

John Brisson

Skeptiko 394



Skeptiko Topics:

Consciousness Science

Parapsychology

Near-Death Experience

Spirituality

Skeptics/Skepticism

Psi

Psychics & Mediums

Atheism

UFO

Neuroscience

Conspiracy Theories

Contactee Experience

OBE

1
00:00:12,410 --> 00:00:09,049
on this episode of skeptic oh I wonder

2
00:00:15,140 --> 00:00:12,420
if we miss something when we try and get

3
00:00:16,910 --> 00:00:15,150
too technical with the slide rule

4
00:00:18,260 --> 00:00:16,920
science you know the slide real science

5
00:00:20,900 --> 00:00:18,270
where we're just going well it must be

6
00:00:23,179 --> 00:00:20,910
this must be this must be this when at

7
00:00:25,640 --> 00:00:23,189
the edges we realize how little we don't

8
00:00:28,400 --> 00:00:25,650
know when we really look at the broader

9
00:00:30,200 --> 00:00:28,410
spectrum of be it banks then or what wim

10
00:00:32,600 --> 00:00:30,210
hof does or you know somebody who has a

11
00:00:35,780 --> 00:00:32,610
near-death experience and as part of the

12
00:00:38,030 --> 00:00:35,790
experience goes through a healing of a

13
00:00:39,860 --> 00:00:38,040

some other ailment you know I mean that

14

00:00:42,080 --> 00:00:39,870

there's all sorts of those stories well

15

00:00:43,970 --> 00:00:42,090

doctors I mean they believe that if you

16

00:00:45,350 --> 00:00:43,980

can make yourself sick like I think it's

17

00:00:47,350 --> 00:00:45,360

called like a taco soup oh

18

00:00:49,760 --> 00:00:47,360

cardiomyopathy a broken heart syndrome

19

00:00:52,279 --> 00:00:49,770

where the heart can weaken itself

20

00:00:53,450 --> 00:00:52,289

literally from severe mental stress so

21

00:00:55,580 --> 00:00:53,460

they believe in that but yet they don't

22

00:00:57,709 --> 00:00:55,590

believe that possibly from a spiritual

23

00:00:58,610 --> 00:00:57,719

standpoint or a metaphysical standpoint

24

00:01:01,310 --> 00:00:58,620

or whatever you want to call that a

25

00:01:03,229 --> 00:01:01,320

person could will themselves to get

26

00:01:07,840 --> 00:01:03,239

better I've noted to happen and it's

27

00:01:16,700 --> 00:01:07,850

happened stay with us for skeptic Oh

28

00:01:21,359 --> 00:01:19,260

hi everyone I have an interview coming

29

00:01:23,849 --> 00:01:21,369

up in a minute with John Brisson about

30

00:01:26,639 --> 00:01:23,859

fix your gut and about how our stomach

31

00:01:28,590 --> 00:01:26,649

is kind of the driving engine for a lot

32

00:01:30,270 --> 00:01:28,600

of health issues there is a lot of

33

00:01:32,069 --> 00:01:30,280

skeptical issues around this that I

34

00:01:32,699 --> 00:01:32,079

think are interesting and we explored a

35

00:01:34,289 --> 00:01:32,709

little bit

36

00:01:36,330 --> 00:01:34,299

for example if everything is

37

00:01:37,980 --> 00:01:36,340

consciousness why do we even bother with

38

00:01:40,349 --> 00:01:37,990

health or why do we bother so much

39

00:01:42,539 --> 00:01:40,359
especially someone like me who winds up

40

00:01:44,910 --> 00:01:42,549
kind of doing and trying a lot of

41

00:01:47,100 --> 00:01:44,920
different health related things

42

00:01:49,589 --> 00:01:47,110
why bother world what world kind of

43

00:01:52,649 --> 00:01:49,599
thing so that's one topic and on the

44

00:01:54,830 --> 00:01:52,659
more conspiratorial side why does it so

45

00:01:58,050 --> 00:01:54,840
often seem like our medical

46

00:02:00,149 --> 00:01:58,060
establishment is conspiring against our

47

00:02:02,809 --> 00:02:00,159
health and sometimes seem to be driving

48

00:02:05,249 --> 00:02:02,819
us over the cliff with advances in

49

00:02:07,109 --> 00:02:05,259
technology so those are a couple of

50

00:02:08,880 --> 00:02:07,119
things that we get into but mainly we

51
00:02:11,610 --> 00:02:08,890
talk about how fixing your gut can

52
00:02:14,550 --> 00:02:11,620
really improve your health hope you

53
00:02:17,069 --> 00:02:14,560
enjoy my chat with John person today we

54
00:02:19,770 --> 00:02:17,079
welcome John Brisson to skeptic Oh John

55
00:02:22,770 --> 00:02:19,780
is the author of fix your gut the

56
00:02:25,440 --> 00:02:22,780
definitive guide to digestive disorders

57
00:02:27,089 --> 00:02:25,450
and although that might not seem like a

58
00:02:29,909 --> 00:02:27,099
natural fit but some of the topics we

59
00:02:31,710 --> 00:02:29,919
cover here on skeptic oh I can tell you

60
00:02:33,930 --> 00:02:31,720
that after listening to many hours of

61
00:02:36,750 --> 00:02:33,940
interviews with John reading his

62
00:02:40,979 --> 00:02:36,760
excellent book and even hiring to do a

63
00:02:43,440 --> 00:02:40,989

consult with a member of my family boy I

64

00:02:44,819 --> 00:02:43,450

can tell you you're in for a treat I can

65

00:02:48,420 --> 00:02:44,829

assure you that John is in the right

66

00:02:49,830 --> 00:02:48,430

place here on skeptic oh it's great to

67

00:02:52,050 --> 00:02:49,840

have you John thanks for joining me

68

00:02:54,150 --> 00:02:52,060

thank you for having me Alex I'm a huge

69

00:02:56,220 --> 00:02:54,160

fan of the show I love what you do at

70

00:02:58,500 --> 00:02:56,230

skeptic Oh enjoyed many of your

71

00:03:00,420 --> 00:02:58,510

interviews especially when he asked the

72

00:03:03,440 --> 00:03:00,430

tough questions like asking Jim Marrs

73

00:03:05,819 --> 00:03:03,450

point blank if he was a Scientologist

74

00:03:08,339 --> 00:03:05,829

but yeah definitely thank you for having

75

00:03:11,069 --> 00:03:08,349

me on well it's great to be here and it

76

00:03:12,479 --> 00:03:11,079

is great to know someone who is familiar

77

00:03:13,949 --> 00:03:12,489

with the show and have them out as a

78

00:03:16,770 --> 00:03:13,959

guest because as we were talking about

79

00:03:19,170 --> 00:03:16,780

beforehand you know I do have some you

80

00:03:20,430 --> 00:03:19,180

know just skeptical kind of questions I

81

00:03:23,430 --> 00:03:20,440

asked the stuff that I'm really curious

82

00:03:25,349 --> 00:03:23,440

of and especially since you've done some

83

00:03:26,890 --> 00:03:25,359

excellent interviews out there that

84

00:03:29,020 --> 00:03:26,900

people can find they

85

00:03:31,300 --> 00:03:29,030

interviewed it you did with Gregg on the

86

00:03:33,309 --> 00:03:31,310

higher side chats is great crime Eric

87

00:03:38,410 --> 00:03:33,319

was great I know you've done other ones

88

00:03:41,140 --> 00:03:38,420

but I have questions that maybe some

89

00:03:43,690 --> 00:03:41,150

people haven't heard of before and they

90

00:03:45,819 --> 00:03:43,700

are genuine concerns and areas of

91

00:03:47,949 --> 00:03:45,829

interest to me so I've sent you some of

92

00:03:51,160 --> 00:03:47,959

those in advance and I think we're gonna

93

00:03:52,690 --> 00:03:51,170

have some fun yes very much so I enjoyed

94

00:03:54,309 --> 00:03:52,700

the questions that you sent me it'd be

95

00:03:56,289 --> 00:03:54,319

good for us to challenge each other I

96

00:03:59,199 --> 00:03:56,299

enjoy it you know that's one of the lost

97

00:04:00,940 --> 00:03:59,209

arts of podcasting it seems that less

98

00:04:03,399 --> 00:04:00,950

and less people want to get into you

99

00:04:05,289 --> 00:04:03,409

know civil debate but at least this

100

00:04:07,030 --> 00:04:05,299

discussion I guess if you want to call

101
00:04:08,379 --> 00:04:07,040
it you know and I that's why I love

102
00:04:10,449 --> 00:04:08,389
skeptic oh so much because you are

103
00:04:13,360 --> 00:04:10,459
willing to ask the tough questions

104
00:04:15,670 --> 00:04:13,370
great great be a skeptic I always call

105
00:04:19,509 --> 00:04:15,680
them one-offs you know I go that person

106
00:04:22,960 --> 00:04:19,519
will never talk to me again but okay at

107
00:04:26,830 --> 00:04:22,970
least I got that interview in there but

108
00:04:29,170 --> 00:04:26,840
you know let's with all that let's kind

109
00:04:30,219 --> 00:04:29,180
of start with the main thing that people

110
00:04:33,790 --> 00:04:30,229
are gonna want to know from the

111
00:04:36,310 --> 00:04:33,800
beginning is an intro of you who you are

112
00:04:40,719 --> 00:04:36,320
and how you got into all this fix your

113
00:04:45,640 --> 00:04:40,729

gut yeah Alex well my name is John

114

00:04:48,490 --> 00:04:45,650

Burris said maybe early 30s well I guess

115

00:04:51,250 --> 00:04:48,500

if I got to start with how health became

116

00:04:53,680 --> 00:04:51,260

an interest of mine was I was sick a lot

117

00:04:58,450 --> 00:04:53,690

when I was a child first off I was born

118

00:05:00,550 --> 00:04:58,460

three months premature back in 1985 had

119

00:05:03,760 --> 00:05:00,560

asthma had a lot of problems a lot of

120

00:05:05,110 --> 00:05:03,770

issues growing up myself and other

121

00:05:07,029 --> 00:05:05,120

members of my family which we'll talk

122

00:05:10,180 --> 00:05:07,039

about they also had medical issues my

123

00:05:12,250 --> 00:05:10,190

mother had systemic lupus when she was

124

00:05:14,649 --> 00:05:12,260

pregnant with me the doctors actually

125

00:05:16,420 --> 00:05:14,659

were asking her if she wanted to abort

126
00:05:17,500 --> 00:05:16,430
me because they didn't know how lupus

127
00:05:20,260 --> 00:05:17,510
was gonna affect her during the

128
00:05:22,240 --> 00:05:20,270
pregnancy and didn't know how it was

129
00:05:23,649 --> 00:05:22,250
gonna affect me later in life you know

130
00:05:25,810 --> 00:05:23,659
was that was in you know develop

131
00:05:27,580 --> 00:05:25,820
prematurely possibly from her having

132
00:05:29,620 --> 00:05:27,590
lupus and she was a staunch Catholic and

133
00:05:32,409 --> 00:05:29,630
she was totally against abortion so she

134
00:05:34,110 --> 00:05:32,419
wanted to have me and so you know from

135
00:05:36,100 --> 00:05:34,120
there I had my own medical challenges

136
00:05:37,510 --> 00:05:36,110
that a lot of your listeners that

137
00:05:40,170 --> 00:05:37,520
probably have gone through with members

138
00:05:44,160 --> 00:05:40,180

of their family or with their own health

139

00:05:47,340 --> 00:05:44,170

and my mom sadly passed away when I was

140

00:05:49,500 --> 00:05:47,350

very young when I was seven from

141

00:05:51,660 --> 00:05:49,510

complications of lupus she contracted

142

00:05:54,540 --> 00:05:51,670

bronchitis on our immune system could

143

00:05:57,180 --> 00:05:54,550

not handle it and she passed away and

144

00:05:59,730 --> 00:05:57,190

later my father was actually one of the

145

00:06:03,000 --> 00:05:59,740

first people the United States diagnosed

146

00:06:04,620 --> 00:06:03,010

with hepatitis C in the late 80s early

147

00:06:07,560 --> 00:06:04,630

90s he was one of the first people to

148

00:06:10,890 --> 00:06:07,570

get a rub of iron treatment for Duke

149

00:06:12,690 --> 00:06:10,900

University in the mid 90s so I remember

150

00:06:13,920 --> 00:06:12,700

growing up helping take care of my

151

00:06:15,660 --> 00:06:13,930

father especially when I was in high

152

00:06:18,240 --> 00:06:15,670

school you know him taking rob of iron

153

00:06:20,820 --> 00:06:18,250

and vomiting you know throughout the

154

00:06:23,840 --> 00:06:20,830

night you know not being able to sleep

155

00:06:26,130 --> 00:06:23,850

crying from it making him so sick and

156

00:06:29,070 --> 00:06:26,140

sadly eventually my dad ended up passing

157

00:06:30,240 --> 00:06:29,080

away right before I went to college I

158

00:06:31,890 --> 00:06:30,250

was going to go to University of

159

00:06:33,630 --> 00:06:31,900

Charlotte for computer programming had a

160

00:06:34,740 --> 00:06:33,640

nice scholarship to go there and a

161

00:06:38,430 --> 00:06:34,750

program that they have going at the time

162

00:06:41,240 --> 00:06:38,440

and he died from copy you know sources

163

00:06:43,860 --> 00:06:41,250

the liver complications of having kept C

164

00:06:45,240 --> 00:06:43,870

so I guess that wasn't what was intended

165

00:06:48,030 --> 00:06:45,250

for me to actually do that cuz I had a

166

00:06:53,340 --> 00:06:48,040

mental breakdown about a month later

167

00:06:55,440 --> 00:06:53,350

returned home and went to college it

168

00:06:57,540 --> 00:06:55,450

kind of shifted a little bit I kind of

169

00:06:59,910 --> 00:06:57,550

thought about maybe going for biology at

170

00:07:02,310 --> 00:06:59,920

one point maybe going for nursing school

171

00:07:05,280 --> 00:07:02,320

at FTCC neither one of those things

172

00:07:08,250 --> 00:07:05,290

ended up painting out and this worked

173

00:07:09,510 --> 00:07:08,260

odd jobs here and there one time

174

00:07:10,980 --> 00:07:09,520

actually my father's interesting I

175

00:07:13,830 --> 00:07:10,990

worked as a role player for the United

176

00:07:17,270 --> 00:07:13,840

States government dressing up as an Arab

177

00:07:24,120 --> 00:07:17,280

which was a very very interesting job

178

00:07:26,820 --> 00:07:24,130

but I I got sick I even though I had

179

00:07:29,910 --> 00:07:26,830

asthma you had a lot of health issues my

180

00:07:31,230 --> 00:07:29,920

Penix burst when I was 14 and ended up

181

00:07:32,640 --> 00:07:31,240

being in the hospital for a month

182

00:07:35,970 --> 00:07:32,650

because it almost failed eighth grade

183

00:07:38,280 --> 00:07:35,980

and they ended up having a hernia

184

00:07:40,200 --> 00:07:38,290

surgery afterwards and everything my I

185

00:07:41,850 --> 00:07:40,210

could pretty much was pretty stable I

186

00:07:43,560 --> 00:07:41,860

can eat what I want for the most part

187

00:07:47,310 --> 00:07:43,570

and not really have feel too terribly

188

00:07:50,760 --> 00:07:47,320

bad or but around the time before my

189

00:07:53,030 --> 00:07:50,770

first son was born about a month before

190

00:07:56,120 --> 00:07:53,040

I started getting

191

00:07:59,570 --> 00:07:56,130

I started having silent reflux

192

00:08:01,400 --> 00:07:59,580

I started had dealing with extreme

193

00:08:02,480 --> 00:08:01,410

anxiety and extreme phobias that I never

194

00:08:05,810 --> 00:08:02,490

had before I was like afraid of

195

00:08:07,550 --> 00:08:05,820

chemicals develop chemical phobia and I

196

00:08:09,020 --> 00:08:07,560

and it was weird I got I got very ill

197

00:08:10,550 --> 00:08:09,030

and I couldn't really pinpoint exactly

198

00:08:12,530 --> 00:08:10,560

why later I figured out was because I

199

00:08:15,620 --> 00:08:12,540

was taking my Center pearl which is an

200

00:08:17,780 --> 00:08:15,630

ACE inhibitor and complete sync and it

201
00:08:20,920 --> 00:08:17,790
led me to having an under functioning

202
00:08:23,900 --> 00:08:20,930
immune system and I got a CH poor eye

203
00:08:26,720 --> 00:08:23,910
you know can we stop right there and can

204
00:08:30,080 --> 00:08:26,730
you explain what each poor eye is

205
00:08:32,600 --> 00:08:30,090
because it might pop up a lot I mean

206
00:08:35,150 --> 00:08:32,610
this whole story is so fascinating

207
00:08:37,130 --> 00:08:35,160
because people might not know this at

208
00:08:40,040 --> 00:08:37,140
this point and they might be hearing

209
00:08:41,659 --> 00:08:40,050
kind of these random unbelievably really

210
00:08:46,190 --> 00:08:41,669
tragic things that have happened in your

211
00:08:48,860 --> 00:08:46,200
life but your work now touches literally

212
00:08:52,100 --> 00:08:48,870
thousands and thousands of people with

213
00:08:55,100 --> 00:08:52,110

the same conditions you're talking about

214

00:08:56,360 --> 00:08:55,110

but this latest one I think let's break

215

00:08:58,520 --> 00:08:56,370

that down because I've heard you mention

216

00:09:01,670 --> 00:08:58,530

it before it's come up in my personal

217

00:09:03,440 --> 00:09:01,680

health situation and let's break that

218

00:09:05,780 --> 00:09:03,450

down for people and then continue with

219

00:09:08,900 --> 00:09:05,790

the story because it's great stuff yes

220

00:09:11,210 --> 00:09:08,910

I'm H pleura is a bacteria to grab

221

00:09:15,320 --> 00:09:11,220

negative bacteria Helius helio back to

222

00:09:17,000 --> 00:09:15,330

pleura it's generally found in the

223

00:09:20,840 --> 00:09:17,010

stomach it was known as the cause of

224

00:09:23,030 --> 00:09:20,850

ulcers for years doctors thought that

225

00:09:24,410 --> 00:09:23,040

the cause of ulcers and we get to that

226

00:09:26,240 --> 00:09:24,420

you know current medicine we're gonna

227

00:09:27,650 --> 00:09:26,250

talk about some of the issues and this

228

00:09:34,040 --> 00:09:27,660

is one of them it's kind of like a

229

00:09:37,400 --> 00:09:34,050

teaser researchers knew for about since

230

00:09:40,760 --> 00:09:37,410

the mid-1980s when Barry Marshall who

231

00:09:43,790 --> 00:09:40,770

was an Australian researcher he within

232

00:09:46,100 --> 00:09:43,800

Robin Warren they both discovered that H

233

00:09:47,930 --> 00:09:46,110

plour I was the cause of peptic ulcers

234

00:09:50,420 --> 00:09:47,940

disease and gastritis and reflux

235

00:09:54,170 --> 00:09:50,430

actually Barry Marshall no one believed

236

00:09:56,960 --> 00:09:54,180

him drunk a concoction of H fluoride

237

00:09:58,790 --> 00:09:56,970

that he had cultured and gave himself

238

00:10:01,610 --> 00:09:58,800

ulcers and then treated with antibiotics

239

00:10:02,930 --> 00:10:01,620

just to prove that it was the cause and

240

00:10:04,700 --> 00:10:02,940

you know most people back then thought

241

00:10:07,010 --> 00:10:04,710

that the main cause of all peptic ulcers

242

00:10:09,520 --> 00:10:07,020

are stress and doctors were treating

243

00:10:14,800 --> 00:10:09,530

two cultures Bailey with just antacids

244

00:10:19,340 --> 00:10:14,810

and it wasn't really until the early

245

00:10:21,770 --> 00:10:19,350

2000s the late 1990s where doctors

246

00:10:24,110 --> 00:10:21,780

actually started treating alters as a CH

247

00:10:26,990 --> 00:10:24,120

pleura infection with triple or

248

00:10:30,110 --> 00:10:27,000

quadruple antibiotic therapy so it took

249

00:10:31,910 --> 00:10:30,120

a good 15 years for the research for the

250

00:10:33,860 --> 00:10:31,920

doctors actually to catch up and start

251
00:10:37,520 --> 00:10:33,870
treating the condition as what it is

252
00:10:38,990 --> 00:10:37,530
which is H pull or IED dysbiosis there's

253
00:10:41,330 --> 00:10:39,000
been more information to come out about

254
00:10:43,550 --> 00:10:41,340
Asia pull or I can cause many possible

255
00:10:45,920 --> 00:10:43,560
you'd be the cause of any possible cause

256
00:10:47,660 --> 00:10:45,930
of any autoimmune diseases multiple

257
00:10:51,470 --> 00:10:47,670
sclerosis for example of h pylori is

258
00:10:54,380 --> 00:10:51,480
able to colonize the brain or spinal

259
00:10:57,890 --> 00:10:54,390
cord has been shown as cause of MS a

260
00:10:59,900 --> 00:10:57,900
Sjogren's syndrome which is mainly

261
00:11:03,050 --> 00:10:59,910
characteristic by dry mouth and dry eyes

262
00:11:06,860 --> 00:11:03,060
has been shown to be possibly caused by

263
00:11:08,540 --> 00:11:06,870

H Pole or I gastric cancer has also been

264

00:11:11,930 --> 00:11:08,550

implicated to be caused mainly by H

265

00:11:14,660 --> 00:11:11,940

pleura colonization dysbiosis so yeah

266

00:11:17,240 --> 00:11:14,670

you know H pleura may be very personally

267

00:11:21,560 --> 00:11:17,250

may be very ill it made me have a severe

268

00:11:23,600 --> 00:11:21,570

anxiety from ammonia production it

269

00:11:25,400 --> 00:11:23,610

destroyed my life worse and actually

270

00:11:27,530 --> 00:11:25,410

there were my I had sepsis with my pen

271

00:11:29,690 --> 00:11:27,540

despite appendix burst yeah that might

272

00:11:32,870 --> 00:11:29,700

have been killing me but it didn't rob

273

00:11:36,610 --> 00:11:32,880

me as much as my mental faculty or my

274

00:11:39,170 --> 00:11:36,620

life as much as the H floor i chronicles

275

00:11:41,660 --> 00:11:39,180

you know in John let me just interject a

276

00:11:44,810 --> 00:11:41,670

quick little story from my own health

277

00:11:47,480 --> 00:11:44,820

that were it intersected with h pylori

278

00:11:49,850 --> 00:11:47,490

and I shared this a few years ago on

279

00:11:52,640 --> 00:11:49,860

this show but you know I'm I'm pretty

280

00:11:54,620 --> 00:11:52,650

much one of these guys that don't like

281

00:11:56,930 --> 00:11:54,630

to go to the doctor kind of thing which

282

00:11:59,450 --> 00:11:56,940

a lot of people can relate to but I had

283

00:12:01,310 --> 00:11:59,460

this heart condition that was causing me

284

00:12:03,080 --> 00:12:01,320

to be really tired and I finally broke

285

00:12:04,340 --> 00:12:03,090

down went to the doctor the doctor says

286

00:12:06,830 --> 00:12:04,350

hey it's all in your head there's

287

00:12:08,930 --> 00:12:06,840

nothing there so I went back I still

288

00:12:11,570 --> 00:12:08,940

felt bad a few months later I go to the

289

00:12:13,250 --> 00:12:11,580

doctor again she puts the thing and she

290

00:12:15,800 --> 00:12:13,260

goes oh my god we got to get you to a

291

00:12:17,990 --> 00:12:15,810

cardiologist right away you have afib

292

00:12:19,370 --> 00:12:18,000

you have this irregular heartbeat it

293

00:12:20,430 --> 00:12:19,380

sounds really bad we have to do

294

00:12:23,760 --> 00:12:20,440

something

295

00:12:28,110 --> 00:12:23,770

so this was a few years ago and luckily

296

00:12:30,630 --> 00:12:28,120

for me my friend Barack Obama stepped in

297

00:12:33,030 --> 00:12:30,640

and it kind of screwed up everything

298

00:12:35,460 --> 00:12:33,040

with the Obamacare so that my insurance

299

00:12:38,160 --> 00:12:35,470

was gonna cause me to have to wait 90

300

00:12:41,130 --> 00:12:38,170

days to see the cardiologist and all the

301

00:12:42,960 --> 00:12:41,140

rest of this so I had this little time

302

00:12:44,730 --> 00:12:42,970

and I was able to kind of regain my

303

00:12:47,490 --> 00:12:44,740

composure and go wait a minute you know

304

00:12:49,140 --> 00:12:47,500

I'm not I'm not about these doctors I

305

00:12:52,560 --> 00:12:49,150

wanna I'll do it if I have to but I want

306

00:12:55,860 --> 00:12:52,570

to look for everything possible so I

307

00:12:58,920 --> 00:12:55,870

started doing my work and the one bit of

308

00:13:03,080 --> 00:12:58,930

data that I came across was this study

309

00:13:06,180 --> 00:13:03,090

that was done by these gastrointestinal

310

00:13:10,950 --> 00:13:06,190

specialists in Italy who had discovered

311

00:13:14,730 --> 00:13:10,960

that people with h pylori were 20 times

312

00:13:17,460 --> 00:13:14,740

more likely to have afib than those yet

313

00:13:20,010 --> 00:13:17,470

weren't so they hadn't drawn any you

314

00:13:23,340 --> 00:13:20,020

know cause and effect but they had said

315

00:13:26,790 --> 00:13:23,350

gee isn't this interesting especially 20

316

00:13:27,300 --> 00:13:26,800

times not not 2 times not 4 times 20

317

00:13:30,390 --> 00:13:27,310

items

318

00:13:33,240 --> 00:13:30,400

armed with this data I was I had this

319

00:13:36,120 --> 00:13:33,250

renewed vigor I was gonna go back and

320

00:13:37,740 --> 00:13:36,130

maybe the medical system establishment

321

00:13:39,780 --> 00:13:37,750

could help me now that I had some data

322

00:13:41,940 --> 00:13:39,790

we had something we could target on yeah

323

00:13:45,450 --> 00:13:41,950

I brought the study into the first

324

00:13:47,610 --> 00:13:45,460

doctor she wouldn't even look at it

325

00:13:48,900 --> 00:13:47,620

she dismissed it out of hand I mean this

326

00:13:50,850 --> 00:13:48,910

is like a story you tell somebody

327

00:13:52,920 --> 00:13:50,860

wouldn't even look at I printed it out

328

00:13:54,810 --> 00:13:52,930

she says no it has nothing to do with

329

00:13:59,370 --> 00:13:54,820

what you're eating or anything like that

330

00:14:02,040 --> 00:13:59,380

so doctor number two wouldn't look at it

331

00:14:05,190 --> 00:14:02,050

tries to prescribe me all these black

332

00:14:08,610 --> 00:14:05,200

box drugs if anyone doesn't know those

333

00:14:10,860 --> 00:14:08,620

are drugs that it says right onam can

334

00:14:13,290 --> 00:14:10,870

cause all these horrible side effects

335

00:14:15,860 --> 00:14:13,300

and they're being they're being given

336

00:14:19,530 --> 00:14:15,870

for off-label they're not even being

337

00:14:21,900 --> 00:14:19,540

prescribed for the fda-approved purpose

338

00:14:23,520 --> 00:14:21,910

but by the discretion of the doctor and

339

00:14:25,890 --> 00:14:23,530

I don't want to go on too far but I

340

00:14:28,200 --> 00:14:25,900

didn't last very long at that doctor

341

00:14:31,200 --> 00:14:28,210

either but what the guy told me at the

342

00:14:33,570 --> 00:14:31,210

end and and maybe this will pick up back

343

00:14:36,570 --> 00:14:33,580

with a story that did you encounter his

344

00:14:38,430 --> 00:14:36,580

well but the guy said hey I just want to

345

00:14:42,300 --> 00:14:38,440

make sure you're telling your wife

346

00:14:46,140 --> 00:14:42,310

cuz when the ambulance shows up at door

347

00:14:48,030 --> 00:14:46,150

I don't want her coming to me and I just

348

00:14:51,180 --> 00:14:48,040

want to add that this guy was in a

349

00:14:53,130 --> 00:14:51,190

clinic that a very you know high-end

350

00:14:58,140 --> 00:14:53,140

clinic here in Southern California that

351

00:15:01,410 --> 00:14:58,150

promotes complementary medicine so that

352

00:15:03,840 --> 00:15:01,420

was my experience and then what I

353

00:15:05,340 --> 00:15:03,850

tackled and how I tackled it is going to

354

00:15:06,870 --> 00:15:05,350

fit in nicely with a lot of the stuff

355

00:15:08,970 --> 00:15:06,880

that you've discovered and you are it's

356

00:15:11,490 --> 00:15:08,980

so brilliant on this stuff you can talk

357

00:15:12,930 --> 00:15:11,500

for hours and tell people and and people

358

00:15:14,760 --> 00:15:12,940

will never get enough I mean you can

359

00:15:16,350 --> 00:15:14,770

talk forever people never get enough

360

00:15:17,970 --> 00:15:16,360

they're gonna have to go check out your

361

00:15:19,770 --> 00:15:17,980

book and your website because you're so

362

00:15:23,340 --> 00:15:19,780

generous and sharing all this

363

00:15:24,750 --> 00:15:23,350

information but I want you to thanks for

364

00:15:27,570 --> 00:15:24,760

listening to that I want you to pick

365

00:15:30,180 --> 00:15:27,580

back up with with your story because I

366

00:15:33,360 --> 00:15:30,190

think what you've gone through is is

367

00:15:35,820 --> 00:15:33,370

really it's terrible to hear that

368

00:15:38,580 --> 00:15:35,830

somebody's had to endure all that but

369

00:15:41,220 --> 00:15:38,590

it's hard not to believe that there was

370

00:15:43,410 --> 00:15:41,230

some purpose in that given the work that

371

00:15:44,820 --> 00:15:43,420

you're doing now Johnson so tell us what

372

00:15:49,290 --> 00:15:44,830

happens after this after you have your

373

00:15:51,090 --> 00:15:49,300

this health crisis with h pylori yeah

374

00:15:53,340 --> 00:15:51,100

well did one last thing Alex and I'll

375

00:15:55,350 --> 00:15:53,350

continue on that it's known that H

376

00:15:57,870 --> 00:15:55,360

fluoride as a gram-negative bacteria

377

00:15:59,970 --> 00:15:57,880

produces into toxins and into toxins are

378

00:16:03,210 --> 00:15:59,980

a main cause when kept unchecked by our

379

00:16:05,430 --> 00:16:03,220

body our main source of inflammation

380

00:16:07,110 --> 00:16:05,440

you know elevate H s CR P so yeah I mean

381

00:16:10,080 --> 00:16:07,120

the study the Italian study that you're

382

00:16:11,700 --> 00:16:10,090

referencing being linked to a DH being a

383

00:16:14,310 --> 00:16:11,710

pathogenic link it's because of the

384

00:16:16,020 --> 00:16:14,320

endotoxins and certain cytotoxins @h

385

00:16:18,480 --> 00:16:16,030

fluoride produces and you see that with

386

00:16:19,710 --> 00:16:18,490

a lot of dysbiosis so it's interesting

387

00:16:21,300 --> 00:16:19,720

that you brought this information to

388

00:16:23,520 --> 00:16:21,310

your doctor and they're just like you

389

00:16:25,070 --> 00:16:23,530

know whatever this but if they actually

390

00:16:28,470 --> 00:16:25,080

if you took it to possibly a

391

00:16:30,270 --> 00:16:28,480

microbiologist maybe if someone with

392

00:16:31,920 --> 00:16:30,280

also with immunologist type background

393

00:16:33,630 --> 00:16:31,930

they look at it they go yeah you're

394

00:16:36,390 --> 00:16:33,640

probably right

395

00:16:37,620 --> 00:16:36,400

so a similar thing happened to me I had

396

00:16:41,270 --> 00:16:37,630

a when I was going through my healthy

397

00:16:45,180 --> 00:16:41,280

she had a doctor tell me that ubiquinol

398

00:16:46,900 --> 00:16:45,190

didn't work and I was just wasting my

399

00:16:48,460 --> 00:16:46,910

money and wait you know my health and

400

00:16:50,860 --> 00:16:48,470

you know and everything and laughed in

401
00:16:52,240 --> 00:16:50,870
my face when in Japan it's used for high

402
00:16:56,140 --> 00:16:52,250
blood pressure and heart failure by

403
00:16:59,430 --> 00:16:56,150
prescription so it's is that ignorant is

404
00:17:02,440 --> 00:16:59,440
astounding and and I was sick you know

405
00:17:04,300 --> 00:17:02,450
for a long time I've been got out of H

406
00:17:05,890 --> 00:17:04,310
pleura about two or three years ago once

407
00:17:09,730 --> 00:17:05,900
I finally figured out that was what it

408
00:17:13,000 --> 00:17:09,740
was and but my main trials that I had

409
00:17:18,700 --> 00:17:13,010
with the medical establishment was with

410
00:17:20,320 --> 00:17:18,710
my middle child Abel he my wife when she

411
00:17:22,510 --> 00:17:20,330
was pregnant with him she started

412
00:17:26,140 --> 00:17:22,520
developing poly Hydra most which she had

413
00:17:30,340 --> 00:17:26,150

carried a lot a lot of fluid and they

414

00:17:32,770 --> 00:17:30,350

did a ultrasound around the 32 week mark

415

00:17:36,940 --> 00:17:32,780

and noticed that he wasn't moving very

416

00:17:38,320 --> 00:17:36,950

much at the time and they could really

417

00:17:43,060 --> 00:17:38,330

give us no reason why his heart was

418

00:17:46,930 --> 00:17:43,070

beating but he wasn't moving so they had

419

00:17:51,880 --> 00:17:46,940

no idea of the extent of what was

420

00:17:55,990 --> 00:17:51,890

happening so my wife later had a

421

00:17:58,000 --> 00:17:56,000

c-section because they're afraid that he

422

00:18:00,880 --> 00:17:58,010

may not survive in the natural vaginal

423

00:18:03,730 --> 00:18:00,890

birth and when he was born he was

424

00:18:07,720 --> 00:18:03,740

extremely contracted both of his arms

425

00:18:10,210 --> 00:18:07,730

and hands were turned inward you could

426

00:18:13,930 --> 00:18:10,220

barely make an audible cry so they

427

00:18:17,650 --> 00:18:13,940

rushed him off to the to the intensive

428

00:18:19,090 --> 00:18:17,660

care unit and so we had no idea what's

429

00:18:21,340 --> 00:18:19,100

going on they had they've never seen

430

00:18:23,920 --> 00:18:21,350

anything like this before

431

00:18:25,750 --> 00:18:23,930

and so eventually they were working to

432

00:18:30,040 --> 00:18:25,760

try to get him transferred to UNC Chapel

433

00:18:32,320 --> 00:18:30,050

Hill and I remember you know he was on

434

00:18:35,560 --> 00:18:32,330

the ventilator he was in ICU the the

435

00:18:38,830 --> 00:18:35,570

head pediatrician the head of the

436

00:18:40,390 --> 00:18:38,840

neonatal unit at the local hospital came

437

00:18:42,010 --> 00:18:40,400

up to me and we were talking and

438

00:18:44,110 --> 00:18:42,020

everything and you know he was like well

439

00:18:45,730 --> 00:18:44,120

do you want to move them to Chapel Hill

440

00:18:48,220 --> 00:18:45,740

or do you want to take them off the

441

00:18:50,200 --> 00:18:48,230

ventilator and I was like well let's

442

00:18:52,090 --> 00:18:50,210

move him to Chapel Hill at least till we

443

00:18:54,940 --> 00:18:52,100

get a diagnosis of what it is he's not

444

00:18:56,470 --> 00:18:54,950

getting any worse you know and the

445

00:18:59,250 --> 00:18:56,480

doctor looked right at me and he said

446

00:19:04,660 --> 00:18:59,260

well as disabled as he is

447

00:19:06,730 --> 00:19:04,670

he's probably better off dead and I was

448

00:19:09,460 --> 00:19:06,740

shocked I was taken back you know I was

449

00:19:13,720 --> 00:19:09,470

like holy crap I mean my wife you know

450

00:19:16,870 --> 00:19:13,730

she started crying and I I mean I took

451
00:19:20,800 --> 00:19:16,880
me everything not just to punch him you

452
00:19:22,510 --> 00:19:20,810
know I was livid and I was shocked too

453
00:19:25,210 --> 00:19:22,520
at the same time you know how dare

454
00:19:27,430 --> 00:19:25,220
someone the medical and not all doctors

455
00:19:29,650 --> 00:19:27,440
are like that I'll get to that later

456
00:19:31,480 --> 00:19:29,660
and my own personal experience but it

457
00:19:34,030 --> 00:19:31,490
was I was just you know I wasn't I was

458
00:19:36,850 --> 00:19:34,040
just not back so able gets transferred

459
00:19:39,400 --> 00:19:36,860
to UNC Chapel Hill they start running

460
00:19:41,830 --> 00:19:39,410
some tests we meet with one of his

461
00:19:43,600 --> 00:19:41,840
doctors who I will mention her because

462
00:19:46,630 --> 00:19:43,610
she was an excellent doctor or name her

463
00:19:50,020 --> 00:19:46,640

name was Jane fan my first meeting with

464

00:19:52,690 --> 00:19:50,030

her didn't go ego very well either but

465

00:19:55,300 --> 00:19:52,700

what we but later she you know believed

466

00:19:58,330 --> 00:19:55,310

in me and she believed in Abel and she

467

00:20:00,300 --> 00:19:58,340

changed where she was a very very

468

00:20:04,000 --> 00:20:00,310

brilliant woman she was a Nero

469

00:20:05,800 --> 00:20:04,010

geneticist a dual doctor and she said

470

00:20:07,300 --> 00:20:05,810

that the same thing that Abel was going

471

00:20:10,570 --> 00:20:07,310

to die and there wasn't anything that

472

00:20:12,790 --> 00:20:10,580

anybody could do but they were gonna do

473

00:20:14,260 --> 00:20:12,800

a muscle biopsy and maybe they can

474

00:20:16,920 --> 00:20:14,270

figure out what he has in the arrest

475

00:20:19,750 --> 00:20:16,930

sent off to the Mayo Clinic so they did

476

00:20:22,330 --> 00:20:19,760

and at the same time he was still not

477

00:20:24,190 --> 00:20:22,340

changing much at all it's been about

478

00:20:25,240 --> 00:20:24,200

three or four months at that time you

479

00:20:30,970 --> 00:20:25,250

were staying at the Ronald McDonald

480

00:20:33,610 --> 00:20:30,980

House and they got the dynast dig back

481

00:20:34,690 --> 00:20:33,620

one doctor had seen it before and or

482

00:20:37,210 --> 00:20:34,700

something similar to it which is

483

00:20:39,880 --> 00:20:37,220

Costello syndrome which is another hrsg

484

00:20:42,450 --> 00:20:39,890

mutation disease and he was like I've

485

00:20:46,270 --> 00:20:42,460

only seen one other case of this ever

486

00:20:47,770 --> 00:20:46,280

and it's only handful of cases in the

487

00:20:49,360 --> 00:20:47,780

medical literature my son was six

488

00:20:50,950 --> 00:20:49,370

diagnosed in the world with the name of

489

00:20:52,630 --> 00:20:50,960

the condition is congenital myopathy

490

00:20:54,190 --> 00:20:52,640

with excess muscle spindles it doesn't

491

00:20:56,020 --> 00:20:54,200

even have a fancy syndrome name or

492

00:21:00,550 --> 00:20:56,030

anything or a person discovered it's

493

00:21:02,320 --> 00:21:00,560

just what it is and so they told us he

494

00:21:05,560 --> 00:21:02,330

was gonna die most kids with Costello's

495

00:21:08,500 --> 00:21:05,570

die from heart failure and there was

496

00:21:09,700 --> 00:21:08,510

nothing that could be done and my wife

497

00:21:10,700 --> 00:21:09,710

and I talked about it for a long time

498

00:21:12,590 --> 00:21:10,710

and

499

00:21:13,880 --> 00:21:12,600

I didn't want him to suffer you know I

500

00:21:15,380 --> 00:21:13,890

didn't really think there's I mean I I

501
00:21:17,620 --> 00:21:15,390
knew some things at that point not

502
00:21:19,700 --> 00:21:17,630
nearly as much as I knew now but I

503
00:21:21,230 --> 00:21:19,710
decided no Alex I didn't know what

504
00:21:23,450 --> 00:21:21,240
really could be done for him so he made

505
00:21:25,610 --> 00:21:23,460
the decision we didn't want him to

506
00:21:27,470 --> 00:21:25,620
suffer that at least maybe we can have

507
00:21:30,080 --> 00:21:27,480
him breathe on his own and you know he

508
00:21:31,580 --> 00:21:30,090
can die with us you know so we were

509
00:21:34,970 --> 00:21:31,590
going to take off the ventilator so

510
00:21:38,990 --> 00:21:34,980
around that time nothing that can be

511
00:21:42,409 --> 00:21:39,000
medically explained occurred he spit out

512
00:21:44,149 --> 00:21:42,419
his breathing tube his innovation too

513
00:21:47,389 --> 00:21:44,159

and he could actually breathe better off

514

00:21:50,149 --> 00:21:47,399

the innovation tube than on and there is

515

00:21:52,820 --> 00:21:50,159

still no medical explanation of why that

516

00:21:56,029 --> 00:21:52,830

would have happened because his is is

517

00:21:57,350 --> 00:21:56,039

his his chest muscles his lung his lungs

518

00:21:59,330 --> 00:21:57,360

all that should've atrophied while he

519

00:22:01,430 --> 00:21:59,340

was on the ventilator because they were

520

00:22:06,019 --> 00:22:01,440

being you know not used properly but yet

521

00:22:09,860 --> 00:22:06,029

there he was so they go well you could

522

00:22:11,360 --> 00:22:09,870

take him home so he took him home and he

523

00:22:14,630 --> 00:22:11,370

was at her hospice and we eventually got

524

00:22:16,279 --> 00:22:14,640

him off a hospice and I star we started

525

00:22:19,149 --> 00:22:16,289

taking care of him so I started you know

526

00:22:22,310 --> 00:22:19,159

talking to dr. fan and I'm like look

527

00:22:24,889 --> 00:22:22,320

let's try some things so we started

528

00:22:27,230 --> 00:22:24,899

putting out we put him on Co Q 10 we put

529

00:22:28,639 --> 00:22:27,240

it on magnesium and she was reluctant at

530

00:22:30,230 --> 00:22:28,649

first but eventually you know showed her

531

00:22:33,139 --> 00:22:30,240

the data and she was like sure let's do

532

00:22:35,630 --> 00:22:33,149

this you know she came from China uh-uh

533

00:22:38,180 --> 00:22:35,640

she saw you know Chinese medicine work

534

00:22:39,289 --> 00:22:38,190

for people in her own family and she had

535

00:22:41,450 --> 00:22:39,299

mentioned to me so she was like fine

536

00:22:44,870 --> 00:22:41,460

let's do this so we started to do it now

537

00:22:46,430 --> 00:22:44,880

he started to get better I mean he

538

00:22:49,159 --> 00:22:46,440

wasn't ever gonna be a hundred percent

539

00:22:51,620 --> 00:22:49,169

you know he had a lot of physical issues

540

00:22:52,970 --> 00:22:51,630

that would have caused him problems that

541

00:22:54,740 --> 00:22:52,980

he may not have been able to overcome

542

00:22:57,350 --> 00:22:54,750

fully like the contractures or the

543

00:22:58,610 --> 00:22:57,360

muscle weakness to some degree but it's

544

00:23:00,440 --> 00:22:58,620

hard it becomes stronger his blood

545

00:23:02,539 --> 00:23:00,450

pressure had become normal and he

546

00:23:07,159 --> 00:23:02,549

started gaining weight and he was

547

00:23:08,210 --> 00:23:07,169

becoming a normal boy and then he it was

548

00:23:10,279 --> 00:23:08,220

through a feat he's having a feeding

549

00:23:13,970 --> 00:23:10,289

tube and we started giving his own

550

00:23:15,710 --> 00:23:13,980

formula and he lost a little bit of

551
00:23:18,049 --> 00:23:15,720
weight and one of the nutritionist was

552
00:23:19,490 --> 00:23:18,059
like well he's losing a little weight we

553
00:23:21,080 --> 00:23:19,500
don't know if you're really feeding them

554
00:23:22,700 --> 00:23:21,090
even though we told her that the nurses

555
00:23:24,019 --> 00:23:22,710
were you know the nurses documented that

556
00:23:24,630 --> 00:23:24,029
we fed them and everything he's being

557
00:23:30,090 --> 00:23:24,640
fed up

558
00:23:32,009 --> 00:23:30,100
and so they pretty much was like you

559
00:23:33,930 --> 00:23:32,019
know we're gonna have to contact you

560
00:23:35,700 --> 00:23:33,940
know the hospital social worker you know

561
00:23:38,490 --> 00:23:35,710
if he doesn't gain weight you need

562
00:23:41,759 --> 00:23:38,500
increases feet we were scared I should

563
00:23:43,799 --> 00:23:41,769

have told her just to screw off at the

564

00:23:46,080 --> 00:23:43,809

time but I think we basically were

565

00:23:48,060 --> 00:23:46,090

intimidating you that they had given

566

00:23:50,970 --> 00:23:48,070

your son they had given up hope on him

567

00:23:54,480 --> 00:23:50,980

they had given him to you to die at home

568

00:23:57,690 --> 00:23:54,490

and then they wanted to jump in again

569

00:23:59,850 --> 00:23:57,700

when some Mickey Mouse protocol that

570

00:24:04,139 --> 00:23:59,860

they thought should be in place wasn't

571

00:24:06,060 --> 00:24:04,149

there that's pretty incredible yeah and

572

00:24:06,779 --> 00:24:06,070

he was actually turning up he's doing

573

00:24:08,909 --> 00:24:06,789

well

574

00:24:10,320 --> 00:24:08,919

you know I mean by their standards other

575

00:24:12,600 --> 00:24:10,330

than his weight was a little bit off but

576
00:24:14,159 --> 00:24:12,610
even dr. fan you know she we talked

577
00:24:15,960 --> 00:24:14,169
about it she was like well it's normal

578
00:24:17,460 --> 00:24:15,970
for people with his condition that

579
00:24:20,970 --> 00:24:17,470
failure to thrive and his weights not

580
00:24:23,009 --> 00:24:20,980
that off you know and we were adjusting

581
00:24:24,750 --> 00:24:23,019
his formulas to the homemade formula and

582
00:24:28,049 --> 00:24:24,760
that's normal but yet the nutritionist

583
00:24:33,000 --> 00:24:28,059
was still pushing it and so we put him

584
00:24:35,549 --> 00:24:33,010
on back on the standard formula and he

585
00:24:38,430 --> 00:24:35,559
started having really bad breathing

586
00:24:40,049 --> 00:24:38,440
problems and I figured it out that it

587
00:24:42,000 --> 00:24:40,059
was aspiration because he was over

588
00:24:43,259 --> 00:24:42,010

feeding but they didn't ever look at is

589

00:24:45,210 --> 00:24:43,269

that they thought us because muscular

590

00:24:47,759 --> 00:24:45,220

condition was getting worse that he was

591

00:24:49,649 --> 00:24:47,769

regressing and so we've spent months in

592

00:24:52,560 --> 00:24:49,659

and out of the hospitals he had to have

593

00:24:54,299 --> 00:24:52,570

be intubated and put on a ventilator he

594

00:24:56,879 --> 00:24:54,309

almost died from it before but

595

00:25:02,610 --> 00:24:56,889

eventually I finally convinced them yet

596

00:25:05,310 --> 00:25:02,620

again that you know aspiration was his

597

00:25:07,529 --> 00:25:05,320

problem for being overfed so once I

598

00:25:10,409 --> 00:25:07,539

convinced them that after him you know

599

00:25:13,169 --> 00:25:10,419

be progressing because of it

600

00:25:15,389 --> 00:25:13,179

we took him home and I at that point I

601
00:25:17,909 --> 00:25:15,399
said I'm done Alex I'm done he hasn't

602
00:25:19,259 --> 00:25:17,919
got any vaccinations they didn't want to

603
00:25:21,419 --> 00:25:19,269
me get vaccinations because of his

604
00:25:23,100 --> 00:25:21,429
precarious condition hi Roenick lee

605
00:25:24,919 --> 00:25:23,110
because they didn't know his state they

606
00:25:31,019 --> 00:25:24,929
were afraid of a game vaccinations could

607
00:25:36,570 --> 00:25:31,029
Kazem are it just it's a radical you

608
00:25:38,670 --> 00:25:36,580
know that they I it just it baffles my

609
00:25:41,940 --> 00:25:38,680
mind about medical modern medicine

610
00:25:44,850 --> 00:25:41,950
how they treat everybody and how they

611
00:25:47,370 --> 00:25:44,860
treated him and I feel like I found him

612
00:25:48,840 --> 00:25:47,380
in a lot of ways you know because even

613
00:25:50,730 --> 00:25:48,850

though when I got him back and I got him

614

00:25:52,170 --> 00:25:50,740

back on his regiment and he started you

615

00:25:54,660 --> 00:25:52,180

know getting Sun and he actually started

616

00:25:56,370 --> 00:25:54,670

recovering Alex he was about to get off

617

00:25:59,160 --> 00:25:56,380

the ventilator they're gonna start

618

00:26:02,130 --> 00:25:59,170

teaching him how to speak his heart was

619

00:26:06,660 --> 00:26:02,140

was working phenomenal no signs of heart

620

00:26:09,570 --> 00:26:06,670

failure whatsoever he one night the blue

621

00:26:11,280 --> 00:26:09,580

had a pulmonary embolism from the

622

00:26:13,200 --> 00:26:11,290

previous trauma they had when they

623

00:26:17,490 --> 00:26:13,210

intubated him and being on the

624

00:26:20,300 --> 00:26:17,500

ventilator and he he died that's so

625

00:26:23,460 --> 00:26:20,310

that's so I'm sorry to hear that and

626
00:26:25,050 --> 00:26:23,470
that's such a hard thing I've never gone

627
00:26:30,050 --> 00:26:25,060
through that so I can't even pretend to

628
00:26:34,290 --> 00:26:30,060
know what that's like but quite a story

629
00:26:35,790 --> 00:26:34,300
and one last thing his heart when we

630
00:26:37,230 --> 00:26:35,800
took him up because we didn't want him

631
00:26:38,760 --> 00:26:37,240
to die inside the hospital room so they

632
00:26:41,340 --> 00:26:38,770
they allowed us to take him up to the

633
00:26:43,890 --> 00:26:41,350
top of the hospital and they had a

634
00:26:48,150 --> 00:26:43,900
garden and he can die you know with

635
00:26:51,960 --> 00:26:48,160
dignity and I hooked up to machines his

636
00:26:53,340 --> 00:26:51,970
heartbeat for good 10 to 15 minutes even

637
00:26:55,380 --> 00:26:53,350
when he wasn't breathing oxygen it was

638
00:26:59,010 --> 00:26:55,390

so strong from the ubiquinol and the pqq

639

00:27:01,350 --> 00:26:59,020

that had given him in the red light LED

640

00:27:01,650 --> 00:27:01,360

therapy that I increases mitochondrial

641

00:27:03,780 --> 00:27:01,660

health

642

00:27:07,830 --> 00:27:03,790

I'm the magnesium and everything and um

643

00:27:09,270 --> 00:27:07,840

yeah I think without that pulmonary

644

00:27:12,090 --> 00:27:09,280

embolism I think you know and this is

645

00:27:13,830 --> 00:27:12,100

all theoretical I think without him

646

00:27:15,270 --> 00:27:13,840

being overfed or aspirating I think that

647

00:27:19,200 --> 00:27:15,280

he possibility he could have still been

648

00:27:20,310 --> 00:27:19,210

alive today and you know I do want to

649

00:27:22,020 --> 00:27:20,320

thank you know like I said there are

650

00:27:24,000 --> 00:27:22,030

some good doctors dr. fan was always the

651
00:27:25,710 --> 00:27:24,010
strongest advocate once it was shown

652
00:27:27,210 --> 00:27:25,720
that he could beat it and once you know

653
00:27:29,430 --> 00:27:27,220
the things that we'd work together on

654
00:27:31,920 --> 00:27:29,440
actually worked for him and on his

655
00:27:33,720 --> 00:27:31,930
medical case study I am listed as an

656
00:27:35,490 --> 00:27:33,730
expert and there is thanks to me you

657
00:27:37,440 --> 00:27:35,500
know if anybody end up me which anybody

658
00:27:41,240 --> 00:27:37,450
listen their child does have C and C

659
00:27:45,210 --> 00:27:41,250
MEMS don't hesitate to reach out to me

660
00:27:47,310 --> 00:27:45,220
let's talk about that who reaches out to

661
00:27:48,890 --> 00:27:47,320
you now at this point I mentioned that

662
00:27:52,019 --> 00:27:48,900
you've helped thousands of people and

663
00:27:55,229 --> 00:27:52,029

you know after reading your book and Liz

664

00:27:57,899 --> 00:27:55,239

to you I reached out I hired you for

665

00:27:59,940 --> 00:27:57,909

consults with my daughter you know who

666

00:28:01,259 --> 00:27:59,950

is having a certain condition I wasn't

667

00:28:03,810 --> 00:28:01,269

gonna mention that was my daughter but

668

00:28:07,709 --> 00:28:03,820

there it slipped out that's okay but

669

00:28:11,209 --> 00:28:07,719

who's who's reaching out to you what are

670

00:28:14,669 --> 00:28:11,219

some of the common problems that people

671

00:28:16,649 --> 00:28:14,679

experience that they feel you can help

672

00:28:18,419 --> 00:28:16,659

them with and I guess the flip side or

673

00:28:20,779 --> 00:28:18,429

the other side of that is what problems

674

00:28:24,779 --> 00:28:20,789

can you help people with most frequently

675

00:28:26,599 --> 00:28:24,789

um it ranges anywhere from Sipos small

676
00:28:30,149 --> 00:28:26,609
intestinal bacterial overgrowth syndrome

677
00:28:33,389 --> 00:28:30,159
any type of reflux whether it's silent

678
00:28:35,489 --> 00:28:33,399
reflux or gastrointestinal reflux you

679
00:28:37,560 --> 00:28:35,499
know issues like that all the way to

680
00:28:40,619 --> 00:28:37,570
chronic Lyme disease I've coached people

681
00:28:45,659 --> 00:28:40,629
with chronic Lyme disease I've coached

682
00:28:47,459 --> 00:28:45,669
people with MS it varies you know is

683
00:28:49,979 --> 00:28:47,469
some most people because I'm fix your

684
00:28:54,119 --> 00:28:49,989
gut they do come to me for general gut

685
00:28:56,639 --> 00:28:54,129
issues but a lot of people don't realize

686
00:28:59,609 --> 00:28:56,649
is our microbiome has a lot to do with

687
00:29:01,409 --> 00:28:59,619
our health and a lot of these quano

688
00:29:03,269 --> 00:29:01,419

quato communion' conditions whether it's

689

00:29:05,700 --> 00:29:03,279

lupus which is more than likely caused

690

00:29:08,190 --> 00:29:05,710

by staph or MS which is more likely

691

00:29:11,959 --> 00:29:08,200

caused by HP and fire reactivation of

692

00:29:14,459 --> 00:29:11,969

herpes vert a viruses like varicella a

693

00:29:16,019 --> 00:29:14,469

lot of that has to do with our gut

694

00:29:19,049 --> 00:29:16,029

health and a lot of them are linked

695

00:29:20,789 --> 00:29:19,059

together with one another so yeah and I

696

00:29:22,649 --> 00:29:20,799

think that's something we we just can't

697

00:29:25,469 --> 00:29:22,659

emphasize enough but people have to dig

698

00:29:27,180 --> 00:29:25,479

in there and kind of find some of these

699

00:29:30,209 --> 00:29:27,190

little threads and then follow them

700

00:29:32,639 --> 00:29:30,219

through but the the gut is really the

701
00:29:36,299 --> 00:29:32,649
the driving engine for so much of your

702
00:29:40,409 --> 00:29:36,309
health and even if some I'd encourage

703
00:29:44,009 --> 00:29:40,419
people if you have issues at all related

704
00:29:45,869 --> 00:29:44,019
to overall health just take a look at

705
00:29:48,269 --> 00:29:45,879
fix your gut and see if there's

706
00:29:51,629 --> 00:29:48,279
something that John has written or

707
00:29:53,369 --> 00:29:51,639
posted that that might give you a window

708
00:29:54,930 --> 00:29:53,379
into what's going on and of course you

709
00:29:56,940 --> 00:29:54,940
know John isn't the sole source and I

710
00:29:58,709 --> 00:29:56,950
think John is not really open to he

711
00:30:01,349 --> 00:29:58,719
references a ton of other people in his

712
00:30:04,229 --> 00:30:01,359
work and he definitely encourages people

713
00:30:05,660 --> 00:30:04,239

to do all the research on your own you

714

00:30:08,420 --> 00:30:05,670

know but he's a tremendous

715

00:30:09,860 --> 00:30:08,430

resource here's my next point though in

716

00:30:12,320 --> 00:30:09,870

the question I think that a lot of

717

00:30:14,300 --> 00:30:12,330

people may be more of a skeptical person

718

00:30:16,310 --> 00:30:14,310

would kind of ask but who's to blame

719

00:30:19,820 --> 00:30:16,320

who's to blame for this

720

00:30:22,960 --> 00:30:19,830

I mean it's outrageous on one level it's

721

00:30:25,670 --> 00:30:22,970

just outrageous that a doctor would tell

722

00:30:29,030 --> 00:30:25,680

grieving parents that their son is

723

00:30:31,040 --> 00:30:29,040

better off dead I mean this isn't a

724

00:30:33,230 --> 00:30:31,050

medical issue who's you your value

725

00:30:36,110 --> 00:30:33,240

judgment your moral judgment about you

726

00:30:38,750 --> 00:30:36,120

know how the world works and the balance

727

00:30:42,650 --> 00:30:38,760

of a soul in God's hand know the rest of

728

00:30:45,260 --> 00:30:42,660

that where do they even get the idea

729

00:30:47,300 --> 00:30:45,270

that they're in the ballpark to answer

730

00:30:49,730 --> 00:30:47,310

that so you know that's one who's to

731

00:30:53,030 --> 00:30:49,740

blame but the other is who's to blame

732

00:30:55,190 --> 00:30:53,040

about just the the the big problems we

733

00:30:58,070 --> 00:30:55,200

see in medicine and what are your first

734

00:31:00,080 --> 00:30:58,080

reactions to the who's to blame question

735

00:31:01,400 --> 00:31:00,090

well I mean depends if I'm gonna get

736

00:31:04,160 --> 00:31:01,410

conspiratorial I guess we could talk

737

00:31:05,930 --> 00:31:04,170

about the Rockefellers the main reason

738

00:31:11,210 --> 00:31:05,940

why we the modern medicine system is the

739

00:31:13,070 --> 00:31:11,220

way it is today or I mean like I've

740

00:31:15,410 --> 00:31:13,080

mentioned before I don't think I think

741

00:31:17,180 --> 00:31:15,420

most doctors it's ignorant some doctors

742

00:31:18,920 --> 00:31:17,190

agree let's let's stop at the

743

00:31:22,940 --> 00:31:18,930

Rockefellers I mean it's interesting

744

00:31:24,290 --> 00:31:22,950

that you start there and actually before

745

00:31:25,730 --> 00:31:24,300

we go to the Rockefellers because I

746

00:31:26,990 --> 00:31:25,740

think that sends everyone on their heels

747

00:31:28,690 --> 00:31:27,000

right away I mean well third the

748

00:31:31,940 --> 00:31:28,700

Rockefeller isn't like oh my god

749

00:31:34,640 --> 00:31:31,950

conspiracy nut I don't want to hear this

750

00:31:37,550 --> 00:31:34,650

anymore you know let's let's reverse the

751
00:31:40,730 --> 00:31:37,560
order let's start at the doctors because

752
00:31:42,230 --> 00:31:40,740
you just said that the doctors are you

753
00:31:44,780 --> 00:31:42,240
know there's some good doctors out there

754
00:31:47,270 --> 00:31:44,790
and most doctors care about patients and

755
00:31:47,750 --> 00:31:47,280
that's why they got into the field and

756
00:31:50,150 --> 00:31:47,760
this and that

757
00:31:51,950 --> 00:31:50,160
hey know there's a lot of doctors put on

758
00:31:55,880 --> 00:31:51,960
that white coat and forget that they're

759
00:31:57,170 --> 00:31:55,890
human beings or buy into the

760
00:31:59,750 --> 00:31:57,180
that they've been taught all through

761
00:32:01,790 --> 00:31:59,760
medical school and are so indoctrinated

762
00:32:04,130 --> 00:32:01,800
and in a certain dogmatic belief that

763
00:32:05,600 --> 00:32:04,140

they are totally to blame that doctor

764

00:32:08,480 --> 00:32:05,610

that I gave that study and she didn't

765

00:32:11,630 --> 00:32:08,490

look at it she is to blame there is no

766

00:32:13,970 --> 00:32:11,640

question so just just like that just

767

00:32:15,740 --> 00:32:13,980

like the the head of the pediatric you

768

00:32:18,050 --> 00:32:15,750

know and many doctors at a doctor who

769

00:32:19,490 --> 00:32:18,060

told me that giving my son that was

770

00:32:21,170 --> 00:32:19,500

sanctioned by dr. fan

771

00:32:24,140 --> 00:32:21,180

milligrams of magnesium would cause

772

00:32:25,880 --> 00:32:24,150

hypermagnesemia and he'd become weaker

773

00:32:29,450 --> 00:32:25,890

because of that and I just laughed in

774

00:32:32,450 --> 00:32:29,460

the doctors face and said nobody and she

775

00:32:33,860 --> 00:32:32,460

was like well we give it to pregnant

776

00:32:39,980 --> 00:32:33,870

women pre Clancy and I said yeah you

777

00:32:43,130 --> 00:32:39,990

give IV magnesium sulfate at doses to -

778

00:32:46,670 --> 00:32:43,140

cause you know muscle relaxant reduction

779

00:32:48,860 --> 00:32:46,680

of blood pressure is too cause that

780

00:32:50,600 --> 00:32:48,870

exact symptom me givin 100 milligrams is

781

00:32:52,340 --> 00:32:50,610

not gonna harm my son

782

00:32:54,380 --> 00:32:52,350

so yeah you are right I will agree with

783

00:32:58,580 --> 00:32:54,390

you Alex some doctors it is downright

784

00:33:02,480 --> 00:32:58,590

greed some doctors it's complete willful

785

00:33:04,790 --> 00:33:02,490

ignorance and stupidity but there are

786

00:33:06,710 --> 00:33:04,800

some doctors who mean well who just

787

00:33:12,550 --> 00:33:06,720

don't know any better and there's some

788

00:33:14,480 --> 00:33:12,560

doctors who do try to do a more

789

00:33:17,510 --> 00:33:14,490

combination approach and a grade of

790

00:33:20,810 --> 00:33:17,520

approach and not everyone's gonna get it

791

00:33:23,420 --> 00:33:20,820

right you know I or knows I haven't you

792

00:33:27,350 --> 00:33:23,430

know if humans will make errors but I

793

00:33:30,200 --> 00:33:27,360

agree with you that I mean when doctors

794

00:33:31,730 --> 00:33:30,210

go and we'll talk about you know the

795

00:33:34,460 --> 00:33:31,740

moderate how the modern structure of

796

00:33:37,250 --> 00:33:34,470

medical education came to be but when

797

00:33:41,660 --> 00:33:37,260

doctors go to school you know it's all

798

00:33:44,860 --> 00:33:41,670

state sanctioned AMA sanctioned learning

799

00:33:47,690 --> 00:33:44,870

material they get very few if any

800

00:33:49,580 --> 00:33:47,700

education on nutrition which you think

801
00:33:51,350 --> 00:33:49,590
would be very important for a doctor you

802
00:33:53,510 --> 00:33:51,360
know a health you think nutrition would

803
00:33:56,680 --> 00:33:53,520
be something but it's not they don't

804
00:33:59,060 --> 00:33:56,690
actually get a lot of pharmacological

805
00:34:01,820 --> 00:33:59,070
knowledge either my grandfather was a

806
00:34:03,230 --> 00:34:01,830
pharmacist and he would talk about all

807
00:34:04,880 --> 00:34:03,240
the time how doctors would prescribe

808
00:34:06,920 --> 00:34:04,890
medicines they interact with each other

809
00:34:08,240 --> 00:34:06,930
and they didn't know any better which of

810
00:34:09,619 --> 00:34:08,250
course I guess it's glad that they have

811
00:34:13,369 --> 00:34:09,629
a computer now who could tell them that

812
00:34:15,830 --> 00:34:13,379
there's an issue a drug interaction but

813
00:34:18,830 --> 00:34:15,840

yeah I mean the reason I think that

814

00:34:20,690 --> 00:34:18,840

doesn't always hit people in a way that

815

00:34:24,020 --> 00:34:20,700

they can get it is they know the work

816

00:34:25,790 --> 00:34:24,030

that doctors put in in terms of medical

817

00:34:27,680 --> 00:34:25,800

school and we know that they're

818

00:34:29,659 --> 00:34:27,690

absorbing a lot of stuff and we know

819

00:34:32,000 --> 00:34:29,669

that the technology is advancing so

820

00:34:33,440 --> 00:34:32,010

rapidly that we kind of empathize with

821

00:34:36,349 --> 00:34:33,450

their situation and

822

00:34:38,960 --> 00:34:36,359

I do too I mean you can only know so

823

00:34:41,119 --> 00:34:38,970

much you can only work at learning all

824

00:34:44,599 --> 00:34:41,129

this stuff so much so that's why I'm

825

00:34:47,480 --> 00:34:44,609

always a little bit not quite sure I can

826

00:34:49,280 --> 00:34:47,490

dive quite into the you know I get the

827

00:34:53,089 --> 00:34:49,290

nutrition thing that they're not given

828

00:34:55,940 --> 00:34:53,099

enough education and nutrition but don't

829

00:34:57,770 --> 00:34:55,950

they have a lot that they have to learn

830

00:35:00,560 --> 00:34:57,780

just with all the advances in medicine

831

00:35:02,540 --> 00:35:00,570

and all the specializations and isn't

832

00:35:05,060 --> 00:35:02,550

that part of the problem or maybe not I

833

00:35:06,800 --> 00:35:05,070

really don't know if I could do it as an

834

00:35:10,210 --> 00:35:06,810

autodidact and they should certainly

835

00:35:14,450 --> 00:35:10,220

could do it too got a point there

836

00:35:18,050 --> 00:35:14,460

I'm sorry so you think the problems are

837

00:35:21,589 --> 00:35:18,060

more systemic in with the institutions

838

00:35:23,450 --> 00:35:21,599

is Big Pharma to play is it very much so

839

00:35:25,790 --> 00:35:23,460

and that gets into the greed thing I

840

00:35:28,670 --> 00:35:25,800

mean I think your example with with the

841

00:35:30,319 --> 00:35:28,680

ulcers is is classic and I you know if

842

00:35:31,880 --> 00:35:30,329

you just walk through that I just think

843

00:35:34,550 --> 00:35:31,890

through that from a business standpoint

844

00:35:38,599 --> 00:35:34,560

you know you're like what would you do

845

00:35:42,230 --> 00:35:38,609

if you ran a multi-billion dollar

846

00:35:44,839 --> 00:35:42,240

industry that was driven by antacids for

847

00:35:47,240 --> 00:35:44,849

ulcers and all of a sudden some doctor

848

00:35:49,370 --> 00:35:47,250

came along and said don't have nothing

849

00:35:52,550 --> 00:35:49,380

to do with that as to do it this other

850

00:35:56,260 --> 00:35:52,560

thing over here I mean some part of that

851
00:35:58,700 --> 00:35:56,270
system would want to protect itself from

852
00:36:01,819 --> 00:35:58,710
losing all that money I mean that's just

853
00:36:03,559 --> 00:36:01,829
a reality oh very much so say with you

854
00:36:05,000 --> 00:36:03,569
know it might not be the researchers at

855
00:36:06,849 --> 00:36:05,010
the bottom but it's pretty sure the

856
00:36:10,160 --> 00:36:06,859
people who made the decisions at the top

857
00:36:12,710 --> 00:36:10,170
I mean I definitely agree with you on

858
00:36:14,390 --> 00:36:12,720
that a hundred percent I mean you'll see

859
00:36:15,859 --> 00:36:14,400
it in just many diseases to cut you know

860
00:36:17,990 --> 00:36:15,869
the the supposed cause of ulcerative

861
00:36:20,500 --> 00:36:18,000
colitis and Crohn's disease researchers

862
00:36:23,030 --> 00:36:20,510
have known for about twenty odd years

863
00:36:25,160 --> 00:36:23,040

2025 years now seems to be Mycobacterium

864

00:36:27,589 --> 00:36:25,170

avium pear tuberculosis which is a micro

865

00:36:30,140 --> 00:36:27,599

bacterium found in dairy cattle and

866

00:36:32,329 --> 00:36:30,150

ruminant animals and I've helped a lot

867

00:36:33,620 --> 00:36:32,339

of people with some very close personal

868

00:36:36,200 --> 00:36:33,630

friends of mine who had ulcerative

869

00:36:38,900 --> 00:36:36,210

colitis or Crohn's disease see

870

00:36:40,690 --> 00:36:38,910

tremendous recovery just by removing all

871

00:36:43,339 --> 00:36:40,700

ruined animal products out of their diet

872

00:36:45,140 --> 00:36:43,349

instead of taking costly biological

873

00:36:46,910 --> 00:36:45,150

agents I mean those costly biological

874

00:36:47,260 --> 00:36:46,920

agents they are worth a lot of money and

875

00:36:50,440 --> 00:36:47,270

you got

876

00:36:52,060 --> 00:36:50,450

beyond them you know steroids and 5a si

877

00:36:53,980 --> 00:36:52,070

you know you got to be on that for the

878

00:36:55,600 --> 00:36:53,990

rest of your life but if you make some

879

00:36:57,580 --> 00:36:55,610

dietary changes maybe take some

880

00:37:00,070 --> 00:36:57,590

supplements maybe some herbs antibiotics

881

00:37:06,190 --> 00:37:00,080

sometimes aren't needed for people with

882

00:37:08,920 --> 00:37:06,200

severe map dysbiosis but that's the

883

00:37:10,810 --> 00:37:08,930

thing is is instead of you know people

884

00:37:13,030 --> 00:37:10,820

being the choice or get that's the main

885

00:37:14,859 --> 00:37:13,040

problem with all this is there used to

886

00:37:17,040 --> 00:37:14,869

be a choice there used to be a choice

887

00:37:19,840 --> 00:37:17,050

between allopathic medicine

888

00:37:23,890 --> 00:37:19,850

naturopathy homeopathy and Osteopathy

889

00:37:27,310 --> 00:37:23,900

and then all of a sudden there isn't and

890

00:37:30,730 --> 00:37:27,320

now you're left pretty much with Halle

891

00:37:32,260 --> 00:37:30,740

pathy which is modern medicine and you

892

00:37:33,940 --> 00:37:32,270

know hasta pathy pretty much follows

893

00:37:35,650 --> 00:37:33,950

under that you know osteopaths aren't

894

00:37:36,790 --> 00:37:35,660

even taught like they were previously in

895

00:37:39,400 --> 00:37:36,800

the past you know the pretty much all

896

00:37:41,980 --> 00:37:39,410

Pathak doctors at this point so that's

897

00:37:43,300 --> 00:37:41,990

where it all came from when we talking

898

00:37:45,310 --> 00:37:43,310

Willie would tell all the Rockefellers

899

00:37:47,500 --> 00:37:45,320

and I I got enough talk about him now

900

00:37:49,060 --> 00:37:47,510

I'm sorry that I took you off the

901
00:37:52,240 --> 00:37:49,070
Rockefeller thing I don't have any

902
00:37:54,160 --> 00:37:52,250
problem with laying that truth bomb out

903
00:37:55,930 --> 00:37:54,170
there so go ahead tell us about the

904
00:37:58,030 --> 00:37:55,940
Rockefellers all right so the

905
00:38:02,050 --> 00:37:58,040
Rockefellers got involved pretty much

906
00:38:04,450 --> 00:38:02,060
with wanting to influence the modern

907
00:38:06,340 --> 00:38:04,460
medical establishment through many

908
00:38:07,750 --> 00:38:06,350
different methods one was and you know

909
00:38:12,460 --> 00:38:07,760
what most pharmacists will tell you this

910
00:38:14,500 --> 00:38:12,470
that a lot of drugs are petrochemical

911
00:38:17,980 --> 00:38:14,510
based and of course Rockefellers own

912
00:38:19,930 --> 00:38:17,990
standard will now just because a lot of

913
00:38:20,920 --> 00:38:19,940

medications are in a lot of things that

914

00:38:22,630 --> 00:38:20,930

we use in our daily lives or

915

00:38:23,950 --> 00:38:22,640

petrochemical base doesn't necessarily

916

00:38:25,570 --> 00:38:23,960

mean that they're hundred percent evil

917

00:38:27,700 --> 00:38:25,580

it doesn't necessarily mean you know

918

00:38:29,080 --> 00:38:27,710

you'll read sometimes online that a lot

919

00:38:30,880 --> 00:38:29,090

of drugs have many different benzene

920

00:38:33,880 --> 00:38:30,890

rings well yeah well so do there are

921

00:38:36,460 --> 00:38:33,890

aromatic amino acids and you would just

922

00:38:38,200 --> 00:38:36,470

a lot of those and many protein food

923

00:38:39,250 --> 00:38:38,210

sources that you eat on daily basis you

924

00:38:42,580 --> 00:38:39,260

know if you eat turkey you're eating

925

00:38:45,010 --> 00:38:42,590

tryptophan so it's a choice the dose

926
00:38:47,859 --> 00:38:45,020
that makes the poison type aspect on all

927
00:38:49,930 --> 00:38:47,869
this so some of the first drugs that

928
00:38:51,460 --> 00:38:49,940
were made if we're not counting the ones

929
00:38:53,500 --> 00:38:51,470
that allopathic medicine used previously

930
00:38:56,260 --> 00:38:53,510
in the past like mercury in the form of

931
00:38:59,710 --> 00:38:56,270
cinnabar or lead which we all know are

932
00:39:01,200 --> 00:38:59,720
very toxic metals we'll go with a lot of

933
00:39:03,750 --> 00:39:01,210
the petroleum derivative

934
00:39:05,640 --> 00:39:03,760
around the time I'm pretty sure you've

935
00:39:08,400 --> 00:39:05,650
heard of Thailand all right of course

936
00:39:10,620 --> 00:39:08,410
acetaminophen well see the benefit isn't

937
00:39:13,410 --> 00:39:10,630
even the first drug that was developed

938
00:39:19,700 --> 00:39:13,420

the first one that was developed was a

939

00:39:23,430 --> 00:39:19,710

scene till ID and it was toxic

940

00:39:26,900 --> 00:39:23,440

it caused Methot mcglue B Nia which is

941

00:39:29,010 --> 00:39:26,910

when you have too much iron bounded

942

00:39:30,809 --> 00:39:29,020

hemoglobin in your body and pretty much

943

00:39:34,410 --> 00:39:30,819

you turn blue from cyanosis and you die

944

00:39:37,319 --> 00:39:34,420

it could also cause cancer as well but

945

00:39:40,770 --> 00:39:37,329

you know it was used first and then

946

00:39:44,880 --> 00:39:40,780

later the derivative of that tylenol

947

00:39:47,130 --> 00:39:44,890

which is C diminution which was the

948

00:39:49,920 --> 00:39:47,140

metabolite of actin actinolite

949

00:39:52,079 --> 00:39:49,930

it's not as poisonous it doesn't quote

950

00:39:54,780 --> 00:39:52,089

impossible likely doesn't cause cancer

951
00:40:01,049 --> 00:39:54,790
but it still can cause liver damage

952
00:40:03,450 --> 00:40:01,059
because to detoxify any of these it's II

953
00:40:05,670 --> 00:40:03,460
know I drug or finis eaten which was

954
00:40:07,410 --> 00:40:05,680
also another drug that was from the same

955
00:40:09,539 --> 00:40:07,420
family that was um they call himcall

956
00:40:13,380 --> 00:40:09,549
cult or derivative drugs that was that

957
00:40:17,130 --> 00:40:13,390
was um banned to in the late 80s by the

958
00:40:19,200 --> 00:40:17,140
FDA acetaminophen still there they can

959
00:40:21,420 --> 00:40:19,210
cause a lot of damage by the body so

960
00:40:22,980 --> 00:40:21,430
acetaminophen as most people I have

961
00:40:24,750 --> 00:40:22,990
known you know maybe they see an odd

962
00:40:27,569 --> 00:40:24,760
television report it's been linked to

963
00:40:29,309 --> 00:40:27,579

liver damage it used to be used to say

964

00:40:30,270 --> 00:40:29,319

you could take around five to six grams

965

00:40:32,190 --> 00:40:30,280

per day and be safe

966

00:40:34,230 --> 00:40:32,200

they've got that down to around three or

967

00:40:35,490 --> 00:40:34,240

four grams now we don't know how much

968

00:40:37,530 --> 00:40:35,500

you know eventually they're gonna you

969

00:40:39,420 --> 00:40:37,540

know I actually predict eventually that

970

00:40:41,579 --> 00:40:39,430

and I might be wrong about this but I do

971

00:40:43,559 --> 00:40:41,589

think acetaminophen will be withdrawn

972

00:40:46,650 --> 00:40:43,569

off the market in the next twenty or

973

00:40:50,599 --> 00:40:46,660

thirty years just because it it's it's

974

00:40:55,349 --> 00:40:50,609

so bad on the liver but a lot of these

975

00:40:58,980 --> 00:40:55,359

medications you know were petrochemical

976

00:41:01,020 --> 00:40:58,990

derivatives and a lot of that came from

977

00:41:03,089 --> 00:41:01,030

the oil you know Rockefeller had vested

978

00:41:07,440 --> 00:41:03,099

interest you know if you're gonna make

979

00:41:08,940 --> 00:41:07,450

drugs from petroleum and you are one of

980

00:41:10,650 --> 00:41:08,950

the most wealthy people in the world and

981

00:41:13,200 --> 00:41:10,660

you own American Standard Oil then where

982

00:41:15,040 --> 00:41:13,210

are they going to come get the resources

983

00:41:17,860 --> 00:41:15,050

the raw materials to produce

984

00:41:20,410 --> 00:41:17,870

patience I hear you on that I mean

985

00:41:22,420 --> 00:41:20,420

that's just kind of tricky because we

986

00:41:24,220 --> 00:41:22,430

can't always tie all the cause and

987

00:41:25,840 --> 00:41:24,230

effects down and I mean they were

988

00:41:28,540 --> 00:41:25,850

involved in a lot of other things too I

989

00:41:31,660 --> 00:41:28,550

certainly don't want to get paint a halo

990

00:41:34,090 --> 00:41:31,670

around their head it just seems to me

991

00:41:37,180 --> 00:41:34,100

that that the acceleration of that in

992

00:41:38,650 --> 00:41:37,190

the last 30 or 40 years certainly

993

00:41:41,200 --> 00:41:38,660

doesn't seem to have anything to do with

994

00:41:44,380 --> 00:41:41,210

the Rockefeller influence it seems to me

995

00:41:46,330 --> 00:41:44,390

just to be more of this capitalism and

996

00:41:50,890 --> 00:41:46,340

I'm all for capitalism but kind of this

997

00:41:53,740 --> 00:41:50,900

crony capitalism gone awry where it's

998

00:41:56,970 --> 00:41:53,750

hard to not come to the conclusion that

999

00:42:00,220 --> 00:41:56,980

the real agenda is to get everyone on

1000

00:42:02,410 --> 00:42:00,230

medication for life purely for the

1001
00:42:04,420 --> 00:42:02,420
economic benefit of that for the

1002
00:42:06,400 --> 00:42:04,430
pharmaceutical companies and I agree

1003
00:42:08,440 --> 00:42:06,410
with you but to push back on that it is

1004
00:42:11,380 --> 00:42:08,450
more than just the petrochemical

1005
00:42:13,870 --> 00:42:11,390
involvement in medicine there's the

1006
00:42:16,420 --> 00:42:13,880
function there's education which the

1007
00:42:18,970 --> 00:42:16,430
Flexner report with Abraham Flexner

1008
00:42:22,240 --> 00:42:18,980
which was put forth by Andrew Carnegie

1009
00:42:24,900 --> 00:42:22,250
the Carnegie Foundation and as well as

1010
00:42:30,120 --> 00:42:24,910
Rockefellers involvement into it as well

1011
00:42:33,220 --> 00:42:30,130
pretty much destroyed home homeopathy

1012
00:42:37,660 --> 00:42:33,230
colleges naturopathic colleges it was a

1013
00:42:40,470 --> 00:42:37,670

report that pretty much laid out how we

1014

00:42:42,550 --> 00:42:40,480

with with working with AMA of how

1015

00:42:44,950 --> 00:42:42,560

doctors you know the amount of schooling

1016

00:42:47,920 --> 00:42:44,960

that they should get the the trusted

1017

00:42:49,600 --> 00:42:47,930

institutions of learning it's in the

1018

00:42:53,140 --> 00:42:49,610

different states the ones that met the

1019

00:42:57,330 --> 00:42:53,150

seal of approval for you know by by

1020

00:43:00,250 --> 00:42:57,340

Flexner himself I mean the lecturers

1021

00:43:04,150 --> 00:43:00,260

mentor was William Welk who was

1022

00:43:05,710 --> 00:43:04,160

skullenbones yell member who worked with

1023

00:43:07,240 --> 00:43:05,720

you know at John Hopkins and John

1024

00:43:12,210 --> 00:43:07,250

Hopkins of course now is what the you

1025

00:43:14,490 --> 00:43:12,220

know biggest hospitals and university

1026
00:43:17,770 --> 00:43:14,500
medical universities in the known world

1027
00:43:20,320 --> 00:43:17,780
you know so pretty much any college that

1028
00:43:22,180 --> 00:43:20,330
was good enough to be on this list

1029
00:43:24,580 --> 00:43:22,190
medical institution they made it and the

1030
00:43:28,100 --> 00:43:24,590
rest did not now I've read the Flexner

1031
00:43:32,720 --> 00:43:28,110
report and a lot of it is just

1032
00:43:34,310 --> 00:43:32,730
it isn't horse crap but I mean we could

1033
00:43:36,530 --> 00:43:34,320
even if you will if you want to really

1034
00:43:37,940 --> 00:43:36,540
talk about this the sad things that came

1035
00:43:40,880 --> 00:43:37,950
out of there if you were to other than

1036
00:43:43,820 --> 00:43:40,890
the destruction of other forms of

1037
00:43:47,450 --> 00:43:43,830
Medicine is that African Americans

1038
00:43:50,630 --> 00:43:47,460

really got a poor deal out of the

1039

00:43:52,700 --> 00:43:50,640

flexure report because they were pretty

1040

00:43:55,660 --> 00:43:52,710

much left with only two colleges in the

1041

00:43:59,810 --> 00:43:55,670

United States one of them being Howard

1042

00:44:01,820 --> 00:43:59,820

that were able to give degrees to

1043

00:44:04,760 --> 00:44:01,830

African Americans to to practice

1044

00:44:06,370 --> 00:44:04,770

medicine because of it so these close

1045

00:44:09,200 --> 00:44:06,380

the five other schools that were there

1046

00:44:10,700 --> 00:44:09,210

as well as is Flexner believed that

1047

00:44:12,380 --> 00:44:10,710

African Americans were not smart enough

1048

00:44:17,900 --> 00:44:12,390

to practice surgery that they should

1049

00:44:26,290 --> 00:44:17,910

only be taught hygiene I mean say what

1050

00:44:29,980 --> 00:44:26,300

you will but I mean we could talk about

1051
00:44:32,210 --> 00:44:29,990
homeotic homeopathy colleges like the

1052
00:44:33,950 --> 00:44:32,220
Hanuman Institute that was set up and

1053
00:44:35,270 --> 00:44:33,960
that was made in Philadelphia which I

1054
00:44:36,530 --> 00:44:35,280
was actually Philadelphia last weekend

1055
00:44:38,450 --> 00:44:36,540
for a vacation and I saw the Hanuman

1056
00:44:43,490 --> 00:44:38,460
Institute now it's a standard allopathic

1057
00:44:47,930 --> 00:44:43,500
College sadly they sold out but they

1058
00:44:50,420 --> 00:44:47,940
were allowing women to as they should to

1059
00:44:54,370 --> 00:44:50,430
to become doctors and learn lectures and

1060
00:44:57,650 --> 00:44:54,380
everything in the mid to late 1800s and

1061
00:44:59,900 --> 00:44:57,660
because of the flexure report because so

1062
00:45:02,720 --> 00:44:59,910
many medical colleges were closed the

1063
00:45:05,960 --> 00:45:02,730

rest pretty much just focused on men

1064

00:45:08,900 --> 00:45:05,970

becoming doctors so webbing were forced

1065

00:45:10,910 --> 00:45:08,910

out hey here's the next thing I wanted

1066

00:45:13,430 --> 00:45:10,920

to just bring up it's a very practical

1067

00:45:17,600 --> 00:45:13,440

thing one of the things I get from your

1068

00:45:19,940 --> 00:45:17,610

work is that you do rely on numbers so

1069

00:45:23,180 --> 00:45:19,950

on a very practical basis I wanted to

1070

00:45:26,540 --> 00:45:23,190

ask you what tests do you recommend that

1071

00:45:30,620 --> 00:45:26,550

people do on themselves in order to get

1072

00:45:32,870 --> 00:45:30,630

a handle on where their health is really

1073

00:45:36,140 --> 00:45:32,880

at so we've already said that you know

1074

00:45:39,140 --> 00:45:36,150

if you go through your doc in the box

1075

00:45:40,910 --> 00:45:39,150

down on down the road you never know

1076

00:45:43,190 --> 00:45:40,920

what's going to happen where do you

1077

00:45:45,770 --> 00:45:43,200

where do you tell people to start in

1078

00:45:50,030 --> 00:45:45,780

terms of grounding themselves with the

1079

00:45:52,250 --> 00:45:50,040

numbers related to their health well for

1080

00:45:53,900 --> 00:45:52,260

most people unless you have integrative

1081

00:45:57,170 --> 00:45:53,910

gasps neurologists are not gonna run any

1082

00:45:58,640 --> 00:45:57,180

complex gut testing like GI effects or

1083

00:46:00,470 --> 00:45:58,650

anything to really get the number so if

1084

00:46:02,240 --> 00:46:00,480

people can really get a good idea of

1085

00:46:03,740 --> 00:46:02,250

what their microbiome look looks like

1086

00:46:05,360 --> 00:46:03,750

there's just two tests that are offered

1087

00:46:07,370 --> 00:46:05,370

that the average person can purchase

1088

00:46:09,730 --> 00:46:07,380

what is a u biome test cost by eighty or

1089

00:46:13,400 --> 00:46:09,740

ninety dollars because a standard PCR

1090

00:46:14,570 --> 00:46:13,410

you know genome testing of their gut no

1091

00:46:17,810 --> 00:46:14,580

test is a hundred percent

1092

00:46:19,310 --> 00:46:17,820

none of them are but u biome isn't too

1093

00:46:21,290 --> 00:46:19,320

terribly bad for the cost and you can

1094

00:46:23,960 --> 00:46:21,300

get a good idea of what your gut might

1095

00:46:26,420 --> 00:46:23,970

you know microbiome makeup is the other

1096

00:46:29,390 --> 00:46:26,430

more calcium costly test is the biome

1097

00:46:32,120 --> 00:46:29,400

test it's well worth the price for the

1098

00:46:34,400 --> 00:46:32,130

test it's about four hundred bucks you

1099

00:46:36,890 --> 00:46:34,410

get a more more in-depth profile you get

1100

00:46:39,440 --> 00:46:36,900

um a diet that you can follow that your

1101

00:46:41,060 --> 00:46:39,450

gut microbes should like and things that

1102

00:46:43,430 --> 00:46:41,070

should improve your gut health based off

1103

00:46:45,710 --> 00:46:43,440

of your microbiome results my only

1104

00:46:48,680 --> 00:46:45,720

caution to biome is that it's run out of

1105

00:46:51,620 --> 00:46:48,690

the Los Alamos National Laboratory so

1106

00:46:53,600 --> 00:46:51,630

put on my tinfoil hat on again the

1107

00:46:57,020 --> 00:46:53,610

government would have probably access to

1108

00:46:58,670 --> 00:46:57,030

your genome of your microbiome which the

1109

00:47:01,700 --> 00:46:58,680

genome of the microbiome your microbiome

1110

00:47:02,960 --> 00:47:01,710

does shift a little bit on a daily basis

1111

00:47:04,250 --> 00:47:02,970

depending on your diet because most

1112

00:47:07,160 --> 00:47:04,260

people don't eat the same thing every

1113

00:47:09,770 --> 00:47:07,170

day Alex so is that something that you

1114

00:47:11,870 --> 00:47:09,780

recommend John because one of the things

1115

00:47:14,390 --> 00:47:11,880

I want to interject is is doing those

1116

00:47:15,860 --> 00:47:14,400

tests because one of the things that I

1117

00:47:19,070 --> 00:47:15,870

want people to know that they'll find

1118

00:47:21,860 --> 00:47:19,080

when they read fix your gut is you're

1119

00:47:24,860 --> 00:47:21,870

very pragmatic I mean you're the kind of

1120

00:47:27,020 --> 00:47:24,870

the the dowel will fix your gut you know

1121

00:47:27,410 --> 00:47:27,030

I mean if want to spend twenty dollars a

1122

00:47:29,780 --> 00:47:27,420

month

1123

00:47:31,310 --> 00:47:29,790

here's the book lays out a budgeted

1124

00:47:32,780 --> 00:47:31,320

thing you can do thirty dollars a month

1125

00:47:34,610 --> 00:47:32,790

four dollars a month you know you kind

1126

00:47:36,050 --> 00:47:34,620

of and and you're very practical in

1127

00:47:38,690 --> 00:47:36,060

terms of saying okay you know here's

1128

00:47:40,970 --> 00:47:38,700

what you start with first maybe this is

1129

00:47:43,510 --> 00:47:40,980

where we should interject here is

1130

00:47:47,210 --> 00:47:43,520

someone's listening to this and they say

1131

00:47:48,890 --> 00:47:47,220

that might be me if I just wanted to try

1132

00:47:51,950 --> 00:47:48,900

something that's going to be good for my

1133

00:47:54,650 --> 00:47:51,960

health anyway that might fix some of

1134

00:47:56,240 --> 00:47:54,660

these problems where do I start

1135

00:47:58,700 --> 00:47:56,250

for most people this is a simple change

1136

00:48:00,230 --> 00:47:58,710

of diet I'd recommend pick poco picking

1137

00:48:03,650 --> 00:48:00,240

up the book perfect health diet by Paul

1138

00:48:05,990 --> 00:48:03,660

jamon a reading that book and applying

1139

00:48:07,309 --> 00:48:06,000

the diet I mean there's some things you

1140

00:48:09,829 --> 00:48:07,319

can do for free that I talked about a

1141

00:48:11,990 --> 00:48:09,839

fix your gut getting sunlight for

1142

00:48:13,849 --> 00:48:12,000

example is a pretty much free in the

1143

00:48:16,370 --> 00:48:13,859

known world is just going outside and

1144

00:48:18,140 --> 00:48:16,380

getting some Sun there's no reason you

1145

00:48:21,650 --> 00:48:18,150

talk about that for a minute people will

1146

00:48:23,329 --> 00:48:21,660

be surprised than amazed that that the

1147

00:48:27,349 --> 00:48:23,339

Sun vitamin D in the middle of the day

1148

00:48:29,870 --> 00:48:27,359

is a good idea in reasonably controlled

1149

00:48:31,430 --> 00:48:29,880

doses yeah I mean you don't wanna get

1150

00:48:33,259 --> 00:48:31,440

sunburned obviously that will lead to

1151
00:48:36,200 --> 00:48:33,269
you know oxidative stress will lead to

1152
00:48:37,730 --> 00:48:36,210
cancer cell formation I mean that

1153
00:48:40,940 --> 00:48:37,740
happens with any strong amount of

1154
00:48:42,230 --> 00:48:40,950
oxidative stress but yeah I mean proper

1155
00:48:43,789 --> 00:48:42,240
sunlight exposures one of the few things

1156
00:48:47,120 --> 00:48:43,799
that we lack we don't do in the modern

1157
00:48:49,099 --> 00:48:47,130
world our body produces vitamin D and

1158
00:48:52,579 --> 00:48:49,109
actually activates activates vitamin D

1159
00:48:54,769 --> 00:48:52,589
as well through the exposure to UVB

1160
00:48:56,809 --> 00:48:54,779
sunlight which you know the closer to

1161
00:48:59,059 --> 00:48:56,819
the equator the higher the UV index the

1162
00:49:02,690 --> 00:48:59,069
more UVB radiation that you're exposed

1163
00:49:04,609 --> 00:49:02,700

to and sunlight itself produced

1164

00:49:06,620 --> 00:49:04,619

serotonin you know and it's the retinas

1165

00:49:08,210 --> 00:49:06,630

your body produces serotonin it's no

1166

00:49:09,980 --> 00:49:08,220

it's as daytime and it's time to be

1167

00:49:12,380 --> 00:49:09,990

awake and later that serotonin is

1168

00:49:16,220 --> 00:49:12,390

methylated if you're healthy into

1169

00:49:18,079 --> 00:49:16,230

melatonin which you know is very poor

1170

00:49:20,870 --> 00:49:18,089

day naya antioxidant and helps us sleep

1171

00:49:23,660 --> 00:49:20,880

at night and there was a recent study

1172

00:49:25,700 --> 00:49:23,670

that came out Alex has separate from

1173

00:49:28,190 --> 00:49:25,710

vitamin D sunlight exposure actually

1174

00:49:31,730 --> 00:49:28,200

changes the microbiome to more positive

1175

00:49:33,740 --> 00:49:31,740

outlook for most people they will you

1176
00:49:35,660 --> 00:49:33,750
know increase Firmicutes which most

1177
00:49:37,309 --> 00:49:35,670
people recognize lactobacillus as being

1178
00:49:39,279 --> 00:49:37,319
on the strongest probiotics it is a firm

1179
00:49:42,079 --> 00:49:39,289
acute and decrease gram-negative

1180
00:49:46,460 --> 00:49:42,089
bacteria that can cause a lot of

1181
00:49:47,749 --> 00:49:46,470
inflammation similar if-if-if very heavy

1182
00:49:51,109 --> 00:49:47,759
amount of population or dysbiotic

1183
00:49:53,660 --> 00:49:51,119
similar to h floor i so yeah I mean

1184
00:49:55,880 --> 00:49:53,670
sunlight is one of the most things

1185
00:49:56,990 --> 00:49:55,890
anybody can do for free within reason

1186
00:50:00,230 --> 00:49:57,000
you know I don't want people to get

1187
00:50:01,640 --> 00:50:00,240
burnt you know I mean for you know for

1188
00:50:04,460 --> 00:50:01,650

me living North Carolina for example at

1189

00:50:06,109 --> 00:50:04,470

midday if I'm out aside wearing shorts

1190

00:50:08,310 --> 00:50:06,119

and a short sleeve shirt I can get them

1191

00:50:12,390 --> 00:50:08,320

out of vitamin D I need in 15 minutes

1192

00:50:16,620 --> 00:50:12,400

it's hot butt and I sweat but I get it

1193

00:50:19,110 --> 00:50:16,630

so what about magnesium for me I have to

1194

00:50:22,680 --> 00:50:19,120

tell you magnesium very simple

1195

00:50:24,990 --> 00:50:22,690

inexpensive was like a miracle drug for

1196

00:50:26,940 --> 00:50:25,000

me it was one of those things where most

1197

00:50:30,300 --> 00:50:26,950

of the time supplements people won't

1198

00:50:33,660 --> 00:50:30,310

immediately feel a huge difference I did

1199

00:50:35,370 --> 00:50:33,670

with magnesium and I know you recommend

1200

00:50:37,650 --> 00:50:35,380

it to a lot of your patients

1201
00:50:39,630 --> 00:50:37,660
yeah majority of people are deficient in

1202
00:50:41,010 --> 00:50:39,640
magnesium possibly eighty percent of the

1203
00:50:42,720 --> 00:50:41,020
population we don't get in our food

1204
00:50:44,850 --> 00:50:42,730
sources as much anymore ancient man

1205
00:50:48,300 --> 00:50:44,860
mainly got their magnesium from mineral

1206
00:50:49,800 --> 00:50:48,310
water which a lot of us don't consume so

1207
00:50:51,600 --> 00:50:49,810
yeah I mean magnesium is one of the

1208
00:50:54,420 --> 00:50:51,610
cheapest things I have a good blog on

1209
00:50:56,550 --> 00:50:54,430
magnesium fix your gut calm a 6-part ER

1210
00:50:57,420 --> 00:50:56,560
music I recommend for most people as

1211
00:51:00,270 --> 00:50:57,430
long as they don't have kidney disease

1212
00:51:03,420 --> 00:51:00,280
about 200 milligrams per 50 pounds of

1213
00:51:04,800 --> 00:51:03,430

body weight I use magnesium a late for

1214

00:51:08,520 --> 00:51:04,810

myself there's many different chelation

1215

00:51:09,600 --> 00:51:08,530

of magnesium Malley the extra malic acid

1216

00:51:11,280 --> 00:51:09,610

and the magnesium works very well

1217

00:51:13,260 --> 00:51:11,290

increasing mitochondrial output and

1218

00:51:15,090 --> 00:51:13,270

function increases energy so take it in

1219

00:51:16,980 --> 00:51:15,100

the morning you know makes me feel very

1220

00:51:19,410 --> 00:51:16,990

good of course you had a suffering from

1221

00:51:22,790 --> 00:51:19,420

a fib and one of the main causes of afib

1222

00:51:26,910 --> 00:51:22,800

is possibly magnesium deficiency okay

1223

00:51:29,700 --> 00:51:26,920

let's move on if we can I try a lot of

1224

00:51:32,280 --> 00:51:29,710

different stuff and have just because

1225

00:51:34,530 --> 00:51:32,290

why wouldn't you you know I mean that

1226

00:51:36,540 --> 00:51:34,540

there's a whole other dimension that I

1227

00:51:39,510 --> 00:51:36,550

want to talk about later in terms of the

1228

00:51:41,400 --> 00:51:39,520

the spiritual versus the material and

1229

00:51:44,220 --> 00:51:41,410

should we even you know what is our

1230

00:51:47,040 --> 00:51:44,230

relationship with our body versus our

1231

00:51:48,840 --> 00:51:47,050

soul our spirit our mind even our

1232

00:51:50,970 --> 00:51:48,850

consciousness so there's a lot to pull

1233

00:51:53,820 --> 00:51:50,980

apart there but I did want to kind of

1234

00:51:56,070 --> 00:51:53,830

get personal if I can't just throw out

1235

00:51:59,130 --> 00:51:56,080

some of the stuff that I've experienced

1236

00:52:01,490 --> 00:51:59,140

and want to hear your thoughts on it and

1237

00:52:04,440 --> 00:52:01,500

the first one I'd start with is breath

1238

00:52:05,970 --> 00:52:04,450

you know I'm a long time done yoga for a

1239

00:52:07,860 --> 00:52:05,980

long time and got introduced to breath

1240

00:52:10,770 --> 00:52:07,870

work there but you know really in the

1241

00:52:13,530 --> 00:52:10,780

last year or two I stumbled across the

1242

00:52:16,350 --> 00:52:13,540

wim HOF breathing phenomenal

1243

00:52:19,320 --> 00:52:16,360

I mean immediate measurable results that

1244

00:52:21,450 --> 00:52:19,330

just are undeniable anyone can go to wit

1245

00:52:22,260 --> 00:52:21,460

moth breathing and learn about it very

1246

00:52:23,850 --> 00:52:22,270

easily and do

1247

00:52:26,070 --> 00:52:23,860

in your first session you'll notice a

1248

00:52:28,530 --> 00:52:26,080

difference and there's other guys out

1249

00:52:30,660 --> 00:52:28,540

there too that have breathing programs

1250

00:52:32,430 --> 00:52:30,670

but what do you what the viewer

1251

00:52:35,280 --> 00:52:32,440

investigation - breathing what do you

1252

00:52:38,190 --> 00:52:35,290

think I mean yeah I mean I recommend the

1253

00:52:40,560 --> 00:52:38,200

Buteyko breathing method myself but

1254

00:52:42,990 --> 00:52:40,570

Hoffs breathing method is fine too

1255

00:52:46,620 --> 00:52:43,000

I actually went out asthma is one of the

1256

00:52:49,590 --> 00:52:46,630

few things that the allergist told me to

1257

00:52:53,550 --> 00:52:49,600

do to help with my asthma was pretty

1258

00:52:55,140 --> 00:52:53,560

much the same type of breathing you know

1259

00:52:58,130 --> 00:52:55,150

breathing exercises they did work very

1260

00:53:01,050 --> 00:52:58,140

well for asthma I mean extremely well

1261

00:53:02,160 --> 00:53:01,060

the main way it works for digestion I

1262

00:53:04,890 --> 00:53:02,170

guess I'm gonna put a little spin on

1263

00:53:06,420 --> 00:53:04,900

breathing so that you know I I'm the

1264

00:53:08,460 --> 00:53:06,430

fixer up guys so I'm gonna talk about as

1265

00:53:09,780 --> 00:53:08,470

far as digestion is concern is most

1266

00:53:11,280 --> 00:53:09,790

people who have digestion issue

1267

00:53:13,110 --> 00:53:11,290

digestive issues they have an

1268

00:53:15,390 --> 00:53:13,120

underactive parasympathetic nervous

1269

00:53:17,150 --> 00:53:15,400

system your parasympathetic nervous

1270

00:53:19,740 --> 00:53:17,160

system is called your rest and digest

1271

00:53:21,840 --> 00:53:19,750

part of your nervous system for a reason

1272

00:53:24,740 --> 00:53:21,850

you know I mean through your vagus nerve

1273

00:53:27,750 --> 00:53:24,750

it controls a lot of your MMC or your

1274

00:53:29,400 --> 00:53:27,760

migration motor complex the peristalsis

1275

00:53:32,670 --> 00:53:29,410

of the movement of your digestive system

1276
00:53:34,350 --> 00:53:32,680
and proper breathing you know if you're

1277
00:53:36,630 --> 00:53:34,360
breathing you know from your diaphragm

1278
00:53:39,780 --> 00:53:36,640
you know proper inhalation of oxygen

1279
00:53:43,050 --> 00:53:39,790
proper exhalation of carbon dioxide it

1280
00:53:45,030 --> 00:53:43,060
will activate the vagus nerve and slow

1281
00:53:48,690 --> 00:53:45,040
breathing will activate the vagus nerve

1282
00:53:51,210 --> 00:53:48,700
and in doing so it will increase the

1283
00:53:52,620 --> 00:53:51,220
efficiency of your digestion by

1284
00:53:55,290 --> 00:53:52,630
activating the parasympathetic nervous

1285
00:53:57,690 --> 00:53:55,300
system and restoring proper migrating

1286
00:53:59,400 --> 00:53:57,700
motor complex or peristalsis waves or

1287
00:54:01,170 --> 00:53:59,410
actions within the digestive system

1288
00:54:03,630 --> 00:54:01,180

because when our bodies are in a state

1289

00:54:06,900 --> 00:54:03,640

of over sympathetic nervous system you

1290

00:54:08,490 --> 00:54:06,910

know if you're really anxious you're

1291

00:54:10,410 --> 00:54:08,500

really full of anxiety really full of

1292

00:54:15,090 --> 00:54:10,420

adrenaline we're taking a lot of

1293

00:54:16,500 --> 00:54:15,100

stimulants like nicotine caffeine and

1294

00:54:18,450 --> 00:54:16,510

you're you know some people I sell for

1295

00:54:21,120 --> 00:54:18,460

adrenal fatigue to have this overactive

1296

00:54:22,650 --> 00:54:21,130

sympathetic nervous system state they're

1297

00:54:24,690 --> 00:54:22,660

you know most people like that including

1298

00:54:26,370 --> 00:54:24,700

myself and probably you to some degree

1299

00:54:27,570 --> 00:54:26,380

Alex we suffered from poor digestion

1300

00:54:29,520 --> 00:54:27,580

because of that because we didn't have

1301
00:54:32,340 --> 00:54:29,530
proper or parasympathetic proper vagus

1302
00:54:35,820 --> 00:54:32,350
nerve regulation you know controlling

1303
00:54:37,830 --> 00:54:35,830
our digestive like it should be so yeah

1304
00:54:41,280 --> 00:54:37,840
reading does play a big component from a

1305
00:54:43,860 --> 00:54:41,290
digestive side and to helping with that

1306
00:54:46,800 --> 00:54:43,870
you know but that wim hof is just an

1307
00:54:49,230 --> 00:54:46,810
interesting character for me first off

1308
00:54:51,660 --> 00:54:49,240
because he's really just a yogi I mean

1309
00:54:55,320 --> 00:54:51,670
he's such a yogi and he even talks about

1310
00:54:56,820 --> 00:54:55,330
that a lot but he doesn't come out and

1311
00:54:58,800 --> 00:54:56,830
associate it with any of the things that

1312
00:55:01,830 --> 00:54:58,810
he does but anyone who knows yoga well

1313
00:55:03,660 --> 00:55:01,840

will get that but he's taken it a lot

1314

00:55:06,120 --> 00:55:03,670

further I mean he's a guy who's gone in

1315

00:55:08,760 --> 00:55:06,130

and subjected himself to medical tests

1316

00:55:12,780 --> 00:55:08,770

where they've administered and a toxin

1317

00:55:14,970 --> 00:55:12,790

bacteria and he's just controlled his

1318

00:55:16,800 --> 00:55:14,980

auto immune system which you're not

1319

00:55:19,050 --> 00:55:16,810

supposed to be able to do that's why

1320

00:55:21,930 --> 00:55:19,060

they call it an auto immune system go

1321

00:55:25,400 --> 00:55:21,940

ahead but no no but you can't do it that

1322

00:55:28,970 --> 00:55:25,410

you can control it possibly through

1323

00:55:31,650 --> 00:55:28,980

activation of the vagus nerve through

1324

00:55:35,520 --> 00:55:31,660

grounding and controlling your heart

1325

00:55:37,680 --> 00:55:35,530

rate variability you can somewhat reduce

1326

00:55:39,630 --> 00:55:37,690

inflammatory size it through you know

1327

00:55:41,190 --> 00:55:39,640

cult thermogenesis for example which

1328

00:55:43,920 --> 00:55:41,200

would increase mitochondrial output

1329

00:55:46,320 --> 00:55:43,930

which would reduce oxidative stress I

1330

00:55:49,020 --> 00:55:46,330

mean there's many different methods of

1331

00:55:50,610 --> 00:55:49,030

what HOF does to be able to reduce those

1332

00:55:54,270 --> 00:55:50,620

cytokines like H poor either we both

1333

00:55:55,920 --> 00:55:54,280

have produce and his methods do work

1334

00:55:58,020 --> 00:55:55,930

very well for that you are correct

1335

00:56:00,840 --> 00:55:58,030

but here's that here's the twist on that

1336

00:56:03,930 --> 00:56:00,850

that that always gets me is like yeah

1337

00:56:06,840 --> 00:56:03,940

maybe that very materialistic scientific

1338

00:56:08,850 --> 00:56:06,850

explanation holds and I'm sure there's

1339

00:56:11,490 --> 00:56:08,860

an aspect of that but I think there's

1340

00:56:13,100 --> 00:56:11,500

something else at play as well you know

1341

00:56:15,330 --> 00:56:13,110

a few years ago I interviewed a guy

1342

00:56:17,520 --> 00:56:15,340

really interesting guy's name is dr.

1343

00:56:20,130 --> 00:56:17,530

William Bengston and the doctor he's not

1344

00:56:22,200 --> 00:56:20,140

a medical doctor but he's a very highly

1345

00:56:24,900 --> 00:56:22,210

regarded sociologist and he really

1346

00:56:26,160 --> 00:56:24,910

understands the scientific method and

1347

00:56:28,230 --> 00:56:26,170

I'll kind of make this story kind of

1348

00:56:29,670 --> 00:56:28,240

short because so many people have

1349

00:56:31,890 --> 00:56:29,680

already listened to the interview or a

1350

00:56:36,480 --> 00:56:31,900

familiar with his work but here's a guy

1351
00:56:39,120 --> 00:56:36,490
who stumbles across healing hands on

1352
00:56:41,070 --> 00:56:39,130
healing and he's just a scientist so

1353
00:56:42,420 --> 00:56:41,080
he's just curious he's like wow I never

1354
00:56:44,730 --> 00:56:42,430
I never thought that would work

1355
00:56:46,590 --> 00:56:44,740
and he's working with this guy who is

1356
00:56:48,450 --> 00:56:46,600
the healer and it's almost like a

1357
00:56:49,380 --> 00:56:48,460
cocktail party thing the guy says yeah I

1358
00:56:51,480 --> 00:56:49,390
can he

1359
00:56:54,060 --> 00:56:51,490
people just by putting my hands over him

1360
00:56:56,970 --> 00:56:54,070
Reiki well fast forward to the to the

1361
00:57:00,840 --> 00:56:56,980
point where Bankston is actually doing a

1362
00:57:03,150 --> 00:57:00,850
laboratory experiment with mice who've

1363
00:57:05,850 --> 00:57:03,160

been injected with cancer and none of

1364

00:57:08,280 --> 00:57:05,860

these mice ever live past twenty seven

1365

00:57:12,120 --> 00:57:08,290

days thousands and thousands of these

1366

00:57:13,500 --> 00:57:12,130

and he cures these mice and he says at

1367

00:57:15,000 --> 00:57:13,510

some point I had to say that they're

1368

00:57:18,090 --> 00:57:15,010

cured they weren't in remission they

1369

00:57:21,630 --> 00:57:18,100

were actually cured so we can say Reiki

1370

00:57:25,470 --> 00:57:21,640

or we can put any term we want on it we

1371

00:57:29,640 --> 00:57:25,480

don't know what's going on when we cross

1372

00:57:31,860 --> 00:57:29,650

into this other aspect of the whole

1373

00:57:35,310 --> 00:57:31,870

being you know and but we don't know

1374

00:57:37,470 --> 00:57:35,320

from a you know if consciousness is

1375

00:57:39,180 --> 00:57:37,480

fundamental and as that a creating our

1376

00:57:41,220 --> 00:57:39,190

material world all the rest this so I'm

1377

00:57:43,560 --> 00:57:41,230

always a little bit hesitant when people

1378

00:57:45,300 --> 00:57:43,570

jump in like with women they go oh well

1379

00:57:48,420 --> 00:57:45,310

that's because he's doing this and this

1380

00:57:50,850 --> 00:57:48,430

and that no man he's just he's just some

1381

00:57:53,070 --> 00:57:50,860

crazy Dutch guy who was experiencing

1382

00:57:55,080 --> 00:57:53,080

unbelievable grief because his wife had

1383

00:57:57,060 --> 00:57:55,090

suicided and he's walking along the

1384

00:57:59,190 --> 00:57:57,070

street and he says dammit I don't know

1385

00:58:01,020 --> 00:57:59,200

what to do with my head I don't know

1386

00:58:03,000 --> 00:58:01,030

what to do with my life there's a frozen

1387

00:58:05,010 --> 00:58:03,010

lake there I'm not gonna drown myself

1388

00:58:06,450 --> 00:58:05,020

but I'm gonna go jump in the lake and he

1389

00:58:08,550 --> 00:58:06,460

goes and jumps in the lake and you know

1390

00:58:10,650 --> 00:58:08,560

what that little voice inside his head

1391

00:58:12,600 --> 00:58:10,660

stops even if it's only for a minute it

1392

00:58:14,820 --> 00:58:12,610

stopped and he came out and he felt

1393

00:58:17,640 --> 00:58:14,830

better and he said I gotta follow this

1394

00:58:19,770 --> 00:58:17,650

so yeah here's a guy who isn't really

1395

00:58:21,930 --> 00:58:19,780

into the medical stuff he just says I

1396

00:58:25,260 --> 00:58:21,940

can do this and I can teach other people

1397

00:58:28,710 --> 00:58:25,270

to do this and I wonder if we miss

1398

00:58:31,410 --> 00:58:28,720

something when we try and get too

1399

00:58:32,700 --> 00:58:31,420

technical with the slide rule science

1400

00:58:34,110 --> 00:58:32,710

you know the slide real science where

1401

00:58:36,750 --> 00:58:34,120

we're just going well it must be this

1402

00:58:38,850 --> 00:58:36,760

must be this must be this when at the

1403

00:58:41,310 --> 00:58:38,860

edges we realize how little we don't

1404

00:58:44,070 --> 00:58:41,320

know when we really look at the broader

1405

00:58:45,870 --> 00:58:44,080

spectrum of be it banks then or what wim

1406

00:58:47,100 --> 00:58:45,880

HOF does or you know somebody who has a

1407

00:58:49,650 --> 00:58:47,110

near-death experience

1408

00:58:52,200 --> 00:58:49,660

and as part of the experience goes

1409

00:58:54,030 --> 00:58:52,210

through a healing of a some other

1410

00:58:56,790 --> 00:58:54,040

ailment you know I mean that there's all

1411

00:58:59,430 --> 00:58:56,800

sorts of those stories there go on and

1412

00:59:01,650 --> 00:58:59,440

on about them thoughts on that well

1413

00:59:03,099 --> 00:59:01,660

doctors I mean they believe that if you

1414

00:59:04,930 --> 00:59:03,109

can make yourself sick like

1415

00:59:06,930 --> 00:59:04,940

I think it's called like a taco soup oh

1416

00:59:09,339 --> 00:59:06,940

cardiomyopathy a broken heart syndrome

1417

00:59:12,849 --> 00:59:09,349

where the heart can weaken itself

1418

00:59:13,930 --> 00:59:12,859

literally from severe mental stress so

1419

00:59:16,150 --> 00:59:13,940

they believe in that but yet they don't

1420

00:59:18,220 --> 00:59:16,160

believe that possibly from a spiritual

1421

00:59:19,180 --> 00:59:18,230

standpoint or a metaphysical standpoint

1422

00:59:21,880 --> 00:59:19,190

or whatever you want to call that a

1423

00:59:25,089 --> 00:59:21,890

person could will themselves to get

1424

00:59:27,249 --> 00:59:25,099

better I've noted to happen and it's

1425

00:59:30,370 --> 00:59:27,259

happened you know and I I do try to look

1426

00:59:31,989 --> 00:59:30,380

at things as an illogical mindset don't

1427

00:59:34,599 --> 00:59:31,999

get me wrong but I'm no I know with your

1428

00:59:36,549 --> 00:59:34,609

past discussion that you had with Jesus

1429

00:59:38,440 --> 00:59:36,559

live there yeah he was pretty much like

1430

00:59:40,329 --> 00:59:38,450

a science science science science you

1431

00:59:43,299 --> 00:59:40,339

know if he if it if you go against that

1432

00:59:48,190 --> 00:59:43,309

then you know he will lead it to the

1433

00:59:50,620 --> 00:59:48,200

dark ages he's a practicing magician

1434

00:59:53,979 --> 00:59:50,630

suppose who's conjuring spirits to do

1435

00:59:57,430 --> 00:59:53,989

his bidding so but that's the thing is

1436

00:59:58,839 --> 00:59:57,440

is I gotta serve some master you know

1437

01:00:00,849 --> 00:59:58,849

maybe he's getting someone you know

1438

01:00:02,440 --> 01:00:00,859

whispering in his head to pull T to pull

1439

01:00:05,200 --> 01:00:02,450

the stuff that he does at transhumanists

1440

01:00:08,529 --> 01:00:05,210

is gonna save us all you know and hey I

1441

01:00:09,999 --> 01:00:08,539

just you got a look at it both way

1442

01:00:12,249 --> 01:00:10,009

there's so much like you're saying and I

1443

01:00:14,620 --> 01:00:12,259

agree with you like with Abel I try from

1444

01:00:16,450 --> 01:00:14,630

from from my logical mind to try to give

1445

01:00:18,039 --> 01:00:16,460

a medical conclusion of why he should

1446

01:00:20,440 --> 01:00:18,049

have been able to spit out that too but

1447

01:00:22,989 --> 01:00:20,450

there is none right there is none so

1448

01:00:24,700 --> 01:00:22,999

spiritually he through manifestation of

1449

01:00:28,299 --> 01:00:24,710

will or whatever you want to call it

1450

01:00:31,420 --> 01:00:28,309

happened and I accept it for what it is

1451

01:00:33,519 --> 01:00:31,430

it's a miracle I'm sorry if that offends

1452

01:00:36,089 --> 01:00:33,529

anybody that simply what it was there's

1453

01:00:40,539 --> 01:00:36,099

no rational logical explanation for it

1454

01:00:42,489 --> 01:00:40,549

and these things happen on a daily basis

1455

01:00:43,839 --> 01:00:42,499

and we there's no you know and that

1456

01:00:46,599 --> 01:00:43,849

that's what you're talking about the

1457

01:00:48,819 --> 01:00:46,609

stuff that's on the fringe that may

1458

01:00:51,880 --> 01:00:48,829

never have an explanation you know I

1459

01:00:53,680 --> 01:00:51,890

always like this story and I know it to

1460

01:00:55,839 --> 01:00:53,690

be true because I heard it from Andrew

1461

01:00:58,120 --> 01:00:55,849

while you know the famous complementary

1462

01:01:01,029 --> 01:00:58,130

medicine guy super rich guy from Harvard

1463

01:01:03,160 --> 01:01:01,039

who has an interesting connection with

1464

01:01:04,720 --> 01:01:03,170

Timothy Leary and all that if anyone

1465

01:01:08,380 --> 01:01:04,730

wants to go back and look he kind of is

1466

01:01:11,799 --> 01:01:08,390

the guy who outed Timothy Leary and Ram

1467

01:01:15,160 --> 01:01:11,809

Dass for using drugs off using LSD off

1468

01:01:16,510 --> 01:01:15,170

campus I digress though anyways Andrew

1469

01:01:19,050 --> 01:01:16,520

Weil is going on to be

1470

01:01:21,550 --> 01:01:19,060

come one of the most famous

1471

01:01:23,490 --> 01:01:21,560

complementary medicine guys and has kind

1472

01:01:25,510 --> 01:01:23,500

of turned that into a whole huge

1473

01:01:27,340 --> 01:01:25,520

industry for himself and for other

1474

01:01:31,240 --> 01:01:27,350

people and it seems like a good guy but

1475

01:01:34,750 --> 01:01:31,250

he says what he does consistently all

1476

01:01:37,810 --> 01:01:34,760

the time with his medical students is he

1477

01:01:40,210 --> 01:01:37,820

says go to the library and I want you to

1478

01:01:44,320 --> 01:01:40,220

just go to the medical journals and

1479

01:01:48,010 --> 01:01:44,330

randomly pull off a study a major study

1480

01:01:51,310 --> 01:01:48,020

where it was a life kind of threatening

1481

01:01:53,680 --> 01:01:51,320

kind of situation and I want you to look

1482

01:01:56,560 --> 01:01:53,690

for cases of spontaneous healing that

1483

01:02:00,010 --> 01:01:56,570

aren't explained and he goes you'll find

1484

01:02:03,100 --> 01:02:00,020

him under the category of placebo effect

1485

01:02:06,510 --> 01:02:03,110

or whatever but in every one of those

1486

01:02:09,070 --> 01:02:06,520

studies you'll find spontaneous healing

1487

01:02:11,890 --> 01:02:09,080

well what are we saying there we don't

1488

01:02:13,270 --> 01:02:11,900

understand what the hell happened these

1489

01:02:16,180 --> 01:02:13,280

are people in the control group who

1490

01:02:20,710 --> 01:02:16,190

didn't get any treatment better who got

1491

01:02:23,470 --> 01:02:20,720

better and so m'ling these two things at

1492

01:02:25,540 --> 01:02:23,480

the same time because John I'm totally

1493

01:02:28,000 --> 01:02:25,550

down and I hope people get that you know

1494

01:02:30,550 --> 01:02:28,010

I'm taking the magnesium I'm doing all

1495

01:02:33,400 --> 01:02:30,560

this other stuff to try and improve my

1496

01:02:37,150 --> 01:02:33,410

chances for experiencing the best life I

1497

01:02:41,320 --> 01:02:37,160

can at the same time I'm I'm humbled by

1498

01:02:45,820 --> 01:02:41,330

the thought of Who am I really

1499

01:02:48,240 --> 01:02:45,830

and what is my larger connection to

1500

01:02:50,950 --> 01:02:48,250

consciousness what is my larger

1501

01:02:53,560 --> 01:02:50,960

spirituality and I just think it's

1502

01:02:55,090 --> 01:02:53,570

that's the challenge is to jump over and

1503

01:02:57,640 --> 01:02:55,100

squeeze this one as tight as you can and

1504

01:03:01,480 --> 01:02:57,650

then jump over the other one and hold on

1505

01:03:04,390 --> 01:03:01,490

to that as well because it just seems to

1506

01:03:07,900 --> 01:03:04,400

be what's at play I agree I mean that's

1507

01:03:10,420 --> 01:03:07,910

why I'm not a hundred percent for things

1508

01:03:12,160 --> 01:03:10,430

that are can be explained logically and

1509

01:03:14,500 --> 01:03:12,170

I'm not a hundred percent for things

1510

01:03:16,660 --> 01:03:14,510

that are strictly spiritual either I'm

1511

01:03:18,160 --> 01:03:16,670

kind of a mixture in the middle and some

1512

01:03:21,340 --> 01:03:18,170

people hate that with a lot of my

1513

01:03:23,710 --> 01:03:21,350

beliefs I'm kind of you know thinking

1514

01:03:26,500 --> 01:03:23,720

that you know both sides are samara to

1515

01:03:29,700 --> 01:03:26,510

it but I do agree for you with you that

1516

01:03:31,560 --> 01:03:29,710

Alex said a lot of people try to

1517

01:03:33,420 --> 01:03:31,570

just discredit things that they can't

1518

01:03:35,970 --> 01:03:33,430

explain just because I can't explain

1519

01:03:37,530 --> 01:03:35,980

them okay let me come back to the

1520

01:03:39,630 --> 01:03:37,540

practical rules because I have a couple

1521

01:03:42,480 --> 01:03:39,640

other ones that I want to just throw on

1522

01:03:45,210 --> 01:03:42,490

the table there one is fasting

1523

01:03:46,980 --> 01:03:45,220

intermittent fasting again for me this

1524

01:03:50,310 --> 01:03:46,990

is something I just kind of ran across

1525

01:03:53,700 --> 01:03:50,320

stumbled across and wound up trying it

1526

01:03:55,260 --> 01:03:53,710

and found it to be just really effective

1527

01:03:57,859 --> 01:03:55,270

for me and there seems to be some good

1528

01:04:01,050 --> 01:03:57,869

science behind it and that's like

1529

01:04:03,839 --> 01:04:01,060

controlling all your eating to in a like

1530

01:04:05,609 --> 01:04:03,849

a five or a six hour window during the

1531

01:04:07,710 --> 01:04:05,619

day and they're not so worried about

1532

01:04:10,380 --> 01:04:07,720

portions or what you eat but just

1533

01:04:12,960 --> 01:04:10,390

keeping it inside that window to give

1534

01:04:15,630 --> 01:04:12,970

your digestive system a chance to rest

1535

01:04:18,180 --> 01:04:15,640

otherwise any thoughts on intermittent

1536

01:04:20,099 --> 01:04:18,190

fasting when using the right

1537

01:04:21,630 --> 01:04:20,109

circumstances for the right people can

1538

01:04:24,359 --> 01:04:21,640

make huge benefits in their health just

1539

01:04:27,060 --> 01:04:24,369

like you but when using correctly in the

1540

01:04:28,890 --> 01:04:27,070

wrong person let's say someone has taxed

1541

01:04:31,800 --> 01:04:28,900

adrenal glands except from severe

1542

01:04:34,070 --> 01:04:31,810

adrenal fatigue then arm in a fasting

1543

01:04:36,300 --> 01:04:34,080

the neat upregulation need of cortisol

1544

01:04:38,670 --> 01:04:36,310

in a journal and that's produced because

1545

01:04:42,390 --> 01:04:38,680

of fasting could make them feel and make

1546

01:04:43,380 --> 01:04:42,400

them much much worse so really just

1547

01:04:44,900 --> 01:04:43,390

depends on the person for you

1548

01:04:47,099 --> 01:04:44,910

intermittent fasting worked very well

1549

01:04:49,020 --> 01:04:47,109

for me because of the state of health

1550

01:04:52,980 --> 01:04:49,030

that I was in it did not work for me at

1551

01:04:54,089 --> 01:04:52,990

all and I couldn't take it and it's like

1552

01:04:57,030 --> 01:04:54,099

that was some people I've coached with

1553

01:04:58,620 --> 01:04:57,040

some people ketogenic diets or in a

1554

01:05:01,109 --> 01:04:58,630

minute fasting you know or cyclic

1555

01:05:04,380 --> 01:05:01,119

ketogenic diets any of those worked very

1556

01:05:07,770 --> 01:05:04,390

well and they thrive on them and then

1557

01:05:09,900 --> 01:05:07,780

other people it destroys them or it

1558

01:05:11,520 --> 01:05:09,910

makes them ill they were not really too

1559

01:05:13,760 --> 01:05:11,530

much ill from going on them on the first

1560

01:05:16,829 --> 01:05:13,770

place and they go in them sometimes

1561

01:05:19,260 --> 01:05:16,839

incorrectly sometimes correctly and it

1562

01:05:21,329 --> 01:05:19,270

leads them to become ill so that's why

1563

01:05:24,900 --> 01:05:21,339

I've always said and there's why there's

1564

01:05:27,750 --> 01:05:24,910

no fix your gut diet quote unquote no

1565

01:05:31,200 --> 01:05:27,760

one diet is perfect for every human

1566

01:05:33,300 --> 01:05:31,210

being we're too different or Jennifer

1567

01:05:35,579 --> 01:05:33,310

genetically or different epigenetically

1568

01:05:37,950 --> 01:05:35,589

or microbiomes are different it's just

1569

01:05:39,900 --> 01:05:37,960

impossible now there are some diets that

1570

01:05:41,130 --> 01:05:39,910

are probably better for for some than

1571

01:05:42,690 --> 01:05:41,140

others I mentioned the perfect health

1572

01:05:44,610 --> 01:05:42,700

diet but for some people it may be too

1573

01:05:47,130 --> 01:05:44,620

many carbohydrates

1574

01:05:50,040 --> 01:05:47,140

I hate I love the diet for health I

1575

01:05:53,520 --> 01:05:50,050

would hate the name you know as far as

1576

01:05:57,390 --> 01:05:53,530

the being a perfect diet for health but

1577

01:06:00,780 --> 01:05:57,400

you know diet is such a individual thing

1578

01:06:03,360 --> 01:06:00,790

it really depends on the person sure no

1579

01:06:05,640 --> 01:06:03,370

I think that's really good advice and I

1580

01:06:10,050 --> 01:06:05,650

would just add for what it's worth my

1581

01:06:12,450 --> 01:06:10,060

experience is that what the fast five

1582

01:06:14,490 --> 01:06:12,460

the five hour window thing and I'm not

1583

01:06:18,930 --> 01:06:14,500

strictly hold of the five all I do about

1584

01:06:20,940 --> 01:06:18,940

six hours or so it just freed me up it

1585

01:06:23,100 --> 01:06:20,950

was like I had been brainwashed into

1586

01:06:25,050 --> 01:06:23,110

this thing that you know breakfast is

1587

01:06:27,120 --> 01:06:25,060

the most important meal of the day and

1588

01:06:28,920 --> 01:06:27,130

as soon as you get up you have to eat

1589

01:06:31,500 --> 01:06:28,930

and I was never hungry in the morning

1590

01:06:34,230 --> 01:06:31,510

but I was like okay I guess that's what

1591

01:06:36,120 --> 01:06:34,240

I'm supposed to do you know and then at

1592

01:06:37,920 --> 01:06:36,130

night you know the whole ritual around

1593

01:06:42,000 --> 01:06:37,930

dinner and stuff like that and it looks

1594

01:06:45,470 --> 01:06:42,010

like it just I so naturally fell into a

1595

01:06:48,630 --> 01:06:45,480

diet that just felt better for me by

1596

01:06:54,120 --> 01:06:48,640

someone saying here's some data you

1597

01:06:56,670 --> 01:06:54,130

might want to take in about eating just

1598

01:06:58,470 --> 01:06:56,680

inside of this window so I love the way

1599

01:07:00,480 --> 01:06:58,480

you processed it though and I totally

1600

01:07:02,670 --> 01:07:00,490

accept that and you just know a lot more

1601
01:07:05,640 --> 01:07:02,680
than I do about this stuff but I wanted

1602
01:07:07,890 --> 01:07:05,650
to throw that I am fan of fasting I can

1603
01:07:09,300 --> 01:07:07,900
help a lot for many medical conditions

1604
01:07:11,760 --> 01:07:09,310
there are a lot of studies that show

1605
01:07:12,720 --> 01:07:11,770
that you know there's a lot of studies

1606
01:07:14,040 --> 01:07:12,730
that show that fast he could be very

1607
01:07:16,650 --> 01:07:14,050
beneficial for the immune system and

1608
01:07:18,540 --> 01:07:16,660
very very beneficial for longevity but

1609
01:07:20,400 --> 01:07:18,550
there are possibly some studies that may

1610
01:07:24,600 --> 01:07:20,410
be around the corner in the future that

1611
01:07:26,220 --> 01:07:24,610
fasting when done into some people may

1612
01:07:29,010 --> 01:07:26,230
trigger a condition in the body where

1613
01:07:33,210 --> 01:07:29,020

the body thinks it's starving and that

1614

01:07:35,460 --> 01:07:33,220

may be detrimental to healing so you

1615

01:07:36,210 --> 01:07:35,470

know it just depends on the person you

1616

01:07:38,160 --> 01:07:36,220

know if you want to learn about

1617

01:07:39,360 --> 01:07:38,170

intermittent fasting in cyclic ketogenic

1618

01:07:41,130 --> 01:07:39,370

diets I wrote a good blog about

1619

01:07:43,110 --> 01:07:41,140

ketogenic diets I'll fix your gut the

1620

01:07:44,790 --> 01:07:43,120

bulletproof diet is a good example of a

1621

01:07:49,200 --> 01:07:44,800

cyclic ketogenic diet you know Dave

1622

01:07:50,880 --> 01:07:49,210

Asprey I'm not against them I just think

1623

01:07:52,380 --> 01:07:50,890

with everything would diet it's very

1624

01:07:53,730 --> 01:07:52,390

personal and people should be well

1625

01:07:56,400 --> 01:07:53,740

informed and try to figure out exactly

1626

01:07:57,600 --> 01:07:56,410

what diet works for them I'll tell you

1627

01:08:00,240 --> 01:07:57,610

one thing I want to hit

1628

01:08:01,710 --> 01:08:00,250

and I don't want to ruffle too many

1629

01:08:03,240 --> 01:08:01,720

feathers and I certainly don't want to

1630

01:08:04,950 --> 01:08:03,250

ruffle your feathers you're such a great

1631

01:08:09,960 --> 01:08:04,960

guy and you do such important work here

1632

01:08:12,120 --> 01:08:09,970

but I do feel like sometimes there's two

1633

01:08:13,470 --> 01:08:12,130

parts of the free pass thing you know

1634

01:08:15,210 --> 01:08:13,480

it's like one I don't want to give a

1635

01:08:17,309 --> 01:08:15,220

free pass to people who don't deserve it

1636

01:08:20,280 --> 01:08:17,319

I heard you talk on weed you know

1637

01:08:24,420 --> 01:08:20,290

marijuana a bunch of times and hey I'm

1638

01:08:26,849 --> 01:08:24,430

all about the benefits of cannabis oils

1639

01:08:28,770 --> 01:08:26,859

and all the rest of this stuff but Jesus

1640

01:08:31,980 --> 01:08:28,780

Christ I don't care a lot of people who

1641

01:08:35,520 --> 01:08:31,990

are now becoming addicted dependent

1642

01:08:37,200 --> 01:08:35,530

substance abuse problem with marijuana I

1643

01:08:39,000 --> 01:08:37,210

don't think it's ever really increased I

1644

01:08:41,180 --> 01:08:39,010

mean I would push back on that and I

1645

01:08:43,020 --> 01:08:41,190

also push back what's the most common

1646

01:08:43,650 --> 01:08:43,030

psychoactive drug consumed an entire

1647

01:08:46,400 --> 01:08:43,660

world

1648

01:08:50,400 --> 01:08:46,410

I don't know alcohol no caffeine

1649

01:08:52,490 --> 01:08:50,410

caffeine okay but yeah I'm not sure that

1650

01:08:57,150 --> 01:08:52,500

it I'm not sure the caffeine really

1651
01:08:58,710 --> 01:08:57,160
measures up in the same way let's talk

1652
01:09:02,039 --> 01:08:58,720
about it why not

1653
01:09:04,200 --> 01:09:02,049
I'm can let's talk about why caffeine is

1654
01:09:05,640 --> 01:09:04,210
psychoactive has killed people there

1655
01:09:06,960 --> 01:09:05,650
have been people have died from caffeine

1656
01:09:09,630 --> 01:09:06,970
overdoses there have been people who've

1657
01:09:11,550 --> 01:09:09,640
died from marijuana use it's extremely

1658
01:09:13,410 --> 01:09:11,560
rare you know some people have died from

1659
01:09:16,260 --> 01:09:13,420
you know also being under the influence

1660
01:09:19,110 --> 01:09:16,270
while driving I do admit that but

1661
01:09:22,349 --> 01:09:19,120
caffeine you know there are overdoses a

1662
01:09:23,970 --> 01:09:22,359
lot of them not you know on purpose

1663
01:09:26,940 --> 01:09:23,980

overdosing there are a lot of people who

1664

01:09:28,559 --> 01:09:26,950

get you know arrhythmia and conditions

1665

01:09:30,420 --> 01:09:28,569

where they have to be treated for

1666

01:09:31,950 --> 01:09:30,430

caffeine you know too much drinking too

1667

01:09:35,670 --> 01:09:31,960

much caffeine

1668

01:09:38,309 --> 01:09:35,680

so any caffeine is addicting is it not I

1669

01:09:40,349 --> 01:09:38,319

mean I don't know I don't I drink like I

1670

01:09:43,230 --> 01:09:40,359

never drink caffeine and I just started

1671

01:09:45,000 --> 01:09:43,240

drinking like one cup a day just but but

1672

01:09:47,280 --> 01:09:45,010

taking that out of it I mean I just take

1673

01:09:50,490 --> 01:09:47,290

a common-sense approach and that is this

1674

01:09:51,870 --> 01:09:50,500

look most of us have smoked weed and we

1675

01:09:54,870 --> 01:09:51,880

know the effects just like we know the

1676

01:09:57,480 --> 01:09:54,880

effects of alcohol and we know the

1677

01:10:00,270 --> 01:09:57,490

effects of smoking weed every day of

1678

01:10:04,950 --> 01:10:00,280

getting high every day hey man it is not

1679

01:10:06,960 --> 01:10:04,960

good every day if you're getting high

1680

01:10:09,450 --> 01:10:06,970

multiple times a day you have a

1681

01:10:11,910 --> 01:10:09,460

substance abuse problem it's it's like

1682

01:10:13,890 --> 01:10:11,920

we want to give people a free pass

1683

01:10:16,530 --> 01:10:13,900

or say there so that it's like no man

1684

01:10:19,439 --> 01:10:16,540

it's like anything else that becomes a

1685

01:10:22,439 --> 01:10:19,449

problem in your life it's it's measured

1686

01:10:24,000 --> 01:10:22,449

by can you just walk away from it or do

1687

01:10:26,040 --> 01:10:24,010

you do you need it and if you're using

1688

01:10:28,439 --> 01:10:26,050

it every day multiple times a day then

1689

01:10:30,419 --> 01:10:28,449

it's got more control on you than you

1690

01:10:32,280 --> 01:10:30,429

have on it what would you say the same

1691

01:10:34,530 --> 01:10:32,290

thing about caffeine or nicotine there's

1692

01:10:36,900 --> 01:10:34,540

millions of people around the world who

1693

01:10:38,790 --> 01:10:36,910

are dependent on it caffeine can produce

1694

01:10:40,140 --> 01:10:38,800

some odd form of drug dependence it

1695

01:10:41,939 --> 01:10:40,150

causes headaches and withdrawal some

1696

01:10:44,760 --> 01:10:41,949

people can it's very hard difficult for

1697

01:10:46,439 --> 01:10:44,770

them to get off a caffeine I'm just

1698

01:10:48,030 --> 01:10:46,449

playing devil's advocate here I agree

1699

01:10:50,010 --> 01:10:48,040

with you if there are a lot of people

1700

01:10:52,950 --> 01:10:50,020

who use marijuana incorrectly and it

1701

01:10:54,290 --> 01:10:52,960

leads them to not contribute as much as

1702

01:10:56,729 --> 01:10:54,300

society as they should

1703

01:10:58,650 --> 01:10:56,739

just like other sorry I don't care about

1704

01:11:00,120 --> 01:10:58,660

society I don't care for their own

1705

01:11:01,470 --> 01:11:00,130

personal life you know better or

1706

01:11:05,160 --> 01:11:01,480

betterment of themselves is that better

1707

01:11:07,020 --> 01:11:05,170

maybe you know I'll think back to the the

1708

01:11:08,340 --> 01:11:07,030

Joe Rogan episode with Graham Hancock I

1709

01:11:10,050 --> 01:11:08,350

don't know if you've ever seen it but

1710

01:11:12,510 --> 01:11:10,060

it's like a classic you know Graham

1711

01:11:15,030 --> 01:11:12,520

Hancock who is this incredible author

1712

01:11:16,770 --> 01:11:15,040

and has produced unbelievably great work

1713

01:11:19,350 --> 01:11:16,780

over the years and it's just a brilliant

1714

01:11:23,330 --> 01:11:19,360

guy no no doubt about it and he's there

1715

01:11:25,410 --> 01:11:23,340

talking about his 20 year dependency on

1716

01:11:27,120 --> 01:11:25,420

marijuana and he said to how it really

1717

01:11:29,040 --> 01:11:27,130

had gotten out of control for him and

1718

01:11:32,340 --> 01:11:29,050

then he had gone down and he had done

1719

01:11:35,669 --> 01:11:32,350

ayahuasca and the ayahuasca spirit had

1720

01:11:38,700 --> 01:11:35,679

fought with the spirit of marihuana and

1721

01:11:41,040 --> 01:11:38,710

who people who are in the shamanistic

1722

01:11:42,780 --> 01:11:41,050

kind of world say yeah these two spirits

1723

01:11:44,490 --> 01:11:42,790

have long known to be kind of feuding

1724

01:11:47,490 --> 01:11:44,500

and this and that and anyways the

1725

01:11:49,439 --> 01:11:47,500

ayahuasca spirit says hey you know you

1726

01:11:51,600 --> 01:11:49,449

got to stop that it's it's interfering

1727

01:11:54,720 --> 01:11:51,610

with your life so he comes back and he

1728

01:11:56,550 --> 01:11:54,730

fires up the the vaporizer and he can't

1729

01:11:58,620 --> 01:11:56,560

do it he just can't do it and he walks

1730

01:12:01,650 --> 01:11:58,630

away and he just like wow you know I

1731

01:12:04,140 --> 01:12:01,660

really see that I had misused that

1732

01:12:05,490 --> 01:12:04,150

substance and I had come out of a line

1733

01:12:07,830 --> 01:12:05,500

with it from a spiritual perspective

1734

01:12:09,300 --> 01:12:07,840

well I don't know if all that's

1735

01:12:12,120 --> 01:12:09,310

I don't know about the spirits I'm

1736

01:12:15,330 --> 01:12:12,130

inclined to think there's some reality

1737

01:12:17,490 --> 01:12:15,340

to all that but at the same time and I

1738

01:12:19,820 --> 01:12:17,500

am inclined to believe that there's some

1739

01:12:23,340 --> 01:12:19,830

reality to that I believe that we are

1740

01:12:25,560 --> 01:12:23,350

engaging with something more when we

1741

01:12:28,100 --> 01:12:25,570

enter that extended

1742

01:12:30,600 --> 01:12:28,110

this realm that is associated with

1743

01:12:33,600 --> 01:12:30,610

psychedelics like marijuana and

1744

01:12:36,089 --> 01:12:33,610

psychedelics like ayahuasca and we are

1745

01:12:37,560 --> 01:12:36,099

in this kind of alternative world and I

1746

01:12:39,439 --> 01:12:37,570

think people who don't appreciate that

1747

01:12:42,270 --> 01:12:39,449

and don't come at it at least with some

1748

01:12:47,780 --> 01:12:42,280

respect of that have a have a greater

1749

01:12:50,339 --> 01:12:47,790

risk of becoming the dependent becoming

1750

01:12:52,560 --> 01:12:50,349

having an attachment that might not be

1751

01:12:53,819 --> 01:12:52,570

the most positive thing in their life I

1752

01:12:57,510 --> 01:12:53,829

don't know what do you think about that

1753

01:13:01,109 --> 01:12:57,520

but no I agree I agree with you but all

1754

01:13:03,359 --> 01:13:01,119

I'm saying is we marijuana has a lot of

1755

01:13:04,919 --> 01:13:03,369

medical benefits CBD oil it does trust

1756

01:13:07,319 --> 01:13:04,929

me I've used it in my own personal life

1757

01:13:11,580 --> 01:13:07,329

of people my coach my good friend of my

1758

01:13:13,290 --> 01:13:11,590

business partner his his sister who is

1759

01:13:14,669 --> 01:13:13,300

alive today I know not got to my own

1760

01:13:16,319 --> 01:13:14,679

horn I guess cuz I mean he's he says

1761

01:13:19,169 --> 01:13:16,329

it's I guess I could say any we said it

1762

01:13:23,010 --> 01:13:19,179

before but her seizures stopped

1763

01:13:24,089 --> 01:13:23,020

dramatically because of CBD oil so and

1764

01:13:25,800 --> 01:13:24,099

don't get me wrong I understand what

1765

01:13:28,620 --> 01:13:25,810

you're saying completely that there are

1766

01:13:31,290 --> 01:13:28,630

people who will abuse marijuana or use

1767

01:13:33,689 --> 01:13:31,300

it you know it's natural man is the same

1768

01:13:37,589 --> 01:13:33,699

with psilocybin mushrooms is it alcohol

1769

01:13:41,040 --> 01:13:37,599

people will use substances incorrectly

1770

01:13:43,859 --> 01:13:41,050

and use it and it's destroying their

1771

01:13:46,229 --> 01:13:43,869

lives like I mean I guess maybe I didn't

1772

01:13:49,109 --> 01:13:46,239

talk about that with Greg per se because

1773

01:13:51,410 --> 01:13:49,119

its THC but I do understand that there

1774

01:13:54,270 --> 01:13:51,420

have been marijuana has destroyed

1775

01:13:58,500 --> 01:13:54,280

people's lives and kept them from their

1776

01:14:00,089 --> 01:13:58,510

own personal potential I definitely

1777

01:14:01,500 --> 01:14:00,099

agree with you on that

1778

01:14:04,290 --> 01:14:01,510

but I do think it has a very strong

1779

01:14:05,640 --> 01:14:04,300

medicinal municipal purpose to that

1780

01:14:09,419 --> 01:14:05,650

stuff like alcohol alcohol has no

1781

01:14:11,790 --> 01:14:09,429

municipal purpose really whatsoever

1782

01:14:13,319 --> 01:14:11,800

except for maybe wine polyphenols but

1783

01:14:16,290 --> 01:14:13,329

you can get that you know the other

1784

01:14:19,050 --> 01:14:16,300

polyphenols from other sources spy hard

1785

01:14:21,089 --> 01:14:19,060

liquor has none other than it works very

1786

01:14:27,569 --> 01:14:21,099

well is a good disinfected and

1787

01:14:29,760 --> 01:14:27,579

antiseptic but I mean that's my like the

1788

01:14:31,770 --> 01:14:29,770

thing is is I get what you're saying and

1789

01:14:33,390 --> 01:14:31,780

I will back you up on that and agree

1790

01:14:36,149 --> 01:14:33,400

with you but I also do think it has a

1791

01:14:36,979 --> 01:14:36,159

strong medicinal purpose thing is is you

1792

01:14:39,900 --> 01:14:36,989

can't

1793

01:14:43,490 --> 01:14:39,910

it's like ayahuasca I've known

1794

01:14:45,810 --> 01:14:43,500

most people don't admit the ayahuasca

1795

01:14:47,550 --> 01:14:45,820

they did they know anybody had that's

1796

01:14:49,700 --> 01:14:47,560

destroyed their lives you know Mona

1797

01:14:52,860 --> 01:14:49,710

people have got stories of LSD you know

1798

01:14:54,510 --> 01:14:52,870

destroying lives and stuff but I'm not

1799

01:14:56,520 --> 01:14:54,520

gonna go into details by no soul and

1800

01:15:02,280 --> 01:14:56,530

personally who went on ayahuasca trip

1801

01:15:06,210 --> 01:15:02,290

and they weren't really the same in a

1802

01:15:07,620 --> 01:15:06,220

positive sense after that again I don't

1803

01:15:11,250 --> 01:15:07,630

know a lot of people had many positive

1804

01:15:12,960 --> 01:15:11,260

results with it too but it's with

1805

01:15:14,760 --> 01:15:12,970

everything you know there's positives

1806

01:15:16,260 --> 01:15:14,770

and negatives every single thing that we

1807

01:15:17,910 --> 01:15:16,270

come in contact with with everything

1808

01:15:21,330 --> 01:15:17,920

that we ingest with everything that we

1809

01:15:23,730 --> 01:15:21,340

do and you're right marijuana is no

1810

01:15:26,100 --> 01:15:23,740

difference for some it could help them

1811

01:15:28,380 --> 01:15:26,110

tremendously for others it could destroy

1812

01:15:30,030 --> 01:15:28,390

their life I guess that's what you're

1813

01:15:32,010 --> 01:15:30,040

trying to get at is you want me to at

1814

01:15:34,800 --> 01:15:32,020

least no no I think you've totally I

1815

01:15:37,590 --> 01:15:34,810

mean you've totally given your position

1816

01:15:40,170 --> 01:15:37,600

in a really articulate way and I yeah

1817

01:15:42,750 --> 01:15:40,180

I'm not trying to pick on people who

1818

01:15:45,570 --> 01:15:42,760

smoke weed and I get the whole thing and

1819

01:15:47,820 --> 01:15:45,580

hey there's no comparison between you

1820

01:15:50,760 --> 01:15:47,830

know weed and alcohol if you just had to

1821

01:15:53,070 --> 01:15:50,770

pick one to use in moderation pick weed

1822

01:15:55,830 --> 01:15:53,080

there's just no there's no question you

1823

01:15:58,020 --> 01:15:55,840

know but I'm always a little bit leery

1824

01:16:00,330 --> 01:15:58,030

when I get into these discussions and

1825

01:16:02,730 --> 01:16:00,340

people immediately well I do you know

1826

01:16:05,450 --> 01:16:02,740

lesser of evil kind of thing it's like

1827

01:16:08,610 --> 01:16:05,460

how about having a healthy approach to

1828

01:16:11,010 --> 01:16:08,620

just consciousness and where you take it

1829

01:16:13,110 --> 01:16:11,020

and what you do with it and what your

1830

01:16:16,560 --> 01:16:13,120

purpose is but you're you're all about

1831

01:16:18,660 --> 01:16:16,570

that are there any other vices out there

1832

01:16:20,010 --> 01:16:18,670

that that you feel like maybe we've

1833

01:16:22,350 --> 01:16:20,020

aping is another one that's really

1834

01:16:25,230 --> 01:16:22,360

popular and vaping is not good that's

1835

01:16:27,390 --> 01:16:25,240

just I mean nicotine does have some

1836

01:16:29,730 --> 01:16:27,400

possible improvements to mitochondrial

1837

01:16:32,730 --> 01:16:29,740

function on occasion in neuro and in

1838

01:16:33,840 --> 01:16:32,740

memory and neurological function but I

1839

01:16:35,850 --> 01:16:33,850

mean most of the chemicals in your

1840

01:16:37,290 --> 01:16:35,860

standard vape you know like you wouldn't

1841

01:16:39,150 --> 01:16:37,300

want to breathe in polyethylene glycol

1842

01:16:41,520 --> 01:16:39,160

you probably don't want to deal with

1843

01:16:46,110 --> 01:16:41,530

the more quote-unquote organic vaping

1844

01:16:48,690 --> 01:16:46,120

like glycerin but I mean there is some

1845

01:16:50,370 --> 01:16:48,700

minor medicinal benefit to nicotine use

1846

01:16:52,440 --> 01:16:50,380

when using this moderation but it's like

1847

01:16:53,730 --> 01:16:52,450

everything else you know it's there's

1848

01:16:56,040 --> 01:16:53,740

medicinal benefit too

1849

01:16:58,350 --> 01:16:56,050

use of opioids if you're in severe pain

1850

01:17:02,070 --> 01:16:58,360

that being said you know you don't want

1851

01:17:04,170 --> 01:17:02,080

to go and you know inject heroin but you

1852

01:17:05,820 --> 01:17:04,180

know when you use properly even caffeine

1853

01:17:07,530 --> 01:17:05,830

you know even though I just harped on it

1854

01:17:09,450 --> 01:17:07,540

for a while it can increases alertness

1855

01:17:11,370 --> 01:17:09,460

increases memory and cognitive functions

1856

01:17:12,990 --> 01:17:11,380

it does have some possible health

1857

01:17:16,410 --> 01:17:13,000

benefits specially when consumed in the

1858

01:17:19,110 --> 01:17:16,420

form of coffee so it just to each their

1859

01:17:21,090 --> 01:17:19,120

own you know for some people marijuana

1860

01:17:24,000 --> 01:17:21,100

can cause problems like cannabis

1861

01:17:25,740 --> 01:17:24,010

hyperemesis syndrome where a person who

1862

01:17:27,270 --> 01:17:25,750

smokes marijuana some of the cabinets

1863

01:17:29,430 --> 01:17:27,280

can cause them to vomit

1864

01:17:31,920 --> 01:17:29,440

very violently and they should not ever

1865

01:17:34,290 --> 01:17:31,930

smoke weed you know so there are

1866

01:17:36,270 --> 01:17:34,300

instances where people should medically

1867

01:17:38,130 --> 01:17:36,280

you know stay away from weed and there's

1868

01:17:40,560 --> 01:17:38,140

some people medically should use it it

1869

01:17:42,720 --> 01:17:40,570

depends on whether you're using it for

1870

01:17:45,360 --> 01:17:42,730

creativity properly or exploration

1871

01:17:47,370 --> 01:17:45,370

properly or if you're just using it to

1872

01:17:49,110 --> 01:17:47,380

escape the world and get high if you're

1873

01:17:51,660 --> 01:17:49,120

using it for that I don't recommend

1874

01:17:54,420 --> 01:17:51,670

anybody use anything for those type of

1875

01:17:56,220 --> 01:17:54,430

methods I myself I don't ingest anything

1876

01:17:57,450 --> 01:17:56,230

the only thing I might adjust

1877

01:18:00,420 --> 01:17:57,460

occasionally is a little bit of caffeine

1878

01:18:02,430 --> 01:18:00,430

in the form of dark chocolate but I mean

1879

01:18:04,950 --> 01:18:02,440

I don't they haven't done anything in

1880

01:18:08,520 --> 01:18:04,960

years I just Meo drink water for the

1881

01:18:11,940 --> 01:18:08,530

most part and sometimes juice so I just

1882

01:18:13,620 --> 01:18:11,950

I don't maybe like the way that most

1883

01:18:16,950 --> 01:18:13,630

drugs make you lose your sense of

1884

01:18:20,400 --> 01:18:16,960

control fair enough I tell you you've

1885

01:18:22,680 --> 01:18:20,410

been very open and and you you have I

1886

01:18:27,060 --> 01:18:22,690

want to again stress to people that this

1887

01:18:30,690 --> 01:18:27,070

guy knows so darn much that we can't

1888

01:18:32,070 --> 01:18:30,700

possibly bring it all forward in and I

1889

01:18:34,410 --> 01:18:32,080

like the way that in this interview

1890

01:18:37,140 --> 01:18:34,420

you've kind of brought it down I think

1891

01:18:40,740 --> 01:18:37,150

to more of a kind of low tech level

1892

01:18:42,750 --> 01:18:40,750

because you can get off on these things

1893

01:18:44,700 --> 01:18:42,760

in a way that is necessary

1894

01:18:46,950 --> 01:18:44,710

I mean you've mastered it and you have

1895

01:18:48,810 --> 01:18:46,960

to share that knowledge but it can be a

1896

01:18:50,700 --> 01:18:48,820

little overwhelming for people that's

1897

01:18:52,680 --> 01:18:50,710

why they need to go to the website fix

1898

01:18:55,080 --> 01:18:52,690

your gut where they can kind of pick and

1899

01:18:57,360 --> 01:18:55,090

choose and munch on this stuff and think

1900

01:18:58,920 --> 01:18:57,370

about it but you know the last topic I

1901

01:19:00,870 --> 01:18:58,930

want to talk about I really want to kind

1902

01:19:02,570 --> 01:19:00,880

of pull you in another direction and

1903

01:19:05,699 --> 01:19:02,580

just something that's personally

1904

01:19:10,140 --> 01:19:05,709

interesting to me and that's

1905

01:19:13,799 --> 01:19:10,150

the the proposition of where medical

1906

01:19:18,359 --> 01:19:13,809

technology might be taking us not just

1907

01:19:21,629 --> 01:19:18,369

in the Hokie controlled phony medical

1908

01:19:24,299 --> 01:19:21,639

science that we see but the promises

1909

01:19:27,209 --> 01:19:24,309

that are being made for the quantum

1910

01:19:31,589 --> 01:19:27,219

leaps we might make with a strong AI

1911

01:19:35,040 --> 01:19:31,599

with biotech engineering with gene

1912

01:19:38,219 --> 01:19:35,050

manipulation and all that stuff that is

1913

01:19:41,879 --> 01:19:38,229

right on the cusp of being real in a way

1914

01:19:46,169 --> 01:19:41,889

that is exciting to a lot of people but

1915

01:19:48,000 --> 01:19:46,179

is also very very scary and threatening

1916

01:19:50,250 --> 01:19:48,010

to anyone

1917

01:19:52,890 --> 01:19:50,260

scratches blows that below the surface

1918

01:19:56,669 --> 01:19:52,900

yeah and then looks back at where we've

1919

01:19:59,759 --> 01:19:56,679

come from and says where the hell are we

1920

01:20:01,529 --> 01:19:59,769

heading so what do you make I mean

1921

01:20:03,419 --> 01:20:01,539

you've taken if you really look at it

1922

01:20:05,339 --> 01:20:03,429

you've taken kind of I was just saying

1923

01:20:08,040 --> 01:20:05,349

extremely well-versed in this stuff but

1924

01:20:09,959 --> 01:20:08,050

you're taking kind of a low-tech science

1925

01:20:12,209 --> 01:20:09,969

approach you're saying hey man here are

1926

01:20:13,919 --> 01:20:12,219

some natural substances a lot of times

1927

01:20:15,540 --> 01:20:13,929

supplements that you can get they're

1928

01:20:17,129 --> 01:20:15,550

just right out of they're out of nature

1929

01:20:19,529 --> 01:20:17,139

and you could take them and you can feel

1930

01:20:23,850 --> 01:20:19,539

a lot better and you can fill the gap

1931

01:20:27,419 --> 01:20:23,860

that medical science has created can you

1932

01:20:30,540 --> 01:20:27,429

jump over on the other side and say what

1933

01:20:33,140 --> 01:20:30,550

are we to make of these just moonshot

1934

01:20:37,319 --> 01:20:33,150

level advances that are being promised

1935

01:20:40,199 --> 01:20:37,329

well I mean the way I look at the world

1936

01:20:41,729 --> 01:20:40,209

is probably a little bit negative so I

1937

01:20:43,830 --> 01:20:41,739

would assume that a lot of those

1938

01:20:46,169 --> 01:20:43,840

technological advances if you want to

1939

01:20:51,029 --> 01:20:46,179

call it the genetic changes through

1940

01:20:52,919 --> 01:20:51,039

CRISPR or transhumanism they concern me

1941

01:20:56,819 --> 01:20:52,929

I mean I I'm afraid it's gonna turn into

1942

01:20:59,009 --> 01:20:56,829

kind of a future of like I have no mouth

1943

01:21:01,229 --> 01:20:59,019

where I'm less screen type thing where

1944

01:21:02,299 --> 01:21:01,239

if we integrate with AI and we live

1945

01:21:05,939 --> 01:21:02,309

forever

1946

01:21:09,299 --> 01:21:05,949

how if something goes wrong if it's

1947

01:21:11,250 --> 01:21:09,309

malevolent how could we be free you know

1948

01:21:13,080 --> 01:21:11,260

as long as men can die as long as

1949

01:21:15,689 --> 01:21:13,090

tyrants could be defeated you know men

1950

01:21:16,949 --> 01:21:15,699

have the chance of freedom but doesn't a

1951

01:21:19,589 --> 01:21:16,959

lot of that stuff just seem kind of

1952

01:21:22,319 --> 01:21:19,599

inevitable I mean there are going

1953

01:21:25,260 --> 01:21:22,329

- it's like if you think back John on

1954

01:21:28,050 --> 01:21:25,270

the stuff that you know 15 years ago and

1955

01:21:30,359 --> 01:21:28,060

as soon as they roll out some you know

1956

01:21:32,129 --> 01:21:30,369

baby that's going to be cured or some

1957

01:21:34,500 --> 01:21:32,139

you know mother who has some life-saving

1958

01:21:38,399 --> 01:21:34,510

condition they can sell just about

1959

01:21:39,800 --> 01:21:38,409

anything you know in terms of how it's

1960

01:21:44,970 --> 01:21:39,810

going to help somebody you know a

1961

01:21:46,859 --> 01:21:44,980

transplant or you know a biogenetic arm

1962

01:21:48,959 --> 01:21:46,869

you know we go oh my god that guy lost

1963

01:21:51,060 --> 01:21:48,969

his arm and now we can now we can do

1964

01:21:54,030 --> 01:21:51,070

this and not only that but he can pick

1965

01:21:55,890 --> 01:21:54,040

up a dumbbell three times his own weight

1966

01:21:57,209 --> 01:21:55,900

you know I mean it's just gonna be a lot

1967

01:21:59,640 --> 01:21:57,219

of that stuff that we're gonna we're

1968

01:22:01,589 --> 01:21:59,650

gonna embrace because from a practical

1969

01:22:03,720 --> 01:22:01,599

standpoint we're gonna say we're gonna

1970

01:22:06,330 --> 01:22:03,730

measure the pluses versus the minuses

1971

01:22:08,419 --> 01:22:06,340

and we're gonna jump on board and don't

1972

01:22:10,950 --> 01:22:08,429

you worry that before long we'll just be

1973

01:22:12,899 --> 01:22:10,960

down that path and unless you're

1974

01:22:14,760 --> 01:22:12,909

completely tight you're just not gonna

1975

01:22:16,319 --> 01:22:14,770

be able to we already are down that path

1976

01:22:18,810 --> 01:22:16,329

I hold something in my right hand now

1977

01:22:22,129 --> 01:22:18,820

that events a lot of EMF radiation that

1978

01:22:25,140 --> 01:22:22,139

most people so majority Americans have

1979

01:22:27,089 --> 01:22:25,150

that can track everywhere I go can

1980

01:22:28,379 --> 01:22:27,099

listen to me and possibly can't analyze

1981

01:22:30,359 --> 01:22:28,389

my brain thoughts it's called a cell

1982

01:22:34,410 --> 01:22:30,369

phone I've accepted this quote-unquote

1983

01:22:36,120 --> 01:22:34,420

marker the Beast a long time ago just

1984

01:22:38,700 --> 01:22:36,130

because of the ease of use of being able

1985

01:22:42,540 --> 01:22:38,710

to talk to people and send emails and

1986

01:22:44,729 --> 01:22:42,550

look at the World Wide Web so yeah you

1987

01:22:46,050 --> 01:22:44,739

have a point I've accepted it a lot of

1988

01:22:47,760 --> 01:22:46,060

people have a lot of people are probably

1989

01:22:50,550 --> 01:22:47,770

going to accept a lot of things in the

1990

01:22:55,770 --> 01:22:50,560

future but that necessarily doesn't make

1991

01:22:57,419 --> 01:22:55,780

them right I you know for example you

1992

01:23:01,290 --> 01:22:57,429

could ask me and it's a tough question

1993

01:23:05,490 --> 01:23:01,300

so I'll ask it myself my son he could

1994

01:23:11,729 --> 01:23:05,500

have been fixed through CRISPR would I

1995

01:23:13,530 --> 01:23:11,739

have had that done I don't know a part

1996

01:23:15,569 --> 01:23:13,540

of me wants to say yes because he would

1997

01:23:16,740 --> 01:23:15,579

have a better life they wouldn't have to

1998

01:23:19,439 --> 01:23:16,750

deal with his ailment it would still be

1999

01:23:22,050 --> 01:23:19,449

here today another part of me says that

2000

01:23:24,390 --> 01:23:22,060

it could cause some unforeseen an

2001

01:23:26,879 --> 01:23:24,400

incident and could trick or something

2002

01:23:29,399 --> 01:23:26,889

that could cause problems I don't know

2003

01:23:31,709 --> 01:23:29,409

it's a tough call it's a tough call it's

2004

01:23:33,500 --> 01:23:31,719

kind of playing God either way that I

2005

01:23:36,470 --> 01:23:33,510

think a lot of people don't

2006

01:23:38,540 --> 01:23:36,480

don't really fully embrace both sides

2007

01:23:42,500 --> 01:23:38,550

that either side you pick you're playing

2008

01:23:46,100 --> 01:23:42,510

God yeah but I think as human beings we

2009

01:23:49,550 --> 01:23:46,110

are made in the crater's image so you

2010

01:23:52,220 --> 01:23:49,560

know our minds or souls our bodies so if

2011

01:23:56,480 --> 01:23:52,230

we look at it from that standpoint then

2012

01:23:58,850 --> 01:23:56,490

we play God you know to some degree

2013

01:24:01,310 --> 01:23:58,860

through a lot of things that we do on a

2014

01:24:04,670 --> 01:24:01,320

daily basis but isn't that problematic

2015

01:24:06,560 --> 01:24:04,680

to say that in creator's image I mean we

2016

01:24:09,530 --> 01:24:06,570

don't know what creator is what we don't

2017

01:24:13,760 --> 01:24:09,540

know if creator is an et we don't know

2018

01:24:17,030 --> 01:24:13,770

if creator is an AI we don't know what

2019

01:24:20,900 --> 01:24:17,040

creator is I believe in the hierarchical

2020

01:24:23,450 --> 01:24:20,910

order of consciousness I believe that to

2021

01:24:25,220 --> 01:24:23,460

me is code word for god but it's it's

2022

01:24:27,530 --> 01:24:25,230

not like a God in the cloud kind of

2023

01:24:29,540 --> 01:24:27,540

thing but I'm not sure either I don't

2024

01:24:30,770 --> 01:24:29,550

either believe in a God I believe that

2025

01:24:33,590 --> 01:24:30,780

the Creator is unknowable

2026

01:24:37,670 --> 01:24:33,600

so unknowable leaves open the

2027

01:24:40,340 --> 01:24:37,680

possibility of et a layer of ete a layer

2028

01:24:44,390 --> 01:24:40,350

of AI a layer of you know us being

2029

01:24:47,090 --> 01:24:44,400

genetically modified beings that are

2030

01:24:49,280 --> 01:24:47,100

just we're already you know playing in

2031

01:24:51,710 --> 01:24:49,290

that middle ground anyway I'm just I'm

2032

01:24:55,240 --> 01:24:51,720

just not totally sure that I'm

2033

01:24:59,030 --> 01:24:55,250

comfortable you know resting on the oh I

2034

01:25:00,650 --> 01:24:59,040

just look at who came before me and

2035

01:25:02,720 --> 01:25:00,660

that's how I should look in the future I

2036

01:25:05,480 --> 01:25:02,730

mean oh no I'm not either I look to the

2037

01:25:08,360 --> 01:25:05,490

future - I'm just afraid that how much

2038

01:25:10,610 --> 01:25:08,370

soul are you willing to give I don't

2039

01:25:12,500 --> 01:25:10,620

know I don't know what that soul is a

2040

01:25:15,430 --> 01:25:12,510

and I can't answer that question either

2041

01:25:18,920 --> 01:25:15,440

you know how much of what makes us human

2042

01:25:21,800 --> 01:25:18,930

what makes us us are we willing what

2043

01:25:26,240 --> 01:25:21,810

makes us individuals are we willing to

2044

01:25:28,420 --> 01:25:26,250

give up the good and the bad and one

2045

01:25:31,160 --> 01:25:28,430

other question I'm gonna ask you alex is

2046

01:25:33,890 --> 01:25:31,170

you said that this is the direction that

2047

01:25:36,980 --> 01:25:33,900

we're headed into and it seems to be

2048

01:25:39,530 --> 01:25:36,990

unstoppable is there a possibility that

2049

01:25:41,570 --> 01:25:39,540

this has happened before that that's

2050

01:25:45,110 --> 01:25:41,580

where I'm going - I mean I think when we

2051

01:25:46,439 --> 01:25:45,120

open up that possibility or is it

2052

01:25:47,879 --> 01:25:46,449

happening

2053

01:25:51,180 --> 01:25:47,889

multiple times are an immeasurable

2054

01:25:53,790 --> 01:25:51,190

number of times all the universe already

2055

01:25:55,890 --> 01:25:53,800

and is it some cycle that isn't even a

2056

01:25:57,629 --> 01:25:55,900

defined cycle everyone's up just kind of

2057

01:26:00,660 --> 01:25:57,639

doing their own thing thinking you know

2058

01:26:02,189 --> 01:26:00,670

I'm the aunt and the anthill going oh my

2059

01:26:04,259 --> 01:26:02,199

gosh we just had the biggest natural

2060

01:26:06,660 --> 01:26:04,269

disaster in history because somebody

2061

01:26:08,459 --> 01:26:06,670

stepped on her anthill and the person

2062

01:26:11,430 --> 01:26:08,469

has stepped on it was just like a man I

2063

01:26:13,620 --> 01:26:11,440

had to mow the grass you know sorry and

2064

01:26:15,779 --> 01:26:13,630

I do talk about the use of technology -

2065

01:26:18,870 --> 01:26:15,789

for example my grandfather used a red

2066

01:26:24,000 --> 01:26:18,880

light LED you know red light LEDs and

2067

01:26:26,430 --> 01:26:24,010

low laser a little tea therapy - on his

2068

01:26:28,739 --> 01:26:26,440

low-level laser treatment therapy on his

2069

01:26:32,189 --> 01:26:28,749

on his hip both time he broke his hips

2070

01:26:33,390 --> 01:26:32,199

both times to recover and the doctors

2071

01:26:35,759 --> 01:26:33,400

told him both times he would never have

2072

01:26:37,259 --> 01:26:35,769

to walk again I never be able to walk

2073

01:26:39,660 --> 01:26:37,269

even though the second time we had a

2074

01:26:42,689 --> 01:26:39,670

full hip replacement and he's 92 and can

2075

01:26:44,430 --> 01:26:42,699

still walk so I'm not going to say that

2076

01:26:47,870 --> 01:26:44,440

I don't recommend the use of some

2077

01:26:52,699 --> 01:26:47,880

technology but I do believe that and

2078

01:26:56,640 --> 01:26:52,709

Jack Cruz talks a lot about this that

2079

01:26:57,839 --> 01:26:56,650

you're not or it'll be very long time in

2080

01:27:00,419 --> 01:26:57,849

the future before we can ever replicate

2081

01:27:02,339 --> 01:27:00,429

the exact power of the Sun and the

2082

01:27:04,919 --> 01:27:02,349

different wavelengths that has available

2083

01:27:06,449 --> 01:27:04,929

to us modern lighting doesn't very

2084

01:27:08,279 --> 01:27:06,459

poorly through the use of fluorescent

2085

01:27:10,500 --> 01:27:08,289

lighting or LED lights you know they

2086

01:27:13,649 --> 01:27:10,510

don't work very well as far as their

2087

01:27:16,709 --> 01:27:13,659

ability to mimic actual degree shifts

2088

01:27:18,120 --> 01:27:16,719

and UV shifts and IR shifts at the Sun

2089

01:27:19,649 --> 01:27:18,130

that happens naturally throughout the

2090

01:27:23,729 --> 01:27:19,659

day and different benefits of each

2091

01:27:26,120 --> 01:27:23,739

exposure to each thing so that's my

2092

01:27:28,439 --> 01:27:26,130

thing is this is ever gonna be better

2093

01:27:31,439 --> 01:27:28,449

than what's out there and I don't have

2094

01:27:36,930 --> 01:27:31,449

an answer to that but I tell you right

2095

01:27:39,569 --> 01:27:36,940

now it's not it's not any better and I

2096

01:27:42,870 --> 01:27:39,579

can't tell you whether or not if they if

2097

01:27:47,100 --> 01:27:42,880

we do we do have the technology to to

2098

01:27:49,379 --> 01:27:47,110

move Worlds if it will be used for the

2099

01:27:50,850 --> 01:27:49,389

nevolin purposes or malevolent purposes

2100

01:27:53,339 --> 01:27:50,860

I don't know I can know as most

2101
01:27:55,560 --> 01:27:53,349
technology now whether ignorant or not

2102
01:27:58,469 --> 01:27:55,570
is used for malevolent purposes well I

2103
01:27:59,860 --> 01:27:58,479
think it does get back to this idea of

2104
01:28:02,440 --> 01:27:59,870
being able to

2105
01:28:04,270 --> 01:28:02,450
jump between these different worlds and

2106
01:28:05,470 --> 01:28:04,280
that's what I really like about your

2107
01:28:09,670 --> 01:28:05,480
work you know we haven't even gotten

2108
01:28:13,180 --> 01:28:09,680
into John has a lot of well researched

2109
01:28:16,780 --> 01:28:13,190
opinions on some conspiratorial stuff

2110
01:28:21,010 --> 01:28:16,790
that we haven't even gotten into because

2111
01:28:22,870 --> 01:28:21,020
his main thing really is this book fix

2112
01:28:26,020 --> 01:28:22,880
your gut and he's helped so many people

2113
01:28:27,910 --> 01:28:26,030

so so many people with his work and I

2114

01:28:31,150 --> 01:28:27,920

think it's great our guests again has

2115

01:28:32,650 --> 01:28:31,160

been John Brisson the book is fix your

2116

01:28:36,430 --> 01:28:32,660

gut you're gonna check out his website

2117

01:28:38,500 --> 01:28:36,440

as well it fix your gut dot-com John

2118

01:28:40,570 --> 01:28:38,510

it's been terrific having you on and we

2119

01:28:42,820 --> 01:28:40,580

might have to have another session and

2120

01:28:45,850 --> 01:28:42,830

talk about some of that other stuff and

2121

01:28:47,320 --> 01:28:45,860

really freak people out thank you for

2122

01:28:49,780 --> 01:28:47,330

having me on skeptical Alex has been a

2123

01:28:51,580 --> 01:28:49,790

pleasure thanks again to John for

2124

01:28:53,650 --> 01:28:51,590

joining me today on skeptic oh the one

2125

01:28:56,470 --> 01:28:53,660

question I tee up is the one I kind of

2126
01:29:01,030 --> 01:28:56,480
teed up at the beginning is you know why

2127
01:29:03,760 --> 01:29:01,040
try so hard on Hell if life is to a

2128
01:29:07,300 --> 01:29:03,770
large extent predetermined predestined

2129
01:29:10,540 --> 01:29:07,310
or controlled by forces that are way out

2130
01:29:12,730 --> 01:29:10,550
of our realm why don't we spend so much

2131
01:29:15,850 --> 01:29:12,740
time on health I know it's a topic that

2132
01:29:17,860 --> 01:29:15,860
a lot of us kind of wrestle with back

2133
01:29:20,290 --> 01:29:17,870
and forth but I'd be interested in

2134
01:29:22,960 --> 01:29:20,300
hearing any thoughts you might have on

2135
01:29:27,430 --> 01:29:22,970
that of course place do it is through

2136
01:29:30,490 --> 01:29:27,440
the skeptical forum @sk EPT lko com

2137
01:29:32,080 --> 01:29:30,500
where you can find all the previous

2138
01:29:35,350 --> 01:29:32,090

shows available for download for free

2139

01:29:38,530 --> 01:29:35,360

and also other ways to reach out and

2140

01:29:41,500 --> 01:29:38,540

connect with me I have a couple of

2141

01:29:45,160 --> 01:29:41,510

interesting shows going up I'm kind of

2142

01:29:47,440 --> 01:29:45,170

on this new path and you'll see it

2143

01:29:49,860 --> 01:29:47,450

emerging there's some topics out there

2144

01:29:54,070 --> 01:29:49,870

that are really interesting to me and

2145

01:29:55,960 --> 01:29:54,080

I'm going to just pursue those as I do

2146

01:29:57,880 --> 01:29:55,970

just kind of follow my nose and go with

2147

01:30:01,360 --> 01:29:57,890

the stuff that I'm interested in

2148

01:30:03,220 --> 01:30:01,370

exploring and then hopefully sharing it

2149

01:30:06,850 --> 01:30:03,230

with you is something you'll find

2150

01:30:07,970 --> 01:30:06,860

valuable until next time take care and

2151

01:30:15,800 --> 01:30:07,980

bye for now

2152

01:30:26,940 --> 01:30:22,870

[Music]

2153

01:30:28,860 --> 01:30:26,950

so thanks for watching this video if it

2154

01:30:31,440 --> 01:30:28,870

wasn't really a video but just an audio

2155

01:30:33,000 --> 01:30:31,450

stored as a video I apologize but

2156

01:30:34,950 --> 01:30:33,010

there's more videos out there as well

2157

01:30:36,780 --> 01:30:34,960

but please check out the skeptic Oh

2158

01:30:38,130 --> 01:30:36,790

website you can see it here we cover a

2159

01:30:40,980 --> 01:30:38,140

lot of different stuff you might be

2160

01:30:44,280 --> 01:30:40,990

interested in relating to controversial

2161

01:30:47,700 --> 01:30:44,290

science and spirituality a lot of shows

2162

01:30:50,700 --> 01:30:47,710

up there over 350 of them or so all free

2163

01:30:52,180 --> 01:30:50,710

all available for download so do check