

AUTOIMMUNE RECOVERY *Protocol*



MODULE 2: GUT AND
MICROBIOME RESTORATION,
DIET & NUTRITION

TOTAL *Recovery* PACKAGE

Module 2: Gut and Microbiome Restoration, Diet & Nutrition

Jonathan Otto: So welcome everyone, this is Jonathan here. How are you all doing? This is awesome to be on with you right now.

[00:00:30] I'm on with Dr. Daniel Nuzum. What's exciting about this right now is not the fact that it's 4:00 AM in Kenya right now, because that is the challenging part for me right now and that I got rescheduled on a flight... Well, actually no, I did not get rescheduled. They canceled a flight, and so I'm technically, I'm stuck here yesterday. So, anyway, that was a shame. Pray for me so I can get home, see my wife.

[00:01:00] We are in business right now. Dr. Nuzum is going to take us through this important step of the protocol. So, Doc Nuzum, we can dive in here. I think that something very significant, again, about Dr. Nuzum's work is that he's got over 17 years' experience in study in natural medicine, certified study. He's a Doctor of Osteopathy and also a natural medical doctor. Correct, Doc Nuzum?

Dr. Daniel Nuzum: Yes, sir. Doctor of Naturopathic Medicine, Doctor of Oriental Medicine.

[00:01:30]

Jonathan: Excellent. Well, thank you so much for your contribution here into the series. We're going to look specifically at protocols in this important session. So we're going to go through some question and answers, and some key ways in which people can go about this stage, or this process, of healing and what can we all be doing that is going to help us. And so we're really excited about learning more about that!

[00:02:00] So, there's a protocol that we're all following. There's certain products that Dr. Nuzum is recommending so that everyone, regardless of what your question is specifically on the call [inaudible 00:02:10] very shortly.

[00:02:30] [00:03:00] So here's what we're going to do. We'll put it over to Doc Nuzum. We can start fielding some questions. I'll send out an email as well that gives you guys some links, as well, that you can click, so that you can see the products that we're recommending, because there isn't a way to do the protocol with... So if I say, "Could you please get some humic and fulvic acid that are formulated for heavy metal detoxification of certain organs?" you're not going to be able to find that in your local grocery store. So you're going to need products for some of this to do it the way that we're advising. So, that's totally your choice and everything like that, but we'd certainly recommend it. And what's amazing about the protocol that we're outlining here is that we're not advocating for all people to go and get expensive tests done, because we see the best avenue for you really to be able to save that money, use

that money for things that we know that all people need to be doing. So that's our encouragement to you to be able to use the tools available to you and use them to heal and recover.

So here's what we're going to do. We'll put it back over to Doc Nuzum. Let's start fielding the questions. Can you see in the Q and A box here, Doc Nuzum?

Dr. Nuzum: Yes.

[00:03:30]

Jonathan: Great! Do you want to scroll up to the first ones that you can see there and start reading those out and start giving answers to those questions? And then I'll start... I'll send out an email of some of the items that we're going to be using in this protocol that we're about to start advising people on.

So, I'll put it over to you and you can start going over the Q and A there. Thank you, sir.

Dr. Nuzum: Excellent.

[00:04:00] We have one from Christine here. What we'll be talking about later on in the protocols will answer your question there.

Evelyn. Let's see here. Uh, yes, you can take the Digestive Detox with Dr. Jay's Kidney, Liver and Lymphatic Detox.

Jonathan: Do you want to read out her question?

Dr. Nuzum: She's asking if it's safe to take Digestive Detox from Dr. Nuzum along with Dr. Jay's Kidney, Liver Detox and Lymphatic Detox.

[00:04:30] Yes, yes it is.

Jonathan: Great. So just read out the first name of the person, their question and then go ahead with your answer as you understand it.

[00:05:00]

Dr. Nuzum: Here we go. We have one from Kevin. He's asking about Scleroderma. And yes, I have experience with scleroderma. He's ready to do anything. Well, you'll be very pleased with the protocols we'll be talking about.

Here's one from Kimberly about Psoriatic Arthritis. We'll be covering that here in a little bit in the protocol section.

Do you have any info on Sjogren's?

[00:05:30] Sjogren's is an autoimmune disorder normally affecting the fluid secretions in the face, in the mouth, the ears, nose, throat. So leaves people with dry mouth, dry eyes, dry nose.

[00:06:00] Here's one from Marian. Her grandson has had severe eczema since birth. He is now six months old. He is breastfeeding. Mom is on a strict diet currently. There has been some improvement from the eczema, however, it's quite significant.

[00:06:30] There are, in my clinic, I would have Mom on probiotics. I'd have her on lots of probiotics. I would make sure Mom's nutritional deficiencies are all covered so she has no deficiencies. That way baby is getting everything he needs. And I would do lots of probiotics, especially this early on, at this early in his age.

Now we have Melissa Moss. Melissa here...

Jonathan: Just read their first names.

Dr. Nuzum: Sorry.

Jonathan: No worries.

[00:07:00]

Dr. Nuzum: We have Melissa with brain and eye fatigue. It says extreme fatigue during and right after her cycle every month. Anything that could calm her sympathetic nervous system? Has had autoimmune disorders since she was a child.

[00:07:30] Melissa, stay tuned for the section at the end here about the protocols.

Georgia. Poor circulation. Cold hands and feet. I would start with iodine. Supplementing with iodine would be where I'd start if I had cold hands and feet all the time.

[00:08:00] A lactating mom, been diagnosed with IBS and possible SIBO. Mahogany is who this is. Wants to be guided through a cleanse.

[00:08:30] Being that you're breastfeeding, I wouldn't recommend a cleanse. What I would do would be lots of green foods, lots of green food supplements, possibly along with lots of probiotics. LOTS of probiotics!

[00:09:00] In our gut, when we have dysbiosis, meaning we have an imbalance between the good guys and the bad guys in our gut, what we have to do if we want to fix that long term, is one, we have to go in and just clean out. Okay? You need a clean slate, that's number one. Number two, you need to recolonize that with as many of the good guys as you possibly can.

[00:09:30] For pregnant women and lactating mothers, I do not recommend cleansing. I do not recommend doing detox programs or anything like that. What you can do, though, is you can take large amounts of probiotics, and you can take large amounts of green foods, which are prebiotic substances, and support the good guys so well, give them all that green food, right? And then increase your numbers of your probiotic microbes in your gut to the point that they start working and pushing everything else out. You only have X amount of space within your body, and so, if you fill it with the good guys, there's no space for the bad guys.

[00:10:00] I use the analogy, if you had a drawer with striped socks on one side and solid socks on the other side and you wanted more striped socks in the drawer, what you've got to do is, you've got to take solid colored socks out of the drawer so you can put more of those in because you only have X amount of space in the drawer, right?

Okay, let's move on to our next one. Let's see here.

[00:10:30] [00:11:00] [00:11:30] Okay, headaches with the drainage protocol. This is Carol. My favorite remedy when detoxing on the, on our protocols, our detoxing on a parasite detox, parasite cleanse, my favorite remedy for headaches is a coffee enema. But, the way we do it, the way I have patients do it is I have them use 16 ounces of warm, distilled water in a water enema first. So, first use water in the enema, and then after doing the 16 ounces of distilled water and kind of flushing out the colon a little bit, then they introduce the coffee. We do 16 ounces of brewed coffee. I tell them do not add cream and sugar, okay? No cream and sugar, alright?

So that's my favorite remedy for headaches during the detox program. That helps to clear everything. Works really well.

Asama. Is ketogenic diet good for multiple sclerosis, or is going vegan better?

[00:12:00] My answer is yes. I do both with both. Typically we'll do about 90 days on the ketogenic diet and then 90 days on the vegan diet. And we'll switch back and forth.

Let's see here... Just a minute.

[00:12:30] [00:13:00] How beneficial is Carbon 60? C60 is excellent, by the way. C60 has all kinds of problems if it's not... if it doesn't have the proper lattice configurations, it can be toxic. If you have the proper lattice-like configurations in it, the graphines, those types of things, you can do all kinds of things with C60. And it's very, very healthy. Very, very good. I personally take it on a daily basis. I don't get sick. I work around sick people all day long, and I don't get sick... don't bring it home to my family either, so it's some good stuff. Be very, very, extremely careful where you get it from. That's all I have to say about that.

[00:13:30] [00:14:00] Have you heard of Autoimmune... Oh yes, Achalasia, yes. Autoimmune Esophagitis. What that is, is the esophagus has been burnt by the alkaline vapors coming out of the

stomach so bad it's actually started to melt in and erode and it gets so bad that the throat stops working very... it just doesn't work very well any more. It doesn't close off very well. Doesn't open up very well. It's potentially dangerous. Stay tuned for the protocols at the end.

Someone wanting to start... this is Barbara, wanting to start a parasite protocol for herself and her 2 1/2-year-old. My 15-month-old has been through two parasite cleanses, if that answers your question.

[00:14:30] Let's see here. Is osteoporosis considered an autoimmune disorder? No, it's not. It's a degenerative disorder. The difference is autoimmune is rotting of flesh due to inflammation, degenerative can be other causes.

[00:15:00] Are you familiar with Mediterranean Fever? I'd have to ask which one? Sorry. There's quite a few. A lot of them have to do with parasites, by the way.

[00:15:30] [00:16:00] Let's see here. Jill is asking if it is important to do the parasite cleanse and cleanse up the gut, uh... cleanse of the gut. Let's see here. Should you do the parasite cleanse and cleanse the other things of the gut? Let's see here. Parasite cleanse and clear the gut of other things like SIBO before adding probiotics and fermented foods? It depends on how sick the person is. Sometimes they need the fermented foods and the probiotics first to be strong enough to do the cleanses. Sometimes you have to give... you have to take some of the probiotics and the things to get the machinery of the body operating properly first, before you can actually do a cleanse effectively, okay?

[00:16:30] We... here's Janet. Yes, Janet, our Inflammation Protocol's sold out. We have just about everything sold out at the moment. I have products coming. We've had very good sales. Let's just put it that way. Everything flew off the shelves.

[00:17:00] Stage IV kidney disease. Detox, detox, detox. That's, a lot of times, if one filter is having a particular issue, you have to clean up the rest of the system to take all the pressure off that one filter.

Here's Lynn. I will be starting an extended water fast in a few days. I have fasted many times over the years. Will water, will a water fast help with the detox process and remove toxins?

[00:17:30] [00:18:00] My experience with water cleanses is they're very good for candida, very good for parasites many times. Not so good for bacterial, like Lyme and those types of things, not so good for those. And not really that good for heavy metals. But a lot of lighter environmental toxins will clear your body by just water fasting. So, not the real heavy stuff, but some of the lighter things will detox really well with it, a water fast.

[00:18:30] Diane, she has ringing in the ears, coughing up mucus in the morning, very sore muscles. Here's something very interesting for everybody that is out there. Ringing in the ears, tinnitus, that's one of the first symptoms of Type 2 Diabetes. Okay? The ringing in the ears is one of the first symptoms of Type 2 diabetes. It happens long before diabetes actually shows up, but it is something... it's a pre-diabetic symptom.

[00:19:00] Is there a specific protocol for Mediterranean Fever? No. No, there is not. I don't treat individual diseases. I don't believe in that. I think the best way to keep a disease is treat it well. So, as long as you treat a disease really well, it'll never leave. So I don't believe in treating any single disease. I believe in taking people through the healing process, and their body will fix whatever is wrong.

[00:19:30] Can you recommend... okay, we have Sandy, has someone with dermatomyositis and other disorders and on high prednisone. There's... the best thing I can tell you is hold on for the protocols at the end.

[00:20:00] Let's see here. Can you take Black Brew... this is from Melissa. She's doing a parasite cleanse. Can you take Black Brew with Mimosa Pudica instead of Formula 1? You could rotate them. All of the different antiparasitic formulas work on different types of parasites. They're more effective on different types of parasites, so rotating is a good idea.

[00:20:30] Here's Tony with....

Jonathan: I was just going to say with that, Dr. Nuzum... also, if you could activate my video. You're the one that has control over that right now.

Dr. Nuzum: Oh. Okay!

Jonathan: Let's see. It's over there.

Dr. Nuzum: Well, let me see. Sorry.

Jonathan: It's alright. Just have a look... go into analysts and then you'll see the number four.

Dr. Nuzum: Okay.

[00:21:00]

Jonathan: Attendees, panelists, and then you'll see there's like a video thing you can enable.

Dr. Nuzum: I'm not seeing that, sir. I'm sorry.

Jonathan: It's alright.

Richie: Might be to the right. It'll be the java auto under you.

Dr. Nuzum: Okay.

Jonathan: If I...

[00:21:30]

Dr. Nuzum: Let's see here. I have the option of renaming you, putting you into chat, or...

Jonathan: Okay, got it. Looks like...

Dr. Nuzum: Sorry!

Jonathan: Okay, cool. I'm good. I'm good. I'm great! I've reclaimed my host status.

[00:22:00]

Dr. Nuzum, I was going to say that with the person that's asking about substituting Formula 1 for Black Brew, I personally wouldn't because... No.

Jonathan: Yeah, exactly. It possibly could be for... because it's humic and fulvic acid... there's a couple of them, yeah, it's not going to... it's more like with...

[00:22:30] [00:23:00]

Dr. Nuzum: That's more of an environmental treatment, okay? So you're changing the gut environment with the Black Brew, okay? That's what that does in the gut is it changes the environment. So you're making a healthy environment in the gut that's unhealthy for parasites, but if you're doing a parasite cleanse, the idea isn't to make the gut a healthier place. Your idea is to eliminate the parasites, and so you have to kill them, and you have to flush them out. That's if you're on a parasite cleanse, that's your objecto numero uno. You have to do that, okay? That's the one thing you have to do is kill those parasites, flush them out of your body. You need to get them out right now. They cannot stay.

[00:23:30] [00:24:00] If parasites stay in your body after you've killed them, they reinfect you with everything they're carrying, okay? So it's extremely important that as you're... the more important thing to do is when you're parasite cleansing is... This is what I would do. I'll tell you this, I would do the Mimosa, the Formula 1, but I would use lots of different spices. I would rotate cinnamon, ginger, cayenne pepper, turmeric, all of those, even other hot peppers, and peppers and things that are very spicy. Those will clean up a lot of the co-infections that are coming in with parasites as you're killing them. And I would also be doing a colon cleanse the entire time. Don't ever do a parasite cleanse without doing a colon cleanse. You've got to keep that bowel moving. Everything needs to be leaving the system.

[00:24:30] And my favorite remedy, again, for a lot of the detox symptoms that people run into when dealing with parasites in particular, in parasite cleanses, is that water enema followed by a coffee enema. That works really, really well.

Jonathan: Great. Great, man. That's awesome.

[00:25:00]

Dr. Nuzum: Now, afterwards, to clean up the mess and to reestablish a healthy environment in the gut, that's the perfect time to use Black Brew. You want to use Black Brew with your probiotics afterwards. That's kind of, Miracle Grow for your probiotics, if you will.

Jonathan: Great, man. Really great. Okay, Doc Nuzum, if you want to just go through, let's...

Dr. Nuzum: You want to talk protocol?

[00:25:30]

Jonathan: Yeah, so... okay, great. So then let's, yeah let's go through the protocol. What I'm going to do is first, let's see, let's go into that protocol.

Now, have a look at the email that I just sent you, Doc Nuzum, so you can see the outline there.

Dr. Nuzum: Okay, I see it. Here we are.

[00:26:00]

Jonathan: Yeah, great. So just open that up. The other thing that you could do is you could share screen it and open up like a Word document, and you could write what you see as... you could write down the list of things that people should be, like the dosage and that kind of thing. Can you, are you able to share-screen on your... ?

Dr. Nuzum: Possibly.

Jonathan: Just see if you've got that option there.

[00:26:30]

Richie: It might be in the bottom panel. Says Share screen. Don't know if it's different on yours.

Dr. Nuzum: I got it here. Okay.

Jonathan: Great! So, do you want to... so you can actually even pull up that email. And do you want to just open up a blank Word document as well? It's that one, Protocol. Great.

[00:27:00] Okay, cool. So, you can see this right now. So everyone, you can go ahead and look inside of your email. We've got links there to the exact products that Doc Nuzum has formulated. We've got discount pricing on them from the Organixx company that he does some work with. So that's really great. So definitely make sure you open that. That's really critical for our protocol that we're going through right now. I'm going to go through the different items here that are listed. We have the 7M and the...

[00:27:30] So, do you just want to go through this?

[00:28:00] [00:28:30]

Dr. Nuzum: Let me just go through this protocol. I'll share everybody with one of my clinical protocols that we use here at the clinic, and this is a basic detox protocol that is targeted for cleansing the parasites and chemicals, heavy metals. It's general detox. It's for cleaning up the kidneys, the liver, the lymphatic system, the gut, because all of these things have to get cleaned up and have to be operating properly in order for you to be well, okay? No dirty wound ever heals. No dirty body'll ever heal, either. So you have to detoxify. This is the... this is my point, alright?

So, here we go. We have the Detox 1 and 2.

Jonathan: Got it. Hey, Doc Nuzum, can you hear me?

Dr. Nuzum: Yes.

[00:29:00]

Jonathan: Okay, so what we're going to do is, we're going to have a look at those links there. So, can you see the 7M, Turmeric 3D, OrganiGreens, Black Brew? Can you see that?

Dr. Nuzum: Yes. Okay, there we are, yes.

[00:29:30]

Jonathan: Okay, cool. So they're the ones that we're going to focus in on for this protocol. And then what we're going to do is, we're going to have a look there at the Microbe Formulas. If you want to quickly just click there, here in this diagram, just before you go back over to the email.

Dr. Nuzum: Very good. Okay.

[00:30:00]

Jonathan: Yep, then back over to the email. Now click where it says, "Here in this important diagram." See Dr. Jay Davidson's hashtag Metal Detox? So, what we're doing is, we're just basically taking this protocol here, and we're adding in the 7M, adding in the OrganiGreens, and you can just kind of give your...

Dr. Nuzum: Very good, very good, very good, okay.

[00:30:30]

Jonathan: They're the ones, they're the products we're going to kind-of focus in on. And then, basically, once you start, just kind-of share what's going on here. You can click on the links as well, like with 7M. But then if you take it off the video here, then it can go back to your screen, and you can be on your face there. I'm just needing to...

Dr. Nuzum: There we go.

Jonathan: Ready? So let's go. Okay, you are, I'm...

[00:31:00] Are you able to put it back on his screen? Because I've got a yellow box around mine. I think that he... I'm the one that's showing up on the video.

Richie, are you over there?

Richie: I'm sorry, say it again.

Jonathan: I'm just trying to get... I'm trying to get... Sorry about this, guys! I'm trying to get Doc Nuzum's... yeah, he's the one that's selected now. Cool. We just want to make sure that that yellow box is around him.

[00:31:30] Okay, cool. So, let's go ahead with that, Doc Nuzum. Let's go through this protocol. Let's look at these items, and the dosage that people should take, and then the diet that they could be taking for the various conditions that we mentioned here, and the way that you would tackle this protocol. Let's go for it.

Dr. Nuzum: Excellent. Okay, so starting off, you have the bowel mover from, let's see here, the Intestinal Mover. There we are. From the Microbe Formulas here.

[00:32:00] [00:32:30] [00:33:00] This is how we do it at my clinic. We start off with the Intestinal Mover, the Mimosa Pudica, and the Formula 1 initially. And a lot of times, we'll start people off with one capsule of each formula with each meal. And if their bowels get moving too much, we cut them back one capsule per meal until we find a real comfortable level of bowel movements. I get, often I get asked, "Doc, how many bowel movements should one have a day?" And the accurate answer to that question is, how often do you eat, okay? If you're eating five times a day, you have five bowel movements. If you're eating one time a day, you should have one bowel movement. Alright? If

[00:33:30]

Dr. Nuzum: ... day you should have one bowel movement, alright? If you're not eating, you shouldn't have a bowel movement, right? Okay? That's okay. Chances are if you're not eating, you still should have a bowel movement because you've got stuff... Think about your intestines. Your colon is an eight to 10-foot long tube that's four inches round that has the capacity to swell up to 16 inches round. How much material can you fit in a four inch round, eight to 10-foot long tube? Now, if it swells up, and you add an inch per foot in diameter, that's a lot of material that can be packed into a colon, okay, folks? Lots of material.

[00:34:00] [00:34:30] [00:35:00] We start people off with the Intestinal Mover and the Mimosa and the Formula 1, initially. With this line right here. That's what we start off with. We have them go through that for about a month. Then at about the 30-day mark, we add the Kidney, Liver, and we add the Lymphatic Detox. A lot of times at that point... Also, sometimes initially, if they have a lot of

inflammation, we'll add the Turmeric 3D and the OrganiZymes into the mix also, initially. So they'll take the OrganiZymes and the Turmeric 3D along with the Intestinal Mover, the Mimosa Pudica, and the Formula 1. When they do that, it abates a lot of the swelling and the bloating and those types of things that people tend to have when they're doing the parasite cleanses.

[00:35:30] [00:36:00] [00:36:30] [00:37:00] After 30 days, we then add to the mix. We add the Kidney, Liver, and the Lymphatic Detox. A lot of times we'll do the Foundational detox formula, there, the BioCarbon. We'll start that in the second month. That's typically how I do it with my patients. Let's see here, we get into day 60, after the second month, we add the BioTox and almost always, by that time, they're also taking 7M+. The BioTox and the 7M+ and the Foundation BioCarbon, okay, those all work together. Those are very, very powerful prebiotic substances that change the gut environment very quickly. By day 60, you're on all of those. After about 90 days on all of this, we scale back. At that point, we scale back, and we start implementing the OrganiGreens, the OrganiZymes, 7M+, Turmeric 3D and the MetChem. That's where we introduce the MetChem, and we move forward sometimes up to another 90 days on those particular products. That's a typical pathogen or microbe and chemical detox at my clinic. That would be something typical that we would do using these particular formulas.

[00:37:30]

Jonathan: Great, Dr. Nuzum. That's excellent, man. I'm really excited to hear that. I'm really glad to be onto that [inaudible 00:37:31] everyone. Now, just one thing quickly, as well. With your video because I think you're on a laptop, yeah?

Dr. Nuzum: Yes.

Jonathan: Yeah, so, the screen can show for a little bit. That's the great thing about that is watching the reply. And so I'll say if you could try to avoid having the screen wobble or maybe touching it too much while you're talking or something like that. And that way... is that possible?

[00:38:00]

Dr. Nuzum: I move a lot when I talk, so I'm probably bumping the table.

Jonathan: Yeah, okay.

Dr. Nuzum: Just like that.

Jonathan: Yeah, cool. Is a way you can get around that?

Dr. Nuzum: Yes, I'll try to behave and hold still.

Jonathan: Okay, great. Okay, good.

Dr. Nuzum: Okay.

Jonathan: Okay, whichever... alright, perfect. Then, how many capsules a day should people be taking of this?

[00:38:30] [00:39:00] [00:39:30] [00:40:00]

Dr. Nuzum: With the parasite program... sometimes with the parasite cleansing program, you have to kind of hit a critical mass in the amount of capsules that you're taking before you actually start seeing results. It's kind of like it has to accumulate in your system for a while, and then things start breaking loose. Like I laid out here, if you add the Intestinal Mover first with the parasite program, you start moving things with this, everything moves down stream. Things start exiting the system. That's extremely important. We want to get that going as early as possible in a detox program. Your colon's your primary drain, okay? If that is not open and the drain isn't draining freely, the liver, your primary processing plant, your filtration center, right, has no place to dump its waste. So the filters become garbage cans. You don't want your filters becoming garbage cans. We call that fatty liver disease. It is extremely common. Most people in the United States on the standard American diet have it by the time they're 40 years old.

[00:40:30] [00:41:00] [00:41:30] Getting the bowels to move while flushing parasites out of your system is extremely important. Now the doses really vary. I've had people start passing parasites and clearing chronic infections and things with one capsule with each meal. I've had it as low as that. I've had other people that have had to take six, seven to eight capsules a day of some of the supplements to get things to start moving out of their system. The answer to that is typically how deficient is the person, number one. How long has the infection been there? Typically an infection of longer duration is harder to uproot. Therefore, it takes more strength, more power, something stronger to push it to get it up and out through it, right? That means a higher dose of everything. Then on the flip side, you do have people... there are certain people, especially if they're really mold toxic, they don't detox very well. They just don't have the capacity to detox very well.

[00:42:00] [00:42:30] [00:43:00] So with them, they have to move into it slowly. That's why we do the gradient. We don't start on all the products right up front. You might start with the Intestinal Mover, the Turmeric 3D, and the Mimosa, along with Formula 1. You might start with those initially and get moving with those for about a month before you add anything else. In the second month, then you can expand it a little bit. If the first month is really rough, the enemas and the OrganiZymes are extremely helpful. Extremely helpful. The enemas help to clear things and keep things moving out of the system. The OrganiZymes are enzymes, and enzymes help to break things down, making it easier to eliminate.

[00:43:30] [00:44:00] Then you get into month two into the detox program. Month two is where you have to add the Liver, the Kidney, the Lymphatic. You gotta start helping the rest of the body drain. But it has to start with the colon and work out into the rest of the body. If you start from the top and try to work your way down, you'll just plug everything up. The only thing that you'll do is become sicker. Don't detox that way, that's very bad. If you want to start off with a cellular detox, be prepared to get sick before you get better. The proper way to detox is from the bottom up, no pun intended, right? But it has to start from the colon. You have to take the garbage out of the kitchen before you can dump all the waste from the countertop somewhere, right? You have to have an empty garbage can. As you clean the

kitchen and you put all that garbage from the countertop into the garbage, then you take the garbage can out again. That's kind of what has to happen here.

[00:44:30] [00:45:00] So we start with the colon and then month two, we move into the filtration systems. And you've got to get the filters filtering better and cleansing so they can purge the system and cleanse the blood and cleanse the lymph and those types of things. If you're up to it at that point, also you can start into the prebiotic compounds, the different carbons and the 7M+ are very good to start in month two also. They help with laying the groundwork in the gut for healthy probiotics and good microbes.

[00:45:30] [00:46:00] Month three, if we haven't already, we have to introduce and induce chemical and heavy metal detox. That's the process that's next step. At that point, the system should be operating well enough that it can handle heavy metals. Heavy metals are what? They're heavy. It takes a lot of energy to move them out of your system. So that's what we have in these binders and things like this. They will move that stuff out of the system, but the system has to be ready for that first. You don't just start pulling things out of the body. So that would be like, I have a sliver in my hand and somebody just comes up and grabs it and yanks it out of my hand. What's that going to do? It's going to hurt. It's not going to be comfortable, right?

[00:46:30] So if we don't cleanse it, get it ready, work on it a little bit, loosen it up and then slide that sliver out... almost painless, right? But if we just grab it and rip it out, there's going to be consequences to that. So detox follows the same process. So loosen things up and eliminate through the colon, get the filters loosening things up. And you can start adding 7M+ at that point, maybe one of the carbons at that point to really get prepping the gut.

[00:47:00] Month three, that's when we hit the chemical detox. With chemical heavy metal detox, we're going to hit that pretty hot and heavy at that point. So you add the extra carbons into the system. You have to have the 7M+ at that point. That really helps with everything.

[00:47:30] [00:48:00] Then finally into month four on that detox program, you add the greens in there, get the greens. You've got to feed those good microbes in the gut. Get in some good microbes and feed the good microbes. And we also add the metal and chemical detox at that point. What you'll find is an incredible neutralizing effect on a lot of the toxic responses that you have in your body at that point. It's pretty amazing stuff. It's really, really good stuff.

So is there anything else that you wanted me to cover there, Jonno?

Jonathan: Dr. Nuzum, what I'd love you to do is go ahead and check your emails quickly, and you'll see that I have added in a Google doc that I printed out the descriptions that you've been doing. And that... yep, can you see that I've invited you at Google, doctor?

[00:48:30]

Dr. Nuzum: Here we go. I just found it. Excellent! Okay.

Jonathan: Right. If you scroll down that and if you could kind of type away there, move things around so we're just really clear that we're not overlooking anything. We've given people a really direct [inaudible 00:48:45]. I'm going to just put in here these fasting foods.

[00:49:00]

Dr. Nuzum: Alright, I'm typing away here, folks. Let's talk detox real quick. Jonno, do you have that graph that I sent you?

[00:49:30]

Jonathan: Yeah, absolutely. I'll pull that out.

Dr. Nuzum: Okay, thank you. I'll get this written up for you here.

Jonathan: Alright.

[00:51:30] [00:52:00] [00:52:30]

Dr. Nuzum: Here's the thing. Remember that when you get... here's something in chemistry, okay? When you take in the body collagens, like heavy metals... collagens are bromine, fluorine, chlorine, iodine even, the difference is fluorine, chlorine and bromine are typically very unstable. They're not very stable and they have to grab hold of something else in order to stabilize themselves. That being the case, when they grab hold onto something, typically they want something pretty heavy because those are the light elements. Their weight is very, very light.

[00:53:00] [00:53:30] [00:54:00] [00:54:30] ...my computer battery was dying there. So fluorine, in particular, likes mercury. They'll bond together, right? When that happens, that can take this gas in this ion and create a salt. Then those salts or inorganic minerals, they set in your system. They act like a sliver in the bottom of your foot. Except they're a sliver in every cell of your body. Just like you have to carefully take a sliver out of the foot of a little child, you want to carefully take heavy metals out of the cells of your body. You don't just grab it and yank it out, right? You want to be gentle about this. Because there are consequences of being gentle, there are consequences of being rough. And if you are ill, chances are you're not going to handle rough very well. So what I'm telling you is extremely important that you understand. You need to go at this methodically. You need to go at this very purposefully. If you go at it haphazard and working in every which direction, you're going to get torn apart. And probably a lot of you have experienced that.

[00:55:00] [00:55:30] Even working with naturopaths or with functional medicine doctors, detox is a process that not many people actually understand. And it's more than just making yourself go to the bathroom one more time every day. That's not detox. And it's more than just causing diarrhea every once in a while. That's not a detox either. That's actually a symptom of detox, or the symptom of intoxication, actually, right? Let's talk about this process for a minute. Think of that sliver in the bottom of your foot. That's a heavy metal, right? We need to loosen up the tissue, we have to get everything

around it loosened up. So it's all infected and it's swollen and irritated, okay? Going in and pulling that out isn't going to be painless. It's just not going to be painless. Chances are it's going to hurt a little bit.

[00:56:00] [00:56:30] [00:57:00] So, how do we minimize that? First we try to ease and soothe the tissues. We ease the tissues, soothe the tissues. We wash it. We moisten it. That loosens up the tissue. And then we can get in there and pull that sliver right out, okay? So when we translate this over to detox, look at this program that we're talking about. So you do one month on bowel cleansing, enzymes, herbal anti-inflammatories and herbal antiparasitic, antimicrobials. So you're taking these for the first month, loosening things up, helping the body eliminate, kind of washing and flushing things out of the system. Then we go a little deeper. We work on the lymphatic system. We work on the liver and kidneys, get the filtration system moving. We start adding prebiotic substances, and we start adding things that bolster the immune system and enable the body to have a better, stronger immune response.

[00:57:30] [00:58:00] Did you realize your immune system is what heals your body? Do you know that? There's research that shows that neutrophils, one set of white blood cells, donate part of their nucleus to damaged tissue as a stem cell. Isn't that cool? Amazing what our immune system does. I mean, it's involved in everything, every adaptation that you go through throughout the day, your immune system is involved in that. So you want to bolster that immune system. You want to hold it up. You want to lift it up. You want to strengthen and make it stronger, right? So in month two, we've got to start adding those types of things. And that's where your basic carbons and your medicinal mushrooms, those things in particular, together are extremely helpful for building up that immune system.

[00:58:30] [00:59:00] [00:59:30] Then once you've loosened up the liver, the kidneys, the lymphatic system and things start moving and flowing better after that next month, we get into month three. Now we're ready to start pulling on all those slivers in all those cells. We can go after those heavy metals. But we have to send in the right things to go after the heavy metals. The carbons that we're using in these formulas have anywhere from 60 to 180 receptor sites that are open that they can chelate things from. So they can pull things out in every one of those receptor sites. The receptor site's there. It can go in, find something, grab it, and pull it out. EDTA, once it's bonded to sodium or calcium, we have six receptor sites. EDTA has no anti-inflammatory or antioxidant capacity at all. As a matter of fact, it's a solvent, and it's potentially toxic. These things are not toxic, and they have massive antioxidant capacity. Their antioxidant capacity is ridiculous.

[01:00:00] So, as they're pulling these slivers out of your cells, these heavy metals out of your cells, as their antioxidant capacity, they're soothing that tissue so that as the sliver leaves, this can settle down. What do you think that does to the inflammatory process that's going on in the body? Awesome stuff.

Jonathan: [inaudible 01:00:13] Sorry, what were you going to say?

[01:00:30] [01:01:00]

Dr. Nuzum: We get into month four after we started the heavy metal detoxing and things. That's when we have to start working really heavy on gut health. We've got to heal that gut up, we've got to plug the holes, okay? And we do that with green foods, probiotics, and then the final set of carbons. They really,

really work. They get in there and soothe that gut wall. Once you get rid of parasites, you don't want to have them back, okay? They're not friends. So once you expel them, you want to create an environment inside your body that's not friendly to these things.

[01:01:30] There's a reason why human beings don't live on the moon. Did you know that? That's the total wrong environment for us. We don't live on Saturn. We don't live on Mars. We don't live on Venus or Mercury. We live on Earth because Earth is the only planet out there that's capable of supporting us. So if you take and put one of us on Venus, we'll never make it, right? Wrong environment. You create a different environment in your gut, and these things are not going to want to take up residence there anymore. When you get your microbiome healthy enough, when you heal your microbiome, your microbiome will heal you. And it'll keep you healthy. If you keep it healthy, it'll keep you healthy.

[01:02:00] [01:02:30] [01:03:00] But we have to get you to that point. You can't just load up on probiotics and expect it to heal your microbiome. Your microbiome is as sick as you are. So if you're ill and you've been ill... you've got lupus, you've got... you name it. We had somebody talking about scleroderma earlier. Any of these disorders, it doesn't matter what they are, your microbiome is just as sick as you are. And if you don't heal your microbiome, it can't heal you. The way to heal your microbiome is first to clean it. You've got to get all the junk out of it. Get all the waste out of there. You've got to get all the parasites out of there. You've got to get all the unfriendly bacteria, eliminate these things. And just killing them won't eliminate them. There's a cleansing process that you have to go through. We call this the detox process. And that is what this program is aimed at doing.

[01:03:30]

Jonathan: Excellent. Thanks so much, Dr. Nuzum. That's perfect. Alright, now what I'm going to do is, let's come back over to the document. I'll instruct everyone. Go ahead and check your emails because you've got an email from me which has links to [inaudible 01:03:21] products. That's part of this protocol. So [inaudible 01:03:25] with Dr. Nuzum and then in brackets it says important information about your protocol. So then, important links about your protocol. So now we're inside this document. Dr. Nuzum, I'm getting some messages from people. They're asking for very specific protocol.

[01:04:00] [01:04:30] So here, you've got... so have a look at what we've been writing here. The Intestinal Mover [inaudible 01:03:55], Turmeric 3D. We need to let them know every one that we recommend here, and then the dosage for each, so people can know exactly, these are the ones I take and at this month, and how many capsules per day? So you want to just go ahead and make this very comprehensive. You kind of type away, explain what you're doing, and then I just want to also say, if somebody has gone ahead and ordered from Microbe Formulas with these supplements, then that's amazing. That's great. So you can do exactly what Jay Davidson is suggesting here. It's a very, very good protocol. It works extremely well. For example, part of the reason for [inaudible 01:04:43] the fact that [inaudible 01:04:45] in Formula 1 is coming in 30 to 60 days instead of in month one. The reason for that is, he's trying to make it as asymptomatic as possible so people don't feel like the die-off effect or the parasites.

[01:05:00] [01:05:30] But then there's people in this group, and if you're anything like me, I want to get rid of parasites right away. I don't want to wait for that. And Dr. Nuzum is also making that suggestion of kind of diving straight in there. So we've got that there in month one. So that's in the tailoring. However, if you're just looking at the support protocol that Dr. Nuzum, Dr. Jay Davidson has, which is this link here. I'm going to share my screen here. If you're having a look at this here... can everyone see my screen?

Dr. Nuzum: Yeah.

Speaker 1: Yes.

[01:06:00]

Jonathan: Dr. [inaudible 01:05:37] you can see my screen, too? So if you're doing what this is saying and just following that to a T, then that's great. You're kind of off to the races. And then there's a couple of things that we would say, "Hey, add this in," and certainly it's going to accelerate you, for example, that has not been in that protocol that has turmeric, like the [inaudible 01:05:57] turmeric, like fermented turmeric, and that's why we've added in the organic turmeric. We're like the....

Jonathan: That's why we've added in the Organics Turmeric product there, which can really add a lot for you and same with the 7M+. Would you recommend that at month one or month two?

Dr. Nuzum: Month two.

Jonathan: Okay, great.

Dr. Nuzum: 7M+ in month two. Turmeric 3D in month one. And I would carry that over into month two. Each thing would be in addition to the previous month.

[01:06:30]

Jonathan: Got it. Is there any that you would just do the first month and then you would stop doing?

[01:07:00] [01:07:30]

Dr. Nuzum: Mmm hmm [affirmative]. After the second month the Kidney, Liver, Lymphatic. You could slow down on those if you continued the 7M and the Turmeric 3D. After the second month you could probably slow down on the OrganiZymes, the enzymes. We'll get into the, let's see here, you get down into the month 3, you could probably slow down on the bowel mover also, the Intestinal Mover. That would be, you could probably, move it down to the once a day if...

Jonathan: You write that down in there?

Dr. Nuzum: Yes. You can just see what I just did there.

Jonathan: Oh, okay, here we are. There we are.

[01:08:00]

Dr. Nuzum: Great. Yup, got it, and then this, I would just put it... Stand by. Okay, great.

[01:08:30][01:09:00] [01:09:30]

Jonathan: Excellent. And then, okay, so now let's see. We're on that Intestinal Mover, so month one [inaudible 01:08:45]. So month one looking at the protocol here that we've sent out, we've dropped it in as a document, and then you can check this out. We'll have this kind of just playing under the replay so you can see it there. But, so month one, we're looking here at the Intestinal Mover from Microbe Formulas. That's one capsule, 3 times daily with meals. The Mimosa Pudica, one capsule, 3 times daily with meals. Formula 1 capsules, 3 daily with meals. And the Mimosa Pudica and the Formula 1 can be taken without meals as well, right Dr.?

[01:10:00] [01:10:30]

Dr. Nuzum: Yes, they can be. Yes. A lot of times you can take these right before you eat. It is something that I have always done, and this is particularly good for the Formula 1. You got to remember that if you have intestinal parasites, they eat when you eat. So, you can send them a smart bomb by putting in anti-parasitics right before you eat because as that mixes with your food, it goes down into the gut. The parasites, they get ready to eat right after you do, so they're ready for dinner, you know, and if you send the anti-parasitic [inaudible 01:10:28] in right with the meal, you're... it's very effective for eliminating parasites. They end up eating dinner and croaking!

[01:11:00] [01:11:30]

Jonathan: Yeah, yeah, awesome. That's good to know. Okay, so just come back over to this diagram. Let's see what we're missing here. We don't have any of the Bioactive or Carbon Foundation or MetChem. I would look at Jay's diagram—Dr. Davidson's diagram—and then also, would you say the same thing? On month one begin the Bioactive Carbon Foundation, for example, if someone was to only look at this month one, month two, this listing that we've just done here. If someone was to just look at that and that's what they're following, they'd have those items in there so people can know the essentials?

[01:12:00]

Dr. Nuzum: This would be the... if I was to do a parasite protocol this month one is what I would do. That's what I would do. Month two if I was trying to prep for heavy metal detox, month two is what I would do. We get into month three, that's where I would do that. I would use the 7M+ and Turmeric 3D along with this MetChem heavy metal detox.

Jonathan: The MetChem?

Dr. Nuzum: Yes, the MetChem there.

Jonathan: And then how many caps a day?

[01:12:30] [01:13:00] [01:13:30]

Dr. Nuzum: You know, if it's your first time around starting on this stuff, probably one, twice a day, maybe one with each meal. One twice a day would be a good place to start. Remember, it takes a lot of energy to move heavy metals, okay? If you're exhausted, if you're tired, when you start moving heavy metals, you'll want to do this slowly. Don't try to get it all done overnight. Also, as an interesting thing we see clinically is people will have, sometimes, have a bad reaction with a little dose, reaction with a higher dose. Interesting, our theory on that is that they... sometimes a small dose is just enough to stir up the water, kind of muddy the water, make things a mess, you know? Whereas, you need a higher dose to move things. But I would start off with one capsule twice a day, would be where I would start.

Jonathan: You're talking about MetChem.

[01:14:00]

Dr. Nuzum: Yes.

Jonathan: And that's [inaudible 01:14:03].

Dr. Nuzum: Right.

Jonathan: The thing that's missing from here as well is Black Brew, and judging on how much stock you have in that, you might want to just give advice on if that's out of stock, what else they could be doing in the meantime while they're waiting for that.

Dr. Nuzum: That's the one thing we do...

Jonathan: Yeah, exactly. That's great news.

[01:14:30]

Dr. Nuzum: Black Brew... the thing about Black Brew is it's a fast chelator. It's very fast, but it's also very gentle.

[01:15:00] [01:15:30] I'll give you guys a story, and this is an actual... about two years ago my youngest daughter, little Anna, she was... this is two, probably about three years ago, actually. She was almost 2-years-old. She had fallen asleep in our bedroom, and she got... got up at some point and rummaged through all of... she got into the vanity, pulled everything out. And there was an old Clorox Toilet Bowl Cleaner. It only had a little bit of the fluid in it left in the back of the vanity. Had been in there since we had moved in the place years prior. Been sitting there for a long time. She pulled that out, and she was evidently messing with it and spilled it all down the front of her into her diaper and everything.

[01:16:00] [01:16:30] All this happened just as I was coming home from the clinic. I walk in the door and all of a sudden I hear upstairs... I hear our little one just screaming. I went up, and I walk into the room, and I smelt bleach. Just about freaked me out, you know? Hear her crying. I run around the corner into the bathroom. She's there. I pick her up, put her into the bathtub, start washing her off. Gina brought

me a jar of Black Brew. I stuck that—about a teaspoon of that—in the bathtub, in the water, mixed it in the water. Took the water and started applying it, just trickling it onto her skin.

[01:17:00] [01:17:30] [01:18:00] What was happening is that she was getting chemically burnt from the chlorine. It was burning her skin all down the front of her body. And it was bright red. Very, very, obviously, it was burning. She was in all kinds of pain. As soon as I started applying the Black Brew, she stopped crying. She stayed in the water, played in the water for a little while. When we took her out of the water, there was no trace of any redness in her skin, okay? And this is topical. We're just putting it on topical. This wasn't even... We didn't even give it to her internally. I've had all kinds of, all kinds of experiences like that. But that was one thing that actually happened in our home, and our little girl, it saved her from skin damage. She didn't have any. There was nothing wrong with her skin when we were done. And it was minutes. It wasn't hours and hours. You know what I'm saying? This all happened in a matter of minutes.

Jonathan: That's amazing. That's an incredible resource. So when should people start using that? Month one? Month two?

Dr. Nuzum: I would use it in month one because it's a fast neutralizer. It would start neutralizing things right away.

Jonathan: What dosage?

[01:18:30]

Dr. Nuzum: An eighth of a teaspoon, once or twice a day. I would start with once at least in the first month, maybe expand it to twice a day the second and third month. After the third month, when you introduce the MetChem, you wouldn't need to continue, wouldn't need both of those at the same time. The MetChem and the Black Brew you wouldn't need those both at the same time.

[01:19:00]

Jonathan: So then, we just take out MetChem?

Dr. Nuzum: Take out Black Brew.

Jonathan: Okay, got it. Can you see my screen?

Dr. Nuzum: I can, yeah.

Jonathan: Alright, great. So, then, and Nicole, you're an attendee. Nicole can you see my screen?

Nicole: Yes I can.

[01:19:30]

Jonathan: It's... Nicole needs it for the little kids in the background. I'm just kidding that's awesome.

Dr. Nuzum: We're packing for a camping trip right now, and so all my kids are forming a line going out to the trailer.

Jonathan: Oh great, that's awesome. That's awesome.

Dr. Nuzum: They're like, Papa, are you ready?

[01:20:00]

Jonathan: That's so cool. Good for you guys. So, is everything here in this? And then we haven't said how many times to do the coffee enema, water enema, a week.

Dr. Nuzum: Typically, throughout a parasite cleanse like this, I would do a coffee enema twice a week. That would be my... I would typically do that twice a week.

[01:20:30]

Jonathan: Okay. And then would you do that through month two and month three.

Dr. Nuzum: Probably through the full 4 months.

Jonathan: Yup.

Dr. Nuzum: Remember, you have to wash that dirty microbiome of yours, okay? You don't wash it out, don't clean it out, it can't get healthy. If it doesn't get healthy, you won't either.

[01:21:00] [01:21:30]

Jonathan: Okay, great. And the other thing is if somebody doesn't have... if they're doing something where they're not getting a lot of grains or if they're not wanting to spend a lot of money on whole foods, grain, juice, something like that, get like live juices, they can obviously use the green juice, OrganiGreens is there. Starting on month one or month two on that if somebody doesn't have, like, that kind of thing already in their system or [inaudible 01:21:39], then that would make sense then, correct?

[01:22:00]

Dr. Nuzum: Correct, correct. The thing with green drinks in general is they regulate the body's PH. Green foods help to regulate the body's PH. If your body's PH is normal, and it is close to neutral, you'll... everything about detox is easier.

Jonathan: Yeah.

Dr. Nuzum: If you have an extremely alkaline body, or if you have an extremely acidic body, your detox is going to be, could be a nightmare for you.

Jonathan: That's right.

[01:22:30] [01:23:00]

Dr. Nuzum: Staying neutral, which is what greens do for you, that makes the whole detox process much easier and much more comfortable, that's for sure. Here's a side note. Here's a special note. For those of you that have trouble with coffee, I use chamomile tea enemas in the place of coffee. They'll do exactly the same—give you the same detox effect—but it's not stimulating. Some people do absorb some caffeine with a coffee enema, and some people don't handle that very well. So I have people do chamomile tea enemas. I also use that in children.

[01:23:30]

Jonathan: Great, great. Okay, now for everyone, is this clear for people who are participants? Is it clear what I've put down here in this document? Just so if I could get some hands raised to let me know it's clear. So raise your hand if it's clear to you. Excellent, excellent. You guys, wow, perfect. People feel like it's clear. I really am glad about that.

Dr. Nuzum: Excellent.

[01:24:00]

Jonathan: Exactly what you're taking. Yeah, I'm glad about it. Thank you so much for letting me know that. So, we're making it clear here in month one. The fact is there, the big key here is the things to pull out. Like for example, month two Intestinal Movement, is it essential? Yes, no, maybe, kind of?

Dr. Nuzum: In month one, month two, yes. But you should probably start cutting it back.

Jonathan: Month three, cut it back?

Dr. Nuzum: Yup, or eliminate it all together.

[01:24:30]

Jonathan: Okay. And then, let's go Intestinal Mover.

Dr. Nuzum: And then in month three, start the chem detox, the MetChem and those things, but you can start reducing the Liver, Kidney, and Lymphatic at that point, also.

[01:25:00]

Jonathan: Yeah. Got it. Alright, you can reduce the Lymphatic?

Dr. Nuzum: Right, lymphatic and Liver, Kidney in month two, also. Probably just one capsule, one, maybe two, capsules a day.

Jonathan: Okay. So, you can see my screen now. Cut back. So you want to cut back to...

[01:25:30]

Dr. Nuzum: One, maybe two, capsules a day.

Jonathan: And then why would you say maybe? How could somebody work out whether they're the maybe, whether they're not.

[01:26:00] [01:26:30]

Dr. Nuzum: Their... what we need to look at is their elimination. Is your... are you eliminating well? And are you having any symptoms? Are you not feeling energetic? Are you not feeling well on the detox? That's when you need more support, and that's what these are, they're support supplements. They're supporting the function of the liver and kidneys—the filtration process. Supporting the adrenals and lymphatic system, and so, if you're at this point and you're tired and not feeling quite... not feeling like you're up for it, you know. That's when you still need to take these.

Jonathan: Got it, got it. And then, okay, so then looking at that, month three is a little vague. So you would say how much similar is month three to month four? Is this...

[01:27:00]

Dr. Nuzum: In month four, we probably, we wouldn't need the bowel, shouldn't need the bowel mover. Some people may need it still. I wouldn't imagine you would need it at that point. I don't necessarily...

Jonathan: Oh, go ahead.

[01:27:30]

Dr. Nuzum: In month four, probably don't need Turmeric 3D. Don't need the Intestinal Mover, most likely wouldn't need the Lymph Detox. You may still need the Liver and Kidney. But probably wouldn't need the Lymphatic or Intestinal or the Turmeric 3D or the Black Brew at that point.

Jonathan: But you wouldn't need any of those?

Dr. Nuzum: Right.

Jonathan: Okay, cool. But then if somebody is getting really great results, they feel really great, they feel like they're maybe?

Dr. Nuzum: I wouldn't stop. If it aint broke, don't fix it, okay?

[01:28:00] [01:28:30]

Jonathan: If your body is responding really well to something, but the other good side of this is that people can see also, because people are trying to budget their finances, they want to see light at the end of the tunnel as to what they will need. People can kind of choose what to do once they get like asymptomatic. If they don't have any, and then its about maintenance, and its about, thankfully, like you can be out a few hundred dollars for your first month or maybe more, not thousands, though, which is amazing.

Dr. Nuzum: Right, right.

[01:29:00]

Jonathan: But then you're at a good [inaudible 01:28:35] I think in a sense achievable for most people if not all people. But then what you're able to do is bring it back and then see what you're enjoying the most, responding the most with, and kind of weigh that yourself. That's why there's a little bit of open endedness to the exact code, especially in the later months. We do have a really clear outline here for you, which I'm really proud about, and what I want to do here is cut back the Intestinal Mover. Which ones did you want to keep in? MetChem?

Dr. Nuzum: Right.

Jonathan: Yeah, cool. So.

Dr. Nuzum: MetChem would stay in. We would have Intestinal. We could move that out altogether.

Jonathan: Okay, okay. And then 7M? Keep it in throughout?

[01:29:30]

Dr. Nuzum: Right, we want to keep that one. But not Tumeric 3D.

Jonathan: [inaudible 01:29:35]

Dr. Nuzum: Right, still want that one at a high dose. At this point the more OrganiGreens you take you're better off. If you could take that 3 times a day, that would be extremely helpful.

[01:30:00]

Jonathan: Okay, great. Okay, and then is there, have we got everything in there like the other thing is parasites. Just so you know, the listener, we're really encouraging at least 3 months on the parasitic protocol so looking at this. Is that 3 month mark about the light at the end of the tunnel for that?

Dr. Nuzum: Correct.

[01:30:30]

Jonathan: Yeah.

[01:31:00]

Dr. Nuzum: Because you're doing all of it, okay. If you... Chronic disease is like a pond, alright? A pond that has multiple tributaries, little streams that are feeding into that pond. In order to get well, you have to dry up the pond. If you want to dry up the pond, what do you have to do? You have to stop all of those tributaries> You gotta block them off so they're not contributing to the issue. That's what this is all about.

Jonathan: Now, taking out the parasite cleanse at month four or keeping it in, what would you suggest?

Dr. Nuzum: I would stop at month three. After month three, that's after 90 days.

[01:31:30] [01:32:00]

Jonathan: Alright, great. And you know it's interesting for me that I found out that I was... I still kind of had some symptoms that made it evident to me that I had to keep going past three months, that Dr. Davidson encourages people to go for an entire six months if they're still showing signs that they're [inaudible 01:31:41], so that's the disclaimer there, but I do want to stick to more what's kind of the norm so people have a full idea of what to look at. And then there's the other thing there is a lot of the things you are taking—7M and Turmeric 3D and the green juice—they all have—the MetChem—they all have the capacity to help with the parasitic infection, as well, so it's not like you go on nothing. You're still going on something, so that's great, too. So don't [inaudible 01:32:09].

[01:32:30] [01:33:00] Tell me about the Organixx formula because looking at this, the three places that people are getting supplements from is Microbe Formulas and Organixx, which is in connection with a company—The Truth about Cancer—so people know that, and then also the Black Brew, which is directly from your site. So we got links to all of those. They went out in the email. All you have to do... The email you got from us and, like, when in doubt, and when you kind of lost this outline that we've got, reading what it says on the bottles and doing that is obviously good. That's been tested and tried, so if something goes wrong, you've kind of lost track of this little outline that we've given you, then just go ahead and take the dosage on the bottle.

And then, Doc, if you could tell us, you know, why Organixx was and what it's about there in terms of cost effectiveness and value of the supplements and how they help people? Why have I recommended them instead of another one of the same type of thing?

[01:33:30]

Dr. Nuzum: Right. Well, here's the thing. We've got the same type of [inaudible 01:33:31] compounds, okay, in these formulas, the Organixx formulas. We've got the formulas that are all fermented formulas. Now the interesting thing with that is that makes...

[01:34:00]

Jonathan: You mean the formula, by the way... Sorry to cut you off there. Just like, you obviously know because you formulated those products with Organixx, so just to be clear Turmeric 3D and the OrganiGreens and the 7M.

[01:34:30]

Dr. Nuzum: Those are formulas I've been using. The 7M and the Turmeric are products, those are things I've been using in my clinic for years. And they were designed for specific patients that at different times had... they had issues that we couldn't find a remedy for, and so I created one for them.

[01:35:00] [01:35:30] [01:36:00] And that's the story behind those. But what we have is these powerful ingredients that we've added, and we've added... like the Turmeric 3D, it's fermented with three different fermented turmeric extracts in that formula. So what we've done is, we've taken... we've broken down turmeric, making it way more bioavailable, three different ways, okay? And not only is it... did we make the molecules smaller, okay? Not only did we do that by taking a fermented food, and fermented foods are prebiotic substances. What is it that we're trying to do with the microbiome? We're trying to feed it. We want to feed that microbiome, give the microbiome the most powerful foods you want to give it. Because the microbiome heals, so that's what all of the Organixx formulas are designed to be—prebiotic compounds. Along with 7M, we got medicinal mushrooms for the immune system. Building up the immune system, Turmeric 3D, you've got two of your most powerful herbal anti-inflammatories out there. You got turmeric and you got ginger in one formula. So you got these powerful spices in that formula that are very well documented herbal anti-inflammatories that we have in one formula.

[01:36:30] [01:37:00] [01:37:30] Then you have the greens, have a massive amount of ingredients there, and the idea with that is to... every different herb and plant out there will have right around 300 phytochemicals in them—phytochemical groups—and by grouping as many groups together in one formula, we tried to cover every base possible to give you the broadest kind of nutritional possible. Again, and that is prebiotic. It's got fermented ingredients in it, its prebiotic. There's medicinal mushrooms in that one also. It's got enzymes. Its got fulvic and humic in it. It's amazing gut healing formula. So all of these formulas are designed to be prebiotic and super bioavailable.

Jonathan: That's amazing, man. Excellent. Thank you so much. So Dr. [inaudible 01:37:41], he's out to make that available and to be able to use and take advantage of that, and just a quick question from somebody that's commenting. Somebody says, "I've already detoxed. Do I need to start this program?" And so that's obviously quite a question.

[01:38:00] [01:38:30]

Dr. Nuzum: If you want to, if you just finished detoxing or something like that, what you need to do, okay, there's a process. I call it stabilization, detoxification, fortification. Once you stabilize and you're strong enough to detoxify, you go on your detoxify, cleanse your system, purge yourself, get all the waste out, right? Once the waste is gone, it's time to fortify your fortress, okay? Now is the time to rebuild yourself, okay? So looking at the carbons here, maybe the Liver, Kidney, the 7M+, the Turmeric 3D, the greens, those would be really, really good fortifying formulas to help your body work better. You're trying to help your body to rebuild, fortify your fortress.

[01:39:00]

Jonathan: Okay, great. Let's see here.

Jonathan: Okay, great. Dr. Nuzum, let's see here. So if you could also just let us know here. All right, so let's just go through a handful more questions, and then we'll let you do your camping trip, Dr. Nuzum.

Dr. Nuzum: Thanks, thanks. [crosstalk 01:39:16] You're getting me out of packing.

[01:39:30]

Jonathan: Nice. That's good, and I'll be in trouble, though, with them. "Oh, it was Jonathan that did it." Yeah, he's responding to the family here. That's great. So yeah, I was just about to give everyone a prescription. So [inaudible 01:39:39] a camping trip with your family. That's a good medicinal benefit right there.

Dr. Nuzum: Good stuff.

[01:40:00] [01:40:30]

Jonathan: Yeah, that's great. So I think it's clear. There's some good specials there with Organixx, and they do have free shipping for anyone in the US, and they've got a flat rate of just \$9 everywhere International. So they're really a great company doing a lot of great things, and so I would strongly kind of recommend you take advantage of that so that you can follow protocol, get results. And I remind people of the fact that I've seen people get extraordinary results using these products, and then without them, without using something that fulfills this [inaudible 01:40:29] and needs to be obviously high quality, then I think that there's a certain... I don't have confidence that people will be able to overcome their certain challenges. They're not going to be able to find certain things that they will have in regular food. Remember, we are an autoimmune forum.

[01:41:00] [01:41:30] If diet, if just kind of eating, whether it was paleo or vegan or whatever, if it was just a diet related question, then the majority of people, I believe, would have the problem fixed already because most of the people that I've found in my tribe, right, you guys, what I'm finding is that you've done, really, what people have told you to do. But it doesn't work for you. That's why part of the quest is finding products that work for this, that are medicines, and if we did live in certain parts of the world, these things would be just readily available. Then we could just take them as supplements. But [inaudible 01:41:32] mushroom and things like that. We could just grab them and [inaudible 01:41:36] mushroom and all the ones that you have there in that product. So they're available to you. It's a really valuable program. Because of the amount of volume that they're producing, they had really good deals on that, which is good as well.

[01:42:00] They have really good deals, and you can get a greater benefit by it, and it's good for people to know what's down four months because they have the option to [inaudible 01:42:02] bottle, like two bottles, three bottles, four bottles, five bottles and that's saving \$5, \$10 on a bottle [crosstalk 01:42:12]

Dr. Nuzum: Volume discounts are really nice.

[01:42:30]

Jonathan: Yeah, exactly. Exactly. So we really encourage and recommend that. Dr. Nuzum, I think that if you want to just kind of go through, let's just get a feel. I'm gonna get Robin. Come in and ask your question, Robin, and let's see, and that'll give me a good idea of what are the things that are clear for everyone. Hey, Robin. How are you doing?

Robin: Okay, can you hear me?

Jonathan: Yeah, I can.

Dr. Nuzum: [crosstalk 01:42:37] Robin.

Robin: Good, okay. Hi.

[01:43:00]

Jonathan: Hey, hey. All right, great. So do you want to go ahead and ask your question first? Would you rather tell me? I've decided to see if I can pull you in here on... Let's see. We've got... Okay, Robin, is it clear to you the protocol that we're advising here? [inaudible 01:43:10] Sorry, Robin, sorry. I didn't hear your answer then. Is it clear to you the protocol that we're suggesting here?

Robin: A little bit, now that it's written down. I think it'll get better. It wasn't.

[01:43:30]

Jonathan: It wasn't. I could understand that, certainly, and part of that is because we're really kind of innovating on some of the things here that you... kind of the best programs, for example, because if you were to go with just a Microbe Formulas or just [inaudible 01:43:39] Organixx, you would just get a part of that puzzle. So we put it all together to give you the best deals, and to give you the best all-encompassing system. So anyway, go ahead and ask your question.

[01:44:00]

Robin: Well, I'm a little confused on some of the stuff to take about the prebiotics because I got [inaudible 01:44:04]. You're not supposed to take pre and probiotics.

[01:44:30] [01:45:00]

Dr. Nuzum: That's kind of like saying don't clean a dirty wound. Okay, here's the thing. Prebiotics are specific foods for specific microbes, okay? There's certain microbes that are going to eat these particular types of prebiotic compounds. And let's say I invite you over for dinner, and I serve the one food that you despise, okay? You're not going to eat much of it, right? You might try a little bit of it, but you're probably not gonna eat a whole lot of it, right?

Robin: No.

Dr. Nuzum: On the other hand, if I fix your favorite food, I mean, would need to make extra, right? Because you'd eat all of it, right?

Robin: Right.

[01:45:30]

Dr. Nuzum: Okay. That is what happens when you give the good microbes who have been starving for good food for years, right? You introduce a good prebiotic compound into that gut of yours, those good microbes, they rejoice, okay? They're excited about having that prebiotic, that food. It's food for them. And one of the important things that happens when you introduce a prebiotic is, the good guys will fight the bad guys for that food.

[01:46:00]

Robin: Oh, okay [crosstalk 01:45:58] I mean, if I eat more than three ounces of food, my stomach distends four inches.

[01:46:30] [01:47:00]

Dr. Nuzum: [crosstalk 01:46:12] You have dysbiosis is what that is. What that is, is I hear something interesting. When you have a diet, standard American diet that has all these pesticides and herbicides and all these preservatives and things in it, as long as you keep eating that way, your gut, a lot of times, doesn't feel too bad, okay. When you have dysbiosis, pretty heavy. When you eat good food, though, here's something that happens. That good food gets in there, starts feeding the good guys, right? A battle starts to happen, okay? Good guys get strong enough to fight the bad guys, and they start fighting for the good food that you just gave them, okay? When that happens, you bloat right up, and it'll happen every time you eat. So what we just laid out here, that's what I would do if that was me. This is the program I would do if I was dealing with the same thing.

Robin: You mean with good food? Because I eat really, really healthy. [crosstalk 01:47:25]

Dr. Nuzum: I would do the protocol that we're talking about.

[01:47:30]

Robin: Okay, but you were saying that with the good food that that's what's making me bloat?

Dr. Nuzum: A lot of times. What it is, it's actually the microbes in your gut fighting over that food.

Robin: Okay, sorry. I have brain fog issues. I'm just trying to reiterate.

[01:48:00]

Jonathan: No, no, please don't apologize. Your question, actually, was a very good one. I didn't pick it up myself exactly, the connection there. That's perfect. I love that. Yeah, great, Robin. I mean, I see a lot of hope for you there with that, and I really encourage you to take action with that. [crosstalk 01:48:07] things. You care about your health. You eat healthy, from what you're saying, and I believe you totally, and so it does make sense for you to do some things that will reset that issue of your gut levels, and your more expensive foods that you're probably buying at health foods and other natural health food stores [crosstalk 01:48:26].

[01:48:30]

Robin: Yeah, no kidding. Talk about a waste. I mean [crosstalk 01:48:30]

Jonathan: It is, right? That's the saddest thing ever. But the good news is you're in the right place because you can totally turn that around. Robin, thank you so much for being on the call. I just want to get a couple more [crosstalk 01:48:41].

Robin: Thank you.

[01:49:00]

Jonathan: You're the best. You're the best. All right. Gotcha. Okay, and we're just here in the final five minutes. This is just helping that as well, pulling some people here in [inaudible 01:48:56] so we can make sure people get a clear understanding. Marjorie, how are you?

Marjorie: Hi. I'm okay. Can you hear me?

Jonathan: Yeah, I can. I can. How are you doing?

[01:49:30]

Marjorie: Okay, good. I have a specific question about all of these supplements that are foods or contains foods. I have intestinal permeability because of candidiasis, which I am addressing and making slow progress against. But because of this, I'm sensitive to many foods, and I rotate my foods. I'm on a four day rotation now. So can I really take these supplements that have foods in them with that rotation [inaudible 01:49:51]?

Jonathan: Great question, Marjorie.

[01:50:00]

Dr. Nuzum: Sometimes people have to rotate their supplements also. When you have the permeability, the leaky gut like that, it...

Jonathan: Which everyone in this group has, you know what I mean?

Dr. Nuzum: Well, I think everyone on the planet phases in and out of a certain level of leaky gut at all times, is my opinion. [crosstalk 01:50:21]

Jonathan: [crosstalk 01:50:21] especially during this last chapter of the world's history. Perhaps when things were different. Yeah, but go ahead.

[01:50:30] [01:51:00]

Dr. Nuzum: [crosstalk 01:50:31] Sometimes people have to rotate their supplements also, and sometimes they have to do it on a three to four day basis. Something you might think about is looking at a couple of the different supplements in maybe, like, okay, you have in this particular line, we have three different bowel products, okay? We have Digestive Detox from drnuzum.com. We've got, Organixx has Detox 1, and then we have, from Microbe Formulas, we have the Intestinal Mover, okay? Those are

three different bowel formulas, and if you were to use all of them, you would take them all at the same time. But you might take one for three or four days, then do another one for three or four days, and then another one for three or four days, and then start over. So you're rotating. That's something you could do. It would be an idea.

[01:51:30] [01:52:00]

Jonathan: Yeah, got it and just, if I could add to it, with Marjorie, my gut feeling is that [inaudible 01:51:35], my gut feeling on that situation would be that it's less of a challenge with these supplements than it is with the foods you're eating, and because these are new as well, even though they're food, it shouldn't be something that you'd have to worry about. I would personally recommend everything that we've said. I mean, and this is coming from me, obviously, as an investigative journalist. So take that for what it is. The reason why I think that that's very valuable for you is because those sensitivities that you're having with the allergies, with the food, you're already introducing something [inaudible 01:52:12]. You want to also get the benefit of trying something and seeing if it works, because if you're changing supplements too much, then you won't actually know what's giving you measurable results. So [inaudible 01:52:24] stick to.

[01:52:30] [01:53:00]

Dr. Nuzum: Where I would start, okay? All food allergies start in the stomach, okay? Low stomach acid. That's where food allergies start. So lemon juice and apple cider vinegar are good foods that stimulate more hydrochloric acid production. But your stomach can't produce hydrochloric acid if you're iodine deficient. If you go to drnuzum.com, you'll find super fulvic iodine. It takes a very, very little bit of that. It's an extremely concentrated iodine source with a very low Ph, and it helps with increasing your stomach acid production very quickly.

Marjorie: Thank you. I've had my stomach acid tested though, and it turned out alright. So I bet it's not that. [crosstalk 01:53:31]

[01:53:30]

Jonathan: Can I just ask something on that, Marjorie? What do you think about what Marjorie just said there with the fact that she got tested there, and so she feels that she's got that kind of locked up, and that's not an issue. Do you think it's possible that that test, or probable that that test isn't really indicating what the truth is on this matter? Or do you think that she's right?

Dr. Nuzum: I wouldn't trust the test.

[01:54:00]

Jonathan: Yeah, there you go. See, what's so interesting about this, I mean, did anyone get the value of that? I totally agree. I don't think it makes any sense to be having the symptoms that you're having and then for that [crosstalk 01:54:03]

[01:54:30] [01:55:00] [01:55:30]

Dr. Nuzum: Yeah, if you had good stomach, you wouldn't have the dysbiosis. It all starts upstream, okay? Good acid in the stomach, plenty of acid coming out of the stomach means you get more bile salts, and bile coming out of the liver. You get more enzymes coming out of the pancreas, and that minimizes dysbiosis on the way down, okay? It actually sets the stage for a good, healthy environment in the gut. If you have a bad environment in the gut, it means the stage for a good gut isn't being set, okay? Everybody follow what I just said? So if you have a bad gut environment, that means something upstream isn't setting the stage. Okay, so you're not getting the stomach acid. You're not getting the enzymes from the pancreas, and you're not getting the bile from the liver. I have an issue with lab tests, okay? Lab tests are as accurate as a snapshot, okay, as you're driving down the highway, okay? They're nice. They're a nice marker to grade yourself in progress. But they're not always very accurate in real time, okay? Because our body's in constant flux.

[01:56:00] You realize, your hormone levels change every 20 minutes. Okay? Your stomach acid levels change with the smell of food, okay? If you happen to walk past the cafeteria on the way to go get the stomach acid test, and you smelt something that smelled good, your stomach starts producing acid because you smelt something good. So there's variables that are in lab tests. I would never ever base any diagnosis off of one lab test. Please don't do that. [crosstalk 01:56:24] Nope, you need to verify it is what I would do.

[01:56:30]

Jonathan: Dr. Nuzum, I think... Sorry. I don't want to stop you [crosstalk 01:56:34]

Dr. Nuzum: If I had food allergies, okay, there's a couple... Iodine's one thing. Another thing is digestive enzymes, and then another thing to think about would be adrenal fatigue. The more fatigued your adrenals are, the less stomach acid you can produce.

[01:57:00]

Jonathan: There you go. A prescription for sleep and stress reduction. That's not a bad thing, hey, Marjorie? Hey, well, look, I think that's perfect. I really appreciate that and I think that, Dr. Nuzum, I'm gonna give one more question and I want somebody to raise their hand. Marjorie, God bless you.

Dr. Nuzum: Thank you, Marjorie. God bless.

Marjorie: Thank you.

[01:57:30] [01:58:00]

Jonathan: All right. One quick thought, just to keep everyone aware of something that just happened, which I think is really powerful. We just really move people away from having to get a test for everything. It's like, if I had problems in my marriage, would I have to ask every possible question to see about taking my wife on a date night. Have I been considerate? Just [inaudible 01:57:53] and just [inaudible 01:57:54] every time I feel emotional about something. Would I have to test every area to see... I can see from a symptomatic point of view we've got issues. We need to work this out, and I need to solve some of the things that are going on. So I wouldn't necessarily have to go and test every certain

thing in as much that I need to just see this as a whole, the problem as a whole. I just need to fix this, and there's four building blocks that are good to have a good marriage and to restore a marriage and they're gonna be true, really, for everyone. You know what I mean?

[01:58:30] [01:59:00] I can't be shouting at my wife every day and then that's going to be fine for me. But it's not fine for somebody else. It's a problem with everyone. Leaky gut is a problem for everyone, and so once we start to understand that as a holistic, collective whole, we'll stop wasting so much money on the tests or having incomplete answers. For example, a lot of people probably in this group have got parasite [inaudible 01:58:56] have been told they've got a certain parasite among others, and then being told that they don't have them, and they really do, and then it just really kind of throws you off. But the biggest reason why I'm advocating on this is because I want you to be able to save your money for whatever you want in life, and especially so you can spend it on food, and you can spend it on the good supplements because, remember this.

[01:59:30] [02:00:00] It's around \$500 for a stool test, and it's way less than that to just get a bottle of [inaudible 01:59:23], which you can get for less than \$80, especially with the discounts that we have on there, and that'll last you a month, all right? So that is a big deal. That's a huge deal. And then here's what I would recommend for everyone, as well. Doing your own stool test, and so you can basically just look in your toilet and you can also, if you have a wooden skewer or something like that, you can actually just kind of swipe through and just see if there's anything grabbing something significant to see that there's a challenge [inaudible 01:59:54] and that's what I did, and it kept me consistent. That's the deal. It's to keep you consistent on what you're doing. So can everyone put their hand down for a second?

[02:00:30] [02:01:00] So everyone's hand down, and then if you've got a question specifically about the protocol, and you feel like it's gonna be a question that will be really valuable for everyone, probably in an area that we haven't made very clear or something like that, that'd be a really great one because I don't want to overlook some area where we're lacking priority. So everyone's hand down, and then if you feel like you've got that question that's gonna be a real benefit to everyone, everyone's question has been a benefit to everyone, but of that level, then please just raise that hand up. So Carol or Robin. Did we have Robin on before? Or Mahogany Jones. Okay, so okay, Carol, I'm gonna bring you in here. [inaudible 02:00:49] Okay, go ahead and ask that question in relation to the protocol that we've outlined here so it's clear to you. I want to make sure everyone knows where to get these things. Did everyone see the email? Go ahead and click on that. You can see the links there. I've added the Google document. Hey, Mahogany. How you doing?

Mahogany Jones: Hello?

Jonathan: Hey, great. Yeah, great. Can you hear us?

Mahogany: Yes, I can. Can you hear me?

[02:01:30]

Jonathan: [crosstalk 02:01:18] I added in Mahogany even though I said something else. Okay, great. So you're in. Let's get your question, and then so everyone remembers, I dropped the Google document into the chat here. We'll put it up online inside your membership [inaudible 02:01:37] so you can just go ahead and access that, and just all the links that you can click on inside that document, and the best places and the most cost effective places to get those supplements [inaudible 02:01:46]. So take advantage of that. But go ahead, Mahogany.

[02:02:00] [02:02:30]

Mahogany: Yes, thank you for answering, one, and thank you all for what you're doing, two, and three, really quickly, Dr. Nuzum, you did address a question of mine earlier. However, for those mothers who may be lactating, like myself, or nursing, which is a large population, and you cannot detox, how specifically, what would be a protocol for us as it relates to those who may have IBS or SIBO and dealing with those kinds of issues and who are on a very clean, vegan, elimination diet, local, organic food [inaudible 02:02:27] that kind of thing, but still dealing with all of the symptoms?

Dr. Nuzum: Right. You're doing all the right things, just not quite there yet. Is that about the case? Is that what I'm understanding?

[02:03:00]

Mahogany: Yes, that's the case. I haven't eaten a SAD diet in 17 years. However, years of anxiety and probably adrenal fatigue at this time have taken a toll on my body and now considered very nutrient deficient by my care providers, and we're just trying to figure out how to give the best to my son, who I'm nursing, as well as the best to myself because I can't give him anything I don't have.

[02:03:30] [02:04:00] [02:04:30]

Dr. Nuzum: Right. Exactly. That's one thing about elements. They're either present or they're not and that's the case with our [inaudible 02:03:24]. That's the case with our food. That's the case with us also. Elements are either present or they're not present, and so nutritional deficiencies are pretty common, very, very common in ladies so much, okay? That baby gets everything it needs, whether you have enough or not, okay? That's pregnancy, okay? So it takes a lot out of a mom to have a baby. It does. There's a lot that goes into building another human being, okay? So after, it should be before you get pregnant, but if it wasn't then and it wasn't during the pregnancy, during lactation, when you're nursing that baby, fill in those holes. Think of a leaky dam. How functional is a leaky dam? Not very functional. It doesn't work very well. It leaks, okay? Doesn't hold the water back, right? Your cells, if they're nutritionally deficient, are leaky dams. They don't work well, okay? So you have to fill in all of those holes. You gotta plug those holes so your dam works, okay? That would be my focus.

[02:05:00] [02:05:30] [02:06:00] [02:06:30] Okay, my wife and I, we've had six children, okay? After having the baby, we'd do extra supplementation, extra prenatal, extra probiotics, extra prebiotics, extra green foods, all of those types of things. That's the main focus. Iodine, again, prenats. Let's see here. Prebiotics, probiotics, green foods, that's where I would focus, and that replaces all those missing nutrients, okay? But if you take all of those things together, you're also setting the environment in your gut, okay? You're feeding the good guys, okay? If you feed the good guys, they're gonna get stronger

than the bad guys. And if you go back to the US Civil War, okay, we had the north on one side, the south on the other side, and they lined up. They had 50,000 guys on this side, 50,000 on this side. They slam them together. Whoever had another 10,000 guys show up won, right? That's just how battles were fought back then. Now, in your gut, it's the same kind of battle. Your gut is the land. The microbes are the soldiers, okay? So you get the good guys and the bad guys, and they're lined up, and they're at it, okay?

[02:07:00] That's what we call SIBO. You've felt that before, okay? What it is, you get these microbes are just at each other, right? Whoever gets more numbers wins, okay? So by probiotics, prebiotics, green foods, lots of green foods, those would be safe things that you could take, and they'll actually bolster your baby's immune system at the same time. That's just wonderful.

Mahogany: Okay. Thank you. So it relates to protocols because earlier you said to take lots and lots of probiotics. So what exactly does that mean?

[02:07:30] [02:08:00]

Dr. Nuzum: What does that mean? Well, here's the thing. Okay, lactobacilli, all your lactobacilli are, in essence, small intestine microbes, okay? So if you have SIBO, you're gonna need lots of lactobacilli and you need multiple strains, not just acidophilus. But you're gonna need multiple lactobacilli, okay? If you're having bowel issues, that's where bifidus, the bifidobacterium, that's their region, okay? If you have candida, you need to be getting plenty of bifidobacterium. You need all your bifidus forms, lots of those to reclaim your bowel, okay, because that's their turf. So your lactobacilli is the small intestine. Your bifida are your colon, and you need to get lots of both of those. I can't give you a prescription. But that's what you need, all right?

[02:08:30]

Mahogany:

[crosstalk 02:08:29] every meal, before a meal, during the meal, after the meal?

Dr. Nuzum: I would always take probiotics at the end of a meal, but enzymes at the beginning of a meal.

Mahogany: Gotcha. So you do advise enzymes. Okay.

[02:09:00]

Dr. Nuzum: [crosstalk 02:08:44] Sure, sure. Enzymes, enzymes, enzymes. Enzymes are something you can become dependent on, okay? The long term use of enzymes isn't necessarily advisable. But use of enzymes... Enzymes are a nutrient that you need to replenish also, and if you have any type of gastrointestinal anything, enzymes will help [crosstalk 02:09:16] helpful.

[02:09:30]

Mahogany: Okay and also, I'm also someone who, I can't eat fruit because that immediately... My stomach feels like a lock. So that's been challenging for me. [crosstalk 02:09:30] and everything and I will continue. So thank you. You've been very helpful.

Dr. Nuzum: Consider the iodine, and you might research iodine and stomach acid.

Mahogany: Okay. Okay [crosstalk 02:09:44]. Thank you.

Dr. Nuzum: Thank you, folks. I gotta get back to packing [crosstalk 02:09:50] here guys.

[02:10:00]

Jonathan: I appreciate it, my man. Hey, well, thank you so much, and just, while you're signing off here, can everyone just go onto autoimmunesecrets.com/protocol? People kept asking, and I was posting it in here. Just check with me whether you got that. It's autoimmunesecrets.com/protocol. Just have a look and see. Make sure you got that. Dr. Nuzum, [inaudible 02:10:17] you can see it.

Dr. Nuzum: Thank you.

[02:10:30] [02:11:00] [02:11:30]

Jonathan: Yeah, can you see that? The rest of the group, can I just get a confirmation that you can see that? Yup, autoimmunesecrets.com/protocol. Just correct that spelling there, Nicole. Thanks for doing that quickly. [Autoimmunesecrets.com/protocol](https://autoimmunesecrets.com/protocol) and that, that has all the links in it there. Thank you, Dr. Nuzum. Can you guys just make sure, let me know. "Dr. Nuzum, Jonathan, have a blessed weekend." Thank you so much. Can anyone let me know if you've got that? [Autoimmunesecrets.com/protocol](https://autoimmunesecrets.com/protocol). Let's see. Let's get a yes on this. Who's got it? I just need... okay, yeah. [inaudible 02:11:06] says yes. [crosstalk 02:11:07] see it. Okay. Good. Just go to autoimmunesecrets.com/protocol and then that's there. [inaudible 02:11:16] Okay, got it. Okay, so somebody's probably [crosstalk 02:11:20]. Dr. Nuzum, thank you so much. Thanks for all your hard work. I really appreciate it. Stay on the line, guys, so I can just make sure everyone's got that protocol there and just stay on the line [inaudible 02:11:30]. God bless you, man. [crosstalk 02:11:30]

Dr. Nuzum: Thank you, guys. Appreciate it. Thank you.

Speaker 2: Thank you, Dr. Nuzum. [crosstalk 02:11:30]

[02:12:00]

Jonathan: Okay, great. Great. Perfect. [inaudible 02:11:30] If you could just stay on the line with me for a second here. Just go to autoimmunesecrets.com. Let's go to-

Jonathan: [inaudible 02:12:00] Let's go to... I'll just quickly get this [inaudible 02:12:05] for those that have. Oh, okay, got it. Let's do that. Now try again. Let's make sure we got that. [inaudible 02:12:22]

[02:12:30] [02:13:00] Okay, can you try that now? autoimmunesecrets.com/protocol? [inaudible 02:12:28] that's so funny. Yeah, the redirect there is happening. See, I'm not tech, right? I'm not tech, but I'm doing this because it's a crazy hour right now. Let me get this right. You guys are seeing behind the scenes. Just want to make sure everyone's got that. Hey, Richie, you might be able to help me here.

Richie: What's that?

Jonathan: You might be able to help me making sure that redirect is on, let's see. [inaudible 02:13:16] just try it yourself with that. autoimmuneseconds.com/protocol. Let me know [inaudible 02:13:24].

[02:13:30]

Richie: Let me see, autoimmuneseconds.com/protocol is not... It's just protocol?

Jonathan: Yeah, just protocol.

Richie: Yeah, it's not showing up. Page isn't working.

[02:14:00]

Jonathan: Yeah, [inaudible 02:13:50] hold on. [inaudible 02:13:55] HTTPS... [inaudible 02:14:14] page cannot be found. [inaudible 02:14:24] Yeah, you guys are right. You guys are right. I'm clearly... I should quit my day job and do tech, guys. [inaudible 02:14:29].

Richie: I'll have to look on the dashboard.

Jonathan: Yeah, can you? What I might do is I might just go... [inaudible 02:15:31] (silence) I think I know what I'll do. I will set up a new... (silence)

Richie: Yeah, I don't see it. [inaudible 02:15:59]. (silence)

[02:14:30]

Jonathan: Okay. I think I might have it here. Let's see. Richie, can you check that? autoimmuneseconds.com/protocol. Should be [inaudible 02:18:16] right now, and that way...

Richie: Yeah, yeah. It's there. I see [inaudible 02:18:20].

[02:18:30] [02:19:00]

Jonathan: Great. [inaudible 02:18:20] so then this is exactly right, the information [inaudible 02:18:34]. Oh, it's not redirecting. So that's good, so that screen...

Richie: All right.

Jonathan: Then... (silence)

Speaker 3: [inaudible 02:19:19]

Jonathan: That's actually [inaudible 02:19:19]. Awesome. [inaudible 02:19:19] then this would be [inaudible 02:19:20] it's gonna be ready in a second.

[02:19:30]

Speaker 4: Hey, [inaudible 02:19:28] I have it up. Hold on.

Jonathan: Okay, once it's up, we can start.

Speaker 4: It was just up, but now it's...

Jonathan: Oh yeah? Yeah, well you got...

Speaker 5: [inaudible 02:19:47]

[02:20:00]

Jonathan: All right, great. All right. Check that. You guys can see it?

Richie: Yeah.

Jonathan: Yeah?

Richie: Yeah.

[02:20:30] [02:21:00]

Jonathan: Great, okay, and [inaudible 02:20:20] see it on your end, guys in the group here? [crosstalk 02:20:23] Alright, thank you. [inaudible 02:20:26] I know you're tired. Thank you. Thank you for sending that. Yeah, I got a good two-hour sleep. Normally I don't do that kind of thing. It's obviously, just because of that time's an issue, and if I did it at the right time for me, it would have been the wrong time for everyone else. [inaudible 02:20:47] don't follow my example with that. I'll be back in [inaudible 02:20:52] time zone for the next [inaudible 02:20:55] I'm pretty good.

[02:21:30] There we go. That's [inaudible 02:21:03] Okay, so let me know that you're in there. autoimmuneseconds.com/protocol. As long as everyone's got that, then we're good to go. Everyone can make sure that they're accessing that. Let's see. What are we supposed to see? You're supposed to see, when you're there, is just exactly what we had in the Google Doc. A lot of you guys were [inaudible 02:21:30] some of you guys weren't, so therefore, that's gonna be really helpful just to click on the... Just make sure, let me see. [inaudible 02:21:41] got it, got it, got it. Perfect.

[02:22:00] [02:22:30] Hey guys, I appreciate you all. I'm just gonna say a quick prayer for everyone's health. God, Father in heaven, I just want to pray for every individual here. I pray for health. I pray for healing. I pray for blessings, Father, just, I mean, wherever someone's coming from in life, that if they're here right now, maybe this is just supposed to happen, that we could just bring this part of the healing [inaudible 02:22:09] into place, and to just know that You're with us. So I just pray that everyone that's

in this journey right now of their health and healing, just notice that You're a loving God, that You love them, that the body that You've given is to bless them and take care of them, and so I just [inaudible 02:22:29] ask for help with everything that we're facing. Help to heal this body.

[02:23:00] You are, I believe that You are the creator of our body. You understand these things, and You are working through all these [inaudible 02:22:44] to help heal us and get the things out that are not supposed to be there, and nourish it with the things that make it transform and make it new. I just pray all this in the name of Jesus. Ask for this help, and ask for the blessings upon every single person, all of our loved ones, and pray for this intervention that we need to really change things around, and to have the hope in the future that we're all looking for. Amen. Cool. Awesome. That's great. You're welcome, everyone. Thank you.

[02:23:30] Yeah, whatever walk of life or faith or lack thereof that you come from, [inaudible 02:23:26] faith, like you have belief in God, spirituality, but I pray that you can just understand, and take that as being just a gift, something that could just help you and assist you in the journey. I think that sometimes, they say that there's no atheists in the foxholes. That's what they say when it comes to war, and you find that people that have never talked to God are talking with God in that time.

[02:24:00] Doctor Tony [inaudible 02:23:51] from the Hope For Cancer Clinic, he told me that when people are there at his clinic for cancer, and they're expecting to die, he's like he's never seen somebody not ask a question about God or want to know what's going on with that. So I just think that's really powerful to think about that, that sometimes these situations in life, they can bring us to that point, where we're asking more questions and willing to know, and that can be really healing.

[02:24:30] I'm encouraging you to incorporate that. Use it as a tool, even if you don't necessarily really believe in it, but just see, just test it yourself, use it as part of your protocol to have faith, to believe that God is there for you, to help heal you. I know that that's a challenge for a lot of people because the challenge can be that, oh, God, why are you doing this to me? If you are out there, why do I suffer like this? Why have I lost loved ones to diseases? That is certainly something that, to bring to God, and I've always... Yeah, good, people are saying that they got their protocol.

[02:25:00] I've encouraged people to understand that from a basic, rudimentary sense, the blame is put on God a lot, right? If there is a God, then how do we deal with all these facts of, all the things that have gone wrong, right? But if I was to tell you, if there was an artist and a beautiful painting, would they set termites into their own painting and to destroy it, right? Would they do that? Would they rip it up if this is [inaudible 02:25:20]? This is not... this doesn't happen. People don't destroy their creation.

[02:25:30] [02:26:00] God, I believe, is not destroying His creation. What you see is a break in the system, and the Bible talks about a narrative, a story of original plan and purpose, which I think that we can fully see. People, there's this perfection to creation, and there's [inaudible 02:25:48]. From that, you see the absence of God through things like disease, and we see that in the world out of our own lives. So it's no judgment, but it's so powerful just to understand that, so powerful. So you could just understand, God is not the author of disease. It's never His intention.

[02:26:30] He's providing your heartbeat. Science cannot explain what triggers your heartbeat. No scientist has been able to work that out because there is no explanation from a human point of view. We are being supplied with life. That's our life, and this is called the autonomic system. We have a heartbeat and a breath—these things that are automatic—but they're coming from somewhere.

[02:27:00] When you understand that life source that's coming to you is based on love, and that it's not about God punishing and things like this, it's not sound belief when you see that He's the one God, or He, however you want to see that, but the life source is actually what's providing you with that love, with the healing, and it's there, so the evidence that your heart is beating, and that you're... Even if you're super unwell, you feel you're super unwell, there's evidence that God is working through your body. That's just super encouraging to note. I pray that each one of you can see that—the value and the beauty in that—and that's where healing can happen from the inside.

[02:27:30] The emotional traumas, like we looked at ACEs, and looked at adverse childhood experiences, and how do you heal when you're in continual fight and flight mode, or freeze mode? How do you heal when all these things are stacked against you? Childhood traumas, things that basically have you in that state of fear that create within you... they actually do cause and create disease. So you can be doing all the protocols, but then you're not able to get results.

[02:28:00] [02:28:30] That's why I encourage people to really take a strong hard look at that, and to just let that healing happen, and just let your body know and your mind know, and that peace that comes from just saying, "Hey look, I'm loved. My body is going to serve me. My body is forgiving. My body is merciful. It loves me, and God is using this to work with me and to heal me, and all the things that have happened in my life, the negative things that have happened, that have hurt me, that have been a toxin in my life, that has, you know, really put me in tha..., in a place of doubt and fear, and," when we understand that all of these things, they are there still to serve us, even though it's not the intention.

[02:29:00] I don't believe that God would ever intend disease, ever. The Bible speaks about this. It's not... but what we do know is that even though it was something that was introduced because of what the Bible describes as departing from God, what we do know is that we have that whole situation has been taken still to our benefit, to steer it in the right direction, and that in the midst of everything, we've been given healing and tools and direction.

[02:29:30] Everything that kind of works against us can end up working for us. For example, if I have gone through a childhood trauma, or gone through abuse, let's say verbal abuse, then the depth of understanding and the pain that has been through my life in that way can really bring me to a deeper healing in that area, and to be incredibly compassionate, and be a person that would never speak abusive words over others. Then that's incredibly healing for somebody.

[02:30:00] [02:30:30] So you can see how something negative is then [inaudible 02:29:55] something positive. Same thing is through with disease. You'll find that a lot of people, and you'll see people, this happens in this group, and see how I just said that as well? I said it's going to happen because I believe

it, and it will, and it continues to happen. What's going to happen is there's gonna be people that are better today or better over the next course of even the next few weeks than they've ever been in their life before they got that [inaudible 02:30:18] condition. That's incredible. That's showing you the amazing power of the body and the amazing power of resilience, and the fact that you can sometimes be... often, I mean, by nature, be better off, because none of this really comes through this life where we're doing things right at the start [inaudible 02:30:37].

[02:31:00] That definition of what is right is typically what's led us into this situation, even though it's admirable that we've been working, the majority of people if not everyone in this group has been working hard. I acknowledge that, and yet at the same time, it's knowledge and information and the application of that that really helps us to get out of a state of disease and into healing. Thank you, Kathy. That's very kind.

[02:31:30] Kathy just said something touching and meaningful to me. She says, "You have insight far beyond your years." I think that the wisdom of God is there, and I feel really grateful that experiences and things in my life have led me to a place where I've sought for meaning in things that didn't seem to have any meaning.

[02:32:00] Being here in Kenya, and seeing all the poverty and these things, that was something that was very prominent in my mind. I had seen a lot of people get so jaded about the world, and about... How could this happen? If there was a loving God, how could these things happen? I was aware of starvation, as a young child, under the age of 10, and that experience, and just seeing those images. It was very apparent to me that seeking for the love in, and understanding, how that works in a bigger picture, which is instead of casting blame, or letting it crush my spirit, it was trying to find out how does this make sense, and how do I be a part of this solution?

[02:32:30] [02:33:00] [02:33:30] Then instead of seeing something, because for example, if we never had suffering, if there was never an individual that ever suffered, we would never have the opportunity to show love to somebody that is suffering. I don't believe that suffering was supposed to ever exist. I think that we have enough evidence in the body to show that this was a perfect creation, like it is something just glorious about it. There's no way that I can see any logical explanation that a beautiful mother and child experiencing a newborn as it's [inaudible 02:33:04] and this experience of life flowing, and the perfect physiology of everything [inaudible 02:33:11] composed a new life, and the relationship, the intimacy, the oxytocin, the love that's been shared in that relationship, there's no way for me to explain or to see value, or that it was supposed to then be diffused with cancer, and the child, the mother suffer, and they die. There's nothing about that that makes sense in the scheme of things, right?

So that is, for me, like an evidence. You see a perfect pattern, like perfect. Then yet, when the suffering comes in, there's an opportunity to understand and deepen our relationship with life, and so here in Kenya, I've been able to deepen my relationship with my... with God, with myself, with others, in the face of that adversity.

[02:34:00] [02:34:30][02:35:00] I think that even though this wasn't supposed to happen, there's something deeper that I've learnt and taken away from this. What if it had not happened? That's the beauty, I think, in seeing it. Though, if I could wave a magic wand over certain things, I maybe would. I'd send people [inaudible 02:34:17] who was tragically physically and sexually abused. She recalls being picked up by her hair and thrown into the wall, and seeing her sister, her dad or stepdad, technically... rip off [inaudible 02:34:51] impact. It's just horrible things. Then this sexual abuse by her father figure, and she talks about all these things.

[02:35:30] Then I asked her this question: If you could take it all away, if you could wave a magic wand, and take away everything that's happened to you, would you do it? I was floored. She started crying. I'm getting emotional thinking about it now. She says, "I wouldn't." That's just so, I don't know, if it's just because I'm tired right now or what, but at least... Even for me, I would say I would, right? If I was in that situation. But that's not me. That's the thing. She said that she wouldn't. She's like, "Because all the adversity and trials have made me the person I am today, and what would I be without trials? Who would I be without that?"

[02:36:00] By wishing that away, she's rolling the dice on the person that she is, and her gift in the world, what she's come to bring the world. She's helped a lot of people. She helped my wife and I with our marriage in that we attended her events that were on personal development. She was sharing all these key tools that she learned through her life of having... a marriage, having all these things just had happened. You would not be here if I had not experienced disease in my own life and with my family members. You would not be here. I would not be sharing this right now.

[02:36:30] Then people in your life would not be able to learn the insight and the wisdom they would through your tragedy, right? You have had tragedy in your life. That's why you're here. You have a condition, most likely, or you're here to strive for a loved one. But everyone has an element of the challenge that they're experiencing.

[02:37:00] [02:37:30] I just... I think that what you'll come to understand, especially... It's hard to understand when you're in it, but even though... what I'll encourage you to do is even while you're in it... because the temptation is, well once I get out of this, then I'll start being grateful for everything that's happening, not to me but for me. I'll start to be grateful for it and see the benefit and the blessing in this, but that you just... you miss out so much when you choose to think like that, instead of seeing that it's here right now. There's a gift and a blessing even in the suffering. There's a lesson, there's people that you'll be able to touch and reach that you never would have had you not experienced this, or had a loved one experience this. There's a deep [inaudible 02:37:23] of your relationship, your love, the connection. These things are all happening. They're happening right now, and I'm so glad to be a part of it. I'm seeing such wonderful comments.

[02:38:00] [02:38:30] Yeah, it's Kelly saying, "That's right, I haven't. I can't take you where I haven't been." It's so true. Then Car, she's written here, "You know, Jonathan, I feel that God has led me this season to you [inaudible 02:37:54] beautiful. It's so precious to find [inaudible 02:37:56] Christians." That's cool. 80 years old? Wow. Wow. "My family has been praying for my healing. Praise God for you

and what you're doing." That's just so meaningful, like, that means the world to me. We go through a lot of discouragements in this line of work, people like [inaudible 02:38:17] Did people know that [inaudible 02:38:20] had 37 felonies registered against him? He had his patients under gun, with guns held to his head. He had guns held to his head for eight hours, most of the time for two guns at once.

[02:39:00] He was accused of drug... This was because it was the Texas Medical Board, and I think I've actually gone to a court case with Dr. Brazinski, who's got, I think, some of the best transformations on healing brain cancer. I went to, actually, in the court case, and I saw what had happened there. If you were to ask my opinion what was happening, it was a... Somebody had been set up to try to accuse him of malpractice that had no idea what they were talking about of what they were even accusing him for, but he was some kind of [inaudible 02:39:15] set up. I watched the whole thing happen. I saw how this medical institution that fought, saw the money that was being taken from them by people taking natural approaches, and they went after him.

[02:39:30] [02:40:00] Same happened with Dr. Nuzum. Every charge was dropped against him, but when he... Even without the story I [inaudible 02:39:31] do a film on it, because I was so impressed by the story, but it actually, the amount of stress caused them to lose their first child. Daniel, I think [inaudible 02:39:31] I can't tell you whether it was the first child or not. You can look up his story on JonathanOtto.tv. It might be up on there. But regardless, we can share that story at some point if you guys are interested. I'm sure people like... shocked by hearing this.

[02:40:30] He was accused of all these things, and then he finds that then, next thing, that because they were unsuccessful in that... kind of SWAT team, SWAT team came in to threaten everyone, scare the living daylights out of him and his patients, so his patients were held under gunfire as well, suspected of this horrible thing. But all the charges were dropped, all the felonies that were registered against him, and because it was just ridiculous. It was just so wrong, so evil.

[02:41:00] Then Dr. Nuzum had some... with some attorneys, and so he felt like, well, I mean, this is typically what people do to seek justice through the legal system, well, I'm gonna try and sue them for what they tried to do to me, which is noble, because you hold these things in check.

[02:41:30] But then what happens was that then the lawyers all backed out, and they said, "There's been a hit put on our family, and one put on you where our lives are being threatened now. You need to like..." and he left the state. He left what he was doing, and he moved over to Boise, Idaho, and dropped the case. He thought that his family's safety was more than recuperating the loss, and the financial gain that would have been won by winning the case, and even the justice. So the justice is served through the story. You are hearing this. You can see the injustice. God will judge all things, and they... That's one of the things. How do big pharma get away with everything they're doing, or cause so much suffering and death?

[02:42:00] Well, they're not getting away with it. That's the thing. They're not. The Bible talks about a final judgment, and that's there, and it's to vindicate, too, for those that have... people like you and I that have been oppressed. That's actually a liberation.

[02:42:30] Anyway, isn't that incredible? I just really appreciate [inaudible 02:42:08] and the fact that his, what he learnt, came through one of the [inaudible 02:42:13]. Is somebody just doing what they're doing [inaudible 02:42:16] make money, which make money... all right, it's fine, but is that [inaudible 02:42:23] and if it is, then that's quite empty. But is that not an amazing way for you to understand the intention behind this is so powerful, in that he's intended, Dr. Nuzum is intended to help people with this, and it's not... He's not just doing that for something else. If he was, then there would have been time to leave a long time ago, when things were really hitting the fan and really tragic.

[02:43:00] I'm finishing up now. I want to let you know I'm taking a flight out today, back to see my wife. I've been away for some days. Got some cool news that we'll announce soon as well. She's great. She sends her love, and we're here for you guys. I'm really glad that we're doing this.

[02:43:30] [02:44:00] Thank you for believing and trusting in me, and believing that I have your interests at heart, and that I'm striving... Again, I'm getting emotional, because it's so early in the morning, but thank you for allowing the space and the opportunity for me to do something that I love, and to serve in this way. I certainly didn't think that this would be something that I would be doing, because... Certainly I'm [inaudible 02:43:42] want through a degree in that, and my own experience in doing all the work that was in the developing world for over a decade. These things all set me up, in a sense, to be in a place where I can share information, and be an information source, but I certainly never thought that this was gonna happen to me, and that I was gonna be doing this type of thing.

[02:44:30] [02:45:00] I love it, because I love seeing people transformed, and there's no greater award. You've noticed two of the greatest things that bring me a lot of pleasure in life is... "You must be exhausted." Yeah, I am. I'm gonna go back to sleep. I've booked a flight. My flight got canceled [inaudible 02:44:19] which, you know what I mean? I had to also have peace with that because instead of rebooking, just the way things were, I had to [inaudible 02:44:28] back myself, so even just having peace, being like, hey, look, this happens. I've had... gotta rebook my flight back myself, and instead of being bitter and angry about the fact that I got ripped off, like over a thousand dollars, \$1500 to just get me back one way, because it's cheaper to buy a round-trip to Africa [inaudible 02:44:49] one way and last minute, but then, just having the peace that just, look, God, You know all things. I can deal with this. I'm not gonna be bitter about this. I'm gonna understand it in a better way, but yeah ...

Jonathan: And in a better way but yeah, so anyway, I'm just trying to change topic.

[02:45:30] Here I am in Kenya. I'll be back. I'm looking forward to seeing my wife. Certainly the two things I was mentioning that we need the most in our [inaudible 02:45:17] actually, is a really big takeaway for everyone here, is helping other people with their health, and that doesn't come at the expense of my own, except for this right now. This is the exception. I'll be back in my time zone.

[02:46:00] But helping people with their health and seeing that transformation and the sharing of information actually isn't the part of it that gives me that inner satisfaction. What the transformation does, and that's where I urge you to take that step, take the steps that you need to take for the

transformation because it's where the reward comes in for me, so you wanna be... "Thank-you, Jonathan. How do I say thank-you?" I'm like, well, you just make the transformations and even if you're just making attempts and you're seeing even just minimal improvements very quickly, that's rewarding to me and meaningful, and let alone the fact that so many people are gonna have such amazing recoveries really quickly. We're seeing it happen already. That's amazing.

[02:46:30] [02:47:00] The second thing that's bringing a lot of joy at the moment is seeing people's lives transformed that are living in poverty and they're suffering. They just did interviews today, and I... All these internally displaced refugees, we provided seeds and tools, and we were helping people with watermelons and these hybrid seeds that were really effective in the drought-resisting climates, and people were using them to create a living. Not everyone is always going to necessarily succeed in the sense that, will they buy it? Will it work for them? So I'd really like to investigate and find out what's working for people to do what we need to do [inaudible 02:47:05] people.

[02:47:30] Seeing here in Kenya, seeing all the people's lives that have been changed through this initiative, seeing that people that were begging on the streets that used watermelon farming, they're selling their watermelons for between three, even up to four dollars, sometimes more for a watermelon based on weight, and then with a handful of seeds and the tools and the training, and we were able to help people go back into self-sustainability to the point where the people that were begging for relatives for food are now able to look after all their own expenses. And then I'd ask more questions, so what did you use the money for? Some of them would go into making close to a thousand dollars a year, which is huge for local people here [inaudible 02:47:50].

[02:48:00] Through selling, in this case, the majority was all watermelons, and so what do you spend this on? One woman, she's like, "I've been able to pay for my son's medical bills. [inaudible 02:48:03] So he's graduating in July." I was like, "That's incredible." And she was like, "I paid for this all myself," and I saw the pride on the woman's face. I just... anyway, that was just... I felt like that was so good.

[02:48:30] So many people like that. It's gone from story after story, people that were looking after other things. And a woman was like, "I just..." You don't often see it here in Kenya where people get emotional because there's just so much suffering, but when they're in a place of healing, and they start getting emotional from it, like when they've had transformation because they can contrast their life. And sometimes, when things are so harsh, I've seen people in starvation, facing [inaudible 02:48:43] starvation and they don't... they're so devoid of emotion because if they were to get emotional about it and allow themselves to experience that, they'd be in so much trauma. I think that that's so true for people in this group.

[02:49:00] [02:49:30] If you were to be fully emotional... I know the Kenyan [inaudible 02:49:01] ... If you were to be fully transparent about the way you feel, you would be so discouraged and overwhelmed perhaps, or people would be so much filled with sadness for what you're experiencing. We shield that from people. We shield people that we love, and doping really badly, we like to share some of that feeling, some of that can be really healthy and some of it can sometimes be if we're in that place of

discouragement, the discouragement sometimes... the things that we speak are just discouraging to others, and so it leads us to just be insular and things like that.

[02:50:00] As we understand how to go about healing, our emotions can open up, and you find yourself, then, getting even more emotional about the fact that your life has been robbed from you, and that that's not okay, and that's not fair, and to be able to come to grips with that, accept that.

If I was to explain what was happening to you as if somebody was inflicting them, imagine if you were to tell me all your symptoms, and somebody was actually doing that to you, what would you call that? You'd call that torture. See what I'm saying, how deep that is? Someone who wants to take away your, even mobility, and so then that's like the threatening of loss, and it's torment. It's absolutely torment.

[02:50:30] [02:51:00] If you were to assess all of those things from doing it on you, it'd be comparable to what somebody had experienced in a concentration camp because they go through all kinds of suffering to get... in a lot of cases, we look through history and through wars and see that people are beaten, people are hurt, they're taken... they have things deprived from them, they're humiliated, they go through all these different things. It's man, mankind's deprivation of their humanity through these times, if people choose. They certainly [inaudible 02:51:02] to be that way, and that's why you go back to history to see people at every stage that were making a difference, helping people like Schindler's... Schindler with the film, *Schindler's List*, being an example of people that rescue during these times.

[02:51:30] [02:52:00] Here when we were to be... if we were to be honest about how we feel, there's a lot of emotions attached to that, and so I just wanna encourage you, as you're doing what you need to be doing, you're gonna let yourself experience more of those emotions and to let it out, and to let out the fact that I've been really let down. My medical institution has let me down. The people that I went to to help me have, in a sense, betrayed me, but then to have forgiveness with that. To even say it out loud, "I forgive the doctors that let me down. I forgive the fact that they didn't know what to do. I forgive, and I understand the fact that they didn't know better. I understand and forgive the fact that big pharma has, for monetary gain, put my health at jeopardy and has maybe even taken loved ones from my life because of the lack of information... misinformation they are providing people that were taking harmful drugs that created all their immunity... created all types of issues and pain in people's eyes."

[02:52:30] [02:53:00] That's a huge thing that I really encourage you to do. Experience emotions, let them out, and loved ones that maybe they didn't understand what you were going through, and they maybe said that you were putting it on, you're a hypochondriac. You forgive that. Forgive all of it. Allow yourself to experience the emotion of it, and say the wrong that has been done to you, but then forgive it, and let it go. Be like, "You know what? I can see all this. I see what's happened here, but I am going to move forward from this. I'm gonna forgive this. I'm gonna see... I'm gonna choose to look at this with compassion. People have done the wrong things. I'm not gonna model that. I'm not going to emulate that in my life. I'm not gonna be angry and bitter about it, as well, because that just is a trap for me."

I just wanna encourage each of you. Thank you.

[02:53:30] This one is from Mickey. You and your wife from [inaudible 02:53:21]. Thank you so much. I was [inaudible 02:53:23] 16, and I'm just shy of 40 now. Wow, isn't that so true? How many years? That's 23 years, 24 years. Incredible. It's a long time, and times have been incredibly challenging [inaudible 02:53:38] journey, although He, God, is always with me.

“Having this information community means more than you know. I've been praying for this. Bless you and all your hard work and your generous love and spirit.”

Wow. Thank you.

“[inaudible 02:53:53] doing great work through you and your wife and I work from Sydney.”

[02:54:00] [02:54:30] That's so cool. A fellow Australian [inaudible 02:54:01] Sydney. [inaudible 02:54:03] boys school, and [inaudible 02:54:06] girls school when I was in teaching. That's probably seven years ago or something. Yeah, about six years go. Fellow Australian, that's amazing. Thank you. My wife is amazing. I appreciate you saying that. She's so awesome, and I totally didn't... I let myself not see the value in her for years, just challenges in marriage. You're a young married couple working things out, and so she is so amazing. I can't believe sometimes I [inaudible 02:54:35] her, yeah, so we're not doing any marriage seminars but it's all part of healing, so we can talk about the fact that that's been really [inaudible 02:54:47] for us during our marriage. Took a lot of stress out of our own lives when we were having health issues. But yeah, I just wanna connect with what you're saying there.

[02:55:00] [02:55:30] But 24 years of suffering, when you think about it. *12 Years A Slave* was a documentary. Being a slave [inaudible 02:55:08] call us a slave. That'd be a dramatic movie maybe, but it's not as dramatic, and the title, based on a true story, *12 Years A Slave* is so bad, being a slave is terrible, it's bad. And then, secondly, the amount of time—12 years of being a slave. Horrible. So that title is so [inaudible 02:55:29] human nature. I think it's horrendous. That's horrible to be a slave, and to be a slave for 12 years. To be [inaudible 02:55:39] habit for 24 years.

[02:56:00] [02:56:30] I just wanna relate to you and connect with you with that. It's horrible, and I've had to do a lot of reflection trying to work out why. Why so much suffering? For me, if I could use something like that, maybe lessen what I'm doing or change things, do something else, I'd feel like I'm walking away from a huge responsibility, something that I need to do because of this very fact. I feel horrible that people have gone through this, and that, what if they didn't find this, and it's not the only great thing out there. There's great things, that's why the example of the doctors that have been on. I'm not the only person to collaborate. There's certainly a movement, and there's certainly ways in which people... that I'm a filmmaker, and an investigator, and a health enthusiast, and in that sense, an expert with all the research and the things I've been behind.

[02:57:00] I did not expect to be doing that, and I... What I'm saying is, in regards to the suffering for prolonged periods of time is that, what if you didn't find that powerful resource, then what would you go do the rest of your life? 'Cause some people do and that's where...

[02:57:30] Okay. Here's the big takeaway here. I don't know any other way you can explain this, or give me a solution to this than the fact... and take this down. You might say you might find meaning in your life by the fact that you have certain resolutions, but what about people that never did, people that have come and gone now, or children that died before they even get a chance to experience having anything in life, or babies? There's a huge question there in terms of how does this make sense? How do I make sense of my life when it doesn't make sense for other people, when another child is taken and abducted and is in sex slavery? Things that are just related to this, how do I even make sense of the fact? That may lead me to even believe that I don't deserve [inaudible 02:57:47] not necessarily even worth anything, really destructive belief.

[02:58:00] Here's the big takeaway. Horrible things happen to people. There's a documentary out right now, *The Sacred Plant*, and John Malanca wouldn't mind me saying this. He lost his wife Corrine to pancreatic cancer, which is a really, obviously, a really challenging disease. I have seen people put pancreatic cancer into remission after decades past their diagnosis. [inaudible 02:58:16] Kelsey was one. I interviewed her in a [inaudible 02:58:18] to talk about cancer [inaudible 02:58:19] request. I have seen tremendous things. That's why I believe, even if you have pancreatic cancer [inaudible 02:58:24] and for you.

[02:58:30] But he lost his wife, and he was using medicinal cannabis. He believed that these things were working. That's an amazing resource, and it's the one that did obviously help her. It saved his father's life, father-in-law, Stan, given two weeks to live with stage 4 cancer. It's so hard for him to accept what's happened, and he's had a lot of tremendous grief. His wife was his best friend. It's horrible.

[02:59:00] He said to me, "I don't know why God did this to me. He must have made a mistake with this one. He made a mistake." And he was crying when he was saying this, that, "He took her from me." I could see that that part of his experience was painful for him, I mean, obviously. I don't say this in the sense where he should get it, he should understand, I accept that experience. I think it's understandable, totally understandable, but here was the beautiful part.

[02:59:30] [03:00:00] I said, "John, if you got to live your life in eternity with your wife Corinne, and you got to experience that whole chapter..." 'Cause what he said was, "My prayers weren't answered. My prayers weren't answered." I said, "If you got to experience... If in the future, you were able to look... experience life with her again, would you believe that your prayers were answered?" And then his tears were welling up in his eyes, and he said, "Yes. Yes." And it was just this surge, this surge of love and passion that came from him, and then this beauty, this hope, "Maybe I could have that. Maybe this..." It was just this beautiful thing, and he's got his experience, his journey, but I really admired that he was open to that reality.

[03:00:30] [03:01:00] What I was sharing with him is that when all is said and done, if there is eternity, you can believe in eternity from a lot of different perspectives, but for me, it's like the Bible teaches about Heaven. It talks about it in Revelation 21, I believe. It says that there will be no more crying, there will be no more suffering. This is like one of the last chapters and verses of the entire Bible. For the former things have passed away; behold all things have become new. It's just the most incredible future

look at life, and so for the people who have suffered, for the years that you've lost, for you, Mickey, you lost 24. You didn't lose the years entirely, but there's a lot of suffering that you could experience while you're enjoying life. Those years are gonna be given back to you a hundredfold.

[03:01:30] [03:02:00] If eternity is true, which I fully believe with all my heart, and I would... and that's why when people passed, and for example, John Malanca, he described Corinne to me, and he really [inaudible 03:01:18] if he's married, he's probably half right there [inaudible 03:01:25], she was quite... just an incredible individual according to him. I fully believe it. So I was like, "She had a life at peace with the principles of [inaudible 03:01:34] and God," so to rest in the grave when... which the Bible has interesting... when you search, and it talks about resurrection, talks about sleep, when Lazarus was "dead," he said to the disciples, Lazarus is sleeping. I think this is just really interesting for someone, if you're not religious or none of this... things that you aren't familiar with or maybe even that you practice, that's fine. I think you'll find it really interesting.

He said the brother, sorry the sisters of Lazarus, "Lazarus is not... Lazarus is sleeping." So he referred to that, and then the disciple said, "Well, if he's sleeping, we should go wake him up." And he says [inaudible 03:02:24] plainly, "Lazarus is dead."

[03:02:30] That was to understand it as sleeping, and then when he came to the grave he said, "Lazarus, come forth," and it raised him, and he was raised back to life, and that was where the Pharisees planned from that day to put him to death—Jesus—because of his resurrection. Often in the face of love, that's when the greatest opposition and animosity comes out.

[03:03:00] [03:03:30] [03:04:00] If we understand it, that death is a sleep awaiting eternity, even if our lives are taken from disease, it's not a failure. Life is not a failure. It's just weak. And then the injustices that are done against us, they get shown in the light of a bigger picture that shows the suffering of humanity, and the fact that we endure these things, yet we have not been forsaken, and that the truth is then told in this story of humanity—the story of our life that transcends past even a physical life. That's why the Bible, it talks about in Corinthians, the things which are seen are temporary. The things that are unseen are eternal. Looking at that eternal reality, obviously love is an eternal thing. It's not restricted by the body. It's an experience that we can experience the love for people that have passed, and so their physical being doesn't stop the essence of the love. These eternal qualities, and heaven is an eternal reality. I believe that we wait, and I just wanna encourage you with that, to know that you can reclaim everything.

[03:04:30] God bless you. Thank you so much for this. For those that have [inaudible 03:04:19], I hope that's been of encouragement to you. Mickey says, "Thank you, John. I meant to ask God so many question so many times. So true, but I wouldn't exchange the months, in total, probably years, I've spent in bed with chronic fatigue depression. I've seen [inaudible 03:04:33], shingles, etcetera, for the compassion and empathy for the suffering of others that it has graced me with."

[03:05:00] That is just incredible. Thank you for your stand. Thank you for confirming what I'm saying, so that other people can see the really deep value in that. It's truly someone that who suffered, is the only

people that can really speak at that level, and I really respect that, and I appreciate your stand and the fact that you use this. I can't wait to see what God does with your life, Mickey. That's just so wonderful.

You guys are the best. I appreciate you all. Keep it real and look forward to seeing you in the next week. You can watch this video again, and your membership area will have an update shortly. God bless. Thanks everyone for today. [inaudible 03:05:24] That's beautiful. [inaudible 03:05:25] Thank you.

[03:05:30] "Wow, thank God all of you use your compassion to save someone [inaudible 03:05:30]. That's incredible." Thank you. Yes, God's Word will not return unto Him void, and so I can work all day long to try and save you from your physical pain, but then what's the thing that we're not talking about? What's the thing that you're not hearing in a lot of health documentaries? That you will eventually die. That you can prevent everything possible, but you will still come.

[03:06:00] [03:06:30] If you die of natural causes in old age, you rest your head on a pillow, that's a beautiful thing. There's a part of you that will never wanna go there. You'll wanna be there for your children and your grandchildren, your great-grandchildren, and your great-great-great-grandchildren because in Ecclesiastes Chapter 3, Verse 10, it says God has placed eternity in their hearts. That eternity is there, and so you're never gonna be able to stop that feeling of not wanting to pass, not wanting to go, except for the fact, depression and suicidal thoughts and things like that, that is still recognizing the desire of having those rights. It's not because life itself is bad, it's because the way circumstances have [inaudible 03:06:45] experience are for people become so traumatic, but all of this, what we do in our heart of hearts, we wanna live forever. We wanna experience our relationships forever. We never want those relationships to die.

[03:07:00] [03:07:30] We're all gonna get to that point unless... the Bible actually talks about Jesus returning. It does talk about that, which is incredible, and there's no more influential figure in history. There's the B.C. system and the A.D., before Christ and Anno Domini, the year of our Lord. This is our whole calendar. We talk about it based on the life of Jesus. The life of Jesus fulfilled prophecies like in the Book of Psalms, a thousand years before. This was dated in the Dead Sea Scrolls. This is a real, discoverable, archeological facts that these things were written before. They're predicting that Jesus [inaudible 03:07:33] nailed on his hands and feet and had these garments [inaudible 03:07:37] people had these [inaudible 03:07:41] on the [inaudible 03:07:44] cross. The words that he said, "My God, my God, why hast thou forsaken me?" Quoted that, that very Psalm, in the original language [foreign language 03:07:50]. He quoted the Hebrew when he was there on the cross.

[03:08:00] [03:08:30] The Psalm that would predict that he would be pierced in his hands and feet and that his garments would not be cut and [inaudible 03:08:05] people would do these horrible things. It's there, predicted, prophesied. But the same Jesus the Bible talks about would return, which is great hope because it's talking about liberation of humanity and that kind of thing, so I think it's a really positive belief that we understand. And it helps you to understand, if there is a God, where's the manifestation of [inaudible 03:08:30] distant, does he not wanna know us? That's in... and it comes up, and so just, that's why Jesus has been such an answer for so many people. It solved that question, and it's helped to give the understanding that God is truly on a rescue mission for mankind.

[03:09:00] But that experience of being able to accept that and be at peace with that, I just really encourage you to take that, and take that in this stage of healing and see the changes that will happen in real life, and go through that journey and experience. [inaudible 03:09:08] Thank you so much.

Christine says, "God bless you. I've gone back and forth many times in my years of suffering with Lyme Disease believing in [inaudible 03:09:16]. Wow, thank you for helping me [inaudible 03:09:18] incredible."

[03:09:30] [03:10:00] Yeah, thank you for that. I can understand that, and that's part of the battle. Notice what happened to [inaudible 03:09:30] in the Bible. That's so key. There's so many things about that story. My legs are dying, let me just [inaudible 03:09:37]. There's so many things in the story of Job which are so helpful for you where it... What's interesting is that the suffering actually wasn't inflicted by God. That is so fascinating, right? Did you know that? Even though when Job is talking about Him, he says, "Though He, God, slay me, yet will I trust Him." So he is referring to... he's saying that God is slaying him, but if you read this story, it's not saying that. It's saying, actually, a character describing... the Bible understood to be the author of sin and of suffering, actually Satan.

[03:10:30] It says that Satan was there in the [inaudible 03:10:18] to me, for me to do what I'd like to do and Job will curse you. Notice that his family, his loved ones... He's covered in boils, so sickness, disease. His family... they kill his daughters and sons and the roof falls down and things like these, all these horrible things... his livestock, financial, everything is stacking against him. [inaudible 03:10:44] are saying, "Curse God and die." That's what they're urging him to because it seems like God is... well, he's saying, "He's forsaken me."

[03:11:00] [03:11:30] As to why would God allow this? When you understand that the evil that's exposed to us in this world is not within God's plan, and it was done through an external force and the freedom of choice that God needs to give in order for him to actually, or [inaudible 03:11:13], in order for God to be a loving God, that there needs to be freedom. He can't give us lobotomies, or he can't actually stop someone from attacking somebody else because in essence, because that's my freedom. If my freedom, I've gotta attack my wife, not because I can't, because I choose not to, and that's where love is experienced.

[03:12:00] [03:12:30] You can start to see why the freedom of choice is essential for love, and that's true with God. Here, the experience, though, through the suffering that God has to in his permissive will, in a sense allow things to happen, they're not His [inaudible 03:11:58] will, but yet through Him, if we trust in God still, it doesn't perform its effect. Its desired effect is to make you bitter, and to make you resentful, and to make you curse God. That's the desired effect of the disease, of the sickness, of the challenges, the suffering that's imposed and inflicted itself on our life, but the truth is the blessing is what comes from being able to be free from the desire to curse God for what's happened rather than to thank Him for everything, and just to thank God for everything, the good and the bad, and just because through it all, it works refining the character.

[03:13:00] The suffering, if we didn't have it, we would never... in this life, where it talks about sin and suffering, the pride of mankind would, I believe, would mean that we'd never really turn. We'd never turn [inaudible 03:13:02]. It's through these things that we understand a deeper picture of what's happening even though God's not the one that's causing it, that we wouldn't understand the value of all these things.

[03:13:30] Wow, I just learned that Job may be one of the oldest books in the Old Testament. Yeah, I think so, I think it is the oldest Old Testament book written. What an incredible book. It even has an accurate description of constellations. It says, "Can you by searching loose the cords of Orion or bind up Pleiades?" That's a recognition that both those constellations, one is pushing inwards, the other one is pulling outwards, so it's saying, can you bind one, or could you loose the other? That's very interesting.

[03:14:00] [03:14:30] There you go. Hey, God bless everyone. Absolutely, His praise will be [inaudible 03:13:57]. That's awesome. If this is all new to you, then give it a shot to see what it's like. See what it's like to praise God, even if you're unsure about it, just to... it's your relationship with the Author of life through the being [inaudible 03:14:13] that's given you a heartbeat. If that's not in a religious, Christian context right now, at least that's a beginning starting point to make that connection, and then just to be thankful for everything, and then to see a deeper and bigger picture and see that [inaudible 03:14:30] things, they do totally make sense, and to see the power in Jesus. I have to say that there is power in the name of Jesus, and so, I would claim that over the suffering and disease. It's such a powerful tool, especially if you've never tried it before.

[03:15:00] For those that have, and that continue to use it [inaudible 03:14:53], if you've never tried that before, what a powerful way to try something new, and to do something that could be healing for you.

Thank you so much. God bless. We've really gone some time here, so being close to two and a half hours here. God bless. Thanks, you guys.