

Live

QUESTION & ANSWER

WITH DR. PETER KAN



AUTOIMMUNE
SECRETS



Dr. Peter Kan



Jonathan Otto

John: All right, fantastic. So we are live. Dr. Peter Kan, thank you so much for being here. We are really very privileged to have our special expert doctor here, Dr. Peter Kan, because he is an expert. His family has suffered with autoimmunity. He himself has battled through his own conditions. He has really worked, you know, he's a board certified in the area of neurology inside of chiropractic medicine and he is a world leader in his field.

John: His journey started when his father was diagnosed with terminal liver cancer at 75 and was told there was no hope for survival. Dr. Kan along with his brother who is also a physician researched natural methods to support their father's condition. He was able to live another five years symptom free through nutrition, diet change and natural therapies and so lived to the age 80 with ... and what Dr. Kan was able to work with a lot and all their work together has been inside of autoimmunity and as well as some other major challenges like chronic hypothyroidism, Hashimoto's Thyroiditis, hormone imbalance, irritable bowel disease, Crohn's disease and many more.

John: Thank you for joining us on this call. I know that people are flooding in. Looking forward to the things that we're learning here. Again, on the page here, download the recovery protocol scroll down to the bottom of the page. Leave us a comment as

well to share with us your feedback. And we will dive straight in here and get some questions answered. What we're going to do is, you can out your questions in the question and answer box or you can also put your questions on the page. I will show you how to do that right here.

John: Looking here at the page you can go ahead and drop your questions here in the comments section or the other way to do it which is a way that's really great while we're on these calls is with the question and answer box which is on the page. It actually won't allow me to show you how to do that right now because I'm inside but you'll see question and answer box which is in the bottom corner or around the middle and you can also see where you can raise your hand. By raising your hand you can have the opportunity to ask your question live as well. Just throw your hand up and then we can pull in and so right now Mary and Marlene you've both got your hand raised so put them down if you don't wanna get pulled in right now. Nicole is looking like, okay, Marlene is still here. And then question and answer here as well. We've got a couple questions here and then Sara.

John: What we wanna do here is, Dr. Kan, is just read out their first name when you read the question and then read it out and give your take on it. What we're gonna do everyone, is we're gonna talk about all the

different dietary approaches you can use. Obviously, good news is Dr. Kan is also trained in pharmaceutical medicine so some people will have some questions that will relate to what they're taking. Like for example is somebody has their thyroid removed there's obviously a need for medication. There's a lot of other reasons why people will either be integrating or they'll be actually working out ways to substitute medication and all these questions can come in and then other questions that we may address at a later call because of that subject area being more suited to somebody else.

John: This is how we're gonna do it and it's gonna be a lot of fun. So just let your questions flood into the question and answer box. If you're just listening to other people's answers and questions that's great too. On the page you'll be able to revisit the page that you found this video at and watch the replay. You'll be able to get the transcript tomorrow sometime by the end of the day. Within 24 hours of the call basically you'll be able to get the transcript. So that's fantastic.

John: Let's start at the top here. Dr. Kan thanks for being here again. How are you feeling about tonight?

Dr. Kan: I'm doing great. Thank you for having me on this webinar and answering people's questions John O. It's a pleasure to be with your tribe. On my own Facebook page and my own YouTube channel I get a lot of questions as well. I want to start out before I answer any questions that this is not meant to diagnose or treat something. I'm gonna give, generally what I try to do when I give answer, when people say, "Hey, what do I take for this?" What I like to do is answer what is that you're trying to fix in the first place. What maybe some of the mechanism or the root cause of what may be causing the problem and give you some possibilities instead of just say everything's gonna be fine because that's not realistic. Because it's complicated, right? My job is to be accurate in my information and represent things properly in the whole context instead of just giving

you a bit and pieces that may or may not make sense for you.

Dr. Kan: Fantastic. That's great. Good news is that Autoimmune Secrets is very information driven so then that's a great resource to circle back to for everyone. And everyone here owns the series so they can re-watch any episode. You've obviously watched a lot of that content Dr. Kan. Then Dr. Kan has a lot of YouTube videos that you can watch and get more knowledge and understanding. The two reasons why that's gonna be helpful for us, Dr. Kan, is it's gonna allow you to get through more questions quicker.

Dr. Kan: I know that sometimes you'll feel bad for just saying, here's three approaches that I would take to this and just listing them but sometimes it's gonna be the best thing because everyone can then feel that their question has been addressed and yet at the same time you've outlined the core principles that everyone should consider and that everybody that's listening should consider everything else that's been answered rather than seeing that question as an island because if they're doing that then you're gonna miss all the real teachings here because there's not just three words that's gonna solve the problem. However you'll find that everybody that's suffering autoimmunity has somethings that are in common.

Dr. Kan: I think Dr. Kan and I would agree that wheat and consuming wheat and what it's doing to the intestines and the lining of the gut and how it's causing leaky gut means it's gonna be a trigger for everyone in this group not just some people. That's my perspective. I'll let Dr. Kan comment on things like that, but there are universal things that we all need to apply and then there's other things that are a little bit specific but then you'll find that somebody else with a different condition could go ahead and give that same thing a shot and likely have great results. It obviously it slightly depends.

Dr. Kan: You can give the caveat with that, Dr. Kan, as well. You can say hey, that this would apply to a lot of people and this one very specific and I would only do this if I have this condition. So you can give a little bit of direction. So I'm gonna let you take it off with ... take the show and start off with Sara's question here which is, Sara I'll read it out. Do you have any advice for treating Atrial fibrillation naturally?

Dr. Kan: Atrial fibrillation is where you have abnormal rhythm in your heart, what the problem there is sometimes we see electrolyte imbalance causing problem there. So for those people with Afib that might be something to try. Getting something with potassium and sodium in the right ratio. There are potassium supplement or electrolyte supplements on the market you could try it. The other thing to consider with atrial fib is possibility of some type of neurological dysfunction because the heart, after all, is innervated by the nervous system. So if you have any type of nervous system dysfunction that may need to be looked at as well.

Dr. Kan: So we'll answer that question. Do I just keep going down the line? Next one's Kathleen Hanson. Okay. Great. So watched my lecture in the health masterclass. Okay. Awesome. I was just in another summit for Superhuman Brain Masterclass. Glad you watched it. Thank you so much. Not sure that was a question.

Dr. Kan: Next is that this protocol treat yeast infection. Now we have different protocols for different things. So if you have parasite there's a different protocol. There's yeast there's different protocol. Typically for yeast, I'm gonna throw something out. Usually you can use antifungal herbs. Things like caprylic acid from coconut oil. Things like, even different herbs like garlic may have some antifungal on it, although, typically you think of that as antibacterial. However, I'm gonna say that sometimes there's an association with chronic yeast infection. If you keep treating yeast, yeast, yeast and it doesn't clear up for you, you may have some type of gut motility problem. Meaning if you're having

constipation or you're not able to move your bowel really well and things just sits there, that can cause you to promote yeast overgrowth simply by the mechanism of things not moving well. So sometimes we need to make sure that just bowel regularity.

Dr. Kan: The other thing with yeast is that there may be associated with heavy metal toxicity. Yeast is a very spongy type of organism and they're a great sponge for heavy metals. So sometimes if you're treating the yeast, treating the yeast and it doesn't go away we may want to look at possibility of having some type of heavy metal toxicity and address that. Again, if you're doing your standard yeast protocol by taking antifungal herbs and you're cutting out the sugar and the fruits and it's still not better, you may need to look at other possibility of either gut motility and or heavy metal toxicity.

Dr. Kan: All right. So Sara's got another question here. Advice for ADHD. Now, this is something that I know quite a bit about because my own journey is that my son when he was one and a half had a severe scalding accident where a hot boiling water spilled down the side of his body and he got third degree burn over 50 percent of his body. Since that burn injury he's developed severe respiratory issues, severe immune system challenges and neurological symptoms like night terrors and temper tantrums. I thought he was gonna become autistic and that led me down the road of getting my degree in functional neurology. So advice may be a nutritional problem or may be a combination of.

Dr. Kan: Some people with ADHD they simply have a hemispheric imbalance. We all know that we have a left and a right hemisphere and they do different things in the human brain. Like organization, numbers. Right brain's more artistic and creative. In people with ADHD we typically find that there may be a [decrease 00:11:06] in the right cortical function. Right brain is not firing as much as the left brain. This may be due to a different type of lifestyle things. If you are on the computer all day or your kids are playing video game all day. They're watching TV all

day. Those things tend to promote left brain function and therefore you're gonna to get a imbalance between the left and the right brain. In that case we may need to do some specific type of brain rehab exercise. Again, this is something you probably want to work with a qualified functional neurologist that can actually do assessment to find out if that in fact is the case.

Dr. Kan: Other people with ADHD simply just have a, you know, it could be a yeast problem. Could be heavy metal toxicity. Could be blood sugar imbalance. If your children or the person is eating a lot of carbs and sugar and we're feeding this insulin resist and then blood sugar imbalance and that can also cause neuro transmitter issues and that can also result in the symptom of ADHD. So the big overall is that symptoms are just symptoms. ADHD is a symptom, a cause. It could be neurological. It could be some type of infection like candida. It could be some type of heavy metal toxicity. It could be some type of blood sugar imbalance. Always wanna look at the root cause.

Dr. Kan: All right. Next question. Wow. This is great. We're getting great questions. I'm gonna try to just-

John: So well educated and what an amazing situation with your son. I just wanna celebrate that. It gives hope for everyone that's listening and so thank you for that. Then what we'll do, if everyone can do their best to put their question into one that way we'll be able to get hopefully through a question for every single person even on this single call let alone as we go down the line and we'll have six calls for everyone, right. So it's fantastic. Everyone's gonna get so many answers. Many people are gonna be ten times more educated than a lot of professionals that are around them. This is one on one, everyone's getting their ... I think a lot of people that are in this group, there's a whole bunch that are looking for treatment and the other part are all looking for education. Let's dive in there. What's the next one there that you've got?

Dr. Kan: We have a anonymous attendee. Is there a connection between autoimmune disease and eosinophilia? Yes. Eosinophilia, there's actually an autoimmune condition called eosinophilic esophagitis. This is where the esophagus actually has built up a lot of eosinophil. Eosinophil is a specific type of white blood cell that are found in the mucous membrane all the way from the mouth all the way through the GI tract to the anus. Anywhere where you have inflammation in the GI tract or in the mucous membrane you're gonna have increased eosinophil build up. These are white blood cells. This is the body's natural response to something. Sometimes it can build up into an autoimmune condition where you can have too much eosinophilia and that becomes an autoimmune condition. So definitely there's a connection. Now not all eosinophilia is autoimmune so we can't put a blanket statement to it. But yes, there is a connection between them.

Dr. Kan: Any help for ALS? Lou Gehrig's disease is very tough because this is where you get, it's a low motor neuron disease where you're losing muscle function. Eventually you lose muscle innervation to all parts of the body including the lungs. So you eventually die from ALS and the prognosis is not very good. There are some anecdotal evidence that, in a scientific literature where ALS, or Lou Gehrig's disease has reversed by going on the gluten free diet. There's case studies on that. Certainly not every single person with ALS just cutting out gluten is gonna fix their problem, however, there's some anecdotal evidence. This is something that still requires a lot of research. I don't have really good answers for that. I don't see ALS patients personally. But I have come across research that shows that gluten free diet has helped one specific case of ALS.

John: Laura, that's a fantastic question. Dr. Kan, I'm glad to hear you say that your very well read and researched. I love that. Great news is that we've got someone at series Dr. Ben Johnson who reversed ALS. He is a MD as well as an NMD and so he's a great resource. The good news is that we have for anyone that's owning the series here, this was a part of the

platinum package. The majority people here would have that. If you happen to not have it and you really want to get it, just reach out. Respond to the email. Reach out to our customer service and Nicole or one of the girls on the customer service team will help you get that and we can make sure you've got a special discount.

John: Most of the people in this call will have it right now and we spend an entire day with him learning his protocol of how he reversed his ALS and then major triggers for what was causing it. Gluten being one of them and I'm glad you brought that up. But he did actually a big reduction in all his grains and took them out and did a lot of low glycemic index. He really comes from that train of thought of the type three diabetes with Alzheimer's. The sugar spikes. So preventing the sugar spikes and then all the other things that we're talking about, about removing parasites. When you have a look at these neuro degenerative brain diseases you'll find the issue is in the brain. You'll find that the viral infections and heavy metal toxicity, they're all interconnected. So we would speak about all those things.

John: I think there's people that teaching like Dr. Nuzum in our series. Again, great to do these things. Go ahead and watch Dr. Ben Johnson's area of the brain and body healing masterclass and you should be well on your way. He talks about additional supplementation as well to boost brain function and Dr. Kan is an excellent expert in supplementation and how to get the most out of what you're doing. Take it away Dr. Kan. Next one.

Dr. Kan: That was great. Next question from Mary. How do I get off immunosuppressants and Plaquenil? Obviously you have autoimmune disease, I assume. That's why you're taking immunosuppressants. How do you get off of it? Well, you get off of it when your immune system's able to calm itself down. The term that we use in scientific term is immune modulation. So to modulate the immune system means to take off the highs and take off the lows so that your body can regulate itself. In autoimmune disease the immune

system has become dysregulated. You have to basically, number one, modulate the immune system and number two, identify down the line root cause.

Dr. Kan: So for example, if you have autoimmune disease and you're taking Plaquenil, however you also have gluten sensitivity, let's just use that as an example, and you continue to eat gluten even though you have sensitivity to gluten then it doesn't matter what you do. It's not gonna get better 'cause you're constantly triggering immune system. Or you have a parasite or a bacterial infection or a viral infection. It's constantly triggering your immune system, it's not going to get better. It's not as simple as just taking some supplement. It's all about identifying the root cause when it comes to autoimmune because think of autoimmune like a big octopus with tentacles that reach into every system in the body. You know, the autoimmune can affect the thyroid, affect the gut, affect the brain, affect, you know, your liver, affect everything. And everybody's gonna be affected differently depending on genetics, depending on what your triggers are. It's very difficult to say what you do to get off the immunosuppressant. Again, it's all about dampening your autoimmune attack.

Dr. Kan: I will tell you, for the benefit of the group, that vitamin D level actually is really important because vitamin D regulated T regulatory cells these are specialized white blood cell that actually contribute to immune modulation. Another thing that I use quite a bit in my practice with people with autoimmune is glutathione. Glutathione's an intracellular antioxidant and every single cell in your body produces it. Glutathione also has immune modulating affect on the T regulatory cells which can help you modulate your autoimmune.

Dr. Kan: How do you do a cleanse or a detox when your lower bowel has been removed? In that case, then depends on how much of that section has been removed you may not do a cleanse for your lower bowel because you don't have anything to cleanse, right? Just like if someone has thyroid

gland removed, what supplement do they take for their thyroid gland? Nothing. You don't have to take anything for it. You gotta address the underlying root cause of what caused the problem in the first place.

Dr. Kan: All right. Next is anonymous. Anonymous has suffered with digestive issues for over three years and been through alternative healing protocol that have helped, however, still have persistent elimination issues that is chronic. I assume you're talking about constipation problem. That depends on what kind of elimination problem. If you're talking about constipation versus having frequent loose stool. If you're constipated, you know to treat symptom there's certainly many supplements and herbs that can help with that. Magnesium will be one choice. Again, it just depends on what the nature of problem is. If you take magnesium you have to titrate up though, cause not everybody's the same. You may need higher amounts. Typically with magnesium you start at, let's just say, two to four hundred milligrams. That may be one or two capsules of magnesium and then you may go up by one capsule per day or per night so you take it at night. And every day you go up by one capsule until you reach the point where you have desired bowel movement. If you're taking more than 1,200 milligrams and still not going, then magnesium's probably not the thing for you. It's not going to make that go, right? So you need to explore other options.

Dr. Kan: Another thing that I have used specifically to help with constipation problem aloe ferox. Aloe ferox is an African aloe plant. It looks different than the aloe that we see in the United States. Aloe ferox is a aloe plant where the nectar of it, or the aloe juice, from this aloe ferox plant, is extremely bitter. It has antiparasitic, antibacterial properties but it also can serve as a bowel regularity support. In fact in some people taking one or two capsules is enough to overcome chronic constipation. That will be another choice. Obviously you have your other herbs that can contribute to that, like cascara and different things. You can find that in health food store, but in general, I like to use magnesium because magnesium does more than just induce bowel movement. It's

also helpful for muscle contraction. Also help with mitochondrial production. It helps with multiple things. So I usually start there and move onto other herbs that may have specific bowel loosening properties. Hopefully that helped.

Dr. Kan: Next one is Gloria. Gloria asked that, you have suffer almost two years with SIBO. Still has it, huh? So it's pretty chronic for you. Three years ago you had lichen planus which is autoimmune and doctor told you that you will have it forever. There's no cure. Now, what you have it for, your asking is that true? Yes and no. It's true that once you have autoimmune, you will always have autoimmune. Once the genetic phenotypic expression of that autoimmunity is expressed, you will always have autoimmunity, however, if you do all the right things, you change your diet, change your lifestyle, you take the right supplements and you heal your body and you put your autoimmune into remission. Therefore you have high quality of life. You have no symptom 'cause you feel great. You still have autoimmune, but you feel great. Who's to say that that's not a cure. We don't officially say cure. It's like alcoholics. Even though they've been ten years sober, they still say they're an alcoholic. They're just ten years sober. Consider yourself autoimmune but your ten year into remission. If you're able to get to that point.

Dr. Kan: It's all about lifestyle management and lifetime management. When you look at it from that perspective it's actually good news because you have control. You're empowered. You have a lot that you can do to help yourself. It's not like, oh, I'm doomed because there's no cure. If you look at it like that it can seem pretty bleak but if you look at it as, you know what, it's something I can manage then you're gonna look for the things that you can manage.

Dr. Kan: Now a SIBO question. You had it for two years and you still have it. Lot of time chronic SIBO is because, again, neurological issues. If your brains not innervating the gut, therefore you have low gastric motility. Thing just sits there and it's not breaking down or not digesting, then you're more

likely to become dysbiotic and grow bacteria or if you have low enzyme or stomach acid production that can also cause you to not break down food chronically and that can also lead to fermentation of this undigested food. Therefore lead to SIBO. So don't think of just killing the bugs, but think about rehabbing the system so that your body's able to get rid of these things naturally.

Dr. Kan: All right. Keep going here. Mary just said large bowel. I figured that's what you typed. That's just a little typo. Let's get onto the next question. Husband is fighting MRSA for the third time. Oh my gosh. They had cirrhosis in the liver, jaundice. Is there any help? Cirrhosis of the liver typically is caused by chronic alcoholism. It's an end stage disease. Liver cancer, end stage. Hepatitis end stage can cause cirrhosis. So once you reach that stage, you know, it's pretty tough. You could still do things to improve quality of life but you can't necessarily reverse a cirrhotic liver. If you're fighting MRSA for the third time, he's immuno compromised. Something that can help, consider, gosh, it's not coming to mind. John O. might know. This coconut extract.

Dr. Kan: That's anti viral from coconut.

John: MCT? No?

Dr. Kan: No. Not MCT oil. It'll come to me. I'll come back to it. But there's something that you can use that may have antibacterial, antifungal properties and if it's MRSA on the skin you can actually apply it on the skin as well. I'll think of it. Let me move on to the next question.

Dr. Kan: Have we treated with Colitis and asks us if we've weaned off of Remicade? Yes. I have treated autoimmune 'cause that's my practice. It's autoimmune clients and we have people with ulcerative colitis and Crohn's that have weaned off Humira weaned off various biologics and what do I recommend? What I recommend is identifying

the root cause. So without only, let's just go into it. Number one, you need to modulate the autoimmunity. Meaning getting the immune system to stop attacking your body. Vitamin D, glutathione and even EPA DHA from fish oil are very important to have that modulating effect. To get the immune system to calm down. But just calming down the immune system's not enough if you don't find the trigger. You need to identify the trigger. The trigger might be a food, and infection or a toxin. You need to identify these things and get rid of these infections, toxins or in the case of food eliminate the problem food. You gotta work on both sides of it.

Dr. Kan: As far as supplements, interesting here. You have addressed diet, food allergy, ozone and stem cell. That's interesting you mentioned stem cell because there's many different type of therapy relating to stem cell. Sometime people think they're getting stem cell but they're actually getting plasma. That's not the same thing. Even within stem cell there are many different lines of stem cell so it's important to ask the doctor who's administering the stem cell therapy what type of stem cell it is. Typically you want the mesenchymal stem cell because those are truly undifferentiated that can differentiate into any type of tissue in the body. But there is also neurological stem cell. There's limbic stem cell that just for the eye. There's skin stem cells. Typically the mesenchymal is the one that you want because it can work for any type of tissue regeneration. So you have to be more specific and ask doctor what type of stem cell you had, if it's even truly stem cell.

Dr. Kan: It looks like you tried a lot of different things so the only thing is you have to find a doctor who is well versed that can help you to do tests that other people have not done. Because maybe you haven't had complete panel. You haven't run the right tests. Just because you have done a lot doesn't mean you have hit the right spot. I want you to keep going. I don't want you to give up. I want you to keep going. That's why John O's putting on information like this, Autoimmune Secrets and us putting out information that's gonna put something in your head so that you can go investigate something that perhaps

you have not. Or find a practitioner that's more knowledgeable. Don't give up, Julie.

John: Right. Dr. Kan what would you say in regards to parasites for Julie 'cause it's one that she hasn't mentioned. I've personally seen it come together a lot with colitis. Any word on parasites and the other one I don't see any comment here on is metals, as well? Toxic metals. I can tell you that, for me, with Julie, I would say that's something that I would give it a shot quite immediately I would be working on doing a parasite cleanse. Because that's something that everyone, I believe, ought to do anyway because it's something that used to be a part of culture that we would cleanse and that's where the song A Spoonful of Sugar comes from. It was turpentine and dropped onto a spoonful of sugar at one drop for every year old the person was. A ten year old would have ten drops. This was done during spring and fall when farmers would cleanse their animals of parasites they'd also cleanse the people. People that have pets would do parasite cleanses on their pets, but then people don't do them. The drugs do kill microbiome. We know that.

John: So doing herbs that are antiparasitic is the answer. The types of herbs are neem, clove, willow bark. We're actually working on one right now if that's of interest of anybody. We're working on some, making them very cost effective for people so that we can give our recommendation. But they're the herbs to look for cause we're in information so you can go get those anywhere. Mimosa pudica seed is such a fantastic antiparasitic. Dr. Kan knows about it as well and is convinced that it's a fantastic use. And then humic and fulvic acid are fantastic for heavy metal cleansing and they help to bind up toxins. So that's something that because, I mean, look at the metal exposures. We could go through a long list, you do a quick Google search to find out where are you getting all the exposures, but they're happening for everyone, unfortunately. So cleansing from heavy metals is also important.

John: They're two things that you haven't mentioned that I would certainly do and if you did do a parasite, but you did drug related, it's not long enough. What I'm advising people to do is to do a three month parasite cleanse 'cause it's not expensive and it's not harmful. All it does is help cleanse out bacteria and you'll also be combating other gut related, like candida and other infections and viral infections when you're using mimosa pudica seed along with other parasitic herbs.

Dr. Kan: Yeah. I agree with that approach. Just so you know. Parasites are hard to test. People assume that, well, I had stool test and they didn't find it so I must not have it. That's not necessarily true. Keep in mind, when you're doing a stool test, what you're looking at is just whatever's shed on that particular stool sample. Sometimes the parasite didn't shed on that particular stool sample. Sometime the parasite could be further up the GI tract. It just doesn't shed. Parasites could be anywhere. Doesn't have to be in the GI tract. They can be in the liver, as in liver flukes. They can actually get into your brain. Don't Google this but you'll see videos of parasite in the eye and the brain and skin. Don't believe that just because a stool test is negative that you don't have it. So doing a cleanse like John O. Mentioned, prophylactically as a regular even maintenance is a great idea. I agree with that.

John: Thank you Dr. Kan. And just for the fun of it, for those that heard when he said shed S-H-E-D, who heard S-H-I-T? Hands up. I thought I was hearing S-H-I-T. And I was like that just got really funny. But no, it's S-H-E-D just so people know what we're saying. So if the parasites sheds on ...

John: So people know what we're saying, so if the parasite sheds on a cyclical nature because all organisms have cycles and it's a gross misconception or an assumption that we've made that we can detect off one stool, you'd really have to be doing more like 10, 20, or you know, ridiculous numbers and who wants to do that?

And then still, for ineffective results.

Dr. Kan: Yeah.

John: But I'll let you keep lasering through 'cause you got 37 to go through I think, either still or 37 left. So let's see how you go there, Dr. Khan.

Dr. Kan: Let's blaze through this. Okay so one question is how can people have autoimmune but still be immune compromised? You can absolutely have autoimmune and still be immune compromised. You're assuming that people with autoimmune have a heightened or increased immune response. They do, you just have an increased immune response against your own tissue. But you can still have a weak immune system where you just can't fight off an infection. It can happen at the same time, okay, and that's where it gets a little tricky because in those people with autoimmune, you don't necessarily wanna stimulate their immune system willy-nilly, but at the same time you may have to still support the immune system. So that becomes a web to untangle, and it can take some time and definitely want to work with a qualified healthcare professional on that.

Dr. Kan: Another question, should fermented food be avoided with a yeast infection? It depends. I've seen people taking Kombucha and still have a reaction to Kombucha, even though we thought that it should be pretty mild and should be okay. But people can react to Kombucha so it's not across the board. Usually people with a yeast infection, we do have them avoid yeast, like dietary yeast, but fermented food, it depends. Like if it's like Kimchi or something, I don't think that's necessarily bad for people with a yeast infection. Again, there's a lot of individuality to it. Don't want to make a generalized statement.

Dr. Kan: Margaret has a question. How systemic juvenile, whoa, how juvenile idiopathic arthritis be healed? Ah, conventional doctors, my six year old

nephew, sorry the screen is refreshing, have him on Prednisone, which has devastating side effects. Absolutely. Prednisone, if you take it long-term and in high doses can have side effects that can be devastating. But if he's in pain, you have to do something to control the pain and the inflammation and Prednisone's really meant for short-term. Long-term, how do you heal juvenile idiopathic arthritis? Well, determine what's the reason, right? Idiopathic means they're an idiot and we don't know what it is. That's what idiopathic means. So if you don't know what it is, then how are you gonna fix it? So you're only fixing the symptom with Prednisone. So you have to address underlying root cause. If it's autoimmune in nature, then you need to identify down the line trigger for this autoimmunity. While modulating autoimmune like I said, Vitamin D, Glutathione, fish oil are all great things.

Dr. Kan: Healing the gut is important as well. Next question is from Terry L. Dr. Khan, will refer some of my friends to your practice. Thank you so much, I appreciate the referral. We're always looking to help great people who need help. Do you recommend removing mercury fillings from my teeth? Had 'em since 10 years old and now I'm 52. I have high mercury toxicity because on top of having the mercury filling, I also eat a lot of seafood. Absolutely. Mercury filling can definitely be a problem. The thing with mercury filling is that it spills into your system over time, not overnight. So it's a gradual thing. So it's not like today you get mercury filling today you're gonna have health problem, in fact, the longer you have them, the longer you tend to have health problem. Also, keep in mind that even after you remove the mercury filling, the mercury that's already in your system, you still need to detox 'em. So just because you removed the mercury filling doesn't mean you're home free. You still have to do detox of the mercury that's already in your system.

Dr. Kan: According to research, mercury can actually have a really long half-life and depends on what tissue it's in, it may be very difficult to detox. For example, mercury, usually like to be attracted to fat, they're lipophilic. So, where's fatty tissue in the body?

Brain, myelin sheath. In fact your brain is 70% fat, it's mostly fat. So mercury love to be attracted to brain and neurological tissue, it loves bone marrow 'cause that's full of fat, and it's also a teep spongy tissue, and also organ fat. So once mercury gets into the brain and bone, it's basically taken out of circulation. So if it's out of circulation, then that means it's not being filtered by the liver and the kidney, so that means it's not really coming out. So it can just hang there for a long time.

Dr. Kan: I read one research where it shows that mercury can be in the brain for 23.4 year. That's a long time for that to be in there. So even if you had the mercury removed 10 years ago, you still got another 13 years left, if it even gets removed. So you have to do some type of proactive detoxification strategy. In my practice we use a lot of homeopathics, we also use a lot of Glutathione for that purpose because Glutathione is actually a great finder of metals. It's involved in phase two liver detoxification process. And so those are just some strategies, some thoughts on that.

John: Great, and would you recommend bio-liposomal Glutathione, or just any Glutathione?

Dr. Kan: So that's great. So I'm glad you brought that up, so there's different forms of Glutathione. So there's reduced Glutathione. So liposomal is really just a delivery vehicle, okay, and we use liposome to kind of protect the Glutathione because Glutathione's really unstable and gets broken down by stomach acid. So we use liposome to protect the Glutathione. But that's just the delivery vehicle, and then you have different types of Glutathione. You have the reduced Glutathione, which basically kinda circulates blood. Research show that reduced Glutathione doesn't absorb orally very well. So if you're taking a pill form of it, it's probably not gonna absorb very well. So then you've got to take it in a liposome to protect the reduced Glutathione. However, the reduced Glutathione, once it gets into your bloodstream, it gets broken down by the

body into its individual amino acid and it has to be reconstituted before it gets inside the cell.

Dr. Kan: So there's some steps there, and some people have genetic defects where they don't reassemble the Glutathione very well and so they don't get as much of it. So then the newest one is acetyl-Glutathione, the S-Acetyl Glutathione, basically is a form that can go intracellular, intact, without broken down, without being have to reassemble. So that tends to increase the availability of the Glutathione. So the acetyl Glutathione form is more readily absorbable. Now you can have the acetyl Glutathione form in a pill, which is not liposomal, it can still be absorbed, but now there's a new form, which is the one that I use, that is liposome and acetyl glutathione, and it also has some reduced glutathione.

Dr. Kan: Why would you want reduced and acetyl? Because the acetyl form goes intracellular, which help with protection because Glutathione is an antioxidant. So that when it goes intracellular it protects the cells. And then the reduced glutathione doesn't go into the cell as well, so circulating in the blood, why do you want that? Because it acts as a scavenger that bind to mercury and bind different things. So it acts as a blood detoxifier. So when you have a combination of reduced glutathione and acetyl, you're kind of getting intracellular and extracellular benefit, and then the liposome protects it all. So that's the form that I use now.

John: Fantastic, thank you so much. Who just thought that that was just amazing and so helpful, hands up? Let's get some hands in the house. Alright bam, we just got 20 hands up, people at 25, 30 hands, people are like raising the roof.

Dr. Kan: I love it.

John: Thank you everyone for just -a

Dr. Kan: Wohoo!

John: Yeah, people are listening. How fantastic is that, like so you can get mercury toxic metals out of your system mercury being a major culprit but cadmium, lead, aluminum and then other forms like fluoride would technically be a metal, and then we have so many more that we don't typically talk about. And then somebody's saying where can we buy it, right now for the value of this call we would just advise you to just go ahead and look that up, look for companies with good reviews, and we will have some items that we'll be sharing with you in the future as well. In the near future. So get just looking up those names, looking for good reviews is where I would start. Would you agree, Dr. Khan?

Dr. Kan: Yeah, like you know, just find...that's why I was not referring to any product. I was teaching the principle so you know what to look for. Acetyl-Glutathione versus reduced, there's a time to use one or the other, and there's a time to use both. And then the liposome protects it, so if you can get that trifecta, that'd be great. Okay? So lets go on to the next question here, for Staley. Alright so Staley had a question, she has Hashimoto and Staley is struggling with getting it under control. Not sure what that means, because a lot of people think getting it under control means, oh my antibody is just still high, but I'm feeling great. To me, that's under control, okay? So we're not treating the labs, we're treating the person.

Dr. Kan: So don't feel like if your labs wonky but you feel great, that it's not under control, I consider that under control. Kay? And then, have addressed your diet and sleep and improved those dramatically. Awesome, still suffer from lack of energy though. Mood swing, depression, taking 5-HTP, Selenium, Synthoid, liothyronine, so you're taking T-4 and T-3, Boswellia, Vitamin D, good for you, avoiding gluten and wheat. Now, when you say Staley, avoiding gluten and wheat, I want everyone to hear this. Is avoiding the same as being 100% gluten free? See, with Hashimoto's, there's not that much room for

error when it comes to gluten and dairy and I would infer that that means 100%, not just avoiding when you can, but once in a while you know, I just don't worry about it.

Dr. Kan: That doesn't really work for Hashimoto's. Cutting out nitrates, grain, great. This has been going on since 2012 with mixed success. Really seems to have major ups and downs. So, if you're having flares, just keep in mind that flares is the nature of autoimmune, right? The classic presentation of autoimmune is that it waxes and wanes. So your goal is to try to get the flare to not flare as much and to be less frequent and recover faster. But you're always gonna have flares. So the degree that you get it under control is, how clean are you with your diet if you have sensitivity to those foods, and how much are you modulating the immune system? So I see you listed some supplements here, assuming that it's all you're taking. Glutathione would be one thing that I would definitely add to this mix if you have Hashimoto's.

John: Metals, toxic metals? To get rid of toxic metals? Particularly or something else-

Dr. Kan: Yeah, and that the other piece, it's not just about taking Glutathione and taking these vitamins and cutting out food, it's identify if you have toxic metals. I tend to find if you have any infections like viruses or bacteria or parasites and they go ahead and address those, one by one. So it's never just about one thing, it's about taking care of your whole body by making sure that you don't have any of these triggers. Okay? So. Moving on to Sylvia, is there a way to treat microbacterium -

John: There, and I think it's a good takeaway for everyone, again, so again I keep seeing this trend and it might be because people are new to our group and our approach but again, a lot of the things that we mentioned, none of them are mentioning anything with, so far, having done parasites and heavy metal detoxes and I think it's just this huge blind spot in

functional medicine because we came a little bit late to the party and everyone's thinking about avoiding certain things and supplementing certain things, but not about removing the things that are in there that are causing the issues 'cause people are having all these challenges, and all they have to do is breathe.

John: And my wife had a lot of the symptoms that you're speaking about, like very serious and then we never even thought, it was just like news to us to think that parasites could've been the cause and we both went and did antiparasite and it was such a breakthrough for her. And she's never been better and she fell pregnant, she was infertile, likely due to the fact that I could explain it more in detail but big takeaway and huge thing that we then sort of experimenting on our loved ones and we found that everyone was getting improvement by [inaudible] that stuck with it. And of all kinds of symptoms and people were seeing things, like when you see a little red speck in your stool you're looking at a liver fluke and these live 20-30 years. You combine that with heavy metal toxicity that's accumulating in the brain for decades and around the body and you look at the combination of these things and where there's metals there are typically parasites and where there's parasites there's typically metals because of that symbiotic relationship. You can look that up so you can understand that better.

John: But it does mean that it's just a major missing link that people are typically overlooking but I'm gonna let you keep going, cause we've got another 30 minutes with you Dr. Khan and people have longer with me but less time with you. So let's let you just take over, but everyone take that to heart because I want everyone to understand that the nature of that, and Glutathione and the approach that Dr. Khan listed as well as humic and folic acid and I'll just get a yes or no from you on humic and folic and it's ability to help with metals, would you say yes, Dr. Khan?

Dr. Kan: Yeah absolutely, those are very versatile. We always wanna do things that are gonna hit multiple

Dr. Kan: areas, so have a hormetic effect, hormetic meaning one thing can affect multiple systems. So humic and folic acid is one of those things that can affect multiple systems. It's not a treatment or it does one thing, it does multiple things. Kinda like Glutathione. Kinda like Vitamin D, you know, they don't do one thing, they do multiple things. So yes, absolutely those are, and I 100% agree with the parasites, the metals, because those are really the overlooked areas and until I started addressing those on a systematic basis, I was not getting the result that I was getting.

Dr. Kan: And as soon as we started addressing, when you start looking in the right places and looking in the right way, you start to see how prevalent that is and it becomes like, not that weird anymore. You know, people's like, "parasites, is that common?"; it's very common. Basically if you're breathing, you probably have parasite. Now, for some people, their immune system is working pretty well, the parasite doesn't affect them as much, but just so you know, pretty much everybody has parasites, but some people have more problem with it. This is where doing a regular detox can be really helpful.

John: Fantastic, thank you Dr. Khan, that's helpful for everyone, and just to conclude what I was gonna say. If you could just tilt your camera down a little bit so we get a little less headroom so we can just...yup, and yeah that's nice. Thanks. And just a little bit more head room actually, a little...yup, perfect. Yep, and I'll let you keep lasering through them.

Dr. Kan: Alright so, okay so is there a way to treat microbacterium lung infection naturally? Also I have RA. Okay, so you have autoimmune, Rheumatoid Arthritis, and just so you know the microbacterium lung infection, they can migrate to the joint too by the way. It doesn't just stay in the lung. I have seen people with microbacterium, strep, and different things in the cartilage when we do bio residence test. As far as what you take naturally for it, I mean, typically it's gonna be some antibacterial herbs, so things like uva ursi can work against micro plasma

and help detox bacteria toxin. Things like cat's claw can be an immune stimulant and help with that. Olive leaf extract has antibacterial, antifungal properties.

Dr. Kan: Things like even Usnea has antibiotic properties. So those will be some of the things to consider. Typically we don't give those things on an individual basis, they usually come in a compounded formula, in one formula. So that's how you would address the microbacterium. Next, is there a way to treat a torn gluteus medius tendon? Gosh, that's a structural problem. So you gotta go see a physical therapist or chiropractor, somebody preferably that has cold laser therapy may be helpful. But if you have a torn tendon, you gotta consider orthopedic evaluation to see if that's a surgical candidate.

Dr. Kan: Here we have, is it worth detoxing metals without removing the fillings? Absolutely, it's still worth it. In fact, many times when I work with clients who have amalgams and fillings, I don't have them remove that first. I work on reducing toxic load first to the point where the body's stable, the condition's stabilized, and especially someone who is very weak, they have chronic illness, they're chronically sick and sensitive. We don't go and remove the fillings because the act of removing the filling, even if you go to a biological dentist and you do it correctly, can still spill mercury into your system. So we usually, we do detox first for several months before we even recommend and refer them out for filling removal.

Dr. Kan: Alright, Nicole Bross. Posted in chat first, okay. Hashimoto, do you think the root cause is Epstein-Barr? Epstein-Barr definitely, very commonly associated with Hashimoto. That's what I find in my client population. Triggered by thought of suicide, I'm sorry to hear that, as well as pregnancy right afterwards. So pregnancy can definitely trigger autoimmune, because during pregnancy, your immune system shifts from Th1 dominant to Th2 dominant autoimmune, so that can be a trigger. Heavy metal from amalgams, so all the stuff that we talked about are triggers for you and you have, the

thing with thyroid is actually secondary, I agree. Most of the time, this is kinda, one of the things I always tell people.

Dr. Kan: In Hashimoto's, thyroid is usually secondary to something else going wrong in the body. When you have thyroid problem, thyroid's usually not the problem. It's usually secondary to something else causing the problem. In this case, Epstein-Barr, the pregnancy swings, the stress cause by your father's passing, so those are all the things we need to look at. Food allergies quite extensive. When you have extensive food allergies, typically that's caused by leaky gut, so address the leaky gut first. Want you to start the process toward detox but don't want to crash.

Dr. Kan: So again, this is the thing with detox, and this is something I just put on Facebook just this Monday, yesterday on my Facebook live. I talked about different models of toxicity. So there's three different way to think about toxins. One is this quantity model. It's a dose-dependent model. Meaning, A, if you have this much toxin in one dose, that's when you get the problem. This is kinda like your poison control center, this is your classic model where they do experiment with live animals, they say, okay, how much poison does it take to kill that animal? That's the toxicity level they determine. So that's called a dose-dependent model.

Dr. Kan: The second model is a build-up model. They say, hey, most people you're probably not drinking poison all in one shot, you probably have a gradual accumulation. So you may have small amount that doesn't kill you, but if you build up enough time over the years, then that can eventually cause problems. So we have a dose-dependent model where hey, it'll only cause problem if you have so much above which level you're gonna die or you have a reaction. That's dose-dependent. The second way is a build-up model, which they say hey you accumulate it over time. The third way that you can have a problem is neither dose nor accumulation because you can have very little toxin in your body, all it takes is for your

immune system to become autoimmune against that metal or autoimmune against that toxin.

Dr. Kan: You can actually test that. Cyrex Lab a test that can measure antibody against metals and toxins and plastic and BPA. You can test that. If you have autoimmune against a chemical, that even if you have very small amount of chemical, it can still trigger an autoimmune reaction. So in this particular case, it's not about detoxing. In fact, detox can make you worse if that's the case. So, and if you do detox, don't do overly aggressive detox like IV chelation. Too aggressive for many people with autoimmune. Doing something that John already recommended, using humic and folic acid or different supplement that are gentle in nature, that's okay. But again, if you're chronically ill and sensitive you may need to be even more careful, so probably 80% of you can benefit from what John talked about, but 20% of you may be more sensitive to where you have to take an even slower approach where you have to fix the immune system first before you can do detox.

Dr. Kan: So that's a very big takeaway because a lot of people just go straight into detox. So the thing is if you do the detox and you don't well, just halt. Abort, do something else first and then you can come back to the detox later. So that was for Nicole. Next question, Jackie, been sick for a while most of your blood work come back normal. Boy if I had a penny for every time I heard that. The reason the blood test is normal, because one, it depends on how comprehensive is the blood test. A lot of people say, my blood test is normal. Great, let me take a look. Ends up the blood test is not very comprehensive at all. Or the blood test is normal because looking at medical ranges which is really broad, we gotta look at functional ranges. Ganglionic neuronal, not sure what you mean by that. Came just a little high, doc no idea what caused this. Yeah, I'm not sure what you're referring by ganglionic neuronal, that's not really clear to me. I'm gonna skip to the next question here.

Dr. Kan: Is there a connection between autoimmune and loose ligaments or ligament laxity? Not necessarily, unless you have autoimmune to connective tissue. Then your immune system's destroying soft tissue and connective tissue. Then you can have loose joints and ligament laxity. Alright, what's your best suggestion for treating artists? I'm gonna assume that's arthritis, this is a question from Asa, best suggestion for treating artists, that's funny. Treating arthritis, go vegan, gluten free or sugar free. Neither. I wouldn't say go vegan, gluten free for sure, sugar free is good for everyone not just for arthritis. Gluten free is not a treatment for arthritis. Gluten free is because gluten is inflammatory, it's processed. Your body can't tolerate it very well. It contains lectin, you may develop autoimmunity and leaky gut to it.

Dr. Kan: So you go gluten free not to treat arthritis, you go gluten free because you wanna be healthy. Just like sugar free is not a treatment for arthritis, sugar free is a prescription for good health. Exercise is not a treatment for anything, but exercise is a good idea. It's good for your health. So don't think about treating, think about what can you do to optimize your health? And that may include gluten free and sugar free. Again, it depends. Some people can benefit from going vegan for a short period of time as a way of detox. Other people, going vegan is not a good idea. We have to look at individual cases.

Dr. Kan: Next question from Jean.

John: To put a little clarity on the plant-based conversation, we definitely see that spectrum and we try to be unbiased when it comes to that because vegan for example, it really denotes stepping away from cruelty towards animals and abstaining from animal products. For a lot of those reasons veganism is attached to that. I think it's a very admirable movement. Some of my family are very strong vegan. I'm definitely on the plant-based diet so I do see value in it. I've also seen people often can't do it because of parasitic infection and they find themselves like hangry a lot, my wife was one of these types of people. But then once your system is

clean and clear, I've found people to get really great results with vegan but then it does require a little bit of supplementation.

John: But I would say that life in general for everyone requires a little bit of supplementation. And I think that's really comes down to your choice but obviously if you feel better for the time being on a little bit of like animal products then that's what it is, but I feel that, I do believe that people can get into equilibrium. 'Cause we can see the person that holds their title for their most weight lifted when he dropped the bar he shouted vegan power, you can look that up. So we have some of the world's strongest people today as being plant based with muscles that could compare to Arnold Schwarzenegger so the belief that it doesn't denote strength you know, see gorillas and even for neural health when we think about the amino acids that are found in animal products they all actually are in the plant kingdom but we can get them, sometimes they're more readily available for us but there are ways to get them just as effectively.

John: So I think there's a good debate there. We have experts in the series that are on both sides of that fence but I think the thing that unites us all is about looking for those core triggers, which really transcends that. So I just wanted to put that, 'cause I don't wanna derail people that are choosing vegan and it works really well for them I can see that a lot of people are just looking at the comments. Which is great, and I respect that. There's no question that it caters for a better world, and one that we can sustain that the life of all creatures and even humanity with the amount of carbon emissions that we're having through creation of meat, it's more than our vehicles all combined with the factory farming.

John: So its a huge consideration for everybody for better humanity so I see the point that people are making there, but I want to continue there but I think your answer is also great, 'cause we want to see what works. And we don't want somebody that needs to sustain themselves for a time to feel bad

because they need that. So you shouldn't feel bad for that, it's something that you need it's a medicine for some people in certain settings. Great. Hannah? My husband is this, have we done? Juandice I think you did that one, yeah? Asa?

Dr. Kan: Yes, yup. I'm down to Jean Redford here.

John: Yeah we can just read first names, I'm sure it's not a big deal but just read first names. Jean?

Dr. Kan: Okay, friend with a calcinosis cutis, do you have any suggestion for her to try? Don't treat that, not very familiar with that, so I'm gonna pass on that

John: Right. Anyone that doesn't get the answer just make sure to keep coming back on our calls, we will you know, we've got six doctors or around there on our calls, somebody will have seen this case or will have a great answer for you. But when in doubt, just look at all the different things, 'cause the body knows what the problem is. If you detoxify the body, remove the obstacles to healing, the body will heal itself, what's probably the causes or the things that we've mentioned. If you remove those triggers, if you remove the toxic junk that's in the system that's stopping the liver from working, the kidneys from working, then you'll find that your body just goes and heals things, and it's just amazing.

John: So just don't give up, keep on all the other things that we're teaching that we're saying are universal, and you'll start teaching us exactly how you did that so we have more cases because there are literally thousands of conditions but we know the root cause to treat all condition, but sometimes and your name comes up, and we're like huh. And they're sometimes named after new people that discovered them yesterday and it's really just a list of symptoms. So don't feel like that means that we don't know what we're doing here as well. Okay.

Dr. Kan: Yeah just keep in mind, just because I don't know something doesn't mean that there's not a solution for it, right? There's people that are a lot smarter, that's a lot more experienced than I am, that focus on different conditions, so don't feel like there's nothing that you can do about just because I don't know there's anything to do about it. In fact, I learn from my patients all the time, so.

John: Yeah, great. And remember as well and what I'm trying to get people to do is break away from definitions because the more you focus on your definition is that you think that everything now needs to be tailored to that particular problem. But tell me what you would do today if you didn't have any condition. What would you do? And it's probably gonna be the answer for most people. And other things that we're talking about is this extra 5%, like how do you get that extra little bit of brain focus? How do you get this, you know we're going into that extra little percentile but, or we're having to supplement the thyroid but what we're trying to do is remove all the toxic triggers so everything can function properly.

John: So what would you do, and listening to all this advice. Of all the exposures you've had in your life, what's probably built up in your system? What haven't you done that we've been talking about? And you'll find that the answers are already all here, it's very simple. The reason why I'm doing this is to give you the support and make you feel guided, make you feel that sense of support because that's when you start actually taking action. So take action on the things you know to do.

Dr. Kan: Great. Now this next one, Ella, she has, Ella says I have Pemphigus foliaceus for 13 years. She's doing all these foods, probiotic supplements, no meat, dairy, gluten-rich food, a lot of these talk about food and taking L-glutamine, slippery elm, and supplements. Again, I'm gonna still go back to what John talked about earlier. Have you done a parasite cleanse? Have you looked at heavy metal toxicity? Have you looked at other potential gut infections or

viral infections that's triggering these sensitivities? If you can't tolerate any food, you can't even have bone broth, that means you have severe leaky gut that's not healed yet. Now well you'll say I'm taking L-glutamine and slippery elm, but that doesn't automatically heal the gut. Those are important, they help, but you may need to do more. For example, parasites or metals or other things.

Dr. Kan: So again, you gotta keep just listening and learn, and try other things as well. For example, Vitamin D3. It's not on the list, maybe you are taking it, maybe you're not. Make sure D3 level is good, Glutathione, we talked about earlier, parasite cleanse, make sure that you have even good brain function. A lot of people say oh, digestion's not good, digestion's not good, but when we really ask, the brain function's not that good. Brain fog, can't focus, memory loss, maybe neurologically the brain's not able to innervate the gut. So there may be some brain exercise you need to do to get the brain to fire better or to do things to improve fuel delivery to the brain.

Dr. Kan: So, there's a lot of pieces to it, but definitely, if you can't tolerate food, you gotta look at other reasons for why you're having this problem besides just elimination and besides just taking leaky gut support. Okay? Any relation to gut issues and Parkinson's from Gabe. Absolutely. New research just came out in the journal Science, which is one of the most prestigious journals, medical journals, they basically said that Parkinson's starts in the gut. It's irrefutable now that Parkinson's disease starts in the gut. In fact, one of the first manifestations of Parkinson's disease is actually constipation. And it actually may precede Parkinson's disease, like tremor, the actual tremor comes usually about, tremor in Parkinson is a late-stage manifestation. By the time you have tremor, you've already had it for 10 years. So one of the first signs of Parkinson is actually constipation and even joint stiffness, like frozen shoulder or stiff shoulder. That could be the first sign. Losing sense of smell is another sign that you may have Parkinson, or early signs of Parkinson's.

But definitely healing the gut, you're not trying.

Dr. Kan: Okay, definitely healing the gut. You're not trying to heal the gut to treat Parkinson's. You're trying to heal the gut so you can be as healthy as possible, just like Johnno mentioned earlier. What would you do if you weren't sick? That's what you need to do, right now. And then, you maybe need to do more if you have other issues.

Dr. Kan: All right, so. What causes schizophrenia? Boy, that's gonna take too long to answer. There are many different causes, it could be chemical, toxicities, but it could be there's some genetic components to it. Again, just one of those weird side things with gluten. Gluten has been associated with so many things.

Dr. Kan: There's a case study of someone with schizophrenia completely reversed, normalized, by going on a gluten free diet. Without doing anything else! So, and it doesn't mean every case of schizophrenia is going to be cured by gluten. But there are some case studies with that, so-

John: Yeah, absolutely! Fantastic case study that was done by the NIH on schizophrenia, and on four accounts, they discovered that it was inducing most of the schizophrenia symptoms, let alone the fact that people mostly resolved it when they were off it. Now, if you're that sensitive, then you need to be off all genetically modified foods, especially the genetically modified grains, including soy, corn, genetically modified corn, and then probably corn of all ... soy GMO corn, and soy of all kinds, because of the sensitivity that you have. Even though, most people maybe, not necessarily have to get off all those things.

John: But, they could all be triggers, but you gotta work it out by getting off them and reintroducing them, so you can work out which ones are the ones. But the big take away there as well is there is also

a study done that was showing one in five cases of schizophrenia, they all had one particular parasite. Even just one parasite in common, it was called T. Gondii. And, so huge take away that we have then two major triggers, but notice how they both follow this pattern, one is inflammatory food, the other is toxic triggers. In this case, parasitic infection. Now, that doesn't even include what we mentioned in terms of mold toxicity. I'm sorry, mold and ... I meant metal toxicity, and the fact that aluminum is a carrier to the brain. Absolutely do the things that we're talking about. How great is something that we've just said for somebody else be great for you, too. Love to carry on, but I'm not gonna keep on it, because you've got 20 minutes to get through 20 questions.

Dr. Kan: Let's do it. 20 in 20. That's like a minute a piece. All right.

John: But I thought you could do it, because a lot of them needs to just refer back and then we can ... you know, then we're gonna get on another call in just a week's time. So just ask the same question if you like, if you feel like it wasn't answered to the best component. You'll get a doctor's perspective. That'd be nice, you know.

Dr. Kan: Sherry asked, "Best friend just diagnosed with Ankylosing Spondylitis, and what are the first steps to be taking in terms of diet supplement?" Paleo diet, autoimmune paleo diet, or even vegan as Johnno mentioned earlier, but at least Paleo or autoimmune. At least gluten free dairy free, okay? Because what we're talking about here is autoimmune, right? Ankylosing Spondylitis, so we gotta start with that. Supplementation, again, gotta heal the gut if you have leaky gut and we also gotta make sure we're modulating the immune system with vitamin D, glutathione synergy, which is glutathione and then EPA DHA from fish oil is important.

Dr. Kan: Any advice for Meniere's disease? So Meniere's is when you get fullness in the ear, ringing

in the ear, you get hearing loss, can come and go, can cause severe balance issue like vertigo and Meniere's is not officially an autoimmune disease, but I find a lot of people with Meniere's also have autoimmune. That doesn't mean everyone with Meniere's has autoimmune, but many are. So again, I would treat it as an autoimmune condition, meaning diet change, at least gluten free, dairy free, if not going paleo or AIP and make sure you're modulating the immune system and making sure we're looking for any underlying toxins and infection and doing a good solid detox on that.

Dr. Kan: Let's see here. Next question from Pam. Is there a test for gluten sensitivity? Absolutely there's a test for gluten sensitivity. There are many different tests for gluten sensitivity though. There's genetic tests for gluten sensitivity, which is not a test for gluten sensitivity, it's a test to see if you have the gene for gluten sensitivity or Celiac. That's not measuring if you have reaction right now, it's just measuring if you have the gene for it. And then there's tests for gluten sensitivity that's measuring if you're currently having a reaction. Now is that test useful for people who have been gluten free for awhile? It may be still useful because maybe you're still getting a cross reactions, maybe gluten is still sneaking in. I can't tell you how many times I do gluten sensitivity tests for people who have been gluten free for years and when I do the test, they're still having a reaction, meaning it's still sneaking in somewhere. They're not 100% gluten free or they didn't know, then we can go in and clean it up.

Dr. Kan: So the tests we use, there's Cyrex Lab we also use Vibrant health, Vibrant America is the other lab that I use. In fact, I'm using more Vibrant America for the gluten sensitivity test now.

Dr. Kan: Alkogenic ph autoimmune, not familiar with that condition. Again, just because I don't know doesn't mean there's not an answer. We have this person, anonymous has depression, anxiety, gastritis, very important, many times when people have gastritis, there's autoimmune gastritis, by the way,

which can manifest as pernicious anemia, high blood pressure, high cholesterol, mitral valve osteoarthritis, a lot of stuff going on, which means you're inflamed. Main concern now is can't be alone because get too nervous, tachycardia heart attacks. This has to do with anxiety, so you have a lot of stuff going on and you ask what supplement can I take? You know, start with healing the gut. Start with changing your diet if you haven't already. There's not a magic pill you can take if you're not changing your diet. You gotta start with diet, at least gluten free, dairy free.

Dr. Kan: Gluten has been associated with anxiety, gluten has been associated with depression, gluten has been associated with gastritis, gluten has been associated with osteoarthritis, so yes, out gluten, dairy is it's cousin, so you gotta cut out at least those two things, if not go complete paleo or autoimmune paleo, to start, and then supplement wise, you change the diet first and then you take the supplement. You don't take the supplement without diet change, okay?

Dr. Kan: Taking 5000 IUD vitamin D each day to correct deficiency. Should it be taken all at once or divided doses? You can take it all at once, it still works. I don't find it necessary to take it in divided doses.

Dr. Kan: Monolaurin there you go, thank you so much John, for providing the answer for what I was thinking about early for the person with question on MERSA. Monolaurin can be helpful in that because Monolaurin's not just antiviral, it's also antibacterial, antifungal as well, and I think you can find Monolaurin in a cream as well. So that's something that you can apply, or you can take the Monolaurin pallets, break it down, crush it, and put it in a cream or in some kind of solution, coconut oil even and apply to the skin if the MERSA's on the skin.

Dr. Kan: What do you advise for autoimmune lichens sclerosis? Treat lichens sclerosis ... so here, I'm going to do this for all you guys. You're asking me

how to treat lichen sclerosis, how to treat pruritus autoimmune, how to treat ulcerative colitis, how to treat Hashimoto. How you treat them is the same as how you treat any autoimmune disease because the umbrella under which they're all covered is autoimmune. Under the autoimmune umbrella, you have MS, rheumatoid arthritis, lupus, Hashimoto, all different type of autoimmune disease, but they're all autoimmune. Don't treat the individual condition or ask me what supplement do I take for that, but ask what supplement do I do to address the autoimmune umbrella, period. Which is your immune system stuff. How do you do that? Leaky gut, vitamin D, glutathione, fish oil, go on the autoimmune paleo diet or paleo diet or at least gluten free, dairy free, look at heavy metals, look at parasites, candida, gut infections, this is what you do. This is the general framework. And each of you may be a little bit different. Maybe some of you don't have that much heavy metal toxicity or you're not reacting to that metal.

Dr. Kan: You have metal but you don't have autoimmune reaction. Some of you may have parasites, some of you may not, so you take that framework and you individualize it to yourself. So I want us to kind of elevate our mindset and elevate our consciousness so that we're not just treating the individual condition, but we're treating the root cause, in this case the autoimmunity. Okay? Hopefully that helps a lot of people.

Dr. Kan: Let's see, Barb says I skipped your mustache, weight problem? Mustache, if you're having hair growth, facial hair growth in a female, that most likely is due to insulin resistance. Gotta fix the blood sugar issue, and the weight is probably most likely associated with that. Gotta fix the insulin resistance problem.

Dr. Kan: Let's see here. How do I treat chronic inflammation in the spine caused by degenerative disk? Well, then you gotta rehab the spine, too, right? If you have degenerative disk because do you have trauma? Do you have poor posture? You gotta

stabilize the core, you gotta make sure you have upright posture. If you have inflammation, usually it's not the degenerative disk causing the inflammation. It's the chronic inflammation that's causing the degenerative disk to be more inflamed and more degenerative.

Dr. Kan: So how you address chronic inflammation is basically how you address autoimmune because consider autoimmune a chronic inflammatory condition. So again, gluten free, dairy free at the very minimum, EPA BHA from fish oil can definitely be important. Now, here comes another big piece to that. Dosage is important because it's not like, "Oh, I bought a fish oil product from the store." Well, you know, quality is important and assuming you're taking a quality product, it says oh, two gel cap is the serving size, so I'm taking two a day or one gel cap a day. Well is that even enough? For most people it's not enough. For most people, if they're on the standard American diet, you need much higher amount. And even if you're eating well, but you're inflamed, you need much higher amount than just one to two gel caps. For most people, I have people take up to four to even eight grams of fish oil. In some cases, high doses is indicated. But again, if you are taking a blood thinner, that may be contraindicated, but in general, people are taking not enough fish oil is what I find.

Dr. Kan: What would I recommend for a teen who has had many medical tests and has not revealed the cause, but who continue to experience abdominal pain? Well, remember, traditional medical tests, just looking for tumors, looking for something medical that they can either medicate or cut out with surgery. He or she may not have a problem that needs medication are need something to be cut out. You just may not have identified a root cause. See, the medical test does not identify really the root cause of the root cause. It just tells you whether you have a tumor, you have a bleed or you have something that can be medicated. So again, you gotta look for a functional problem. What if she has an underlying infection that has not been identified? What if she has some type of autoimmunity that has not been

identified? So those are the type of things that you want to work with a qualified functional medicine practitioner to identify the root cause, or you could start her by doing a diet change already.

Dr. Kan: You don't have to see a doctor to do diet change, right? You can go autoimmune paleo or paleo, cut out gluten and dairy right now without seeing a doctor. Just do that and see if that helps. If that helps, you already got your test, test positive. You're sensitivity to some food, and then you just follow through with that diet change.

Dr. Kan: Question is ... can't help you with a tech support question, why does the question keep deleting? So for immune disease gut problem, SIBO, what kind of tests should I do? Well, the problem with SIBO, the test has a high false negative rate. Usually it's a SIBO breath test, you drink this solution and you breath into a bag. We're measuring the type of gas that's expelled. But that problem is it's only 50% sensitive. So if you do a test that says negative, it doesn't mean you don't have SIBO. The best indicator for SIBO is, do you have gas and bloating every time after you eat especially with carbs or vegetables, you know, fiber type foods. That's probably a pretty good indicator if you have SIBO. So don't rely on the test with SIBO because it's not that accurate.

Dr. Kan: I'm 41, what could be causing stiff hips for the last 20 years? Well, could be a lot of things. You know, you're inflamed, you could have autoimmune, you could have autoimmune for the last 20 years, just nobody ever diagnosed. Again, what could be causing it could be underlying toxicities, infections, could be a lot of different things. Need to work with a qualified healthcare practitioner.

Dr. Kan: When you use mimosa pudica, are you addressing parasites throughout the body? You said parasites can be in areas outside even. Absolutely. I find parasites outside the intestines all the time. When you take mimosa pudica, you're addressing just the intestinal tract because that's where it's

going. It's not going to be absorbed into the bloodstream, so it's not necessarily addressing parasites outside the intestine.

Dr. Kan: When you have been treated with-

John: Sorry, how do you get the parasites that are outside of the intestines then?

Dr. Kan: Well, there's different ways to go about it. My preferred way is homeopathic. Because homeopathic then is not necessarily going to just in the gut because homeopathic is something that's more energy medicine, so that can be working throughout the body, and we get really specific with bioresonance testing and that's what we do and that's what works for us.

Dr. Kan: As far as how you address it outside the intestine, you know, some of these antiparasitic supplements can be absorbed, like if you're taking things like black walnut extract, it can be absorbed through the blood stream and go into the body. Things like garlic extract can be absorbed through the blood stream and get into the blood stream, but mimosa pudica is specifically for parasite, and very effective by the way, for intestinal parasites. So this is where other protocols fail, mimosa can really come in and do a great job of cleaning up and mopping up and making these things stick to it and then now you can actually expel and clean it out.

John: Great, and you've seen the one that we're working on as well and it's great to hear your feedback on that. You know a lot of parasites, so yeah, we're working on one, which is great.

Dr. Kan: If you've been treated with antiparasitic medication, even though none showed up in stool, are you necessarily parasite free? Not necessarily. Just keep in mind that some of these parasites are very small. Your nematodes can be very small, like microscopic. Some of these parasites are one cell

organisms like protozoa in amebas that you may not see in a stool.

Dr. Kan: So just because you're not seeing anything doesn't mean you're parasite free. I'm going to do a few more here. Have you ever heard of tongue sores associated with lupus? Right now I have a client that has tongue sores that have lupus so I have some bone growth in my mouth and foot. That's probably calcium build up. Recently been told by a medical intuitive that you contracted some bacteria or metal from ingesting contaminated water, that's not that at all unheard of, pretty common actually. Symptom I'm having is swelling in lower legs. What tests should he take to determine what metal is causing this.

Dr. Kan: Now, that's very difficult because how can we do a test to say oh, the swelling in your leg is caused by a bacteria or metal? We can't really say that, although bioresonance tests, what I do, is probably what comes the closest, but it's not diagnostic, so the swelling is a symptom. You have to look for the root cause. Now, you may have swelling in your leg because you have a problem in your gut, you may have swelling in your leg because you have metal that's accumulating in the kidney causing you to not be able to filter well and so you have swelling in the legs. So there's a lot of reasons for swelling in the leg. You probably want to work with someone that's qualified to run the right test. Or you go ahead and do a detox and you see how you do. If you do a heavy metal detox and you see the swelling go down, there's your test, right?

Dr. Kan: The treatment can be the test as well. If you do the treatment and it cleared up something, then you know what fixed it, okay? I'm going to do one more here, difference between glutathione and l-glutamine. Oh, completely different. L-glutamine is an amino acid. Glutathione is an intracellular antioxidant that's made up of several amino acids, so they're completely different. L-glutamine is specifically to help with leaky gut, it actually fuels the intestinal cells, where glutathione is an intracellular antioxidant that helps with regulating T-regulatory

cells to help with autoimmune modulation, help with antioxidant protection, it also helps with mitochondrial protection so that you can make energy so that chronic fatigue can be involved in mitochondrial damage, glutathione can protect against that. Glutathione also helps with leaky gut because leaky gut is really an autoimmune condition itself.

Dr. Kan: Glutathione will also help with metal detox, as I mentioned earlier. It helps with phase two liver detoxification. It does so many things. That's why I like to use glutathione because it can address multiple issues for people with autoimmune. So you know, we use glutathione in a lot of cases.

Dr. Kan: All right, did I hit 20 in 20 minutes?

John: I think you did man, and maybe if you can just squeeze one or two more in and we can close it on the hour, unless [crosstalk 01:21:45] I think I might have taxed you on that one. Maybe we can close out on the hour. Maybe one more and I can close it out with everyone.

Dr. Kan: I'm going to talk this one, are root canals a problem and then parenthesis toxicity. Yeah. Root canals are a big problem. We test that routinely in our practice through bioresonance test, or refer them out to a qualified dentist the help us identify. Root canal is tough because basically you have a dead space. And because you have a dead space, what dentist tell you is, "Oh, it's roto-rooted out." It's a space, so nothing can get in there because they plug it, but that's not true. You can still have bacteria that can get into the root canal and once you have the infection in the root canal, it can fester. And the problem with a root canal infection is that you don't feel pain because the root canal has been ... you know, the nerve's been taken out. So you don't feel anything but you can still have bacteria in there that's growing in a space.

Dr. Kan: Now, that space is a vacuum, but you can have anerobic bacteria growing in that space. So I find bacteria quite common through bioresonance testing in that area. It's very difficult to clear out using natural protocols. I find if you have root canal infection, pretty much one of the best way to do it is either have ozone injections or you need to have the root canal removed, basically.

Dr. Kan: Using natural remedies is sometimes difficult because that area, again, because it's roto rootered, there's no blood vessel in the area. So how can you deliver something that you inject that's absorbed through your GI tract, and therefore your bloodstream to that area if you have no blood flow to it? So supplement can be difficult. Homeopathic might be able to help, but I find that's even difficult as well.

Dr. Kan: So if you have root canal infection, it can be a stealth infection that you just don't know you have but you just have all kind of health problems. So the first thing is to identify whether that's a problem, and then send to a dentist that can identify the root canal.

Dr. Kan: Sometimes you'll see something on x-ray that shows it's infected, sometimes you can't, so that's a very tough problem and usually what I do is I find it and I refer out to a dentist that can help us identify and we co-manage.

Dr. Kan: So that's a root canal issue there. Definitely it's a really big problem. A lot of people talk about mercury algorithms, the root canal infection is not talked about. It's very underappreciated because most people don't know they have a root canal problem because you don't feel pain in that root canal. That's probably your next docuseries, Johno.

John: Love it, man. Thank you. Well, this has been fantastic. I'll just quickly, while you're on the line, Dr. Kan I'll just give a couple answers to ones that quickly

breezed in. One was on Parkinson's, a little addition I would add into that, Dr. John Gray in our series talked about how he overcame his Parkinson's. Now, he was actually probably the most famous, well known doctor in that his book was New York Time's best seller for five and a half years, he was on air more than probably anyone that was in the medical space, and then he was actually taken off air immediately after one tragic thing happened. Guess what that thing was? He actually told people how to cure their disease and that was he reversed his own Parkinson's and then he told how he did it and he literally got banned from the air. I've got it on camera, he shared this story, I'm not making it up.

John: So the public are unaware of things that they should have known decades ago. Things like this continually happening. I even have my tech manager just write in about his wife's ... I won't say who, but anyway, the point is, somebody else has dementia, has Parkinson's sorry, so it's really important, so the question is, how did he do it? First he did it through IV therapies, he was taking trips to Mexico, but he wanted to do it without having to do that because it would come back every three months. And, so, he then started taking lithium orotate, zinc, magnesium, potassium, the oxide versions of those and that's really just the combination of lithium orotate is over the counter, you can buy it on Amazon or wherever, and then what he did is an amino acid profile, which he did from milk, undenatured whey protein and it was 50% casein ratio, which is controversial because people are saying that that's bad, but it was effective for him and it's naturally occurring in milk, so it's not like it's an unnatural process.

John: But, it worked and it was effective. It has a strong amino acid profile. I would argue that it's probably true, you can do it with pea protein or hemp, that the proof is in the pudding. Find out for yourself because you're looking for something with high amino acid profile because you're needing to feed the brain with neurotransmitters, and you can see why he was effective with that, combined with the lithium orotate especially and then some adaptogenic herbs, which were ... he blended up

some of the ones you know like Siberian ginseng, wolf berry and just some basic ... that was really the trio of the three things that he did and he is, today, able to do that.

John: My interview with him was literally a six hour day straight interview, didn't lose his train of thought once. So, he didn't shake once, his hands didn't shake, his head didn't shake and his head used shake really violently. I'll let you go Dr. Kan and finally, what else was I going to say? Somebody else was asking about Miniere's disease, we have a case in our series, her name was Laurie [Kessleman 01:27:18] she shared her story, she had Miniere's disease, diagnosed five years ago, became bed ridden, couldn't walk without holding the walls, started losing eyesight, really severe, started totally losing the quality of her life. Could you imagine, if you're bed ridden for three months, what's the end of that road? Do you get crippled? Yes.

John: That's what happens eventually. You can kind of get out of bed, everything starts shutting down and so she didn't get any direct guidance from us other than watching the series, but she did actually, through a friend of a friend and she got on the humic and fulvic and the mimosa purvica seed and the antiparasitic's and within six weeks, she literally had zero symptoms left and she's written about it everywhere because she's just a raving fanatic on what happened to her. When I say fanatic, she's one of the most credible, sane, awesome and beautiful people you'll meet, so she's awesome. And that's Meniere's disease, and again, what's the relevancy here, it's a disease definition. Meniere's disease isn't ... I mean again, so that's a title that she was given.

John: What did she actually have? Well she actually had a parasitic infection. We can prove it by the reverse. If she didn't that would have really no impact on health for her, heavy metal toxicity otherwise the humic and fulvic wouldn't have been helpful for her, which are called bioactive carbons, they would not have helped her, humic and fulvic acid, and then she was just increasing the plants he was eating, so

she's digesting more fibers, which was making her more regular to push out the junk and Dr. Kan just mentioned that even diet can be a great ... detox diet of course, only if you're off wheat and perhaps even all grains, but the emphasis being on just lots of fiber intake. And that's what she did.

John: So, great news for everyone, there is hope, it is possible, you can change your life. Dr. Kan is an example of him changing his own life, his family changing their lives, can't thank you enough for your support, Dr. Kan, look forward to working with a whole bunch more and as well, again, you can talk out Dr. con's by just looking up his name, you'll find all the amazing content he's putting out there and we just want to celebrate your work and look forward to having you on our show some more. All the questions that didn't get answered, we've recorded them all, in the chat as well, if you can grab that, Nicole has already done it, she's on the line here, she's grabbing our comments over and so she's putting that into some spreadsheets that she's got. My biggest request for you is to show up next week on our call and some of our doctors will be Doctor Daniel [Musin 01:29:54], and we'll also have another doctor, Doctor Elena Villanueva, what do you think of Doctor Elena Villanueva, Doctor con?

Dr. Kan: Yeah, she's a dynamite. She's full of energy and she's clinically brilliant and you know, we do ... I can tell she's on it because we have ... great minds think alike. We can feel each other out and say, "Oh, okay you're doing that protocol." Okay, she's doing the right thing. So she's going to be great to come on the show with you guys.

John: Thanks, Dr. Kan, I appreciate that. It definitely does help when we come to similar conclusions even if we could be using slightly different things, but we're going after the core and that's great. We learn and develop our arsenal and develop that skill set better and we do that with each other and I learn a lot from you, Dr. Kan and thank you so much for being on the show. If you enjoyed what Dr. Kan, and please make sure you join us ... Dr. Elena should

be on with us in two weeks, Dr. Musin should be on with us next week. I'll get final confirmation on that. Sorry, things can swap a little bit, but I'll let you know before hand and we'll get the notification out. Tuesday night at 8 o'clock is the time, generally unless ... we're coming up to Christmas, there will be a couple little reshuffles around, but remember, you can always watch these replays. We're going to have this transcribed, there will be up here for you to download, rewatch this, enjoy it, you've got your buddy pass, make sure you're inviting that buddy along so they can join us live and watch the replays.

John: Make sure you dive in and you enjoy your content. We're about to set up a challenge inside of our membership area, so we'll have some kind of competition and prize and some things. And the reason why I'm doing that is because I want to get you engaged in the content. I want you to change your lives. I want you to be rewatching things, especially watching all the new content you haven't watched yet like, the full length interviews.

John: Maybe we'll ... now that I'm thinking about it, maybe we'll do some quizzes, maybe we'll ... on some of the unreleased content I'm going to quiz people and whoever answers it will win some prizes and stuff. Maybe we'll have supplements as prizes or something like that.

John: Who would like that? Any hands for some of these games? Do people like games? I'll look for hands. Oh, I consider no hands as no, I don't like that idea. We've got hands. Yup, people like that. People like games. Yup, all right. That's a yes. That's really cool.

John: And doctor Kan, can't think you enough, mate. If you enjoyed Dr. Kan, just put your hand up for our friend here. Cool, yeah, we got their hands raising. You're getting tons more hands than what I had on my cool prize idea. They really like you, man. 50 hands have gone up.

Cool. And then ... and Doctor Kan, you're Christian as well, you've got that background, right? That's part of your life. You're public on that?

Dr. Kan: That's my my faith yeah.

John: Yeah, that's cool. What I might do is if you don't feel uncomfortable with it, I'll just say a quick prayer, for the group because I just know that these challenges really quite tough for people and just have that guidance. For those that don't subscribe to the faith, or any particular faith or anything, just take it as good will and good energy and positivity and ... is that okay with you, Doctor Kan if I have a quick prayer? Cool. Again, father god in heaven, I just want to pray for this group. Thank you very much. I want to pray for everyone in this group, my father in heaven and I want to just ask for help and peace through this process and this journey. I know that everyone here is in different circumstances in their lives and I know that disease and sickness has taken a lot from many people's lives and I want to recognize the pain and the suffering and that you see and feel at all and I want to recognize that you are the one that is the healer, you're the one that's restoring, giving breath and you give hope and meaning into our lives beyond even this physical life itself and I just want to thank you for that because I believe our resistance is all caught up in you.

John: You know the healing that we need and you know the help that we need and you're with us each step and I just want to acknowledge that every good thing that we recommend is the things that are found in nature, the things that we've found hope and healing, I want to recognize that you are the author of these things, you have made them to heal us in a world that has been destroyed and is at war between good and evil here and we see the suffering all around us and I want to just acknowledge that you are the one that is fueling all this goodness and through that love that everyone can feel that love in their heart, in their life so that they feel guided to their solutions and they're not alone and that will help with that motivation to stay consistent because



every heartbeat and every breath has been supplied by a loving creator and for those that don't see the same faith but seeing that there is a source to our life and that source is love and love can just feel the light and give purpose and meaning and that even the suffering is ... every breath we're experiencing is this beauty of this gift.

John: We want to cherish it and we want to take care of this temple which the Bible says is the temple of the holy spirit and I want to recognize that when people are suffering, it's typically not our faults, it's ... we're just learning and there's so many toxic exposures and ask we liberate ourselves from guilt and the fear and the worry, that we just feel this love and are guided. And I look forward to our transformations, I ask for your healing power knowing that you're the one the one that does all these things, my friend and only Jesus, amen.

Dr. Kan: Amen.

John: Thanks, thanks Dr. con. Look forward to seeing you again very soon.

Dr. Kan: All right, sounds good.

John: All right, thank you. Bye.

Dr. Kan: Bye Bye.

