



Reverse Autoimmune Disease Summit

Dr. Keesha Ewers Interviews Dr. Tom O'Bryan

Dr. Keesha: Welcome back to the reverse autoimmune disease summit. I'm Dr Keesha Ewers and I am delighted to bring to you a very recognizable name and face because his work is through every little nook and cranny of autoimmune disease. But just in case you don't know, this is Dr Tom O'Bryan. He's an internationally recognized and admired and compassionate speaker focusing on food sensitivities, environmental toxins, and the development of autoimmune diseases. In 2016 he released *Betrayal, the Autoimmune Disease Solution They're Not Telling You*, which is an investigation into why our immune system, designed to protect us against attacking our own tissues--autoimmunity. And he just completed another relaunch of *Betrayal* and hit the charts as far as relaunches go. And I think there's a reason for that. So we'll talk a little bit about that theory too. His 2016 groundbreaking book and winner of the National Book Award and ranked number one in several categories on amazon.com is the autoimmune fix and outline the step by step development of degenerative diseases and gives the tools to identify our disease process years before the symptoms are obvious and how to turn your health around one step at a time. Welcome to this wonderful discussion Dr Tom. So nice to see you.

Dr. Tom: Thank you, Dr. Keesha. It's always a pleasure to be with you.

Dr. Keesha: So I thought what I would do, we titled Your Talk auto immune disease 101. I think oftentimes when people wind up in a doctor's office with a series of symptoms that they've gone there for, it's rather overwhelming when you're handed a diagnosis. Well there are two things. It's overwhelming and then it's also usually a relief for people when you're handed a diagnosis that a is chronic and potentially has no cure and B, you know, you're given a list of medications that you'd have to take for it. And one of the things you and I have done in our work is to talk about how that's not necessarily what needs to happen. So I would love to have you start with what autoimmune disease is, and we're going to build from there.

Dr. Tom: You Bet. You Bet. I think when someone receives a diagnosis of an autoimmune disease, whether it's rheumatoid arthritis or psoriasis or LLP, HSA, losing your hair or multiple sclerosis or Alzheimer's been a lie, go white spots on your skin, losing your pigment, thyroid disease. People are overwhelmed and they ask the doctor, why did I get this? And the doctor says, I don't know, it just happens sometimes, or it's your genetics or whatever. And people think that they got the disease when their symptoms started a couple of months ago, and then they eventually get the appointment with the doctor. And that's the first thing to understand about when you receive a diagnosis of an autoimmune disease, that mechanism has been going on for years inside of you. And the mechanism is killing off cells, killing off cells. Let's use the example of the thyroid.

You're killing off thyroid cells, killing off thyroid cells, killing off thyroid cells, and you don't feel when you've got elevated antibodies to your thyroid, you don't feel that.

Dr. Tom: You can't tell. And this goes on for a long time, years, usually seven years, eight years, nine years before. There are symptoms that are noticeable enough that a person says, you know, something's not right here. I better go to the doctor, but it's already been going on for years. And I turned the page while you are doing the introduction to get to this because this is really an important concept. This is the book, the autoimmune fix. And there's a paragraph in the book that I think you can see here if I hold it like that for a moment. And what it's showing is the developmental stages in this process before you ever get symptoms. And if you can see the different stages that are there, I'll talk about the big picture of this, but first to understand that. And it was Dr Melissa Arbuckle...

Dr. Tom: She's an MD, PhD and she published a paper in the New England Journal of Medicine in 2003. Paradigm shifting. She changed the way we all thought. She went to the VA and she looked for people with Lupus. That's an autoimmune disease. And in that VA hospital there were 132 people with Lupus. Well, if they're being treated in a VA center and VA hospital, they're veterans. If they're veterans, they were in the armed forces. If they're in the armed forces, they had their blood drawn many times over the years when they were in the navy or the air force or the marines. And what most people don't know is the government's been saving and freezing practically all of that blood since 1978, and they've got tens of millions of samples. People's blood. Well, Dr Arbuckle knew this, so she went to the VA and she asked for permission to look at the blood.

Dr. Tom: The frozen blood of the people currently diagnosed with this autoimmune disease. When they were healthy in the air force or the navy or the army or the coast guard, whatever it was, she got permission and she found that every single person had the antibodies. There are seven antibodies to Lupus. Every single person had all seven antibodies, elevated years and years before they ever had a symptom, and she grafted out and you could see that every year the antibody load went up, some of them were really high and they went up a little bit every year. Some were just incrementally going up and some just shot right up and then stayed up there until they plateaued. And then when they plateaued at high high levels, killing ourselves, killing. When you have elevated antibodies, you're killing off that tissue, the cells and when it plateaued up there for it was six months to a year plateauing up there.

Dr. Tom: Then they got their first symptoms and it took a year to two years. Then they got a diagnosis of Lupus and so they thought, well, I just got lupus. No, you've had lupus for years, nine years, 12 years beforehand. So that's a first concept that I think is important for everyone to understand when they've been diagnosed with an auto immune disease is that it's been going on for years and it just hadn't killed off enough tissue yet so that you felt the symptoms; your thyroid in this example is still working well enough. You know, I'm going to make up a number. If you've got 800 million cells, that's too many. If you've got 200 million cells of your thyroid and you're losing 5,000 cells a week because of elevated antibodies, you can't feel a thing. So after a year you've lost five times 50 is 250,000 cells.

Dr. Tom: Well, but you've got 200 million and you lose 250,000. That's nothing. But after two years, that's 500,000 cells and, but the levels are going up. Now it's a million cells and, but you've got 200 million cells. You're still functioning. Okay. But then you get 5 million cells you've lost. And I'm making up the numbers. But at some point your thyroid can't work properly anymore. Too much of it's been damaged. Now you start getting symptoms and they're minor at first; they're an annoyance. You don't wake up one disease with a full blow one day with a full blown disease, you know, but the symptoms build up, build up, build up, build up, and then eventually you go to a doctor. And the average is three to five doctors before you get the right diagnosis. And then you're diagnosed with an autoimmune disease and you say, where did this come from?

Dr. Tom: Well, it's genetics. We don't know; too much stress. Well, nonsense. You know when you read this, you understand where it came from, right? So the factors in here that I, I put in the graph. So people just have an understanding. First you get elevated antibodies and then you get cell damage. The antibodies are killing off cells and then you get tissue damage. The thyroid itself, the whole dies, right? Not just cells in the thyroid, but the thyroid. So and then you get organ inflammation, the thyroid gets inflamed and then you get organ damage. The whole organ now is identifiable as being damaged and then you get symptoms and then eventually you get a diagnosis. So there is eh, that's called the auto immune spectrum. So auto immune disease occurs at the end point of the auto immune spectrum. And when you understand that you are on a spectrum and you're at this, this end stage where you've gotten a diagnosis now of the spectrum, then it makes sense that you go back and you say what triggered the production of the antibodies? Because if you want to arrest the continued development of this disease, you have to stop the trigger that's causing the production of the antibodies. And for some of these auto immune diseases, we've identified what the triggers are. For some of them, not all of them, but for some Celiac is the easiest one. Everybody knows it's a sensitivity to wheat and it's because of that one and the 25,000 studies that have been published on that, that we understand this mechanism of autoimmune diseases.

Dr. Keesha: Let's come back to triggers, because I want to help people understand why it feels like all of a sudden you're sick when it was leading up and it's because this beautiful, amazing, intelligent body that you're living in actually tries to rob Peter to pay Paul. You know the example of the thyroid. Then the body is going to be getting energy and everything from the other endocrine glands, right? Your adrenals are going to, that's the flip side of the thyroid. So you're going to wind up having this, this body that's trying to maintain homeostasis and it feels like an aging process to people. Well, my cognitive decline is probably because I'm getting old, you know, and we're going to come circle back around to that one because I know the brain is, you know, this is something that you and I will be able to talk about because you're doing so much research in this and doing great work, but that cognitive decline because of age, my, I'm fatigued because I'm aging. I have joint pain because I'm aging. That seems to be the the thing people will write it off to, oh, I just must be getting old, you know, and it's actually the body saying, look, I've been emptying all of our accounts here now.

- Dr. Tom: That's a really good point. You know, as you started talking about this, a song came up; and I'm going to date myself, I'm going to date us to a song by three dog night, celebrate, celebrate, dance to the music, right? You remember that song? It was just a great happy song. Well, what happens in our body is that we compensate. So you hear, compensate, compensate. Your immune system is trying to compensate and then your, your adrenals have to compensate for the thyroid that's not working so well anymore. And then your liver has to compensate for the colon that's not detoxing so well anymore. It's a compensation mechanism that's going on throughout the body and it is wearing down. Your body is aging you. But the beauty of all this is that every cell in your body regenerates every cell; that never stops until the day you stop.
- Dr. Tom: Every cell regenerates and some cells are very quick, like the inside of your guts, every two to three days. Some cells are very slow, like bone cells. Brain cells are a little on the slow side, but every cell regenerates. So you create an environment for a healthier cell to regenerate. You change the soil in the garden and you get better plants. Right? Right. And that's what we have to do in our body; it is that same type of thing. But no one can do that unless they understand this big picture mechanism, because then you develop patience and then you understand I was going to take six months to a year and and do I need to take medications, doc? Well, if you need to take some medications for the symptoms, if we can't deal with the symptoms with a natural approach, absolutely. You take the medication because you've got to function. Absolutely. Absolutely. But let's see if we can try some natural approaches for the symptoms you're having while we are creating the environment to rebuild healthier cells.
- Dr. Keesha: To come back to triggers, I usually say there's not one smoking gun. I mean, I know in the case of celiac, you used it is easy, but there's a spectrum of gluten sensitivity. And a lot of times people will say, well, I stay away from gluten for two weeks or even two months and I didn't notice anything. Right? I live on an island and when they load the ferry, the people that are loading the ferry are very careful. They tell you where to park your car on ferry. They go like this and that, so the boat doesn't capsize. So we have to take all the things that could capsize the boat off, which could be several of them. Then when we go into triggers, we live in a scientific community or society or culture of reductionist. You know, there's the active ingredient, there's the one cause. And so as we go into triggers, I want to just like preface with this, that I call it critical mass, that we get critical mass, you know, that creates this tipping point.
- Dr. Tom: Just just before we got online here for this discussion an email came in or my wife showed me an email, 10-year-old girl that's got severe alopecia and that's loss of hair. One side of her head is completely bald. And so she's grown the hair longer on this side to come over, but it's really obvious, you know, and this side has patches of loss and they just sent us pictures. Now it's been four months and there's hair growing over here that's about this long and there's like eight or nine pockets of, I don't know, 50 hairs, a hundred hairs that are coming out now. And in her case it was mold, clostridium infection, Klebsiella infection, gluten, dairy and corn sensitivity. And that's what we had. There's no one thing, there's never one thing with an autoimmune disease.

Dr. Tom: There's one primary, probably even with CELIAC disease. Yeah, weed's a trigger. But you know, one third of the population has the genes for celiac disease, but only one to 4% gets celiac disease. Wait, wait, wait. 33% of the people have the gene. Yes. And they wait, yes, but they don't get celiac disease. No, only one to 4% get celiac disease. So there has to be other things besides the trigger. And that's what we've learned by studying CELIAC disease. It's called tolerance, oral tolerance or immune tolerance. And when you lose tolerance, then your immune system has to get activated to protect you. There's too much assault, there's too much stress going on, so your immune system has getting engaged now and that's the auto immune spectrum. That's a really important concept for people to understand is that there are multiple triggers that come in and they accumulate and then there's one that's the straw that breaks the camel's back.

Dr. Keesha: I call it my metaphor I use, which is really terrible because I was raised in the navy and so you live with it a lot in the south. I always say if you see one cockroach, there are a lot of the others behind the wall. That's from my time in tropical areas and those are all to figure out a different metaphor. Pretty good. One as good one. If there's one, then there are a bunch, you know, where,

Dr. Tom: Where, where did this little girl get clostridium? Well, there are many places that it can come from, but one common place is the shower head that you get biofilms that develop in the shower head. You turn the shower on and you get flashed with millions of bacteria if it's, they've grown inside the shower because it's in the water, and then when you turn the water off, the water comes up to the shower head and some of the bacteria is there. It colonizes, it starts to build a biofilm that's like a polymer, almost like a plastic that protects it and more water comes and they just grows more. And so I had to have them change out their shower heads, buy new shower heads. Well, why? Because clostridium is one of the bacteria that lives in shower heads, and so it's going to cost you 50 bucks, but just to make sure, I don't want her exposed to any more clostridium. That's the, that's the kind of little things that you have to do.

Dr. Keesha: And what wouldn't just be showers then, right? It'd be your sink. Faucet. Yeah. Everyone's making their home depot list right now. I want to make sure that they get it complete. Yeah, that's a very good point. So there's also ways to test your water, you know, that's coming from those places also. Do you have a place that you recommend or a way of doing that that you recommend to people?

Dr. Tom: I don't, I haven't put much attention on testing water. I think it's a good idea and I really don't have the source that I can recommend to people.

Dr. Keesha: Oh yeah. I don't either. So that's why I was thinking maybe you did. Okay. I get that email probably once every three weeks, you know, asking that question. And so I think I might go find one for you guys when you do let me know. All right, so you had them change their shower heads. What did you have them do about mold?

Dr. Tom: Oh, they had to have an inspector come out and find out is there mold in this house? And then we do a mold urine test to look for concentrations of mold metabolites. And

sure enough, sure enough there is, and so you have to do a mold detoxification protocol cause that's just another piece of the puzzle that's, that's overwhelming. This young girl's system, so that she's lost tolerance and all of us are exposed to mold to some degree. You know, there's a little mold, you know, if you live in the woods, that leaves fall down, they decay and there's mold spores in the air from the leaves. We all have it to some degree. But when you lose tolerance, it's either because you're just getting overwhelmed by a whole lot of it, or your body's accumulated lead or mercury or a BPA or other toxic chemicals.

Dr. Tom: And your immune system is fighting here, fighting here, fighting here, fighting here. And it's just not going to take any mold anymore. And so it starts fighting the mold and it's called molecular mimicry. That when you make antibodies to a number of different, what they're called, antigen substances that trigger an immune response. When you're making antibodies to foods like wheat or to dairy or to tomatoes, and you're making antibodies to Klebsiella bacteria or clostridium bacteria, and you're making antibodies to lead. At some point, your immune system says, you know, I'm so overwhelmed here, I'm fighting battles everywhere. No one's coming in that's not supposed to be here, and you lose tolerance. Now those people get celiac disease, because they just can't handle even a little bit of offending agent wheat that they've been eating for years, but now they've crossed the line of tolerance and immune system says no more. We're not going to take it anymore.

Dr. Keesha: You know, this happens in the same way inside of toxic relationship. That's right. You know, that's your world, right? I mean listening to you going, oh my gosh, this is exactly, you know, and there's a, there's an interview with Michelle Shiffont you guys can refer to when we're talking about those, how it, it starts showing up in your body in the same way that it is out here. You know, it's macrocosm and microcosm.

Dr. Tom: Yeah. And you know, there's a, there's a wonderful YouTube video that I recommend to my friends, and probably a few hundred people now over the years have watched it and almost everyone says, wow, that was really helpful. So the guy named Dan Savage, who's a pretty weird guy, and this YouTube video is called the price of admission and it's six minutes long and it changes relationships. It really does. One of the things he says is that when you meet somebody and you're really attracted to somebody, you never present that part of yourself to them with all of your warts and your faults; you present your ideal self. And we get hooked and connected to the ideal self of somebody else, you know? And then eventually, after you've gotten to know each other long enough, you burp in front of each other.

Dr. Tom: You know, the, you don't close the bathroom door or whatever it is that you know happens. But the true self starts to come out. And I think that happens biochemically also, I think, and that's the loss of tolerance. You just aren't going to take this anymore. Now you start making antibodies to your thyroid or to your Myelin in your brain or to your joints or your skin, wherever it is. And now you're on the autoimmune spectrum and that continues and continues and continues and all of a sudden there's some little

symptoms and they start getting worse and worse. And then you go get a diagnosis and now you've got an auto immune disease.

Dr. Keesha: Now let's, let's link this to your work with the brain now.

Dr. Tom: Yes, you Bet. You Bet. Well, you know, it was our honeymoon. My wife and I got married just over three years ago. Well soon it'll be four I have to be really careful. Our anniversary, three months and, or three years, eight months and three days. You know, we spent because I can work anywhere if I have good internet and just study and write. And so we spent six weeks in Costa Rica and she had had a goal to get really dark and loved the idea of being deeply tanned. And so every day she had a timer on the watch and you know, it'd be 20 minutes and this angle and 20 minutes at that angle. And, and, and I'm sitting over here in the shade my computer watching my beautiful wife sun bathe then, and I'm reading research papers on the blood brain barrier, right?

Dr. Tom: I read 93 research papers in six weeks. And the result of all that was that a test came out about a year later called the neural zoomer plus. And that test looks at 46 different antibodies to your brain. Is there auto immunity in your brain right now? And the result has been tremendous. I mean doctors are identifying the inflammation and the auto immune mechanism in the brain years before there was so much damage that here's Alzheimer's or here's Parkinson's or here's dementia. And it's so important now because you know, the, you may know, the Alzheimer's Association of America came out earlier this year. They're the largest action group for Alzheimer's in the English language. They just came out this year and said, one in three elders dies with dementia. That's how bad this statistic is now. So what we're doing is now working on the big picture. It's not working.

Dr. Tom: We have to identify this stuff earlier so that people are made aware. You've got fire in the brain right now. Oh, I feel fine. It doesn't matter how you feel. You're on the spectrum, the auto immune spectrum in your brain right now. And the end stage may be dementia, it may be Parkinson's, it may be Alzheimer's, depending on your genetics and all of that. But you're on the spectrum. And so you want to identify it as early as you can. So we I read a paper one day that just dropped my jaw. It was in Scientific American and it was on our sense of smell and how smell is such an indicator that if elders, if you're over 70 and you have, you're losing your sense of smell, you have over a 30% likelihood of dying within five years compared to someone same age with no diseases, who hasn't lost their sense of smell--and you die of something.

Dr. Tom: So what?! This was Scientific American, you know, so I read the paper and I looked at the references and they referenced this guy, the University of Pennsylvania is where so much of this research has been done on smell. And so I called them and I say, hi, who's the director of Doctor Doty? I like speak to Dr Doty. And he got on the line and I said, hi, my name is Dr Tom O'Bryan. I'm with the Institute for Functional Medicine. He said, what kind of medicine? Functional medicine. What's that? You know, this is a deep scientist who's not in the world of being a clinician. You know, as I explained it. He said, "Oh, that sounds really cool." I said, "It is and what you're doing, is this real?" He said,

"Oh yes." So we talk and we've had a number of conversations and he sent me a bunch of his papers and he's written a couple of textbooks on this.

Dr. Tom: Turns out that there's only one set of nerves. I've asked three or four neurologists and they agree there's only one set of nerves that go back into the brain from the body without any screening, without any defense, without any interruption. Only one. And that's the nerves of smell. They go directly back into the hippocampus area of the brain. That's where Alzheimer's occurs. The memory center of the brain and why? Well, our ancient ancestors, they found they grabbed something and they'd smell it. Is it safe to eat? So they had to be able to identify or if they're walking down a trail, they smell saber tooth tiger, they better turn around really quick and get out of there. It was a life saving mechanism, the sense of smell, and it's really highly refined for humans. But we haven't trained ourselves to use our sense of smell.

Dr. Tom: So it turns out that so I talked to Dr Doty about this and I said, "So, and this testing that you write about, this is accurate?" He said, "97% reproducibility." Whoa! All right. So we put together the upset, the University of Pennsylvania smell identification test. And what you do with this is it's like a lottery ticket. You know, you scratch this with a coin, smell it, and it says, is this tomato Menthol, strawberry, or licorice? And then you answer it, you go to the next page and you scratch it is this cherry, honey, lime, or whiskey? And you go to the next page and you do all 12 of them. And then here's the answers. It's so simple and easy. Yet if you score 10 or more correct out a 12 don't worry about it. Your brain is doing great. Don't worry about it. There's, there is no evidence of inflammation.

Dr. Tom: But if you score nine or less, you got hyposmia, this is a problem. Well, I feel fine. It doesn't matter how you feel. There's inflammation in your brain right now. This is not a problem of your nose. This is a problem of the, of the hippocampus in the brain, right? So the smell identification test is a great little marker for people to identify. Is there inflammation in my brain right now? And it's an inexpensive little thing. It's 47 bucks, and the result is that if it comes back and you've got a problem, you then do the neural zoomer plus tests to find out where is the inflammation, what antibodies do I have to my brain? Which then motivates you to go on the deep dive with your doctor to figure out where is the inflammation coming from. Okay, these are the markers of inflammation, and you recheck them in six months or a year because it'll take that long to get them down.

Dr. Tom: But okay, I see I've got these markers. Okay, let's find out what's causing the inflammation. And then you and your doctor do everything that we talk about in here. Look for all of the triggers, whether it's food or it's the environment, whether it's mold or whether it's air pollution, whether it's electromagnetic frequency because of the cell tower or soon to be very rampant, the five G and what that is going to do to your brain. So you then are motivated to look into this more, to investigate, to find the triggers, get the triggers out of there. Every cell regenerates so you want to regenerate. And the fastest growing cells, the, the most powerful stem cells in the body, he showed this is really interesting, are the stem cells in the nasal cavity. Hmm. They're the most powerful

and and cutting edge orthopedic surgeons that are dealing with people that are paraplegics and quadriplegics, they, they're doing surgery now where they're taking stem cells from the nose and putting them in the spine and regenerating the spine because your body is regenerating the nasal area quicker than anywhere else. That was really interesting to learn that--that dropped my jaw. That's because it's so important. The sense of smell is so important to survival for our ancestors. Not so much today, but we still carry the same physiology that our ancestors had.

Dr. Keesha: You know, Ayurvedic medicine, this reminds me, they knew this, they spent so much time with like nasya oil that can cross the blood brain barrier with Neti pot, with putting turmeric in the neti pot. I mean this was a thousand year old science for them.

Dr. Tom: Right. You know, I used to put cayenne and my Neti pot. Why? That's, that's when I was like, yeah, I'm going to do this. I'm going to clean out my sinuses. It's like whoa. That's before I gave up dairy. You know, the way I learned, the way I learned, I had a dairy problem was that I used to get chest pain and it was pretty strong chest pain and my father died of a massive coronary as did two of my uncles at early ages in life. So it scared me and went to a renowned cardiac testing center in Chicago and scored off their charts on the treadmills. I was a triathlete at the time and everything was great, but I'd get this chest pain every once in a while and I just couldn't feel it. Where's it coming from? What is this? And then one day I had the chest pains and I asked what's different?

Dr. Tom: What? Oh No, no, it can't be that. No, no. And so then I waited a couple of days and I ate Haagen Das ice cream again, and the next day I had chest pain. I said, oh, come on. Really? Because it was my escape after working really 12 hour days, you know, seeing patients come home and have a nice dinner, then just sit down and just had some Haagen Das. Well, I had to stop all that, but that's how I learned about the dairy. But until then I was getting mucousy every once in a while. Didn't pay any attention to it. So I put the cayenne and the Neti pot to clean out the mucus

Dr. Keesha: Because I want people that actually hear that, because the body doesn't say we're going to put a mucus protective barrier over cell number c 19 in the gut. It says mucus barrier all over, right? We're going to, we're going to protect the sucker and so every membrane will then be protective. And so then we focus up here and I want people to understand if it's here, it is down there too. It is into your gut. You know, if you have too much mucus of any kind anywhere, you know, this can be vaginal. It can be rectal, it can be nasal, you know? Then you've got, you've got a protective barrier. Your body's trying to fight something, trying to protect against something.

Dr. Tom: Well said. Really well said, and I'm as silly as everybody else. You know, I didn't want to see what was right in front of me. It was my Haagen Das and I followed the directions, you know on the, on the label Haagen Das used to say temper to a smooth consistency. That meant you mush it up and I would love to mush it up like a dairy queen. Right. So what are you going to do? You know, we all have our things. Well you know, but I share this so that everyone knows you're not alone out there. We all do this stuff. You know,

and it's, it's when you learn what the triggers are and it becomes important enough to you that you want to function well, that you start doing a deep dive.

Dr. Keesha: I call it the misery to motivation ratio. Yeah. You are afraid of having a heart attack, having witnessed it three times and you're up-line. Right? And so it's really important to understand that you will make the changes as soon as you're miserable enough. And I would say try to lower your bar for what misery is

Dr. Tom: Very, very important because one out of three now dies with dementia. Yeah. You don't know, I'm just getting older. I'm not remembering the way I used to and we accept it. Do not accept it.

Dr. Keesha: Yeah. Don't, don't raise your bar for what's tolerable. Really made sure it stays lower so that you can feel miserable, that you can't retrieve people's names or that factoid that you thought you should have at the tip of your tongue, you know? Yeah. That's so important. Right, exactly right. And we'll have information about the neuro zoomer class and about the smell test. This is part of the cranial nerve testing that, you know, when I worked in the neuro ICU years and years ago, we would do the little sniff test about each one of those 12 cranial nerves, you know? And they all have to be tested. I'm sure that was part of your background, right? As a chiropractor, right? This is a, but it only happens in an office when somebody is having a debilitating symptom. So what you're doing, doctor Tom, which is so important, bringing it to the front end, I remember being in hospice thing, the best medical care Americans get is in hospice. It's when we start addressing their spiritual, their environment, their family dynamics. It's like now we're bringing the whole picture together. And I thought, why do people have to be dying before we're doing this?

Dr. Keesha: Yeah. So this is what you're doing. And I appreciate that so much because you know, why do we wait until we're dying before we get really good care. I remember one time we, we spoke on an interview and you were saying that I remember so vividly because I was thinking what? You said that breast milk is the most toxic substance that there is now. You know, and so I yeah, sometimes unless something's done and I wanted to mentioned that because on this summit we actually have Kendyl Morris who is my daughter who I think I told you back then is doing a natural fertility solutions program now for conscious conception. And I wanted to try and like, I don't like talking about problems unless we have solutions. And so let's talk about this breast milk issue and then I want to move to 5G since you mentioned that this is another one.

Dr. Tom: Yes, yes, yes. Well I'll give you this example. A study was published, 346 pregnant women in the eighth month of pregnancy. They did urine tests on them to measure five different phthalates. Phthalates are chemicals used to mold plastic, and the one that most people are familiar with is BPA, bisphenol a in water bottles and all that. Uand there are hundreds of phthalates, but they measured five the top five, and they categorize the results into core tiles, the lowest core tile of phthalates in urine, the next, the third and the highest core tile. They then follow the offspring of these pregnancies for seven years. When they turned seven years old, they did Wexler IQ tests on all of

them. And as you know, Dr Keesha, there's not much in medicine that's all or every, especially in this study, but this was every, this is, it's like what? Every child whose mother was in the highest core tile of phthalates in urine during pregnancy compared to the children in whose mothers were in the lowest core tile of phthalates in urine pregnancy.

Dr. Tom: Every child in the highest core tile, their IQs were on average seven points lower. Now, one point is noticeable. Seven points is a difference between a kid working really hard getting straight A's and a kid working really hard getting straight C's. They don't have the neural network. It never developed because phthalates inhibit neurogenesis. Neurogenesis means nerve growth, brain growth, brain cell growth. Remember, every cell in your body regenerates. Phthalates inhibit regeneration of the brain. Now take that concept and why? Because those moms for 25 30 years, 35 years depending what their age was, they've been accumulating phthalates in their body. For example nail polish. You put nail polish on and within five minutes, three to five minutes, the phthalates are in your bloodstream. The phthalate level has gone up in your bloodstream from applying nail polish. Now, there's no evidence that the amount of phthalates that leach into the bloodstream from applying nail polish is harmful to humans.

Dr. Tom: That's how they get away with this crap. But it's accumulative in your body. That's one of the reasons for weight gain and you try and change your diet. You can't lose weight because you're loaded with what are called the category of chemicals called obesogens. These chemicals that your body has been exposed to and that they store your body says get this out of the bloodstream, get this away from the brain. So it puts it into fat cells and the fat cells swell to dilute the toxicity of this stuff. You don't get more fat cells after the age of two or three, they just get bigger and smaller. Right? Well what are they getting bigger with? And many times it's the toxic chemicals that people are exposed to. So I give you that example because the body accumulates these toxins.

Dr. Tom: So another study came out of Norway; it's either Norway or Finland, I'm not remembering which one, but the government financed this and there was a committee that was formed that said, should we recommend women not breastfeed in a first pregnancy? And I was like, what? Why, why a first pregnancy? What, what? Well, people that live there eat a lot of fish. The fish come out of the fjords. The fjords are long and narrow and deep. The farmers have been using PCBs, DDT, insecticides, pesticides for 40 and 50 years. The rain washes the insecticide residue, the PCBs into the streams that go into the rivers that go into the fjords. They go into the fish. People eat the fish multiple times a week, every week. [pretends To be news man]: "There's no evidence that the amount of PCBs in fish from the fjords is harmful to humans."

Dr. Keesha: You do that really well by the way,

Dr. Tom: Cause that's what we hear and we want to hold on to that. I've been doing, I've been doing some research on what was published in the early and mid fifties 1950s about nuclear explosions in Nevada and how safe they were. [pretends To be news man]:

"there's no evidence that there's any fallout that falls over Las Vegas from the nuclear blast that is harmful to humans."

Dr. Keesha: Orcas are disappearing off the San Juan islands and the Navy is doing sonar testing. And that voice right there, I'm, you know, there's no evidence that what we're doing, and yet these neurotoxic Orcas are washing up because they no longer have a sense of direction. They wind up on our beaches and they die because their sonar is screwed up from the Navy. You know? I mean, it's so ridiculous that that little, "there's no evidence" thing is actually passing as intelligence and people are listening to it.

Dr. Tom: We accept it because most of us, most of us want to live in mediocrity. I call it Midwest mediocrity. Don't rock the boat, don't rock my boat. I just want to be okay and safe and, and have everything I want when I want it

Dr. Keesha: In the matrix. Do we want to be in the Matrix?

Dr. Tom: That.'S exactly right. So, so anyway, these chemicals accumulate. So this study went on for two and a half years. It was supposed to be a about a six month study, but there was so much discussion back and forth and so much science that came out because these chemicals are called endocrine disruptors. That means they disrupt your hormones. How do they do that? They bind onto your hormone receptor sites and they get stored in the hormone loving cells in your body. Well, what kind of endocrine disruptors are these to estrogens and testosterone? So they bind into estrogen loving cells like your breasts, your uterus, your brain, testosterone loving cells like the testicles, and this stuff accumulates in those cells. Now mom gets pregnant, future mom gets pregnant, future mom's pregnant. Hopefully she has a healthy pregnancy; now she's about to deliver. The brain sends the down to the breast.

Dr. Tom: Okay, breast start making some milk here. Time to lactate. It's time to start making milk and baby is born. And where is this milk coming from? The breast cells make it. Well, what breast cells are making it? The, the lactation cells of the breasts that are loaded with 28 30 35 years of minor amounts of PCBs that are loaded in there. So this breast milk that comes through is so highly concentrated with toxic chemicals. That's what the whole study, the discussion was about and the endpoint from the committee was, no, it's safer to breastfeed than not breastfeed.

Dr. Keesha: Yeah. What about putting on the table: Let's take six months to 12 months before we conceive and detox the shit out of that.

Dr. Tom: I personally believe that it's more important to breastfeed than not breastfeed. Women of childbearing age needs to detox for six months or a year before they get pregnant. You do not detox when you're pregnant. You don't do that. No, and that means all these young women, these young 20 somethings that don't have a care in the world, how do you reach them? You reach them by saying this is about your baby, your future baby's brain. And if, if we get someone in that age bracket like your daughter who can talk to

them in their language with the right kind of script and the right kind of copy and you know the cute little whatever they do and

Dr. Keesha: 26 and brilliant and she's got it all put together and dialed in, you know, and I would say that who has to reach them as mothers that are in their forties and 50s grandmothers that are potential that say not my grandchild Cause if you look at the charts of autistic births, they go hand in hand with use of glyphosates since the early 1990s and it's just like, it's staggering. It's staggering. And we're silently watching autistic births triple, quadruple quintuple, you know, I mean it's awful. And that's our brain trust of our country,

Dr. Tom: Which is the only way to save the planet, I believe is the, the, the next generation. You know, it was Einstein that said the problems we've created today cannot be solved with the same level of thinking that created the problem. Right? We have to think a different game and adults are not going to do that. We need the, the young Gen, the next generation with perfectly functioning brains thinking outside the box for answers that we can't think of. Yeah.

Dr. Keesha: So we only have a couple minutes left and I want to circle around and I know a couple of minutes does not give it justice, but there's been some issues around 5G and actually these towers being pulled down when school systems are showing problems with children, speaking of the brain trust of our country.

Dr. Tom: Okay, let's talk about 5G, you know just yesterday, and that won't be yesterday for people watching this, but for me, right now, just yesterday, I hosted a Facebook live with the host of a 5G summit that'll be coming out in the next month or two, which is an incredible event. This speaker Robert F. Kennedy Jr and scientists from all over the world and a state senator from Michigan. And he brought up a really good point, you know, he said you know, I am as conservative in the legislature as any other Republican, but this topic is not about Republicans and Democrats. This topic we can all agree is about the health and the future of our country. And so it goes beyond politics. It goes way beyond politics. This one is a game changer. That, and the science is very clear that what 5G will do is you're putting a cell phone tower right outside your bedroom window and it's gonna be every few houses down the block in every city.

Dr. Tom: Hundreds and hundreds and hundreds of these little transmitters that act as cell phone towers, but they're not a quarter mile or a half a mile or a mile away. They're right outside your bedroom window. And there, there's so much information, we have handouts and there are eight different pathways by which this EMF poisoning that's occurring impacts on the human body. And for each pathway there is between 18 to 35 studies for each of the eight pathways that are referenced that I saw in preparation for my interviews with these guys yesterday. This is a huge problem and you know, once they're installed I don't know how you ever get 'em out, right? The state senator was talking, but his wife's a pediatrician and she developed tinnitus--ringing in the ears. Pretty substantial. And, and she went to specialists and they had no answers, and she knew the questions to ask. They had no answers for her. And it turned out they brought

a guy over to do EMF testing in their house for any leakage and stuff. And he pointed out that the smart meter that had just been installed x number of months earlier, he said, when was this installed? And she said, whenever it was, when did your attended a start? It was three weeks later. And he said, get that out of there immediately. And they did. And within a month or two, her tinnitus was gone.

Dr. Keesha: Can you get rid of these things? Can you have neighborhood meetings? Can you prevent it? You know, that's again, I don't want to talk about things that don't have a solution. So if there's not a solution, I want to create a solution.

Dr. Tom: I don't know. The first step in all of this is awareness and it needs to become important for everybody because this is I don't think anybody has any doubt of the possibility. If you hold a battery next to your brain, it might affect the function of the brain. Tumors are just much more common than ever before now because of cell phones and all that. I don't think anyone argues that that's a possibility. Well, this next level, this 5G level is much, much worse, much worse. And it doesn't mean the technology is bad, but you certainly can have this increased technology because the way the industry is getting away with it is competition with China. We have to keep up or we're going to get very far behind and so we need this to keep up. But you can have excellent lightning fast a reception with hardwired in your house. So you, you hardwire and you just don't have wireless in your house. Why?

Dr. Keesha: So we do. Yeah. Yeah, it's really important. I remember looking at rectangular tumors on buttocks and breasts of young teenage girls from Europe because this kind of science isn't readily published in the United States, but it is in Europe. And it was at IFM. I remember at the energy conference seeing these and going, oh my gosh. And immediately telling my mom, get that cell phone out of your Bra. You know, and my dad, get that out of your back pocket, you know, it's that kind of awareness. But now we're talking about something different. We're talking about something that's installed at your neighbor's house. You know that that could be this close to you. So this is, this is really important; this isn't just you,

Dr. Tom: And of course you know there, there are four different categories of what triggers autoimmune diseases. And that's of course in the, in my book you can fix your brain. But the four categories are, I call it the pyramid. It's a pyramid. There are four sides to a pyramid. There is the base and that's your structure. And that's the home of chiropractic and massage and posture training and yoga and car seats and pillows and all that kind of thing. Very important. And that can cause any problem. There are miracle results from doing yoga there. Miracle results from Chiropractic care. If the problem is structural, you have to fix the structure. Then there is the biochemistry and that's the one we're most familiar with. What we eat, drink the vitamins, the drugs, we take all of that. Then there's the emotional, the spiritual, the world that you're really strong in and its impact on us. And now the fourth one, the electromagnetic, never before in the history of humanity have we had this electromagnetic pollution before the last 30 years. Never. Because humans have no way of dealing with this. So electromagnetic poisoning is just as potent a trigger in developing autoimmune diseases as biochemistry. We talk mostly

about biochemistry--that's where most of the studies are--but electromagnetics can do it, spiritual can do it, structural can do it. But now with 5G, it's going to become really important to understand this. Let's see what we can do to help.

Dr. Keesha: This is what Ayurveda called the Pancha Kosha is again, 10,000 years ago, you have your physical structure, your energy structure, your emotional, mental and spiritual. And they knew that all that time ago. So yeah,

Dr. Tom: Now there's another one, and that's the electromagnetic, right,

Dr. Keesha: Which is the energy, right? Yeah. Yep. Thank you so much Dr Brian. I really appreciate you and the work that you do. And we will have references and links to the things that we've talked about in this talk, because I know everybody's gonna want to go on it.

Dr. Tom: You know, this is almost as fun talking to you here as it is when we sit down and have a glass of wine after a day in a conference. That's the most fun because our brains just go off somewhere, right? But it's really a pleasure to be here with you and thank you for doing this summit. And for all of you that are here, I'm glad you're here. Thank you. And just explore these ideas, you know, and listen to this summit. Let's do it again and again. Listen to the speakers and the path to success in all of this is one hour a week. Just one, you know last point, Keesha, if I may the subtitle in this book, just one hour a week to the best memory, productivity and sleep you've ever had. It's not a cutesy title. It's the only way you can be successful, because you'll hear four or five points from every speaker on this summit, and it's just overwhelming to deal with this stuff. So what do you do? You allocate every Tuesday night after dinner or every Sunday morning after service as well, whenever it is, but every week I'm going to allocate an hour to change the environment that me and my family is living in. So you work on the environment one hour a week, and you will be successful. You will be successful. Yes.

Dr. Keesha: Thank you so much. One hour a week, everybody; until next time. Bye Bye.