Base Hits 3
Week Two: Q&A on Immunity with Dr. Tom Transcript

Mary Agnes:

Have. But, because more people have come on, let me just give a quick reminder that Dr. Tom is here to offer amazing expert knowledge. And if you've been on any of these, you know how amazing this is, rare, but he is not your doctor. This is information you should take back to your medical team and work with them, or come with subsequent questions. But he doesn't have your health history, so don't take this as gospel. And that should cover it.

Tom O'Bryan:

Thank you so much. Hello everyone. Welcome. Thank you so much for being here. It's really a pleasure. I enjoyed this and I really love your questions. The depth of your questions reinforces what our goal here is, and that is that everyone is wrestling, wrestling with some ideas here and trying to put them into the frame of how we think. And when it doesn't fit within the frame, everyone here is open to a new paradigm. That just excites me to open things up to a new paradigm. So please feel free, ask your questions. "Oh, wait, that doesn't make sense to me?" And it's okay to say things like that. There are no silly questions. And you've heard this before, except the one that's not asked, right? So that's why we're here, is so that we can develop a new paradigm of how to look at our health, so we get a new result.

It sounds silly and cute to say, but the definition of crazy is doing the same thing and expecting a different result. So if you get diagnosed with diabetes and you start taking some medicine for it, but you're doing the same thing your whole life that set you up for diabetes has stayed the same, that's the definition of crazy. And that is what are pharmaceutically-based, I don't even want to say healthcare, but crisis care system is centered on. Meaning, don't think about what you've done in your life, just take this pill. And that's not true of our doctors, but that's true of the corporations who are educating the doctors and paying their junkets to go to some seminar and learn more about some new drugs, et cetera, et cetera, et cetera. So I don't want to get off on that political discussion, but that's enough of that.

I'm just going to share a couple of slides to review. One of the things that we talked about last week, which I think is so critically important, and that is from Professor Fasano. And if you recall, he's my friend and my mentor. His team is the team that identified the mechanisms causing intestinal permeability, or the slang term is the leaky gut. And they identified that back in 1997, and they've been publishing papers now for over 20 years, years, many papers, 3, 4, 5, 10 a year, and each of them take so much time to do, but they've got the organization now. And what he tells us, if you look at the study, the title of the study there, this came out in January, All Disease Begins in the Leaky Gut. All disease. And I showed you this slide last week. I love the picture, because the guy looks like he's kind of comfortable, got his hands in his pocket, maybe rolling on his heels a little bit back-and-forth when all of this destruction is all around him, that he safe where he is. And that's the way we want to be.

And you Professor Fasano told us, there are five factors in the development of all chronic inflammatory diseases. Five different factors. Oh, wrong, wrong slide. The other slide that I was going to show you was that he talked about the two primary triggers. The most powerful triggers are gluten and lipopolysaccharides, LPS. Those are the two most powerful triggers that set up the development of

intestinal permeability. And we talked more about that last week, but I just want to review that concept, that that's where we start. That there are five pillars in the development of autoimmune diseases. And when we understand that, just as a baseline, then we're going to be thinking more often about our environment and what we're bringing into our home. What type of carpeting, if we're buying new carpeting? What type of furniture, and is it sprayed with Scotchgard?

Because those kinds of things, which seem so minimal in the past, you don't get degenerative the diseases of any type, chronic, inflammatory diseases, Alzheimer's, diabetes, cardiovascular disease, strokes. You don't get any of them until your immune system, trying to protect you, is so overwhelmed and working so hard, you start having tissue destruction, because the immune system is trying to protect you from perchloroethylene and toluene and benzene and mold. And because we're constantly exposed to these things and the volume of things of these exposures is like never before in the history of humanity, never have humans been exposed.

There were the guys that were working in nuclear power plants that were exposed to radiation, they got cancer, of course. There are the people working on the assembly line in chemical fertilizer plants back in the 60s and they got cancers and chronic diseases, of course. But the average population who is not working around chemicals every day, now we all are getting this. We all are. And it's not possible to avoid it. Most of it. But what is possible is to avoid certain areas of environmental exposure, like inside your home, where you spend so much time.

A critically important concept is that our immune systems are trying to protect us. So the question is, what are they trying to protect you from? And if you've got crippling rheumatoid arthritis, if your arthritis is so bad that you can't walk and you're going to the doctor and all they can give you is these very powerful drugs that suppress your immune system, you may have to do that for a while because you can't function.

Medications are to be used for a specified period of time while you are exploring, how did I get in the state that I need the medication? That's a really important concept to understand, that many of our attendees here are in their forties and fifties and sixties, and those generations grew up believing that our doctor can do no wrong. And that what they say goes. They say, "Well, if it's on television, it's got to be safe." And those here in their twenties and some in their thirties really understand that that's not the case. But some of us who have been around for a while, we were indoctrinated into believing all this garbage that they give us.

Like Trix. Trix is 50.5% sugar in every spoonful. But I was raised to believe Trix are for kids, right? And the corporations know that when mom is pushing the cart down the aisles of the grocery store and the kids in the seat of the cart, they made sure that that supermarket puts the foods that the kid is going to crave and look for, at his eye level. They're not down low or they're not really up high. They've got this down, they've got it down. They're manipulating us in so many ways for the amount of environmental exposures we are getting every single day. And we emphasized that last week.

Today, it's about the AMU and system trying to protect you. And it gets so overwhelmed that there comes collateral damage. And I'm going to talk about that, but let's get to a few of the questions first, because we've got quite a few, which is great. Happy to see that. Thank you for that. So let's just get started.

"Dr. Tom, Thank you for sharing this knowledge. It's challenging to navigate the medical maze and get answers, review actions to take and options to help identify issues as you are providing in such an understandable manner." Well, thank you, Amanda. That's the goal here. The goal here is not to give you all of the answers. It's not possible in a couple of hours. It's not possible. What is possible is to startle our preconceived notions. "Whoa, wait a minute!" And you really shouldn't believe anything I say. I hope I stimulate you enough so you say, "I want to learn a little more about that." And maybe get my books and then you read the studies that are in there and then you go talk to your doctor about that. There are many sources to look into the information, but that you just look.

I'm so proud that our emphasis here at theDr.com, is this recreating your own paradigm of how you take care of yourself and your family, and usually it's mom. I've got to say, "Mom, if you're not healthy, there's no way that you're going to create an environment for your family to be healthy, because they're living in the environment you're living in, and that's the environment that got you to the point of not being healthy." Okay. So thank you, Amanda, for that. That's really nice.

"I've read a lot of things about fluoride in relation with autoimmune conditions. I'm confused, either yes or no?" The answer is fluoride is a toxin. You can get a really good history, not going to take the 10 minutes to tell you all this, but you can get a really good history by going to dr. Mercola's site, Mercola.com, M-E-R-C-O-L-A, Mercola.com, and just type in fluoride. And a couple of the articles they came up with a number of years ago, they go through the whole process of the legislation, how fluoride got approved to be used, and the dangers of fluorides. It's profound. When you read the science, and this is not gobbledygook science, this is hard science and there's so many studies on this, but the industry gets away with it because of the Toxic Substance Control Act that we talked about last week. Do you remember? They failed miserably to protect our children and the amount of environmental exposures, because there's no teeth to the act, and they've only regulated five chemicals, or classes of chemicals, in close to 40 years. And so that's why fluoride is around.

Fluoride accumulates. And of the areas in the body where it accumulates is in your pineal gland. That's a gland in the center of the brain, and in eastern and philosophies, they talk a lot about the pineal gland as to helping us get, dare I say, closer to God? When you get in that deep state of prayer, or if you've met a really Holly... I was raised Catholic, so that's the one that I would relate to, you meet a priest who has been on retreat for the last month and praying at some retreat and just some quiet time. And they're in a different zone. They're very present and centered. Rabbis do this and Indian yogis do this, they're in a different zone that their brainwaves are very different, because their actions have activated their pineal gland, which produces a number of chemicals in our brain that are the feel good chemicals.

The primary one is oxytocin. That's a feel good hormone. There's a number of chemicals that the pineal gland produces that helps you see, like my mentor, Dr. Goodheart says, "Look with eyes that see, listen with ears that hear." Meaning your brain is interpreting what you're looking at, and you're really seeing it. You get the big picture. Or what you hear when you're listening, you really get the big picture of the message because your brain's in a mellow place. That's one of the jobs of the neurotransmitters and the endorphins produced by the pineal gland.

The problem is the pineal gland accumulates fluoride. It gets beyond rusty, it gets sclerosed. And if you were to do an MRI, you can see the pineal gland on people, usually elders, not so often on kids, but sometimes now they're seeing that, and it's not supposed to calcify. It's not supposed to get sclerosed, but it does because it's full of fluoride. It accumulates there. Why? I don't know, but it does. So we avoid fluoride like the plague. It's really a tough call when the only drinking water you is fluoridated-water, because water is so important. Well, if you get bottled water, then you got the phthalates in the bottles to deal with. The chemicals from the plastic water bottle. But I'd much rather ingest some phthalates than more fluoride. I haven't seen anywhere near the type of negative side effects from phthalates. They're not good for you, and I talked about those last week, nail polish and water bottles and plastic blinds and all of that. The air and white air filtrations are important, air filtration systems.

But fluoride is one that I consciously stay away from every chance I get. When I travel so much, not this year, but when I travel so much, I'm getting water bottles in the airport. Sometimes those places, they sell glass bottles, which is great. I don't care what the bottled of water is, what brand it is, if it's in glass, I'll do that one. But yeah, I'd recommend you stay away from fluoride as much as you possibly can.

"Dr. O'Bryan, you mentioned it was important to use glass storage as opposed to plastic. Do you have an opinion concerning silicone storage containers? Thank you." Hi, Gretta, good question. I've been told and I've seen a little of the science that says silica is better. I don't know. I feel awkward about it. I don't have enough confidence. We don't use silica containers, we will use glass. I'm sure that silica is better than plastic. I'm sure of that, because if it were as bad, there'd be more studies on the negative effects. So if it's one or the other, plastic or silica, I'd do silica. Marzi, she loves to cook and her cooking utensil, she loves the silica spatula. I see her using it and my initial reaction always is, "Okay, well, all right." And I've looked at a couple of studies that say, "Oh, okay. So 500 degrees and it doesn't seem to branch off any chemicals into the food. Okay. Okay." So at this point, with what I know, silica is much better than plastic. I don't know of a downside to silica.

"Do you have overall European-based product recommendations, like the WheatRescue, the smell, test water filters and all those nice suggestions we're getting here? I'm very grateful for your trainings. Thank you, Dr. Tom, for all what you're bringing to us." Oh, thank you, Paula. Thank you. There are a couple of companies in England that are importing for the testing. Regenerus Labs, R-E-G-E-N-E-R-U-S, Regenerus Labs is importing the Cyrex testing, blood testing, but I'm told that Vibrant, the best test in the world, by far, is now willing to do overseas. I haven't found a protocol that they've implemented yet, but perhaps you can reach out to Vibrant Labs.com customer service and see. They've upped their technology so that their

blood tests are much more sensitive, much more accurate than any other blood tests, because it's a new type of technology.

They continued working on it. I kind of pushed that a little bit. They continued working on it. So now they have pinprick tests, called dried blood spot, and the pinprick, and you put a drop of blood on a card and let it dry and send it to the lab, is just as accurate as their blood draws. That was a big game changer. That's going to change the face of home health care dramatically. And you've got seven days. No, you've got five days from the time the dried blood spot dries on the card. The lab needs to get it within five days to run their tests, because it's no good after seven. And there's a day of taking it in and registering, keying everything in, and then getting it over to the testing people. So you've got five days. So if it's not yet available, it'll be available soon.

In terms of nutritional products, the Microbiome Labs products and the Biocidin products are now becoming available. Once again, in London, and they're shipping throughout Europe. And that is TMC Ventures, TMC Ventures. They're doing that. And I don't know of any others yet. Because we're in Costa Rica and we're not back in Italy, I haven't put any time into looking into the European availability of some of these things, but we will be.

Another question on fluoride. "What about filtering our municipal water before drinking? Any recommendations on what to look for in a water filter that can remove fluoride? And how do we clear the accumulation of fluoride in the pineal gland?" Really good questions. Yeah. A water filtration system. The water filtration system on our site is one of the best I've ever found. And what you want is a two micron filter, charcoal granulation, and reverse osmosis. Yes. Reverse osmosis takes out the minerals in the water. It does. That's not great. So you've got mineral-less, less minerals in the water, which are good for you. So you have to take a mineral supplement. That's the only way I know around the toxic water that we all have today.

If you can afford it, a full house system is best, because you're brushing your teeth in the bathroom, you take a shower in the bathroom, and everybody gets water in their mouth. When they're in the shower, a little minor amounts not going to harm you, but just imagine 30 years or 40 years of that. So ideally, a full house system is best, if you can. If not, an under the counter system in the kitchen, and there's a separate little spigot, they drill a hole in your sink and the spigot screws in from the top and so it dispenses water, filtered water, and you get your drinking water and cooking water from there. If you can't afford that, then you get a countertop unit that you pour water into it, and it drains through some filters there. So the best that you can afford is what you get. If you can't do anything about filtering water, drink water. Still much more important to drink water than not drink water.

"Well, yeah, but it's got fluoride." I know. I know. "Well, Coca-Cola." Coca-Cola is made from water. Sprite is made from water. "Well, what about Apple juice?" Your blood sugar goes through the roof if you drink too much Apple juice. So it's not the best of all worlds, but even the little Brita filters is better than nothing, so do what you can.

And for mobilizing the fluoride out of your pineal gland. Yeah. There's a couple of things that I learned about in the last couple of years. One, Dr. Joe Dispenza, he's focused his entire career on the power of the mind and on meditation. He's got an impressive amount of science and hundreds of case studies. They've got very expensive equipment in a number of different places around the world. He's joint venture with some universities, because he's dropping the jaw of these neuroscientists when he brings in people who've been practicing his meditation and they see what kind of brainwaves these people are producing. It's really impressive. And mobilize their meditation techniques to mobilize the fluoride and get it out. I don't know them. I've done them a couple of times, but I can't teach them. But that's Dr. Joe Dispenza.

And also, silica has a binding with aluminum, but also with fluoride. And some waters in the world are high in silica, not many. Fiji water, the bottled Fiji water is high in silica, but you can also buy a little concentrated amount of silica and you put some drops in your filtered drinking water. Those are the only things I know to pull the fluoride out directly. The whole detox concept is beneficial to pull out metals and minerals, including fluoride.

"We're building a new house. What construction materials, fittings, furnishings, and systems should we be specifying?" Really good question and really important question. And I'm not the guy to answer that. When I build a house, I will then do a deep dive in that world. But green construction is very common now. Lots of different organizations have great webinars and seminars and books and podcasts on this. You just have to look in the world of green construction and you'll find them, it'll drop your jaw the things that you learn. And it's great that you're asking the question.

When you learn some of this, some people will actually pause on the building of their house and reevaluate what they're putting in. And I can see that happening. When we get around to building a home, wherever that is going to be, we're not sure yet, I will then do the deep dive into all of this. The wood, the two-by-fours and two-by-eights and all of that. The wall surface, it won't be drywall. The bricks. The wood flooring that doesn't have varnishes on it. All of that, because it's all accumulative and you want the cleanest environment you can get. I'm sorry, I can't give you specifics and I don't know a website to send you to, but there are many out there. I'm glad you're asking the question. That's exactly the kind of question we all need to ask about every aspect of our life. So yeah, building a house is a great one to ask.

"What is relationship with the health of our teeth and the toxic body mind?" Oh, really good question. Every farmer in the world knows that they're going to buy an animal, like a cow or a horse, they lift up the cheeks and gums to look at the teeth, because it tells the health of the horse or the animal.

You have over 800 different types of bacteria in your mouth, and it's called the oral mucosa. And that bacteria leaks through leaky gums. Have you ever brushed your teeth or flossed and you spit out pink water? You just gave yourself leaky gums. Leaky gut, leaky gums. It takes two, three, four days for the leaky gums to heal. And so in the meantime, bacteria can get in through the leaky gums up into the submucosa,

up into the bloodstream, and go anywhere. That's why dentists give you antibiotics when you go. The only reason they give you antibiotics, is because if you get leaky gums, you spit the water out in the white porcelain thing and it's lots of blood, you've got leaky gums and you have over 800 types of bacteria in your mouth. If strep gets in through the leaky gums and your immune system says, "Whoa, streps in the bloodstream, I better fight that." And then you make antibodies to fight strep.

Those antibodies that are going all through the mouth, think of antibodies. You've got four different immune systems in your body. Four. There's the one in your gut. That's like the marshal in town, old cowboy movies. They've got six-shooters and they fire chemical bullets called cytokines to deal with any threats that come in. Then you've got the immune system in your liver, because everything that you eat goes right from the gut directly to the liver. It can't go anywhere else. That's what we talked about last week. And the immune system of the gut, called the kupffer cells, they're like the sheriff. The sheriff has a bigger area. He walks around with a rifle as opposed to little six-gun.

Then you've got the immune system in your bloodstream. These guys are special forces. They've got high-powered precision rifles called antibodies that are going just after whatever they'd been trained to go after. That's what they go after. And then the fourth one's in your brain, we'll talk about that in week four, called the glial cells. Those guys, they carry bazookas. They don't mess around inside your brain. Anything gets in there, pow to get rid of it really quick.

So the one in your bloodstream, special forces, high-powered rifles, they've been trained, in this case, if strep got in through the leaky gums, because you floss every night, it gets in through the leaky gums. Your brain says, "Oh, straps in the bloodstream. Immune system, we need to take care of this." Your immune system makes antibodies to strep. Those antibodies to strep are trained to look. Your bloodstream is just a highway. Everything's going in the same direction, but there's no lanes of traffic. Everything's bouncing around in there, and so it's really hard for these antibodies bouncing around in the bloodstream to protect you. So they are laser focused. They've been taught, "You go after strep." It's got an orange vest, and the orange vest is an amino acid. It's a protein signature for strep, but it's an orange vest. So these special forces guys, wherever they see an orange vest, pow. Wherever they see an orange, pow. And they're firing these high-powered rifles to destroy strep.

If they don't do a good job, you get a strep infection, strep throat, wherever it should be. So why do dentists give you antibiotics? Because they're going to give you leaky gums. And if you get leaky gums and you get strep getting into your bloodstream then reproducing and now you've got a high concentration of strep and the brain says, "Immune system. We need special forces to go after a strep." The special forces come out and they're trained to go after-

... go after strep, the special forces come out and they're trying to go after orange vests. And it's the protein signature of the strep, let's say it's AABCD as the protein signature of the strep. Well, AABCD happens to be exactly what part of the structure of the valves of your heart look like, and the antibodies to strep attack

the valves of your heart. That's called rheumatic fever and that'll kill you. And there's another structure in your brain that looks AABCD, so if the antibodies get into your brain looking for strep and they look at your brain tissue, they fire their chemical bullets at that. That's called PANDAS, it's a pediatric autoimmune condition of the brain from a strep infection. So that's called molecular mimicry. The valves of the heart mimic, they look like, the orange vest of the strep bacteria.

That actually, when you read my book, *The Autoimmune Fix*, that is a primary mechanism in the development of autoimmune diseases, is molecular mimicry, either to bacteria like strep. To foods, it's the most common way that gluten causes problems with your thyroid or your brain or your joints or your skin, is that you develop an autoimmune condition. Meaning, you make antibodies to your thyroid, or your brain, or your joints, or your skin, just depending on your genetics. That you make antibodies that because of molecular mimicry, they go after your thyroid, or your brain, or your joints. Or your skin, or your kidneys, or your liver, or your eyes, that's molecular mimicry. That's what happens when you cross the line of tolerance with wheat.

That's why, if you have antibodies to wheat, that's not the problem. You don't feel antibodies to wheat. What you feel is when you've killed off enough tissue in your brain, now you got numbness and tingling or you can't walk right. And now you've got MS because for years, the antibodies to wheat, and you feel you fine when you eat wheat, but the antibodies to wheat have been cross-reacting molecular mimicry with myelin basic protein. And killing off myelin, and that's the Saran Wrap around your nerves. And when you kill off enough of that, well, just imagine the wire that goes from the battery of your car, to the headlights of your car. Now take that wire and take off some of the insulation in the middle, so the wire is exposed. The lights-

Hi family, it's Mary Agnes. I hope you guys can hear me. I know that Dr. O'Bryan and Marzi were experiencing some weather in Costa Rica today, so hopefully this will resolve itself. Thank you. Yes, he is frozen, at least on our side and I'm sure... Well, let's give it 30 seconds, maybe... Now he's gone. All right, maybe he'll come back. Well, hello. It's nice to see you all here, I'm super excited. No, it's definitely not you guys. It's definitely on Dr. Tom's side, so let's just see if he logs back in. We'll give him a minute. In the meantime, in the chat, I put the link to AquaTru, which is the above counter water purifier that Dr. Tom has recommended in the past. So, that link is in there and actually, we got a discount for you guys. So hopefully, that will support you all. Did you all get your AirDoctor air purifiers?

Mary Agnes Antonopoulos:

Liquid silica, I do. I ordered it myself from a different company, but I don't want to share it until I ask Dr. Tom if it's one that he would recommend. So let me see if I can find it in my cabinet of mayhem here and if I can, I can actually ask him when he gets back on. Silver, that's not silica, hold on. It may not be in this cabinet here, so bear with me while I look and we'll see if Dr. Tom comes back on. I do not think we sell it on our website, either. I had those... All right, I'm going to keep looking.

Mary Agnes Antonopoulos:

Oh, that's probably them texting me now. Oh, "Waiting for WIFI to reboot." Okay, in the meantime, I'm going to walk into my medicine cabinet and you guys can listen to me try and find the silica I use. I don't use it all the time though, so it's not in my everyday stuff. But we'll get that for you. I'll find the couple of them that colleagues of Dr. Tom's recommend, and then I will have him... You know what he does, he checks the COAs, the factory certifications. Oh, Dr. Tom.

Tom O'Bryan:

I'm back.

Mary Agnes Antonopoulos:

There he is. We were wondering what kind of silica you recommend. And I was saying I wouldn't share mine unless I could find it and ask you if it was one you like.

Tom O'Bryan:

I'm sorry, what type of what?

Mary Agnes Antonopoulos:

Silica drops.

Tom O'Bryan:

Ah. I've got it in my notes and I will look it up. And so we'll post it.

Mary Agnes Antonopoulos:

Perfect.

Tom O'Bryan:

But where did you lose me, MA?

Mary Agnes Antonopoulos:

I don't know, Dr. Tom. I'm so sorry, I got lost in the silica question.

Tom O'Bryan:

Okay, I was-

Mary Agnes Antonopoulos:

Oh, here we are. The wires of the car.

Tom O'Bryan:

Oh, good. Thank you. Good, thank you so much.

Mary Agnes Antonopoulos:

That's from the peanut gallery, they knew.

Tom O'Bryan:

All right, Sylvia. So if the wire from the battery to the headlight, headlight is working fine, take a little bit of insulation off the center of that wire so the wire is exposed, headlights are still working fine. Now touch that wire, the exposed wire to the frame of the car, headlights are flickering on and off. What's wrong with the headlights? They're not working right. There's nothing wrong with the headlights, it's the juice. That's MS, that's what antibodies to myelin do. When you have elevated antibodies, you're killing off... I'll get about elevated antibodies in a minute, but you're losing more myelin than you're making. And eventually, after years of this, you get MS.

That's what got me into this whole thing about predictive autoimmunity, was that I had elevated anti... I did this test, Cyrex array number five looks at 24 different tissue antibodies, it's a good test to do. And this was 1997 or 1998. No, '97 and I was in my early forties and I was a triathlete. And I was scoring in the top 10% of the 30 to 35 year olds, so I was like, "I'm a stud, I'm good, I'm healthy." But I did this blood and I had elevated antibodies to three different brain tissues, myelin basic protein, that's MS eventually. Cerebellar peptides, that's when elders can't walk very well anymore, they can't dance up and down the stairs. They can't walk backwards down stairs, they have to hold the railings. And gangliosides, elevated ganglioside antibodies, your whole brain shrinks and that's non-Alzheimer's dementia.

So I saw these test results and I called the lab. I said, "What's this? This is a mistake." "No, it's not." I said, "Do it again." They said, "We did, we know it's you. We did it again, sorry." That's when I understood that you can have antibodies killing off tissue, killing off tissue, killing off tissue. And this goes on for days and weeks and months, and years, and years, and years. And you feel fine, you don't have any symptoms until you kill off enough tissue that now you start getting symptoms, because the tissue can't quite function as well as it's supposed to. So let's talk about this thing about elevated antibodies in the immune system.

Why would you ever have antibodies to myelin, or to thyroid, or to your adrenals, or to your hair follicles? Why do we ever have antibodies? Why do you ever have antibodies? Mrs. Patient, you have an entire new body every seven years. Every cell in your body regenerates, every single cell except your teeth. Some cells are really quick, some cells are slow, but every cell regenerates. How does that happen? Well, you got to get rid of the old and damaged cells to make room for the new cells. That's why you have a normal amount of antibodies to thyroid, or a normal level, a reference range of antibodies to myelin or to your brain tissue. The normal level, because you're killing off about as many cells as you're making, it's a net zero.

But when you have elevated antibodies on the blood test, you're killing off more cells than you're making. Oh, I said that backwards before, I'm sorry. I'm sorry, I don't mean to confuse you. When you're in the reference range for thyroid antibodies, or myelin, or cerebellum, or any other tissue, if you're in the reference range, you're killing off as many cells as you're making. That's normal, it's a zero gain, zero loss.

But when you have elevated levels of antibodies, you're killing off more cells than you're making and so it's a deficit. And that deficit continues every day that you've got elevated antibodies. And what people don't know is that you've got elevated antibodies for years before you ever have any symptoms, whatsoever.

So if you've got antibodies to your thyroid, as an example, killing off thyroid cells, killing off thyroid cells, killing off thyroid cells, let's... I'm going to make up a number, and I'm just making this up. Let's say you've got 50 million thyroid cells, that makes up your thyroid. 50 million cells and I'm just making the number up, I don't know how many cells there are. But let's say you're losing 1000 cells a day because you're killing off more cells than you're making, killing off more cells than you're making, killing off more cells than you're making. And you're losing 1000 a day, but you got 50 million. What's the big deal? Well, that's 365,000 in a year that you're losing. But then I've got 50 million, what's the big deal?

So in 10 years, that's 3,600,000 cells that you've lost out of the 50 million. You've lost 3 million, now you're getting some signs and symptoms of thyroid problems. And that just continues, it continues, it continues until you kill off so many cells, now you start getting some symptoms that are pretty noticeable. And the results it is, you go to a doctor and you get diagnosed with a thyroid autoimmune disease. But it's been developing for decades, decades. And I'm going to share my screen here and show you a couple of slides, as soon as I can find them, on this whole concept, it's called predictive autoimmunity. And you want to know what's cooking in your body? This is how you find out what's not working very well.

So it was a medical doctor at Johns Hopkins I think, and her name, Melissa Arbuckle. And she wrote this paper back in 2003 that just changed the way that we thought about all of this. So now I'm going to share my screen, and I just want to show you the graph that Dr. Arbuckle put together. So here it is, let me get it up here and get it so it's easier to see. So we'll back up a little bit first and I'll show you, this is the research paper in the New England journal of Medicine that Dr. Arbuckle published. And she was at the VA. She did some work at the VA and she looked for people with lupus in this one VA center. The autoimmune disease, systemic lupus erythematosus, and she found... Gosh, I don't remember how many people now. Oh, that's interesting, I don't remember. I think it was 136, but I'm not sure, that had lupus.

Well, if they're in the VA hospital, that means they were veterans. If they were veterans, they were in the armed forces. If they were in the armed forces, they had their blood drawn many times over the years while they were healthy in the Navy, or in the Army, or in the Marines, Air Force. Now, what most people don't know is that the government's been freezing almost all of that blood since 1978. They've got tens of millions of samples of our service people's blood. Dr. Arbuckle knew this, so she asked for permission to look at the blood of the currently diagnosed lupus patients when they were healthy in the Navy. She got permission, and what'd she find? She found that every single one of them... So I know these are hard to read, these different colors are antibodies. There are seven antibodies to lupus and zero here, the zero line is normal. So anything above the zero line means they're elevated.

And you can see that every one of these antibodies were elevated years before they ever got a diagnosis. And if you look at the bottom graph B, when they first got symptoms, the antibodies are elevated years before they ever got symptoms. So she put all seven antibodies together and this was how the average is, that there's a more than double, it's 2.5 times increased level of antibodies six years beforehand. And most of the people, nine years, 10 years, 11 years, they had some antibodies elevated. So she came up with this. She said, first, you have normal immunity, meaning you've got antibodies to your thyroid and antibodies to your brain, but you're in the reference range. That's where you're supposed to be.

Then you have benign autoimmunity, meaning they're a little bit elevated, or a lot of elevated but you don't have any symptoms. Then you've got pathogenic, meaning you've got symptoms. And then eventually, you get the diagnosis of Hashimoto's thyroid disease, or multiple sclerosis, or Alzheimer's, or rheumatoid arthritis, or psoriasis, or vitiligo, whatever the diagnosis is. But this is the pathway by which it happens. Now, this is Dr. Arbuckle in 2003. You remember we talked about Dr. Fasano's five pillars last week? And the five pillars were genetics, environmental trigger, altered microbiome, intestinal permeability, and systemic immune response. Well, look at what happened almost 20 years ago, Dr. Arbuckle. She says genetics and environmental factors. Well, now we know that the microbiome is really important, we didn't know that 20 years ago or 17 years ago. Now we know there's actually five factors, but this is the same... Our cutting-edge scientists have been talking about this for 20 years, and our doctors just don't know any of this.

And there's a couple more slides I'm going to show you, so excuse me while this looks a little confusing for a minute, because this is just my library of slides. But there's a couple that I want to find for you, that puts it all in perspective. So sorry, I know this is hard to look at. There we go, this is what I want and let's go here. So, "Individuals who are at risk to developing an autoimmune disease," meaning you've got elevated antibodies, "should be advised to refrain from activities and lifestyle which endangers their health and quality of life." Remember it because both Fasano and Melissa Arbuckle say, environment and genetics. So refrain from activities and lifestyle. Genetics, you can't do anything about that, but environment. And refrain from the environmental exposures.

Because what we found out, there've been so many studies now, the top one, SLE there, that's lupus. And there are seven antibodies and if you have any of those antibodies elevated, the positive, predictive value, the PPV meaning you're going to get lupus, is 94% to 100% in seven to 10 years. For the autoimmune disease scleroderma, it's 100% in 11 years if you've got these antibodies elevated. For rheumatoid it's between 52% and 97% within 14 years. If you've got these antibodies elevated, meaning the way you're living life, the environment that you're exposed to, your genetics, your microbiome, this whole mechanism is going on. Increasing antibodies, trying to protect you mostly because of molecular mimicry. I told you last week that 36% of all of the molecules in your bloodstream at any one time, are the exhaust from the bacteria in your gut. So because they're the messengers telling the brain what to do, telling the heart what to do, tell you the joints what to do.

And if you've got too much of the bad bacteria in your gut, the exhaust of the bad bacteria get into your bloodstream and your brain says, "Whoa, we better fight that." And you make antibodies to that bad bacteria. Now because of molecular mimicry, here comes antibodies to your joints and rheumatoid. Here comes antibodies to your thyroid and Hashimoto's. Here comes antibodies to myelin and your brain, it just depends on your genetics and what your environmental triggers are, as to how this is going to occur. Now, this is not every case of autoimmune disease, but this is the vast majority. And there are so many studies on this now, you can't ignore this. But our doctors just don't know this because they don't have time to read this studies.

Hashimoto's, if you've got TPO antibodies elevated, it's 92% within seven to 10 years. Primary biliary cirrhosis, 25 years but you're getting it, 95% likelihood. Type one diabetes... Addison's disease, your adrenal glands within 10 years. Celiac, if you have those antibodies elevated, it's 50% to 60% but if you also have the gene, it's 100% within seven years. The point is, when you've got these antibodies elevated, you're killing off tissue, killing off tissue, killing off tissue, killing off tissue. And we can say, "I feel fine. I'm okay with... I eat wheat, I feel fine. I'm okay with mold in the house, it's not too bad. I don't smell the mold, I feel fine." And I said, "All right, just..." I'd like to get this... Actually, I really would MA, if you can make a note here.

There was a commercial on television back in the late 1950s or early '60s, and it was FRAM, F-R-A-M-M, FRAM oil filters. And it was this kind of rough cowboy and he was a B-level actor back in the '50s or '60s, I don't know his name. But he got hired to do this commercial, he got his cowboy outfit on, those FRAM oil filters. And he holds one up, he says, "You can pay me now." And then in the background, there's a tow truck towing away a smoking car, "or you can pay me later." It's such a great commercial and that's what elevated antibodies are, you're killing off tissue. By definition, you're killing off tissue and it's scary when you see this. When I... It took me two years, two and a half years to get these antibodies down. It took a long time and it's not easy to do. And you remember the definition of crazy, right? Doing the same thing, expecting a different result.

Well, if your result is you've got elevated antibodies, you need to do things differently. You need to ask the question, where are the environmental triggers that are setting off my immune system, trying to protect me? That are because of molecular mimicry or cross-reactivity, now attacking my heart, or my brain, or my thyroid, or my joints. What are the environmental triggers? That's why the first week, we talk about detox, is because it's critical to understand that if you aren't dealing with this topic and learning how to detox on a daily basis this much... We need some big detox for a while, but then on an ongoing basis this much every day, if you aren't doing that, it's a dog chasing its tail.

"Well, I'd take seven different vitamins, doc." Well, that's great. That's probably going to help you a little bit, but it's a dog chasing its tail because your immune system is still reacting to the phthalates in the air that you're breathing in, affecting your lungs. And that's why you got asthma. Let's move on to the next question, or else we'll be here until three in the morning, and I'll go as long as I can go. I kind of petered out

last week. So I have to bring the questions back up here, give me a moment while I find them. Oh, they got booted out when we lost power, so one moment while I bring them up again. I can get-

Mary Agnes Antonopoulos:

Dr. Tom, I'll put them in the chat for you.

Tom O'Bryan:

Okay, thank you. That makes it easier.

Mary Agnes Antonopoulos:

There you go.

Tom O'Bryan:

There's the link, good. And it's opening up. There they are, good. Thank you, MA. So, "What is the relationship with the health of our teeth and the toxic body-mind?" So I started to go into that about leaky gums, but you said specifically the health of your teeth, not the health of your mouth. So there is a condition called cavitations, C-A-V-I-T-A-T-I-O-N-S, and it's, if you have health issues in your body. And nothing's working and you can't figure out where it's coming from, Doc, you look for cavitations because cavitations are... Usually, it's where there had been a root canal in the past, or sometimes not, but it's a pocket of bacteria in your bone of your jaw. And that pocket of bacteria way back in there, may cause pain, it may not, but the bacteria gets into your bloodstream and your immune system's, "Whoa, that's strep. I better fight strep." And then you can develop PANDAS as a child, or you can develop rheumatic fever, or whatever it should be.

So cavitations are a pocket in the jaw of bacteria. They're nasty in terms of... I've seen the darnedest things cleanup when you've dealt with the cavitation. So the health of your teeth is really important. And for those of you that have silver amalgams in your mouth... After we're done here, just go look in the mirror, open your mouth and look in the mirror. If there are silver fillings in there, amalgam means filling. If you've got a silver filling, it's 50% mercury and it's always outgassing a little bit. So it's a valuable exercise for your long-term health to get those amalgams out of there and it's not easy to do. You have to go to a biological dentist. There are biological dentists now and they're certified, just Google biological dentist in your area. And there's a whole protocol to make sure you don't absorb this mercury that they have to drill out of your teeth. But in the long run, mercury toxicity has been a real problem for a lot of people, chronic fatigues, brain dysfunction, and you can't find the source of it. It's the amalgams. So, that's it on the teeth.

Activated charcoal powder as toothpaste, does it neutralize the bacteria in your mouth, taking care of leaky gums? Well, that's an interesting question, I don't know. I've never heard anything about that. You've got over 800 bacteria in your mouth. We'll post the link here for the toothpaste we recommend, it's called Dentalcidin Toothpaste. And then the pump also, of Dentalcidin. So Marzi and I brush every night with Dentalcidin because it's an antibacterial for the bad guy bacteria. And then I put a few pumps of this in my

mouth and I swish it around. They say to do it for 30 seconds to two minutes, I do it for 10 seconds. I just, I should do it more but I don't.

You swish it around, and I tell you these things because you don't have to be perfect. You just have to be better than what you're currently doing and as long as you keep working on it, one day you'll be perfect at it, whatever it is. You just have to be working in the right direction. So we'll post the Dentalcidin and the two products here. And I recommend you use those as toothpaste. The activated charcoal, I just don't know about that. That's an interesting question. I think it would be a benefit, but having this charcoal in your mouth, I don't quite know how that would go over.

"I've been taking colostrum and probiotics for nearly two years after reading *Autoimmune Fix*. This has really helped the agonizing pain in my stomach, I can't thank you enough for that." Thank you. "I'm in the UK, there are no functional doctors near me and we're in lockdown here, but I hear you. I'll see what I can do." Okay, way to go. There are some really good functional practitioners now in London, and I think throughout England. I don't know if there's a list of them or not. I don't know. Aside from the Institute for Functional Medicine, they've got a number of attendees... They have a number of people now who are certified in England. That means they've gone through three and a half years of training with us at the Institute, and they passed the exam.

"When taking my magnesium glycinate before bedtime, how do you shift it to put the GI Detox in the night routine and not to have the magnesium being sponged out?" You can't. So what I do, every once in a while, I get some twitching and so I take my magnesium in my smoothie. I actually take it in the morning. I've got a drink that I put-

I actually take it in the morning. I've got a drink that I put together before I work out. I have a coach that I've worked with for a number of years, and now I'm here in Costa Rica, so we do FaceTime, and he just works me out. And so at six in the morning, I'm taking my concoction, and I put my magnesium in there. The idea of taking your nutrients before you work out is a good one, because when you're exercising, you're pumping more blood deeper into your tissues, so you're pumping the nutrients deeper in your tissue if you take them a half hour to an hour before you start your workout. So it's not necessary to take the magnesium at night, unless it is to help you sleep, and in that case, if you're taking G.I Detox, you might do a magnesium bath and your skin will absorb the magnesium through the bath, or take melatonin sublingually, so it's not absorbed down into your gut.

"It's most confusing to know out of all the products, which are most important to take. Cannot afford to do them all." I fully understand that question, I fully do. So the way I think of it, Professor Fasano talks about the five pillars in the development of all chronic inflammatory diseases. And in week four, I'm going to talk about how your food selections should be the vitamins that you take, for the most part. So I focus my supplementation on the five pillars, meaning rebuilding the healthy microbiome, healing intestinal

permeability, and get the inflammatory stuff out of there, and we'll talk about that in week four in great detail.

"Is there immunity that is specific to one virus, or is it a general immunity for all viruses? How do you know if your immunity's low?" Good question, Ronald. You make antibodies to specific viruses. In the Neural Zoomer Plus test and in the Neural Zoomer, but the Neural Zoomer Plus is so much more comprehensive, they test for antibodies to herpes. Last time I checked, there were 248 studies on herpes simplex 1, and Alzheimer's. I mean, you get these cold sores on your lip every once in a while, that means you've got a herpes outbreak, that means you've got elevated antibodies to herpes, and that is a common component when they do autopsy and biopsy of people who died of Alzheimer's. They've got antibodies to herpes in the beta-amyloid plaque. It's loaded with antibodies to herpes. So we check for antibodies to herpes and cytomegalovirus, a few different viruses. So antibodies are specific.

"How do you know if your immunity's low?" A really good question. The embarrassing answer is to say, if you get sick, your immunity's low. For example, if you were exposed to this virus, you had a sore throat for a couple of days, you had a light fever for a couple of days, tummy ache, or diarrhea for a couple days, and you're fine, your immune system had to rally the troops to take care of you, because 85 to 90% of people exposed to this virus don't feel anything, they just make the antibodies. That's how it's supposed to be. Your immune system's supposed to be strong enough to deal with the virus, and that's true for 85 to 90% of the people, and they're just trying to scare the hell out of us. I'm sorry, I can't get into politics. I don't want to get into politics. But your body is supposed to protect you. So if you got a sore throat for a couple of days, you can be grateful that your immune system rallied, but you need to work on your immune system.

But in the blood tests that we do looking for antibodies, we check for total immunoglobulin levels. The immunoglobulins are the different types of antibodies, so the category for the different antibodies are called immunoglobulins. Ig stands for immunoglobulin, IgG, IgM, IgA, IgD, IgE. There are different Army, Navy, Air Force, Marines, Coast Guard. That's all you have to know, right? But they're antibodies, and we check for total immunoglobulin levels to see if your immunity is low. So we know when we do blood tests on you, Ronald.

"Is there any way that we can do something to help on the almagens leakage, other than taking them out?" From Connie and [Mary Agnes 00:01:06:55]. So, oh, amalgams, amalgams. "Is there any way we can do something to help on the amalgams leakage, other than taking them out?" That's a really good point. They are [inaudible 01:07:10] a little bit every day, minor, minor amount, but this stuff's accumulative. So if you are building a healthy microbiome, there are bacteria that will bind mercury that's in your food or in your water, bind it in your gut, and escort it out with the stool. So the best thing you can do is to build a healthy microbiome. Nothing is more powerful that I know of than that. There are things you can take that pull mercury out that's in your bloodstream, and in your lymphatics, and from your fat cells, that's a whole detox program.

Base Hits 3
Week Two: Q&A on Immunity with Dr. Tom Transcript

"I've been hearing how detrimental negative emotions can be to your immune system. Is that true, and can you give insight about that?" Oh, Julianne, Julie, Julie... Oh, you typed out your name, Julianne. [Julene. Thank you for typing it out, sorry. Thank you, Julene. Really good question, and absolutely. In my book, *You Can Fix Your Brain*, this one, shameless plug, shameless plug, I talk about the pyramid in the development of chronic inflammatory diseases. For all chronic inflammatory diseases, it's a pyramid. Well, there's three sides to a pyramid when you look at a pyramid. No, there's four sides to a pyramid, there's a base, and then there are three sides.

The base is your structure. That's the home of chiropractic, massage, exercise, posture, orthopedic pillows. That's the home of structure. Then there is biochemistry, and that's where most of us spend all of our time, and it's important, but we should not spend all our time there. That's what you eat, drink, the air you breathe, that's pharmaceuticals, nutraceuticals, food, important. Then there is the electromagnetic. That's the home of acupuncture, and cell phone toxicity, and all that kind of thing. And then there is the spiritual or emotional.

There are four sides to the pyramid, four sides, and most health conditions are a combination of more than one side because we've lost tolerance, so our compensatory mechanisms aren't working very well anymore, and now we've got a disease, depression, anxiety, whatever it is. But every, every major depression patient, and every anxiety patient, different studies, but from Professor Michael Maes, who's a psychiatrist, brilliant guy in England and in Thailand, every one of these patients have elevated levels of inflammation. Your immune system, the antibodies and the cytokines, the bullets from the sheriff, the immune system is highly activated in every one of these patients, and he started talking about this in the early to mid '90s and has been publishing papers that are peerless. I mean, they're just remarkable papers, jaw-dropping, the results, when he instituted what he calls the leaky gut diet. Just Google "The leaky gut diet," and Dr. Maes came up with this back in the early 2000s, I think it was when he coined that term. Gluten-free, dairy-free, added sugar-free, that's the start of the leaky gut diet, and he started talking about it back then.

So I say that because he shows that bipolar disorder, schizophrenia, anxiety, depression, they're all activated immune system diseases, and when your immune system is activated, you've got inflammation. We'll talk more about that again next week. But when you have emotional trauma, I did martial arts for many, many years, many years. This is as straight as I can make my elbow. This side, I can straighten it completely, but this side, I don't know if you can tell, there's a little bit of bend in the elbow, it just won't go anymore, because that was broken a number of times, sprained a number of times. The architecture is different now, right? When you have emotional trauma, in the brain, there are storage centers in the brain, there are memory centers. Your elbow doesn't straighten out anymore. That nerve doesn't quite run the way it should. Those cells that are supposed to produce the nerve hormones called neural transmitters, aren't quite working at the capacity that they used to because there's trauma. I had trauma in my elbow. Emotional trauma is very real, and it causes so many diseases.

We had this wonderful experience that Mary Agnes came up with a couple of years ago. We brought 15 people to Southern California, where Marzi and I, or I was living, and we spent a day and a half with them, and it sold out in four hours when we announced it, and so we said, "We'll do another week," and we did the following week. So we had 18 people the first time, I think 15 people the second time, and I just talked about, we called it The Four Pillars, and it's this whole concept of, where does all this come from? And you have to understand the big picture.

And people came and we had a really great time, but I got two directors chairs up in the front, and I would just sit and I just start talking, and Michelle Ross, our Director of Clinical Services, she would give a talk, and I'd just start downloading, and downloading, and people were asking questions, "All right, who wants to be first?" And someone would raise their hand, "Come on up, you sit in the other chair," and we would talk about... Everyone had filled out the LivingMatrix, so the new patient questionnaire, and our team had reviewed them all ahead of time, so I knew what was coming, and I had summary notes, because it's 15 pages. And I said, "All right, Steve. So what's going on? What do you think from what you've heard so far?" And he'd say, "Well, I never thought of it until now, until today, doctor," and he was a little awkward about it, but I think when my brother, my older brother and his friend, when they abused me, I think I never got over that.

And this is a big burly guy, and he's got rheumatoid arthritis. And so, I said, "Right on man, way to go, way to go. You've identified one of the pillars, one of the sides of the triangle for you. You've never thought about that before, have you?" And he said, "No, no," and he had tears in his eyes, big guy. And I said, "You never thought about that before, so it's been buried in there filtering, just polluting with stress hormones again. So anytime someone walks in who reminds you of any aspect of a trauma that you were in, all those stress hormones get activated, don't they?" He said, "Yeah, I never saw it before, but yeah."

So Jaylene, or Julene, I'm sorry. Julene, your question is so important because people don't like to go there. They don't like to look at the emotional or spiritual stuff side of the Triangle of Health. They don't like it, and they avoid it. "No, I'm fine. I'm fine," and that's what's going to take them down because you can't change your diet, you can't change your toxic and an indoor air pollution environment, and keep the toxic stress hormone generating, bent elbow memories in your brain. Can't do it. It won't work. Dog chasing its tail.

So for any of you that this is ringing a bell right now, we recommend everyone to Dr. Silva Dvorak. D-V-O-R-A-K. Dr. Silva Dvorak. She works online one-on-one with people, Skype or Zoom, and she's my friend. She came to our Four Pillars event and gave about an hour, hour and a half presentation, and she was great. She was really great, and not that she's the only person out there, but you want someone who is not going to sit with you and say, "Okay, tell me about your mother. Tell me about your father. Oh, time's up. See you next week."

You don't want a one hour a week person who is just accumulating information. You want someone who's going to... You need a little time to get information, a session or two, but then get in the mud with you, let's get down into this stuff. And you might be crying or you might feel a lot of anger. You got to get this stuff out of you, or else you're a dog chasing its tail, and your elevated antibodies to your brain will continue, and one out of three dies with Alzheimer's now. One out of three elders dies with Alzheimer's or another dementia. So thank you, Julene, for the question. Really good question. Really good.

"What do you think of pycnogenol for immunity?" It's a good support. It's a useful tool. A number of studies speak about it in very positive ways. "Immunity. My blood type is A positive. Is there anything important to know about my blood type?" I am A positive, and the only blood type in my clinical experience that really has to follow the blood type guidelines, is blood type O, because blood type O is the oldest blood type on the planet. And our most ancient ancestors were nomads, they followed the herds. They were not agriculturalists. There were no farms. They were nomads, blood type O's. They need a lot of protein. They need a lot of meat, high quality protein. The sickest people I see are vegetarians that are blood type O's. They're not getting enough protein, they're getting... "Well, doc, I get my protein from rice and beans." Yeah. Well, you don't understand the biological value of protein, and you need lots of protein. You're blood type O, that's the deck of cards you were dealt.

So the other blood types, my clinical experiences, they're helpful as a guideline, try it out, follow it squeaky clean for a month to two months, and see how you feel. A positives tend to be sensitive to lectins. I know that's true for me. So the whole concept of The Plant Paradox, that book, The Plant Paradox, good book. I totally disagree with him. He says, "No one should eat lectins." I totally disagree. No one should eat lectins, if they're making antibodies to lectins. If your immune system is fighting lectins, don't eat lectins. How do you know? There's a Lectin Zoomer. There's a Wheat Zoomer, Dairy Zoomer, Corn Zoomer, there's a Lectin Zoomer. That's how you know.

"I've read a bit and heard that colloidal silver can improve immunity. Laypeople suggest dosage. Can you please share a bit more about colloidal silver safety and dosages? What about side effects?" I don't know of any side effects to colloidal silver. You want a really good colloidal silver, that's the important component of that, and I don't think we have it on our website, we should, and we don't. And I'm trying to remember the name of it. I will look this up afterwards. Mary Agnes will make a note, so we'll certainly have it for you next week. I just don't remember the name of... There's one I really like that I've used a number of times in the past over the years, I really like it.

Tom O'Bryan:

Hey, Dr. Tom. I think I have the one we like. Silver Excelsior?

Tom O'Bryan:

No, I don't think that's the one.

Tom O'Bryan:

Oh, okay then. I take it back.

Tom O'Bryan:

Thank you. "Is there any way that we can do something to help on the amalgams other than..." Oh, I read that already. "I've been hearing about detrimental negative emotions..." Good, did that. "What do you think of pycnogenol?" "I've read a lot that colloidal silver..." Good. "Hi, Dr. Tom. Your message is coming through loud and clear." Well, thank you. "Detox as a lifestyle is key to health." Absolutely. "Last week you mentioned you and Marzi use G.I. Detox every night. I know it's a binder, great to use when you're detoxing. Can you talk a little more about this product and why you like using it daily? How does fulvic acid work? Sylvia."

Hi, Sylvia. Thanks for your question. Marzi is not taking G.I. Detox right now because she's pregnant, and there's some herbs in there that... The charcoal itself is fine, as far as I know, but she's pregnant and there's a couple of herbs in there, that we just don't know, there's no safety studies, so I'm taking it. I like it because it's a great absorptive sponge, and it's the highest quality. I know the owner of the company, and I know her meticulousness. Her line of products include Biocidin, which is my go-to antibacterial, antifungal, antiviral for over 30 years. And the Dentalcidin I talked about earlier is from the same company, they're extremely high quality, and they're purity fanatics. So that's why I use G.I. Detox.

Granulated charcoal is a great tool. Every pharmacy has it, or they're supposed to. So if you can't get G.I. Detox for some reason, just go to your pharmacy and ask the pharmacist, "How come you carry this one?" Or if there's two or three, ask the pharmacist, "Which one should I get?" and they'll probably not know. And say, "Well, can you look into this? And I'll come back tomorrow," and so give them a job to do. Make them earn their money. Excuse me on that, but okay.

"If type 1 diabetic, can you still test and monitor HOMA score?" Oh, absolutely. Absolutely. It's key to getting better. I was just working on a presentation, and I'm going to see, can I... Where is that presentation? Just a minute, I'm going to show it to you because this is going to be helpful for everyone. Let me open up these few slides that I was just working on. Yeah, there it is. Because I'm giving this to a group in London, The Nutrition Collective, and I think in the next couple of days, I think so. So where is... Just a minute while I pull up... Here we go. Yeah, this is it. Okay. So I'm going to share my screen again for a moment. Share screen, let's go here and here, and then put it on the big screen.

So this comes from The British medical Journal and look at the title of the paper, Remission without insulin therapy on gluten-free diet in a 6-year old boy with type 1 diabetes, And they talk about in non-obese mice that are bred to get diabetes, and then researchers use these mice to check out different pharmaceuticals and things, 61% of these mice get diabetes automatically, because they're bred for it. So 61% of them do, but the same mice, if you never give them gluten, only 6% get diabetes. So if any of you out there that are type 1 diabetics, you should get this article and read it, and go, "What?" Actually, you don't even have to read the article, just do the Wheat Zoomer, and see if you've got elevated antibodies, work with my team, clinical services. And, "The result has been confirmed by several groups." So, this five-year and 10-month

old boy diagnosed with type 1 diabetes without celiac disease, they put him on a gluten-free diet, in two to three weeks, he didn't need his insulin anymore, and they didn't write this paper for a year afterwards to make sure that he was still stable.

And I've got many studies like that about wheat and how it affects blood sugar stability. So absolutely, you want to be checking your HOMA score. HOMA score is a representation of lifestyle, and if you're a type 1 diabetic, your blood sugar regulating system is really beat up right now, it's in the toilet. You remember I talked about Melissa Arbuckle and years of elevated antibodies, killing off antibodies, killing off antibodies, killing off. I don't know of anyone that's born with type 1 diabetes. They usually get diagnosed around seven, eight, nine, 10, some a little later, because for years before that, killing off, and killing off beta cells of the pancreas, killing off beta cells, killing off beta cells, killing off.

It was going on for years, and then eventually you killed off so many cells, you don't make insulin anymore, the cells are gone or almost gone, but we've had a number of cases that have done great. So I would suggest you work with our team at clinical services, and monitor your HOMA score. Absolutely monitor your HOMA. Great question. I love that. I love that because you want to be asking these kinds of questions of, "What can I do to monitor myself?" Thank you.

"What are your thoughts on meditation and Qigong?" Dr. Joe Dispenza says it really well. What's the value of meditation? You really do create the life that you want. When you are living with your vision of tomorrow, instead of your memories of yesterday, we all live out of our memories of yesterday. "What happened to me? They did this, she said that, I did this. Oh my God, I can't say this. I've been suppressed," because we all live out of our memories of yesterday. We call it our personality, that's developed over a lifetime. Well, you can continue living out of that personality for the rest of your life, or you can be working on, "I'd like to be a better person by my definition of being a better person," whatever that is for you, and how do you do that? By living out of your vision of tomorrow. How do you live out your vision of tomorrow? By doing guided meditation.

And Joe Dispenza does a lot of those guided meditations that center you and bring you in, and imagine the response you would like when this energy comes at you, or imagine when you this meet girl, how are you going to respond? Or whatever it should be. I think that the most powerful tool of the four sides of the pyramid is the emotional/spiritual. I think it's the most powerful. And Qigong is an excellent, excellent exercise protocol to generate your inner power, your inner energy, to channel into living out of your vision of tomorrow.

"What do you recommend instead of pesticides for things like, say, moths? Assume naphthalene is poisonous." Yes, it is. I really don't know about moths. You know who might know? If you go to our website and the dropdown... No, Mary Agnes will post the link to [inaudible 00:27:42], and they've got natural products across the board, so see if they've got something for you on that.

Base Hits 3
Week Two: Q&A on Immunity with Dr. Tom Transcript

"Hi, Dr. Tom. I'm really enjoying your Base Hits." Thank you. Thank you so much for the opportunity. "What is your experience on berberine, and what is it useful for? And this one may be one for Mary Agnes, are you happy for us to share your transcripts and replay with our health professionals? If so, how are we best to do this? Many thanks again." MA answered, "They should share Base Hits' sales page." Okay. Berberine. Berberine is an excellent antibacterial, antifungal, antiviral. Excellent. I've used it many times. It is a component in Biocidin, but most docs that use berberine, use it individually in much higher dosages, and it's great. There are many studies on its value.

"How do you feel about testosterone injections for men over 50, to optimize hormonal levels?" People need to take hormones if their hormone level is low. If your hormone level is in the mid to high, normal range, you're playing with fire, but if your hormone levels are in the mid to low normal range, take some extra hormone. It's going to keep you luscious. I take testosterone maybe once every couple of weeks, and I take just a single day's dose once every couple of weeks, because I take herbs that I've been taking for years that stimulate and have helped my system function really well. There's a product I've been taking since my 40s, since Jonathan [Wright 00:29:59], one of my mentors talked about it is called Male, M-A-L-E, and I've been taking that. Marzi takes... There's a couple of products like that.

But I guess the answer to the question is, do your blood tests and find out what your hormone levels are. For men, the blood tests you want to do, and I think it's the only place in the country that does it, is from Meridian Valley because they look at the testosterone metabolites, not just your testosterone and not just your free testosterone. Those tests have been around since the 1980s and 1990s. They're helpful, but they look at the metabolites. It's called the 80-80. By the age of 80, 80% of us men will have prostate cancer. That's the statistic, but it's not going to kill you. There's two types of prostate cancer. If you metabolize testosterone down one particular pathway, it's a big, long chemical name...

Halfway, it's a big, long chemical name. You're at risk of developing prostate cancer that's really aggressive. It's a bad guy. If you metabolize the majority of your testosterone down a different biochemical pathway, your risk of the aggressive prostate cancer that'll kill you is extremely low. You'll probably get the other type. If you get it at all. As the ADHD. And Meridian Valley is the only lab in the country that has that test. It's not on our website, I don't think it is, it should be and may, let's make a note. That test should be on our website. The Testosterone Metabolite tests from Radian Valley.

Have sensitive gums, which often bleed when I floss. I have read something about Berberine, this might be an infection or a failure in the mouth biome. You've cut it. Absolutely. You've got Gingivitis, meaning the gingiva, the gums are inflamed, itis. They're inflamed. Absolutely, you've got Gingivitis. And yeah, It's absolutely caused by the oral microbiome. If you've got a healthy, vibrant oral microbiome, you don't have infection. You don't have inflammation, activated immune system in your gums. That doesn't happen. So you've got an activated immune system and inflammation in your oral microbiome. I would use the Dentalcidin toothpaste and pump, and I would do a GI analysis to find out what the heck's going on in my microbiome? What foods am I eating that's contributing to that? I'd suggest you work with our clinical services team. That's what we do.

How do high viral load, stress and mold exposure, impact immunity. Really good question. Your immune system is the armed forces in your body. It's there to protect you. Now, what happens when everything's peaceful, you don't see the army, they're not around anywhere. The national guards, not out anywhere. But when there are riots on the streets, when things are really bad, you call out the armed forces. And what does it mean to call out the army? You've got elevated antibodies. You've called out the army. That's all that is. And we think it's so overwhelmingly confusing. It's not. The armed forces are being called out to protect you. So the question is, what are they trying to protect you from? I don't mean to make it simplistic because it's not, but as my mentor, Dr. Goodheart would say, the body is simply intricate and intricately simple. Right?

This is an intricately simple concept. You have elevated antibodies, your immune system's trying to protect you from something. What's it trying to protect you from? It doesn't make mistakes. It's rare that it may makes mistakes. There are some genetics, the most recent studies I've seen, say 12% of the diseases we get, you've got the gene, there's nothing you can do. 12%. But 88% is, you got the gene. It doesn't mean you're getting the disease. The environment determines that. This is a good time to talk about that.

So, how does the immune system get activated? If you have the gene for Alzheimer's, Apolipo, it doesn't mean you're getting Alzheimer's. It means, if you at pull the chain too hard, the weak link in your chain, one of the weak links is Apolipo, and that's going to break. And then you get Alzheimer's. So, don't pull at the chain so hard. What was that mean? That's inflammation. Inflammation pulls at the chain. So wherever your immune system is activated to protect you, your immune system produces the inflammation. Inflammation is not bad for you. Excessive inflammation is bad for you. And excessive inflammation occurs trying to protect you from something, like the kids with diabetes or the mice with diabetes, 67% of the mice. They just get diabetes when they eat rat chow. because rat chow has got gluten in it, but you get rat chow without gluten and only 6%. But wait, they're bred for this. They've got the gene. Yeah. But only 6% get it.

That's the way it is for you with the BRCA gene for breast cancer, with the Alzheimer's gene, that you turned that gene on, see genes don't get turned on and off. We've used that language for years, It's the wrong language. These genes operate on dimmer switches, and you want that dimmer switch for the inflammatory genes, turn down low. Right? You want a little bit of inflammation when there's a reason, bad bacteria or something, bad food, need to kill something. Well, then you ramp it up a little bit. But you want the dimmer switch down low most of the time and have it be available to ramp up. There's about 1200 genes that are inflammatory genes in our body, out of the 23 to 24,000 that we have 1200 are inflammatory. And you don't want to turn those on too much unless you need them.

The problem is, every human gets inflammation in their gut when they eat wheat, every human, because you activate the genes to protect you from wheat. Because you got [inaudible 00:06:20]. So you turn the dimmer switch up here, comes the inflammation. And if the wheat molecules get into your bloodstream, they turn dimmer switches up throughout your bloodstream. And just depending on your genetics, is it

Apolipo for Alzheimer's? Is it your Collagen for Rheumatoid arthritis? Is it your skin for Psoriasis? It just depends on where the molecular mimicry occurs. There are so many studies on this, now. I'm happy just to talk about this like this, because doctors don't know this. They don't know this stuff. I wish they read my books.

I'm Hoping the doctor would tell us how to boost our immunity to fight against coronavirus SARS-coV-2. Really good question. Well, let's see. You boost your immunity by stop throwing gasoline on the fire. That's the first thing to calm down your immune system. But if you need to activate an immune system, I'm going to show you a slide here in just a minute, I'm pulling it up for you. And we will send this slide... We'll post this slide by next week, or it'll be here in your chat or Mary Agnes will figure out how to get it to you. Let Me figure out where I can find it. Now, let's see. Just one moment while I think of where I'm going to find it.[inaudible 08.02] food safety fixed. One moment, wish I had this all thought out ahead of time for you, but I don't.[Inaudible08.23] too much. That might be where it is. I did these CLAFIS and Mary Agnes let's post that link for the CLAFIS in there too. Let's see if we can't post that. And I did 15 of them in April and May.

Yeah, here we go. Okay. Here's the slides. So, these slides, let me share the screen, again. And I'd suggest you look at these CLAFIS where I talk about this virus and how to protect yourself from it. And let's share the screen. And we're going to go here and here. And we're going to go to this slide and bring this up to here. And I have that. There we go. This is a really geeky paper from my friends at the Institute for Functional Medicine, Sam Janek and Joe Pizzorno and Helen Messier and Kara Fitzgerald. They're really smart, smart people. I Like them a lot. But they were talking about, you see the title here, Evidence supporting a phased approach to supporting your immune system from prevention through recovery.

So, when you're exposed to a virus, we want this high response where you get inflammation. You don't have to know, that's just the type of inflammation. When you're exposed to a virus, the first thing that happens is interferon 1 goes up. That's our immune system's immediate response. Now, these are people that were exposed to the virus. They never knew they were exposed to the virus. And because the immune system did a great job, it kept that virus in check. Now you've made antibodies to the virus. You're good to go. It's all done. People that got a little sick, had a light fever, a little bit of diarrhea, sore throat for a few days, and then they were fine. They, here, their immune system had to rally. Then they're fine. They're there. Now, people who didn't respond very well, they were exposed to the virus. The immune system wasn't enough to drop the virus down. The virus continued and now there's more extensive disease. They have to go to the hospital and all of that that occurs. These are the people that need a lot of immune support.

Tom O'Bryan:

chart that explains it. I know it's really a geeky chart. I'm sorry, but we will give the chart to you. We will give you these slides so you can look at them again and again. Well, actually we'll give you the paper. Well, we'll give you the link to the paper. But the different stages I want, everybody's strong in prevention so that

they don't have to deal with infections and escalating inflammation and recovery, but people come in at all different stages. And so how are you going to work with them? Well, the next slide tells us, we'll skip that one, This is the one. This is a slide that tells you when to take what. That, if you have an infection right now, you don't want to go pass. You see how this third column, choose any two of this, [inaudible 01:45:11] and roughage or [inaudible 01:45:12] these are mushrooms, that you take them during the prevention and during the acute infection phase.

But if you get escalating inflammation where you're getting really sick, you don't take these anymore and you don't take Berberine and you don't take Baicalin and echinacea goldenseal because these guys are whipping the horses on the stage coach, you're trying to get away from the robbers. And so let's go, and you're really getting that immune system to work hard. But your immune system is not capable of doing that. If it was capable of taking care of this, it would have taken care of it before you got to escalating inflammation. And so, you understand the things that you can take are down here and up top. So, vitamin C, vitamin K, fish oils, zinc, vitamin A, these are all the things that are okay to take all the time to support your immune system.

And I know this is not something you're going to pick up in five minutes. We'll make this available to you so that you can look at it again and again, and maybe put it on your refrigerator. So we'll put the link in here, Mary Agnes, let me see. Maybe I can, I let's see if I can... The, the study, the name of it, and you can type this into Google. It should pop up. Evidence supporting of phased, immuno IMM, UNO, immuno-physiological approach to COVID-19. Evidence supporting a phased immuno-physiological approach to COVID-19 and it should pop right up. And then you can get the link and post it here so people can download the study. And it gives you guidance on how to build up the immune system there, and what not to take. That's really important too.

Why is it with COVID that once you have had it and have the antibodies, you're not immune to it anymore? Well, that's not true. You're asking questions. That'll get me in trouble. Just know that there is a difference of opinion. If you have antibodies, one of the problems with the testing is that, in effective testing or limit limited effectiveness testing is the norm. There are many different parts to the virus, and there are three different immunoglobulins. I remember I said, there are five in total, but three that fight this virus, IGM, IGG, and IGA.

Some Labs are looking, excuse me, are looking at one component of the virus, IGG and they're testing for the IGG antibodies to one component of the virus. Some labs that are, they say cutting edge, are looking at IGG and IGA to one part of the virus. The only test you want to do that you can be confident is comprehensive, is from Vibrant Wellness. And it's doing IGG, IGA and IGM to four parts of the virus. So that test is comprehensive and you're looking at 12 different markers. All four components for IGG, all four components for IGA, all four components for IGM. That's the test you want to do, and it can be done blood draw or finger prick.

So, we're not offering that test because FDA requires that you go to the doctor's office for that, and we are virtual, and so you can't do it here. But you can go to Vibrant Wellness and type in COVID test or a viral test, download the information and take it to your doctor. That is the best test. And that test can be done with a finger prick. It can be a blood draw or a finger prick. And Mayo clinic has published the studies that said the finger prick is just as accurate as the blood draw. So, that's pretty cool.

Okay. How do vaccinations affect the... Oh, and so, let me just answer that question completely. When you do that test, you're protected. Now, there are different viruses that come up. That's why there are such arguments about the flu vaccine every year. It's because of the vaccine they give you is last year's flu, not this year's flu. And in most of the time it does not work. When you look at the study, some studies show people that got the vaccine, higher percentage of them got the flu the next year than those that did not get the vaccine. But it's making billions of dollars for the pharmaceutical companies. And that's the politics of this garbage we're up against. Now, if you are an elder and you have high blood pressure emphysema, some other, they're called comorbidities, some other bad conditions. There's an argument that vaccination might be beneficial for you, for flu vaccine. There is an argument that, I thought, right. I, I can see that point of view. It's rational, but not for the rest of the world. And that same argument would hold true with this current vaccine.

How did vaccinations affect the immune system? Is there anything you can do to improve the situation? Do you recommend something to counteract the mercury? Really good question. Vaccines are designed to protect you, but they have been abused extensively. How do you protect yourself from vaccines and mercury or aluminum? Well, I mentioned earlier silica absorbs aluminum. So if a parent decides to give their child vaccines, one of the things I would do, I'd want to know what are the ingredients in the vaccine that you're proposing doctor, from the nurse, get the brochure and see, is it mercury based? Usually that's with Diane Marisol or is it aluminum base? And if it's aluminum base, they're just as nasty, but we know that aluminum a little bit for mercury tube, a silica will absorb it. So I tell parents to give your child a high silica water for a month beforehand, go to a homeopathic at a homeopathic remedy for those vaccines, because you're introducing your child to minute amounts of this. And so their system is a little more familiar, less likely to have an aggressive reaction.

And there is a book that for anyone, parents who are considering vaccinations for their children, there is a book that I was just told about recently, and I'm looking for it right now. And I actually ordered it. So I have to go to my order page and see. There we go. And the book is called, let's see, where is it? Saw it here just a minute ago. Where did it go? Let's go back here again. One moment. While I look this up for you. But get a pencil and paper. You'll want to write this book down if or Mary Agnes will write it down and put the link in here for you. The book is called Homeoprophylaxis, H-O-M-E-O is all one word -P-R-O-P-H-Y-L-A-X-I-S Homeoprophylaxis: The vaccine Alternative. And it's a good book on how to deal with vaccines. So I'd suggest you look at that one.

Okay. Oh, did I close? I did. I closed the questions while I was looking here. So let me get back to the questions. Let's see. It may have some link here.

Mary Agnes:

There's a question I just shared with you in the chat, just you and I, can you take a look at that for a second?

Tom O'Bryan:

Okay.

Mary Agnes:

It's going to be above the link for Homeoprophylaxis, blah, blah, blah.

Tom O'Bryan:

Okay. Sure. Mary Agnes. That's a goal. That's a green light.

Mary Agnes:

Oh, yes. Synchronicity. And when I saw it, I thought, well, all right. We'll tell them later.

Tom O'Bryan:

Okay, good. I need to find the link that you sent me because you posted a whole bunch of links which is very cool. There we go. There's the Google doc. Got it. No! Where'd it go? Yeah, there it is. Okay. Now let's scroll down to see where I'm at. Can you speak about modalities to healing gun? Oh, here I am. Okay. Thank you. Life enhancement. Jonathan Wright, MDs mail 150 capsules discontinue. Discontinued? I didn't know that it's discontinued. I can't speak to that. That's a surprise to me. I placed an order a month or two ago, and I know the president of the company. So I'll find out about that.

Do you think Oral Glutathione is worth taking? Yeah. Glutathione is excellent. It's called the master antioxidant. It grabs mercury and grabs lots of different toxic chemicals. It's in every cell of our body. Oral Glutathione is a good product to take. It's actually, I didn't think of it, but if you've got amalgams that's one of the things you can do is take a little Oral Glutathione every day, which will help with any release that might be in your saliva and in your buccal membrane. I know stress and emotions can affect the immune system firsthand. And it's seen in patients, family, et cetera, since it was brought up tonight.

I wanted to ask you does emotional abuse, trauma negatively change one's DNA. If so, can this be passed on to children that change negative DNA from abuse? Yeah. The DNA is passed on in the maternal microbiome that we know for sure. But I've got some questions about that statement, that this is a healthcare practitioner, apparently, who asked. So I'm going to, I found a study once that said children born of celiac mothers weigh 222 grams, less than the national average and okay. We know why, because celiac moms usually aren't absorbing their nutrients very well. And so these babies aren't getting fed well enough. Children born of celiac fathers weigh 266 grams below the national average. There are much worse. So, explain that. I can't.

So, I'm not sure that the maternal microbiome is the only carrier of family history. But there's a number of studies that have talked about the trauma of families being passed down generation to generation. And I'm not sure if it's in the DNA or in the epigenetics, meaning the microbiome, because 36% of all small molecules in the bloodstream at any one time are the metabolites of your microbiome. So, if you're carrying the microbiome of your ancestors, which comes down the maternal line, you're carrying the negative bacteria that affects the production of neurotransmitters hormones in your brain for every one message from the brain, going down and telling the gut what to do. There are nine messages from the gut going up telling the brain what to do. That's the microbiome. And so there is a mechanism that's been identified of genetically carrying forward the trauma of past generations, but I'm not sure it's in the DNA as much as, perhaps, there's an influence from the microbiome.

So, sorry. Clarification, healing from vaccine toxicity from already received vaccinations. Okay. That's not what this, Oh! Okay. Yeah. That's everything we're talking about. The whole detox protocol. You've got to reduce the inflammation in your body to address any negative effects to something you've been exposed to. You want to reduce the toxicity reaction. You have to calm down the inflammatory state. Identify what type of toxin is there and then work to get it out of there.

One of your videos, you mentioned a machine that measures how alive food is after being in the microwave. What not? No, I didn't talk about the machine that does that. I said that the phase angle of food, when you pull it out of a garden, it's in the mid-forties and I don't know what kind of equipment they use to measure that, but I don't know that it's commercially available. The phase angle of food, when you put in a microwave, is zero. You killed it. There's no life left in the vegetable. That's phase angle. Humans are supposed to be somewhere where, when we're born, we're about eight to nine, somewhere in there when we die. We're about four and a half to five. And so phase angle is measured in a bioelectrical impedance test. And it's a great monitor. It's a great tool to get a sense of what's your level of health.

I stopped eating gluten completely about three years ago, before that, I only ate it occasionally never felt a change in my health. Five years ago, I moved from the city out to a rural area. I was walking this last week, looking at the beautiful bass land in hills, but then suddenly dawned on me that this is wheat and grain growing country. I've always been concerned about the foreign chemicals and not the wheat itself. My lab showed very tiny amounts of chemicals. The wheat is green until sometime in July. It's harvested mid-August. During this time in the plant chemical time, I leave the city or stay indoors, closed up with air filters. I have wheat fields on two sides of my property, about 300, 400 feet from my house. I'm now concerned about the airborne particles. Can't believe this didn't dawn on me before. I'm sorry. I shouldn't laugh. Now concerned about wind-blown contamination. Can't find much on the internet about gluten contamination directly from the growing dry or harvested wheat. Do you have any information about this? Can you direct me to a source of information?

Yeah. Just look up Baker's asthma. What you inhale can, can cause a boatload of problems. And the category it's listed under is Baker's asthma. A question. I get a lot from people in the gluten-free diet. Is there any way to test for CF without having to eat gluten? Yeah. You never have to. You, you don't have to

do a challenge. As long as you do the wheat Zoomer. The wheat Zoomer is the most comprehensive test out there. It's extremely accurate. The only time it's not accurate is if your immune system is compromised. And when you do the test with us, we check for your total immunoglobulins to see if your immune system's compromised. If it's positive, as positive, if it's negative, it may be a negative. It may be a false negative because your immune system's not strong enough, but if it's positive, it's positive. So you don't have to do a week challenge. I never recommend a week challenge. That's historic, not necessary anymore.

Can I get the Cyrex through your site. My neurologist will not write the script for it. If your neurologist will not write the script. Yes you can. Yeah, you certainly can. And if you're thinking about the check for wheat, I do the wheat Zoomer, but if you're checking about the 24 tissue antibodies to yourself for auto-immunity, that Cyrex array number five, and you guess you can. Are the Zoomer tests, the most useful, most cost effective way to determine which environmental triggers are driving high antibody levels. There are so many Zoomer tests. How can we know, which are the most likely to be an issue for us as individuals? Is there a checklist or a rubric you can share to help narrow down? Good question. Really good question. If you don't eat corn, don't do the corn Zoomer.

If you don't eat corn, don't do the corn Zoomer. If you don't eat mushrooms, don't do the fungal Zoomer. Or if you suspect that you have mold, do the fungal Zoomer. It's a history that you have to take. That's what our team does, and it's a really good investment because you may find... When I did the lectin Zoomer, I found out there were three beans that I can't eat, but there are 30 or 40 things that they test and I could eat all the other lectins but I can't eat those three beans. And I remember, yeah if I eat those beans, I don't feel very good. So it's worth doing the test. I know that expenses are always a concern. I honor that, but this is a once in a lifetime test. I mean, once you know, you know.

There are so many Zoomers and that's how you know. Is there a checklist for me? Okay. "All these about the antibodies in the brain makes me think about a friend of my six year old boy. This friend of him has a tremor in his hands like Parkinson's. They had looked at everything and come out with a conclusion, 'That's just the way it is.'" No, it's not just the way it is. I'd like to have a word with that neurologist, then say, "No, that's just the amount that you know." It's really great to say, "I've tried everything I know, and I just can't figure out what it is. We need to get some help here." But they don't do that. [inaudible 02:05:36] you just have to live with it. No, you don't, you just need a new doctor. Work with our team.

"I find that a bit scary, but I was thinking to recommend the mother to ask the pediatrician to do the Cyrex Rates Test 5. What's your opinion, Dr. Tom?" The pediatrician won't know what to do with the test. It's certainly worth doing. But if you're looking neurology, I would do the Neural Zoomer Plus. The Neural Zoomer Plus looks at 48 different antibodies to the brain and central nervous system. Nothing is as comprehensive as that. That will give you your answer.

"How do we order Zoomer tests on your website and how do we get results/interpretations?" Mary Agnes will address that with you guys. "What lab tests do you recommend for doing your heavy metal load and

what should you do to detox those?" I won't tell you what to do for a lab test because we do provocative challenges. Meaning we pull this stuff out... Well, I'll tell you about it, but I'm not going to tell you how to do it because you need to be working with a healthcare practitioner for that. There are three types of tests for heavy metals, blood tests, most accurate, but your brain will say, get that stuff off the highway. And your brain will give you about a week to week and a half and say, "Get this out of here." So a blood test is accurate for any exposures you've had in the last two weeks.

So it gets out of the bloodstream, it goes into storage. Lead goes into the bones, aluminum, mercury into the brains and into the mitochondria almost of every cell in your body. Arsenic into the kidneys, you get high blood pressure, cadmium into your tissue, you get cancer. I mean, the list goes on and on, but get out of the bloodstream. So I heard a blood test is not any good, except for acute exposure. A hair analysis, you take one inch of hair from the nape of your neck. And if your hair is longer than an inch, you have to cut off the rest of it, throw it away because you'll only use one inch, and that's about two month's-worth of growth. And if it's a good lab, that'll give you a really good analysis of what's been in your bloodstream; minerals and metals for the last two months.

One inch of growth is about two months of hair. So it's accurate for that. But if you really want to know, you start taking chelating agents, chelating means they're magnets. They pull this stuff out of storage that's in your body. And then you collect your urine for a number of hours, in my office, 24 hours. And you take these chelating agents in my office for three days. Some doctors do them for six hours or so, but you take these magnets to pull the stuff out of storage. Then you start seeing something in the urine test because the kidneys are filtering the stuff, getting it out of there, so that's called a provocative challenge. And you have to work with a healthcare practitioner to deal with that. Because you can get really sick if you do it on your own.

"When talking to my six year old son about why to avoid eating sugar, he asked me how to see how this little bugs inside are doing, the microbiome. What should I answer to him? How to test the microbiome?" Well, our stool analysis evaluates the microbiome. It's a good question on his part. It'd be good for him to learn about that. There's a new child book that's coming out. Mary Agnes is going to post the link. Our friend, Dr. Saeed is... she's just published a children's book on health and she's a functional medicine doctor and it's a great little book and they talk about the microbiome in there. It's a really good read that gives kids the big picture about foods, and exercise, lifestyle, bugs, and the bacteria and all that stuff.

Non-invasive tests for the little ones of finger prick, the Zoomers are all finger prick now. That's as good as it's going to get. "I asked because my son's a premature baby, common with premature babies. After all that horrible start of their lives, his veins hide. Last time they got the vein at once, but blood was not coming out. It literally pumped his arm to have the blood coming. That's why I look so much to non-invasive test for antibodies, air, saliva." Yeah, you can do a finger prick with the Zoomers. What is the difference between IgG, IgA test, and the Zoomers? The Zoomers look at IgG and IgA, but it's the accuracy of the tests. The sensitivity and specificity are the geek words for this. And your doctor won't know the sensitivity and specificity of the tests that he's wants to do for you. He doesn't know this information.

Oh, there are good tests. Well, exactly, what's the sensitivity and specificity. So you can call their office and ask the nurse. "Hi, can you find out the sensitivity and specificity of the tests that you did for my son?" "Well, why do you want to know that?" "Because I want to know how accurate they are." And the doctor won't know, and the sales rep for the lab won't know. So the sales rep has to go back to the medical director of the lab, who's not going to want to tell them and will come up with some gobbledygook to hide it because it's usually in the mid to low 70s, maybe into the low 80s, which means it's right, seven out of 10 times, it's wrong, two or three out of 10 times.

And they felt really good about that, and I did too, when I first came out in practice. But I'd known about the sensitivity and specificity thing for decades and just felt frustrated with false negatives or false positives. That's why when the Zoomers came out in 2015, the technology is called silicon chip technology. And I'll explain it to you this way. I called it the 30, 30. 30 years ago, it took a 30 by 30 room floor to ceiling computers to generate the computing power of this phone.

And you never would have guessed 30 years ago that you can turn this phone on and I can push one button, and in five seconds, here we go. The air particulate matter in Spinoso, Italy is 16, in Chicago, it's 38, but in San Diego, it's 102, it's the red zone in San Diego. Don't go to San Diego, don't breathe the air outside, don't exercise outside today because it's really toxic. But I pulled that up in five seconds. 30 years ago, If I told you I'm going to have this little thing in my hand, like a bar bag in the size of a magnet, and it's going to be an encyclopedia, a current encyclopedia, I'll be able to tell you the air particulate matter anywhere in the world in five seconds, you would have said, "Yeah, right, right."

Technology improves, but technology and laboratory tests has improved dramatically, jaw-dropping. And this is from Mayo Clinic, they published the studies on this, the sensitivity and specificity of these tests is 97% to a hundred percent every single time. It's possible to get something wrong, but it's really rare, really rare. And when you've got that kind of technology, I saw that first article, Michelle Ross, our director of clinical services sent me the article in January of 2016. "What I've never heard of this." And I was so excited, I was like a kid in the candy store. So I called the laboratory that was [inaudible 02:14:03] "Hey, I want to speak to the president." A guy, gets on the line and I say, "Hi, this is Dr. Tom O'Bryan." And he said, "The Dr. Tom O'Bryan?" I said, "I don't know. I don't know if it's about we yeah, maybe."

"Yes. Yes, how can I help you?" "Is this your test?" "Yes, it is." "Is this accurate?" "Yes, it is. You must come visit." They flew me up to Silicon Valley and I had to put a space suit on to go in there because silicon chip technology means dust-free environment. They can test 6,000 markers in one blood draw. They don't, they do 20, 30 or 40, but they can do up to 6,000 in one blood draw with 97% to a hundred percent sensitivity and specificity. It's like, what? Doctors think you are nutcases if you talk about that. But anybody would have thought you're a nutcase if you talk about this. Technology improves, there's nothing out there like the Zoomers I wish I had stock in the company. I don't, but I wish I did because the future is now. And they're coming out with more tests for your information, there are so many Zoomers, it's because these tests work, they're accurate.

Okay. "What's the best way to diagnose leaky gut, the wheat Zoomer?" The wheat Zoomer includes the markers for leaky gut and it includes not only the antibodies, but also the total zonulin level. Most of the research has been done on total zonulin, but the tests are antibodies. There are some studies now about antibodies design and being more accurate. But now you can get both in the wheat Zoomer. "Hi, I have questions of what test should I get for hormone imbalance. I wake up most of the time at 3:30 or 4:00. Should I do Dutch test for hormone metabolites, check cortisol. How do I know if my liver is detoxing? My last LFTs are normal, my thyroid's normal. I have chronic insomnia, high stress job, insulin resistant. I took a year off after stressful year, took care of both parents and they're 93 and 94 years old.

They both passed last year, 10 days apart. I took one year off to heal my body." Good for you. Way to go. High five to you. Come on high five. Thank you. "Changed my diet and do yoga X week and acupuncture X week and stress trauma counseling. What can I do to make sure my liver is doing the job, detoxifying?" Way to go. You're really on the right track. I'd have an overview visit with Michelle Ross. I'd fill out the living matrix that will take you four hours to fill out because I want to know what was your birth like? Did your mother take any antibiotics or any medications in pregnancy? And were you breastfed? I want to know all of that in your birth and to look at all of your tests that you've had done to see what's happened in your past. And then we'll look at what are your current symptoms.

And then we determined where do you go from there? And my entire team is trained that way, that's how they work. So, way to go, you're doing a great job and sounds like you're doing it on your own and you just need a coach. So you might have two sessions, maybe three sessions with our team because you're already on track. We don't have to convince you. We just have to show you where the weak links in your chain are. "When I do 16-hour fast on the third or fourth day of 16-hour fast, I noticed transient joint discomfort. Goes away when I reversed my usual 12 hour break between meals, how to determine the optimal frequency of 16-hour fast, should I consider adding bone broth to water during fasting?"

That's really interesting. You got my attention on that one 16-hour fast, third, and fourth day, transient joint discomfort. So there's inflammation in your joints, goes away when I reversed to my 12-hour fast. So well, it's a blood sugar thing. Check your HOMA score first and see if your blood sugar is out of balance. That's the first thing I'd look at. 12-hour fast don't do that. I'd start there, I'd start with HOMA and see what your HOMA is. If that doesn't do it, ask the question again next week. "Once a person is diagnosed with dementia or a child with mental illness, can this be reversed?" Yes, I am on the medical advisory board of MIOS M-I-O-S. And what we're doing, we're only taking people diagnosed with mild cognitive decline, not moderate or severe dementia, and doing a great job of arresting them.

Sometimes reversing it completely, but certainly arresting it as a very comprehensive program. There's over a thousand different markers that are tested in this program as everything I'm you, but to the nth degree, so that we miss nothing. And a child or child with mental illness. Yeah, you bet. You bet. I would do the wheat Zoomer and neural Zoomer to start with, to see is their intestinal permeability. And wheat is the most common food that we all eat until we learn better. And the Neural Zoomber Plus will tell us where's

the inflammation. And then you start exploring, what's the trigger, what's the immune system trying to protect us from and making antibodies in the brain. If the child was born with mental illness, that's different, but I would still do the same thing because you give them their best shot at life when you reduce the inflammation in their bodies. "In your clinical experience, which foods are likely to contribute to tinnitus?

I started hearing a slight humming sound in my right ear for two to three days after occasionally eating inflammatory or processed foods, but can't nail down which exactly triggers it. Thank you." Do the Zoomers. It depends on the individual. I mean, I've got a few studies on tinnitus and gluten, but there's also, I've got one study on tinnitus and dairy. So it just depends on what's doing it for you. But the most common ones are gluten and dairy. "Dr. Tom, how do I reduce my TPO and thyroglobulin antibodies? My TPO antibodies were not existing before I started WP thyroid. And it started increasing once I started medication." Yeah, everything we're talking about. There's a really cool study, came out a few years ago that people that are on medication for thyroid medication. And if they have elevated antibodies to wheat, they looked at what dosage of medication do we have to use to get their TSH down to 2.5.

That's a marker of what your brain thinks your thyroid is doing. And how much medication do we have to give them? And what they found, those that had a sensitivity to wheat, they had to give them 49% more medication. When they took wheat out of their diet, they can reduce the medication by 49% to get the TSH down to 2.5. And we have dealt with so many thyroid patients over the years. I really suggest you work with our clinical services because it's not just wheat that can be a problem, BPA accumulates in the thyroid. You may have phallic sensitivity triggering this. It sounds like it's coming from your meds, but why didn't you need the meds? So we have to figure out where that's coming.

Let's see. Where are we here? Okay. I lost my place, I will just scroll right up. There we go. Let's see. Stop eating gluten. Okay. A question. I get a lot from people in a gluten-free diet. "Is there any way to test for celiac without having to eat gluten?" Oh no, we did that. You never have to test for gluten. There's the hormones one. I'm trying to find where I am now. Oh, thank you, Mary. "My partner is hard to talk to him about this since could hurt him emotionally, but he has a very bad body odor, not the regular from sweat, and the underarms, it's just the skin smell. He showered, but just by entering his home office room, I'd even sometimes think that he's scared to say he farted, but he didn't. I've been observing and recognizing his body smell, but same happens in his mouth.

I started recognizing, because I thought the smell was coming from a changing diaper of our little daughter. He has breath with a baby poop smell. And I really wonder if there's an indication of something he would have to be checked on." Absolutely no question, 100%, his microbiome is way out of balance and it's polluting his whole body. And where that's going to manifest is where the weak link in his chain is. And depends on what the pollutants are. For me, what comes up right away is cancers. That the more you live in a toxic body, the more toxic your cells get, and you get malformation, every cell regenerates, what kind of cells are you regenerating? So I would have him listen to this and say, "Honey, I love you. I really love you. And I'm just wanting to figure out a way to help." But we have to look at your microbiome.

And once again, I would work with clinical services. It's really hard to do this stuff on your own. You can shotgun and try something, but it's not comprehensive. This is bad, when it's this bad, he's in danger. Red lights are going, sirens are going danger, danger, warning Will Robinson warning. "Dr. Tom, I've been studying with you for eight years now, and I've never asked a question." Okay "If it fits into the base hits, please share it with the group. After three car crashes and 107 surgeries and 12 years on morphine, three auto immune diseases and full recovery from all. There's only one tiny challenge to that" well congratulations "Fractured my tailbone three times, it sticks out. No one will touch it. It's still black and blue. I sit very carefully, it but still gets stressed. I detox, done energy where adjusted my mineral ratios. But is there any herb, laser or other treatment you recommend from all your years of experience?

I can cope with it, but be wonderful to heal that area. Thank you so much. I love your teaching and your authenticity, your passion, what you do, and you inspire with your lifestyle, and attitude." Thank you so much. Yeah, absolutely. There are four sides to the pyramid, what's the base? Your structure and your structures are the balance. You probably need some coccygeal adjustments, meaning going in through the anus with the finger and gently pulling back. And if this has been here for a while, with all the traumas you've had, this may be over the course of a year. Once every week, once every couple of weeks, you are generally loosening this tissue, getting it to move a little, be a little more appliable, but you've got a coccygeal dislocation. You see a good chiropractor, I don't know where you are but Dr. Lee Fe is in Los Angeles.

He's my mentor. He's one of the best. And he's trained thousands all over the world, but you need someone that really knows what they're doing there. And thank you for the question and thank you for all that you've done. "Would there be any viable thyroid tissue left to regenerate after taking thyroxin for 20 years?" I don't know, certainly worth a shot. I would be doing castor oil packs on your thyroid and we'll post the link for castor oil packs. Mary Agnes will post it and order castor oil packs and just start putting them out. There's a book that you can read, it's a really great book. It's a little paperback, it's a two hours read, written for the general public. It's called The Oil That Heals, its on Amazon. And this is a 50-year doctor, country doctor writes about his 50 years in practice and how often he used castor oil packs. And what he used them for.

But I would absolutely take a shot at this one. I love to say, "She's been on thyroid medication for 25 years and we got her down, we were able to wean it down to half the dosage or maybe get out of there completely, I don't know. But the process is just an ongoing process of everything we're talking about here today. "Hi Dr. Tom, I asked as an overdrive and yet I have little immune resources to prevent infections. I have four autoimmune conditions; myasthenia gravis, fibromyalgia, endometriosis, one celiac marker, and probably Sjogren's. Serious leaky gut with recently tested high levels, greater than 2.9 LPs antibodies, moderately high total secretory IgA, immune complexes IgA, daily liver pain, no gallbladder, recent high thyroid TSH 5.13, years of sleep deprivation, intense fatigue, estrogen dominance. For 10 years, I eat no grains, dairy, soy, corn, sugar, alcohol, caffeine.

How is it all connected? Where should one's focus be to initiate the healing process and reestablish healthy protective immunity? Thank you." We're getting lightning right now. So if I lose you guys again, we'll be done for the night. Because it's been two and a half hours. So I'll stay with you for a little bit longer here. Sorry you've been suffering so much. Sounds like you have been working at this quite a bit, but clearly, clearly your gut is a mess clearly. And that's what we'll talk about in week four. That's all about week four, but I would be working with my team on this one. "Hi, I would like your advice on which route to take. I have two docs giving me different treatment paths. One thing that everyone has parasites and I should do a parasite infections cleanse for three to seven months and have a mycotoxin test, then possibly have my home checked.

And the other things that I have mold problems since an army test showed high levels of something strange. Wants me to have housed checked by professional, I've had several tests done like stool, no parasites found, food sensitivity, heavy metals, low levels of several, high levels of estrogen on blood test. Adrenal saliva potential and adrenals are at five before bed, so they're worn out, but do not have [inaudible 02:29:32] attacks. Do you have any advice on what to do about estrogen being so high on labs and calming down my adrenal glands? Also, do you believe that everyone has some kind of parasite or infections and that we should all treat for them? If so, it's a good idea to address and build up vitamin deficiencies. First, any advice you could provide me on how to do a parasite cleanse protocol would be immediately appreciated. Thank you so much for all of your greatly needed help."

I'm sorry you're suffering. We don't treat for parasites unless we can identify parasites. If we can't identify them, you've got parasites or that your immune system is fighting parasites, you can test for that, that's what we test for. Then you're shot gunning and it's arguably... There's value in shot gunning for parasites. Arguably there is, especially if you have a bunch of symptoms, but we just won't do it. I don't recommend it. I want to know what I'm going after. Deal with that because the higher priority is, what is your immune system trying to protect you from? And if you've been identified with mold that's top priority, you can't be in a moldy house period, you just can't. You can't keep throwing gasoline on the fire and expect that you're not going to have a fire and you're not going to have inflammation.

So yeah, your adrenals are fatigued, understood, rebuilding process needs to occur, but you can't rebuild until you stop throwing gasoline on the fire and people don't like to hear that. Well, tell me what to take. Well, the definition of crazy is to keep doing the same thing, living the same life, expecting different results because you're taking something to try to put the fire out, but you're still throwing gasoline on the fire. Okay folks, that is it for me for tonight, I'm getting really tired and I see that there's seven detox cases. Mary Agnes, let's start with them next week and let's start with the ones that we didn't get to tonight next week. We'll start there. So thank you all so very much. It's a real honor to be doing this with you. And I just love the free flow. Mary Agnes is going to stay with you probably for a few announcements and I'm going to sign off. So thank you very much. And I'll look forward to see you next week.