

Live

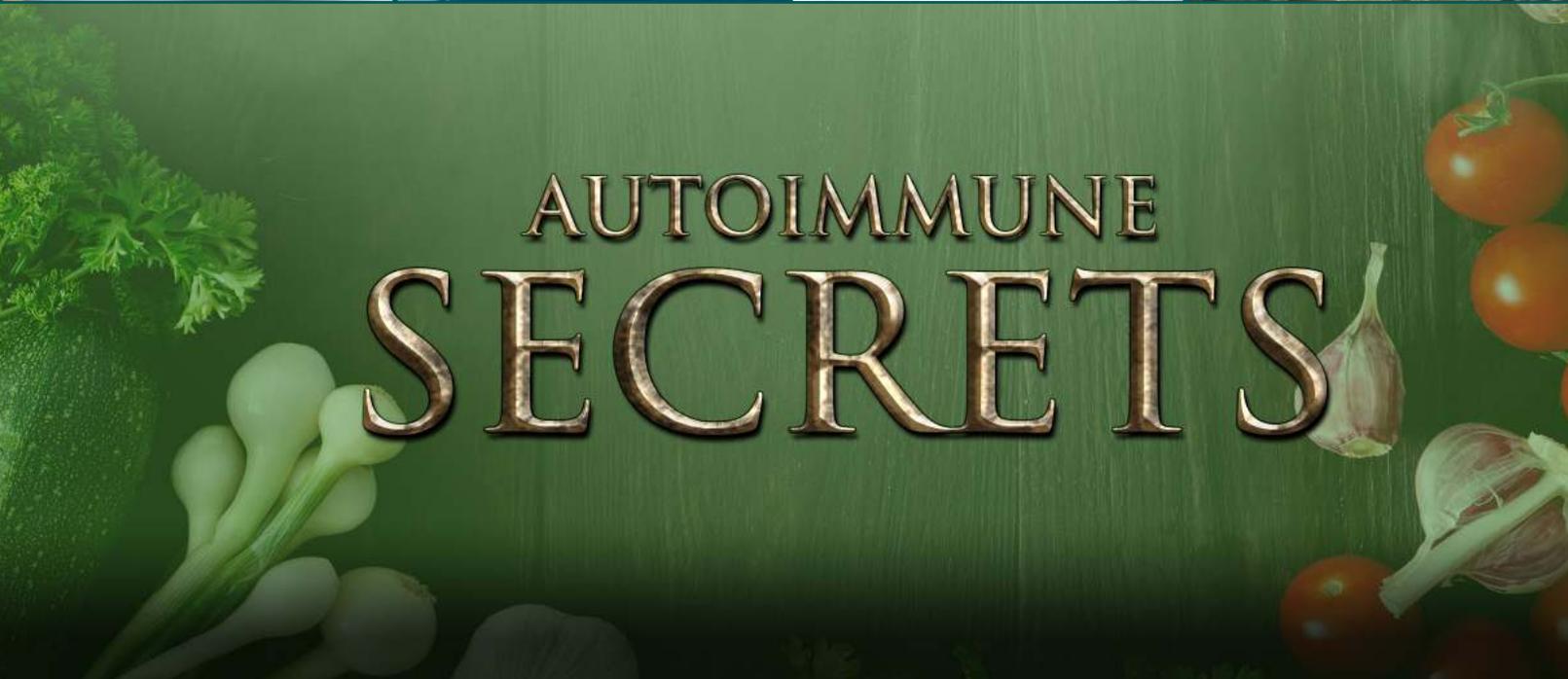
QUESTION & ANSWER

WITH DR. JOHN DEMPSTER



AUTOIMMUNE

SECRETS





Dr. John Dempster



Jonathan Otto

John: Okay, we're live with Dr. John Dempster, and we are ready to roll. Let me tell you a little bit about who Dr. John Dempster is and why he's here with us. He's a board certified Naturopathic Doctor and the Founder and Medical Director of the Dempster Clinic, Center of Functional Medicine. He focuses on functional medicine when treating patients who suffer from various conditions, mental illness, autoimmune disease, digestive disorders. All of these are very relevant to our audience here.

John: In addition, Dr. Dempster has a strong passion for helping patients embrace an optimal aging philosophy where he supports them in achieving a longer healthy and more fulfilling life by referring the cutting edge laboratory diagnostics. His approach emphasizes the importance of optimizing biochemical, metabolic, and hormonal functions within the body.

John: It's fantastic to have you on. We've gone through a number of things and I've had you on some of my newest content and interviewed you on how people can use vitamins, nutrients, herbal remedies, supplementation, food, diet to help achieve fantastic results, and I personally love connecting with naturopaths because naturopaths have typically a really extensive knowledge on herbs, especially those that are trained in functional medicine as well. You've got fantastic combination of therapies there. Given our audience with many

people suffering from autoimmune conditions, we're actually in need of a lot of these types of things to help people get optimal results and see their kinds of transformations they're looking for. We're gonna dive in. Thank you so much for being with us on the call, Dr. Dempster.

Dr. John Dempster: Thanks for having me, John O. We just saw you down in Puerto Rico a few weeks ago. Great to be here and be with everyone here tonight.

John: Excellent. So what we're gonna do is we're gonna dive in. If you're watching the slide go ahead and jump into the question and answer box. You can see it on the panel. It's around the middle. It says Q&A. You can press on that, and you can type your question in there. That's how we can get through. I'm gonna go through them in order of questions asked. I'm gonna start with the top. We have Erica who has a question here that she's asking. I'll read that out, and then we're gonna go laser through as many questions as possible and at the same time give the necessary information so people can know where to refer to. Thankfully, Dr. Dempster is not coming in and educating from square one. You guys have a lot of great education having gone through Autoimmune Secrets, but we're going to certainly give some fantastic and helpful answers for all listening.

John: And remember come on for our followup call, and the next [inaudible 00:03:11] we've got four more calls that are six week calls, so we're running into week two or three. Yeah, we're week two anyway, I'll remember that. The point is we are just at the start here, so just remember stay with it, glean all the information you can from all the different things that are shared because whatever the question is that's being answered listen carefully because chances are there's gonna be a whole bunch of stuff that applies for you. And if you apply all of that information, all those things that you believe are relevant for you then you're gonna be well ahead of the person that's just listening and getting that one particular thing and only doing one thing. Do a variety of things, and that can be a really fantastic help.

John: Again, see a doctor if you'd like to, but remember in this community you're able to test protocol against other doctors or you guys are doing different things. Now you can test them against Dr. Dempster and his protocols. Chances are most of the time you just get another tool that's added in, then two tools, so it's now three tools you can add in and get better and better results by combining. How does that sound to you, Dr. Dempster?

Dr. John Dempster: That sounds great. I want to make sure I'm right on the same questions that you are, John O. And if you want to just guide me here. Which is the top one that you're looking at?

John: Yeah, Erica I'm seeing. She asked the question at 802.

Dr. John Dempster: I At 802, so I'm not quite making [crosstalk]

John: Maybe you're seeing the one there at ... You're probable at Joe or ...

Dr. John Dempster: I'm at Lisa Mercado.

Dr. John Dempster: Okay, great. I'll start here with Erica. I'll read this one out, and you can kind of

answer there, and then we'll go on to Lisa and then again I'll just call out their first names, John, and then we can call them out and say Amanda, Jorie I can see here the first couple. Joe and then go ahead, and we can kind of laser through here.

John: I'll start here with Erica. 75-year-old mother, approximately 100 pounds, frail state, gallbladder removed at 18, hypothyroidism since her 30s, lichen planus and lichen sclerosis for the last 15 years, severe illness for the last five years using steroids, topical eyedrops, and pills causing detrimental symptoms due to overuse, trouble eating many foods due to [LP 00:05:38], sores and pain in mouth and loose teeth, and problems digesting many vegetables due to no gallbladder. Without dairy and gluten her current diet will be severely limited. How do we sustain nutrition while cutting out dairy, gluten, sugar, and processed foods and implementing drainage and detox. Don't know how to approach cleansing without putting her health at more risk and can't afford to lose any more weight. We're at our wits end. Please help. God bless.

Dr. John Dempster: Well, Erica I'm sorry to hear that this is happening to your family member. This is not an uncommon situation where not only do you have one diagnosis of an autoimmune condition, you have multiple. This is a real common thing to hear because the underlying factors need to be resolved. This is a tricky situation because you're asking what can we do without limiting too many things that are very pro inflammatory. And it's often the inflammatory foods that are a big factor here. One of my experiences with autoimmunity is that it's a perfect storm of a number of things. We have to look at diet, but we also have to look at some other things. In this situation by the number of situations, you have iritis, you've got all sorts of things. The gallbladder being removed is already gonna be restricting your absorption. We've got to do something to kind of really get a fundamental fire extinguisher going on here.

Dr. John Dempster: I'm gonna tell you what Harvard taught me. Harvard shows that all gluten causes all autoimmunity to flare up. And that's a tricky one.

I know you're asking what can we eat calorically to help your grandmother, I believe, help her gain weight. And 100 pounds is very frail for sure. But you don't want to be adding fuel to the fire. There are gluten free grains, and I'm sure you're more than familiar with that. But you have to be careful with that because all grains have some degree of [inaudible] or gluten in them. And this is something that will probably be a common thread throughout a lot of these questions today, and I want to make sure that we're giving you some help here.

Dr. John Dempster: One of the things I find with people who are very restricted from an eating plan and want to put on weight is that getting some foods that are almost pre-digestion. I know that sounds bizarre, but smoothies are a great example. Getting some foods that are soups and stews so that your body can handle them that are gonna be calorically dense but not gonna be fake calories. We don't want to give your family member calories that are just gonna cause weight gain and create an inflammation at the same time. But I find smoothies are a great way to bring that in, and you can bring in a ton of hypoallergenic protein powders and a ton of different other fruits and vegetables and throwing them into a vitamix, throw them into some form of a blender, and away you go. That's gonna be a very simplified response, but you're gonna want to be careful don't compromise her health any further by feeding a ton of gluten. It's a very slippery slope, and the data is there, and I'm really cautious about telling you it's okay to eat not only gluten but sugar as well.

Dr. John Dempster: I'm sure there's a lot more that we could do to tackle this in a conversation, but that was your specific question. I hope that's a little bit helpful there.

John: Fantastic. Alright. So then pea protein is like a dairy free shake that people can use that have high amino acid profiles. I personally if somebody does well with it and they feel good with like an un-denatured whey protein, so weight protein that's from grass fed cows. And it hasn't been homogenized and pasteurized, so it's in an alkaline state. Personally

I've seen people get great results with it even if they're in a pseudo state. Any thoughts?

Dr. John Dempster: Yeah, and first of all I think this is just a good thing to recap right at the start of our conversation tonight because this will apply to a lot. There's three massive triggers from a dietary standpoint. There's many, but there's massive ones I want to address, and they were virtually addressed by Erica here, and that's gluten, that's refined sugars, and that's traditionally or industry raised dairy. Now, there's gonna be some exceptions to dairy, but anything that's pasteurized or homogenized be very careful. That's already gonna be giving you a very pre-inflammatory and pro-inflammatory state that's gonna aggravate anything that's underlying. So, John O, your suggestions with pea protein, I love it. There are some other proteins that you can use such as hemp protein. Hemp protein is a wonderful thing that we can start to bring in. In fact, I just throw a bunch of hemp hearts into a blender and let the blender do the rest, but you can actually get proteins that are refined as well, so hope that helps.

John: Great, fantastic. And then, Erica, you'll start to feel like less limited there because you'll find out if she's doing the right things with that she's getting more nutrients than old people that are considering themselves very healthy, but they're not eating very nutrient dense food. So just look for the positives there, and you'll find that there's so much that can be done. And then with the drainage, the detox, these things I believe your mother's older, but still I would personally do them and just work into it. There's no real rocket science behind it. You're doing it from home by yourself. You just need to measure the symptoms and just go slower if it's a heavy backlash and so forth. Lisa's next here. Do you want to read that one out and go through that one.

Dr. John Dempster: And maybe before we dive into Lisa's one other thing on the gallbladder, and again I want to hit some fundamentals that may apply throughout the rest of the talks, but when we're missing a gallbladder we are gonna be very hindered with absorbing fat soluble vitamins, and that's gonna

be a big factor for helping, again, prevent a lot of inflammatory conditions and repair a weakened immune system. There are some things that you can take to support digestion of the more fattier foods, which are gonna be very nutritionally rich and dense, which you're gonna want to bring in, but if your mother or grandmother is missing the gallbladder or having any form of gallbladder impairment it's gonna be very challenging to eat and digest those foods without having severe gastric repercussions. You can bring in an ox bile supplement. You can bring in some digestive enzymes that would help and start to break down a lot of fattier foods. I think that would be very helpful.

John: You said ox file?

Dr. John Dempster: Ox bile. Ox bile supplement is one form, and then there's many different types of digestive enzymes that will focus on a lot more of the fattier foods such as lipases. You're gonna want to get a blend of those, too, that includes some of the other enzymes.

John: Fantastic. Would probiotics go into that mix as well?

Dr. John Dempster: They won't hurt at all. And again very fundamental for a lot of autoimmune issues is what's going on in the gut. And we'll probably go through this a lot tonight, but probiotics are a great thing. Not every probiotic is created equal, but just getting a probiotic into you is gonna be very helpful and a great place to begin.

John: Fantastic. A lot of what we just said is gonna apply to almost everyone if not everyone on the call, so take that into consideration and then because even if you have a gallbladder digestive enzymes are going to be very effective and helpful for you as are probiotics because you have an upset. You need to restore more gut bacteria. The destruction of gut bacteria is of the exposures that we've been talking about in the series, but now we're gonna go through and laser in so we can get lots of answers and so

people can feel like they're being and understand they're being attended to.

John: So, Lisa, are we to that? I've been listening to [inaudible 00:12:37] for over two years now since I had aggressive muscle disease called inclusion body myositis.

Dr. John Dempster: Myositis.

John: Myositis I am always praying to hear about people reversing diseases like mine, and I never do. I've been eating clean and trying for six years. I eat mostly raw these days. Any recommendation for the best diet for muscle wasting? And, firstly, I don't know, have you seen anyone with something like her condition or her condition or have you heard of any successful results in that area?

Dr. John Dempster: Yeah, I have. And Lisa, I'm sorry to hear you're going through this, but I have worked with patients with myositis and especially with inclusion body. There is, again, gonna be some overlap here, but I'm gonna give you some very specific things that I hope are helpful.

John: Have you seen them reverse the condition?

Dr. John Dempster: Yes, I have. And I can't say that everybody does this. This is one of the more rare forms of autoimmune, but I have certainly seen people balance out and start to improve. Now, there's gonna be some very important things that you're gonna want to address. Anybody who's dealing with a condition that ends with it is that is an inflammatory condition. So once again we're gonna want to work on the antiinflammatory components. Eating raw, I assume that that's what you're doing, I think that that's a great idea in theory. Eating raw doesn't always mean you're gonna digest it very well. We have to look at the underlying factors, and this is what I do as a functional medicine doctor is I really try to help my patients get to the root of the problem. And for some people eating raw can actually exacerbate them.

Dr. John Dempster: I don't know if that's you based on what I'm reading here, but if you want to do something that helps with muscle wasting you're gonna want to bring in obviously some clean proteins and some very clean fats. And that's gonna be very nutritionally dense, so something along the lines of what I call a hybridized keto or paleo is gonna be something that's important. We don't want to be bringing too much red meats or too much pork in these situations because these are very pro-inflammatory to a degree. I think red meat we can argue, but especially if it's more charbroiled and especially if it's industry raised, fed grain we're gonna have some problems with that especially dealing with an itis. So I want to be careful with that. I'm not saying meat is bad for everybody. I'm not saying it's good for everyone, but eating raw isn't always enough.

Dr. John Dempster: I want you to really make sure that if that's not working for you then try to pivot. Try to work a little bit, and hopefully you've got somebody you can work with and bounce ideas with directly. But don't be stuck in just one path on that. You might be close, but it may need a tweak, and sometimes we do need to bring in a few more protein rich and fatty rich foods.

John: Great. That's helpful. And what do you think were the best protocols that were helpful for your patients that were able to get good results with this condition?

Dr. John Dempster: We spend a lot of time getting that inflammation under control by establishing gut health, and that to me is the foundation for everything. One of the things you can do again is look at where is your inflammation coming from. A lot of people are dealing with things such as intestinal permeability, which is known as leaky gut, which would be a very familiar phrase to many people listening tonight. But a lot of people think they have intestinal permeability and don't actually have it. We see this all the time in my practice

because we will actually test for it and measure it and find out if it's truly one of the reasons.

Dr. John Dempster: But truly if you're dealing with myositis you're gonna want to begin in the gut and work out. And a raw diet can be very helpful, and you can bring in even some of the raw meats that way we consider as well, but make sure that you are looking at what's going on from an absorptive perspective in your gut because if you're not eating ... You could be eating the best diet and eating a high amount of calories but if you're not absorbing them we're gonna be behind the eight ball.

John: Fantastic, and in case somebody that's listening is vegetarian or vegan person being closer to my direction what Dr. Dempster is talking about I don't believe is exclusive. He's just saying that's an option, and he's seen people go down that road. As he mentioned as well there is ways to avoid some of the inflammatory components that will naturally come in meat and the issue with grains and chicken and a lot of even classified as grass fed cows still having the brain issue because of the issue of classifications. Anyways, there are some factors there but navigate that how you will. All the major nutrient sources are there in nature as well as they are in some meat, and sometimes people do well on meat, but the longterm diet is very encouraging for people to just make sure that their meat intake is that of the [inaudible 00:17:18], which is actually very, very low. So that's our encouragement at Autoimmune Secrets and with the Health Secret company.

Dr. John Dempster: Sure

John: [inaudible] and I have idiopathic peripheral neuropathy with increasing numbness in my feet ... Sorry, it just keeps bouncing down here ... moving up my legs and affecting my balance. Visits to various clinics over the past 10 years have not revealed a cause. It is unclear that this is autoimmune by nature, but my body seems to be killing some of my peripheral nerves. I've gone through extensive naturopathic detox and now taking a regiment of

supplements to try and regrow, and one more, and try to regrow these nerves. I'm also taking anti-inflammation supplements. My health is otherwise good, no prescriptions, regular hygiene, no blood pressure, [inaudible 00:18:13], triglycerides, et cetera. My wife has celiac, so I'm mostly gluten free. Are there any excellent functional medicine doctors in the Phoenix, Arizona area?

Dr. John Dempster: Well, Joe, this is something that you are going to be able to find somebody in your area. I don't have a name for you off the top, but I'm gonna give you two places to start to look. One if you can either go on IFM.com, what stands for Institute of Functional Medicine, and you can search any city, or you can go on A4M.com, a letter A, the number four as in the numerical four, M dot com. Those are two of the accredited and two of the only accredited institutions right now that offer fellowships in functional medicine. And that's where I did my fellowship, so I know there are a number of colleagues down there. I just don't have a specific name for you.

Dr. John Dempster: Now, what's interesting about peripheral neuropathy, you're gonna want to start to investigate some of your key nutritional deficiencies, and you can certainly take a stab at this if you don't have access to getting any of the function lab testing done immediately. And it sounds like you've been to a lot of clinics. I just don't know to what degree your testing has been done. But look at vitamin B6. Look at a very specific form of B12 called methylcobalamin. The biggest error that I see people here is that they don't use the [inaudible 00:19:23], and they don't use enough of it. And yet that comes back to some of these nutrients and said if you don't have enough gastric acid or hydrochloric acid and something called intrinsic factors inside of your gut, inside of your stomach you're gonna have a very hard time absorbing these supplements. So you want to make sure that you are looking at how your body is retrieving these nutrients once they've landed inside of you. There's many reasons for neuropathy, but that's a couple of real cor things to be looking at right away.

Dr. John Dempster: Out of that it sounds like other things are going on as well. One of the biggest reasons for people to get neuropathy are eating foods that are gonna reduce your ability to absorb nutrients, so it goes, again, into some of the similar things we mentioned earlier tonight, but definitely try to customize that as much as you can by working with a functional medicine doc if the core principles haven't worked for you yet. Jorie.

John: Jorie. I have low blood pressure as a result of adrenal fatigue, but I may have congestive heart failure. Just tested today. No results yet. How do I raise low blood pressure without salt, which makes me dizzy and makes my heart work harder to rid the fluid?

Dr. John Dempster: Okay, so interesting that you're mentioning adrenal fatigue here. That's certainly one very common cause of low blood pressure. Another thing you want to look at is the rest of the minerals that are involved in not only managing your cardiovascular system but also very key for adrenal fatigue, and a number of those minerals include potassium, zinc, magnesium, calcium. Now, not recommending you just go out and start taking a bunch of these blindly, but there are some great formulas and some great blends, and I think John O, you may have some suggestions as to where they can get those. But that's a great, great starting point. Again, adrenal fatigue if that's been diagnosed that's one thing. A lot of people suspect they have that, and we've got to make sure we're understanding if you truly do have adrenal fatigue. One of the best ways to figure this out, if you do have access to a doc that can help you is do something called the Dutch test, D-U-T-C-H, and that's the most comprehensive test available right now to understand adrenal and steroid hormones. So that's something you may want to look into to [inaudible]

John: Fantastic. Dr. Dempster, when it comes to looking for adrenal health supplements, what are some of the ingredients you'd recommend so

people can just kind of look them up and find them independently for now?

Dr. John Dempster: Sure, there's lots. You can look at something called rhodiola. There's different ginsengs that may be helpful. There's different degrees [inaudible 00:21:47]. The amount of the adrenal supplement will make somebody feel great. So sometimes if you don't have access to the testing it's a little bit of trial and error, and that's okay. But you're gonna want to look at things that have a nice blend of adaptogens. If you're vegan that's okay, too. And again I just want to re-emphasize what you mentioned earlier, John O. It's not about eating more meat. Sometimes people just need a little bit of a balance or counter balance in there, and I really do think that overall our society as a whole needs to eat way more vegetables. So that's something I just want to go back on that because some of the adrenal supplements you're gonna notice have some different types of adaptogens that are actually animal based. These are called glandulars, so if that's not your thing then you can totally do this plant based as well with some of the ones that I mentioned earlier.

John: Amanda. And then as we go through there's gonna be a couple that I'll kind of go into, and towards the end of this session I'll be fielding some questions. I want to go specifically into some cases I believe are very, very clearly linked to parasitic infection and heavy metal toxicity. What I'll do then is as we go through that you can make that analysis yourselves and see whether you'd like to go through that cleansing process because some of the things that we're finding is that people have such high levels of toxicity it keeps surfacing in different ways for different people that in essence a lot of us have that same exposure, which if we address it we'll find that we get better.

John: So what are the things that we all should be doing regardless of what condition we have, that's where we should all be starting, and then we'll find that in most cases what I've seen is people resolve most of their unique conditions, and then it's just

a really small tweak that needs to be made if that. I'll be going through some of those core steps that people go through, parasitic infection being one and heavy metal toxicity being another, and just some of the core ingredients you can find and use for that. We will continue on with Dr. Dempster. Until then, Amanda.

Dr. John Dempster: Okay, Amanda. Wondering how much iodine one should take as a vegan. I've read that the RDA of 150 micrograms is low. Thank you for your response. Amanda, this is a tricky one to answer because there's so many variables that depend on the dose of iodine especially. There are actually some people that shouldn't be taking iodine, and obviously there are some people that really do need it. Yeah, 150 micrograms may be low, but you've really gotta be careful here because too much iodine could throw your thyroid into flux. We don't know if you have an underlying hypothyroid situation such as Hashimoto's where you have to be very careful with iodine. Some types of hypothyroid do actually require larger amounts, and some actually need lesser amounts. And some people don't do great with iodine in general.

Dr. John Dempster: Here's a very simple way to actually get it, and it's not the best way, but it's a simple way when you don't have somebody doing the testing is simply to start spreading something called Lugol solution on your skin. Do that a couple times a day, and your body will pull what it needs from that. But it's certainly something that iodine's important, but there's not a one size fits all dosing use. I want to be very emphatic about that. This is where you're gonna want to work with somebody.

John: Mary.

Dr. John Dempster: Mary, what is secretory IGH? I believe you meant IGA here, but I'll carry on here. What if secretory IGA is high at 4950, and [protease 00:25:10] is at 390? Everything looks like the strep SBP was about 25 over. Last year IGA was high at

above 1200. I've been doing Dr. Jay's protocol, and you name it I've been doing it. I've had root canals removed, cavitations last month, so I'm not sure what to do next. Okay, so what is secretory IGA? First of all this is an immune marker that tells us how your body's immune system is recovering. And I'm assuming you did this in stool tests. You can also do it in saliva and urine, and blood, but by what I'm looking at here it looks like you've done some sort of gut analysis.

Dr. John Dempster: And if your secretory IGA is that high your body is calling in all the reserves, it's calling in all the different parts of your military, whether it's your ... gosh, if we want to talk military analogies here it could be the Navy, it could be the Air Force, it could be your infantry, everything. So what's happening is your body has deemed that you're under attack, and it's trying to ward off the offending agent. So you've gotta look at what could be causing your body to go into that high type of defense mechanism. That can be dietary. That can also be stress-related, and it can be microbial. And what I mean by microbial the bugs that start to lie within you.

Dr. John Dempster: And this is a passion of mine because when we start looking at understanding what type of bugs are in what balance in our gut, and it's not only always about the bad bugs, it's about looking at your good bacteria, which many of you listening right now understand what the microbiome is, but this is a quick recap. We are outnumbered human cells to bacterial cells 10 to one by bacteria to humans, and we're also outnumbered in the genetic material 100 to one. So what that means is that impact of these microbes in your gut is enormous. So I would look at that.

Dr. John Dempster: It sounds like something is being missed here. Now, doing Dr. Jay's protocol is gonna be very good for helping with some parasites and other invaders, but you're gonna want to look at again this perfect storm that happens when we've got this inflammatory immune response, whether it's environmental such as mold, whether it's stress,

and whether it's different types of foods that you're eating. Make sure that you look at that.

John: James

Dr. John Dempster: Yeah, so I have a friend with calcinosis and wondering ... [inaudible 00:27:27] up and down on my here. Do you have any suggestions that would help her? Again, a bit of a vague question, but something like let me see if I can help you here is I would definitely start to work on what's going on with your friend's absorption because that's where it all begins. And I don't know too many details about your friend, Jean, but I would certainly say, "Look, have them figure out what's going on in here in terms of how their body is absorbing because if they're having some form of calcinosis there's an imbalance there, and to me that's where I would begin." Sorry, I can't be more specific than that, but that's where I would start.

John: Debbie, how do you heal from ulcerative colitis?

Dr. John Dempster: Alright. This is a very common autoimmune condition that we see a lot of, and there's a ton that you can do here. This was literally the first patient that I ever treated coming out of medical school. I'll never forget this, and I'm just gonna say this story very quickly. This person was carried into my clinic, couldn't walk, 16-year-old boy. And basically his doc just sent him home to basically say goodbye because they couldn't do anything about it. And what we did very quickly, within a matter of three weeks, is this individual was back up and not only walking into my clinic but actually able to go back to work because we started to figure out what was going on with his inflammatory foods. We started to figure out what was going on with his microbes. We started to figure out his nutrient deficiencies, and we started to figure out the stress connection..

Dr. John Dempster: HAgain, there's no one size fits all protocol, but what I would do immediately

is I would get off of gluten. I would get off of pasteurized dairy. And I would get off of any form of inflammatory foods such as refined sugar and red meats and porks and things like that. Be very careful of that. How would you heal from that is you've gotta put your body in the right alignment, and that's where we have to start to look at a lot of the other factors such as the missing nutrients that would be very key to healing your gut lining. L-glutamine is a fantastic agent for this. Bone broth is a fantastic food that you can start to bring in. For my vegans that are watching, yes you can get different types of vegan broths. There's all sorts of recipes I work on with my patients that are vegan based. These are things that you just want to start to put the flames out in the gut, and those are some powerful tools.

Dr. John Dempster: There's a very exciting number of supplements that are out there right now, and omega 3s have been around for a long time, and that's just a very simple thing that you can do, but some very specific extracts of omega 3s called SPNs, and that's something that I want a lot of people dealing with a lot of the more inflammatory autoimmune illnesses tonight listening to investigate and check that out.

John: Rebecca, what's your opinion regarding the first step for a detox protocol, enema, then parasite cleanse? Rebecca's referring to some of the protocols that we've recommended over the course of time, one of them being to detox from heavy metals and parasites that we have really recommended to get people to get their digestive system moving first before they would do a parasite cleanse, but I'll let you answer that how you would, but I just wanted to frame that context by which she's likely speaking.

Dr. John Dempster: Sure, and I think this is an important one because, Rebecca, detoxing is something we hear a lot about, but not everybody should be rushing into a detox right away. I like the fact that you're suggesting enema, then a parasite cleanse. That means you are already considering getting things moving and getting out of the

body. The last thing we want to do is flood your emunctories, which are all of your detox organs with more work to do when they're not working already. So sometimes what we have to do is open up the actual gates to let things come out before we dump more into the sewer system.

Dr. John Dempster: I think one of the best things you can do is to start getting your lymphatics working very well, so different drainage remedies are a great thing. Even dry skin brushing is an easy thing to do. But make sure that you're not dealing with any pre-existing kidney issues or any liver or gallbladder issues that will stop you and impede you from breaking things down. We hear a lot about different types of gallbladder flushes and liver detoxes. That's sometimes a recipe for disaster because if you lodge a gallstone inside your bile duct sometimes that's a trip to the emergency room, but that's not necessarily what we need to be talking about right away. There's so many different detoxes out there that it really depends, but get your lymphatics working, get your kidneys flushing, get your bowels moving, not something to be taken lightly and hence the enema here, and then once things are moving better then you can start to actually create more of a [inaudible 00:31:53], more of a debris field being entering into these organs so they can now flush it out and do a true detox.

Dr. John Dempster: I've just seen so many people come to me who've tried doing detoxing on their own and got really sick when they weren't paying attention to understanding the mechanisms of a proper detox pathway. Your liver has two phases, and I call it phase one and phase two, and if they're not working in sync any more toxic debris that comes in is going to jam you up and make you feel really ill almost like you have a serious flu, so that's something that we want to make sure that we're supporting are the detox pathways while we're detoxing.

John: Great. Thank you.

Dr. John Dempster: And, is cognitive impairment at

the age of 78 reversible, and if so what are the most important measure to be taken? You know what, no matter how old somebody is there's always hope in my eyes and in my opinion in terms of helping them take their health to the next level. It's a very common and yet very sad thing to see in the elderly right now is that we're seeing a lot of this degenerative decline in our cognitive capabilities. And there's luckily a lot of things that we can do to start to halt and even in some cases reverse the process. Now, I'll be honest, not everyone can do that. It depends on the degree of the damage that's been starting to happen, but one of the best things you can start to do right away is to treat this almost like it's diabetes in a sense. Now, I'm not saying that cognitive impairment is always Alzheimer's. There's many degrees of that.

Dr. John Dempster: But what we are learning in Alzheimer's cases is that it's almost type three diabetes meaning that it's got a lot to do with blood sugar management or mismanagement. And you're gonna want to make sure that they're not eating things that are gonna glycate or in layman's terms caramelize the tissues that are very important for your neural activity. What I'd be doing right away is I'd be making sure that you clean up that diet immediately, and John O, I like what you do. Heavy vegan diet is probably a very good thing that's very low on refined carbohydrates. I think that's a very important thing. The other thing that I would do immediately is bring in a lot of the healthy fats. Your brain is between 70 and 90% fat depending on who we're seeing in the research talk about it right now.

Dr. John Dempster: ... that, depending on who we're seeing in the research talk about it right now. You want to feed your brain the healthy fats so that we can actually start to create proper neural activity. So those are some very important things to do. I would say definitely look at some B vitamins. They do a tremendous amount of things, and they're very safe to take for the masses. So, that's something that you can do right away.

John: Fantastic

Dr. John Dempster: Okay, Magda. My son had a heart attack about three years ago, has no pain in his sternum. He still smokes, unfortunately ... And I just got cut off. Here we go. What could that be? Well, having a heart attack, that is directly connected to smoking. You've got to stop that. That has to happen, number one. There's a lot of factors that involve heart attack. I don't know how old your son is, Magda, but smoking is one of the number one causes of cardiovascular disease. And so I would say, look, if you want to really, truly help your son you've got to help him find a way to get off the smoking. Hypnosis, laser therapy, if going cold turkey does not work. There's some great books out there. One is a very simple book, yet it's been profoundly impactful for a number of my patients. It's called Allen Carr's Guide to Quitting Smoking.

Dr. John Dempster: So, those are just some simple things to start. But, you know what, there's gonna be no magic pill, no magic supplement if he's still smoking. You've got to start there.

Dr. John Dempster: Barbara. Please review the protocol step by step. I ordered Organics detox one and two, what should I do next? The parasite cleanse by Microbe Formulas and then the metal detox by Microbe Formulas. Barbara, I don't have that in front of me. Do you have that, Jonathon?

John: No, that would probably be one for a future call. We'll save that for Dr. J Davison and Dr. Todd Watts, but what I can do is ... Oh that's so interesting. Okay, so no, she's got ... that's different. That's Organics and that's Dr. Musem actually is the formulator of that, so in a nutshell my quick answer on that from my understanding of those products is that what you would do is, you could absolutely do the parasite cleanse next and then the heavy metals. You could be embarking on both of those simultaneously if you've got very regular bowel movements. When I say regular I mean like twice a day. And then you would also look at how you could

do some detoxification of your kidney and liver and sort of let the supplement down. It is aimed at that with like milk thistle and a few other herbs that ... Dr. Demps is very familiar with that.

John: But generally you're in the right direction, and your body is ultimately going to be the better indicator than what anyone else can when you come to it. If you feel okay, and you're taking these things that have these cleansing agents, then fantastic, good for you. You're able to do it. Where as some people, they can't do it, and that just shows that they have to take it to a deeper level of detoxification.

John: But, that would definitely be the right direction for you at this point, unless something ... John has a different direction?

Dr. John Dempster: No I think that's great, and I think Dr. J Davidson and Todd Watts, the formulators of Micro formulas, they do great things. And I can't speak to that formula right off the top of my head, I actually don't recall it immediately. But, Jonathon, those are some good suggestions you just made.

John: Fantastic. So, Sheena?

Dr. John Dempster: Sheena. So hi, what effective treatment is available for H. Pylori apart from the usual heavy duty antibiotics. Great question, Sheena, I do a lot of testing for organisms in my clinic, and we see a ton of H. Pylori, and we treat a ton of it. And what's interesting is I'm glad that you have actually diagnosed that you have it, because a lot of people listening right now probably have it that don't even ... are not even aware that they have it. So it's a very, very common situation.

Dr. John Dempster: So, what are some natural ways to do this? One of the reasons we get H. Pylori in the first place is having low, or weak stomach acid. You have to really focus on getting way from too much

stomach acid is a bad thing like we've all been taught about ... we hear about having GERD, or reflux, and then we see the commercials on TV, "Take your acid lowering drugs right away and you'll be fine." Sure, you might take the symptoms away, but what's going to happen is that your stomach acid is going to get weak, you're not going to absorb the nutrients, and let's remember what your stomach acid does. It's your first line of defense for invading organisms orally.

Dr. John Dempster: So, H. Pylori is a bacteria, what it does is, the word helico means almost like a helicopter, it's a blade that burns deep into your stomach lining, and it creates a lot of distress. And one of the factors that causes your stomach acid is low is stress. So you've got to look at this from a couple of ways. From a root cause resolution, work on building your stomach acid levels up, work on getting your stress down. But there's some great agents that you can take that will actually go in and start to subtly, gently, yet affectively start to kill H. Pylori.

Dr. John Dempster: One of them is an extractive garlic called Allicin. There's some great products that contain out there. There's very specific forms of zinc carnosine that can be very helpful as well, and something called Berberine, and that's just to name a few. There's a lot of other antimicrobos that are very helpful. But, what's really cool and really fantastic with using functional medicine testing, is that you can actually run a very simple, yet complex stool test with a lab, and they will tell you which agents will work and which ones won't. So that's sometimes a very powerful tool to look at doing.

Dr. John Dempster: So, hope that's helpful, Sheena.

Dr. John Dempster: Hi Dr. Dempster. I was wondering if Bullet Proof brand glutathione force

is any good? I do believe it is like a liposomal glutathione. Is this a good one to use or can you recommend a brand that is better? I'm hoping to detoxify my liver, as well as increase my depleted energy levels. I am taking 5-HTP for depression, vitamin D, boswellia, T3, T4, Selenium. I've also addressed my gluten ... excuse me, my diet. No gluten, dairy, added sugar, no nightshades. Also, I have focused on my sleep quality and quantity. What else should I look at doing?

Dr. John Dempster: I have a doctor, a functional medicine doctor, etc. etc.

Dr. John Dempster: Okay, so let's ... again, I keep getting pushed down here Jonathon. There we go, I found it. Went back up? Okay.

Dr. John Dempster: So, glutathione, one of my favorite nutrients for helping somebody get their liver starting to detoxify better. And yes, you nailed it here, one of the best ways to get, in my opinion, the true supplemental way to get glutathione directly is through a liposomal source. Now, Bullet Proof, I can't detest that that's the best one out there. I personally feel like there are some that are a bit better. Livon is an exceptional product right now, and even some by designs for health are creating some very good products that are liposomal. And the reason why you want to make sure that's liposomal is that taking it in a powdered tablet or a capsule form, that is not an electosomal gel format, is very, very difficult to absorb, and a usually very ineffective and very expensive endeavor. And if you're going to invest into a supplement you want to make sure that you're getting a return.

Dr. John Dempster: And so I would certainly say that that's where you're going to want to begin. It sounds like you're doing a lot of other great things so, look at bringing in a high quality glutathione and there you go.

John: Dr. Dempsey, I'm not sure if you're familiar with what Dr. Peter Kahn talks about, where he talks about reduced glutathione, as well. So he's talking about liposomal with reduced glutathione.

John: Yeah.

Dr. John Dempster: So, I think that's a good idea, because I think taking the reduced glutathione by itself traditionally wasn't very effective. So I think you want to make sure that you are bridging out with liposomal glutathione. Now, we actually in our clinic, we do a lot of intravenous treatments as well for glutathione among many other nutrients. And we find that that level of absorption is the highest, liposomal glutathione is the next highest, and then you go down from there.

Dr. John Dempster: So, yeah, if you can bridge in different forms and you can bring in something called NAC, N-acetyl L-cysteine, which is a precursor for glutathione production in your body, then your going to be doing some good things.

John: Got it. And then that's ... generally people would take that supplement for what purpose?

Dr. John Dempster: made it to.

John: I like that [inaudible] system.

Dr. John Dempster: All kidding aside, no, it's a very powerful nutrient and I do take it everyday. And I do think it's one of the things that we see all the time come back deficient is certain lab tests. So, I think it's a good [inaudible 00:42:37] for a lot of people who are looking to improve their detox capabilities.

John: Good.

[inaudible 00:42:43] Hi Dr. Dempster. I worry

about what to do if the supply of natural thyroid supplements go away completely and even the synthetic ones. Is there anything I can do, I now take 65 mg of armor daily, because Nature Thyroid's [inaudible 00:42:56]. How can I proceed if the supplies stop? My Hashimoto is symptom-free, and my anti-bodies are normal at the moment. That's great, excellent, by the way. Organic, grain-free, very little goat dairy right now. Thank you, Tony.

Dr. John Dempster: So, yeah, I'm not sure where you're living right now Tony, but, yes, this is always a possibility and something that we need to be aware of. One of the things that I do with my patients is I really help them get the nutrients to facilitate optimal thyroid conversion and production of their hormones. So, really look at making sure that you're getting the co-factors for your thyroid production as well. Presuming that you still have a thyroid, we want to make sure that we're bringing that in. Such as Selenium, again some of the B vitamins, and many minerals are very important for the conversion of that.

Dr. John Dempster: Sounds like you're doing some great things dietarily. One of my other favorite foods for thyroid is dolce, again presuming that you are not dealing with any form of iodine toxicity or anything like that. You've got to be careful of that with Hashimoto's, but it brings in so many rich .. sea vegetables are so rich in some of the trace minerals that are often so lacking in a lot of different Hashie's cases. So, those are some conditions to look at as well.

Dr. John Dempster: And don't forget the other way to support your thyroid, anyone listening with a thyroid condition right now, our thyroid is not this singular gland in our body. It sits right here. But, it's communicating with your other endocrine glands such as your adrenal glands, and if you're male you're testes, and if you're female your ovaries. So we want to make sure that they're all talking to each other, and this is why you always want to make sure that

you're supporting your adrenals when you're helping a thyroid case.

Dr. John Dempster: So again, I hope that's helpful.

Dr. John Dempster: Lilly. I have high blood pressure, high cholesterol, fatty liver, I don't drink. Liver hemangioma, mitral valve prolapse, palpitations, tachycardia, gastritis, esophagitis, anxiety, depression, thyroid nodules, swollen lymph nodes in the neck, arbor cystic breast, [inaudible 00:44:50] gallbladder, constipation, arthritis in the hands, bulging discs in the lower back, scoliosis, [inaudible 00:44:55], and I'm always tired, I have rhinitis, etc.

Dr. John Dempster: I'm sorry to hear that, that's quite a list of things. I take medication for high blood pressure, mitral valve prolapse, [inaudible 00:45:06], depression, anxiety. I take vitamins B12, D, and C. I haven't been able to work in years because I feel awful. Even though my doctors know that I have all these things, they tell me I'm fine and to go to work, but I just can't. Please tell me what I can do first to feel better. Thank you.

Dr. John Dempster: Lilly, I'm sorry to hear that nobody is taking this seriously. This is all too familiar. You've got to find somebody who's going to listen to you and believe you. I can tell you right now, just after the first two things that you wrote down here, these are serious situations that need to be addressed by somebody who's very familiar with functional medicine.

Dr. John Dempster: Now, I will give you a couple of tips tonight, but this is a complex situation that you're going to want some one-on-one care with. Because there is not going to be necessarily a quick fix for every single thing you're doing with here. Bottom line, again, is treat this from an anti-inflammatory diet. You've got all sorts of things happening here that are inflammatory in nature including the anxiety, depression, esophagitis,

thyroid, there's so much going on here that's basically telling me that your whole body is on fire right now.

Dr. John Dempster: So, you're taking these vitamins, that's fine, but those are probably, literally, like taking a water gun to a house fire right at the moment. So, I'd rather you invest your money into understanding some power anti-inflammatory such as some very significant agents such as curcumin, is a very powerful power general one you can do, and yes you can cook with this by getting the extract from the tumeric root in a supplemental form is often very concentrated. I would look at some form of Omega 3's, I don't know if you are vegan or not, but if you're not vegan the fish oils are generally much more powerful, and there's many different companies ... again, make sure that you are investing in good quality along the way.

Dr. John Dempster: And bearing repeating here, you've got to get off the inflammatory foods. That could be your gluten, that could be your sugar, that could be your nightshades, your pasteurized dairies, etc. And I would definitely begin with that.

Dr. John Dempster: Now, when I'm seeing somebody with a fatty liver, that tells me right off the bat that you've got some detox issues. It doesn't mean that you should rush into a detox, but something like glutathione that we mentioned earlier will facilitate that, and really kick start that for you. Because, the blood pressure and the cholesterol, that's just the tail of the dog. You can't go on things that just drive your blood pressure and your cholesterol down without understanding why that's happening. And we want to make sure that we're looking at that.

Dr. John Dempster: So, I would highly encourage you to work with somebody, Lilly. This is much more than just a quick answer, but those hopefully are some good tips for you tonight.

Dr. John Dempster: [inaudible] . Any ideas what may cause involuntary clicking in the joints, similar sound to when people click their knuckles. It happens in various joints in my body. Also temporary [inaudible 00:47:36] after carrying buckets of water and putting them down. Some people feel, [inaudible 00:47:41], like this is a build up of nitric oxide, which is a gas, and it's not, I wouldn't say, proven yet. But that's certainly something to consider. So, this may increase your risk of arthritis down the road. So, I wouldn't ignore this completely, I certainly would begin on bringing in some core joint support. And again, as I mentioned earlier, Omega 3's are wonderful for that. You can look up, research glucosamine, conjointin, bonded together with MSM, and devil's claw, things like that are some other agents.

Dr. John Dempster: But that's ... the soreness in your elbow is just already telling me that something is starting to build up in terms of an inflammatory response. Carrying buckets of water, well hey, you're carrying hundreds of bucket everyday, my elbows would be sore, too. But it's certainly something that we want to make sure that we're not ignoring some of the early signs of an inflammatory, possible autoimmune condition. And I certainly can't diagnosis you with anything just with these symptoms, but I would start to look into that a bit further.

Dr. John Dempster: Carla. Hi Johnathon and Dr. Dempster, have you helped anyone reverse systemic sclerosis? Okay. We'll talk about that in a moment. My recent pathology shows high auto anti-bodies for this, it has me very worried, I have severe Raynaud's in the fingers and toes. It occurs at any drop in temperature, it's horrible. I can imagine. I worked with two doctors in the past 12 months and there seems to be nothing in Australia in functional medicine. It is also hard to get their supplements shipped here. I've seen some positive changes in other health issues since going gluten-free, dairy-free, whole foods based, but I still haven't reversed Raynaud's. I was recently told to take six [inaudible]

capsule three times a day for two months. I have pathogens ... this is interesting. Inflammation, Oxidation, I believe that's what that's supposed to read, low B12, and low progesterone. Any advice would be helpful.

Dr. John Dempster: Okay. So, systemic sclerosis. This can be really serious and not to say that not none of the other ones have been, but we want to make sure that we're being very careful, here. And we want to make sure that we're really hitting this from all ends, okay. So, again, a lot of the stuff that we discussed earlier is going to be very important for you. I don't ... I think olive leaf is going to be great, I don't think that that should be a monotherapy. Meaning that I don't think that should be the only thing you that you hedge your bets on here. I think you've got to hit this from a comprehensive protocol. You have pathogens, well I'm interested in knowing more about that, what pathogens and how was it diagnosed. Because if you've got pathogenic organisms in your body such as a parasite, or bacteria, or possibly a virus, or a uterine growth, we want to make sure that we are treating those specifically, and not one antimicrobial will kill all of them.

Dr. John Dempster: So, that's very interesting, but it certainly tells me that you need to focus on getting rid of the pathogens that are very likely residing in your gut. Inflammation is very likely a result of this pathogenic activity, and again I would work on getting your gut checked first. Running something called a GI map test is a very powerful tool, I don't know where in the world you are, Carla, but this is readily available in North America. And if you are Australia, there are tests over there that can be helpful.

Dr. John Dempster: Oxidation, another link to inflammation, we want to work on anti-oxidants and we want to work on your body's ability to absorb these. And low B12 tells me right off the bat, especially if you are consuming it, that your body is already compromised in its absorb ability, and we want to make sure that we're helping that.

Dr. John Dempster: Low progesterone, make sure you're looking at your thyroid as well, because sometimes that gets missed very easily, and people with lower progesterone tend to have thyroid issue, which hinders gut repair. And so often, again we're trying to look at this from a comprehensive approach, and I know Jonathon, you're very good at this and discussing this, we want to make sure that we're not just looking at the tail of the dog here. Whenever we get a symptom, we don't just lunge it at with a bandaid approach. Even though it's natural, we want to make sure that we take the whole picture in.

Dr. John Dempster: So, it's a bit long-winded, but I think it's important that we stress that throughout this evening, because one of my favorite analogies is, you step on a thumbtack, it doesn't matter how many advils you take, you still have to take out the thumbtack. We've got to get to the root of the problems here, and that really is what passion is, helping people with autoimmunity.

Dr. John Dempster: And we have Rebecca. Is that right? Sarah. Is that right?

John: Yeah. Rebecca or Sarah.

Dr. Dempster: Rebecca. Here we go.

Dr. John Dempster: What food program should I follow and incorporate in order to help my detox? I think eating lots of different raw food and vegetables is very important. Again, listening to earlier in the episode, Rebecca, sometimes we don't want to lunge into a detox, but, taking away foods that are going to create clutter in our body, and create a lot of interference with our detoxification organs are going to be a lot of the heavier meats. A lot of the processed meats, and processed foods, a lot of the pasteurized, or industry-prepared foods such as dairy, etc. That just creates a lot of noise, and it

creates a lot of confusion. And we've just got to eliminate that right away to open up what your organs are meant to do. And our body is super in-tune, our body is super intelligent. But sometimes we have created so much confusion for it that it just can't navigate the waters anymore. So if you remove a lot of that distracting noise, then you can often get on track really nicely.

Dr. John Dempster: Sara. Who would be the best doctor you would recommend for someone who has Thigh Muscle Atrophy caused by neurons in the brain dying and not feeding those muscles, so I've been told. Please recommend the best doctor to reverse this, and/or your advice.

Dr. John Dempster: Well, I think anyone who's board certified in functional medicine will be able to give you some very powerful tools such as some specific labs, again, that I think you're going to want to run. There's not a supplement that's just going to be a magic cure for this, in this situation. Yes, there's going to be nutrients that can be helpful to speed up your recovery, but I certainly would make sure that we're looking at understanding a lot more of the root cause here.

Dr. John Dempster: Now, neurons in the brain dying, I'm always concerned when I hear that, because I want to know why are they dying. Has there been some damage, has there been some trauma, has there been something along the way that's, right now, structurally impairing the blood flow to these areas? So, I would also consider working with somebody who's very good at looking at your anatomy not just your biochemistry to make sure that structurally, something isn't being impinged right now. So, that's where I would begin, and really I'd want you to understand a lot more about what the root cause of the neurons dying.

Dr. John Dempster: Jonathon, would you have anything to add on that?

Dr. John Dempster: We might have lost Jonathon for a second here, that's okay. We'll keep moving.

Dr. John Dempster: Barbara. When selecting a local functional medicine doctor, what type of credentials, organizations should he or she belong to?

Dr. John Dempster: So another great question, I think we're going to want to make sure that we're looking at people that have been board certified with either A4M, which I mentioned earlier, or IFM, Institute of Functional Medicine. And so these are two of the leading, in the world right now, institutions that actually board certify practitioners to become functional medicine doctors.

Dr. John Dempster: And that's where I would start, I would get on either of those websites, IFM.com or A4M.com, and then search by your city.

Dr. John Dempster: Hi I'm Keith. I am 75, and three years ago developed rosacea. It flares up every three months or so, any ideas on how to prevent it and cure a flare up?

Dr. John Dempster: Okay, so this is interesting. Rosacea is almost always linked to something going on with your stomach acid, and we touched on that a few times tonight. You're going to want to make sure that you're hydrochloric acid levels are okay, and one of the best ways to boost this up is by taking something called betaine HCL. So betaine hydrochloric acid. And that's something that is plant-based, and it's a very powerful supplement because what it will do, is it will actually teach your stomach cells to start to produce its own hydrochloric acid. Again, when it does that, and you get those levels coming up on their own, when you take this supplement, you'll eventually start to get a little bit of that warming or even a heart-burning feeling. That

means it's time for you to start to back off. That's a very important one.

Dr. John Dempster: Now, there's different types of Rosacea. There's some that are more acne forming and some that are more generic just flushing forming. And depending on which form you've got there are then sometimes probiotics that can be very helpful in looking at underlying organisms and eradicating them. But, get your stomach acid that's the first thing, and avoid a lot of the real pro-inflammatory foods that are causing a lot of flushing such as a lot of hot spices, chocolate, alcohol, alcohol is a big factor by the way, not only in reducing your stomach acid, but also for creating a lot of [inaudible 00:56:14] dilation in blood vessels.

Dr. John Dempster: Let me just try to move this back up. Okay. We've got an anonymous attendee. How do you keep a restricted diet when you're invited to someone's home, or at a church potluck, or going to a restaurant? Well, this is where we have to be more motivated to continue. It's not always going to be a convenient [inaudible 00:56:35], and I totally understand that. This is where you're going to have to be prepared going into these events and if you ... one of the ways that I help my patients create almost a little bit of hack around this is to make sure that you feed yourself a bit before you go out so that you're not running into an event starving, and then all you see are these lovely pastries and cheese dishes in front of you that, for some people, can be very pro-inflammatory.

Dr. John Dempster: So, you want to make sure that you're satiating your body at least 20-30 minutes before with some optimal nutrition. Try that, if you don't have the opportunity to eat before you go out, sometimes I just stick a nice ... there's some great whole-food bars you can stick into your pants and your pockets, and then take them with you if you have to take a bite in between saying hi to people, then you can do that as well. But honestly, this is where the willpower and the discipline comes in.

Dr. John Dempster: [inaudible] Hi. Thanks so much for all the help. I have a Sibo, and I've got a lot of small intestinal pain. I've tried all the herbals and [inaudible] in the last two years. And it all started ten years ago, and nothing really changes. I also have vertigo and a lot of body pains. Through this program I was told not to bother trying to heal the gut, but feel to do ... not sure what that means there. But, I'm not financially in a good place, so any ideas? I can't afford Dr. J's program, and I've done Dr. Halbert-Clark's parasite. Once again, [inaudible 00:57:59]. Peter.

Dr. John Dempster: Okay. Hi, Peter. Again, have you confirmed that [inaudible] has been done by testing. If you have, that's very important, a lot of people go by their symptoms and are erroneously led down the wrong track, thinking that they have Sibo when in fact that they have something else. So, I would definitely, if you've confirmed that you have a Sibo infection, one thing I didn't hear you mentioning here, is motility agents, and that's one of the missing links for people when they Sibo, is that they're taking anti-microbials, and they're taking the antibiotics in some situations, but they're not working on their migrating motor complex, they're called the MMC. And this is a very important factor to make sure that we are continuing the movement that stops Sibo from building up.

Dr. John Dempster: And so, I would certainly look at bringing in some motility agents such as a barrel gast, and that's one good option for you to start. So, I would try that.

Dr. John Dempster: Magda. Before I learned more I bought, I think that was meant to be Whey Protein?

John: Yeah. Whey protein.

Dr. John Dempster: Can I use that in smoothies? I do not drink milk, but I can eat plain yogurt and cheese without any ill effects. I have Hashimoto's, I'm also pre-diabetic and trying to lose weight.

Dr. John Dempster: Okay. So, again, a bit of an interesting question here because not everybody with Hashimoto's does well with whey and not everyone does not do well with whey. So, I'm sorry to be vague here, but when we do our testing we can find out very clearly when somebody is responding. As a general rule, if you're getting a nice high quality, grass-fed, whey protein, often times you're not going to react the same way as you would to having milk or even having cheese for that matter. So, quality is everything, like most supplements. So I would certainly make sure that you are getting a good quality whey protein, but listen to your body. Some of the first things that will happen when you have a whey reaction is that you will have all sorts of gastric issues. So, if that happens, then it might be a good sign to back off.

Dr. John Dempster: And it looks like, have we done this one before? Carla?

John: Yes. We have. You're right.

Dr. John Dempster: Okay.

Dr. John Dempster: Odette. Can you recommend a good quality probiotic supplement? Thank you.

Dr. John Dempster: Great question. There's an amazing amount of excellent probiotics out there, and they range in all sorts of strains, doses, and really quality as well. So, one of my favorites, and just a real easy one for everybody out there, is a one-a-day that does not need to be refrigerated, and it's a good strike point in terms of the number of billion that you want to get. It has 100 billion [inaudible 01:00:29]. It's called probiomax, and it's by Xymogen. And we use all sorts of different probiotics in our clinic, but that's

just a very good easy one. There's some people that actually don't do great on probiotics so I'm hesitant to recommend some of the higher strength ones. But, I would say this is a great gluten-free, great dairy-free probiotic for you to start.

Dr. John Dempster: Debbie. My friend just got out of the hospital from an infection, diverticulitis, and she is on meds for asthma, fibromyalgias, the whole gambit. Where should she begin to correct and heal from this and these conditions?

Dr. John Dempster: So I think a lot of this we've touched on already, we really want to clean up the diet. All of these are inflammatory conditions here, and you've got to start in your gut, Debbie. So, what would you start to eat? Well this is where we'd want to start working on a very powerful anti-inflammatory diet which is going to be really reducing the sugars, the gluten. And in fact, in many situations, a lot of grain is important enough to start make that needle move. And you have to look at that in some situations. Some people eat gluten-free and get sicker, because the gluten-free products are filled with corn, which is generically modified and filled with sugars. And that couldn't be a worse concoction to give somebody with an inflammatory condition such as this.

Dr. John Dempster: I would also make sure that you're starting to focus on getting some anti-inflammatories such as some high potency Omega 3's, and some of the SPM's that we mentioned earlier. I think that's a very important thing to address.

Dr. John Dempster: Kathy. Is there a natural way to get ride of gallstones? FYI, I've also been diagnosed with IBS, and [inaudible 01:02:02] function. I'm not under a doctor's care, I want to treat the source not just the symptoms, and not with drugs. Two things I know I need to fix and I'm in the process of doing, more sleep, more water, and less sugar.

Dr. John Dempster: Well, that's an excellent start. Now gallstones, presuming that yours are causing you problems, because a lot of [inaudible 01:02:20] have gallstones and they aren't necessarily problematic, but I certainly would make sure that we're starting to eat foods that aren't going to create a sedimentary effect of your bile. We want to make sure that your gallbladder is starting to flush your bile out and not let it remain stagnant, which it does when we eat a lot of really processed foods, and a lot of unhealthy fats such as fast foods and things like that.

Dr. John Dempster: Now, that's not necessarily what's going on with you. There's a great supplement out there called Chanca Piedra, now this is primarily .. it literally means "stone breaker." It's not always the best for gallstones, but it's a great adjunct when I start to bring in different types of enzymes into my patients. So, I would look at a broad based enzyme, I would look at bringing some Chanca Piedra in, and I would make sure that you tidy up your diet right away. Make sure that it's very anti-inflammatory. And the good news is, there's lots of resources online right now, your [inaudible 01:03:11] your autoimmune revolution. There's tons of great tips in that, and so I would direct you back to that, Kathy, as well.

Dr. John Dempster: Barbara. My daughter's been suffering from several different ailments since she was 16 years old. She is now 19. And this first began with a meningitis vaccine which attacked her platelets. She was then diagnosed with ITP and was in treatment for two years with on and off [inaudible 01:03:38] steroids. Then she was hospitalized with meningitis and an issue with myocarditis. She frequently has throat tonsil infections, yeast infections, and suffers with severe depression, severe migraines. What should we do?

Dr. John Dempster: Okay. So again this is quite a complex case, where there's a lot of different systems involved. And I'm sorry to hear that this was triggered by a vaccine. Now, we can't reverse the clock here in this sense, but what we can do, is we can start

to really address the inflammation that's seen as a result. And 80% of your immune system begins in your bowel in an area called the peyer's patches. So, helping out your gut again, this is going to sound redundant here, but it's so important. Especially when you're getting recurring tonsil infections, yeast infections.

Dr. John Dempster: Now, depression is interesting because, there's multiple reasons for this, but right now 75-85% of our neurotransmitters are also produced in our gut. So once again, I'm seeing a big, big gut connection here. The migraines, something that's a very quick start for you that you may want to consider right away, is taking a very good quality magnesium glycinate. This is something that you can pick up almost anywhere and that would certainly simplicate that until you get a little bit of bowel tolerance. That's an easy, no-brainer. Magnesium is the number one deficient mineral in women, and it's certainly some place that you can start, and it's responsible for 300 jobs every single second in every cell in your body. And so it's a great place to begin.

Dr. John Dempster: Heather. My son has type one diabetes for six years, he also suffers with exema and food allergies. We have removed gluten, dairy, and soy. What would be the next best steps to help him? So [inaudible 01:05:23] that's an excellent starting plan. One of the things you can do to dive in a little bit more is to figure out what foods specifically beyond those big 3 are problematic. And there's different types of food tests available that can help you identify foods that might be almost acting like blind spots and this is an interesting thing because, I have patients that are on the healthiest diets that are still reacting to some of the foods that they're consuming. And sometimes we need a little bit more in-depth understanding if there's any foods that you're consuming a lot of.

Dr. John Dempster: Now, type one diabetics, we see a lot of them in our practice here, we're really going to want to work on making sure that you're getting your body's nutrients optimized, and that

is something that I'm sure you're getting a broad-based, in a high plant-based diet. But don't focus on ... high plant-based doesn't mean necessarily bringing in a ton of grains. Grains can often really throw off that interaction there, and if you're not having any [inaudible 01:06:19] at all then you've got a completely non-producing [inaudible 01:06:24] right now, then you're going to want to be very careful about monitoring that too with your doses. So, definitely look at getting some of the foods tested. And that's not a food allergy, it's a food sensitivity. Sometimes an ITG food test can be very helpful here.

Dr. John Dempster: Go ahead, Jonathon.

John: Go ahead, Jonathon.

Dr. John Dempster: I apologize to everyone, I've beginning to lose my voice. I've been working with patients since 8 this morning, so I'm just going to take a sip of water here.

John: If you're appreciating what Dr. Demps' has been sharing with you, just give him a, raise that hand out, you'll see a little hand there in the bottom there. "You're amazing", Rebecca says. About 40 hands just raised just there, they keep going up. It's awesome, people are loving Dr. John Demps. That's 50 hands up, everyone's raising the roof. Thank you.

Dr. John Dempster: Alright. Well, I'll keep going. I'll keep going until I can't speak anymore.

John: Look at that. Look at that. You got it out of him. You're getting pretty much fan mail. Erica's, "Thank you", exclamation point, smiley. Give him some more love and he'll get us a few more questions, there.

Dr. John Dempster: This is good. You're keeping me going. Keeping me powered through here, guys.

John: "Fabulous advice", [inaudible 01:07:40] says. They're loving you, man. We appreciate it so much.

Dr. John Dempster: I'll keep going here Jonathon, unless you wanted to step in at all.

John: No. No. No. You're great man, we can kind of wrap it in twenty minutes. That way your family won't hate me and I'll be able to get you back on my show.

Dr. John Dempster: Alright. Yeah. You bet.

Dr. John Dempster: Okay. Thanks for your question here. Do you have any experience working with ozone therapy, does it work-

Dr. John Dempster: Thanks for your question here. Do you have any experience working with ozone therapy? Does it work for RA?

Dr. John Dempster: So in my province, I actually live in Toronto. I'm in Canada and in my province, I'm not actually legally allowed to administer ozone, however, I've been trained in it in the past and it can be very helpful and it's a great tool to explore. You're just going to want to find somebody who's board certified and licensed to do that near you.

Dr. John Dempster: So does it work with RA? It's a great anti-inflammatory and rheumaty arthritis is not only autoimmune in nature, but it's very prone to inflammatory nature. It's certainly getting to [inaudible]. Especially if there's some infections involved, which ozone is very good at resolving.

Dr. John Dempster: Jennifer, what place can liposomal colostrum play in restoring gut function? And this just keeps jumping around again on me.

Jonathan, I'm just going to bounce back up. And can it cause constipation?

Dr. John Dempster: Anytime you're dealing with any gut therapy or remedy, even if it's touted to be the best gut nutrient available, there are always going to be people that have a paradoxical reaction and it creates some constipation. So I can't tell you that it won't. I can tell you in my experience, colostrum is very helpful, again, tying back into the gut as a major organ responsible for immune system, colostrum is a very powerful nutrient to help with your immune system.

Dr. John Dempster: So I would say it can be very integral and really help bridge some of those tight junctions that we see, that are often under attack and damaged when we have somebody with leaky gut. So, yeah, give it a go.

Dr. John Dempster: Ray-Ray Aurora, what herbs, protocols, do you recommend for endometriosis and hopefully to reduce some painful ovarian cysts without surgery? Any input would be appreciated. Nothing seems to be working with the pain. I'm working on a clean diet. Thanks.

Dr. John Dempster: I'm sorry to hear that. This is something that can be really painful and I know you're dealing with this right now, but anybody who is suffering from endometriosis knows that there's not a very quick fix for this. What you're going to want to do is you're going to want to get your hormones completely analyzed right off the hop. And I've mentioned this half an hour ago, the Dutch test will be the best one to look at. But you also want to look at what you can do with different things, such as SPMs and curcumin and anything that we can do to reduce the inflammation surrounding these organs and especially around the cyst.

Dr. John Dempster: Now, cysts are interesting, because they're encapsulations of what your body

deems a toxin. I don't necessarily mean it's a sac filled with gross debris, but it often can be caused via some form of traumatic or emotional stress, that's been suppressed over the years. And yes, that can be resolved by literally starting to clear some of those toxic emotions out and by cleaning up your diet significantly. The two go hand-in-hand.

Dr. John Dempster: But most of my patients that have been dealing with ovarian cysts have had a combination of chronic distress, that may have been precipitated by some form of trauma or just a significant event in their life, that was never fully resolved. And we can't forget that. I know we've been talking a lot about the biochemical supplements and diet a lot tonight, everyone, but it's really important that we look at this as a whole picture.

Dr. John Dempster: Because we are connected top down here and bottom up and we've got to make sure that we're looking at all of the emotions that we encounter on a daily level and beyond and make sure that we're not suppressing them, so they fester like a hot spot in us.

Dr. John Dempster: Sheena, another question, can herbal supplements such as curcumin, bilberry and others that can stimulate the cardiovascular system, as well as liver detox formula that triggers or exacerbates heart arrhythmias, atrial fib, ectopic beats, atrial flutter in a similar way to caffeine?

Dr. John Dempster: Absolutely. We can again get this paradoxical reaction. I very rarely see curcumin do that individually, but sometimes we'll get these formulas where we can't necessarily identify what part of it was creating that. And sometimes what can happen is that we can ... if we're doing something too much, too fast, too hard, it can create a little bit of gastric distress that pushes gas up that can exacerbate these symptoms too.

Dr. John Dempster: Sometimes we need to actually look at, if we're feeling any sort of this cardiovascular type of picture here, we want to make sure that we're going all the way back down to the root. Remember where I mentioned earlier, the root is your gut. Again, I will keep saying that over and over again, it's so important.

Dr. John Dempster: But definitely, if you are reacting to something that is otherwise deemed safe, some people just react to the safest nutrients. I've been doing this for over 10 years and 12 years in practice and sometimes I'm blown away, that I give somebody something I consider to be the most safest, conservative supplement and they still have a reaction to it. So unfortunately, we have to pivot at that point, come at it from a different approach.

Dr. John Dempster: Namara, my husband is 41 who had a thickened bladder wall, he has urgent blood and cannot relieve himself all the way. He wakes almost every hour at night with no prostate issues. He's starting to eat clean. How much melatonin can a man of 150 pounds take? He is also and has been since a child, chronically constipated. It has been determined after extensive testing, we found his sphincter are muscles tight. So is bladder the and muscle.

Dr. John Dempster: You had been talking about absorption, I had been thinking that might be a problem too. You're bang on. I would certainly make sure I would look at what's going on from an absorption perspective.

Dr. John Dempster: To answer your question on melatonin, a 150 pounds individual, you can certainly start by taking three milligrams that's very good I would say conservative dose. But I have many patients that need to take much more than 10 milligrams per night. And so start low slow and low and work your way up, that's a good model for any supplement that you're giving that's new, that you want to proceed with caution. And Jonathan, I know

you would agree, slow and low is just a good model in general and work your way up.

Dr. John Dempster: I would say definitely gives some consideration to magnesium citrate as well, because if we're not sleeping and we've got constipation, the number one nutrient, that common denominator there is magnesium citrate. So make sure that you're pushing those levels up again, start off slow and low, about 200 milligrams and you can work your way up. But again, try to always work in conjunction with a practitioner who can monitor you, especially when you're pushing into higher doses.

Dr. John Dempster: Zegna, there are so many products out there, how can I find good omega-3 supplement? You're correct, there's a lot of great supplements, in my opinion, there's a lot of not great, there's even more not great supplements. So omega-3s can come in different forms, they can be vegan and they can be coming from a fish base.

Dr. John Dempster: Very quickly, I can give you a rundown here, there's three main factors. There's something called EPA and DHA, which are the main active ingredients and something called ALA. When you're getting a fish version of an omega-3, you're getting the EPA and the DHA, which is that main ingredient, main two ingredients in omega-3s that have a huge, powerful impact on the many systems and bodies.

Dr. John Dempster: So I'm a believer of, if you aren't vegan and you can tolerate fish, to try and go for those sources first and very small fish, not something that is coming from a salmon or cod necessarily, but more an anchovy, herring and sardines. Those are going to have less bioaccumulation of debris and any good quality supplement out there right now, make sure that it's very purified, not bringing in heavy metals or sort of toxins as well.

Dr. John Dempster: Some of my favorites are Metagenics, Designs for Health make some great products as well. Nutriseed is a very readily available one and I would start there. I hope that's helpful.

Dr. John Dempster: Lorenzo, I'm affected by electro hypersensitivity, probably due to mercury intoxication from multiple fillings. Can you give me some advice about how to detox mercury. Thank you.

Dr. John Dempster: Great question. So I come from three generations of dentists in my family, so we've had a lot of conversations over the years about mercury in fillings. Now there's other ways to get it other than fillings, but you're going to want to make sure that you are working with a biological dentist before you start detoxing your mercury. There's no point in taking out or drawing mercury from your teeth into your system, using different forms of chelation unless you've actually got the root of the problem taken out.

Dr. John Dempster: If you do suspect you have ... looks like it just skipped around again. If you do have some issues here coming from your fillings, I would find a biological dentist so that you can get those removed safely. And that's going to be using proper dental dams, proper ventilation systems, that you are not going to pull in a lot of that debris that's secondary to actually getting them removed.

Dr. John Dempster: So if you've done those steps and you've started to get that, just before you begin, I would actually start to begin with some very gentle, natural chelators. Karela is a wonderful one that you can pick up. Cilantro, these are again very gentle that almost anyone listening right now can begin.

Dr. John Dempster: There are much more aggressive chelators available, but this is where you're going to want to work with a practitioner who can monitor you because chelation isn't just an easy to implement strategy when you're dealing with things such as

DMSA or DMPS or EDTA, which is a little bit more of the aggressive chelators. I'm not saying they're not helpful but those do pose ... create some side effects for you, if you're not careful and you can actually create damage in your organs if you're not careful.

Dr. John Dempster: So I would definitely begin by getting into the more gentle ones. There's some great hops extracts right now that are very powerful, that were seeing in the emerging research that can also act as potential chelators. And I can't stress enough about fire infrared saunas, they're wonderful, great tools as well.

Dr. John Dempster: So Mara, how do we detect leaky gut and where did we start with treating it? We've gone gluten free and dairy free and cut out red meat. So the number one way to test for leaky gut right now is what's called a zonulin test and this can be done either through a blood or through stool testing.

Dr. John Dempster: Another test that can be utilized as well is a lactose mannitol challenge. These are kits you can order from different labs such as doctors' data. You can order them from diagnostic solutions and if you actually truly want to assess that you have leaky gut, then that's how you're going to get that assessed.

Dr. John Dempster: How do we start with treating it? First of all, removing those offending agents is a very powerful way to do that. Gluten is number one in my opinion, in terms of the damaging agents. This is why a doctor by name of Dr. Les Asano, who I'm very fortunate to see speak numerous times and he is literally the grandfather when it comes to talking about gluten.

Dr. John Dempster: So nutrients that can be very helpful to facilitate the repair of leaky gut, L-glutamine is one of my favorites and bone broth,

we've mentioned earlier, but there's a very specific probiotic strain called lactobacillus salivarius that you can get that is also going to be very helpful for creating the cross bridging of the formation of those tight junctions, which is really what becomes damaged when we have leaky gut and that's when things start to enter into our bloodstream that shouldn't be in there. So I would say that those are some great places to begin.

Dr. John Dempster: Another anonymous attendee, everyone's taking detox, what steps can we do to detox properly? Also when I take digestive enzymes for digestive support, I break out in this dermatitis like rash on my nose. What would that be? I'm only able to eat green beans, olive oil, salt, celery, ginger, chicken, juices. I know it can heal, but not sure where to begin. When I take detox supplements I get extremely tired. I'm concerned because I continue to lose weight. My inflammation reactions show through my skin and face.

Dr. John Dempster: A lot of things we touched on here, we discussed earlier. If you're having a reaction to something that's generally considered very safe, like an enzyme, that means that you're moving too quickly for your body. And we want to make sure that we're not mobilizing things too quick that your body can't clear out.

Dr. John Dempster: So what I would do is I would go back to the basics here first. That means that I do believe that you should be on a little bit more of these cleaner and cooling foods, such as juices and things of that nature. And I still want you to eat or else you're going to continue to lose weight.

Dr. John Dempster: But what's going to happen is if you start to go for some of the more advanced powerful supplements, you're going to have a breakout because your body can't keep up with that. So focus on things that can support your kidneys, your lymphatics and your liver.

Dr. John Dempster: Glutathione is a great thing as well to get that phase one, phase two going, which is often the right limiting step for somebody who can't detox very well. It's a very powerful nutrient.

Dr. John Dempster: I like greens juicing a ton, I see you doing a little bit here with celery and cucumber, but I wouldn't be afraid to bring in few more things, such as spinach and kale and chard and arugula, bringing some wheatgrass. Wheatgrass is a wonderful agent by the way, presuming that you can tolerate it, it's quite strong, but these are things that are going to be very cooling for your body. It sounds like your body is almost quite angry and quite inflamed right now and I would begin with that.

Dr. John Dempster: Hi, John, any advice for hidradenitis suppurativa? Excellent. I have a number of patients with this. My neighbor's daughter has got it, she is 17 and overweight. I believe she's on gluten free already. You've only nailed one big one. I would certainly get her off of all dairy sources immediately and I would get her on a very high strength probiotic, unless you have the opportunity to get a comprehensive diagnostic stool test to identify where the specific strains are.

Dr. John Dempster: But a great thing to start immediately would be to get on something such as probiotic 225 by Orthomolecular Products. At the time production, that has almost got a trillion organisms in it and I would certainly say that's a good place to begin.

Dr. John Dempster: You're also going to want to make sure that she is on some omega-3s as well. We've seen some amazing results with this condition, just by those simple strategies and then sometimes we need to do a bit more of a detailed approach in the gap, but that's a great place to start.

Dr. John Dempster: Hi, Terry. I have genetic issues where I cannot have glutathione. I do have fatty liver and trouble with detox and I have neurological Lyme from all the symptoms. I am on a clean diet, gluten free, dairy free, sugar free, low histamine diet due to genetics. What can I do for detox if I can't take glutathione?

Dr. John Dempster: Have you tried taking the precursors to glutathione such as selenium and acetylcysteine? These are great ways to start to build up your own glutathione pools without necessarily reacting to glutathione itself, because we all need glutathione, so it's not that you don't have it. You might be reacting to ... the glutathione itself might be too strong.

Dr. John Dempster: Other ways to help support your liver are going to be things like milk thistle, dandelion or beetroot. These are some great ways as well, so you can consider giving those a go.

Dr. John Dempster: The neurological Lyme disease, that's again a much bigger, you're going to want something to walk you through that, that's not going to be healed with just one supplement. That is a chronic condition and we see a lot of that and often this is bringing in all sorts of conversations, such as other systems in the body, not just being bit by a deer tick. We want to make sure that's supporting a lot of systems to help you beat that.

Dr. John Dempster: Elaine, my son has a bloated tummy, even though he eats healthy, gluten free, soy free. I give him digestive enzymes, he did a parasite cleanse and now we did heavy metal testing. He is high in lead [inaudible 01:23:21] and some others that are normal. We're going to do IV chelation for him. What other binders do you suggest, any thoughts on I believe that says bloated tummy. I'm glad that you're doing some heavy metal testing, first of all, I'm going to touch on this right. There's difference between testing heavy metals in your

bloodstream versus what is called a provocative urine challenge. And we're going to want to make sure that we're understanding what both mean here.

Dr. John Dempster: A blood test is going to look at very acute exposures, so anything in the last 30 days, generally speaking. What we need to do is a provoked urine test, you're going to actually draw metals out of organs and tissues that those metals have been storing over the years.

Dr. John Dempster: So our body doesn't like to have mercury and lead floating around in the bloodstream, so your body will often push it deeper into adipose tissues or lead tissues. So just want to clear that out, hopefully you've done the provoked test as well.

Dr. John Dempster: If you're going to do IV chelation, okay, so we used to do a lot of IV chelation and I'm not saying it's not helpful, but often we're getting just as good if not better results with less invasive and less cost for our patients, just by doing some simple oral chelators that I mentioned earlier. So a lot of the different types of Hawks extracts and cilantro and chlorella working up into the DMS, say if we need to. And sometimes if that's not a response, we will actually recheck in three months after 12 sessions and recheck to see if a therapy has been working.

Dr. John Dempster: Because metals take a long time to get out, so it's not something that's going to go away in a week. The power of detox. But if we're finding that we're not making headway, we'll actually custom some suppositories for them, depending on the chelator.

Dr. John Dempster: The bloated tummy, well, that's another big question that we need to look at in a number of different angles. Is it related to food, is it related to enzyme deficiencies, is it related to leaky

gut, something called SIBO? Is it related to [inaudible]? I would start to look at some of those things.

Dr. John Dempster: Anonymous attendee, what about malabsorption of fat along with autoimmune illnesses? Thank you.

Dr. John Dempster: I'm not too sure what the question is here, but I'm presuming that you're suggesting that malabsorption of fat causes autoimmune disease. I'm not too sure, Jonathan, what do you take from that question?

John: You're talking about which question?

Dr. John Dempster: 8:55, anonymous.

John: The one about malabsorption of fat along with autoimmune.

Dr. John Dempster: I'll take a stab at this, yeah, I think fatty nutrients, excuse me, fat soluble nutrients such as vitamin As, Ds, Es and Ks are huge and that's the direction I'll take from this here. So those are the nutrients that we extract from fatty foods, so yeah, if you're not absorbing fat, that's one aspect of it.

Dr. John Dempster: Also, there's lots of very healthy fats that we need for our body, that are very powerful anti-inflammatories and I think we touched on that earlier in the call tonight. So we want to make sure that we're bringing in not only good quality fats but high in [inaudible]. So this is where we're getting into the instant teas. Good, non-hydrogenated coconut oils, very high quality olive oils. 80% of olive oil that's made right now is actually very poor quality. And so that's something else to consider as well.

Dr. John Dempster: I think Blaine was following up on something you mentioned earlier and I actually

don't recall Blaine, what your question was earlier.

John: I'm not sure either. But I think that we've answered the previous, so we're okay there. So come over to Julian and anonymous.

Dr. John Dempster: Julian, no seeing Julian here, one second. I got Julian. I've got dizziness on the left side of my head that caused anxiety for a while now. I got a functional doctor do a blood test. I'm gluten, dairy sensitive. I'm under methylation. I wonder if that means I'm under methylated. I take different B vitamins, potassium, iodide. But I still haven't been a whole better.

Dr. John Dempster: Because this dizziness comes and goes with the anxiety, I presume. I went through some integrative hypnosis and I've seen some improvement, it's looking like it's a mental challenge. What else could it physically be? It comes and goes when I focus, relax, away for a bit. Thank you.

Dr. John Dempster: So again, multi factorial when it comes to dizziness. And this is something that you do have to look at what's underlying all these issues here. I think this is again, you're doing some great work here. I assume when you said you did a blood test that was for an IGG food sensitivity test and those foods if they were detected, absolutely be 100% about taking them out.

Dr. John Dempster: If you're not methylating, B vitamins are a good start and making sure that you're taking the methylation versions of them, so again, from a methyl tetrahydrofolate, if you're doing folic acid and then methylcobalamin from a B12 perspective, that's very important.

Dr. John Dempster: I would bring much more anti-inflammatory supplements into this, because dizziness is often the result of inflammation of some of the very sensitive tissues in our body and potentially in our inner ear. And so I would work on

some higher doses of omega-3s and some SPMs here.

John: Awesome, pancreatic enzymes, CRION, with questionable malabsorption.

Dr. John Dempster: Absolutely, enzymes are huge. Anytime you're having maldigestion of anything, a comprehensive digestive enzyme can be very important.

John: Fantastic, hey, thank you so much Dr. John Dempsey. You have been such a friend to our tribe here and Nicole, as you're listening on here, someone that's working with us here, if you can grab those questions we will store them inside of our system. But what I'd like everyone to do that came in and then asked the question, our next question and answer, I'll circle back with dates, so keep an eye out for my next email.

John: Because we are coming up to the holiday weekend, next Tuesday is Christmas Day, let's see hands people that want to see a Q&A happen on Christmas Day. Thankfully, no hands are raising. Hands going down, good, yeah, let's not do that. Let's just enjoy our time, hands are dropping down. No, let's not do that during Christmas Day.

John: January 1st is the following Tuesday, but that's going to be again, the 1st, you guys are not going to want that, but don't worry I'll follow up. Probably it'll be that week sometime or very worst case scenario would be the following week. We got a couple weeks break, but we'll be in touch, we will be on sending you this question and answer, the transcript, so you can read along, keep up to date, keep digging deep and I'll let Dr. John sign off with a couple words and again, thank you so much for being here. We look forward to having him on our show, we've done some really fantastic interviews with him, so you'll see him in some of our new content. And I'm

coaching him along with some ideas of how he could share some of his best training resources with our tribe. We will be on the phone shortly, so we can work out a way that we could possibly be getting some other information resources, so people can learn along and obviously, you guys are welcome to look out Dr. John Dempster and follow his work and appreciate and support his work.

John: Thank you so much for being here, Dr. Dempster.

Dr. John Dempster: Thank you for having me, Jonathan. You're doing great work as well, but I want to just leave everyone with one thing, listen, a lot of you right now are struggling with a chronic condition and it may seem very daunting and it may seem very hopeless at times. And no matter what you've done to date, just remember it's not about achieving perfection here. It is about I'm making one tiny little bit of progress every ... one bit at a time, focus on that.

Dr. John Dempster: I know even that can sometimes be frustrating because you feel like you've tried everything and you're not making any headway here, but again, just focus on looking forward, don't compare yourself to anyone else. Don't look back, you're comparing yourself literally to the day you were the day before and you feel like you're not getting anywhere, put your hand up and get the help you need by working with somebody who is well versed in autoimmune conditions.

Dr. John Dempster: Because I truly believe that there's a lot of answers out there, that aren't necessarily coming down the mainstream allopathic regime right now. And not to say that those don't offer some good resources for some of the conditions that we're dealing with tonight, but we want to make sure that we're always trying to get to the root of the problem. And so that's where you may want to look and link onto somebody who can help you.

Dr. John Dempster: So anyways, I hope everyone is going to have a healthy and happy holiday as well and everyone, take care.

John: Thanks so much Dr. Dempster.

John: So everyone stay on the line for a moment. Dr. Dempster will sign out. I'll take you guys through a couple of protocols of what you can do with parasites, just so people can stay on that and just a few kind words from our tribe to you, Rebecca says, have faith my friend. She's talking with the group and hopes that makes us feel better. Then Joanne says thank you, Jonathan, Dr. Dempster, thank you from ... what? And Sheena, thank you.

John: So people are really grateful for your work. I look forward to connecting very soon, let's jump on the phone shortly, John. I look forward to connecting.

Dr. John Dempster: Take care, everyone.

John: All right, guys, so just finally, just for those that are interested in doing antiparasite protocols, just running you guys through that because I want to keep that continuity because if you look at some of our different experts, Dr. Jay Davidson, Dr. Todd Wise, Dr. Daniel Newsome and a bunch of others. And then a lot of other practitioners, like Dr. [inaudible 01:33:17] spoke about this. You had on Dr. Elena Villanueva who also talked about the efficacy of these helpful protocols.

John: Definitely make sure you continue with that. We didn't emphasize it tonight, we were going into specific conditions, but remember you can have a very specific condition, you could be somebody like Laura Kasowitz, a story that you might have heard a lot because we referred to it. She's somebody that was just in the community that had a very specific condition, which was Meniere's disease, she got diagnosed five years ago, for three months prior

to the time that I met her, that was early this year, it was the first couple months of this year. She was bedridden for three months, she was not able to walk without holding onto walls. She started losing eyesight. These are the severe symptoms that come with this particular condition, with Meniere's disease.

John: But you'll find it's very similar to a lot of other conditions and symptoms that many of you may be facing, but what she did was simply three things and it was the antiparasite, the heavy-metal detox and also she increased her plants in her diet to replenish her microbiome. This is something that we can all do and I just want to make that strong encouragement, because it was four weeks after the day that she started out, four or five weeks and you can look at her posts, you can follow her and see what she's doing, a lot of the stories that she shared on our platform and she had zero symptoms left.

John: Nobody told her that this was going to work for her condition. She just followed the advice because she understood, I thought so much in my life about what I put in my body, but I very rarely thought about what I'm taking out.

John: So then the next question that everyone is thinking, well, then what's the thing that I used? We're telling you the ingredients while making it clear for everyone that's listening, that we were advising everybody to make sure they've done a parasite cleanse. But I don't know if I have parasites or what about this or that?

John: If you have not done a parasite cleanse for a long period of time, when I say a long period of time I mean over a month, even three months would be a number that myself, my wife, people like Jay and Dr. Newsome would all see as being that right amount of time and then even with the possibility of going longer, but just set it as a goal, but at least to commit for one month, so you can just see how you feel, go through that process, see whether it is alleviating some symptoms.

John: And again, you can also be, if you're a renegade like me and other people who either check out stools to see whether they were noticing anything different. And one of the ingredients that has been used here, mimosa pudica seed, clove, neem, black walnuts, garlic, cayenne. There's a lot, but some of those neem and clove would be two very prominent ones.

John: There is also [inaudible 01:36:04], which is another excellent antiparasite, but mimosa pudica, we've seen such great results with that. It's something that you can easily put in, it's not expensive, it's very cheap in my perspective comparatively. And for what you're getting or what it does for you, it's a cheap supplement.

John: And so then that's the antiparasite, being consistent, taking it every morning and evening at least. Empty stomachs is good, with food can also be done. You just want to make sure you're getting it in and you can look at what's on the bottle. So that's the antiparasite, everyone should make sure they're doing this, if you're not doing this, you're just overlooking something and frankly, there's some people that would do that out of stubbornness because they haven't had something clearly indicate that.

John: But if you want to look back through culture and history, look through successful groups of people with their health and you'll find that they had this built into their system, like with ancient Chinese medicine and [inaudible 01:37:07] medicine. And even if you go into certain countries like India, the excessive amounts of turmeric they have in their food, acts as an antiparasite. Turmeric is in fact an antiparasite, but it's not necessarily going to work for you, in my opinion by itself, because of the fact that if you have other inflammation in your body, turmeric is going to help target other areas of inflammation. It's not necessarily going to specifically just target the parasites and it is ...

John: Okay, someone's asking for the spelling of the antiparasite. Great. Neem. N-E-E-M. Mimosa pudica. Mimosa is an alcoholic drink, called mimosa. It's M-I-M-O-S-A. Alcohol is bad for you and it is very parasitic because it kills good flora and it creates environments for the parasites to thrive. So if you feel like it's fine and harmless to get drunk every couple of weekends, it's not. It's very aggravating to your microbiome, look it up. What do you do if you want to get rid of an infection on your skin? You put alcohol on it. Why? Because it kills bacteria. What kind of bacteria? Good and bad, so just think about that.

John: Mimosa pudica seed. That's a free commercial break on alcohol. It's not as harmless as what people say. The occasional glass of wine, some would say that if it's any more than twice a week, then you're going into that danger zone. And then people like myself would say that because it does still have the harmful side, you can get the benefits out of grape juice, resveratrol. You can get that.

John: Come back to this, mimosa pudica seed, neem, clove and black walnut hull. H-U-L-L. Wormwood is another one. It doesn't have to have all of these, but then these are general great anti-parasites.

John: So tell me who is interested in this like, our mission has always been information based and I just want to just get hands here. So that's basically all the parasite types. We'll with finish that conversation. Let's jump into the metals and then I will leave you guys and everyone can have a good night's sleep.

John: But out of you that are on this call right now, that are watching, if everyone can just drop their hands for a second, if you can see where the hand is, if you've got yours raised, drop it off, thank you, they're going down in number. We're looking for that. A couple people are trying to find it.

I'm curious to see whether you guys are interested in us going into and supporting you in this way. So we will always be an information source and we're always going to give information to you to go wherever and to find whatever resources you like. So whenever we share something, if something is like considered proprietary to a company, we're going to share that information. Why? So you can go find it wherever you like and always be empowered. So wherever you are, whatever you're doing and so that you can shop around as well and decide what you think is a fair and good price for that.

John: So then the other thing that we have decided to do, like with Health Secret and Autoimmune Secrets is that we decided to search for ways that we could create supplements that were high quality and low cost. Because we found that was one of the biggest problems, that a lot of the things we're recommending, people couldn't afford. And so that was an area that we felt we needed to step into.

John: So the reason why I'm getting you to put your hands down, which a lot of people have and that's my median number, that's fine. So what I'd like you to do is if you think that that would be helpful for you, for us to have something on site, so we can say hey, look, he's all the information, go and find it any way you like, but we have this, we've searched the market, we've created these things, we've tested them on people within our community, we've had doctors come in and check out our products and use them on our patients. And we're very happy and pleased and excited about the results.

John: We believe that they're very effective and that have been working well and we've looked at our competitors and we're either half the price or a lot less or whatever those numbers are per item, but that's our mission and we've already done the numbers and we're finding that we would be perhaps the cheapest among our competitors, but still maintaining high quality because of our mission and the ways that we've been able to create these things,

is that of value and is that something that you'd be interested in? Or is that something ...

John: So I'll get hands raised for that. I'll do another poll which is asking on this side, so if that's something you guys are interested in, if you guys are interested in us coming out with high quality products at a low price and when I say low price, I mean low in comparison to that same-

John: And when I say low priced I mean, low in comparison to that same product that an be found elsewhere, especially by our competitors of contemporary's in the influencer space. Yep, so that's great, and then obviously with some of the expert advice accompanied with it, and then I'll let anybody ... You can even just drop in the chat here if you don't think it's a good idea and why you think that, please just let us know that as well, 'cause I'd love to know. We're always going to be committed to be an unbiased product source, and I appreciate that, we've got a whole bunch of hands, it sounds like people are interested in that obviously if we're offering high quality, as low cost as possible.

John: Would you be able to be shipped across borders? Absolutely. Great idea. What about closest to Australia? Yes, that's not a problem, we can do all of these things. I'm in touch with all our manufacturers. It's a great idea, fantastic. Thank you, you guys are really encouraging for me because, I had to really think and pray about this a lot because there's so many in the market, having a list on the website would be extremely helpful, absolutely. There will be a few things, that we will probably say, "Look, these are the other things that you could get if you have this specific condition and you could just go and find these ingredients", so this be still like what we're doing here, but we will have the majority of what everyone would need.

John: For example, we'd have, antiparasite ready to go, we would have the heavy metal detox, really great prices on that, very high quality, 'cause humic

and fulvic come from specific minds around this country and they're allegedly ... Depends on what your understanding of how all the earth is or the world is, but from what they can date from their data [inaudible 01:43:46] millions of years old, I actually believe in creation, so I'm not exactly sure how old they are but they're very age old. Mayans, and it's the decomposition of the cold, because it's the cold which makes humic and the fulvic component is the availability of that particular fulvic acid inside of the humic, and then the combination of those also has a derogative for [humic 01:44:14] acid. And because they're charged like soils, they're bioactive and they're able to bind onto toxins in the body and that's why we found them so effective for removing heavy metals, and also removing other unwanted bacteria and issues.

John: And we are chose companies, to connect with and work with that have had actual studies done on their products, and that'd been working across the country, and we decided also not to source from 20 different minds to reduce the quality, even though there's some benefits to creating those types of extractions, we found that we could get the same result or even, perhaps even a better result in a higher fulvic component because, what happens is sometimes if you get the wrong [inaudible 01:45:00] the humic acid is there but the fulvic acid becomes so low that it's ineffective.

John: So I'm getting very educated on these subjects because we're trying it out, we're testing against different sources. Thankfully, all my friends that are doctors or all my board of directors and informally so, I'm testing everything by them so that's it's own thing 'cause our interest is in getting the right information. And then we're an open source in that sense so we're gonna share everything, we'll share the ingredients that's in it, and then you're welcome to then try to recreate what we've created and go and find in other places if you feel that that'd be better for you, or you could customize and grab a couple of things from us, a couple things from somewhere else.

Otherwise, we'll have packages that we'll put together that we believe will be helpful for everyone, and you'll look at those prices and, see what's possible for you. But there'll be entry points for everyone, for those people that can afford to buy a bunch of different things and add them in, and when I say a bunch of things I'm not talking about high expenses but I'm talking about bunch of different items to target different issues so you're getting out the junk, you're adding in the probiotics with the prebiotics with the digestive enzyme, and then you're experimenting, you're doing all of these things to replenish that bacteria, you're targeting the bad stuff at the [inaudible 01:46:16], and you're doing the kidney and liver support. While you're doing that, you're looking at the organic tumeric as well with bioperine which is the, black pepper extract that helps it make it more [inaudible 01:46:28] available. Tumeric is obviously very healing, everyone probably on the street knows of that to some extent.

John: And you're doing these multiple things with omega-3's to help with the cleansing, [inaudible 01:46:39] is great for heavy metal detox as well, so a number of different things. An then at the same time, you're introducing in the humic and the fulvic acid, able to target some of these unwanted bad guys while you're doing the parasitic infection with things like [inaudible 01:46:54], which is actually not so common and easy to find, but we've got it and we've been ... I find really great prices on all these things so ... Anyway, these are all fantastic. We're a couple of weeks away from ... Depending on when someone's watching this, a lot people that are watching a replay so it might be available right now but, for those that are watching this live, we're a couple weeks away from the execution on this, and then probably another week from that< particularly with the humic and fulvic and antiparasite.

John: So, my interest in seeing you guys get better is so much so, they go ahead and get started with anything that you feel takes the box, 'cause three weeks is like donkeys, [inaudible 01:47:36], and then

when it comes to getting better. So, I don't want you told up and wait for me, definitely take all the information, advice that we're giving, go and find these things. Right now I don't have a plan with [inaudible 01:47:47] but I probably will go get more research and see whether we can find something and source something great, high quality with that but otherwise, these are examples of things that I would still just say go ahead, see what you can find, obviously Amazon, these other platforms are great resources to look at the reviews on the products and look at what's in it, and see if it matches with what the experts are saying, and your other knowledge of research, other things are well in the series, try it out.

John: But again, one of the things that we're going to be doing is to make sure we're targeting different areas, 'cause often the reason why people don't feel better is because they're doing one thing that actually is very good for them, like a probiotic, but they don't feel the benefit because they have a parasitic infection so a lot of the expensive food that they're taken gets actually digested, and eaten by the parasites as well. And, that sounds really weird and eerie and yucky, but it's actually try. And then the excrement of parasites is actually more toxic than they parasites themselves so, you get a lot of waste, and then you'll find that you do really bad, things like tumeric and ginger, that your body hates it, and you [inaudible 01:48:51] class if you did a food test and allergy test, you'll find that you're allergic to those foods, but the reason is that you're not actually allergic, the parasites are but it throws off your numbness.

John: And that's why I disagree with a lot of different functional medicine doctors today, but I'm not the only one, a lot of our topics [inaudible 01:49:08] would strongly agree and be on my side where we believe that they body wasn't actually naturally adverse to things that are good for you. Everything good for you should be good for you at one point, with the exception of something like wheat because it, in this country and in many countries around the world, it has been genetically altered, and it altered in the 60's before 1994. 1994 was when the GMO

wars came in, so that's why we get organic wheat and it's actually still genetically altered, but it doesn't fall under those wars. So you'll never in my opinion, do well with that food but you should always do well with things like wheat grass, or tumeric, or ginger, even though a lot of people have allergies to them. And you should do really well with these other things and so ...

John: A couple other questions that are coming in here, people are like "Awesome, awesome, awesome, you're on point recommend supplements alongside the parasites [inaudible 01:50:05] kidney, and then whatever makes acquisition of high quality products that my doctor and I agree with, and if the best price including shipping is in the most efficient way possible, generally I prefer to purchase locally as I need, but it may not be available locally or I may not be able to find it where it is". Yeah, sure and I would say that in some cases when you feel like you've got most of what you need, then just have a look if there's a couple things that you need, you look at what we're offering, and you feel like "Wow, this is fantastic", and will it look fantastic, you don't know until you try it.

John: People are getting results with this, then I would just encourage putting in a couple of those things because certainly, I would use online ... I don't really shop ever in stores, even though I think there's some great things you can find there. Occasionally I'll be in wholefoods but, I don't have the chance to read reviews when I'm inside the store and that's why I go for online personally, and I ask around and then see what works. Yeah and Joann said something about another one that she's using, and it's fantastic, but it cost over this amount which is a lot, I won't refer to which one it is, she says it cost over \$1100.

John: Yeah, so our mission is to come in and help you, to make sure that money is not a boundary to healing, and that may be a fantastic price for some people, and that's great, and I believe in that and I think that they're great and I recommend them still and I think that people should look at that

and I believe that there's a lot of integrity behind [inaudible 01:51:39] this person just mentioned here which I [inaudible 01:51:42]. But I will say one to acknowledge that there's another group of people, that what's the worst recommendation I could give you? The worst recommendation's the one that you can't afford, because it just makes you feel like you can't play that game or exclude it from that ability to get the healing that you need. And so, that's a bad recommendation, unfortunately so we've got to be able to come in and have those conversations, and we've got to be able to start at different points as well, so if somebody can only start with a couple of things, get the single bottle of antiparasitic and then get the single bottle of humic and fulvic with the one that we'll work you on and that will be ready soon. It's so exciting. You guys, have to understand how excited I am because my biggest mission ... I get emotional thinking about it, my biggest mission with autoimmune [inaudible 01:52:40] was always to find healing, and so we were happy to always just be an information resource and we're still happy to always just be that, but our interest in seeing people get better and being able to spend a lot of time and energy in that area, mean that we could either [inaudible 01:52:55] or even give people solutions that they weren't finding, because of whether it was an equality or price point or either or in different context, or a system. And those three things, quality, price, and systematic, which is where so many people have said "Alright it's tumeric", and then you try it and like "I don't feel better".

John: I just met a woman just days ago and she was wheelchair bound. When they were targeting the biofilm of her Lyme disease, and then once that released then she was bound to a wheelchair, and I said "Have you ever heard about cleansing with humic and fulvic acid with heavy metals?", and she's like "I've never heard of that", and it would be fine if she was doing something else that was effective with heavy metal detox but, from everything that I could attain from her, and she was working with people I would consider to be very well advanced in their knowledge but not advanced enough, in order to know that, that was probably dangerous. And, with

humic acid and fulvic acid, because they're cold and comparable to activated charcoal but it works on a different scale, it would've been a much safer thing in my opinion. That's my layman's position. If you have a very [inaudible] and aggressive condition like hers where you're at the risk of losing mobility, you need to be seeing a professional. And I recommended her to someone because she was so afraid of everything.

John: But for me the general amount of people need to be doing a lot of these things, they could avoid these things. So remember, people like Laura [Keshamin], she took a humic and fulvic acid supplement, antiparasitic, no one recommended to her, she'd seen tens of specialists, she spent a lot of money, and so it wasn't like the specialist help wasn't there for her, it was, and she got it, but it wasn't good enough and they weren't giving the recommendation on the right products. So, our mission is just to do that, take in, use them as you like, just use our information if you like, we're always gonna be here for you guys, and find out and try what works for you.

John: Just a couple of things, Patty here she said "When you say wheat grass, sound like it's not good, whenever I hear wheat I think of gluten". So wheat grass is actually of the same family as wheat. Wheat grass is obviously the small sprout, you've seen it probably in stores where it grows out this grass and, it's a sign that actually wheat essentially should be good for us, and why a lot of cultures have thrived on it and been fine but today we see autoimmune issues, and just remember what happened in the 60's what that, it switched and the modification was designed to heal the world and feed the world, and then the reality was that they dwarfed the species so it went from being head high to knee high, so that's a big difference in the way it looks visibly. And then secondly, they made it yield eight times as much, so it would grow quickly, sprout. And then they also put it through processes, one of them was called chemical mutagenesis. It sounds very bad, but it's like to mutate the gene, and then to chemically radiate it.

John: And these are part of the reasons why wheat became very toxic, and it became resistant to detoxing [inaudible 01:56:05] these types of poisons that were being sprayed on it, and it meant that the bugs would come and eat it, their stomachs would split open, but then the plant was resistant against it, but it still harbored the poisons. And so, this is why it's so dangerous but then, wheat grass hasn't fall under those processes, so that's why we shouldn't be necessarily fearful in my opinion of all grains in all context, nor of even wheat itself because [inaudible] the historical fact that is true, that is true, that we understand these types of things at this level today because of those issues.

John: Thank you so much Rebecca saying, "Johnathan or John O. No limitations keep going, this is where you're supposed to be, this is where God placed you". Thank you so much, I appreciate ... You guys are like, the first people I'm telling publicly about this and I appreciate you guys being there, 'cause because [inaudible 01:56:55] ... And you can see, I wanna know if anyone thinks that we should step out of that but, I'm going to talk to you and give a thumbs up as, if you can see [inaudible 01:57:08]. "You're amazing and I applaud your heart glutathione ...", for sure I guess let's just say I should do the glutathione. Sounds like it could be very helpful for a lot of people in this group. Because I actually went more on the side of humic and fulvic acid, it's possible that you could choose one or the other, but I have been taking glutathione myself and I have been enjoying the benefits so, it's leaning me more towards going more in that direction.

John: [Liliath] said, "I appreciate all your information, I look forward to your products". Well thank you. "Yes helpful". That's wonderful because I had some people say to me "Johnathan, that's a breach of integrity", and I said "It's not a ... What?" And they said "Well because you're an information source and, you shouldn't do that", and I said "Well, why shouldn't we do that?", and they said "Well because,

you're like these guys saying that [inaudible 01:58:05] bad", I'm like "Well, yeah I think that the drop of relative therapies are bad", "We'll then you're saying supplements" ... And so they're challenging me with that, and so I had to ultimately sit there and think "Well, what do I actually believe on this?" Like what's right?

John: I can definitely question what's perceived is right because definitely there's perception and it's good to be careful with perception. But then I had to think "What is right?" And because a lot the holistic health communities gone down this direction of, it's all about the food, and I have this from different families as well, a lot of people think it's all about food. And I do agree that food is the foundation. You look at the blue zones and they're doing really well but, here's the big thing, blue zones are known for the five different groups around the world that are living to 100 and beyond and doing it without [inaudible 01:58:52]. But you have a look at the environment they grew up in, and the fact that they're this age, we're seeing a whole new world take place right in front of us, and here in America, we are threatened with so many different things that I think we have a greater need to cleanse ourselves from different ailments.

John: And you can have a look at the work of different people like Dr. Linus Pauling who had two unshared Nobel Peace Prizes and according to the documentary Food Matters they, shared that he had 48 honorary PhD's, very well educated gentleman. And he said that the root of all disease is mineral deficiency. So it's a deficiency, that's causing what we call disease, and so if that's true, then we could eat really well, and the [inaudible 01:59:38] that could supplement and give us everything that we need, but if we have had the degradation in soil, then we would have then the issue of the food not yielding as much. You can have a look at the study that was done by the UCLA university, and it was comparing a bowl of spinach to date or a bowl of spinach to the 1950's, and guess how many bowls of spinach, I'm gonna ... A pop quiz ... Number. How many bowls of spinach

would you have to eat today to equal one from the 1950's? Let's just see numbers.

John: I've got 200 from Liz, 15 from Joann, Lilly 10, and lets see if somebody's gonna Google search and do it back quickly I'll give you like 10 more seconds. Yeah, yeah somebody might've Googled to get that number, 43. 43 and I'll read that comment in a second, 43 bowls, that's a lot of bowls. How could we eat that much? So I really feel like we got put in a position where we have to be very smart to play this game right. And we need to consider supplements very strategically, to supplement a very healthy, foundational diet, and that's where we believe that it's important we go in there especially when it comes to reversing on a conditions, than to use high minerals, and really systematically get out the bad guys. So how do you get out the bad guys? Humic acid fulvic acid, metals, toxic overload can [inaudible 02:01:04] target a number of things, not just the medals which is [inaudible 02:01:07].

John: Then with the glutathione included which you guys have been learning about the [inaudible] glutathione which reduce [inaudible] glutathione and NAC, that can be a great approach but especially the chemical [inaudible] which we've had a lot more experience with, we've seen a lot more results with, the glutathione also being one. That is that, and then secondly, the replenishing of the microflora. Right so I had Dr. Will B., you can look him up, he is a double board certified MD that specializes in gut healthy [inaudible 02:01:43] my place a couple days ago. He was talking about his son, and his son had eczema as a baby all flaring up all around him and he gave him just a quarter of the cap of the probiotic and the eczema just went away within a day, and then he got off it for a while and then it came back, and then he found this baby that's really [inaudible] reestablished, the eczema goes away.

Other cases with that, you can get rid of parasites the eczema goes away, but both of them as you can if you look at the science of it, both of them [inaudible]. What do I believe? They both should be done and,

should the both be done 24/7? Probably not, no. And that's why we'll be having these protocols, we'll have our options for people to do a month or two, but three months being a good number, even four being a good number and we'll be able to breakdown and give different discounts at those levels, where other people can just start with two or three different items and start there and have some really great prices there as well.

John: And so, these are some of the things that are in the workshop, we're always happy and excited for your feedback, you can hit respond to any of the emails we give, and we'll get that feedback and that's things that we'll consider and be proud of. And we'll offer different specials and, we'll even do some really exciting things where we'll have a couple of different bottles of things and do special promotions every now and again when it's just one or two bottles to ship it out, and all you have to do is cover the shipping, and we will just ship it out to you for free. And then when you say yes to that then I found immediately we'd give another couple options if you want to add anything else to that order so then that allows us to keep ... There's a balance of people, some people they can only afford just to do that and maybe get an offer of just ... They'd [inaudible 02:03:36] the shipping, getting one or two bottles for free shipped out to them, which is just really cool.

John: But then the other people, when we give a couple of extra things that you can get for another discount, they'll add those in as well and be like, "Fantastic", and so that's one way that we'll also be getting out some of our products to people in our community. So just so you can know, you'll see those things come out and be like "Oh, great. This is a good opportunity, jump on it", and these will be available within ... Today is the 18th. It'll be around that first week of January. So that's when we will be available there, can't wait, fantastic.

John: And then other times when you're looking at a couple hundred or a few hundred dollars, maybe slightly on the upper side of that, if we're bundling

together a few months, so these are all tentative, but remember if that's all you have, like if you only had \$100 or \$50 to spend or \$300 or sometimes even have \$500 to spend, and but for the difference in what our program will be versus other ones, is that when I'm gonna [inaudible 02:04:37] with the microbial infections, and that the heavy metal toxicity in parasites but will also have other things to replenish gut flora, and then other deficient minerals and vitamins that generally make people feel really ... So we'll be increasing wellness so, those three core areas like, gut flora which will be really to do with probiotics, and to do with digestive enzymes, and so you will improve in the digestion overall.

John: But then coming into other side of things where the deficient minerals that people have and, omega-3's and vitamin D3, and K2, these just really fantastic things. And if you can get them all in groups, and you're not just doing this one thing here, one thing there and we've had one of the guys that helped me build out the program, you guys will be happy to hear about this, [inaudible 02:05:24] Daniel [Muzin 02:05:24] how cool is that right? Daniel Muzin helped me to build out the program of how to put these into what someone should do first, month second, month third, month and even fourth month, and then we've been on the formulation side as well, so. Of course as you guys know with any business there's lots of investments to make with these types of things but we're committed to that objective and, through the support the people have given through the content creations that we've been doing, we've been able to continue to create.

John: Something great, a new series that we've got coming out, you guys request to hear about it. We will be having a women's health series, guess who's gonna host that. Who do you think would be the best person to host the women's health series that's close to me, really close to me? Lauri, my wife, yes Lilly says your wife, absolutely. Dr.[inaudible 02:06:11] yes, he's great and so he helped me then make sure I was creating the right programs. "You're a hottie", yes, thank you Rebecca. Hey Lauri someone just called you a hottie. Guess what, anyone wanna know what

Lauri's doing right now just literally next to me, she's setting up a crib for who? My baby.

John: Who here didn't know that we were pregnant and about to give birth in two weeks? And so anyway, that is so, so exciting, a baby boy, January 4th, keep us in your prayers and your thoughts. We're doing at home birth, not 'cause we just wanna be all tentative with everything, just because we wanna reduce fear, and we wanna just keep her in that right mindset. We've got a midwife routine, we've got a doula, and we've been in birthing classes, I did one last night, I'll be doing one tomorrow night. So, I'm learning how to be a good birthing partner. And then, what ... " Congrats to you and Lauri, keep going good in the world. God is a blessing, God is blessing you", thank you so much.

John: Oh, and speaking of great blessings happening, we have a team right now in Kenya, distributing some of the revenues that were raised through a separate campaign I did. And then we also had revenues that came in through autoimmune secrets that we were also contributing there. But a lot of what came through actually through this fundraiser as well, is what we're distributing right now, so it's about \$30,000 in revue that is being distributed, which is really, really cool. A lot of charities say that they're doing a lot of great things and I actually believe them. You know, there's a lot of red tape, but [inaudible 02:07:40] few people get to see it, so we're documenting all this and then ... so we're documenting it.

John: And on Christmas, I had my guys stay back, one of the guys that worked with me on a bunch of the films, I asked him if he would and he just took the ball on it and he's staying back until Christmas. I will be doing gift giving and stuff on Christmas, so that the children can get, not just food and some emergency supplies and seats and tools and things, but they'll also be able to get some teddy bears and things like that, and some, we won't give them sweets, but we'll give them fruit and, maybe some juices, and things that they don't get to normally

eat and enjoy just during Christmas and celebrate it, which will be just so, so cool. And so, we're gonna be filming all that, and that's really awesome. Some of the guys that are interested in partnering up with the [Harman Brothers 02:08:27], they did the [inaudible 02:08:29] party commercial and the pure mattress commercials, and they're interested in what we're doing there and supporting us, and I've been on their podcast show and stuff like that, so it should be cool.

John: I just got asked about the baby. The baby's name is Asha, A-S-H-A, A-S-H-A, Asha. It means joyful and happy and then middle name probably Alexander, which is defender of men, and so, in meaning. So Asha, very creative name, it's not super creative just like an ancient biblical name, spelling's different. But we were looking for a new that we just love to stand out and it wasn't super old, like an older name even though they're cool too, but that's what we're looking for our, first baby, baby boy. And okay, really cool news, Lauri's sister just gave birth, I don't wanna share every detail about their life 'cause that's a private life but, point is, she had a very successful pregnancy it's really awesome. And they're basically baby twin cousins, so cute right? So we're just really happy about all that, we're supporting them.

John: We're out in Washington D.C. right now, until the baby's born and then we'll go back to where we live which is actually Puerto Rico, we were in San Diego for the past five years and then we moved down [inaudible 02:09:50] Puerto Rico. Just good lifestyle, and a good place to run a business, and also a good way to unplug. Lilly asked, "How's your wife's father doing?", so [Hazus 02:10:00] is actually doing great, so some interesting news and I'm happy to share this. So, his kidney function went from 8%, it went up to 25-30% we didn't give the exact number but it's between that window which is really higher but that was only in five weeks. Then we did a bunch of other things, including we actually did stem cell therapy with Dr. Ben Johnson.

John: But the issue was that, I think it was because of the other medications, we actually all did, it was

his word that said it, 'cause he was on three different medications, all of them would be affecting his kidney, and so if the people that watch this that have a loved one that's suffering from a kidney issue. Some of the things that we didn't learn about straight away that wasn't really apparent to us, one was that we had to get him off salt, another thing was that we had to get him off those medications, but you can't just get people off their blood pressure medication, cholesterol medication. [inaudible 02:10:55] used and helped us to find the specific things that relates to that, people need more information about that I'll share a little bit more, I don't have it off the top of my head.

John: But we just took him off his blood pressure medication and cholesterol medication, using these extra supplements, and then there's a couple other blood sugar balances, the one that I'm actually manufacturing myself which is 100% pure moringa, which is probably a biblical herb you can look that up, and then the other one is [inaudible 02:11:23] cinnamon, just straight [inaudible 02:11:24] cinnamon, and then one that we have got which is a blood sugar control which has a combination of around 20 different herbs all to control blood sugar, so then it takes more heat off him on that front. So we're working on that because his kidney function did actually start to go down again, and that was more recently, and once that happened, we really realized that we were moving too slowly with getting him off the other meds but again, sometimes when you have these dire situations we're working backwards, you aren't about to do it.

John: You can't do it cold turkey and then you think "Alright, that's what you can do", you actually can't, you have to do it slowly. And there's still, I believe one medication left that we need to work to get him off and so we're working really hard on it and then we're just getting him on now on these new supplements that [inaudible 02:12:12] the ones that I was working on, he's like "These are the ones that you should be using for your father in law", and then I said to him "Are you sure that these supplements that I've chose, that I'm manufacturing are the thing that we should

use for my father in law that has the risk of using his kidney function?", he said "Yes, they're the right ones". And so that was fantastic just to hear that, not only words ... If I was manufacturing certain supplements using different ones for my family, different for myself, and then giving these to the rest of the public because I was just somehow justifying that that's okay, then that would be a different thing, but we're certainly using that.

John: So yeah, you guys want some information on that so I'll find out exactly what Dr. Muzin did with those ones that he had out. Some of them I can get past formulated but that would be certain ingredients that we can get access to. He may have them on access for people that really need that. And then what we did was, we did human [inaudible 02:13:12] and fulvic acid, we did antiparasitic with [inaudible 02:13:14] for those who don't know, and we did kidney and liver support with things like [inaudible 02:13:21] and other barriers, herbs, I can list them now when I have it in front of me just to make sure I'm [inaudible 02:13:28] ones. But it was really a combination of a lot of different herbs, off the salt, off the gluten, he basically did go grain free because of the blood sugar spikes, and then, yeah moringa seed was used to purify water. Amazing right? So it was, and so it's a purifier. But in this case, [inaudible 02:13:48] balance blood sugar and also Dr. Muzin was suggesting that green coffee bean can be good for that, for balancing blood sugar, so it's worth a try and a bit of research for yourself if anyone's interested in that.

John: Blood sugar is an issue actually for more people than I thought. It's actually something I've had to work on myself, so I've been using that same supplement for my own blood sugar to keep it great. I suspect I have vaccine damage, among other things, 'cause I end up with [inaudible 02:14:17] fever, [inaudible 02:14:20] chronic fatigue, all different kinds of things that I had to work really hard on combating. And so I've had a lot of breakthroughs using all the things that we've been talking about, and I've been doing really fantastic and having great health. But I still find myself learning new things

and getting even better advance health so, we task everything on ourselves and on our family.

John: So there you go, there's some great information, advice they have for everyone and I appreciate it. It's been super enjoyable spending time with you all, thanks for staying on extra just to go through some more things with us here. We'll be jumping on another course soon. Next weeks core will be off, but then we'll most likely have one that first week of January, it'd just be moved down to a later day, and then will probably be a Thursday night, but that's all depending on when the baby's born. Stay in touch with us, we're always gonna be here, just ask us if you have any other questions. I'll be in touch with the details about some of the things we're coming out with, you know, get excited about that. In the meantime, don't hesitate on doing the things you need to do for yourself. You should take action, be proactive, start with doing some of these antiparasite, get the first months supply, do some heavy metals with the humic and fulvic acids, start with the first supply, don't wait, 'cause that's a whole month.

John: Just at least do a months supply of both of those things and start taking them, look for symptom relief. Do the other things that have been spoken about with the specific remedies, and thank you so much and Merry Christmas to everyone, considering that we won't ... Whatever faith your from, this is obviously a time when people, your family and for those that don't have family, take the time to just connect in meaningful ways with people that you feel like love and care about you, and that you ...

John: ... these are people that you feel like love and care about you, and that you love and care about. If you do have people around you, take time to think about somebody that might not have people in their lives. That they don't get invited anywhere. Maybe there's somebody that's foreign. Maybe there's somebody that is just not very well connected in the area that they're live in, or has had either loved ones pass away, and think about inviting them in to

celebrate Christmas with you. And that can be one of the most meaningful, wonderful Christmases ever. And if you have children or grandchildren, one of the most amazing things to teach them when it comes to inclusion and family and connection.

John: And so just think about others on this special time when a lot of people are thinking about like gifts. And gifts are great, but think about the greatest gifts that we can give and those that are less fortunate. Just consider that and bless others with your life, your time, your words, your kindness, the love that's in your heart. Don't let disease ever distract you from your true life's purpose and mission, which is to be your best self, and to love and to take care of people. And always know that sometimes we can't do everything that we want to do, but we love people with our heart, with our thoughts, and with the words that we speak, and the actions that we can perform regardless of what our conditions are.

John: So let me just end with a prayer with everyone here. For those of you that ... That might not be something you're interested in, just you could either take it as positive energy or you're welcome to sign off. But I just want to give a prayer for everyone, including everyone who's not really interested out of just the interest in well-being in your life, because I do believe that God made these wonderful things that we're talking about. I want to give him one, credit for it. And two, want to give him a mission to work and to help you find your channel of healing, and also support you in the moral aspect of that journey. And also the actual physical healing of the body, and amidst that. Because there's certain things that we would consider miracles that we ask for. And you can look up a movie called Breakthrough by DeVon Franklin who's [inaudible 02:18:14] behind it.

John: Just met up with him. He's a filmmaker, just recently we were both speaking at an event together. And it was on a boy that cracked the ice ... I covered this in one of my series once ... And he was clinically dead for like over an hour. That's a long time. And the

mother kept praying in the room. He was registered as dead and he came back to life. And you can look at the exact time period. I can't recite it off the top of my head. Look up the story. Breakthrough, DeVon Franklin, or Breakthrough Film, and you'll have a look at these miracles. And if that is a miracle, which the doctors believed. It was beyond any stretch of any man's imagination, and you can look at other examples of this. If that's true, then what miracles could happen in our life?

John: And I know then we have to grapple with the fact that maybe we feel like, "Well, I've been so sick for so long, if God really cared then why are things the way they are?" And I know that there's a lot of questions to answer, and I understand that, and so then I don't claim to say that these questions aren't without [inaudible 02:19:10] and struggle and pain, but I still do believe in having faith and trust to do that, and searching for those answers. Ones that will make sense to you. And for those that believe in the story of Christianity and of Jesus, then you'll see that God himself has suffered and Jesus was not distant from human suffering. He suffered perhaps more than any human ever has. So let's consider that and then find healing through the ... My belief of the incredible power of God. So let me just end in prayer.

John: Father God, we talked about a lot of things but I just want to give you ultimate credit for every good thing that's in our lives, and I also want to give you ultimate control and power to work. And amid anything that anyone's saying, I don't want to have the glory and people to say, "Johnathan is great," or any of the doctors in this series are great in and of itself. I want people to say that You are great, and that You are good, because You are the great healer. And so Father I just want to just celebrate. And thank You for the great work that you're doing here. A lot of people are going through a lot of different things. And You saw the prayers, those concerns in people's heart. Help them, bless them with this journey. And may they be okay. May they be well through this whole experience. And may they overcome in the name of Jesus.

John: And I pray against disease, and I pray against evil. And I pray against any ensnarement or trap. I do believe that this disease is break down of the body. It's all about trying to thwart the beautiful purpose for which You made us. And so I pray against in the name of Jesus. I pray against all that, the ... All the suffering. And pray that You will break through it, and that people can receive the healing they need. I give You the glory of all great things. Thank You for the work that You're doing already and that You have done. I thank You for the amazing people You have here and just their huge hearts. And the encouragement and affirmation they've given to me, and the appreciation that they have. Even amid their suffering, I thank You for their resilience. They haven't given up on themselves, because they know how much their life is worth. And they are asking for the lives of other.

John: These are probably some of the most ... I know that these, the people that are here in this community, some of the most beautiful influential people in their communities that share this truth and knowledge. Bless them with that so they can help other lives and that we can win this battle. I pray this in the name of Jesus. Amen.

John: Thanks so much guys. I've been there, Jonah. Thank you for ending with thanking Him, the source," [Vivienne] says. And [Laura Ra] says, "Thank you for sharing. Makes me feel like we're becoming [inaudible] beautiful." Thank you for saying that. [Mareen], amen. Thank you. Thank you for saying that. You guys are amazing. I appreciate you all. And again remember, we have many people in the audience Autoimmune Secrets. My wife and I, but especially our whole community. We have Nichole in customer service. And some [inaudible 02:22:14] in tech. And we have Richie on the editing, and his wife [Salin] on the video editing. And [Krasp] is out in Kenya, he's been doing a shooting. And my sister, [Sary] who has been doing producing with me on different things. We have all the customer service team that work with Nichole. So I wanna give them

all credit. They will have a lot of hard work put in there. I'm missing a ton of people. A new guy that came on with our tech. [inaudible]. And new guys coming on with helping with our marketing, Isaac.

John: So it's a really cool team. And as we continue, we have a team and a mission. And we're here for the long haul. And we're here to continue serving. And we wanna continue to be better. And so it forces us to be better. Better citizens, better leaders and advocates, and also better business people so we can be wise. And then also very good stewards, so we are contributors. And that we continue to create opportunity for people and better resources. So you'd be excited about the new series that are coming out. We'll have a Secrets, an Autoimmune Secrets ... Is that cool? Yeah. Let's [inaudible] like that idea. One of the ladies here, or men saying, "I'm crying. Thank God, bless you all." Beautiful. Thank you. I'm glad you feel like you're cared for.

John: And that's what I'd call a breakthrough. That's a might breakthrough. And you will be surprise to see what healing comes in your life if you process those emotions, you've decided that you feel supported by God. And that is beyond what anything is doing. So then you don't get quick to judge or feel like someone's failed you, because you believe that God is the one that's looking after you. Or if somehow this greater power resource, whatever you believe. But you believe that you're looked after and cared for. And that was one of the things that I had to do with [Hesos 02:24:08]. A

John: And I don't believe that I was the one, the great one responsible for that. While we were doing the healing, I was like, "Why are you falling off the bandwagon? Why are you going back to these destructive behaviors with your diet?" And we talked about feeling abandoned. We talked about feeling like people were letting him down, or that he didn't have the powerful solution that he needed. We talked about all these things, so that he could then let that out and then say, "Look, you've had the support. Like we look at all these signs that you've

been supported, and loved, and cared for. You've had things here." And then he could see that. And then he was able to just close the loop on that. Because sometimes the story's repeating in your mind, then it's like, "I'm abandoned. Things are always gonna be like this. My body is out of control. I've done something wrong. I am guilty. God doesn't love me." And then all these things.

John: "It's all in my head. I will never find out the answer to this problem. I can never be healed." And then it doesn't matter what then we do, we're still creating this energy for our body. But then ultimate the bigger problem with it is, 'cause sometimes you cannot believe but then you'll still get the results. But the issue is that because you don't believe, you don't stay consistent. And you stop. And it's sometimes like a week before you'll have that breakthrough. And then you'll stop doing that thing that you were convinced it was gonna be good for you, and then you just felt like, "No, I can't do it."

John: Or you just came back to those addictive behaviors [inaudible 02:25:37] actually how bad your diet still was, even though you thought you'd done the right thing. So there's all these factors to consider. And when you come back to know, "I'm loved and cherished. I will get better. My body was designed to be a self-healing mechanism. God is on my side. My body is healing itself every day. And it's just needing help. And I just am learning, and I'm partnering with my body. Not working against my body. These people are well educated. They have answers." And it's not all about us. But there are people that have paved the way for our success. And then it's gratitude, it's love, it's thankfulness. And it's this being, "I'm gonna do this. And I'm going to commit to getting better. And I'm so in love with myself and with those around me that any win is something to celebrate. And I'm not just looking ... I've gotta be a 100%, even though I believe that everyone here is destined to be a 100% better."

John: But instead of looking at that, we're looking at, "How do I get better and better, and better?" And

then all of a sudden you look back and you realize you're at that finish line. And so it's not so daunting. You [inaudible 02:26:43] get, "How do I be the best possible lover of myself through the things that I'm doing, and feeling myself." Like, "How do I make sure I'm spending that right money on myself that I've been ... Without doing harm to the budget and putting myself in a challenging situation?"

John: But there's some challenges where that is no amount of money. You look at that amount of money, it can be even \$10 or it can be a \$100, and that you have that money for that thing that you think that you should get. But you don't believe that you're ultimately worth it. And that's where that problem comes and goes. So you've gotta be really clear on that one. And then you just do the research and then make sure you're solving that idea, and it makes sense to you. Then go ahead and purchase it, and then use it. And then you just keep working at it. You keep working at it. You don't give up. You just keep hitting. You're not giving up.

John: We are fighters here. And we thrive, we live, we love. And we don't give up. This is what we do. And that with every fighting breath, we achieve and we strive for these ultimate goals. And we do it, achieve them. And when you look back, and you look at the success. That sometimes you guys gotta get better at diet documenting your wins and successes, and celebrating them. 'Cause you don't realize you've had so many wins. So look back at those wins. Celebrate them. And then remember what you did, and keep doing those things. But then also keep looking to put in those new things that you haven't done yet, to get back that last bit of healing.

John: Alison says, "None of us can do this alone. What amazing community." Beautiful. Thank you for say that. That's been my great goal here. Remember the Facebook group. Jump inside of there. We've got a couple of like ... We do have one of the, which is like

a paid membership. But we have a bunch that are free groups. Jump in. Whichever one's you're in. Jump in. Share more. Help inspire, 'cause I can't do it all. I can't rally everyone up all the time. I'm there all the time. But what I'm saying is like, everything comes from you guys. So just continue to drive up that support, 'cause it all comes from you guys. So take leadership in that community. And please for your sake, to create a better environment for us. But it is fantastic. [inaudible]. Jump in there and see all the great things.

John: And [Daniele Wheeler]. She actually was a patient of Doctor [Luzen] . She's a nutritionist. She works for me. And she's inside our group every single day. And I'm there as well. And what you'll find is that she's giving fantastic solutions. She had a brain aneurism. She had colitis. She had another couple conditions. And she was able to regress herself from all of them. And one of the great things that she used was, she [inaudible] even ask her all about it. She'll give you direct [inaudible]. She even jumps on the phone with people with no charging. So I mean obviously, it's ... She works for me, so we just ... We're really there for you guys. And sometimes people aren't taking [inaudible] things that [inaudible], because we really own the secret to get better.

John: And then one of the biggest ... My biggest request, give us more of your feedback. So sometimes what happens is, people get better and then they don't report back and tell us. And so we only heard from them when they had problems. Don't be that person. Can everybody here commit not to be that person? That as soon as you get that result you're looking for, even if it's major or minor, your hand's up for that one. You're committing that, "I'm gonna share that story, and I will let people know. I'll let Johnathan know." Put that video on Facebook. And we'll be reminded. So yeah, so we got some hands up. I appreciate that.

John: But go ahead and make sure that we promise ... Thank you. Let us know. Remember, celebrate the little wins. Let us know about the little wins as well. And even on video, or type them in. And let us know because we wanna see that. We wanna celebrate that. Because what that does is that lifts the belief for everyone. Remember when Roger Banister was the first person to run a four minute mile. And after he did it, tens and tens of people. I think even hundreds of people have done it today. But nothing changed. Weight didn't change. Gravity didn't change. Shoes didn't change. What changed was belief. And so when we could see that somebody could do that, it changed, it shifted the belief for all people. So let that belief shift for you. Share the story so you can help other people shift their belief and celebrate your success, 'cause it cements your win, helps you commit to your success.

John: And so that is a wrap. Thank you so much. Truth, we'll have a series on brain health coming up. Next year we'll have ... I mean, it's a great time to talk about it. We have a series on essential oils. I don't know if you guys are excited about essential oils. Some people are. You'd be surprised. They're great for different people in different circumstances. There's certain ones that are just mind-bending. You've got to see that series. Even if you don't ... If you only wanna end up with one or two extra oils that you use for one or two things. Fantastic, let alone all the different things that people use them for everywhere from animals to cancer. But you'll be surprised the science we're going through it. And look at this, "Endocrinologist recommended me to remove my thyroid. Chose to make changes, and trust God. Today went to get my ultrasound, and no tumor." Oh my goodness. Oh my goodness. "Thank you for encouraging us." Hold on a second. Hey Rebecca, forgive me for doing this. You can obviously define what I'm trying to do right now. Hey Rebecca, was that you who said that?

Rebecca Mora: Hi. Yeah.

John: Oh, awesome.

Rebecca Mora: Amazing.

John: Well, tell me. I mean, what happened?

Rebecca Mora: So back in June I went to my endocrinologist. And I just kept asking the question, "Well, what caused this?" And the typical answer, "Oh, hereditary." Or, "We don't really know." And I told them you know, "I just don't ... I don't feel like that's the answer that I'm looking for. I need to know what caused this so I can resolve the problem. Because resolving it by taking out my thyroid is not the answer. Then I'll have to be put on medication." So I went to Oregon. I went back and just, my daughter and I went back. And my husband's here. We're in Tijuana, Mexico. But I just told them, you know, "I just have to trust God." He has my plans. He knows.

Rebecca Mora: He created me. He knows what's best for me. And the best thing I can do is just de-stress. So went to Oregon for two months. And just really laughed a lot, and I did my juicing and my smoothies. And I connected with this autoimmune series by God. Not by chance. And just really started diving into the information. I've been honestly doing this as if I'm in school. So mornings I get up. I do my prayer, I do my worship. I do my enemas. I'm doing my workouts. And from that really, just from my juicing and my smoothies, and taking my vitamins, a couple of supplements. But went back today to our doctor here who is an ultrasound doctor and radiologist. And he's like, "It's gone." He goes, "All you have is three calcifications. But it's gone."

Rebecca Mora: But I wasn't surprised, because I knew that God had already healed me. Because out of diligence, out of perseverance [inaudible 02:34:16] in Him. And I really feel like doing those enemas have cleared so much of my anger, and so much of my unforgiveness. And so much of the emotional aspect. I don't know how it's connected, but I just feel like the enemas have just cleansed my body of those

emotions. And I'm just lighter on my feet. And I feel more connected even to God. Because there's not like that beast inside of me where ... The [inaudible 02:34:57] just takes over so much of your body. It's connected with so many parts of your being.

Rebecca Mora: And I wasn't being the mom to my four year old that I wanted to be. I wasn't being the wife to my husband that I wanted to be. And I just knew there was a better way. And so I'm continuing to do the juicing and the smoothies. And it just gives me such peace to know that I haven't even done the parasite cleanse. Which I'm gonna be doing. And I'm just ... Really, it's like a school. So this series is like my school. It's my university. It's my education. And I'm taking it so serious. Even when I do the enemas, I'm watching the series. And I'm holding it in I'm, "Okay, breathe. Breathe through it." But it's really just so amazing. And then to have the prayers at the end of a couple of your sessions. Like where you've prayed with the doctors, it's just amazing to have something where God is in the center of it. It's awesome.

John: Wow. Thank you. That's so touching, Rebecca. Truly. And you are such a trooper, and for what you reclaimed for your family. And you didn't play the victim. Chances are it really wasn't your fault. Like your body was degrading through all these issues that we're all facing. But you just owned it. And then you just did what you learnt for the sake of yourself and your family, and the result all you've achieved. And what a fantastic celebration that was just today. And I'm glad I even thought to tell people to share their wins. You didn't mention that. I didn't see that anywhere else today. And I think you've just ... Look at what people [inaudible].

Rebecca Mora: Aw.

John: Everyone is just-

Rebecca Mora: Aw. Yeah.

John: ... [inaudible] you've done for other people,

their belief. You just saying that has helped somebody else have a breakthrough. It was, you had cancers. You had a tumor. A lot of people here don't have as heavy a threat as far as they understand, even though autoimmune disease takes decades off people's lives is what people don't understand.

Rebecca Mora: Right.

John: But yours was ... And so that's one of the benefits. You're up against a really heavy challenge. Look at what you're about to be able to do like Rebecca. Today, the worse her challenge was, the greater her victory was. And the greater her inspiration is for the people that are here. So what an amazing thing. And then just, I mean we have to share some secrets here. So you did the enemas. Did you do the water first, and then the coffee? Or did you just go straight to coffee?

Rebecca Mora: So I my background is in like a detox I used to do. I worked at a Ibogaine Detox Center here in Rosarito. So we have our patients enemas. And we never did water. But I actually, because I haven't done enemas in so long, that I really felt like I should do the water. So I did do the water enema prior to doing a few of my coffee enemas. And I don't drink coffee ever, so I'm gonna do what Doctor [Nuzem 02:38:16] recommendation of the camomile tea.

John: Yeah.

Rebecca Mora: Yeah. I think I'm gonna integrate that, because today I didn't do my enema. And I have a little bit of a headache. But it's totally doable.

John: Oh, got it. Exactly. 'Cause you can get the benefits of the coffee when you can move over. But I was gonna say as well, if you felt like a bit of strain with the coffee enema, you can always do water enema first. And then just, you put it in. Go immediately to the toilet. And then you put the coffee in, you're finding that you don't have to

sit there straining to hold onto it, because you've readied the colon for it. Yeah.

Rebecca Mora: Yeah.

Rebecca Mora: Yes. Yeah. I think definitely. I would recommend water enema, and then the coffee enema for everybody. Because now that I listen to one of the series, Doctor Nuzem said definitely water. 16 ounce water, and then the 32 ounce coffee for sure.

John: Right. And then, and I'm glad to get you back on our show actually to just ... Because of your background, you've got a bit of expertise there. But then you've also had a really great result. So I'm glad to have you, if you're willing to kinda share-

Rebecca Mora: Oh, sure. [crosstalk]. And my daughter is in school right now, which it's hard for me, 'cause she's four years old. But for right now, it's more important for me to do my detox than to be with her in the state that I am, physically. So-

John: [inaudible]. That's exactly an amazing mothers thing. You'd be there for ... You bite the bullet on feeling you're neglecting that child for ... You bite the bullet on that feeling.

Rebecca Mora: Right.

John: You get to live the rest of your life with that child and-

Rebecca Mora: Yeah.

John: [crosstalk]. Yeah.

Rebecca Mora: Yeah.

John: But you do the other way around, you're gonna miss out on that long haul.

Rebecca Mora: Right. But as I said, "Baby, I'm driving ... You have your school, and mommy has her school." And she's like, "What? You're in school?" And I said, "Yeah, I go back home and I'm literally studying the Autoimmune series. It's my school." It's literally my school. And what I'm wanting to do, I feel like both God telling me to is just create a really simplified version of this, because as a mom, gosh it's like there's so much great information. And I wanna share people. I have already been connected. People are just coming in drones like, "Thyroid issues. Thyroid. Thyroid." I'm meeting people every day, and I'm telling you, it's like God is saying, "Okay, you need to put ... You need to use what you're learning. And you're just gonna continue to move forward and help other people in the same situation. Get them off of those Synthroids. Get them off of the medication. And just simplify and just give it to them. Just relating to the thyroid."

John: Amazing. So did you have another thyroid condition beside the tumor?

Rebecca Mora: No. Well, if I were to diagnose myself, because doctors have done much testing before this. And they ... Oh, no, no. You know what? My PA, "Well, you just had a baby. And she was premature. Difficult pregnancy for her." But I knew it was my thyroid. [inaudible 02:41:45] everything during that pregnancy. And my PA say, "Well let's get you on antidepressants." And I'm like, "You're not listening to me. I'm not sad. I'm angry, because I have so much stress. I have so much responsibility as a mom to give her the best, and she's my only focus." I'm not taking care of myself. It's not about depression, it's about, "I know my hormones are not where they need to be."

Rebecca Mora: So testing, testing, testing. No doctor could find anything on me. Until I demanded to get ... I brought my ultrasounds from Mexico. And that's what

got their attention. I said, "Why are they detecting this tumor? But you guys are telling me there's nothing wrong with me?" So then finally they referred me to an endocrinologist, and that was their solution was to remove my thyroid.

John: Wow. Which would've put on a Synthroid for the rest of your life. And then [inaudible 02:42:45] hormone destruction. And then you took the road less traveled, and that's made all the difference. All right, so then just quickly in finishing. The juicing, what did you juice?

Rebecca Mora: So I've been juicing carrots and beets, because the beets are correlated with the liver. So I've been doing the celery, which is also colation. So the celery, the beets, the carrots. And then sometimes cilantro of parsley.

John: Fantastic. And used those for colation and for liver cleansing. Parsley-

Rebecca Mora: Yeah.

John: ... liver cleansing. Cilantro, metal toxicity.

Rebecca Mora: Yep. And then just smoothies like crazy. Just the green smoothies. Literally six ounces of water, and then two handfuls of just mixed greens that I get already pre-washed, organic at Costco. And then I add frozen beets that I add in there. Everything that's pretty much frozen. So it gives a nice little flavor so I don't have to add a lot of juice or ice, anything like that. So beets. I do like a carrot, hemp seed, flax oil. Gosh just the ... I can text you guys kinda what I do. But-

John: Right. Right.

Rebecca Mora: I mean, I pretty-

John: [crosstalk]. And what else was in the smoothie?

Rebecca Mora: Flax, hemp seed. I'll do chia seed.

And I'll do alma powder.

John: Yeah. That-

John: No, that's good. That's awesome

Rebecaa Mora: like, "Why are you keeping my ..."

John: Just the greens, the beets, carrot. And really the greens are where it's at.

John: Right.

Rebecaa Mora: The greens are where it's at.

John: Right. And do you do organic?

Rebecaa Mora: Yeah. Everything organic.

John: Good. Good.

Rebecaa Mora: Mm-hmm (affirmative).

John: All right, guys. Who got a big takeaway from listener Rebecca right now? Let's see some hands. All right, yeah. People are raising the roof. That's awesome. And it would be great for her to write her smoothie recipes to us. So there you go.

Rebecaa Mora: I will. I will.

John: Fantastic, Rebecca. And do you mind saying your last name for us so we could follow up with you?

Rebecaa Mora: No. It's Rebecca R-E-B-E-C-C-A. Last name is M-O-R- A.

John: Mora.

Rebecaa Mora: Mm-hmm

John: M-O-R-A. Great. Great.

Rebecaa Mora: Yeah.

John: And then just if you also reach out with us, just email us back on mobile. We should be able to just find you, and just connect there. So we can get that recipe and also see how you could maybe do a little bit more of some of the things you did with our audience and share that story again.

Rebecaa Mora: Yeah, no worries.

John: All right. Thanks so much, Rebecca. That's so awesome. What a cool-

Rebecaa Mora: Thank you.

John: ... celebration. Just send hello to your family. And what an awesome thing.

Rebecaa Mora: I know.

John: Good job.

Rebecaa Mora: And I should be more excited, but I already knew. I already know that He had already healed. So when you feel that peace and you feel that calming sensation, you know? When you're worshipping you're just kind of like, "Okay. It's done." Like, "He already took care of it." So the ultrasound was just the confirmation. That's all it was.

John: Well, good for you. And you did what you need to do, and you left the rest up to God. And that's exactly what I encourage people to do. Because if you're able to do that, you let go of permanent control, which gives you the need to reduce stress. And then you're taking action, which ... And so then it's like that idea that God can achieve what men won't believe.

Rebecaa Mora: Yeah.

John: And so you've decided to believe by taking action. Faith is like seeing in action. And then you just look at God for the rest, and give credit where it's due. And then somebody that's like atheist would just say, "Okay well, it's probably because she did other things." And that's fine for someone to see it that way. Because

I think they're in some sense both a [inaudible]. And so those that are focusing on just the holistic things, they can focus and go for it. But like if you remind them then fantastic. And then you can get that extra support for those that see and believe in those things. So thank you again, Rebecca. You rock. Send hello to your family. And we'll be in touch with you. Perfect. All right.

Rebecca Mora: Okay. Awesome. Bye.

John: All right, guys. So thank you so much for having me today in your living room, or wherever you're watching this from. Thank you for taking the time. I would great for a written version of a testimony that we could check with. Including all aspects of prayer, worship and food. There you go. Anyone else feel that way? Let's see any other hands that feel like that would be a helpful thing. Okay. So wow, okay. Yeah, we got another five or 10 people just immediately dropped out. But remember we're at the tail end of the call here. Okay, I'd suggest that there would be some people that would be really interested in that.

John: So yeah. We could ask Rebecca for what type of prayer and what types of verses, and how did she approach that. Because that would be helpful. And most importantly, we can get her to share that kind of protocol. I could get her to shoot a video from home explaining it, how she starts off the day and goes about that. That'd be helpful? Cool. Cool. We are all about finding the cool things that are relevant for you guys, see what's gonna work and make sense. Also doing [inaudible 02:47:58].

John: Yeah, and isn't that amazing that she was using coffee enemas. It was helping her to be doing this. It would be that mixture of things. 'Cause that's clearly very scientific, 'cause what's happening is you're removing toxins and toxins that are impeding your brain's ability to function. And your brain's unable to function, then it makes it harder to do things like to ...

A lot of the reasoning happens in the frontal lobe of the brain. And so you'll find that empathy is there and the higher part of humanity, and our global morals, and these types of things. The process we [inaudible 02:48:31]. And a lot of hippocampus is more of the base passive emotions that are supposed to be governed by the frontal lobe. You'll find that if you can clear out that toxicity, you're clear out brain function. So it makes sense. You guys rock. I'm gonna go attend to my wife. I look forward to seeing you guys very soon. And take care, everyone.