishy and

1821

01:12:00,130 --> 01:11:59,180

again what does that really do for you

1822

01:12:03,670 --> 01:12:00,140

and your family

1823

01:12:06,400 --> 01:12:03,680

yes I'm skeptical of any far and wide

1824

01:12:08,410 --> 01:12:06,410

news story and especially mass shootings

1825

01:12:11,230 --> 01:12:08,420

and especially when witnesses say there

1826
01:12:12,850 --> 01:12:11,240
were two decked out black ops shooters

1827
01:12:15,100 --> 01:12:12,860
and then they left and put some

1828
01:12:19,300 --> 01:12:15,110
spaced-out mind-controlled kid at the

1829
01:12:22,060 --> 01:12:19,310
scene I know that story by now and this

1830
01:12:24,010 --> 01:12:22,070
is a bit of a tactic on my part because

1831
01:12:26,710 --> 01:12:24,020
these shooting shows are the ones being

1832
01:12:29,980 --> 01:12:26,720
targeted by the censorship crackdown not

1833
01:12:33,100 --> 01:12:29,990
necessarily health information but

1834
01:12:35,110 --> 01:12:33,110
health information is fresher and more

1835
01:12:37,540 --> 01:12:35,120
useful and I think the biggest

1836
01:12:42,310 --> 01:12:37,550
conspiracy is to keep us ignorant and

1837
01:12:44,800 --> 01:12:42,320
sick and so there big thanks to Brian

1838
01:12:47,710 --> 01:12:44,810

for looking up a little bit on hearing

1839

01:12:50,680 --> 01:12:47,720

as well we'll see if anything comes

1840

01:12:54,760 --> 01:12:50,690

together there but it seems like there

1841

01:12:56,790 --> 01:12:54,770

might be a sliver little sliver of hope

1842

01:12:59,580 --> 01:12:56,800

for me

1843

01:13:02,130 --> 01:12:59,590

and THC news the last joint session is

1844

01:13:05,250 --> 01:13:02,140

up to watch four plus people it was a

1845

01:13:08,130 --> 01:13:05,260

lot of fun some quality calls I actually

1846

01:13:10,980 --> 01:13:08,140

did get connected with YouTube this time

1847

01:13:12,960 --> 01:13:10,990

which just helps to notify more people

1848

01:13:16,080 --> 01:13:12,970

that it's happening and increase the

1849

01:13:18,720 --> 01:13:16,090

participation and I also got video

1850

01:13:22,080 --> 01:13:18,730

implemented for the caller's which is a

1851

01:13:24,270 --> 01:13:22,090

new thing so it's coming together piece

1852

01:13:26,610 --> 01:13:24,280

by piece but the YouTube connection is

1853

01:13:29,880 --> 01:13:26,620

always going to be a roll of the dice

1854

01:13:33,090 --> 01:13:29,890

and it works or it doesn't depending on

1855

01:13:36,120 --> 01:13:33,100

these status of the hire such as channel

1856

01:13:38,160 --> 01:13:36,130

I know some people have complained that

1857

01:13:40,620 --> 01:13:38,170

they don't find it easy to be aware of

1858

01:13:42,840 --> 01:13:40,630

when the next one is and in fact the new

1859

01:13:45,090 --> 01:13:42,850

website design is going to have a place

1860

01:13:47,100 --> 01:13:45,100

right on the front page where I can put

1861

01:13:49,470 --> 01:13:47,110

the day to the next one and it will just

1862

01:13:53,310 --> 01:13:49,480

display easily for everyone there will

1863

01:13:56,010 --> 01:13:53,320

be no guesswork and I know I know I keep

1864

01:13:58,710 --> 01:13:56,020

talking about this website redesign but

1865

01:14:00,930 --> 01:13:58,720

any major changes can be rocky and it's

1866

01:14:03,290 --> 01:14:00,940

best if you're just aware that we're in

1867

01:14:06,390 --> 01:14:03,300

a little bit of flux people might say

1868

01:14:08,880 --> 01:14:06,400

why fix what isn't broken why have Plus

1869

01:14:10,530 --> 01:14:08,890

people now go to the higher side chats

1870

01:14:12,930 --> 01:14:10,540

calm when they've been going to the

1871

01:14:15,720 --> 01:14:12,940

higher side chats plus calm for so long

1872

01:14:19,110 --> 01:14:15,730

the information is in all the past shows

1873

01:14:22,680 --> 01:14:19,120

why change things it seems like it's

1874

01:14:24,390 --> 01:14:22,690

just an unnecessary complication eighty

1875

01:14:26,010 --> 01:14:24,400

percent of the listeners don't even go

1876

01:14:29,070 --> 01:14:26,020

to the website they're listening on

1877

01:14:31,839 --> 01:14:29,080

youtube or on podcasting apps so why

1878

01:14:33,640 --> 01:14:31,849

even [h__h] with it

1879

01:14:35,589 --> 01:14:33,650

well it's just because there are

1880

01:14:38,189 --> 01:14:35,599

internet standards out there they affect

1881

01:14:41,290 --> 01:14:38,199

Google rankings they affect shareability

1882

01:14:44,649 --> 01:14:41,300

and not just Google rankings but if

1883

01:14:46,899 --> 01:14:44,659

their algorithms see that different

1884

01:14:49,600 --> 01:14:46,909

websites are posting the same content

1885

01:14:51,790 --> 01:14:49,610

like the regular and the Plus show they

1886

01:14:54,399 --> 01:14:51,800

consider it an attempt to game the

1887

01:14:55,959 --> 01:14:54,409

system and they will call it a private

1888

01:14:59,200 --> 01:14:55,969

blog network and you'll become

1889

01:15:01,359 --> 01:14:59,210

unsearchable regular people have no

1890

01:15:04,780 --> 01:15:01,369

reason to need to know this but a person

1891

01:15:07,300 --> 01:15:04,790

in my position should and with all these

1892

01:15:09,550 --> 01:15:07,310

situations there's not really an appeals

1893

01:15:13,060 --> 01:15:09,560

process if you get marked with the kiss

1894

01:15:16,359 --> 01:15:13,070

of death and that's just one of about a

1895

01:15:17,680 --> 01:15:16,369

dozen technical reasons to do it now

1896

01:15:19,540 --> 01:15:17,690

that I've been working with this team

1897

01:15:22,330 --> 01:15:19,550

they're telling me things that I didn't

1898

01:15:24,310 --> 01:15:22,340

know and pointing out some places where

1899

01:15:28,120 --> 01:15:24,320

I have holes in my game from all these

1900

01:15:30,540 --> 01:15:28,130

sort of technical perspectives so we're

1901

01:15:34,419 --> 01:15:30,550

restructuring in a big way now and

1902

01:15:37,780 --> 01:15:34,429

adding convenient and more streamlined

1903

01:15:40,089 --> 01:15:37,790

functionality but I wouldn't go through

1904

01:15:43,240 --> 01:15:40,099

the mental stress of a change like this

1905

01:15:46,030 --> 01:15:43,250

if I didn't sort of have to to be more

1906

01:15:50,830 --> 01:15:46,040

future-proof and just stay with the

1907

01:15:53,589 --> 01:15:50,840

times I'm sure we've been to some THC

1908

01:15:57,819 --> 01:15:53,599

guests web sites in the past and thought

1909

01:16:00,030 --> 01:15:57,829

man is it 95 you got to stay hip you got

1910

01:16:03,760 --> 01:16:00,040

to stay relevant

1911

01:16:06,129 --> 01:16:03,770

but anyway Jesus that said of course

1912

01:16:08,859 --> 01:16:06,139

every episode I put out for the people

1913

01:16:11,080 --> 01:16:08,869

has a second hour if they become plus

1914

01:16:13,569 --> 01:16:11,090

members five extra hours of shows a

1915

01:16:15,910 --> 01:16:13,579

month and other stuff here and there you

1916

01:16:18,689 --> 01:16:15,920

know how it goes help me help you sign

1917

01:16:22,120 --> 01:16:18,699

up at the higher side chats plus calm in

1918

01:16:24,700 --> 01:16:22,130

this one we talked about how red light

1919

01:16:28,419 --> 01:16:24,710

therapy works with cancer specifically

1920

01:16:32,290 --> 01:16:28,429

Jai Marion Sims and the telling history

1921

01:16:34,750 --> 01:16:32,300

of cancer surgery the high false and

1922

01:16:37,720 --> 01:16:34,760

over diagnosis rates in cancer

1923

01:16:39,490 --> 01:16:37,730

screenings and the great prostate hoax

1924

01:16:43,060 --> 01:16:39,500

God that is crazy

1925

01:16:45,610 --> 01:16:43,070

I saw another book on the subject called

1926

01:16:48,270 --> 01:16:45,620

invasion of the prostate snatcher

1927

01:16:51,910 --> 01:16:48,280

by an author who also wrote a book on

1928

01:16:55,980 --> 01:16:51,920

rune magic so I've definitely got that

1929

01:17:00,310 --> 01:16:55,990

bookmarked but man that thread about

1930

01:17:04,810 --> 01:17:00,320

prostate cancer is so eye-opening and

1931

01:17:07,450 --> 01:17:04,820

just scary really stop getting tested

1932

01:17:10,600 --> 01:17:07,460

seems like a weird thing to say but I'm

1933

01:17:12,480 --> 01:17:10,610

kind of not telling you what to do but

1934

01:17:15,160 --> 01:17:12,490

I'm not going in for that test

1935

01:17:17,440 --> 01:17:15,170

anyway we also talked about enhanced

1936

01:17:20,800 --> 01:17:17,450

memory and brain function from red light

1937

01:17:23,260 --> 01:17:20,810

therapy Marc's thoughts on diet and th

1938

01:17:26,620 --> 01:17:23,270

C's recent episode with dr. Stephen

1939

01:17:30,130 --> 01:17:26,630

Hussey ez water cells and red light

1940

01:17:32,590 --> 01:17:30,140

therapy and also Marc's research into

1941

01:17:34,900 --> 01:17:32,600

free energy technologies that could be a

1942

01:17:37,690 --> 01:17:34,910

show on its own but I love that he's

1943

01:17:41,050 --> 01:17:37,700

putting that on his website as well all

1944

01:17:43,210 --> 01:17:41,060

good stuff all valuable information big

1945

01:17:46,450 --> 01:17:43,220

thanks again to mark for sharing his

1946

01:17:48,700 --> 01:17:46,460

work with us gogit is free ebooks go

1947

01:17:51,900 --> 01:17:48,710

enter the contest for a free red light

1948

01:17:54,070 --> 01:17:51,910

from his store and take care out there

1949

01:17:56,080 --> 01:17:54,080

I've done my part

1950

01:17:58,390 --> 01:17:56,090

your move monsters of the medical

1951

01:18:00,900 --> 01:17:58,400

monopoly health hazard promoters and

1952

01:18:02,370 --> 01:18:00,910

controllers of the cancer conspiracy

1953

01:18:04,480 --> 01:18:02,380

your

1954

01:18:11,420 --> 01:18:04,490

[Music]

1955

01:18:17,870 --> 01:18:11,430

maybe you'll see goddamn this plan no

1956

01:18:20,280 --> 01:18:17,880

fan spray in on me crow is don't should

1957

01:18:23,140 --> 01:18:22,120

[Music]

1958

01:18:29,089 --> 01:18:23,150

where

1959

01:18:34,390 --> 01:18:29,099

[Music]

1960

01:18:39,680 --> 01:18:34,400

oh no it go it gone bye-bye

1961

01:18:42,980 --> 01:18:39,690

blue I think I sink it

1962

01:18:42,990 --> 01:18:46,720

control

1963

01:18:49,790 --> 01:18:49,140

with all the chemicals

1964

01:18:50,750 --> 01:18:49,800

[Music]

1965

01:19:28,819 --> 01:18:50,760

[Applause]

1966

01:19:31,020 --> 01:19:28,829

[Music]

1967

01:19:34,459 --> 01:19:31,030

don't you know

1968

01:19:45,280 --> 01:19:35,590

we

1969

01:19:49,680 --> 01:19:49,670

to the pollen

1970

01:19:58,430 --> 01:19:52,470

the son

1971

01:20:04,440 --> 01:20:01,580

with the chemicals

1972

01:20:07,070 --> 01:20:04,450

[Applause]

1973

01:20:09,110 --> 01:20:07,080

[Music]

1974

01:21:29,400 --> 01:20:09,120

and with