



1  
00:00:30,730 --> 00:00:28,750  
archangels ghosts and Bigfoot oh my it's

2  
00:00:33,880 --> 00:00:30,740  
just another night for Supernatural

3  
00:00:36,280 --> 00:00:33,890  
girls real stories real answers to

4  
00:00:38,799 --> 00:00:36,290  
life's biggest supernatural mysteries

5  
00:00:41,530 --> 00:00:38,809  
and now for another exciting interview

6  
00:00:44,290 --> 00:00:41,540  
with Errol experts in this world and

7  
00:00:47,319 --> 00:00:44,300  
others here's your host paranormal

8  
00:00:47,650 --> 00:00:47,329  
researcher Patricia Baker on the one the

9  
00:01:06,340 --> 00:00:47,660  
only

10  
00:01:09,050 --> 00:01:06,350  
[Music]

11  
00:01:11,660 --> 00:01:09,060  
welcome everyone to a very special

12  
00:01:14,749 --> 00:01:11,670  
episode of Supernatural girls radio as

13  
00:01:18,469 --> 00:01:14,759

you know this is where paranormalist

14

00:01:20,389 --> 00:01:18,479

normal but tonight we are taking a bit

15

00:01:22,010 --> 00:01:20,399

of a break from that because we have a

16

00:01:24,649 --> 00:01:22,020

very important guests that we're

17

00:01:28,130 --> 00:01:24,659

bringing on Robert Abbott also and he is

18

00:01:31,040 --> 00:01:28,140

an expert in Lyme disease and autoimmune

19

00:01:32,749 --> 00:01:31,050

disease and he is one of my personal

20

00:01:35,840 --> 00:01:32,759

favorite people in the world he's very

21

00:01:38,570 --> 00:01:35,850

devoted to his practice to his patients

22

00:01:40,490 --> 00:01:38,580

and he has a lot to learn about Lyme

23

00:01:42,740 --> 00:01:40,500

disease and autoimmune so in a few

24

00:01:46,100 --> 00:01:42,750

minutes we are going to bring him on the

25

00:01:48,950 --> 00:01:46,110

show and get ready to learn a lot and

26  
00:01:51,980 --> 00:01:48,960  
hopefully increase the power of your own

27  
00:01:53,630 --> 00:01:51,990  
health and be self empowered with your

28  
00:01:56,990 --> 00:01:53,640  
own health so that's what this is all

29  
00:01:59,480 --> 00:01:57,000  
about tonight and before we introduce

30  
00:02:02,540 --> 00:01:59,490  
them though of course PK we've got to

31  
00:02:05,120 --> 00:02:02,550  
talk to you so what's going on with the

32  
00:02:08,449 --> 00:02:05,130  
numbers what's happening you have to

33  
00:02:11,330 --> 00:02:08,459  
take a look at November 22nd is a seven

34  
00:02:13,370 --> 00:02:11,340  
universal Day this is very telling eight

35  
00:02:15,140 --> 00:02:13,380  
because seven makes most of us overly

36  
00:02:17,540 --> 00:02:15,150  
tired and suspicious and all that good

37  
00:02:19,250 --> 00:02:17,550  
stuff but you're gonna find that most of

38  
00:02:21,110 --> 00:02:19,260

us did not sleep well last night

39

00:02:23,300 --> 00:02:21,120

that there is going to be a lot of

40

00:02:25,130 --> 00:02:23,310

tossing and turning that had gone on a

41

00:02:27,500 --> 00:02:25,140

lot of dreaming that's going to have

42

00:02:29,390 --> 00:02:27,510

taken place and it's going to put things

43

00:02:31,640 --> 00:02:29,400

someone to the negative side and create

44

00:02:33,740 --> 00:02:31,650

some fears and fantasies because that's

45

00:02:37,610 --> 00:02:33,750

what happens when we dream and it's that

46

00:02:40,580 --> 00:02:37,620

heavy but it's going to kind of give us

47

00:02:42,380 --> 00:02:40,590

a push the holiday is coming so to

48

00:02:45,470 --> 00:02:42,390

assist the holiday and not be so

49

00:02:47,630 --> 00:02:45,480

exhausted take fantasies and visions and

50

00:02:50,780 --> 00:02:47,640

put them together by assisting yourself

51  
00:02:52,130 --> 00:02:50,790  
doing some things ahead of time make

52  
00:02:54,710 --> 00:02:52,140  
your plans for your Thanksgiving

53  
00:02:57,559 --> 00:02:54,720  
gathering do some of the things you can

54  
00:02:59,300 --> 00:02:57,569  
do ahead bake etc you don't get these

55  
00:03:01,040 --> 00:02:59,310  
things out of the way but doing what you

56  
00:03:04,040 --> 00:03:01,050  
can in advance will allow you and your

57  
00:03:06,890 --> 00:03:04,050  
family to certainly enjoy the day with

58  
00:03:08,509 --> 00:03:06,900  
less stress that sounds like a plan

59  
00:03:11,420 --> 00:03:08,519  
because it's always stressful

60  
00:03:12,050 --> 00:03:11,430  
oh gosh you got a Thanksgiving such a

61  
00:03:14,210 --> 00:03:12,060  
complicated

62  
00:03:15,650 --> 00:03:14,220  
you've got to make all these things we

63  
00:03:21,820 --> 00:03:15,660

don't have to but it's more fun if you

64

00:03:24,080 --> 00:03:21,830

do I know it takes hours and days and

65

00:03:24,559 --> 00:03:24,090

then everybody's done in like ten

66

00:03:26,990 --> 00:03:24,569

minutes

67

00:03:29,449 --> 00:03:27,000

you know you know it takes you two days

68

00:03:32,210 --> 00:03:29,459

to prepare prepare it 15 minutes eat it

69

00:03:34,790 --> 00:03:32,220

but I was gonna also add looking forward

70

00:03:36,530 --> 00:03:34,800

to the holidays let's make some plans to

71

00:03:39,500 --> 00:03:36,540

offer a special reading or sessions

72

00:03:41,930 --> 00:03:39,510

either of your friends or family with

73

00:03:43,790 --> 00:03:41,940

Patricia or myself additional

74

00:03:45,820 --> 00:03:43,800

opportunities to relieve stress is

75

00:03:48,290 --> 00:03:45,830

having a phone reading with either of us

76

00:03:50,540 --> 00:03:48,300

super natural girls are evolved to help

77

00:03:52,640 --> 00:03:50,550

you as well so let's see what we could

78

00:03:57,110 --> 00:03:52,650

do and you don't have to wrap it mail it

79

00:04:00,050 --> 00:03:57,120

you can just tell them to call us yes we

80

00:04:02,479 --> 00:04:00,060

are on Supernatural girls comm website

81

00:04:04,490 --> 00:04:02,489

you can find us there and also be sure

82

00:04:05,900 --> 00:04:04,500

to go to our Facebook page now we have

83

00:04:08,360 --> 00:04:05,910

two of them we want to talk about

84

00:04:09,979 --> 00:04:08,370

tonight one is our usual supernatural

85

00:04:12,650 --> 00:04:09,989

girls on Facebook we've got great

86

00:04:15,140 --> 00:04:12,660

stories we always put them up every day

87

00:04:17,090 --> 00:04:15,150

and we've got some terrific ones so go

88

00:04:19,280 --> 00:04:17,100

there to check it out give us a like and

89

00:04:22,370 --> 00:04:19,290

a follow and we also have on the health

90

00:04:24,320 --> 00:04:22,380

side the real zombie plague on Facebook

91

00:04:26,690 --> 00:04:24,330

be sure to go there we've got a

92

00:04:28,610 --> 00:04:26,700

tremendous amount of information you can

93

00:04:30,290 --> 00:04:28,620

make comments you can talk with other

94

00:04:33,140 --> 00:04:30,300

people who may be sharing some of the

95

00:04:35,000 --> 00:04:33,150

same struggles that you are having with

96

00:04:38,450 --> 00:04:35,010

your health but lots of good information

97

00:04:41,000 --> 00:04:38,460

again that's the real zombie plague now

98

00:04:42,740 --> 00:04:41,010

this is a pre-recorded show so

99

00:04:45,920 --> 00:04:42,750

unfortunately we won't be able to take

100

00:04:48,830 --> 00:04:45,930

your questions live however in case you

101  
00:04:50,120 --> 00:04:48,840  
missed this show and you want to pass it

102  
00:04:53,120 --> 00:04:50,130  
on to a friend do you want to hear it

103  
00:04:55,070 --> 00:04:53,130  
yourself again you can get it from our

104  
00:04:58,010 --> 00:04:55,080  
archives I will be putting it on both

105  
00:05:00,920 --> 00:04:58,020  
Facebook pages and it'll also be on our

106  
00:05:04,430 --> 00:05:00,930  
website so this is a very special show

107  
00:05:05,930 --> 00:05:04,440  
again we're doing this as a kind of a

108  
00:05:08,600 --> 00:05:05,940  
lead-in to the holidays to help

109  
00:05:10,520 --> 00:05:08,610  
everybody enjoy them help everybody with

110  
00:05:12,650 --> 00:05:10,530  
their health as much as we possibly can

111  
00:05:14,210 --> 00:05:12,660  
and of course we always recommend you

112  
00:05:16,310 --> 00:05:14,220  
check with your own doctor your own

113  
00:05:18,469 --> 00:05:16,320

practitioner the information that we're

114

00:05:20,779 --> 00:05:18,479

giving today is just that information we

115

00:05:22,730 --> 00:05:20,789

are not diagnosing anything or

116

00:05:25,040 --> 00:05:22,740

prescribing anything but we're having a

117

00:05:25,669 --> 00:05:25,050

very interesting discussion in a couple

118

00:05:29,239 --> 00:05:25,679

minutes

119

00:05:31,549 --> 00:05:29,249

with Robert about hello and he is going

120

00:05:33,589 --> 00:05:31,559

to share some very interesting facts

121

00:05:36,199 --> 00:05:33,599

with us these are things we really need

122

00:05:40,639 --> 00:05:36,209

to know because autoimmune disease in

123

00:05:42,529 --> 00:05:40,649

this country alone I was reading there's

124

00:05:44,839 --> 00:05:42,539

50 million people that they're

125

00:05:47,989 --> 00:05:44,849

estimating that right now are suffering

126

00:05:50,359 --> 00:05:47,999

from autoimmune now with Lyme I'm hoping

127

00:05:52,129 --> 00:05:50,369

Robert has more current statistics in me

128

00:05:53,809 --> 00:05:52,139

because the CDC is downplaying it

129

00:05:56,899 --> 00:05:53,819

tremendously and saying there's only

130

00:05:58,369 --> 00:05:56,909

about oh I don't know 300,000 cases or

131

00:06:01,909 --> 00:05:58,379

something crazy like that which I know

132

00:06:03,949 --> 00:06:01,919

is wrong that number is way too low and

133

00:06:05,119 --> 00:06:03,959

I can tell you it's way too low there's

134

00:06:07,219 --> 00:06:05,129

something wrong with the way they're

135

00:06:08,779 --> 00:06:07,229

gathering their statistics the way

136

00:06:10,189 --> 00:06:08,789

they're doing their tests we're gonna

137

00:06:12,259 --> 00:06:10,199

hear all about that from Robert in a

138

00:06:14,329 --> 00:06:12,269

minute but these are critical issues

139

00:06:16,279 --> 00:06:14,339

Lyme disease doesn't just make your life

140

00:06:17,989 --> 00:06:16,289

miserable anymore it can kill you and

141

00:06:22,009 --> 00:06:17,999

certainly that's true with autoimmune

142

00:06:23,809 --> 00:06:22,019

diseases as well so we need all the

143

00:06:25,339 --> 00:06:23,819

information we can get so we can make

144

00:06:27,319 --> 00:06:25,349

the best healthcare decisions for

145

00:06:29,659 --> 00:06:27,329

ourselves and if you have one of these

146

00:06:32,209 --> 00:06:29,669

horrible diseases hopefully this show is

147

00:06:34,489 --> 00:06:32,219

going to be a breakthrough for you so

148

00:06:37,279 --> 00:06:34,499

let me introduce our guest I've got a

149

00:06:39,649 --> 00:06:37,289

wonderful little bio here that I want to

150

00:06:42,439 --> 00:06:39,659

read to you because Robert again is a

151  
00:06:43,909 --> 00:06:42,449  
real stellar person in this field and

152  
00:06:46,659 --> 00:06:43,919  
I'm so happy to have him on the show

153  
00:06:49,179 --> 00:06:46,669  
he's a licensed acupuncturist and

154  
00:06:52,639 --> 00:06:49,189  
herbalist he has training in naturopathy

155  
00:06:54,679 --> 00:06:52,649  
homeopathy and nutrition and he brings a

156  
00:06:57,279 --> 00:06:54,689  
wealth of knowledge experience and

157  
00:06:59,779 --> 00:06:57,289  
training to the natural healing arts of

158  
00:07:02,179 --> 00:06:59,789  
acupuncture naturopathy homeopathy

159  
00:07:03,259 --> 00:07:02,189  
herbology and the teaching of yoga and

160  
00:07:06,309 --> 00:07:03,269  
meditation

161  
00:07:09,859 --> 00:07:06,319  
he began his healing arts training in

162  
00:07:11,809 --> 00:07:09,869  
1973 with the study of meditation and he

163  
00:07:14,559 --> 00:07:11,819

also learned the power of this ancient

164

00:07:16,819 --> 00:07:14,569

healing art when he had his own powerful

165

00:07:20,049 --> 00:07:16,829

transformational healing experience

166

00:07:22,669 --> 00:07:20,059

after that he began a decade of

167

00:07:24,919 --> 00:07:22,679

extensive travel and studies with

168

00:07:28,459 --> 00:07:24,929

numerous spiritual teachers and healers

169

00:07:30,169 --> 00:07:28,469

from around the world now also he this

170

00:07:32,600 --> 00:07:30,179

is incredible stuff he's developed his

171

00:07:35,749 --> 00:07:32,610

own system of healing including

172

00:07:38,810 --> 00:07:35,759

clearpoint acupuncture neuro clear and

173

00:07:41,210 --> 00:07:38,820

pulse clear these are all leading-edge

174

00:07:44,030 --> 00:07:41,220

that he has devised himself they are

175

00:07:50,660 --> 00:07:44,040

tremendously effective Robert welcome to

176

00:07:53,510 --> 00:07:50,670

the show thank you so much to talk about

177

00:07:55,400 --> 00:07:53,520

yes how did you get into this how did

178

00:07:57,620 --> 00:07:55,410

you make this turn into the healing arts

179

00:08:00,560 --> 00:07:57,630

yeah I wanted to save this story for you

180

00:08:03,860 --> 00:08:00,570

you asked me before yeah well I

181

00:08:05,900 --> 00:08:03,870

originally when I was in college I was

182

00:08:08,660 --> 00:08:05,910

going to school to become a lawyer and

183

00:08:10,670 --> 00:08:08,670

about somewhere about the second year

184

00:08:13,280 --> 00:08:10,680

maybe a year and a half you know the

185

00:08:16,250 --> 00:08:13,290

stress of it all I was I was you know

186

00:08:18,440 --> 00:08:16,260

studying meditation and doing yoga first

187

00:08:20,900 --> 00:08:18,450

Ostrom actually to ever open up in the

188

00:08:24,680 --> 00:08:20,910

United States people don't realize about

189

00:08:27,680 --> 00:08:24,690

you know yoga and you know meditation is

190

00:08:30,500 --> 00:08:27,690

that just like we sent you know

191

00:08:32,750 --> 00:08:30,510

Christian you know priests and stuff to

192

00:08:36,520 --> 00:08:32,760

uh you know third-world countries etc to

193

00:08:39,080 --> 00:08:36,530

you know introduce them to that religion

194

00:08:41,360 --> 00:08:39,090

that's what they did they sent people

195

00:08:43,250 --> 00:08:41,370

over here and dr. Mishra was one of the

196

00:08:45,710 --> 00:08:43,260

first they came to this country opened

197

00:08:48,140 --> 00:08:45,720

up an ashram and so I was studying at

198

00:08:50,420 --> 00:08:48,150

his ashram and he was one of those

199

00:08:53,830 --> 00:08:50,430

teachers that can do Shakti pot which is

200

00:08:56,840 --> 00:08:53,840

means he can transfer the experience of

201  
00:08:59,450 --> 00:08:56,850  
connecting with God to you while you're

202  
00:09:01,130 --> 00:08:59,460  
in his class and so you know people who

203  
00:09:04,780 --> 00:09:01,140  
know that you go to his class you wait

204  
00:09:08,120 --> 00:09:04,790  
for that moment where he chooses you and

205  
00:09:11,900 --> 00:09:08,130  
you get the Bliss so I was studying

206  
00:09:14,870 --> 00:09:11,910  
there it was called the Ananda ashram in

207  
00:09:20,360 --> 00:09:14,880  
Monroe New York and a doctor from

208  
00:09:24,740 --> 00:09:20,370  
California had come and this was in 76

209  
00:09:26,300 --> 00:09:24,750  
77 like 77 1977 and so acupuncture was

210  
00:09:28,310 --> 00:09:26,310  
not something that anyone had really

211  
00:09:32,660 --> 00:09:28,320  
ever heard of I certainly didn't hear of

212  
00:09:34,850 --> 00:09:32,670  
it but this you know guest doctor had it

213  
00:09:36,350 --> 00:09:34,860

was a beautiful fall day you know the

214

00:09:38,210 --> 00:09:36,360

leaves coming down we were next to the

215

00:09:40,580 --> 00:09:38,220

pond and it was the Sun which I was

216

00:09:42,320 --> 00:09:40,590

really warm and they think you know this

217

00:09:45,530 --> 00:09:42,330

she put this guy down on a blanket

218

00:09:47,150 --> 00:09:45,540

outside and did some acupuncture well

219

00:09:49,700 --> 00:09:47,160

you know now we you know we understand

220

00:09:52,580 --> 00:09:49,710

acupuncture we've had acupuncture but we

221

00:09:57,140 --> 00:09:52,590

just stared at this guy for like 30min

222

00:10:00,320 --> 00:09:57,150

like we were watching TV Wow needles in

223

00:10:02,360 --> 00:10:00,330

him you know we just stared at it was

224

00:10:03,890 --> 00:10:02,370

the strangest thing I didn't think of it

225

00:10:06,050 --> 00:10:03,900

you know at the time I just thought oh

226

00:10:08,090 --> 00:10:06,060

my God he's got needles stuck in him and

227

00:10:11,390 --> 00:10:08,100

he's not you know he's not upset he's

228

00:10:13,130 --> 00:10:11,400

not crying or whatever ya know and so

229

00:10:14,540 --> 00:10:13,140

afterwards you know I'm walking next

230

00:10:16,850 --> 00:10:14,550

when we're walking down this you know

231

00:10:19,610 --> 00:10:16,860

nice trail on the leg I said what was

232

00:10:21,710 --> 00:10:19,620

that like they said well I feel I feel

233

00:10:23,750 --> 00:10:21,720

calm I feel centered I

234

00:10:26,720 --> 00:10:23,760

I just feel balanced and relaxed and

235

00:10:29,930 --> 00:10:26,730

those words kind of pour it over me like

236

00:10:35,780 --> 00:10:29,940

you know just like ambrosia like really

237

00:10:39,110 --> 00:10:35,790

you can have that feeling and the thing

238

00:10:41,660 --> 00:10:39,120

was I never for one second thought I

239

00:10:44,360 --> 00:10:41,670

want to get acupuncture that that didn't

240

00:10:46,460 --> 00:10:44,370

occur to me at all it just came over me

241

00:10:49,730 --> 00:10:46,470

like that's what I want to do for people

242

00:10:52,250 --> 00:10:49,740

I want to do acupuncture so I went back

243

00:10:53,870 --> 00:10:52,260

you know went to my um you know guidance

244

00:10:55,820 --> 00:10:53,880

counselor or whatever ever called in

245

00:10:57,680 --> 00:10:55,830

college I said listen I I need to change

246

00:10:59,360 --> 00:10:57,690

my major I need to I want to be an

247

00:11:01,520 --> 00:10:59,370

acupuncturist because she looked at me

248

00:11:03,890 --> 00:11:01,530

like I was a little crazy yes what I

249

00:11:05,750 --> 00:11:03,900

want to do so of course I I spent six

250

00:11:08,150 --> 00:11:05,760

years in college and you know instead of

251  
00:11:09,920 --> 00:11:08,160  
the standard for because I had to catch

252  
00:11:12,800 --> 00:11:09,930  
up on all the stuff that I wasn't doing

253  
00:11:14,510 --> 00:11:12,810  
but that was the genesis and I I really

254  
00:11:16,460 --> 00:11:14,520  
didn't get acupuncture or see any

255  
00:11:19,760 --> 00:11:16,470  
acupuncture till after I'd finished

256  
00:11:22,310 --> 00:11:19,770  
college and went to Boston and you know

257  
00:11:23,630 --> 00:11:22,320  
to go to school there and even my first

258  
00:11:25,730 --> 00:11:23,640  
year school I don't think I had

259  
00:11:28,160 --> 00:11:25,740  
acupuncture it was just I wanted to do

260  
00:11:29,920 --> 00:11:28,170  
acupuncture so that's how that's what

261  
00:11:33,290 --> 00:11:29,930  
started the whole ball rolling

262  
00:11:35,300 --> 00:11:33,300  
incredible that experience you you know

263  
00:11:37,460 --> 00:11:35,310

you're talking about I I get that bio I

264

00:11:43,340 --> 00:11:37,470

remember it's from somewhere out of a

265

00:11:44,660 --> 00:11:43,350

website or something buddy so I I you

266

00:11:47,870 --> 00:11:44,670

know when you say oh I had this

267

00:11:50,180 --> 00:11:47,880

transformative experience well you know

268

00:11:51,620 --> 00:11:50,190

why they get into this was really you

269

00:11:55,130 --> 00:11:51,630

know because of that experience with

270

00:11:58,010 --> 00:11:55,140

seeing acupuncture but prior to that way

271

00:12:00,530 --> 00:11:58,020

back when Transcendental Meditation so

272

00:12:01,510 --> 00:12:00,540

this was when I was 16 years old I had

273

00:12:05,150 --> 00:12:01,520

an ulcer

274

00:12:06,530 --> 00:12:05,160

very stressful you know family life and

275

00:12:09,050 --> 00:12:06,540

school life

276

00:12:10,580 --> 00:12:09,060

and friend you know is eating mash but

277

00:12:11,450 --> 00:12:10,590

this is what they have mashed potatoes

278

00:12:14,720 --> 00:12:11,460

and milk

279

00:12:17,690 --> 00:12:14,730

mmm and butter yeah when you had also

280

00:12:18,950 --> 00:12:17,700

like which is really kind of the worst

281

00:12:20,870 --> 00:12:18,960

thing you could do to yourself but

282

00:12:23,000 --> 00:12:20,880

that's what they recommended it wasn't

283

00:12:25,220 --> 00:12:23,010

getting better and so friend of mine

284

00:12:26,450 --> 00:12:25,230

kind of hippy kind of guy he came up to

285

00:12:30,440 --> 00:12:26,460

me said oh you know what maybe you

286

00:12:33,500 --> 00:12:30,450

should try meditation so I went and to

287

00:12:36,380 --> 00:12:33,510

do the TM and that's when you got a

288

00:12:39,560 --> 00:12:36,390

flower a piece of fruit a white

289

00:12:46,010 --> 00:12:39,570

handkerchief and 35 bucks now I think

290

00:12:47,900 --> 00:12:46,020

it's you know the flower you pay you pay

291

00:12:50,090 --> 00:12:47,910

them the money you give them the flower

292

00:12:51,740 --> 00:12:50,100

yeah you go there you do this whole

293

00:12:53,810 --> 00:12:51,750

thing now it's like I don't know it's

294

00:12:55,670 --> 00:12:53,820

like thousands of dollars to learn what

295

00:12:57,500 --> 00:12:55,680

I learned but here's that here's the

296

00:13:00,050 --> 00:12:57,510

part where about the transformational

297

00:13:01,640 --> 00:13:00,060

experience is you know I went to the

298

00:13:03,770 --> 00:13:01,650

thing they gave you you know they give

299

00:13:07,100 --> 00:13:03,780

you a mantra they show you how to you

300

00:13:09,860 --> 00:13:07,110

know you use the mantra and meditate put

301  
00:13:17,380 --> 00:13:09,870  
me in a room close my eyes I start doing

302  
00:13:20,540 --> 00:13:17,390  
the mantra and white light it was like

303  
00:13:22,760 --> 00:13:20,550  
like holy cow and I'm like I was there

304  
00:13:24,770 --> 00:13:22,770  
and I'm just like in this this ecstasy

305  
00:13:26,360 --> 00:13:24,780  
experience and this was you know I went

306  
00:13:28,850 --> 00:13:26,370  
like oh my god I don't like it let

307  
00:13:30,920 --> 00:13:28,860  
anybody know why my secret mantra is

308  
00:13:34,340 --> 00:13:30,930  
even after all these years but I you

309  
00:13:38,810 --> 00:13:34,350  
know I'm doing my mantra can't share it

310  
00:13:40,550 --> 00:13:38,820  
you know and and then the guy comes in I

311  
00:13:42,200 --> 00:13:40,560  
thought wow that was like two seconds

312  
00:13:44,390 --> 00:13:42,210  
and he says okay well you know that was

313  
00:13:46,580 --> 00:13:44,400

your 20 minutes how was it and I told

314

00:13:50,450 --> 00:13:46,590

the guy what you know what happened he

315

00:13:52,910 --> 00:13:50,460

goes he goes he looks at me goes oh no

316

00:13:54,680 --> 00:13:52,920

you you have to meditate for 20 years to

317

00:13:57,320 --> 00:13:54,690

have that experience and I said but I

318

00:13:59,390 --> 00:13:57,330

just had he goes he just couldn't get

319

00:14:01,010 --> 00:13:59,400

around it he says I I don't know what to

320

00:14:03,650 --> 00:14:01,020

tell you and of course that's a weird

321

00:14:06,020 --> 00:14:03,660

thing to hear but you know so that

322

00:14:07,670 --> 00:14:06,030

started me and I literally just so

323

00:14:10,850 --> 00:14:07,680

people want to know about just

324

00:14:12,530 --> 00:14:10,860

meditation I did that meditation 20

325

00:14:16,790 --> 00:14:12,540

minutes in the morning 20 minutes in the

326

00:14:19,340 --> 00:14:16,800

afternoon after two weeks no ulcer gone

327

00:14:20,329 --> 00:14:19,350

god I mean I think I worked at a

328

00:14:22,249 --> 00:14:20,339

steakhouse

329

00:14:23,780 --> 00:14:22,259

I used to hide you know my time to do my

330

00:14:27,199 --> 00:14:23,790

meditation I used to hide behind the

331

00:14:32,809 --> 00:14:27,209

stacks of you know potatoes in the back

332

00:14:36,049 --> 00:14:32,819

room but I've you my mantra and I just

333

00:14:37,670 --> 00:14:36,059

did it and and so even today you know

334

00:14:40,460 --> 00:14:37,680

things get a little bit you know

335

00:14:43,429 --> 00:14:40,470

overwhelming I will I will go back to

336

00:14:45,739 --> 00:14:43,439

that it's a great tool that's the

337

00:14:47,749 --> 00:14:45,749

genesis that's the genesis great and the

338

00:14:49,610 --> 00:14:47,759

mind-body connection clearly we can't

339

00:14:51,439 --> 00:14:49,620

ignore it even though we we do want to

340

00:14:54,439 --> 00:14:51,449

know from you about treatment and things

341

00:14:57,170 --> 00:14:54,449

that you use for these two categories of

342

00:14:59,269 --> 00:14:57,180

illnesses that the mind-body connection

343

00:15:01,879 --> 00:14:59,279

is paramount and we're gonna get more

344

00:15:04,670 --> 00:15:01,889

into that too but for now I know you've

345

00:15:06,829 --> 00:15:04,680

had some good success with patience and

346

00:15:08,689 --> 00:15:06,839

let's start off with Lyme if we could

347

00:15:11,059 --> 00:15:08,699

because I know you have a perspective on

348

00:15:12,980 --> 00:15:11,069

this you take a look at Lyme and you

349

00:15:14,569 --> 00:15:12,990

take a look at the patient what what do

350

00:15:17,420 --> 00:15:14,579

you see what do you see happening with

351

00:15:19,999 --> 00:15:17,430

Lyme do you see more cases of it more

352

00:15:22,730 --> 00:15:20,009

severe severity with it I mean what do

353

00:15:25,129 --> 00:15:22,740

you what do you sing today well you know

354

00:15:27,650 --> 00:15:25,139

Lyme is a very old disease they they

355

00:15:30,110 --> 00:15:27,660

literally found Borrelia which is the

356

00:15:33,259 --> 00:15:30,120

the bacteria that causes Lyme disease in

357

00:15:36,230 --> 00:15:33,269

the Paleolithic guide it was frozen this

358

00:15:38,210 --> 00:15:36,240

is about 10 years ago Wow yeah they

359

00:15:40,460 --> 00:15:38,220

found them they found the Borrelia so

360

00:15:42,710 --> 00:15:40,470

it's really an you know it's an older

361

00:15:45,530 --> 00:15:42,720

disease and and that's an important

362

00:15:48,049 --> 00:15:45,540

thing to understand because I mean you

363

00:15:50,989 --> 00:15:48,059

always have mutations and of course with

364

00:15:53,600 --> 00:15:50,999

antibiotics you know you know every

365

00:15:56,989 --> 00:15:53,610

bacteria becomes resistant it mutates so

366

00:15:59,210 --> 00:15:56,999

it has become a stronger strain you know

367

00:16:01,220 --> 00:15:59,220

since they first started diagnosis and

368

00:16:03,559 --> 00:16:01,230

treating it with antibiotics but it has

369

00:16:09,199 --> 00:16:03,569

been around for a long time and just

370

00:16:11,809 --> 00:16:09,209

like any any infectious disease groups

371

00:16:14,389 --> 00:16:11,819

of people people become immune to it and

372

00:16:16,280 --> 00:16:14,399

then some people aren't immune to it so

373

00:16:19,610 --> 00:16:16,290

there's one reason why some people just

374

00:16:21,829 --> 00:16:19,620

they get bit think of Borrelia they have

375

00:16:23,720 --> 00:16:21,839

a fever it feels like a cold and then it

376

00:16:26,869 --> 00:16:23,730

goes away and there's there's nothing

377

00:16:29,030 --> 00:16:26,879

really left you know there and then

378

00:16:33,010 --> 00:16:29,040

other people it is as you said just

379

00:16:37,390 --> 00:16:33,020

life-threatening life-threatening

380

00:16:39,280 --> 00:16:37,400

has to do with the person well are they

381

00:16:43,420 --> 00:16:39,290

toxic are they exposed to a lot of

382

00:16:45,550 --> 00:16:43,430

chemicals are they you know emotionally

383

00:16:48,400 --> 00:16:45,560

stressed is there a lot of you know

384

00:16:51,600 --> 00:16:48,410

things to deal with there do they have

385

00:16:55,030 --> 00:16:51,610

other diseases that you know that also

386

00:16:58,420 --> 00:16:55,040

strain the immune system and all those

387

00:17:02,470 --> 00:16:58,430

things play into how a person responds

388

00:17:08,860 --> 00:17:02,480

to to Lyme you know to Borrelia and all

389

00:17:10,840 --> 00:17:08,870

co-infections yes now today it seems

390

00:17:12,550 --> 00:17:10,850

like the Western blot test which is the

391

00:17:13,840 --> 00:17:12,560

accepted traditional test is not all

392

00:17:15,940 --> 00:17:13,850

that accurate at least that's what I'm

393

00:17:18,340 --> 00:17:15,950

hearing but there are tests that are

394

00:17:19,930 --> 00:17:18,350

more accurate than Western blot like I

395

00:17:22,150 --> 00:17:19,940

genex has one that I hear is

396

00:17:26,590 --> 00:17:22,160

leading-edge what are your thoughts on

397

00:17:29,230 --> 00:17:26,600

the tests no the Western blot is it's

398

00:17:38,680 --> 00:17:29,240

it's is it's very accurate it's as

399

00:17:40,720 --> 00:17:38,690

accurate as a coin toss the CDC remember

400

00:17:43,420 --> 00:17:40,730

how long ago they might have taken it

401  
00:17:46,270 --> 00:17:43,430  
down but where they were training

402  
00:17:48,640 --> 00:17:46,280  
doctors I mean within a decade you know

403  
00:17:50,500 --> 00:17:48,650  
make seven eight nine years ago there

404  
00:17:52,630 --> 00:17:50,510  
was a training for doctors I took it for

405  
00:17:55,180 --> 00:17:52,640  
how to treat Lyme disease what are you

406  
00:17:57,850 --> 00:17:55,190  
supposed to do and it's a very straight

407  
00:18:01,660 --> 00:17:57,860  
that's before even the post sequelae

408  
00:18:03,490 --> 00:18:01,670  
Lyme diagnosis that they kind of

409  
00:18:05,710 --> 00:18:03,500  
acquiesced to so that people get a

410  
00:18:08,110 --> 00:18:05,720  
little bit more antibiotics for more

411  
00:18:11,050 --> 00:18:08,120  
than the for the three to four standard

412  
00:18:13,870 --> 00:18:11,060  
weeks but what they said in in that

413  
00:18:16,150 --> 00:18:13,880

meeting was two doctors is do not use

414

00:18:19,120 --> 00:18:16,160

the test you have too many false

415

00:18:20,950 --> 00:18:19,130

positives too many false negatives and

416

00:18:22,390 --> 00:18:20,960

so you're either treating someone who

417

00:18:23,740 --> 00:18:22,400

shouldn't be treated or you're not

418

00:18:26,890 --> 00:18:23,750

treating someone who should be treated

419

00:18:30,220 --> 00:18:26,900

and so their recommendation was use the

420

00:18:32,260 --> 00:18:30,230

symptoms and I think that's still even

421

00:18:34,690 --> 00:18:32,270

in for people who don't do muscle

422

00:18:39,490 --> 00:18:34,700

testing or any other kind of you know

423

00:18:41,800 --> 00:18:39,500

evie testing that's the standard as you

424

00:18:44,260 --> 00:18:41,810

want to follow the symptoms now what are

425

00:18:47,230 --> 00:18:44,270

the symptoms that you see for Lyme well

426

00:18:50,530 --> 00:18:47,240

the symptoms are going to be well well

427

00:18:52,240 --> 00:18:50,540

lime leads to all symptoms and that's

428

00:18:54,310 --> 00:18:52,250

just the fact that someone comes in

429

00:18:57,400 --> 00:18:54,320

I've had people sit there literally for

430

00:18:59,530 --> 00:18:57,410

now and a half and just go over I have

431

00:19:01,720 --> 00:18:59,540

this symptom I have crawlies under the

432

00:19:02,620 --> 00:19:01,730

skin I have headaches I got fatigue I

433

00:19:04,990 --> 00:19:02,630

have joint pain

434

00:19:07,120 --> 00:19:05,000

I have rashes I have even the bull's eye

435

00:19:08,800 --> 00:19:07,130

which is used to be a they used to say

436

00:19:11,650 --> 00:19:08,810

well if you see a bull's eye that was in

437

00:19:12,970 --> 00:19:11,660

that meeting that's the classic oh then

438

00:19:15,910 --> 00:19:12,980

you want to treat them right away but

439

00:19:18,370 --> 00:19:15,920

the bull's eye doesn't always show up it

440

00:19:20,770 --> 00:19:18,380

doesn't show up in fact I mean in my

441

00:19:24,790 --> 00:19:20,780

practice I may see it you know one out

442

00:19:26,200 --> 00:19:24,800

of you know 20 30 40 times mm-hmm but I

443

00:19:28,630 --> 00:19:26,210

do see rashes

444

00:19:30,850 --> 00:19:28,640

you know joint pain fatigue this you

445

00:19:34,060 --> 00:19:30,860

know the cold that never ends the

446

00:19:35,740 --> 00:19:34,070

exhaustion that never ends um then other

447

00:19:38,890 --> 00:19:35,750

things start getting triggered anything

448

00:19:42,520 --> 00:19:38,900

that they had before is now worse and I

449

00:19:44,530 --> 00:19:42,530

say this is what I like to look at it

450

00:19:47,410 --> 00:19:44,540

because I have suffered severely well

451

00:19:49,480 --> 00:19:47,420

I'm out of the 25 years that I've been

452

00:19:51,790 --> 00:19:49,490

treating Lyme disease I started in

453

00:19:56,050 --> 00:19:51,800

Nantucket which at the time that I was

454

00:19:58,660 --> 00:19:56,060

there was a hotbed of Lyme disease and I

455

00:20:02,500 --> 00:19:58,670

think there's a gift to it there's a

456

00:20:04,180 --> 00:20:02,510

gift that it will go to every part of

457

00:20:06,430 --> 00:20:04,190

your body that is weakest

458

00:20:08,800 --> 00:20:06,440

so whatever disease you have had

459

00:20:12,210 --> 00:20:08,810

whatever your genetic disposition is to

460

00:20:16,060 --> 00:20:12,220

have a disease autoimmune disorders

461

00:20:19,090 --> 00:20:16,070

anything it will go there it will find

462

00:20:21,220 --> 00:20:19,100

that place and I say it's up to us to go

463

00:20:22,960 --> 00:20:21,230

all right let me look at that let me

464

00:20:25,300 --> 00:20:22,970

take care of it let me fix that if

465

00:20:26,740 --> 00:20:25,310

you're eating junk food and let me tell

466

00:20:29,470 --> 00:20:26,750

you that's one of the first things I

467

00:20:33,430 --> 00:20:29,480

tell people sugar Borrelia love sugar

468

00:20:36,010 --> 00:20:33,440

Wow your body doesn't like sugar and in

469

00:20:39,040 --> 00:20:36,020

debilitating drug you know we're not

470

00:20:41,980 --> 00:20:39,050

William Duff T road - you know the sugar

471

00:20:45,370 --> 00:20:41,990

blues I mean way back in the 70s might

472

00:20:48,580 --> 00:20:45,380

even be copyrighted in the 60s and he

473

00:20:51,040 --> 00:20:48,590

delineating long ago that sugar which we

474

00:20:53,110 --> 00:20:51,050

now cane sugar good old-fashioned cane

475

00:20:55,300 --> 00:20:53,120

sugar which now is sold in a health food

476  
00:20:59,190 --> 00:20:55,310  
store as a health as a health food

477  
00:21:00,920 --> 00:20:59,200  
product because you know better for you

478  
00:21:03,650 --> 00:21:00,930  
it's good for

479  
00:21:07,010 --> 00:21:03,660  
is what it's it's it's just like you

480  
00:21:09,410 --> 00:21:07,020  
can't cancer and Borrelia love sugar and

481  
00:21:11,690 --> 00:21:09,420  
of course your body becomes depleted and

482  
00:21:14,060 --> 00:21:11,700  
two billion debilitated from sugar and

483  
00:21:16,010 --> 00:21:14,070  
so I tell people don't do that that's

484  
00:21:18,230 --> 00:21:16,020  
that's not a good thing and so people

485  
00:21:22,220 --> 00:21:18,240  
who are you know junk food junkies

486  
00:21:24,200 --> 00:21:22,230  
they're like what I can't have you know

487  
00:21:26,840 --> 00:21:24,210  
you cannot refined sugar I can't have

488  
00:21:29,060 --> 00:21:26,850

refined bread I can't have this well you

489

00:21:31,220 --> 00:21:29,070

know least not until you get better and

490

00:21:32,900 --> 00:21:31,230

hopefully by then you know the Borelli

491

00:21:34,520 --> 00:21:32,910

is taught you a lesson that these are

492

00:21:38,780 --> 00:21:34,530

not good for your body things that are

493

00:21:40,850 --> 00:21:38,790

not good for your body support just the

494

00:21:42,740 --> 00:21:40,860

destruction that lime will you know

495

00:21:45,620 --> 00:21:42,750

present to you if you just let it go

496

00:21:48,530 --> 00:21:45,630

unchecked right so diet is very

497

00:21:50,210 --> 00:21:48,540

important in this so that's one of the

498

00:21:52,310 --> 00:21:50,220

first things you discuss with people is

499

00:21:54,770 --> 00:21:52,320

if there are sugar junkies or if they're

500

00:21:56,810 --> 00:21:54,780

eating foods that isn't really good for

501  
00:21:57,920 --> 00:21:56,820  
them is that like a step by step that

502  
00:22:00,310 --> 00:21:57,930  
you go through cuz I know we had a

503  
00:22:04,190 --> 00:22:00,320  
question from somebody they grab that

504  
00:22:06,940 --> 00:22:04,200  
about this very thing is there an order

505  
00:22:09,680 --> 00:22:06,950  
to the way that you address getting well

506  
00:22:11,420 --> 00:22:09,690  
from Lyme disease or even know how to

507  
00:22:14,240 --> 00:22:11,430  
immune I mean is there something that

508  
00:22:16,250 --> 00:22:14,250  
you recommend that people do first

509  
00:22:18,020 --> 00:22:16,260  
second third how do you handle that

510  
00:22:19,850 --> 00:22:18,030  
that's a good question yeah okay well

511  
00:22:22,010 --> 00:22:19,860  
the three stages you know I always

512  
00:22:27,530 --> 00:22:22,020  
present this the three stages of

513  
00:22:31,660 --> 00:22:27,540

treating Lyme is first stage suppress I

514

00:22:35,090 --> 00:22:31,670

use the word suppress think about herpes

515

00:22:37,070 --> 00:22:35,100

that you never get rid of the virus you

516

00:22:38,660 --> 00:22:37,080

know when you get stressed when you get

517

00:22:40,910 --> 00:22:38,670

a call that's why they call cold signs

518

00:22:43,340 --> 00:22:40,920

when your immune system is down you know

519

00:22:45,200 --> 00:22:43,350

that herpes virus will come out but when

520

00:22:46,970 --> 00:22:45,210

your immune system strong well you don't

521

00:22:49,940 --> 00:22:46,980

know you have herpes this it's not an

522

00:22:51,890 --> 00:22:49,950

issue Borelli is very similar in that it

523

00:22:55,160 --> 00:22:51,900

will stay in your system it can form

524

00:22:58,400 --> 00:22:55,170

assists it can form a biofilm and and

525

00:23:01,490 --> 00:22:58,410

that system biofilm the Borrelia goes

526  
00:23:03,950 --> 00:23:01,500  
into when you become strong enough and

527  
00:23:06,110 --> 00:23:03,960  
you could you could dissolve those cysts

528  
00:23:07,700 --> 00:23:06,120  
and biofilms but that's the mechanism

529  
00:23:09,800 --> 00:23:07,710  
where it hides in your body that's

530  
00:23:14,140 --> 00:23:09,810  
another reason why using antibiotics is

531  
00:23:17,110 --> 00:23:14,150  
not a very useful thing to do especially

532  
00:23:19,240 --> 00:23:17,120  
unless it's the first you know couple of

533  
00:23:21,880 --> 00:23:19,250  
weeks the first time you've been bit

534  
00:23:24,390 --> 00:23:21,890  
I'll tell people go straight to the you

535  
00:23:28,030 --> 00:23:24,400  
know your doctor get the docs I do that

536  
00:23:30,190 --> 00:23:28,040  
not my favorite thing to say but that's

537  
00:23:34,440 --> 00:23:30,200  
it's an effective thing and it's

538  
00:23:38,110 --> 00:23:34,450

inexpensive to doxycycline is one of the

539

00:23:40,270 --> 00:23:38,120

your insurer you know right probably got

540

00:23:43,720 --> 00:23:40,280

a nice little copay so I think that's a

541

00:23:46,960 --> 00:23:43,730

reasonable thing to do but after that

542

00:23:49,480 --> 00:23:46,970

now the Borrelia is deep in your system

543

00:23:52,060 --> 00:23:49,490

it has the ability to hide it kind of

544

00:23:54,250 --> 00:23:52,070

changes its DNA and hides from your

545

00:23:56,350 --> 00:23:54,260

immune system and so what we need to do

546

00:23:59,470 --> 00:23:56,360

is we need to get your immune system to

547

00:24:02,620 --> 00:23:59,480

see the Borrelia the analogy always make

548

00:24:05,380 --> 00:24:02,630

is your your immune system is in a dark

549

00:24:08,050 --> 00:24:05,390

room and it has a bat and you have all

550

00:24:11,440 --> 00:24:08,060

your precious things in that room that

551  
00:24:13,900 --> 00:24:11,450  
you can't see but the Borrelia has night

552  
00:24:15,700 --> 00:24:13,910  
goggles on and can see you so you start

553  
00:24:18,690 --> 00:24:15,710  
swinging your immune system starts

554  
00:24:21,640 --> 00:24:18,700  
swinging and this is the onset of

555  
00:24:23,200 --> 00:24:21,650  
autoimmune disease you start swinging so

556  
00:24:25,510 --> 00:24:23,210  
instead of actually attacking the

557  
00:24:27,640 --> 00:24:25,520  
bacteria that you're after you're

558  
00:24:29,650 --> 00:24:27,650  
breaking your favorite china you're

559  
00:24:31,690 --> 00:24:29,660  
destroying your liver you're destroying

560  
00:24:34,390 --> 00:24:31,700  
your you know pancreas I went very

561  
00:24:35,980 --> 00:24:34,400  
quickly from China to to internal organs

562  
00:24:48,310 --> 00:24:35,990  
but that's what's happening

563  
00:24:51,790 --> 00:24:48,320

so a couple organs are too but you know

564

00:24:55,990 --> 00:24:51,800

the first thing in stage one is you want

565

00:24:57,940 --> 00:24:56,000

to weaken the Borrelia so by using you

566

00:25:01,320 --> 00:24:57,950

know different products teo free cat's

567

00:25:03,640 --> 00:25:01,330

claw mono lauren you know different anti

568

00:25:07,780 --> 00:25:03,650

microbials you can create an environment

569

00:25:09,130 --> 00:25:07,790

that they're not thriving it so they're

570

00:25:11,710 --> 00:25:09,140

kind of weak you got them on the ropes

571

00:25:13,990 --> 00:25:11,720

but your immune system ultimately is

572

00:25:16,330 --> 00:25:14,000

your defender and so what you need to do

573

00:25:18,670 --> 00:25:16,340

is then educate your immune system kind

574

00:25:21,100 --> 00:25:18,680

of turn on the bright lights so that you

575

00:25:23,290 --> 00:25:21,110

can see what you're swinging at and that

576  
00:25:27,490 --> 00:25:23,300  
is done through homeopathics basically

577  
00:25:30,730 --> 00:25:27,500  
Borrelia knows oats where you make a REM

578  
00:25:33,180 --> 00:25:30,740  
out of the Borrelia and that basically

579  
00:25:35,560 --> 00:25:33,190  
once you you know homeopathic Allah

580  
00:25:38,620 --> 00:25:35,570  
utilize that remedy your immune system

581  
00:25:40,870 --> 00:25:38,630  
starts to see the genetic composition of

582  
00:25:44,080 --> 00:25:40,880  
Borrelia and it starts now be able to

583  
00:25:46,780 --> 00:25:44,090  
attack the Borrelia instead of just this

584  
00:25:49,690 --> 00:25:46,790  
wild attacking anywhere where it sees

585  
00:25:54,460 --> 00:25:49,700  
inflammation mm-hmm which Borelli causes

586  
00:25:56,650 --> 00:25:54,470  
a lot of information yes yes yes because

587  
00:25:58,510 --> 00:25:56,660  
my understanding with Lyme is it can get

588  
00:26:01,630 --> 00:25:58,520

into your brain it can go anywhere

589

00:26:04,690 --> 00:26:01,640

there's nothing to stop it and you'll go

590

00:26:06,700 --> 00:26:04,700

anywhere yeah yeah and I'll tell you

591

00:26:07,540 --> 00:26:06,710

Nora lime is a horrible experience I

592

00:26:10,860 --> 00:26:07,550

know I had it

593

00:26:13,360 --> 00:26:10,870

you know the anxiety the the brain fog

594

00:26:15,220 --> 00:26:13,370

the sensations that run through your

595

00:26:16,930 --> 00:26:15,230

body you know the nerve weird nerve

596

00:26:18,730 --> 00:26:16,940

sensations that get triggered they're

597

00:26:21,250 --> 00:26:18,740

not even real things that are happening

598

00:26:23,140 --> 00:26:21,260

it's just the nerves are kind of telling

599

00:26:24,490 --> 00:26:23,150

you oh there's something going on there

600

00:26:28,540 --> 00:26:24,500

but there's nothing you look there

601  
00:26:30,310 --> 00:26:28,550  
there's nothing there nor alarms that so

602  
00:26:34,090 --> 00:26:30,320  
we got phase one right so we want to do

603  
00:26:36,160 --> 00:26:34,100  
that education and basically give your

604  
00:26:39,580 --> 00:26:36,170  
immune system what it needs the support

605  
00:26:44,290 --> 00:26:39,590  
it needs to do what it does with any

606  
00:26:46,150 --> 00:26:44,300  
microbes basically take it out I have a

607  
00:26:48,460 --> 00:26:46,160  
question for you I I know there was a

608  
00:26:52,090 --> 00:26:48,470  
wonderful book that scared the crap out

609  
00:26:56,380 --> 00:26:52,100  
of me I think it was called lab 452 it

610  
00:26:58,870 --> 00:26:56,390  
was about the weaponization of ticks and

611  
00:27:00,700 --> 00:26:58,880  
how the chicks left this island outside

612  
00:27:02,650 --> 00:27:00,710  
of New York City via deer which they

613  
00:27:04,390 --> 00:27:02,660

never expected deer to carry these ticks

614

00:27:06,760 --> 00:27:04,400

off the island and that that was the

615

00:27:08,500 --> 00:27:06,770

beginning of the onslaught of what we're

616

00:27:10,360 --> 00:27:08,510

seeing today with Lyme disease do you

617

00:27:13,830 --> 00:27:10,370

think it's been weaponized have you seen

618

00:27:16,690 --> 00:27:13,840

anything that would support that theory

619

00:27:19,630 --> 00:27:16,700

well I've heard the theory you know

620

00:27:23,080 --> 00:27:19,640

quite a bit people come in but I you

621

00:27:25,630 --> 00:27:23,090

know like I said at the beginning we

622

00:27:27,850 --> 00:27:25,640

have found Borrelia way back when can

623

00:27:30,340 --> 00:27:27,860

you weaponize anything I'm sure why do

624

00:27:33,730 --> 00:27:30,350

it I know there's a lot of theories

625

00:27:36,010 --> 00:27:33,740

there but you know despite the theory it

626

00:27:38,080 --> 00:27:36,020

ultimately doesn't matter it's still

627

00:27:41,139 --> 00:27:38,090

there we still need to treat it so

628

00:27:46,359 --> 00:27:41,149

that's how I just yeah

629

00:27:49,259 --> 00:27:46,369

you know yes so face which is good that

630

00:27:52,269 --> 00:27:49,269

you are otherwise yes all very quickly

631

00:27:54,729 --> 00:27:52,279

yes a phase two so now that we've

632

00:27:56,619 --> 00:27:54,739

educated the immune system now it has a

633

00:27:59,979 --> 00:27:56,629

shot just like it does with every other

634

00:28:02,099 --> 00:27:59,989

bacteria which Borrelia is not like

635

00:28:06,789 --> 00:28:02,109

every other bacteria it's a very sneaky

636

00:28:10,209 --> 00:28:06,799

spirochete bacteria type bacteria so

637

00:28:14,339 --> 00:28:10,219

phase two is repair and restore now

638

00:28:18,759 --> 00:28:14,349

repair and restore the repair part is

639

00:28:20,979 --> 00:28:18,769

Borrelia basically leaves toxins you

640

00:28:23,589 --> 00:28:20,989

know when it dies it's it's it's it's a

641

00:28:26,729 --> 00:28:23,599

toxin in our body it has a difficulty in

642

00:28:29,979 --> 00:28:26,739

getting rid of just like a brown recluse

643

00:28:33,519 --> 00:28:29,989

has you know has venom that when you get

644

00:28:36,579 --> 00:28:33,529

bit it it keeps necrotizing the tissue

645

00:28:38,529 --> 00:28:36,589

and it keeps growing and growing and it

646

00:28:41,889 --> 00:28:38,539

can cause yeah it's hard because your

647

00:28:44,859 --> 00:28:41,899

body cannot neutralize that toxin now

648

00:28:48,070 --> 00:28:44,869

fortunately the Borrelia is is not that

649

00:28:50,289 --> 00:28:48,080

you know virulent but it is very

650

00:28:52,479 --> 00:28:50,299

difficult for our bodies to get rid of

651  
00:28:54,369 --> 00:28:52,489  
so a lot of these aches and pains this

652  
00:28:56,469 --> 00:28:54,379  
post sequelae people say oh you know

653  
00:28:58,899 --> 00:28:56,479  
it's been a year and i still got these

654  
00:29:02,109 --> 00:28:58,909  
these pains here and there is that and

655  
00:29:04,690 --> 00:29:02,119  
and many people just like everything can

656  
00:29:07,299 --> 00:29:04,700  
deal with those toxins and many people

657  
00:29:10,299 --> 00:29:07,309  
can so that's the spectrum of severity

658  
00:29:13,419 --> 00:29:10,309  
and so it's very important to get rid of

659  
00:29:15,999 --> 00:29:13,429  
those toxins to assist the body into

660  
00:29:18,310 --> 00:29:16,009  
being able to neutralize those toxins so

661  
00:29:20,560 --> 00:29:18,320  
that the tissues you know that's that's

662  
00:29:24,820 --> 00:29:20,570  
repair can start to restore themselves

663  
00:29:28,509 --> 00:29:24,830

which can take a long time it's it's

664

00:29:31,269 --> 00:29:28,519

almost like microscopic scar tissue that

665

00:29:33,489 --> 00:29:31,279

forms around this toxin and when that

666

00:29:35,259 --> 00:29:33,499

toxin is when that toxin is in your

667

00:29:37,659 --> 00:29:35,269

blood that's what they'll call you know

668

00:29:40,389 --> 00:29:37,669

her or you know when you start killing

669

00:29:42,369 --> 00:29:40,399

off the Borrelia either with antibiotics

670

00:29:45,430 --> 00:29:42,379

or homeopathy or any you know any other

671

00:29:48,430 --> 00:29:45,440

natural way as well that hurts that

672

00:29:53,290 --> 00:29:48,440

detoxification is very severe in lyme

673

00:29:54,700 --> 00:29:53,300

disease more about that

674

00:29:56,470 --> 00:29:54,710

and what we're gonna do right now

675

00:29:58,390 --> 00:29:56,480

everybody is take a very short

676  
00:29:59,740 --> 00:29:58,400  
commercial break and then we're going to

677  
00:30:02,440 --> 00:29:59,750  
come back and continue this conversation

678  
00:30:04,210 --> 00:30:02,450  
with our wonderful guest tonight Robert

679  
00:30:06,760 --> 00:30:04,220  
Abbott ello you can find him at

680  
00:30:09,880 --> 00:30:06,770  
clearpoint acupuncture dot-com

681  
00:30:12,070 --> 00:30:09,890  
again that's clearpoint acupuncture calm

682  
00:30:14,440 --> 00:30:12,080  
so stay tuned everybody you're listening

683  
00:30:17,080 --> 00:30:14,450  
to Supernatural girls radio and we will

684  
00:30:18,760 --> 00:30:17,090  
be right back welcome back everyone you

685  
00:30:21,610 --> 00:30:18,770  
are listening to Supernatural girls

686  
00:30:24,730 --> 00:30:21,620  
radio I'm your host Patricia Baker I am

687  
00:30:27,760 --> 00:30:24,740  
here with my co-host Patricia Kirkman PK

688  
00:30:30,040 --> 00:30:27,770

and our guest today a very special guest

689

00:30:32,020 --> 00:30:30,050

we are talking about some very serious

690

00:30:33,550 --> 00:30:32,030

health concerns we know that people in

691

00:30:36,850 --> 00:30:33,560

our audience are facing some of these

692

00:30:40,180 --> 00:30:36,860

challenges and we are thrilled to have

693

00:30:42,550 --> 00:30:40,190

Robert Vitello on the air with us today

694

00:30:45,010 --> 00:30:42,560

we are talking about Lyme right now and

695

00:30:47,740 --> 00:30:45,020

how to get rid of it it's no easy

696

00:30:49,510 --> 00:30:47,750

process so Robert please continue tell

697

00:30:51,850 --> 00:30:49,520

us the rest of how you work with a

698

00:30:55,360 --> 00:30:51,860

patient and how to deal with this

699

00:31:01,240 --> 00:30:55,370

Borrelia that is so sneaky sneaky Pete

700

00:31:03,850 --> 00:31:01,250

yeah so so the we're in phase 2 so the

701  
00:31:05,680 --> 00:31:03,860  
repair part basically involves a lot of

702  
00:31:08,980 --> 00:31:05,690  
detoxification getting rid of those

703  
00:31:11,700 --> 00:31:08,990  
toxins out repairing the tissues you

704  
00:31:14,830 --> 00:31:11,710  
know strengthening the immune system and

705  
00:31:16,450 --> 00:31:14,840  
you know it's very much just like if

706  
00:31:18,760 --> 00:31:16,460  
someone came in and said I have a knee

707  
00:31:20,560 --> 00:31:18,770  
problem it's just at that point it's

708  
00:31:23,710 --> 00:31:20,570  
like okay we're going to treat your knee

709  
00:31:26,140 --> 00:31:23,720  
problem whether it's injury from you

710  
00:31:28,180 --> 00:31:26,150  
know from a trauma or it's injury from

711  
00:31:30,550 --> 00:31:28,190  
the lime at that point it's just

712  
00:31:32,890 --> 00:31:30,560  
inflammation and if you you don't take

713  
00:31:34,300 --> 00:31:32,900

care of it it's your knee your joints

714

00:31:37,840 --> 00:31:34,310

going to start disintegrating that's

715

00:31:40,840 --> 00:31:37,850

that's arthritis so our so that's the

716

00:31:42,790 --> 00:31:40,850

next thing is you're basically restoring

717

00:31:45,490 --> 00:31:42,800

yourself making yourself healthy and

718

00:31:47,080 --> 00:31:45,500

that's a process if you quit somewhere

719

00:31:50,590 --> 00:31:47,090

along the line a lot of people will say

720

00:31:53,050 --> 00:31:50,600

you know what I'm in pain but I'm okay

721

00:31:56,320 --> 00:31:53,060

you know I can go back to work I can

722

00:31:58,660 --> 00:31:56,330

sleep I sleep pretty good you know and

723

00:32:01,230 --> 00:31:58,670

and they're like just they're okay

724

00:32:04,750 --> 00:32:01,240

they've kind of created a baseline where

725

00:32:07,090 --> 00:32:04,760

I'm functional all right that you know

726

00:32:09,460 --> 00:32:07,100

then they kind of say well I'm done

727

00:32:13,570 --> 00:32:09,470

that you're not done and the problem

728

00:32:15,460 --> 00:32:13,580

with not being done is that the third

729

00:32:16,180 --> 00:32:15,470

phase which is maintenance you're not

730

00:32:17,919 --> 00:32:16,190

even there yet

731

00:32:20,370 --> 00:32:17,929

what can you write what do you want you

732

00:32:23,710 --> 00:32:20,380

want to maintain you know bare bare

733

00:32:26,230 --> 00:32:23,720

functionality but that restoration is

734

00:32:28,900 --> 00:32:26,240

about making yourself healthy exercising

735

00:32:31,180 --> 00:32:28,910

doing yoga eating well you know creating

736

00:32:33,520 --> 00:32:31,190

good social environment creating you

737

00:32:34,990 --> 00:32:33,530

know good relationships all those things

738

00:32:37,000 --> 00:32:35,000

really matter because they matter to

739

00:32:39,909 --> 00:32:37,010

your immune system and your immune

740

00:32:41,919 --> 00:32:39,919

system is the frontline against this

741

00:32:44,770 --> 00:32:41,929

disease your immune system the frontline

742

00:32:47,710 --> 00:32:44,780

against any disease all right when and

743

00:32:50,200 --> 00:32:47,720

in an autoimmune disease that frontline

744

00:32:52,000 --> 00:32:50,210

has been corrupted it's like you you

745

00:32:54,399 --> 00:32:52,010

know your immune system is really a

746

00:32:56,470 --> 00:32:54,409

terrible person in relationship it

747

00:32:58,870 --> 00:32:56,480

doesn't know what it's supposed to be

748

00:33:01,539 --> 00:32:58,880

doing it's making bad choices it's

749

00:33:04,630 --> 00:33:01,549

attacking your organs your muscles it's

750

00:33:07,390 --> 00:33:04,640

attacking you instead of attacking this

751  
00:33:13,440 --> 00:33:07,400  
thing that's invading you and the

752  
00:33:16,990 --> 00:33:13,450  
confusion is so to unconformity Merapi

753  
00:33:18,520 --> 00:33:17,000  
how funny I love that so yeah that's

754  
00:33:20,620 --> 00:33:18,530  
what you're doing it and and so you're

755  
00:33:23,890 --> 00:33:20,630  
you're you know it's this it's a sense

756  
00:33:26,590 --> 00:33:23,900  
with Borrelia is that the gift is it's

757  
00:33:28,840 --> 00:33:26,600  
going to tell you you know like a good

758  
00:33:31,360 --> 00:33:28,850  
you know I'm a guy so I say like a good

759  
00:33:33,610 --> 00:33:31,370  
wife will tell you when you're when

760  
00:33:35,919 --> 00:33:33,620  
you're being a jerk like listen you

761  
00:33:38,470 --> 00:33:35,929  
painted sure don't do that that's not

762  
00:33:40,570 --> 00:33:38,480  
very nice you know wake up and you know

763  
00:33:42,940 --> 00:33:40,580

and you start that relationship you

764

00:33:45,399 --> 00:33:42,950

start working on you know being a better

765

00:33:47,560 --> 00:33:45,409

person and so Borelli is kind of asking

766

00:33:50,409 --> 00:33:47,570

you be a better person be a healthy

767

00:33:53,200 --> 00:33:50,419

person and so once you've gone through

768

00:33:56,289 --> 00:33:53,210

that process then phase 3 is maintenance

769

00:33:57,760 --> 00:33:56,299

you want to stay healthy and just

770

00:33:59,980 --> 00:33:57,770

because you get a cold doesn't mean

771

00:34:02,680 --> 00:33:59,990

you're gonna get you know Lyme disease

772

00:34:04,060 --> 00:34:02,690

again you know just because you gain

773

00:34:06,250 --> 00:34:04,070

some weight doesn't mean you're gonna

774

00:34:08,260 --> 00:34:06,260

get Lyme again but you know there's a

775

00:34:11,169 --> 00:34:08,270

there's a there's a line there somewhere

776

00:34:13,990 --> 00:34:11,179

that you want to maintain of health all

777

00:34:17,619 --> 00:34:14,000

right so those are the three phases

778

00:34:20,379 --> 00:34:17,629

that's the project and within all those

779

00:34:20,860 --> 00:34:20,389

sections are you know various things

780

00:34:23,620 --> 00:34:20,870

that you need

781

00:34:26,590 --> 00:34:23,630

to do well it's again it's a commitment

782

00:34:29,290 --> 00:34:26,600

pace and it's not easy I think for

783

00:34:31,570 --> 00:34:29,300

people who have Lyme when they feel so

784

00:34:33,310 --> 00:34:31,580

terrible I mean they're it's like when

785

00:34:35,950 --> 00:34:33,320

you're at your worst you're expected to

786

00:34:37,330 --> 00:34:35,960

be your best is how I look at it you're

787

00:34:39,040 --> 00:34:37,340

really asking a lot of these people

788

00:34:41,560 --> 00:34:39,050

taking all these supplements changing

789

00:34:43,600 --> 00:34:41,570

their diet getting you know proper rest

790

00:34:45,490 --> 00:34:43,610

but there's no other alternative if they

791

00:34:47,310 --> 00:34:45,500

want to get well it's a comprehensive

792

00:34:52,620 --> 00:34:47,320

system that has to be in place right

793

00:34:59,050 --> 00:34:57,460

let's say do I wanted to use that word I

794

00:35:01,900 --> 00:34:59,060

try not to you they've been duped into

795

00:35:04,210 --> 00:35:01,910

believing that by taking antibiotics you

796

00:35:06,460 --> 00:35:04,220

know you know having a pic in your arm

797

00:35:09,490 --> 00:35:06,470

for months and months and then years and

798

00:35:11,080 --> 00:35:09,500

years that they're getting better but

799

00:35:13,210 --> 00:35:11,090

they're they're not getting better I

800

00:35:15,250 --> 00:35:13,220

remember walking I remember walking into

801  
00:35:17,110 --> 00:35:15,260  
the bank when I was really sick I'm like

802  
00:35:19,720 --> 00:35:17,120  
you know wobbling cuz my knees wouldn't

803  
00:35:21,370 --> 00:35:19,730  
Bend and you know I walk up to the

804  
00:35:23,860 --> 00:35:21,380  
cashier and she's you know saw what's

805  
00:35:25,900 --> 00:35:23,870  
the matter you know and I said oh you

806  
00:35:29,110 --> 00:35:25,910  
know I'm kind of working with the Lyme

807  
00:35:31,060 --> 00:35:29,120  
disease right now pretty bad oh and she

808  
00:35:33,400 --> 00:35:31,070  
was so excited she said oh I have Lyme

809  
00:35:36,820 --> 00:35:33,410  
disease too and I said really just yeah

810  
00:35:39,040 --> 00:35:36,830  
in fact a couple like ten days ago I was

811  
00:35:42,130 --> 00:35:39,050  
on my third round of you know

812  
00:35:44,530 --> 00:35:42,140  
intravenous antibiotics and well it's

813  
00:35:47,620 --> 00:35:44,540

coming back so the doctors could have

814

00:35:49,720 --> 00:35:47,630

been like that's that's not healthy and

815

00:35:53,920 --> 00:35:49,730

I still see you today and she's she's

816

00:35:57,700 --> 00:35:53,930

still suffering oh no and so that

817

00:36:00,250 --> 00:35:57,710

treatment is is really it's it's not an

818

00:36:02,950 --> 00:36:00,260

effective treatment and if you think it

819

00:36:05,350 --> 00:36:02,960

is then you're gonna lose this really

820

00:36:07,630 --> 00:36:05,360

great benefit if you do have you know

821

00:36:08,380 --> 00:36:07,640

you've been chosen by the universe to

822

00:36:11,560 --> 00:36:08,390

have Lyme disease

823

00:36:12,490 --> 00:36:11,570

all right to move on you know mm-hmm

824

00:36:14,440 --> 00:36:12,500

mm-hmm

825

00:36:16,050 --> 00:36:14,450

yeah well there's a lot to be said for

826

00:36:18,130 --> 00:36:16,060

this now do you have some special

827

00:36:19,360 --> 00:36:18,140

homeopathics that you like because I

828

00:36:21,700 --> 00:36:19,370

know I've talked to you in the past

829

00:36:24,640 --> 00:36:21,710

about the German ones that are terrific

830

00:36:26,170 --> 00:36:24,650

but have been banned some of them and

831

00:36:28,450 --> 00:36:26,180

they can't even get them in this country

832

00:36:29,980 --> 00:36:28,460

so do you have a specific brand or

833

00:36:33,110 --> 00:36:29,990

brands that you work with that you think

834

00:36:37,370 --> 00:36:33,120

are up to this task

835

00:36:40,310 --> 00:36:37,380

yeah in fact the the the dinner lecture

836

00:36:44,290 --> 00:36:40,320

that I went to last night in Boston des

837

00:36:47,240 --> 00:36:44,300

by oh that's that's the company dis bio

838

00:36:49,850 --> 00:36:47,250

they really specialize in infectious

839

00:36:51,650 --> 00:36:49,860

diseases and detoxification which is why

840

00:36:54,530 --> 00:36:51,660

that lecture was really you know it's

841

00:36:56,750 --> 00:36:54,540

nice to get a little refresher but I

842

00:36:58,700 --> 00:36:56,760

like their products but for every single

843

00:37:00,920 --> 00:36:58,710

person like I'll give you an example

844

00:37:04,340 --> 00:37:00,930

someone comes in they certainly have

845

00:37:05,750 --> 00:37:04,350

Lyme disease but the epstein-barr you

846

00:37:09,680 --> 00:37:05,760

know that they got when they were young

847

00:37:13,190 --> 00:37:09,690

most people know it is as mono has kind

848

00:37:14,960 --> 00:37:13,200

of risen up so their primary symptom

849

00:37:17,540 --> 00:37:14,970

ology would be you know exhaustion

850

00:37:21,260 --> 00:37:17,550

fatigue they just you know and so at

851

00:37:25,310 --> 00:37:21,270

that point do I treat Lyme disease do I

852

00:37:28,160 --> 00:37:25,320

treat epstein-barr and yeah yeah because

853

00:37:30,110 --> 00:37:28,170

I'm a muscle tester I get to ask the

854

00:37:32,690 --> 00:37:30,120

person's body through muscle testing

855

00:37:35,420 --> 00:37:32,700

where do we start and where do you start

856

00:37:38,630 --> 00:37:35,430

is the great great question of healing

857

00:37:40,760 --> 00:37:38,640

because there is a sequence of things if

858

00:37:42,080 --> 00:37:40,770

I if you want to you know people come in

859

00:37:45,380 --> 00:37:42,090

and got like you know 20 different

860

00:37:47,060 --> 00:37:45,390

symptoms and I said well we're gonna

861

00:37:49,250 --> 00:37:47,070

work on this thing but what about that

862

00:37:51,800 --> 00:37:49,260

what about that well if I throw 10 balls

863

00:37:53,990 --> 00:37:51,810

at you well you may catch one but you

864

00:37:55,760 --> 00:37:54,000

probably drop them all and the same

865

00:37:56,990 --> 00:37:55,770

thing if you ask your immune system like

866

00:37:58,550 --> 00:37:57,000

listen I want to take care of

867

00:38:00,260 --> 00:37:58,560

epstein-barr I want to take care of

868

00:38:02,240 --> 00:38:00,270

Bartonella I want to take care of

869

00:38:02,780 --> 00:38:02,250

Borrelia and you try and do it all at

870

00:38:04,340 --> 00:38:02,790

once

871

00:38:07,310 --> 00:38:04,350

well the immune system doesn't know what

872

00:38:09,230 --> 00:38:07,320

to do mm-hmm it gets confused and you're

873

00:38:11,150 --> 00:38:09,240

not going to get the same result so you

874

00:38:15,500 --> 00:38:11,160

really need to be specific and the whole

875

00:38:18,830 --> 00:38:15,510

spectrum of infections can be present

876

00:38:20,630 --> 00:38:18,840

because we are you know our body that's

877

00:38:24,020 --> 00:38:20,640

our environment you know if you go to

878

00:38:25,520 --> 00:38:24,030

Mexico you can't eat the food they can

879

00:38:28,850 --> 00:38:25,530

eat my food you can't eat the food

880

00:38:31,550 --> 00:38:28,860

they're used to it I know part of the

881

00:38:33,470 --> 00:38:31,560

process is you getting used to what it

882

00:38:35,690 --> 00:38:33,480

is this infection that's in your body

883

00:38:38,360 --> 00:38:35,700

and you will get used to it and you can

884

00:38:41,690 --> 00:38:38,370

get used to it and so how you start to

885

00:38:44,210 --> 00:38:41,700

do that is just kind of tricky business

886

00:38:45,590 --> 00:38:44,220

but as a muscle tester I kind of create

887

00:38:46,670 --> 00:38:45,600

that sequence so it's like we're going

888

00:38:49,010 --> 00:38:46,680

to go after this we

889

00:38:51,560 --> 00:38:49,020

go after that and then it's a process of

890

00:38:54,850 --> 00:38:51,570

unravelling and they're making sure that

891

00:38:58,520 --> 00:38:54,860

as you unravel the toxins that are being

892

00:39:02,150 --> 00:38:58,530

created by you know viruses and bacteria

893

00:39:04,630 --> 00:39:02,160

dying and your immune system basically

894

00:39:07,100 --> 00:39:04,640

trying to get resources from your body

895

00:39:08,810 --> 00:39:07,110

all those things need to be cleaned up

896

00:39:12,110 --> 00:39:08,820

they need to be addressed and every

897

00:39:14,510 --> 00:39:12,120

single person is different I'm sure I

898

00:39:16,910 --> 00:39:14,520

could be some kind of famous doctor if I

899

00:39:19,490 --> 00:39:16,920

had three jars or something I said here

900

00:39:21,530 --> 00:39:19,500

you know yes three things you know get

901  
00:39:26,630 --> 00:39:21,540  
back to your mind you'll be fine

902  
00:39:29,960 --> 00:39:26,640  
yeah it's it's not happening so that's

903  
00:39:32,510 --> 00:39:29,970  
kind of the process of how do I choose

904  
00:39:35,780 --> 00:39:32,520  
and then another mistake based on you

905  
00:39:38,720 --> 00:39:35,790  
know in relationships that people bring

906  
00:39:41,450 --> 00:39:38,730  
in boxes of stuff I tell them to was it

907  
00:39:43,310 --> 00:39:41,460  
bringing all your supplements and you

908  
00:39:47,300 --> 00:39:43,320  
know they're taking twenty thirty things

909  
00:39:49,520 --> 00:39:47,310  
at a time well I've never read about a

910  
00:39:54,170 --> 00:39:49,530  
supplement I didn't want to take they're

911  
00:39:56,360 --> 00:39:54,180  
all great to say I make the same mistake

912  
00:39:59,540 --> 00:39:56,370  
believe me once this starts piling up on

913  
00:40:01,100 --> 00:39:59,550

my counter at home my wife says you got

914

00:40:03,650 --> 00:40:01,110

it you gotta straighten this out and

915

00:40:05,810 --> 00:40:03,660

then she'll be a surrogate muscle tester

916

00:40:08,090 --> 00:40:05,820

and I go through everything and lo and

917

00:40:10,880 --> 00:40:08,100

behold it's like five things I had

918

00:40:13,370 --> 00:40:10,890

twenty on the on the table only five of

919

00:40:15,830 --> 00:40:13,380

them are useful for me at that time so I

920

00:40:17,750 --> 00:40:15,840

put the other ones aside so so that is a

921

00:40:23,240 --> 00:40:17,760

process it's kind of a complicated

922

00:40:25,550 --> 00:40:23,250

process I think it's a patient you have

923

00:40:27,290 --> 00:40:25,560

to be take your own responsibility here

924

00:40:30,740 --> 00:40:27,300

you've got to do your hundred-percent

925

00:40:33,560 --> 00:40:30,750

with the practitioner because years ago

926  
00:40:35,480 --> 00:40:33,570  
you know we used to think of MDS where

927  
00:40:37,160 --> 00:40:35,490  
minor deities MD that's what it stood

928  
00:40:39,680 --> 00:40:37,170  
for you know we just worship these

929  
00:40:42,080 --> 00:40:39,690  
people they were gonna heal us and wave

930  
00:40:43,880 --> 00:40:42,090  
their magic wand on pharmaceuticals and

931  
00:40:46,460 --> 00:40:43,890  
we were going to be all better and now

932  
00:40:48,680 --> 00:40:46,470  
in this society we are sicker than ever

933  
00:40:50,990 --> 00:40:48,690  
before we're taking more medications

934  
00:40:53,570 --> 00:40:51,000  
than ever before it doesn't work that's

935  
00:40:55,910 --> 00:40:53,580  
a bad relationship we need to own up to

936  
00:40:57,680 --> 00:40:55,920  
our diet we need to up to taking these

937  
00:41:00,050 --> 00:40:57,690  
supplements doing the proper kind of

938  
00:41:00,529 --> 00:41:00,060

exercise if we can if we're well enough

939

00:41:03,859 --> 00:41:00,539

to act

940

00:41:07,189 --> 00:41:03,869

sighs so you've become a partner with

941

00:41:09,439 --> 00:41:07,199

your practitioner rather than just give

942

00:41:11,209 --> 00:41:09,449

me the next menu no medicine that you

943

00:41:13,669 --> 00:41:11,219

think is going to heal me and you have

944

00:41:15,709 --> 00:41:13,679

to participate right they're not gods

945

00:41:17,029 --> 00:41:15,719

that's the difference we used to think

946

00:41:19,609 --> 00:41:17,039

so yeah

947

00:41:21,589 --> 00:41:19,619

yeah I mean you don't have to jump out

948

00:41:25,189 --> 00:41:21,599

of an airplane you know the first time

949

00:41:26,870 --> 00:41:25,199

you know maybe that's what you can do is

950

00:41:28,489 --> 00:41:26,880

what you could do and I'm one of those

951

00:41:29,959 --> 00:41:28,499

practitioners that if you you know you

952

00:41:32,150 --> 00:41:29,969

come back to me say listen I know you

953

00:41:36,109 --> 00:41:32,160

told me not to eat potato chips but I

954

00:41:38,989 --> 00:41:36,119

ate like ten bags okay you did I

955

00:41:42,049 --> 00:41:38,999

understand that I know perfection is not

956

00:41:45,019 --> 00:41:42,059

the goal you know but moving forward is

957

00:41:47,269 --> 00:41:45,029

the goal so yji tomato chips you know

958

00:41:49,249 --> 00:41:47,279

sometimes I have to talk to people

959

00:41:50,900 --> 00:41:49,259

almost like I'm a therapist well why'd

960

00:41:53,809 --> 00:41:50,910

you eat those 10 bags of potato chips

961

00:41:56,659 --> 00:41:53,819

you know and then we talk about it's

962

00:41:58,489 --> 00:41:56,669

okay I think I can maybe you know have

963

00:42:01,339 --> 00:41:58,499

one bag of potato chips and eat some

964

00:42:04,939 --> 00:42:01,349

celery and you know we negotiate you

965

00:42:07,009 --> 00:42:04,949

know doctors very often have a complex

966

00:42:09,019 --> 00:42:07,019

they think they are God they think they

967

00:42:10,819 --> 00:42:09,029

know everything and you know it's

968

00:42:12,439 --> 00:42:10,829

understandable you could if you can save

969

00:42:14,509 --> 00:42:12,449

somebody's life and they you know they

970

00:42:15,289 --> 00:42:14,519

do they save people's life my life's

971

00:42:17,779 --> 00:42:15,299

been saved

972

00:42:21,199 --> 00:42:17,789

I have gratitude for that and I have

973

00:42:24,049 --> 00:42:21,209

appreciation for that but you know they

974

00:42:26,239 --> 00:42:24,059

used to have her to save my life but you

975

00:42:29,120 --> 00:42:26,249

know maybe next time I you know I need a

976  
00:42:30,199 --> 00:42:29,130  
saw or a chisel and they don't have one

977  
00:42:33,409 --> 00:42:30,209  
so they're gonna hit me with a hammer

978  
00:42:37,309 --> 00:42:33,419  
it's not gonna work but I tell my

979  
00:42:39,529 --> 00:42:37,319  
patients listen you're the boss of me

980  
00:42:41,689 --> 00:42:39,539  
I'm your I'm a consultant I tell you I

981  
00:42:43,309 --> 00:42:41,699  
give you my best advice you do what you

982  
00:42:45,529 --> 00:42:43,319  
the best you can do it if you come back

983  
00:42:46,159 --> 00:42:45,539  
and say okay I did this and that what

984  
00:42:49,039 --> 00:42:46,169  
else do I do

985  
00:42:51,169 --> 00:42:49,049  
that's okay let's let's try this we keep

986  
00:42:54,109 --> 00:42:51,179  
going your doctor should have the same

987  
00:42:55,939 --> 00:42:54,119  
relationship with you you're your

988  
00:42:58,669 --> 00:42:55,949

doctors worse you're paying him you

989

00:43:01,489 --> 00:42:58,679

hired him let me tell you if we went to

990

00:43:04,009 --> 00:43:01,499

a cash system like you met your doctor

991

00:43:08,679 --> 00:43:04,019

like people pay me it's yeah I take very

992

00:43:11,719 --> 00:43:08,689

little insurance if you paid your doctor

993

00:43:13,279 --> 00:43:11,729

they would go broke they would go out of

994

00:43:13,860 --> 00:43:13,289

business because if you walked in there

995

00:43:16,230 --> 00:43:13,870

and you

996

00:43:20,270 --> 00:43:16,240

might not understand this but every time

997

00:43:23,940 --> 00:43:20,280

you see your doctor it's \$300 easy yeah

998

00:43:26,040 --> 00:43:23,950

basic you know 12 minute thanks yeah if

999

00:43:28,470 --> 00:43:26,050

you went in there for 12 for 12 minutes

1000

00:43:30,330 --> 00:43:28,480

and paying \$300 in they say huh I don't

1001

00:43:32,580 --> 00:43:30,340

know we'll run this test or you know

1002

00:43:34,020 --> 00:43:32,590

just just hang in there just keep taking

1003

00:43:35,670 --> 00:43:34,030

that drug I know it's bothering you but

1004

00:43:40,470 --> 00:43:35,680

just keep taking it you'll get used to

1005

00:43:42,030 --> 00:43:40,480

it um you can go back and you know so

1006

00:43:44,670 --> 00:43:42,040

there's this relationship you need to

1007

00:43:46,350 --> 00:43:44,680

create that's real like hey you work for

1008

00:43:49,020 --> 00:43:46,360

me this is what I want to do I don't

1009

00:43:51,750 --> 00:43:49,030

want to take that drug what's what else

1010

00:43:54,150 --> 00:43:51,760

can I do what can you do for me and I

1011

00:43:55,860 --> 00:43:54,160

think that they'll be you know that

1012

00:43:57,150 --> 00:43:55,870

would be a even though you're using

1013

00:44:00,030 --> 00:43:57,160

insurance you could still have that

1014

00:44:02,460 --> 00:44:00,040

relationship my doctors are wonderful

1015

00:44:04,770 --> 00:44:02,470

people I love them I go in I say listen

1016

00:44:06,300 --> 00:44:04,780

doc I think I got Lyme disease so yeah

1017

00:44:08,310 --> 00:44:06,310

well I'll run a test I know it's not

1018

00:44:10,950 --> 00:44:08,320

accurate let's run in anyways let's run

1019

00:44:12,840 --> 00:44:10,960

a bunch of tests you know I know your

1020

00:44:14,820 --> 00:44:12,850

patients they some of them come to me

1021

00:44:17,880 --> 00:44:14,830

and you've treated them treat yourself

1022

00:44:20,460 --> 00:44:17,890

I'll monitor you I will want to test

1023

00:44:22,080 --> 00:44:20,470

that you need I'll take care of you and

1024

00:44:23,820 --> 00:44:22,090

I go back and I get better so though

1025

00:44:25,320 --> 00:44:23,830

you're doing great that's wonderful you

1026

00:44:27,540 --> 00:44:25,330

know that while your tests look better

1027

00:44:29,100 --> 00:44:27,550

this looks good that's the kind of

1028

00:44:31,710 --> 00:44:29,110

relationship that you should have with a

1029

00:44:34,530 --> 00:44:31,720

doctor so I encourage battling to do

1030

00:44:36,930 --> 00:44:34,540

that yeah I think that's absolutely

1031

00:44:39,600 --> 00:44:36,940

great advice so let's move on to

1032

00:44:41,430 --> 00:44:39,610

autoimmune disease because that you've

1033

00:44:43,200 --> 00:44:41,440

mentioned before it's you said it's like

1034

00:44:44,730 --> 00:44:43,210

having a bad relationship where the

1035

00:44:45,810 --> 00:44:44,740

immune system isn't doing what it's

1036

00:44:48,870 --> 00:44:45,820

supposed to be doing

1037

00:44:51,120 --> 00:44:48,880

so how again do you address that is it

1038

00:44:57,000 --> 00:44:51,130

the same protocol is it different than

1039

00:45:00,090 --> 00:44:57,010

Lyme disease ultimately it's the same

1040

00:45:07,640 --> 00:45:00,100

I mean Lyme disease will create an

1041

00:45:15,270 --> 00:45:11,280

excuse me will trigger in order you know

1042

00:45:16,470 --> 00:45:15,280

you're you know some nascent autoimmune

1043

00:45:19,110 --> 00:45:16,480

disease that you may have in your

1044

00:45:21,390 --> 00:45:19,120

genetic code it can kick it off but

1045

00:45:23,550 --> 00:45:21,400

according to Abbott epigenetics you

1046

00:45:25,320 --> 00:45:23,560

could undo that as well you know just

1047

00:45:26,850 --> 00:45:25,330

because you okay you've triggered it

1048

00:45:28,920 --> 00:45:26,860

doesn't mean you can't on trigger it

1049

00:45:31,170 --> 00:45:28,930

there you know there is a line of you

1050

00:45:33,210 --> 00:45:31,180

know there's a point of no return you

1051  
00:45:36,120 --> 00:45:33,220  
know and it's not for me to say where

1052  
00:45:38,850 --> 00:45:36,130  
that line is but I know after you know

1053  
00:45:41,280 --> 00:45:38,860  
treating you know a multitude of people

1054  
00:45:43,320 --> 00:45:41,290  
with MS that the people will come to me

1055  
00:45:45,270 --> 00:45:43,330  
in the beginning when they just starting

1056  
00:45:47,340 --> 00:45:45,280  
to have symptoms and you know this

1057  
00:45:49,860 --> 00:45:47,350  
tingling and that tingling or you know

1058  
00:45:51,840 --> 00:45:49,870  
whatever the symptom is you know they've

1059  
00:45:56,370 --> 00:45:51,850  
been diagnosed you know there's a lesion

1060  
00:45:58,830 --> 00:45:56,380  
present those people I can work really

1061  
00:46:01,560 --> 00:45:58,840  
well with because it's in the beginning

1062  
00:46:04,770 --> 00:46:01,570  
we're very close once you're you know in

1063  
00:46:06,840 --> 00:46:04,780

a wheelchair or you know worse it

1064

00:46:09,240 --> 00:46:06,850

becomes more difficult I never give up

1065

00:46:11,280 --> 00:46:09,250

hope no matter what there there's always

1066

00:46:13,890 --> 00:46:11,290

a miracle around the corner there's

1067

00:46:16,290 --> 00:46:13,900

always something that could be done but

1068

00:46:18,510 --> 00:46:16,300

it does become difficult it's just yeah

1069

00:46:21,210 --> 00:46:18,520

make it simple if you're gaining weight

1070

00:46:24,380 --> 00:46:21,220

it's a whole lot easier to lose ten

1071

00:46:26,760 --> 00:46:24,390

pounds than a hundred pounds exactly and

1072

00:46:29,090 --> 00:46:26,770

it's the same thing can you lose a

1073

00:46:33,750 --> 00:46:29,100

hundred pounds absolutely you can do it

1074

00:46:35,880 --> 00:46:33,760

but you know kind of go get there sooner

1075

00:46:39,360 --> 00:46:35,890

and if people get to an alternative

1076  
00:46:41,610 --> 00:46:39,370  
practitioner or a natural healer sooner

1077  
00:46:44,880 --> 00:46:41,620  
they're gonna get the best result

1078  
00:46:47,670 --> 00:46:44,890  
don't wait it's always it's always sad

1079  
00:46:49,710 --> 00:46:47,680  
when you know it's my doctor says I have

1080  
00:46:53,100 --> 00:46:49,720  
a week left to live what can you do for

1081  
00:46:55,380 --> 00:46:53,110  
me you know go home spend time with your

1082  
00:46:56,880 --> 00:46:55,390  
family it's it's hard so my

1083  
00:46:59,700 --> 00:46:56,890  
encouragement is you know a little

1084  
00:47:00,990 --> 00:46:59,710  
symptom just keep it that way

1085  
00:47:04,350 --> 00:47:01,000  
you know keep it that way but

1086  
00:47:06,480 --> 00:47:04,360  
autoimmunity autoimmune disorders as

1087  
00:47:08,970 --> 00:47:06,490  
treated in Western medicine as they just

1088  
00:47:11,490 --> 00:47:08,980

say hey you got a bad immune system

1089

00:47:13,740 --> 00:47:11,500

it's attacking your own whatever it is

1090

00:47:16,950 --> 00:47:13,750

whether you have you know Crohn's or RA

1091

00:47:18,830 --> 00:47:16,960

or scleroderma whatever it is it's

1092

00:47:21,200 --> 00:47:18,840

attacking your system

1093

00:47:22,160 --> 00:47:21,210

system within you because it became so

1094

00:47:24,560 --> 00:47:22,170

confused

1095

00:47:26,600 --> 00:47:24,570

it just started attacking you instead of

1096

00:47:28,550 --> 00:47:26,610

what it was supposed to do and you know

1097

00:47:30,920 --> 00:47:28,560

I come from leaky gut that comes from

1098

00:47:33,560 --> 00:47:30,930

toxicity that comes from you know

1099

00:47:34,970 --> 00:47:33,570

nutritional deprivation you know we live

1100

00:47:37,790 --> 00:47:34,980

in a country where you know you could

1101  
00:47:40,250 --> 00:47:37,800  
get anything you want but we still have

1102  
00:47:43,340 --> 00:47:40,260  
nutritional deprivation because if you

1103  
00:47:46,280 --> 00:47:43,350  
take a food that's broken you know white

1104  
00:47:49,900 --> 00:47:46,290  
bread white flour process things things

1105  
00:47:53,200 --> 00:47:49,910  
with chemicals that that will break you

1106  
00:47:56,530 --> 00:47:53,210  
interesting nutritionally deficient

1107  
00:47:58,760 --> 00:47:56,540  
because even though there's availability

1108  
00:48:01,220 --> 00:47:58,770  
you're not taking advantage of you're

1109  
00:48:06,970 --> 00:48:01,230  
actually taken out of the bank more than

1110  
00:48:11,120 --> 00:48:06,980  
you're putting in the bank so true yes

1111  
00:48:16,040 --> 00:48:11,130  
point yeah you don't pay attention yeah

1112  
00:48:18,050 --> 00:48:16,050  
you mentioned earlier about mono mice

1113  
00:48:20,120 --> 00:48:18,060

one son had mono when he was in high

1114

00:48:21,920 --> 00:48:20,130  
school and to the point that they

1115

00:48:26,090 --> 00:48:21,930  
hospitalized him for about three or four

1116

00:48:27,890 --> 00:48:26,100  
days and because of that is he more

1117

00:48:30,760 --> 00:48:27,900  
susceptible to something like this

1118

00:48:33,590 --> 00:48:30,770  
taking place in his system down the road

1119

00:48:36,080 --> 00:48:33,600  
no it would be the opposite if he did

1120

00:48:38,750 --> 00:48:36,090  
get Lyme disease it could activate the

1121

00:48:40,940 --> 00:48:38,760  
mono okay they could you know the immune

1122

00:48:43,190 --> 00:48:40,950  
system people II could only do so many

1123

00:48:49,300 --> 00:48:43,200  
things right and so then the model rises

1124

00:48:51,770 --> 00:48:49,310  
up it tends to be you know easier to

1125

00:48:53,420 --> 00:48:51,780  
then put it back in its place

1126  
00:48:56,210 --> 00:48:53,430  
because your immune system did it once

1127  
00:48:59,450 --> 00:48:56,220  
and now all it needs is the resources

1128  
00:49:01,850 --> 00:48:59,460  
and the wherewithal to do that again and

1129  
00:49:03,830 --> 00:49:01,860  
then you move on to the the next

1130  
00:49:07,130 --> 00:49:03,840  
infection you move on to detoxification

1131  
00:49:10,250 --> 00:49:07,140  
and so back to the art you know that all

1132  
00:49:13,970 --> 00:49:10,260  
autoimmune diseases there is a toxicity

1133  
00:49:16,370 --> 00:49:13,980  
issue the brain needs to communicate

1134  
00:49:19,010 --> 00:49:16,380  
through the nervous system you know to

1135  
00:49:23,300 --> 00:49:19,020  
the cells to the matrix and when there's

1136  
00:49:25,760 --> 00:49:23,310  
toxicity that's not happening for

1137  
00:49:28,370 --> 00:49:25,770  
instance with with you know with with

1138  
00:49:30,800 --> 00:49:28,380

women and their menstrual cycle this is

1139

00:49:32,680 --> 00:49:30,810

a real important hormonal you know

1140

00:49:34,540 --> 00:49:32,690

exchange your body is one

1141

00:49:36,520 --> 00:49:34,550

person this part of the month and

1142

00:49:37,990 --> 00:49:36,530

another person this part in a month well

1143

00:49:40,210 --> 00:49:38,000

if you have things that block those

1144

00:49:42,250 --> 00:49:40,220

hormone receptor sites that that

1145

00:49:45,190 --> 00:49:42,260

transition becomes hard the message

1146

00:49:48,430 --> 00:49:45,200

isn't getting there and you know that's

1147

00:49:50,859 --> 00:49:48,440

the cause of of this imbalance of you

1148

00:49:54,520 --> 00:49:50,869

know going through those cycles that for

1149

00:49:56,380 --> 00:49:54,530

many women are very easy it's a process

1150

00:49:58,420 --> 00:49:56,390

they just go through it and for many

1151  
00:50:01,720 --> 00:49:58,430  
women they suffer that's an issue of

1152  
00:50:03,700 --> 00:50:01,730  
toxicity and the same thing you know

1153  
00:50:06,130 --> 00:50:03,710  
with autoimmune disorders you're getting

1154  
00:50:08,380 --> 00:50:06,140  
poor signaling poor messaging because

1155  
00:50:10,270 --> 00:50:08,390  
not only does the brain need to tell you

1156  
00:50:13,030 --> 00:50:10,280  
know the cells whether their immune

1157  
00:50:15,430 --> 00:50:13,040  
cells or or inside your cell it should

1158  
00:50:17,589 --> 00:50:15,440  
be detoxifying or making energy whatever

1159  
00:50:20,620 --> 00:50:17,599  
but the cell needs to communicate to the

1160  
00:50:24,069 --> 00:50:20,630  
brain hey I need this I need this thing

1161  
00:50:26,430 --> 00:50:24,079  
I need this this nutrient then it-it's

1162  
00:50:29,200 --> 00:50:26,440  
mineral so that I can accomplish this

1163  
00:50:30,910 --> 00:50:29,210

and so the brain doesn't hear it or the

1164

00:50:32,319 --> 00:50:30,920

brain says oh you know that thing that

1165

00:50:34,359 --> 00:50:32,329

you do in school will you whisper to

1166

00:50:36,370 --> 00:50:34,369

someone yeah you know something at the

1167

00:50:39,430 --> 00:50:36,380

end it's something else well this is

1168

00:50:41,530 --> 00:50:39,440

what's happening when you become you

1169

00:50:44,589 --> 00:50:41,540

know where there's toxins involved which

1170

00:50:45,670 --> 00:50:44,599

believe me we are exposed if you're

1171

00:50:47,620 --> 00:50:45,680

driving in a car

1172

00:50:50,079 --> 00:50:47,630

well forget if it's a new car there's

1173

00:50:52,569 --> 00:50:50,089

toxins but the car in front of you is

1174

00:50:54,520 --> 00:50:52,579

spewing thousands of toxins out of the

1175

00:50:56,250 --> 00:50:54,530

tailpipe that's going right into your

1176  
00:50:58,780 --> 00:50:56,260  
car there's even if you have the little

1177  
00:51:00,760 --> 00:50:58,790  
filter in there that's just though you

1178  
00:51:03,460 --> 00:51:00,770  
know that's a particle filter those

1179  
00:51:05,589 --> 00:51:03,470  
toxins are molecular and they come in

1180  
00:51:07,510 --> 00:51:05,599  
and we're breathing them all the time so

1181  
00:51:09,490 --> 00:51:07,520  
we're getting mixed signals you know

1182  
00:51:12,250 --> 00:51:09,500  
yourselves go and help me help me I need

1183  
00:51:14,620 --> 00:51:12,260  
this and your brains going oh he sent

1184  
00:51:17,079 --> 00:51:14,630  
sends something else down there and so

1185  
00:51:19,750 --> 00:51:17,089  
now you got this miss signalling and an

1186  
00:51:22,390 --> 00:51:19,760  
autoimmune disorder is a miss signaling

1187  
00:51:25,599 --> 00:51:22,400  
so detoxification you always want to

1188  
00:51:28,720 --> 00:51:25,609

start detoxification take the pressure

1189

00:51:30,940 --> 00:51:28,730

off of the person's body you know

1190

00:51:33,849 --> 00:51:30,950

whatever it is you know poor food poor

1191

00:51:37,420 --> 00:51:33,859

sleep you know over activity under

1192

00:51:40,030 --> 00:51:37,430

activity so you've got to start working

1193

00:51:43,000 --> 00:51:40,040

those things out and then sooner or

1194

00:51:45,910 --> 00:51:43,010

later the body starts to create correct

1195

00:51:48,760 --> 00:51:45,920

signals and those correct signals then

1196

00:51:50,710 --> 00:51:48,770

start to heal the person and that's how

1197

00:51:53,770 --> 00:51:50,720

you might do that even genetic you

1198

00:51:54,039 --> 00:51:53,780

you're telling your genes oh listen you

1199

00:51:56,140 --> 00:51:54,049

know

1200

00:52:05,349 --> 00:51:56,150

yeah that's an okay gene but I'd rather

1201  
00:52:09,809 --> 00:52:05,359  
you not express yourself so that it's

1202  
00:52:12,640 --> 00:52:09,819  
just that process of healing take place

1203  
00:52:14,200 --> 00:52:12,650  
I'm sorry I was just gonna ask with you

1204  
00:52:16,660 --> 00:52:14,210  
because I know you deal with skeller

1205  
00:52:18,549 --> 00:52:16,670  
derma and just what is the prevalence of

1206  
00:52:21,430 --> 00:52:18,559  
the Lyme disease infection with someone

1207  
00:52:24,430 --> 00:52:21,440  
that has scala derma well I am NOT asked

1208  
00:52:29,380 --> 00:52:24,440  
Laird Dermott specialist although some

1209  
00:52:31,059 --> 00:52:29,390  
people wish I were and you know because

1210  
00:52:33,670 --> 00:52:31,069  
when you're talking about scleroderma

1211  
00:52:38,319 --> 00:52:33,680  
you're talking about like one out of I

1212  
00:52:42,370 --> 00:52:38,329  
think it's 250,000 you know people and

1213  
00:52:44,829 --> 00:52:42,380

so it's this very interesting thing is

1214

00:52:48,069 --> 00:52:44,839

every week a disease comes into my

1215

00:52:51,250 --> 00:52:48,079

office that I never heard of it's just

1216

00:52:54,460 --> 00:52:51,260

amazing 32 years and somebody says oh I

1217

00:52:57,339 --> 00:52:54,470

have this I go well let me look that up

1218

00:52:59,380 --> 00:52:57,349

and it's okay I see it I'm looking for

1219

00:53:02,049 --> 00:52:59,390

categories where is that happening you

1220

00:53:04,900 --> 00:53:02,059

know and even within scleroderma you

1221

00:53:07,359 --> 00:53:04,910

have all different kinds of forms of

1222

00:53:09,700 --> 00:53:07,369

scleroderma where's it going you know is

1223

00:53:12,430 --> 00:53:09,710

this systemic is it a local you know

1224

00:53:15,760 --> 00:53:12,440

where's it going but ultimately I never

1225

00:53:18,549 --> 00:53:15,770

look at it in a particle form like oh

1226

00:53:20,859 --> 00:53:18,559

you have this thing it's like what do I

1227

00:53:23,190 --> 00:53:20,869

need to do to make you healthy that's

1228

00:53:26,319 --> 00:53:23,200

the goal you know and are there

1229

00:53:27,700 --> 00:53:26,329

important you know you know Patricia you

1230

00:53:31,660 --> 00:53:27,710

mentioned the santim remedies from

1231

00:53:35,020 --> 00:53:31,670

Germany my super in fact super effective

1232

00:53:37,740 --> 00:53:35,030

in in turning around autoimmune

1233

00:53:41,109 --> 00:53:37,750

disorders making the correction you know

1234

00:53:44,260 --> 00:53:41,119

right not the end all and be all but a

1235

00:53:46,240 --> 00:53:44,270

really significant thing you know yes

1236

00:53:49,089 --> 00:53:46,250

you know a cake has many ingredients you

1237

00:53:52,329 --> 00:53:49,099

leave one out it's not such a good cake

1238

00:53:53,770 --> 00:53:52,339

you know and and but if you build you

1239

00:53:57,309 --> 00:53:53,780

know you put the ingredients in right

1240

00:54:01,090 --> 00:53:57,319

and a great chef will make use the same

1241

00:54:14,660 --> 00:54:03,890

you know they get these terrible

1242

00:54:16,130 --> 00:54:14,670

ingredients like you know so when you

1243

00:54:18,110 --> 00:54:16,140

when you put a prescription together

1244

00:54:22,460 --> 00:54:18,120

it's it's like you know you wanna get

1245

00:54:24,980 --> 00:54:22,470

with experience with you you can do a

1246

00:54:26,960 --> 00:54:24,990

better thing like that so I still look

1247

00:54:29,890 --> 00:54:26,970

at every autoimmune disease I used to

1248

00:54:32,240 --> 00:54:29,900

have rheumatoid arthritis and

1249

00:54:32,780 --> 00:54:32,250

unfortunately I fixed that that was

1250

00:54:35,660 --> 00:54:32,790

great

1251

00:54:38,600 --> 00:54:35,670

it was certainly by a mistake but I'll

1252

00:54:41,900 --> 00:54:38,610

take it you know yeah yeah I told

1253

00:54:44,630 --> 00:54:41,910

Patricia I I took a product and I took

1254

00:54:46,520 --> 00:54:44,640

way too much way too much of it cuz it

1255

00:54:49,190 --> 00:54:46,530

had expired in this particular product

1256

00:54:51,440 --> 00:54:49,200

these are from Germany they didn't

1257

00:54:53,240 --> 00:54:51,450

expire but I ate a whole box of them and

1258

00:54:55,550 --> 00:54:53,250

the next day my knee blew up and I used

1259

00:54:58,430 --> 00:54:55,560

to be able to tell people when the

1260

00:55:00,770 --> 00:54:58,440

weather was gonna change you know cuz I

1261

00:55:02,780 --> 00:55:00,780

couldn't walk the day before and I took

1262

00:55:04,670 --> 00:55:02,790

this stuff and the day after I did it I

1263

00:55:08,780 --> 00:55:04,680

stayed up kind of late I woke up my knee

1264

00:55:11,000 --> 00:55:08,790

was blown up and it was pretty rough and

1265

00:55:14,450 --> 00:55:11,010

of course understanding the principles

1266

00:55:16,490 --> 00:55:14,460

of homeopathy and reversing a disorder

1267

00:55:18,980 --> 00:55:16,500

you're going back through you know you

1268

00:55:22,940 --> 00:55:18,990

according to nature Pathak understanding

1269

00:55:25,490 --> 00:55:22,950

you heal from top to bottom from inside

1270

00:55:27,830 --> 00:55:25,500

to out and in reverse order so in this

1271

00:55:30,560 --> 00:55:27,840

case it was like in reverse order I had

1272

00:55:32,660 --> 00:55:30,570

it and now really have it but it's

1273

00:55:34,340 --> 00:55:32,670

coming out and and I called my teacher

1274

00:55:35,530 --> 00:55:34,350

and I said oh my god I think I'm gonna

1275

00:55:38,210 --> 00:55:35,540

die what did I do

1276

00:55:39,920 --> 00:55:38,220

you know I hear this blank you know

1277

00:55:42,380 --> 00:55:39,930

there's this statement you know like

1278

00:55:43,310 --> 00:55:42,390

nothing on the phone and I'm like are

1279

00:55:45,110 --> 00:55:43,320

you still there he goes

1280

00:55:47,780 --> 00:55:45,120

yeah he said I'm pretty sure you were at

1281

00:55:49,280 --> 00:55:47,790

the whole seminar he said what part do

1282

00:55:52,160 --> 00:55:49,290

you think you missed I said I miss

1283

00:55:54,470 --> 00:55:52,170

anything he goes well tell me what you

1284

00:55:58,220 --> 00:55:54,480

should do and then it of course it hit

1285

00:56:00,560 --> 00:55:58,230

me I said keep going let the process go

1286

00:56:03,980 --> 00:56:00,570

so I said I should take more he says

1287

00:56:06,740 --> 00:56:03,990

take more amazing so I'm told that's not

1288

00:56:08,660 --> 00:56:06,750

we're gonna get back to this last

1289

00:56:11,030 --> 00:56:08,670

half-hour together this is such an

1290

00:56:12,470 --> 00:56:11,040

exciting discussion and I know people

1291

00:56:12,800 --> 00:56:12,480

are gonna benefit so much from hearing

1292

00:56:14,000 --> 00:56:12,810

from you

1293

00:56:17,540 --> 00:56:14,010

Robert we're so glad you're with us

1294

00:56:19,100 --> 00:56:17,550

today so stinky we are gonna take

1295

00:56:21,380 --> 00:56:19,110

another short break and we'll be right

1296

00:56:26,900 --> 00:56:21,390

back you are listening to Supernatural

1297

00:56:29,210 --> 00:56:26,910

girls radio all right guys

1298

00:56:38,450 --> 00:56:29,220

by the way Patricia I think he went a

1299

00:56:42,140 --> 00:56:38,460

bit over to say so let's just see the

1300

00:56:46,100 --> 00:56:42,150

last time in for 24 minutes 724 let me

1301  
00:56:47,840 --> 00:56:46,110  
clear all right hang on PK b are you

1302  
00:56:50,480 --> 00:56:47,850  
able to send me that list yeah I did

1303  
00:56:53,120 --> 00:56:50,490  
honey that's why I asked you that okay I

1304  
00:56:56,660 --> 00:56:53,130  
did this I was doing this to see if you

1305  
00:57:06,950 --> 00:56:59,590  
all right now just give me a second I

1306  
00:57:09,910 --> 00:57:06,960  
don't know I just resend it anyway not

1307  
00:57:15,370 --> 00:57:09,920  
so much here it is you got it okay I

1308  
00:57:19,220 --> 00:57:17,330  
Epis on a page there were two things

1309  
00:57:29,900 --> 00:57:19,230  
that I went by it the first time time so

1310  
00:57:33,050 --> 00:57:29,910  
I went scroll back through what's that

1311  
00:57:36,110 --> 00:57:33,060  
Robert all right I just think this blank

1312  
00:57:40,310 --> 00:57:36,120  
thing this has screener on it oh that's

1313  
00:57:44,930 --> 00:57:40,320

me that's Jo Jo won't put his picture up

1314

00:58:03,340 --> 00:57:44,940

there worried about terrifying everybody

1315

00:58:08,300 --> 00:58:06,110

before we go back the last question

1316

00:58:10,100 --> 00:58:08,310

prevalence of Lyme disease infections

1317

00:58:13,870 --> 00:58:10,110

and scleroderma do they go hand-in-hand

1318

00:58:13,880 --> 00:58:21,040

Oh what's the next question

1319

00:58:26,570 --> 00:58:23,900

feel like a complete or you want to

1320

00:58:28,160 --> 00:58:26,580

break it down a little bit yes

1321

00:58:30,440 --> 00:58:28,170

break it down a little bit like in your

1322

00:58:32,480 --> 00:58:30,450

experience you know how many people have

1323

00:58:34,490 --> 00:58:32,490

scleroderma and lime you know they go

1324

00:58:38,270 --> 00:58:34,500

hand in hand I know for me I tested

1325

00:58:41,030 --> 00:58:38,280

positive on both right so yeah I really

1326

00:58:42,500 --> 00:58:41,040

it's I don't have enough experience I

1327

00:58:48,110 --> 00:58:42,510

mean that was kind of the point I was

1328

00:58:51,350 --> 00:58:48,120

making right it's like I'll reiterate

1329

00:58:53,660 --> 00:58:51,360

the answer there and excited no you also

1330

00:58:54,890 --> 00:58:53,670

said something about which I'll also

1331

00:58:57,350 --> 00:58:54,900

mention on the other that if you don't

1332

00:58:58,090 --> 00:58:57,360

heal the Lyme you can't really heal

1333

00:59:03,680 --> 00:58:58,100

anything

1334

00:59:06,290 --> 00:59:03,690

so that's can roadblock to health if you

1335

00:59:10,940 --> 00:59:06,300

don't take care of it yeah all right

1336

00:59:14,530 --> 00:59:10,950

yeah all right okay go Joe we're a go in

1337

00:59:16,970 --> 00:59:14,540

three two one

1338

00:59:19,160 --> 00:59:16,980

welcome back everyone to supernatural

1339

00:59:22,790 --> 00:59:19,170

Girls radio I'm your host Patricia Baker

1340

00:59:25,130 --> 00:59:22,800

I am here with my co-host PK be sure to

1341

00:59:28,400 --> 00:59:25,140

visit our Facebook page Supernatural

1342

00:59:30,650 --> 00:59:28,410

girls with a Z and also the real zombie

1343

00:59:32,990 --> 00:59:30,660

plague both of them on Facebook make

1344

00:59:36,470 --> 00:59:33,000

sure you pay us a visit follow us like

1345

00:59:38,180 --> 00:59:36,480

us we really appreciate your support and

1346

00:59:41,240 --> 00:59:38,190

we are supporting you today with a great

1347

00:59:44,510 --> 00:59:41,250

guest Robert Abbott ello he can be found

1348

00:59:46,310 --> 00:59:44,520

at clearpoint acupuncture calm he also

1349

00:59:47,900 --> 00:59:46,320

is available for phone consults because

1350

00:59:50,300 --> 00:59:47,910

I know a lot of our audiences all around

1351  
00:59:53,420 --> 00:59:50,310  
the world and you can find Robert again

1352  
00:59:56,030 --> 00:59:53,430  
there clearpoint acupuncture calm so

1353  
00:59:57,830 --> 00:59:56,040  
Robert we're talking about autoimmune

1354  
00:59:59,000 --> 00:59:57,840  
and scleroderma is something that you

1355  
01:00:02,270 --> 00:59:59,010  
and I have talked about a lot and

1356  
01:00:04,130 --> 01:00:02,280  
because I have it and one of the last

1357  
01:00:06,200 --> 01:00:04,140  
questions that PK just asked you is

1358  
01:00:08,630 --> 01:00:06,210  
about the prevalence of Lyme disease in

1359  
01:00:11,720 --> 01:00:08,640  
factions in scleroderma and as you said

1360  
01:00:14,180 --> 01:00:11,730  
it's a rare disease scleroderma is so

1361  
01:00:16,250 --> 01:00:14,190  
it's hard to judge and gauge but

1362  
01:00:18,320 --> 01:00:16,260  
certainly something that you told me

1363  
01:00:21,250 --> 01:00:18,330

really stuck which is if you don't heal

1364

01:00:24,590 --> 01:00:21,260

the line you can't heal anything else

1365

01:00:27,520 --> 01:00:24,600

yeah and and and that goes back to the

1366

01:00:31,420 --> 01:00:27,530

fact that I consider Lyme a gift if

1367

01:00:33,650 --> 01:00:31,430

you're blessed with that thanks a lot

1368

01:00:35,680 --> 01:00:33,660

but you know I mean at the point where

1369

01:00:39,470 --> 01:00:35,690

this is the thing you're working with

1370

01:00:40,220 --> 01:00:39,480

it's really about going through all the

1371

01:00:42,320 --> 01:00:40,230

phases of

1372

01:00:44,420 --> 01:00:42,330

your life and healing yourself and and

1373

01:00:46,609 --> 01:00:44,430

again you stop anywhere along the line

1374

01:00:48,950 --> 01:00:46,619

you know I tell people you know healing

1375

01:00:50,840 --> 01:00:48,960

is like getting to the top floor you

1376

01:00:52,760 --> 01:00:50,850

know get into the penthouse you can stop

1377

01:00:55,970 --> 01:00:52,770

on the first floor and the second floor

1378

01:00:58,130 --> 01:00:55,980

and people do they go this is enough but

1379

01:01:00,830 --> 01:00:58,140

really the ultimate thing is you want to

1380

01:01:03,050 --> 01:01:00,840

go all the way so I'll have a patient

1381

01:01:06,200 --> 01:01:03,060

you know that has gone all the way just

1382

01:01:08,150 --> 01:01:06,210

really taking it to heart has gone

1383

01:01:10,970 --> 01:01:08,160

through the therapy is made sure they

1384

01:01:12,740 --> 01:01:10,980

keeping their subs healthy they come see

1385

01:01:14,780 --> 01:01:12,750

me every month or two whatever they

1386

01:01:16,880 --> 01:01:14,790

check in they make sure they're getting

1387

01:01:20,060 --> 01:01:16,890

their supplements and to getting the

1388

01:01:23,330 --> 01:01:20,070

right ones and you know those people

1389

01:01:25,490 --> 01:01:23,340

they get bid again you know the woods

1390

01:01:27,020 --> 01:01:25,500

they get bit and they you know the first

1391

01:01:29,480 --> 01:01:27,030

time it happens they think that their

1392

01:01:31,540 --> 01:01:29,490

eyes are wide they're like oh my god you

1393

01:01:33,950 --> 01:01:31,550

know I don't want to get Lyme again

1394

01:01:37,040 --> 01:01:33,960

tonight it's not you know those people

1395

01:01:39,440 --> 01:01:37,050

here take this take this not a problem I

1396

01:01:41,660 --> 01:01:39,450

mean I got bit two months ago or

1397

01:01:44,510 --> 01:01:41,670

something like that I got big clearly it

1398

01:01:46,580 --> 01:01:44,520

was like a bad bite so immediately I did

1399

01:01:47,900 --> 01:01:46,590

the same thing I took this I took that

1400

01:01:50,990 --> 01:01:47,910

and I'm saying this or that because

1401

01:01:52,880 --> 01:01:51,000

everybody's different um when I I took

1402

01:01:56,990 --> 01:01:52,890

you know I took lime plus was the

1403

01:02:00,020 --> 01:01:57,000

product i took some model Lauren and I

1404

01:02:01,460 --> 01:02:00,030

think I took some cellular 14 max and

1405

01:02:03,020 --> 01:02:01,470

they took a lot more than probably I

1406

01:02:04,940 --> 01:02:03,030

would prescribe because I don't have

1407

01:02:07,430 --> 01:02:04,950

that opportunity I want to be you know I

1408

01:02:09,140 --> 01:02:07,440

can't get a cold as far as I'm concerned

1409

01:02:12,050 --> 01:02:09,150

I need to be here every day so I just

1410

01:02:14,390 --> 01:02:12,060

took away three days done that was two

1411

01:02:16,280 --> 01:02:14,400

months ago now no problem so that's the

1412

01:02:19,609 --> 01:02:16,290

promise at the end that you're just like

1413

01:02:21,530 --> 01:02:19,619

a normal person you can get bit you do

1414

01:02:22,460 --> 01:02:21,540

something for a day or two or a week and

1415

01:02:25,490 --> 01:02:22,470

you're done

1416

01:02:27,650 --> 01:02:25,500

you're never going to go back so that's

1417

01:02:29,480 --> 01:02:27,660

really when you come to me and you're

1418

01:02:31,400 --> 01:02:29,490

that sick you're never gonna get that

1419

01:02:33,710 --> 01:02:31,410

sick again but you really got to get to

1420

01:02:36,620 --> 01:02:33,720

the penthouse of health you can't stop

1421

01:02:39,290 --> 01:02:36,630

can't stop on the second shortcuts now

1422

01:02:41,240 --> 01:02:39,300

there are no shortcuts that's it but

1423

01:02:43,970 --> 01:02:41,250

that's a great thing to understand when

1424

01:02:47,210 --> 01:02:43,980

because people are so afraid you know

1425

01:02:50,120 --> 01:02:47,220

and after a couple of times they get bit

1426

01:02:51,950 --> 01:02:50,130

they call me up I say you know you still

1427

01:02:54,050 --> 01:02:51,960

got that stuff in yourself yeah okay

1428

01:02:56,450 --> 01:02:54,060

take it call me up in a week

1429

01:02:57,980 --> 01:02:56,460

if there's a problem and you know I

1430

01:02:59,660 --> 01:02:57,990

might hear them from a weak sign

1431

01:03:01,820 --> 01:02:59,670

everything's great everything's fine I

1432

01:03:03,590 --> 01:03:01,830

may not hear back from them until they

1433

01:03:05,660 --> 01:03:03,600

come to see me a year a month late or

1434

01:03:08,210 --> 01:03:05,670

whatever there you go yeah thanks that

1435

01:03:11,630 --> 01:03:08,220

was great not a problem not a problem

1436

01:03:14,540 --> 01:03:11,640

waiting as we're as if you called your

1437

01:03:16,550 --> 01:03:14,550

doctor and said the same thing oh well

1438

01:03:18,680 --> 01:03:16,560

you could take a prophylactic dose of

1439

01:03:21,020 --> 01:03:18,690

antibiotics I'm not really sure how

1440

01:03:22,880 --> 01:03:21,030

that's working I think that's just a you

1441

01:03:25,220 --> 01:03:22,890

know that's a palliative thing to just

1442

01:03:29,420 --> 01:03:25,230

say okay shut up take this and you know

1443

01:03:31,310 --> 01:03:29,430

leave me alone yeah yeah right and if

1444

01:03:33,890 --> 01:03:31,320

you take a course of antibiotics what

1445

01:03:34,910 --> 01:03:33,900

you've done is you're going back to

1446

01:03:38,090 --> 01:03:34,920

where you shouldn't go

1447

01:03:45,590 --> 01:03:38,100

you're starting to create a resistant

1448

01:03:47,360 --> 01:03:45,600

strain of Borrelia oh here's an

1449

01:03:49,160 --> 01:03:47,370

interesting thing that's super important

1450

01:03:51,380 --> 01:03:49,170

because one of the things you need and

1451

01:03:54,140 --> 01:03:51,390

one of the things in that process the

1452

01:03:56,090 --> 01:03:54,150

the repair and restore and actually the

1453

01:03:57,890 --> 01:03:56,100

first phase you know where you're

1454

01:04:00,710 --> 01:03:57,900

working with the the infection itself

1455

01:04:03,350 --> 01:04:00,720

and then she commutes is you need the

1456

01:04:05,660 --> 01:04:03,360

energy to do it well guess what these

1457

01:04:08,120 --> 01:04:05,670

little mitochondria which is in every

1458

01:04:10,640 --> 01:04:08,130

cell of your body it's that little thing

1459

01:04:13,580 --> 01:04:10,650

that creates energy your little ATP

1460

01:04:17,110 --> 01:04:13,590

generator that's a little battery in

1461

01:04:18,770 --> 01:04:17,120

every cell that is an ancient bacteria

1462

01:04:21,020 --> 01:04:18,780

no kidding

1463

01:04:26,450 --> 01:04:21,030

we've formed a symbiotic relationship

1464

01:04:28,730 --> 01:04:26,460

with this as we evolved Wow and and so

1465

01:04:32,180 --> 01:04:28,740

when you take an antibiotic you're

1466

01:04:34,070 --> 01:04:32,190

affecting that mitochondria and we we

1467

01:04:36,260 --> 01:04:34,080

can you know when you're young you have

1468

01:04:39,710 --> 01:04:36,270

a lot of juice you know little kids they

1469

01:04:42,620 --> 01:04:39,720

run you know and then you get around 25

1470

01:04:44,210 --> 01:04:42,630

and you're like and you know that

1471

01:04:46,730 --> 01:04:44,220

mitochondria is starting to mellow out

1472

01:04:49,700 --> 01:04:46,740

let's let's be nothing right it's

1473

01:04:52,730 --> 01:04:49,710

smelling out what they found down yeah

1474

01:04:54,620 --> 01:04:52,740

if you you know go to a nursing home you

1475

01:04:56,330 --> 01:04:54,630

know somebody's acting up they're having

1476

01:04:58,640 --> 01:04:56,340

a bad day they're you know there are a

1477

01:05:03,050 --> 01:04:58,650

lot of reasons why you know people are

1478

01:05:05,180 --> 01:05:03,060

not cooperating you know right such well

1479

01:05:07,970 --> 01:05:05,190

well you could send them out for a psych

1480

01:05:10,880 --> 01:05:07,980

evaluation or you can go

1481

01:05:12,650 --> 01:05:10,890

I think this person might have a cold or

1482

01:05:15,080 --> 01:05:12,660

a little coffee or something give an

1483

01:05:17,230 --> 01:05:15,090

antibiotic it's much easier to prescribe

1484

01:05:20,390 --> 01:05:17,240

an antibiotic really quick really fast

1485

01:05:23,870 --> 01:05:20,400

you give you give someone in their 70s

1486

01:05:28,700 --> 01:05:23,880

80s or 90s an antibiotic they will go to

1487

01:05:33,500 --> 01:05:28,710

sleep on you in a second it's like it's

1488

01:05:37,580 --> 01:05:33,510

because their mitochondria now becomes

1489

01:05:40,400 --> 01:05:37,590

just not even enough to stay awake so we

1490

01:05:42,170 --> 01:05:40,410

know that the damage of antibiotics is

1491

01:05:45,170 --> 01:05:42,180

not just the everybody says oh I took I

1492

01:05:48,800 --> 01:05:45,180

took a probiotic well that's really nice

1493

01:05:51,140 --> 01:05:48,810

and of course the gastroenterologist

1494

01:05:53,990 --> 01:05:51,150

they made that concession right because

1495

01:05:56,560 --> 01:05:54,000

I can't remember what's your name but

1496

01:05:59,750 --> 01:05:56,570

she did the little yogurt commercial

1497

01:06:04,910 --> 01:05:59,760

uh-huh yeah so she said oh guess what if

1498

01:06:09,260 --> 01:06:04,920

you take this little thing yogurt your

1499

01:06:12,770 --> 01:06:09,270

gut will be great for that she got in

1500

01:06:16,940 --> 01:06:12,780

trouble they pulled the ad guess what

1501

01:06:20,060 --> 01:06:16,950

it's the absolute truth your gut is 60

1502

01:06:22,070 --> 01:06:20,070

70 percent of your immune system and so

1503

01:06:24,320 --> 01:06:22,080

it was true and that's those commercials

1504

01:06:25,970 --> 01:06:24,330

you know they came back and said oh it's

1505

01:06:27,680 --> 01:06:25,980

just good it's healthy for you and they

1506

01:06:30,109 --> 01:06:27,690

didn't say why anymore they just said oh

1507

01:06:31,790 --> 01:06:30,119

nice it's good for you but then they

1508

01:06:34,040 --> 01:06:31,800

came back and they started using that

1509

01:06:36,680 --> 01:06:34,050

little that little diagram that has a

1510

01:06:41,240 --> 01:06:36,690

little bacteria running around you know

1511

01:06:42,950 --> 01:06:41,250

through through your gut and so yeah so

1512

01:06:46,400 --> 01:06:42,960

and they you know so because it's a

1513

01:06:48,590 --> 01:06:46,410

scientific fact if I know it and I've

1514

01:06:50,990 --> 01:06:48,600

known it for 20 years then even the

1515

01:06:54,020 --> 01:06:51,000

worst doctor on the planet has to know

1516

01:06:55,640 --> 01:06:54,030

about now it's on the TV so now you go

1517

01:06:58,070 --> 01:06:55,650

to your gastroenterologist and you go

1518

01:07:00,230 --> 01:06:58,080

you know I've got problems and I took an

1519

01:07:01,880 --> 01:07:00,240

antibiotic and I have you know gut

1520

01:07:04,280 --> 01:07:01,890

problems and they go well take a

1521

01:07:07,760 --> 01:07:04,290

probiotic that's that was a couple years

1522

01:07:09,620 --> 01:07:07,770

ago now they're going well take a

1523

01:07:13,940 --> 01:07:09,630

probiotic wow you're taking an

1524

01:07:16,010 --> 01:07:13,950

antibiotic it's it's it's useful it's

1525

01:07:18,530 --> 01:07:16,020

more important afterwards to restore the

1526

01:07:20,299 --> 01:07:18,540

gut right you know and if you don't have

1527

01:07:40,979 --> 01:07:20,309

a

1528

01:07:42,599 --> 01:07:40,989

for you but not every probiotic is the

1529

01:07:44,670 --> 01:07:42,609

right one for you well that's a very

1530

01:07:46,499 --> 01:07:44,680

good point and I know you and I have had

1531

01:07:48,150 --> 01:07:46,509

this discussion before because with

1532

01:07:51,089 --> 01:07:48,160

scleroderma patients they found that

1533

01:07:54,569 --> 01:07:51,099

there's too much acidophilus and too

1534

01:07:57,719 --> 01:07:54,579

much I believe of another got bacteria

1535

01:07:59,699 --> 01:07:57,729

and people who continue to feed that

1536

01:08:02,039 --> 01:07:59,709

acidophilus that's the one they tout the

1537

01:08:04,440 --> 01:08:02,049

most in many different probiotic

1538

01:08:06,930 --> 01:08:04,450

products with a misson yogurt or whether

1539

01:08:09,029 --> 01:08:06,940

it's in a pill so scleroderma patients

1540

01:08:11,880 --> 01:08:09,039

have to be very knowledgeable about

1541

01:08:13,769 --> 01:08:11,890

their own gut biome and what they're

1542

01:08:16,109 --> 01:08:13,779

trying to do to balance it out so it

1543

01:08:18,149 --> 01:08:16,119

becomes a very complicated situation I

1544

01:08:20,700 --> 01:08:18,159

think that's why practitioner like you

1545

01:08:21,839 --> 01:08:20,710

becomes absolutely so valuable you've

1546

01:08:24,209 --> 01:08:21,849

got to be able to work with somebody

1547

01:08:26,579 --> 01:08:24,219

who's very knowledgeable about all the

1548

01:08:28,800 --> 01:08:26,589

different things that can go on in the

1549

01:08:30,240 --> 01:08:28,810

gut and how to supplement it properly

1550

01:08:32,370 --> 01:08:30,250

but here's a question you've got a

1551

01:08:33,479 --> 01:08:32,380

couple that's a bunch of questions I

1552

01:08:36,079 --> 01:08:33,489

want to get you at least some of them

1553

01:08:38,849 --> 01:08:36,089

because folks wrote in before the show

1554

01:08:40,859 --> 01:08:38,859

this one is actually about the gut I've

1555

01:08:42,180 --> 01:08:40,869

read so much about autoimmune diseases

1556

01:08:46,189 --> 01:08:42,190

starting in the gut

1557

01:08:49,140 --> 01:08:46,199

I have JRA Sjogren's syndrome

1558

01:08:51,990 --> 01:08:49,150

fibromyalgia and now lung disease which

1559

01:08:54,329 --> 01:08:52,000

is the worst thanks to the RA any

1560

01:08:56,339 --> 01:08:54,339

thoughts also what do you think of

1561

01:09:02,870 --> 01:08:56,349

calcium supplements especially those

1562

01:09:08,309 --> 01:09:05,189

yeah the algae went through me let me

1563

01:09:10,729 --> 01:09:08,319

tell you um you know I'm not a real big

1564

01:09:14,370 --> 01:09:10,739

calcium person there's a lot of calcium

1565

01:09:15,870 --> 01:09:14,380

it's kind of ubiquitous in the diet you

1566

01:09:17,280 --> 01:09:15,880

know unless you're eating a really poor

1567

01:09:19,879 --> 01:09:17,290

diet but if you're eating a reasonably

1568

01:09:22,979 --> 01:09:19,889

good diet you're getting enough calcium

1569

01:09:24,899 --> 01:09:22,989

so I don't really deal with a lot of

1570

01:09:26,820 --> 01:09:24,909

calcium supplementation there are times

1571

01:09:29,070 --> 01:09:26,830

and there's a certain amount and there's

1572

01:09:30,660 --> 01:09:29,080

a certain kind a lot of these calcium

1573

01:09:31,720 --> 01:09:30,670

supplements you'll see says calcium

1574

01:09:33,820 --> 01:09:31,730

carbonate

1575

01:09:36,789 --> 01:09:33,830

well you look at your sheet rock on your

1576

01:09:39,400 --> 01:09:36,799

walls that's calcium carbonate oh great

1577

01:09:41,650 --> 01:09:39,410

so you know this is watching you you can

1578

01:09:43,539 --> 01:09:41,660

see four by eight piece of sheet rock

1579

01:09:46,479 --> 01:09:43,549

did you have enough calcium carbonate

1580

01:09:53,140 --> 01:09:46,489

for ten years that's all you know 12

1581

01:09:54,700 --> 01:09:53,150

bucks actually it's a magnesium that's a

1582

01:09:56,350 --> 01:09:54,710

lot more important than the calcium but

1583

01:09:58,240 --> 01:09:56,360

for somebody like this who has so many

1584

01:10:00,970 --> 01:09:58,250

different issues she said I know who

1585

01:10:02,530 --> 01:10:00,980

this is and she started out with RA is a

1586

01:10:04,870 --> 01:10:02,540

child they put her on from madness

1587

01:10:08,260 --> 01:10:04,880

amounts of medication the medication

1588

01:10:10,150 --> 01:10:08,270

then created the lung disease and some

1589

01:10:13,810 --> 01:10:10,160

of the other issues she finds herself

1590

01:10:16,840 --> 01:10:13,820

facing today so we jumped back to you

1591

01:10:20,140 --> 01:10:16,850

know back in the conversation toxicity

1592

01:10:22,360 --> 01:10:20,150

is causing this problem to undo that to

1593

01:10:25,030 --> 01:10:22,370

unravel all these things you have to

1594

01:10:26,830 --> 01:10:25,040

work yourself backwards all right but

1595

01:10:31,030 --> 01:10:26,840

the question about the about the gut

1596

01:10:33,880 --> 01:10:31,040

super important two points one is the

1597

01:10:37,270 --> 01:10:33,890

prevalence of acidophilus in slayer

1598

01:10:39,790 --> 01:10:37,280

adharma the acidophilus isn't causing a

1599

01:10:43,750 --> 01:10:39,800

problem what's causing the problem is

1600

01:10:45,970 --> 01:10:43,760

why the acidophilus isn't balanced with

1601  
01:10:48,100 --> 01:10:45,980  
something else something else right and

1602  
01:10:49,450 --> 01:10:48,110  
and so you got to track it that way so

1603  
01:10:51,520 --> 01:10:49,460  
some views that we'll just don't take

1604  
01:10:53,229 --> 01:10:51,530  
acidophilus well guess what you have a

1605  
01:10:54,970 --> 01:10:53,239  
little bit of acidophilus and you got

1606  
01:10:58,060 --> 01:10:54,980  
all the time if you look at the

1607  
01:11:01,630 --> 01:10:58,070  
reproduction rate of bacteria like every

1608  
01:11:04,510 --> 01:11:01,640  
however many seconds it doubles mmm

1609  
01:11:07,270 --> 01:11:04,520  
within a minute now that when you know

1610  
01:11:10,750 --> 01:11:07,280  
when 50 doubles to 100 100 doubles you

1611  
01:11:12,610 --> 01:11:10,760  
know to 200 within you know minutes you

1612  
01:11:14,710 --> 01:11:12,620  
know by the time you're ten minutes down

1613  
01:11:17,650 --> 01:11:14,720

the road and you just live in a life 24

1614

01:11:20,500 --> 01:11:17,660

hours that bacteria is growing so it's

1615

01:11:23,470 --> 01:11:20,510

not about not taking the bacteria it's

1616

01:11:26,550 --> 01:11:23,480

about controlling it finding what is

1617

01:11:30,190 --> 01:11:26,560

missing in the gut and as far as what's

1618

01:11:33,970 --> 01:11:30,200

the cause of autoimmune disorders or

1619

01:11:35,920 --> 01:11:33,980

immune disorders is when the gut becomes

1620

01:11:39,670 --> 01:11:35,930

leaky there's these little microscopic

1621

01:11:41,740 --> 01:11:39,680

villi and there's an enzymes around each

1622

01:11:43,630 --> 01:11:41,750

and every one of those villi so you know

1623

01:11:44,450 --> 01:11:43,640

you eat a steak and the protein gets you

1624

01:11:46,729 --> 01:11:44,460

know kind of broken

1625

01:11:49,310 --> 01:11:46,739

down-and-outs in solution and then it

1626

01:11:53,180 --> 01:11:49,320

hits on these little microscopic fingers

1627

01:11:56,900 --> 01:11:53,190

and the enzymes basically dissolve them

1628

01:11:58,520 --> 01:11:56,910

into a smaller particle you know the

1629

01:12:00,590 --> 01:11:58,530

building blocks of the protein and you

1630

01:12:03,350 --> 01:12:00,600

absorb it now when those fingers get

1631

01:12:06,020 --> 01:12:03,360

damaged from every kind of from

1632

01:12:09,459 --> 01:12:06,030

antibiotics from different kinds of

1633

01:12:14,959 --> 01:12:09,469

medications from poor diet under eating

1634

01:12:16,670 --> 01:12:14,969

overeating not enough water etc the ph

1635

01:12:19,640 --> 01:12:16,680

is wrong in your stomach because you

1636

01:12:22,520 --> 01:12:19,650

have anxiety and it's changing the ph um

1637

01:12:24,260 --> 01:12:22,530

that particle goes in and there's a

1638

01:12:26,930 --> 01:12:24,270

layer in your gut that basically

1639

01:12:29,479 --> 01:12:26,940

processes all the nutrition that comes

1640

01:12:30,500 --> 01:12:29,489

in okay this is good this is great we're

1641

01:12:33,530 --> 01:12:30,510

going to send to here we're going to use

1642

01:12:36,890 --> 01:12:33,540

this for that but when a particle gets

1643

01:12:40,040 --> 01:12:36,900

through that's been undigested your body

1644

01:12:43,430 --> 01:12:40,050

thinks oh that's a virus or that's a

1645

01:12:46,430 --> 01:12:43,440

bacteria or you know that's a yeast and

1646

01:12:50,690 --> 01:12:46,440

it will try and kill it and so it makes

1647

01:12:52,760 --> 01:12:50,700

an antigen to that particle now every

1648

01:12:55,360 --> 01:12:52,770

time you eat a steak it's basically like

1649

01:12:59,570 --> 01:12:55,370

you're giving yourself an infection Wow

1650

01:13:02,690 --> 01:12:59,580

and so then your body is now looking at

1651  
01:13:05,240 --> 01:13:02,700  
this molecule as it floats around the

1652  
01:13:07,910 --> 01:13:05,250  
body and it has antigens to it so it

1653  
01:13:11,200 --> 01:13:07,920  
starts attacking it now here's a very

1654  
01:13:13,729 --> 01:13:11,210  
interesting thing you're going to absorb

1655  
01:13:16,340 --> 01:13:13,739  
you know some of some of that particle

1656  
01:13:18,590 --> 01:13:16,350  
did get digested and winds up in your

1657  
01:13:21,110 --> 01:13:18,600  
cell and your immune systems now

1658  
01:13:24,020 --> 01:13:21,120  
scouring your body for these this

1659  
01:13:26,570 --> 01:13:24,030  
particle that used to be a used to be a

1660  
01:13:28,610 --> 01:13:26,580  
cow but it used to be a steak and then

1661  
01:13:31,880 --> 01:13:28,620  
it sees that little particle very

1662  
01:13:36,050 --> 01:13:31,890  
similar particle inside a cell or around

1663  
01:13:39,560 --> 01:13:36,060

a cell and it attacks it and now it has

1664

01:13:42,800 --> 01:13:39,570

an antigen to the cell as well and so

1665

01:13:44,690 --> 01:13:42,810

it's ah my god so cells and there's

1666

01:13:47,630 --> 01:13:44,700

another mechanism in your body does just

1667

01:13:50,650 --> 01:13:47,640

don't do that it's not good and now the

1668

01:13:53,360 --> 01:13:50,660

fight begins and that's the beginning of

1669

01:13:56,450 --> 01:13:53,370

autoimmunity and it's the immune system

1670

01:13:57,760 --> 01:13:56,460

has to be has to be corrupt in some way

1671

01:14:00,460 --> 01:13:57,770

has to have been affected

1672

01:14:04,780 --> 01:14:00,470

has to be you know overwhelmed and it's

1673

01:14:06,580 --> 01:14:04,790

becomes more confused and so we act just

1674

01:14:08,320 --> 01:14:06,590

like our immune system do you know if

1675

01:14:10,840 --> 01:14:08,330

you get under a lot of stress and you're

1676

01:14:12,370 --> 01:14:10,850

trying to figure out you know which turn

1677

01:14:13,810 --> 01:14:12,380

do I make and you're right in the middle

1678

01:14:15,370 --> 01:14:13,820

of the city and this car is coming at

1679

01:14:19,030 --> 01:14:15,380

you and you go I'm just gonna go

1680

01:14:20,830 --> 01:14:19,040

straight yes you know your immune system

1681

01:14:22,510 --> 01:14:20,840

goes I don't know what to do I'm just

1682

01:14:28,320 --> 01:14:22,520

gonna go straight and I'm gonna attack

1683

01:14:31,420 --> 01:14:28,330

that cell because why not because it's

1684

01:14:35,980 --> 01:14:31,430

it's on a mission it's its purpose and

1685

01:14:37,480 --> 01:14:35,990

so they say well yeah that's happening

1686

01:14:39,430 --> 01:14:37,490

so what do you want to do you want to

1687

01:14:42,010 --> 01:14:39,440

suppress the immune system we want to

1688

01:14:44,170 --> 01:14:42,020

shut it down and they've been very

1689

01:14:46,150 --> 01:14:44,180

successful at finding different aspects

1690

01:14:48,520 --> 01:14:46,160

of the immune system and shutting it

1691

01:14:51,060 --> 01:14:48,530

down specifically so you get a really

1692

01:14:55,690 --> 01:14:51,070

good result you know with Crohn's or

1693

01:14:59,740 --> 01:14:55,700

with RA but ultimately now what's gonna

1694

01:15:01,150 --> 01:14:59,750

happen you're gonna have other your

1695

01:15:03,340 --> 01:15:01,160

immune system suppressed you can have

1696

01:15:06,580 --> 01:15:03,350

these other infections let's call it the

1697

01:15:08,350 --> 01:15:06,590

co infection of immune diseases because

1698

01:15:09,310 --> 01:15:08,360

your immune systems suppress you know

1699

01:15:11,560 --> 01:15:09,320

they always say oh if you have

1700

01:15:13,300 --> 01:15:11,570

tuberculosis or a cold don't start

1701

01:15:15,130 --> 01:15:13,310

taking this well what if you get a cold

1702

01:15:18,370 --> 01:15:15,140

day after you start taking it it's a

1703

01:15:20,290 --> 01:15:18,380

problem and so now this this case starts

1704

01:15:22,210 --> 01:15:20,300

to become more complex because you're

1705

01:15:24,280 --> 01:15:22,220

getting other infections which are

1706

01:15:32,050 --> 01:15:24,290

shutting down different parts of your of

1707

01:15:33,940 --> 01:15:32,060

your matrix not only RA but now we've

1708

01:15:36,270 --> 01:15:33,950

got lung disease to let you know to

1709

01:15:40,840 --> 01:15:36,280

overblown you know the whole situation

1710

01:15:42,700 --> 01:15:40,850

becomes such a serious one it's serious

1711

01:15:44,620 --> 01:15:42,710

begin with but then it becomes very

1712

01:15:46,720 --> 01:15:44,630

life-threatening so it kind of makes

1713

01:15:48,790 --> 01:15:46,730

sense again to get to you or protect

1714

01:15:51,010 --> 01:15:48,800

practitioner like you in another city

1715

01:15:52,900 --> 01:15:51,020

who can really help people to step

1716

01:15:54,910 --> 01:15:52,910

through this there is a lot to it and

1717

01:15:57,610 --> 01:15:54,920

that's why I'm always in favor of

1718

01:15:59,560 --> 01:15:57,620

working with somebody and again as a

1719

01:16:01,060 --> 01:15:59,570

partnership so that you can get to the

1720

01:16:02,920 --> 01:16:01,070

bottom of it now there's another

1721

01:16:04,120 --> 01:16:02,930

question here about dogs that we

1722

01:16:06,760 --> 01:16:04,130

discussed the other night two people

1723

01:16:09,220 --> 01:16:06,770

wanted to know do you treat dogs the

1724

01:16:11,140 --> 01:16:09,230

same way that you treat people with lime

1725

01:16:11,620 --> 01:16:11,150

and/or immune disease because dogs are

1726

01:16:16,390 --> 01:16:11,630

getting

1727

01:16:19,660 --> 01:16:16,400

- it's rising exponentially in their

1728

01:16:22,240 --> 01:16:19,670

population yep and I don't treat dogs

1729

01:16:25,870 --> 01:16:22,250

it's not within the you know my scope of

1730

01:16:29,050 --> 01:16:25,880

practice but one thing that we know is

1731

01:16:30,700 --> 01:16:29,060

that a simple remedy is this simple

1732

01:16:33,970 --> 01:16:30,710

right is this a great thing

1733

01:16:35,649 --> 01:16:33,980

nano silver which really comes from just

1734

01:16:38,950 --> 01:16:35,659

one company they have the patent on it

1735

01:16:42,640 --> 01:16:38,960

but it's marketed you know through many

1736

01:16:45,459 --> 01:16:42,650

many companies nano silver is a particle

1737

01:16:47,800 --> 01:16:45,469

that's antimicrobial it basically has a

1738

01:16:51,310 --> 01:16:47,810

charge on it so the thing I was saying

1739

01:16:53,500 --> 01:16:51,320

about the mitochondria it increases the

1740

01:16:55,870 --> 01:16:53,510

frequency in the charge of your cell so

1741

01:16:58,899 --> 01:16:55,880

they become stronger more efficient in

1742

01:17:03,040 --> 01:16:58,909

producing energy and removing toxins and

1743

01:17:06,610 --> 01:17:03,050

and and you know utilizing nutrition but

1744

01:17:09,520 --> 01:17:06,620

it also will attach itself to a virus or

1745

01:17:12,760 --> 01:17:09,530

bacteria and basically cleave off one of

1746

01:17:15,729 --> 01:17:12,770

the molecules the electrons on and and

1747

01:17:18,280 --> 01:17:15,739

basically destroy that cell and with

1748

01:17:21,820 --> 01:17:18,290

animals you can just spray it in the

1749

01:17:24,370 --> 01:17:21,830

water I I had a person who came to me

1750

01:17:27,700 --> 01:17:24,380

and they were very upset their their cat

1751

01:17:29,800 --> 01:17:27,710

was gonna pass away and they were on

1752

01:17:33,459 --> 01:17:29,810

antibiotics nothing was you know just

1753

01:17:35,110 --> 01:17:33,469

really wasn't working and you know busy

1754

01:17:36,820 --> 01:17:35,120

buddy maybe I said well listen I you

1755

01:17:39,910 --> 01:17:36,830

know I know you're not here for your dog

1756

01:17:42,160 --> 01:17:39,920

but get some smart silver just spray it

1757

01:17:44,200 --> 01:17:42,170

in the ball spray it in its mouth you

1758

01:17:45,729 --> 01:17:44,210

know because you can use an antibiotic

1759

01:17:48,910 --> 01:17:45,739

and smart silver together

1760

01:17:51,300 --> 01:17:48,920

I found a nice with myrrh night with

1761

01:17:53,830 --> 01:17:51,310

Marissa and and resistant strains

1762

01:17:56,830 --> 01:17:53,840

Western medicine is now starting to use

1763

01:17:58,899 --> 01:17:56,840

silver in conjunction because it makes

1764

01:18:01,060 --> 01:17:58,909

the antibiotic so much more effective

1765

01:18:04,110 --> 01:18:01,070

which means also that you can use a lot

1766

01:18:07,930 --> 01:18:04,120

less so that toxicity low becomes less

1767

01:18:10,149 --> 01:18:07,940

but for your animal you know for Lyme

1768

01:18:12,450 --> 01:18:10,159

disease whatever your going to give you

1769

01:18:15,160 --> 01:18:12,460

know you can even use a homeopathic

1770

01:18:18,220 --> 01:18:15,170

which works on dogs that works um you

1771

01:18:19,899 --> 01:18:18,230

know people - mm-hmm

1772

01:18:22,689 --> 01:18:19,909

you could put that in its water drop

1773

01:18:24,040 --> 01:18:22,699

that in its mouth so I would say smart

1774

01:18:27,790 --> 01:18:24,050

silver and a

1775

01:18:29,500 --> 01:18:27,800

of the correct homeopathic remedy for an

1776

01:18:31,690 --> 01:18:29,510

animal would be very very effective

1777

01:18:35,020 --> 01:18:31,700

along with whatever you know your vet

1778

01:18:37,450 --> 01:18:35,030

would you know would recommend yeah you

1779

01:18:41,080 --> 01:18:37,460

know whether it is an antibiotic or if

1780

01:18:44,140 --> 01:18:41,090

you're using a you know a natural you

1781

01:18:48,250 --> 01:18:44,150

know holistic vet you know it was a very

1782

01:18:51,130 --> 01:18:48,260

great combination that sound is

1783

01:18:53,710 --> 01:18:51,140

colloidal silver the same as smart

1784

01:18:55,180 --> 01:18:53,720

silver no colloidal silver is different

1785

01:18:57,610 --> 01:18:55,190

the colloidal silver is a colloidal

1786

01:19:00,040 --> 01:18:57,620

particle of silver that suspended in

1787

01:19:03,880 --> 01:19:00,050

water so if you let it sit there it'll

1788

01:19:06,550 --> 01:19:03,890

drop down and in your body it's a it's

1789

01:19:09,240 --> 01:19:06,560

it doesn't have the same charge whereas

1790

01:19:11,350 --> 01:19:09,250

the nano silver is actually

1791

01:19:14,680 --> 01:19:11,360

electronically attached to a water

1792

01:19:17,230 --> 01:19:14,690

molecule so it's it floats around until

1793

01:19:19,690 --> 01:19:17,240

that water molecule gets out and that's

1794

01:19:21,610 --> 01:19:19,700

why with nano silver you'll see like ten

1795

01:19:24,550 --> 01:19:21,620

parts per million whereas colloidal

1796

01:19:26,620 --> 01:19:24,560

silver you'll see way upwards of that 50

1797

01:19:28,330 --> 01:19:26,630

parts per million or even more because

1798

01:19:29,260 --> 01:19:28,340

you have to use a lot more of it to get

1799

01:19:33,430 --> 01:19:29,270

the same effect

1800

01:19:35,560 --> 01:19:33,440

Wow this is just fascinating because the

1801

01:19:38,290 --> 01:19:35,570

nano silver that's nice to know because

1802

01:19:39,700 --> 01:19:38,300

I know so many people that are using the

1803

01:19:41,860 --> 01:19:39,710

colloidal silver would they have

1804

01:19:43,510 --> 01:19:41,870

different things pop up so they're

1805

01:19:45,670 --> 01:19:43,520

really defeating some of it themselves

1806

01:19:47,080 --> 01:19:45,680

because it's not strong enough yeah I

1807

01:19:50,980 --> 01:19:47,090

have some right yeah I always keep some

1808

01:19:53,740 --> 01:19:50,990

on my desk right here because whenever I

1809

01:19:58,060 --> 01:19:53,750

am working with somebody I always break

1810

01:20:01,170 --> 01:19:58,070

my hands like this you know you spray it

1811

01:20:05,080 --> 01:20:01,180

in your mouth and interesting enough

1812

01:20:07,200 --> 01:20:05,090

pinkeye or irritation your eye eye right

1813

01:20:10,930 --> 01:20:07,210

in your eyes doesn't sting at all that's

1814

01:20:13,420 --> 01:20:10,940

reversal yeah Wow tell you what I always

1815

01:20:15,040 --> 01:20:13,430

have a scratch to what I I can't get rid

1816

01:20:18,370 --> 01:20:15,050

of it I'm gonna against them today

1817

01:20:21,640 --> 01:20:18,380

it's yeah and it's so soothing for your

1818

01:20:24,340 --> 01:20:21,650

eyes as well so I like their product and

1819

01:20:26,470 --> 01:20:24,350

so to the you know person they ask that

1820

01:20:37,660 --> 01:20:26,480

question and you can find this online

1821

01:20:43,720 --> 01:20:42,400

it's over yeah yeah yeah it's one of my

1822

01:20:45,820 --> 01:20:43,730

favorite things they try and get

1823

01:20:47,860 --> 01:20:45,830

everyone to go home with it because I

1824

01:20:50,530 --> 01:20:47,870

know if they get a cut if they get a

1825

01:20:52,450 --> 01:20:50,540

scratch if they're getting a cold if you

1826

01:20:54,610 --> 01:20:52,460

get food poisoning you start spraying it

1827

01:20:57,100 --> 01:20:54,620

I send people overseas when they're

1828

01:20:59,140 --> 01:20:57,110

going out of the country it's like you

1829

01:21:01,150 --> 01:20:59,150

better have this you know on the plane

1830

01:21:03,900 --> 01:21:01,160

before you get in the plane when you get

1831

01:21:06,729 --> 01:21:03,910

off the plane um it's great product

1832

01:21:09,689 --> 01:21:06,739

wonderful to know Robert you can't thank

1833

01:21:13,270 --> 01:21:09,699

you enough for coming on the show today

1834

01:21:13,959 --> 01:21:13,280

this has been incredible I so much to

1835

01:21:16,510 --> 01:21:13,969

think about

1836

01:21:26,320 --> 01:21:16,520

again PK did you learn a lot today well

1837

01:21:28,330 --> 01:21:26,330

I certainly did this has been great now

1838

01:21:30,640 --> 01:21:28,340

again thank you everybody for listening

1839

01:21:37,680 --> 01:21:30,650

to our very special presentation you can

1840

01:21:40,600 --> 01:21:37,690

find Robert a Botello at [www.keytime.com](http://www.keytime.com)

1841

01:21:42,490 --> 01:21:40,610

his practice is in Florence

1842

01:21:44,740 --> 01:21:42,500

Massachusetts but he is also available

1843

01:21:47,380 --> 01:21:44,750

for phone consults you can find him

1844

01:21:50,740 --> 01:21:47,390

there clearpoint acupuncture calm now

1845

01:21:53,979 --> 01:21:50,750

next week we are gonna have Ned his name

1846

01:21:56,260 --> 01:21:53,989

Nick Nick Redfern is coming back you

1847

01:21:59,459 --> 01:21:56,270

scared me Fernando wait a minute who's

1848

01:22:02,650 --> 01:21:59,469

Ned it's Nick Redfern he's coming back

1849

01:22:04,330 --> 01:22:02,660

talking about Mothman cryptids all the

1850

01:22:06,400 --> 01:22:04,340

crazy lovely stuff that we love to talk

1851

01:22:08,350 --> 01:22:06,410

about all the latest you know the

1852

01:22:10,030 --> 01:22:08,360

Mothman sightings are going nuts in

1853

01:22:12,430 --> 01:22:10,040

Chicago we got to hear about it from

1854

01:22:15,340 --> 01:22:12,440

Nick so Nick had to be rescheduled

1855

01:22:17,169 --> 01:22:15,350

because he got horribly sick but he's

1856

01:22:17,830 --> 01:22:17,179

all better now and he's going to join us

1857

01:22:20,740 --> 01:22:17,840

next week

1858

01:22:23,830 --> 01:22:20,750

so until then everybody have a great

1859

01:22:26,500 --> 01:22:23,840

week a great Thanksgiving eat a lot of

1860

01:22:29,439 --> 01:22:26,510

whatever special for you turkey or you

1861

01:22:30,880 --> 01:22:29,449

have a good meal and we will see you on

1862

01:22:32,930 --> 01:22:30,890

the blue Highway