DEPRESSION, ANXIETY & DEMENTIA

SECRETS

Live Q&A

Module 3

A live session with Dr. Elena Villanueva

6 MODULE COURSE

DEPRESSION & ANXIETY LIVE QUESTION & ANSWERS

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LIVE Q&A WITH DR. ELENA VILLANUEVA

Dr. Elena: It's calling.

Jonathan: Okay, so it is a privilege to be on with Dr. Elena Villanueva right now. We are live. Thank you so much for joining us. People are flooding in right now and we're really glad to have you here. This is certainly the place to be. We're seeing so many people experience revolutionary transformations in their health and their life, reversing chronic conditions, order immunity, depression, anxiety, and even neurodegenerative challenges. We are seeing amazing things and I'm so glad that you're here right now because this is truly, truly a time when we can take out circumstances and turn it all around and use natural tools and protocols that are not being taught to us from mainstream media and mainstream medical sources.

Jonathan: And the reason now why Dr. Elena Villanueva was important for me to bring on the show is because she has been very helpful in my life. She has been helpful and formative in my own health journey. She's worked with many of the practitioners in the series and we've seen her get extraordinary results. She's based out of Texas. She has a specialty in balancing female hormones, supporting autoimmune disorders, type two diabetes, neurochemical imbalances, genetic defects including MTHFR, insomnia, metabolic syndrome and the entire autoimmune spectrum. She has worked with many leading professionals including Dr. Kendall Stewart and Dr. Jay Dunn who have done a lot of world-leading research on genetics. Also Amy Yasko, PhD and what she's discovered about the uniqueness of how people need to be treated based on their unique composition is very important. And we can also work that out as we go through this call to work that out based on symptoms as well. Because you can look at if you have, challenges or specific mutations of your genes based on symptoms also. So this is going to be a really, really great call today.

Jonathan: So we've got a lot of questions to get through. She has her doctorate in chiropractic medicine, and she got that back in 2003 and she has worked extensively on professional athletes with an emphasis on performance enhancement as well as specialized rehabilitation for sports injuries. So these were some of the backgrounds that she's had. She's worked with NFL players, PGA golfers, and Olympic sportsmen and other elite athletes. So it's kind of cool when you have somebody that's worked on a lot of professionals and celebrities and now they're answering your questions. So just thinking about that for a second. I mean these are things that weren't really available to us in the past. You had to be a celebrity or a professional athlete, but now because of this awesome connection that we have through autoimmune secrets, depression, anxiety, and dementia secrets, we're happy to bring some of these amazing celebrity doctors actually to you.

Jonathan: So Dr. Elena, thank you for being here today and it's great to have you.

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Dr. Elena: So good to be here.

Jonathan: Oh, I assume. Oh, I assume.

Dr. Elena: Yeah, awesome. Thanks.

Jonathan: Fantastic. So let's dive in and get started. So let's go through the questions. What category would you like to start with there?

Dr. Elena: I was thinking that we start just in the category of ... We'll just start on the left and with thyroid.

Jonathan: Perfect, Thyroid is a great place to start. And let's dive right on in. And during this as well, we're going to be just basically giving you all information so you can go and take this information, go any way you like with it, implement dietary and lifestyle changes. And then also we'll give recommendations for different things that you could take to support you in your journey to detoxify your body, to supplement missing nutrient or mineral. And a number of these things are things that we've been able to source at the highest quality and at the lowest prices, most affordable. So we will also just share some of those with you during the call at some point just to let you know what's available so you can know specifically some of the things that myself and Dr. Elena Villanueva endorse and see a lot of value in. And that's a particularly with the well of life protocols and with unique and effective supplements and individual supplements.

Jonathan: So that's really fantastic. It's nothing like getting started and just getting a tool and going for it. And when you get even just one great product that responds really well and works well for you, like a great digestive enzyme being one example, you can just see things changed exponentially. And if you are on maybe here and even over the last few weeks or month, you've been just trying to work out where to start, get started somewhere, we're going to get different recommendations during the call. Get started with something that you see that's being recommended by people that you trust, like on Dr. V and myself.

Jonathan: And then just get started. Try it out and see the changes. Don't just keep waiting and don't keep thinking that you have to have some more perfect or clear direction. Get started because that's how you're going to see the changes. And there's nowhere better than to start than a recommendation with people that have had extraordinary results and we're seeing breathtaking results every day. Dr. V is seeing them, I'm seeing them and so follow this advice and it will make a difference for you. Just know that you're in good hands. So let's dive in. Dr V.

Dr. Elena: Yeah, absolutely. So I had a couple of thoughts about how we could go through the questions. So if it works for you, my thought is that I go kind of from left to right and hit one question from each topic and kind of going back and forth.

Dr. Elena: The reason that I'm thinking of doing that is because a lot of the questions are very, very similar and a lot of the answers are very similar. And so this way we can hit a broader range of topics so we can hit more people's questions and for those of you listening, pay attention to the questions because even if I'm not answering yours directly, I'm probably giving you the same answer that I'm giving somebody else. Right? So and that's something that if you've really listened to a lot of the other doctors who come on to come on to speak with John Otto, you'll notice that when we're getting to the root cause of a problem, we address the root cause pretty much the same. What is different is where the weak link is in the body. In other words, what type of symptoms do you end up manifesting. One person can manifest Hashimoto's while the other person could manifest fibromyalgia. So we just need to go back and look at what are the root causes because the answers are going to be the same for a lot of people.

Jonathan: Yes, that's really helpful to know. And when people's talk like that, for those listening right now, you know you're talking to a good practitioner when you hear something even just like that because what you now have

is treating the upstream issues, the actual source of the problem rather than just the symptoms or simply giving you ... Because I mean it would be easy. All we'd have to do right now is just say, okay, everyone with a thyroid issue, just take some thyroid hormone replacement, try natural alternative like Nature-Throid and you're off to the races. But that doesn't answer why the thyroid stopped producing TSH properly. That doesn't answer why you're having these toxic overload issues and how you can stop the toxic overload. And how you can reverse this.

Jonathan: And that answer is actually going to be true across categories. However, it allows us to convince you in a way, it allows us to be able to help talk inside of the challenge that you're experiencing because we're all looking for like in a sense, immediate gratification. We're looking for a clear path. And so that will give you kind of more awareness that the protocol that we're devising and instructing everybody to partake on, it's relevant to you for these reasons. And so then that's where we can give you different points and reflexions, but there is a protocol that we'll be sharing also during this call that the principles of which, if you implement these, we're seeing breathtaking results and so you want to look at the building blocks of that and understand that and take advantage of using a system like that or use that system to help yourself get better over the course of three, four, five months plus, then you can see total transformation.

Jonathan: And so Elena, same vein with what you were talking to me about. Let's go through these questions. But what we'll do is we'll read out all the questions. We'll read them one by one and then what we can do is answer the group. How does that sound to you?

Dr. Elena: So you want me to read out like several questions at thyroid and then give the answer?

Jonathan: Yeah, exactly. So we'll read them all out so then that way people can kind of understand and so we'll read out the first name of the person asking the question and then we'll answer the group. But I'm glad you're saying that for sure. And then that way you can kind of, with all that data then we can maybe reference here and there some certain situation.

Jonathan: But again, if you want to get results, be more interested in what Dr. Elena is saying to do for you rather than feeling like every particular point has been nuanced because that's not necessarily where you're going to get results. Good doctors aren't actually like encyclopedias of every symptom and they're not really encyclopedias of every particular nuance. So then that'll give you some good understanding set to approach us with.

Jonathan: So let's start with Rach. I'll read that and then we can just go one by one. You've got the next one which is kind of big and you can choose what parts of that you want to read and so forth. So "Hi Dr. Elena Villanueva. I really want to focus on decreasing or eliminating inflammation in my thyroid and my hands. I am having soreness in my hands and my fingers. Maybe the onset of arthritis in one finger. Please talk about how we can reduce these symptoms or cause." That's Rach.

Dr. Elena: Okay, perfect. And then we have the next one is a woman who has been a vegetarian for 40 years and she has been diagnosed with Hashimoto's for about 10 years now. It looks like her TSH can fluctuate greatly and it looks like she is maintaining some level of inflammation on the thyroid, which is common when Hashimoto's isn't being addressed properly. And it looks like she switched to millet instead of white rice as a primary source of food.

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Any test other than the standard doctor's test. So here's a couple of questions here that I think we can answer with one.

Jonathan: Sure. What do you want to just ... We'll just do the last few there and then we can attack them on. Does that sound okay with you?

Dr. Elena: We can try that. Let me read the next one.

Jonathan: And that is a Vassu, that's asking that. Oh, and we'll take it one by one. The next person is Natalie, she says "Hi. My daughter was diagnosed with cancer of the thyroid when she was 14. She has had two major surgeries removing the thyroid and surrounding lymph glands and has had two courses of iodine radioactive therapy. Just after receiving second treatment, she suffered a collapsed lung and in an operating on her, she discovered a tumor in her lung that was benign. So this was totally unrelated to her thyroid cancer. She has been exposed to mold for a number of years, when flatting, being in a flat. Now at 27 years old she's unfortunately smoking cigarettes and has done so for the past 10 years, is extremely thin and is always tied. What protocol would you advise me apart from quitting smoking and of which I'm going to try my damnedest to make happen and make her life optimal?! Nathan is the next one. Do you want to read that one?

Dr. Elena: Nathan, "Does CBD help with thyroid and what would be a good protocol for staying off meds?! I'm guessing if you're referring to thyroid meds "And what's the best way to detox the liver and how much should adrenal health be considered?" That's kind of a broad balance. I mean a broad range of questions. Maybe let me kind of tackle those.

Jonathan: Okay, sure.

Dr. Elena: I'm trying and I'm like, Oh, I'm not going to remember everyone's question.

Jonathan: Yeah, no worries.

Dr. Elena: So guys, when it comes to inflammation on the thyroid. When you have inflammation on the thyroid, at that point the body has progressed and it's taken many years for this happen. It doesn't happen overnight. You just don't feel it right away. It's progressed into an autoimmune issue where the body is attacking itself and it just so happens that it's attacking the thyroid. In order to get inflammation down on the thyroid, the very first thing that we need to do is we need to trace it back to how did this even happen in the first place? And we need to go back and look for underlying chronic infections that you've probably had for a long time. Those underlying chronic infections can be anything from various mold strains to bacterial strains, to viruses, parasites, to a combination of those. We need to go back and look at your gut, do you have leaky gut? 99.99% chance that you do. I mean, really it's 100% chance that you do. Anybody that has an autoimmune issue is going to be able to trace that back to some issues with permeability in the gut barrier.

Dr. Elena: And there is a lot really that needs to be done and that's where working with a holistic practitioner, they can help you with this. It's not just a simple answer "Don't eat this or take this particular medication and you're going to be fine."

Dr. Elena: First of all, for those of you who are not familiar with Hashimoto's in the western medicine world, there is no treatment for Hashimoto's. In other words, there is no pharmaceutical that treats that particular autoimmune disorder. The good news is that holistic doctors work with this all the time and we can get those thyroid antibodies down where the body is not attacking itself anymore. And we do that by identifying and eliminating underlying infections, repairing the gut, also doing some food sensitivity testing to see which particular foods, even if they're a good food, which particular ones might be causing a huge antibody or inflammatory response.

Dr. Elena: And then there are certain supplements that we can do that work super, super well. Glutathione is amazing to help bring inflammation down and oftentimes we use both a topical and an oral Glutathione. And then

oftentimes we'll use a desiccated thyroid product that is similar to like a Nature-Throid in our opinion. We think it's better than that. And then we also address the other items that I mentioned.

Dr. Elena: If you want to get inflammation down, the simplest way that you could do it would be to avoid inflammatory foods, work on healing your gut and then if you really want to dial down on it, find yourself a holistic practitioner, get someone to help you navigate that.

Dr. Elena: Then we have the question about CBD with ...

Dr. Elena: Oh and then I wanted to mention to the woman with the Hashimoto's that has millet it as her primary source of food. My question would be why do you have millet as your primary source of food? Your primary source of food should be vegetables. Vegetables and then fruits. And if you're going to add, well, she's a vegetarian, so I was going to say, if you're going to animal proteins, make sure that they're super clean animal proteins. But grain, if she's a vegetarian and she's eating millet as her primary source of food, it makes me wonder is she getting her full amino acid profile? Is she getting all the vitamins and minerals and nutrients and phytonutrients that she needs so that her body can function properly?

Dr. Elena: One of the biggest things that I see is that when people with good intention decide to go vegan or vegetarian, they don't do it properly and they're not getting the right ... Or sorry, they're not getting the right nutrition that they need and so I would really reevaluate having some sort of grain or pseudo grain as your primary source of food because there is a chance that part of the reason that her body might not be functioning optimally or have the ability to heal as well is because it's not getting the various nutrients that it needs.

Dr. Elena: We also had the cancer question. So I have actually worked with a patient that had reoccurring thyroid cancer and stories similar to this, but this particular client was an adult ... And I'm trying to scroll through if for whatever reason my computer's not letting me scroll through. And the cancer had come back three times, this patient had gone to MD Anderson in Houston, known as one of the top cancer centers in the world.

Dr. Elena: And the third time that the thyroid cancer came back, after the thyroid had already been taken out, but the cancer kept coming back to the surrounding lymph nodes and the surrounding tissues, very much like your daughter. He told the doctor like, "I can't handle another round of the radiation and pellets and all that." Very, very understandable. The radioactive therapy and all that that they were going to ask them to do again. And he said, "What else can I possibly do because I don't think I can like literally lives through another round of this?" And the doctor said, "Eat your way out of it." This was at the time the head oncologist at MD Anderson, told him to eat his way out of it.

Dr. Elena: He ended up finding out about me, came to work with me, and we did a very deep array of tests on him. Things the typical doctors just don't run. And that included his genetics and we could see that his body did not detox very well at the cellular level. And once we were able to identify that, then we were able to understand what we needed to give him to make up for the lack of ability that he had to detox at the cellular level. And we also did a few other things with him like getting his vitamin D up high, higher than normal. We used CBD, we got rid of underlying infections, we did gut healing, we made sure that we removed inflammatory foods and all of that. And it's been, I think, this past November was three years that his cancer has not come back. And that's a huge testament to how changing your diet can work.

Dr. Elena: Now, the oncologist at MD Anderson gave me, I think it was eight months to work with him. It was like seven or eight months, something like that. I think it was eight. And if we couldn't make the cancer go away, then they were going to have to do the radiation therapy. It's been over three years now coming this November, it's going to be his fourth year that the cancer hasn't come back.

Dr. Elena: So that's just a little bit more complicated answer because your daughter has been going through a

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lot, I would say that a lot of the protocols that Jonathan has provided for you guys, I mean that's a wonderful, wonderful start. I mean absolutely. What are the things that, and I said this before, that I love about what Jonathan is doing and why I support him in this journey is that he's coming out with really great products that are at a much better price point than what you can find anywhere else. And so if I were going to be working with your daughter, we would definitely incorporate some of those products. What else would I would do is I would go ahead and do the additional testing with her. I would look at her genetics. I would take the extra time to take those extra steps because that's a pretty significant case that's going on right there.

Dr. Elena: CBD, does it help with thyroid health? CBD helps with ... What doesn't it help with? CBD helps with so many things. The body naturally has thousands and thousands of cannabinoid receptors in it and the CBD can help. I would say that it wouldn't necessarily be a replacement for your thyroid medication. With that said, something that Jonathan said earlier and I want to really just kind of dial down on that. When you have a thyroid issue, I have found so many times that once we address underlying causes, underlying issues, the thyroid actually like resets itself and the thyroid is fine. I've seen that in case after case after case.

Dr. Elena: Now I want to give you one particular case. There was a man, he's still a client of mine. He is in his early sixties I believe and when he started with me there was no thyroid issue. We had done a baseline of all kinds of testing with him. He had some other stuff that we were working on but thyroid was not one of them. And I think it was like six months later when we had one of our random appointments, he said, "Dr. V I want you to know that I had to start on thyroid medication because my thyroid just started acting all haywire and it plummeted on me and I had to jump on some medication."

Dr. Elena: Well it turns out that the underlying cause of why he suddenly, for no reason, went into this severe hyperthyroid state was that his dentist was giving him a fluoride wash that he was actually swallowing. I think the dentist wanted him to swallow it. Fluoride is so toxic to your body. It's a neurotoxin. It absolutely is so bad for you and he was getting massive, massive doses of it. Fluoride blocks selenium receptor sites in your body. Selenium is a nutrient that is needed in about about 79 different chemical reactions in the body, including thyroid hormone production, thyroid hormone conversion, dopamine production, serotonin production and on and on and on. And when you have fluoride in your body, it blocks the receptor site on the cell and the selenium can't get in. So the body in essence suddenly has no selenium. I mean, it might be floating around in the blood but it can't get into the cell where it needs to do its job.

Dr. Elena: So once we found what the root cause was, I started asking him all kinds of questions obviously because his thyroid was fine. All of a sudden it wasn't, something happened. That something was that he started on this super powerful fluoride supplement and Oh my God, that's what caused it. So we got him off of that. Detoxed his body. Thyroid is fine and he doesn't need to take the medication anymore.

Dr. Elena: And this applies to a lot of different thyroid issues. A ton of thyroid issues. The thyroid doesn't just stop working because. And the thyroid isn't going to have a problem just because my mom had it or my dad have it, had it. You might have some similar environmental influences that because of your genetics, the same environmental exposure that you have to this, that your parents also had to that. That might be why you also have the same problems that they have. But it's not just because. You've got to just look deep under the hood and figure out what's going on.

Dr. Elena: Someone's asking about the low dose and I'll track something, manage thyroid antibodies, so will you have to take it forever? If you keep doing what you're doing, probably so. The good news about LDN is that LDN works really, really well. But let me tell you my thought on that. If you can get with somebody who understands how to work with Hashimoto's, which is when the thyroid antibodies are high, when the body's attacking the thyroid, causing a lot of damage and destruction to that organ by the way. If you can get with somebody who can help you navigate that, chances are you will not need

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to be on that anymore, but you just need to get with somebody who can work with you.

Dr. Elena: And again, a really good place to start is doing the four or six month protocol. Some of these different protocols that Jonathan has laid out, that's going to be a very, very safe and in almost all cases a super effective way to address a lot of underlying issues from environmental toxins to heavy metal toxins, to infections that cause a ton of different problems.

Dr. Elena: Remember, how you express it might be different than how the other person expresses it. All of you guys on here, there are hundreds and five thousands of questions that we're going to try to get through as many as we can today. But remember, root causes are almost always the same. All right? You've got to get rid of underlying infections. You've got to get rid of our underlying environmental toxins and you have to prevent re-exposure or find out where your exposures might be. In other words, clean up your environment, clean up your diet. Don't ask why is this organic food so expensive? Ask why the regular food is so darn cheap? Because that's scary to me. It's just that shifting of your mindset.

Dr. Elena: You've got to clean up your diet, you've got to get yourself a Berkey filter or some sort of reverse osmosis system so that you have purified water. Change out your cleaning products in the house and limit your exposure to environmental toxins as much as you can so that you don't have re-exposure after you've gone through a program like Jonathan's program.

Dr. Elena: And so, if you're wanting to navigate this alone, I would say definitely go through the programs. They're really, really awesome. The difference between navigating it on your own and then working with somebody like me or Dr. Murphy or Dr. Newsome is that we're going to actually do exact tests on there. The supplements are going to be a lot of the same supplements, but we're going to have testing in there and then retesting your follow up and there's a little bit of different directions that you can take with that. If your case is complicated, then you might want to think about that.

Dr. Elena: And then here's another one. Last year noticed a weird sensation when you swallowed and you found a lump on your neck and you had a cyst on your thyroid. They did a biopsy, it was benign. Avoid Gluten. That's awesome. Some of your doctor told you to avoid gluten and dairy. I am pleasantly surprised about that. That's really good. You should avoid gluten and dairy, especially if you're having issues with your thyroid. Did he tell you that you need to do gut repair though? Because you might be avoiding foods that will leak out into your because they'll leak out into your blood stream and they'll hit your ride and land up in the thyroid and take up residence up there and wreak a lot of havoc and your body will start attacking those things. But your body can actually do that with other foods too. Or bacteria that you inadvertently are swallowing. Because we're swallowing bacteria all day long, but all that stuff can get out into your body and hits you right in your bloodstream and land in your thyroid.

Dr. Elena: So that's awesome that your doctor told you to stop gluten and dairy. You definitely want to make sure that you do some gut repair. It feels like it's gotten bigger. Now they have to move your entire thyroid. Oh Gosh. And you've had Lyme disease and you've had mono. Okay. And you've got high doses of oral antibiotics and you just learned about the nightshades. You eat a lot of them. Yeah.

Dr. Elena: So avoiding nightshades for the longterm may not be something that you need to do. This is my thought on it. Either get your thyroid removed or find a doctor that you can work with and give it six months. And let's monitor and see if we can't get that down or if they can't get that down for you by doing some more detailed under the hood kind of investigation to see what's going on. It sounds like your immune system is just under constant attack between lines and viral patterns. You probably have some underlying infections in there that are really adding to the inflammation in your thyroid. So if we can literally reverse cancer and keep it gone like in this client that I was telling you about earlier, I don't see why we couldn't get the inflammation on the thyroid down. It's just going to take a lot of work for that.

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Dr. Elena: Let's scroll down here. I'm going to hit it. Oh I'm just going to go ahead and finish the thyroid because it looks like we're almost done here. Let me just see if we got anything else. Okay. Actually, I've already answered the questions. So there we go. That's on thyroid. Now remember guys, this applies to pretty much all autoimmune issues, all autoimmune issues. So make sure that you identify and eliminate or at least eliminate underlying infections. So again, like Jonathan's protocol, what I like about it is that it's an easier way, a more simplistic, very safe way to go in and detox your body of environmental toxins and underlying infections. Okay? You're going to want to follow that with gut repair, and you need to clean up your environment. I know that that sounds so simplistic, but this is how we're changing lives with people. Think about this.

Dr. Elena: How we're changing lives with people. Think about this.

Dr. Elena: I've got a plant over there, but you can't see it. If you give a plant the right soil with the right nutrients, so its got the right pH because some plants need a more acidic pH, some need a more alkaline, and the soil is full of nutrients, and then you give the plant water and sun, the plant thrives, and the plant grows. But if you start putting in some sort of environmental toxin in there ... My houseplants if I give them ...

Dr. Elena: And bamboo is like this. How many of you have had bamboo and it died on you? Because bamboo doesn't just die, you know the little house bamboo plants. So many people have them, and then they can't figure out why they end up dying even if they're watering them. Because the water has fluoride in it, and the fluoride, the municipal water systems, which most of our municipal water systems are full of fluoride, the fluoride kills the plant. It is an industrial toxin. It kills you too. Anything that's going to kill a plant or your pet, is probably going to kill you too, it just happens in a very, very slow way. Right?

Dr. Elena: If I were to give the plant sports drinks every day, the plant is going to die because there's crap in there and artificial sweeteners in there. Right? If I give the plant soda, or if I grind up McDonald's hamburger and put it in water, and grind it up and pour it over my plants, my plants are going to die. Right?

Dr. Elena: It's exactly the same thing with you. If your body is exposed to toxins, over the course of time your body is going to start exhibiting symptoms. Those symptoms are not ... Doctors label them as disease. Oh, you have Hashimoto's, you have Fibromyalgia, you have this, or you have that. I will beg to differ and say, "You don't have anything." What your body is doing is it's screaming at you with a multitude of symptoms. In your body's attempt to try to survive and not just die, it will even start mutating cells to stay alive. I mean, it's going to do anything it can to stay alive.

Dr. Elena: Mutating cells, by the way, is like cancer. Okay? The body is doing whatever it can to stay alive, and you're giving it garbage every day, and thinking that the body is going to heal itself. The body is screaming at you with symptoms saying, "Hey. I can't keep you better. I'm doing everything I can. This infection or these toxins, they're all right here in my thyroid. My thyroid's big, help me." Your doctor tells you, "You have this disease." That's bs. I call bs on that.

Dr. Elena: Don't focus on the name of the disease and don't ever claim the disease. All right? Found out what the answer is. Find out what the underlying cause of the problem is. It's almost always toxins, or underlying infection, or a combination of both, and it spirals the body into leaky gut, and then it just goes on, and on, and on from there.

Dr. Elena: Let's look at the children and teen section. How does that sound, Jonathan?

Dr. Elena: Yeah? Okay.

Jonathan: Yeah, that'd be great.

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Dr. Elena: Okay. "Can the protocols mentioned in this series be used on children, especially in the area of healing or improving the function of the brain, detoxing the liver, et cetera."

Dr. Elena: It sounds like-

Jonathan: Let's ...

Dr. Elena: Go ahead.

Jonathan: Let's continue, and read through the whole block here for children.

Dr. Elena: Okay.

Jonathan: The next one would be from Ann. The first one there was from T.

Dr. Elena: Okay.

Jonathan: "My daughter has suffered from rolandic seizures, which we were told most of kids will be outgrowing then, when they're 11 or 12, but she's had this since she was seven. She's been taking Lamotrigine ever since, what causes seizures? She did not receive any vaccine until she was 11 months old. We never gave her the flu shot. We only had one round or two of antibiotics in her life, none in the past seven or eight years. At age two, she had a series of vaginal yeast infections, and then again last fall. Since she is one of 13, we eat organic, live off the grid in Vermont. So, as far as we can tell from the toxic environment, she's severely limited, processed food. What causes seizures? Thank you."

Jonathan: That's Ann. Next question is Donna.

Dr. Elena: Yeah. Donna says, "Thank you for answering my question. 10-year-old daughter has been diagnosed with primary sclerosing cholangitis. Doctors say there is no cure. Have you ever treated an adult or child with this condition, and what has been your success, and what would you recommend?"

Jonathan: Yeah. Julie says, "My 20-year-old son has gynecomastia, which has him depressed. Is there something that can be done to reverse that?"

Jonathan: Mary Eve is the next one.

Dr. Elena: Do you want to read the next one for me? I scrolled up, I can't find it.

Jonathan: "Hi. My question is, if your child or baby would have type one diabetes, what would you do to put them on their healing path. Insulin keeps them alive, and very thankful for it, but can also kill them, and does not address the root cause. I have a 10-year-old daughter that has been diagnosed four years ago, and my baby is two, got diagnosed 10 months ago. They don't eat gluten, and eat processed food. The children and adults with type one diabetes really need help. Thank you."

Jonathan: Lisa ... You can't get them still, right? Let me know when you gain access to them, and just stop me.

Dr. Elena: Okay.

Jonathan: Lisa says, "My daughter, age 19, suffers from lifelong irritable bowel syndrome, constipation, anxiety, and depression, for which she takes Linzess and Pristiq."

Dr. Elena: Oh, okay.

Jonathan: "We have had some genetic testing done, and have recently discovered that she is homozygous for six-

Dr. Elena: Homozygous. I found it. Homozygous.

Jonathan: Yeah, good. You want to keep reading that?

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Dr. Elena: Yeah.

Dr. Elena: "I myself ave Crohn's, arthritis, autoimmune hearing loss, and tested heterozygous." Okay.

Jonathan: Heterozygous. Got it.

Jonathan: And then, Michelle, "My daughter is 15, experiences frequent fatigue, headaches, and difficulty breathing during condition, sports. Recent blood work shows low RBC 3.73, low Hemoglobin 10.5, low Hematocrit 33.5, low MCHC 31. 3, high A/G ratio 2.3, TSH .726. They have been recommending birth control pills to reduce menstrual flow as well as other symptoms. I was hoping for an iron supplement. What is the better route, supplements or low-estrogen birth control, and should I be concerned about her high A/G ratio or TSH level? Thank you for your time."

Dr. Elena: Oh, wow.

Jonathan: That's Michelle.

Dr. Elena: Okay.

Jonathan: Yeah, and there's two more to read down.

Dr. Elena: Do you want me to read them?

Jonathan: Just read those both.

Dr. Elena: You want me to read?

Jonathan: Yeah, that'd be great.

Dr. Elena: Okay.

Dr. Elena: "What is the protocol for reversing kidney damage? I have a teenage daughter with some kidney issues. What is the best way to determine diet and supplements and vitamins to help her?"

Dr. Elena: And then, "23-year-old son suffering with ADHD and anxiety, which manifests through his bowels since around the age of three. Not sure what that means. It's made very tough and embarrassing moments." It sounds like he's having some gut issues. "He's developed fibro at 19." Oh, gosh. "During that diagnosis, had his gallbladder, uvula, and tonsils removed. At six weeks ago had his appendix removed." Oh, gosh! Poor guy. Okay.

Dr. Elena: So let me touch on this for just a second. Guys, this is alarming. It's alarming to me to see how many young people that we see with these diseases that once we only saw them ... First of all, we didn't hear of all of these diseases, like Fibromyalgia and Hashimoto's. You know, people didn't have these kinds of issues 40 years ago, 50 years ago. They also didn't have the exposure to the environmental toxins 40 and 50 years ago that we have now. Not only are we having a ton of adults having problems now, things that we used to see in people not until their 80s, now we're seeing it in 30s and 40s. It's very alarming to me that we're seeing children that are so, so sick now. Every year, I'm working with at least five or six kids that are high school and college age, who literally have to take a semester or half a year off of school, so that we can heal them, and get them back to the road to health again.

Dr. Elena: In fact, I've got a couple of those right now that we're working on, trying to get them healed up enough to go back to college when we get into the fall because they're that sick. One of them, she was down to 87 pounds, if that tells you how sick she was or how sick she'd been. This is just unacceptable. The protocols that are mentioned in this series, yes, we can use them on children. Jonathan can jump in more on that. You know, the doses are, obviously, going to be different, depending on how old that the kid is. If they can't swallow the capsule, it might not taste so good, some of this stuff. But we can come, we can circle back around to that. Doses are going to have to be taken differently, according to the age

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and science of the child.

Jonathan: Okay. Fantastic. Yeah. I'm just chiming in here on this general issue that we're seeing here with a lot of the children across the country, across the world, especially those in the western countries. There's certain exposures that are creating issues that we would typically see in much older people, over the progression of decades.

Jonathan: And so, it is going to show that what we're talking about is super relevant, and the need for everyone to detoxify their body, these children being our key examples of that. Obviously, some of the challenges you get to is that generally supplements or anything that is very therapeutic, is typically not supposed to be recommended for children. So, just take that in mind, that's part of the conversation.

Jonathan: But at the same time though, they're fine to give them Ritalin, they're fine to give them vaccines that have all kinds of toxic metals, aluminum, thimerosal, and the flu shot. But that's all fine ... Particularly, the monkey virus is a simian and receives monkey viruses and even mouse viruses that are actually in vaccines.

Jonathan: So, you have all these major exposures, many of which when the child is so young this is a way that they can get an exposure quickly, and that's how you can see there is a lot of research that needs to be done. You need to be aware of that. If it is true, a lot of parents can't deal with that, the fact that maybe a vaccine created vaccine damage, which is the result of even diseases like anything from type one diabetes, to Hashimoto's, to every autoimmune disease in between.

Jonathan: You have books like Vaccines In Auto Immunity by Yehuda Shoenfeld. There's 70 esteemed doctors in that book showing the connections between certain vaccines and certain autoimmune conditions. You should know about that. But now once you know that, and you're willing to accept that, then it's about taking out the toxins, and that's why you want to look at protocols that use Fulvic acid and use ... That's F-U-L-V-I-C, Fulvic acid. And digestive enzymes to get the body working properly, so it's digesting food properly. And then food does become the medicine, but it's not a medicine until your body is actually being able to use it properly.

Jonathan: And then, the combination of using Omega-3s, and D3 Plus K2, supplementing deficiencies, and then taking deeper levels with Cordyceps Mushrooms and antiparasitic, like Mimosa Pudica Seed, and Green Harvested Black Walnut, Wormwood, Garlic Clove. These are all keys for children and adults that want to get well today. This is a bit of an overview to have a look into. Many of the conditions that are said to be irreversible, if you do the detox and you are very rigorous with it, and you don't really believe, "Oh, it's not going to be just one week or two weeks." But you go deep, for example, a five month period, then you start to get amazed at the kinds of results that you see. Medical miracles take place. And my experience, I've seen things that are unexplainable, that you don't normally see, but the body has the ability to clear up these issues.

Jonathan: So, that's how I tackle that in a nutshell. We can go into and I can show you, again, the breakdown of how we structure our five month protocol that we advise people to take. In terms of children, off record you just have to do what you choose in that regard. You have to work out what you're going to choose to do. And then, based off symptoms, how much or little to push something. But the toxins need to come out, that's what I will say, and that you need tools to be able to get those toxins out. They don't just magically disappear. Think about that for a second.

Jonathan: All right. So, then, let's continue on. Dr. V. Where would you like to go from that particular point?

Dr. Elena: Well, seizures can be caused ... We'll just hit on that one.

Jonathan: Sure.

Dr. Elena: Seizures can be caused from so many different

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things. I know that's not the answer that you want to know but we have to look at what could be the potential causes of seizures. I have, buried in my paperwork here that I don't have time to look at it and find it for you, but I recently was reading about a case study from another practitioner whose patient was a little boy, I think. He was having seizures. It turned out that he had an underlying infection. I can't remember if it was an underlying mold, or candida, or if it was bacterial in nature. I don't remember.

Dr. Elena: But once they eliminated the infection, the seizures went away. What was happening, was that the infection was causing significant neurological inflammation. It was causing significant inflammation to his body and his brain. So, it could be, is there a lot of inflammation? I know that you're living off the grid and she's eating pretty clean, but if she's had an infection since she was young that's chronically there, it could be creating neuro-toxins in her body, that is then triggering a lot of inflammation. It could be that.

Dr. Elena: There could be an actual mechanical issue. Right? There could be that. I would say that's just a really, really difficult question. That's not anything that I would be able to know, without really doing some deep investigation. With that said, CBD can help with a lot of cases because what it does is it helps bring the neural or the neurological inflammation down. When the neurological inflammation comes down, often times we see that the seizures stop. So, a thought there.

Dr. Elena: Primary sclerosing cholangitis. So, no, I actually have never treated anybody with that before. For those of you who are wondering, it is a disease of the liver and gallbladder that is characterized by inflammation and scarring of the bile ducts, that allow the bile to drain. My thought would be, "What's causing the inflammation?" There's something there that's causing the inflammation. The body isn't going to have inflammation for no reason. So, I think that a deeper look under the hood is definitely warranted.

Dr. Elena: Again, what environmental toxins did we have exposure to and what underlying infections does she maybe have?

Dr. Elena: In the traditional western medicine model, doctors are not looking for chronic infections. If they were, a lot of issues would be fixed. Right? And they're only now starting to recognize leaky gut. You know, after 20 years. We've been working with people with that for years now, understanding how that can affect the body.

Dr. Elena: But you know, there's so many things that they're not looking at. And again, we don't treat anything. We don't care about the name of the disease that your kid was given. All we want to do is find out what the heck caused the problem in the first place because the body is not going to just self destruct like that. Right? There's something that's causing it.

Dr. Elena: "20-year-old son has gynecomastia." For those of you wondering, gynecomastia is enlargement of the chest muscles or not the muscles, but enlargement of the breasts in the man. Okay, typically, that is estrogen dominance. So, I'm super curious about that. Would love to do a test.

Dr. Elena: I actually have a handful of young men that I have worked with, who have had major estrogen dominance. You are exposed to hormones, and synthetic estrogens, in particular. They are in your municipal water system, they are in your foods when they're not organic, they're in the processed foods, they're in meats, milk, eggs. You know, anything that is not organic, you're going to find synthetic estrogens in there. A lot of the beauty products that we use, so a lot of the lotions, stuff like that. They will have petroleum based products, that can lead to estrogen dominance and other problems as well.

Dr. Elena: And so, there's a very big chance that the kiddo is struggling with estrogen dominance, which is going to make him depressed. And then, on top of him looking at himself in the mirror and his boobs are growing, that's just going to add to the problem.

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Dr. Elena: And so, definitely work on getting him tested or find somebody that he can work with, to get him tested for that. It's very easy to detox estrogen from the body, super easy to do it. So, the protocols that Jonathan has put forth would work amazing. Okay? But I would add DIM to that, D-I-M, add some DIM to the protocol, morning and night. And then, remove the exposure because if you're getting it out of the body, but you keep exposing yourself to it, you're never going to fix the problem.

Dr. Elena: So, we definitely want to make sure that we take a look at that.

Dr. Elena: Type one diabetes. "If your child has type one diabetes what would you do to put them on the healing path that's not addressing the root cause to take insulin? 10-year-old daughter diagnosed four years ago and baby, two, got diagnosed 10 months ago. They don't eat gluten or processed food."

Dr. Elena: Okay, so gosh, with type one diabetes, that is considered an autoimmune issue. I can tell you that the cases that I have worked with, with type one diabetes, I have been able to get their insulin numbers down.

Dr. Elena: One particular case that pops up in my head was inside of one month, we got a little girl, she's 12 or 13-years-old. We got her down from about 60 units a day, down to six units a day of insulin. Unfortunately, she decided that she wanted to go back to eating like her friends, and now she is back up to that, and I refuse to work with her.

Dr. Elena: So, there are some things that can be done. You might want to look at reducing carb and sugar intake. Maybe monitoring carb and sugar intake with a free app, maybe called the Keto-Mojo, that you can actually monitor exactly how many carbs, and sugars, and fats that they're getting.

Dr. Elena: A lot of people think that only applies for type two, but actually, we've seen it work very well for type one diabetics as well. It doesn't mean taking somebody into ketosis, that their type one is just reducing the simple carbs and reducing the sugars.

Dr. Elena: And then, there are some things that you can do with autoimmunity that can help. So, let's make sure that we remove underlying infections. Let's make sure ... It's the same thing, right? You're hearing the same thing. I mean, this is what I talked about in the beginning of this call, that you're going to hear the same thing. Let's remove environmental toxins. If you want to do some testing, we can test for environmental toxins, underlying infections, and then we can work on supporting the immune system. Look, there are a lot of amazing supplements that in my experience and in the experience of many doctors around the country, MDs, DCs, DOs, natural paths, people from all different fields, and I say even MDs who have done case studies that show that botanicals and natural supplements, many times are way more effective because they're actually fixing the problem, versus the pharmaceutical drugs.

Dr. Elena: Now, the pharmaceutical drugs can save lives. In the instance of your children ... Thank God that we figured out how to make insulin. Right? That's keeping them alive. But I'm sure that there are ways that we could optimize.

Dr. Elena: And again, blanket answer, that's really hard. I would need to get really into the history, figure out what are the kiddos eating, does mom have a history of any type of infections that maybe she passed onto the kids at birth? You know, what are genetic and environmental influences? You know, it's kind of like that's a lot of investigation that needs to be done.

Dr. Elena: "Daughter, age 19, suffering with life-long IBS, constipation, anxiety, and depression." This is what Jonathan said, "Taking Linzess and Pristiq. Has had genetic testing done. Found out she's homozygous." The mom, herself, has Crohn's, arthritis, autoimmune hearing loss, and also tested heterozygous, so single mutation, versus the daughter that has the double mutation.

Dr. Elena: Okay, so gosh. What do you address first? If

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you're going to triage, first thing you need to do is address infections. I will bet you that your daughter has underlying chronic infections, probably multiples ones. Jon Otto's protocol would work really well. If you're going to just do a blanket approach, don't expect changes overnight.

Dr. Elena: But for your daughter to be on Linzess and Pristiq, I mean that's that ... If she were my daughter I'd be freaking out. I mean, I know that it's been addressed in the symptoms, but we need to get her off of that. That's not good for her. She's going to continue to get worse, and she's going to have a terrible quality of life. If she keeps going in that direction, if wouldn't surprise me if she ends up not being able to conceive either.

Dr. Elena: The good news is that a lot of these things can be reversed. We can fix these things. I think that a good blanket approach would be, again, to do Jon Otto's protocol. She needs to do a anti-inflammatory type diet. So, she's going to have to change her foods significantly. It's not going to feel good for her when she goes ...

Dr. Elena: You know, I'll tell you right now, going through the five months of the program, she's going to have some time probably within the first three months, where she doesn't feel well. Because if she does have underlying infections, which I'm certain that she does, when she has die off of those infections, they're going to release endotoxins out of her body. She is going to feel bad. It's not the supplements making her feel bad. It's the die off of the infections and the toxins coming out of her body that makes her feel bad. Once she poops them out, she's going to feel almost immediately better.

Dr. Elena: But she's going to have to change her diet significantly. She's going to have to be super dedicated of going through her five month protocol. You know, it's probably going to take her all of five months to get rid of the infections. Seriously. I mean, she sounds like she's had them forever. She probably has a ton of biofilm. Let's talk about that.

Dr. Elena: When you have infections, these infections, one of the things that makes them just so horrible in our bodies and why they're called parasites ... You wonder, how can these guys survive? They have these incredible mechanisms in place to use us as the host. I mean, it's like a Sci-Fi movie, really. These guys get into our bodies, whether they're parasites, protozoa, fungus's, molds, bacteria, doesn't matter what it is, and they start producing this slimy nasty stuff called biofilm. It attaches to the inside of our gut. And so, they're building up this film, and they burrow themselves in there.

Dr. Elena: They do that so that our troop, so that our immune system, so that our antibodies can not find them. So, the body will find that there are invaders in there, and they will start mounting an attack. All right? The more invaders, the bigger the attack. But if they can build this film, that we call biofilm, and hide out in there, the troops come out and they're looking, but they can't find where the invaders are. That just allows them to grow and multiply, and grow and multiply.

Dr. Elena: The gut becomes leaky, and then they start hitching a ride outside of the gut, and they start ending up in your liver, and they end up in your thyroid, they end up in your joints. They end up just taking up residence all over the place in your body. And then, the individual starts manifesting with IBS, chronic fatigue, multiple migrating body pains, and joint pains, and headaches, and brain fog, and sleep issues, and hormone issues. They start having issues with their periods.

Dr. Elena: And then their doctor sees all of these symptoms and says, "Oh, you have Fibromyalgia." Right? But remember, you don't have anything. What you have is your body doing what it's supposed to do. It's screaming at you in multiple different ways, with joint pain, headaches, fatigue, weird periods, and everything else. Your body is screaming at you saying, "Hey! Do something here. There's something going on, fix it."

Dr. Elena: Taking Pristiq and Linzess is only allowing the underlying problem to get worse. That's why I say, if your daughter continues on that path, she's going to end up worse than where she is now. And so, definitely, I would highly recommend her going through that five month

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protocol. That's going to be great for her. Honestly, she's going to need a year of work, working on herself.

Dr. Elena: Seriously, probably five months of the antimicrobials just to be on the safe side, if there's no testing being done, she's not working with a holistic doctor. A good five months of the antimicrobials and the detoxifying agents, and then after that, roll into some gut repair. All the while, she's going to have to do antiinflammatory dieting. Once she rolls into gut repair, she'll need to make sure that she rolls into a gut repair type of diet, which is slightly different from an antiinflammatory diet, just slightly, slightly different.

Dr. Elena: That alone is going to help her. It may not fix everything, but I can't imagine that we wouldn't see her 50 to 70% better, if not more, just from going through the protocols. I would say that she would want to do the extended, the longest protocol that Jon Otto has, and staying with the antimicrobials for a long period of time, and the detox agents along with that is really going to help.

Jonathan: Fantastic. And so Doctor Elena as you're saying here, just autoimmunesecrets.com/protocol. Here on the page, it's the same place you got to this Q and A. For those that are watching the replay, it's just beneath. You don't have to click anywhere. Look at these banners here, and you can move over the three banners just south here. This is specifically targeted here for the parasitic cleanse, or toxin binder, the colon cleanse, and then here would be gut repair and the gut renewal with probiotics. I just did the enzymes and super folic minerals. And then, you have also with fortifying your brain, some key elements here.

Jonathan: Now, if you then scroll up here to the top, what you'll find is this is the five month protocol that we're referring to. It involves all of this and much more. The entire program is 57 bottles. It's super effective in how it works to treat and help you overcome the challenges. So, what you'll see here is the breakdown. With this five month, you have the gut being cleansed, the liver, and the kidneys, the blood cells, the immune system, lymphatic system.

Jonathan: And then, come down to here with the first month. You'll see here how we start chipping away at all of the core elements that we talked about, so we're cleansing the colon, so you've got to get the drainage pathways working correctly. Elena is very well equipped in this area, so chime in anywhere here, Elena, to help reinforce or establish what it is we are doing here.

Jonathan: So, have a look here. With the colon cleanse, we have the organic tumeric with ginger ...

Jonathan: Cleanse. We have the organic tumeric with ginger and bioperine. You have the digestive enzyme with a particular blend there. You have Omega-3 fish oil, D-3 plus K-2, superfolic minerals and probiotic formula. This is to help restore the gut bacteria, and get you ready to be able to move through the deeper layers here. So, what you'll find here is looking here at month 2, liver kidney cleanse, inflammation, brain recharge, toxin cleanse, and parasite cleanse, then we go into hitting the parasitic with a para-purifier, and the toxi-binder with removing toxic metals.

Jonathan: In support, when you're taking tumeric, and you're taking probiotics, and you're taking digestive enzymes, and you're supporting your liver and kidneys as well, which is another deepening layer. Meanwhile, you're removing toxins through the colon, and then you're even using the binding agent of chlorella, which binds to toxic metals, as well, and it also is just helping to improve the mineral density.

Jonathan: Things that we're lacking in our food. Just scrolling down here, you'll see the ingredients in some of these products, and how they work. Like for example, the reason I was just going here right now as well, LNA is in regard to the parasitic cleanse with ... you know a lot about some of these ingredients here, and the same with some of the herbs and minerals that we're using to detoxify various areas of the body.

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Jonathan: But, just whatever you'd be interested in to comment on here for the audience to understand.

Dr. Elena: Yeah. Well, this is really, really good, because the Mimosa pudica is going to act like a binding agent to help remove the biofilms. And so, it's going to grab on to the inside, to the stuff that's on the inside of the colon. It's going to help pull stuff out, and with it, it's going to help pull out bugs, basically, right? And so, that's super awesome. The black walnut hole, combined with the proprietary blend of the organic clove, and the neem, and the wormwood, like that, and the garlic, that stuff is awesome. Those are botanicals and other herbals that are amazing antimicrobials.

Dr. Elena: Whether we're talking parasites, protozoa, bacteria, it's going to cover the gamut. And so, that is going to be a super, super powerful. And I love how he's actually combined them into- that's really good. You've combined that into one product instead of having 2 separate products. So, there are other lines out there that are way more expensive, and you have to buy it in separate bottles, actually 3 separate bottles, for what you've put into one. Like that, I love that. I love that. And then, the humic and filmic minerals are not only helping to put back some essential nutrients back in the body, but they help so much with detoxification.

Dr. Elena: Look guys. We were talking earlier in the very beginning of this talk about how it doesn't matter what's going on with you. You're going to benefit from doing this type of a protocol. I'm not doing a hard sell. I'm just telling you the truth, okay? I'm just speaking my truth with this. These products, if you were working with me, or somebody else, we're going to be putting you on similar stuff, the same stuff, just different brands, that cost more.

Dr. Elena: And he's put everything together here for you that is all put together in fewer bottles at a better cost, and he's even gone through and put together actually like how to take it, and how long to do the protocols. He was thoughtful in how he put the protocols together, because a 5 month protocol, or even a 9 month protocol, for those of you that are sick, for any of these cases that I've read about earlier, this type of protocol that he's put together for you is thoughtful, and it's real, because you can't fix your problem in a month, and you're not going to fix your problem in 3 months.

Dr. Elena: Like, you're going to need to do like 5, 6 months, up to a year of work so that you can make changes. Look. If I'm working with you, I'm going to probably tell some of the cases that we've been reading about this morning, like, "You're going to be a year of work." Well, this is a really good place to start, is to go ahead and just go through these protocols, and see what kind of a different that you can make for yourself by using these products, because the products are just really, really good, and they're strong enough to actually make a difference for you.

Jonathan: Yeah. No, that's helpful, I think, to have people understand that. This Toxibinder is in line with a lot of things you're talking about, and a lot of the things we keep seeing come up here. [inaudible 01:11:24]. Would you like to comment on anything here in terms of how people can use these types of tools to cleanse their bodies?

Dr. Elena: Yeah. So, whenever you are using the supplement protocols, the Well of Life supplement protocols, as you can see here, this other supplement that's called the Toxibinder also has humic and fulvic in it, just as the other supplement did. So, he's really designed products, and a scientist, his team has devised products that are going to have ... when you combine them, they're going to have high doses of humic and fulvic acids, which is going to help you tremendously.

Dr. Elena: And then, with the addition of like here, with the proprietary blend for the Toxibinder, it's not only are you able to have some binding agents in there, but you also have agents that are known to help detoxify the body. The mushrooms, which always, be careful, right? Some people do have mushroom allergies. So, you just want to look and see what's in it. But, the cordyceps is amazing. As a matter of fact, I just ordered some cordyceps tea, right? That's really, really good stuff. And then, the milk thistle,

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the uva ursi.

Dr. Elena: So, the milk thistle is really, really great for detox, and so is the uva ursi. The uva ursi also has some antimicrobial properties in there, and the organic dandelion root also has that. And then, the rhodiola is going to have some adrenal supporting properties in there as well, just to help kind of support the immune system by helping to support the adrenals.

Jonathan: Perfect. Thank you, Elena, for explaining that. And you can go through yourself as you're watching this video. You can jump on the page, and understand here how we do all these things. Like, these are really such exciting protocols to use. This one, Lymph Flo, it's 180 capsules, and you'll see all the organic products here that we've sourced for this project, just like with the other ones I just showed you. So then, what we were able to find is we were able to do lower cost, but what we did as well, and we did this by just kind of creating a different model, having lower profit margins.

Jonathan: But by doing this, we were able to have higher quality products than what we were able to see other places. And so, that's why we didn't cut corners to make it more cost effective. We actually went the next mile, because a lot of the products that I still use, or have sourced from other places over the time, like they weren't actually organic, and I wanted to be able to help people get those results.

Jonathan: So, that's a really effective product there. And just giving you an overview, and we're going to continue answering more questions, but you'll see there. We actually do a full 3 months of parasitic cleanse, and then we do a full 3 months as well of the toxic metal cleanse, like with the Toxibinder. And in the meantime, we're also still doing super fulvic minerals, which is continuing with the toxic overload, and it's also helping with giving you missing nutrients. It's referred to as the ultimate immune booster. Works in supporting the livers and kidneys through the whole process.

Jonathan: And then finally in the 5th month, that's where we switch over, and we take out the anti-parasitic and the toxic metal binder, and then a number of the other products, we take them out because we're actually getting you back to doing a more moderate load of supplements so you don't have to stay on all these kinds of supplements for life. You'll work out what's going to work. And so, we bring you back to a basic level here, but we do a deeper lymphatic cleanse here in the final month, and we get you as well with probiotics, and continuing, and super fulvic minerals.

Jonathan: And we've seen people have total turnarounds, amazing transformations, just with those 3 products, and then with the Lymph Flo, we're able to take deeper levels. So, just wrapping up here. You'll see here the breakdown. You've got the breakdown of all the bottles in here. You can download the protocol guide of when to take it, and what time of the day, and how much of which capsules. And then, you've got all of the bonus items that we've included in here. You can read along here, the $500, the Miracles of Nature, 497. 70 of the Healing Protocols from the Top Nations Experts, the 10 live Q&As that you get in addition to what you already have.

Jonathan: And then, the retail value. Instead of paying 2900, you're getting 68% off that. You're getting free shipping of $49.95, and then that's a total of 51.86, 25, and instead, you're just paying $947. And then just doing a quick calculation, so you can understand how all of this works. It's 947 over the course of 5 months, which is 150 days. And so, divide by 150, you're only paying $6.30 per day to get better, and have a transformation. So, you can go and take information there on the page. Get signed up today. It's while stocks last. And then, you're fully covered by 60 day money back guarantee. So, if you don't love it, just use as much of it as you like during that time, send back the empty bottles, or the half-filled bottles, and we'll refund you immediately with no questions asked.

Jonathan: So, that's just how you get started today. Nothing will change unless you do something, and you've got to do the right something, and this program is unrivaled when it comes to excellence, quality, and cost. So, take advantage of it so you can get better. That

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was the whole goal behind it. We're seeing it every day, even in my direct team, we're seeing people absolutely transform their health.

Jonathan: So, let's continue with the questions there, Elena.

Dr. Elena: Yeah. I was going to say, which of your products has the methylfolate, or methylcobalamin, and methyl-B12 in there.

Jonathan: Oh yes, sure. So, you've got ... the common effects is a product in the fortified [inaudible] bundle that it has the B vitamins, and the B12, and a breakdown. It's got the 5-HTP.

Dr. Elena: Okay.

Jonathan: And some of the key things you're looking for. So-

Dr. Elena: Yeah.

Jonathan: Yeah.

Dr. Elena: So, the reason I say that is just to get back to the girl that has the homozygous MTHFR, what that is, for those of you who are not familiar, is she has a double mutation in a particular gene that is not allowing her, or potentially, and in her case it's probably mal-expressing, is potentially not allowing her to utilize her folate. And the folate is necessary for so many, like 250 different chemical reactions the body is going to need that. And so, when you have that genetic mutation, the work-around is to take a methylfolate, and Jonathan has added the methylated B12 and methylfolate into some of his products.

Dr. Elena: And I remember when he had talked about that, when you were developing them, I was like, "You've got to add some methylation in there." The methylation also helps to open up people's detox pathways. So, that's really, really awesome to go put your daughter through the protocols, and then you can also get that additional supplement to make sure that she's getting some methylfolate and some methyl-B12. And I would say that, just as a generality for everybody, when you guys are ordering the supplements, to order that as well, because 95% of Caucasians have that mutation, and are having some sort of deficiency in their folate or their B12. So, that would be awesome for them to add that supplement in there too.

Jonathan: Awesome, Elena. So what we're going to do right now is we're going to laser through as many as possible, so I'm going to get on our machine gun fire here, now that I've given so many core answers. So, we're going to take you, Elena, out of teacher mode, and more as a instructor in just saying, "Go do a detox." Or whatever, right? And so now that we've defined what a detox is as well, and because not all detoxes are equal. And so, my interest here is in getting as many people answered as people. The reason why I'm wanting to do that is just I want people to feel supported, even though if you've simply followed the advice that Elena's been talking about, this is where it's at. This is where you can get transformation.

Jonathan: But, we're going to go through as many as possible, because we love seeing you get answered and feel good. So, let's go read them one by one, and let's just kind of laser through. And again, like we've given so much

detail in the answer, so that's why I want to switch you right now, Elena, so people use these general principles that you've given, and now we're going to switch into just straight ... for example, if I would go detox and get off gluten. So, we're just that lasering through. And then, once you've done your detox, then come back, and keep asking questions, and what have you resolved? Have you resolved the whole thing? Probably. If not, then what are you experiencing? And so forth. Right?

Jonathan: So, we can simply get people pointed in the right direction. One of the biggest problems I see is that a lot of people simply don't want to take action. They're not actually doing anything. They're just sitting there with a problem saying, "Hey, I've got this problem. Hey, I've got this problem." But they're not actually doing things, or just doing the same thing over and over expecting different results, which is clearly the definition of insanity.

Jonathan: Judith, she's asking in the gut and colon category, how do you restore your gut biome if your colon has been removed, and have had an ileostomy? Judy is the next one. She-

Dr. Elena: Oh, Judy. Breast cancer. I had breast cancer for a year and a half.

Jonathan: I'm actually in the gut colon category. Maybe you flipped to the-

Dr. Elena: Oh, I'm in the wrong one.

Jonathan: Yeah, no worries. You got it. You got someone else. Judy, my husband has Barrett's Esophagus, and has been on Prilosec for 25 years, and I've now changed to anti-inflammatory diet. But, am trying to figure out what's my next steps towards healing, for him, that is.

Dr. Elena: Yeah.

Jonathan: Pat is the next one.

Dr. Elena: Yeah. I get up each night to visit the wash room, go to the bathroom, and have a bowel movement. Is there any way I can regulate the bowel movements more for the daytime rather than through the nights? It's been going on for a couple of years.

Jonathan: Yep.

Dr. Elena: Another one with chronic diarrhea due to food sensitivities and intolerances her entire life.

Jonathan: That's Pat and Heiki.

Dr. Elena: Heiki.

Jonathan: And then-

Dr. Elena: And then-

Jonathan: Daly is asking please give suggestions for what a depressed person can do to increase the diversity of the microbiome as a way of ameliorating depression. Thank you. Susan.

Dr. Elena: I've had ulcerative colitis since 2004. I was on Remicade. It quit working a couple of years ago, and the doctor put you on an infusion. Is there any hope that you can get off the medication for IUC? And then, another female problem with bloating. Yeah. You eat a healthy diet. This is Daryl, or yeah. Eat a healthy diet, was on antibiotics for over 20 years. Oh my gosh, for a bladder infection issue. And a lot of antibiotics. Yeah. We can do some. I can give some really good answers, just for gut topic here.

Jonathan: Yeah? Fantastic. And these are so gut-related. Let's continue. Cindy has I was diagnosed with primary biliary cholangitis, did I say that right, and Sjogren's syndrome in 2002, and rheumatoid arthritis in 2017. I have 2 questions. Would Jonathan's protocol interfere

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with water-soluble bile acid, Ursodiol I take for PBC, and will the 5 month protocol stop the autoimmune attack, or will I need to repeat it? Sherry.

Dr. Elena: A few years ago, I had a common food panel allergy testing, which showed a large percentage of foods that you're having allergies to, including dairy and eggs, wheat, barley, soy, etc. And your doctor told you that it indicates leaky gut, which you've been trying to heal ever since. Question is, can you ever really heal your leaky gut? Is there ever a time when you can stop taking a lot of supplements, aloe, etc? Is there a test you can do or do you go by symptoms?

Jonathan: Okay. Florence.

Dr. Elena: And Florence. Yeah. Sorry. Go ahead.

Jonathan: No. Sure. I cannot regulate bowel function without laxatives using fruit, veggies, magnesium, and fiber. Hazel.

Dr. Elena: So, I have digestive issues. I'm afraid to eat, as I get extreme pain a while later. It seems to be on the right side that radiates to your back. You're having trouble sleeping. It's worse at night when you lay down.

Jonathan: Yep. Theresa. I have- can you help me with that word?

Dr. Elena: It's Acetaminophen. Tylenol. Is Acetaminophen a gut-buster, like NSAIDs?

Jonathan: Yeah.

Dr. Elena: Is occasional use okay? What else can you suggest for pain relief?

Jonathan: Amy says I was diagnosed in my early 20s with irritable bowel. 40s with low thyroid. 50s with lupus. We actually answered this one last week. Cindy. Which should be worked on first, heal the leaky gut, or chronic adrenal fatigue? Alicia.

Dr. Elena: Alicia. What is the best remedy for gout?

Jonathan: Yeah. Julia. I just got out of the hospital with diverticulitis. On 7 days of antibiotic, plus starchy food. Tomorrow, I'll start putting more protein and fibrous food into my diet. I was planning on starting Dr. Nuzem's 21 day detox on July 22nd. Will this be okay, or should I wait? Jenny.

Dr. Elena: Go ahead.

Jonathan: Yeah. Jenny. I have developed irritable bowels after 72 hours water fasting. Interesting. Why would this happen? Huh. Okay, Kathleen.

Dr. Elena: Sorry. I'm-

Jonathan: Yeah. No worries. I have gastritis. What can I do to heal it? So, you've heard all the questions, and you're reading up into the last few. So-

Dr. Elena: Oh, there we go.

Jonathan: I want you to kind of take the general approach to ... how does everyone listening, especially those that asked the questions, but everyone else, how do we heal this leaky gut issue, restore good healthy gut microbiome? And I'll let you kind of lead into that, Dr. Elena. And I know that what you'll see ... by the way, exciting announcement. Dr. Nuzem is going to be on next week's call. Who's excited about that? Hands up. Hands up. Hands in the house. So- yeah. People are excited. That's awesome. And I'll ask you for a nice shout-out for you in a second, Dr. Elena. But, people are loving it. Look at our retention. People are actually just glued to everything you're saying. People are staying on, which is amazing.

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Jonathan: So, just quick. So, the reason why I just brought up Dr. Nuzem, he works a lot, obviously, with leaky gut. He's finishing his 7th PhD. He has 3 Medical Degrees. And he has, as his number one go-to source to help people overcome leaky gut, and gut dysbiosis in general, and restore gut microbiome, he has three things. Ready? So, they are. Probiotics, digestive enzymes, and fulvic acid. And so, you'll notice the gut renewal bundle that we put there here in the page, right here, is those three things. And that super fulvic minerals is what Danae Wheeler, a woman in our group that was a patient of his, that went into a coma for a month. She had Crohn's Disease. She had brain aneurysm.

Jonathan: She's actually the nutritionist that supports us inside the live Facebook group that you have access to. Go ahead. Ask her a question. She's right there. She's a bit of a little celebrity inside of our group. She, after a decade of suffering, repairing some of her challenge through getting off weed and inflammatory foods, but it wasn't until she used fulvic acid that she was able to repair her leaky gut. She reports that she healed it in a single week. This is a true story to what she tells. But remember, she was combining it with digestive enzymes. She was taking substances that were helping, and I believe a probiotic as well. But, this is the killer combo that Dr. Nuzem gives to everyone. So, why not take advantage of that? That's super fulvic minerals, as well as that fulvic acid is the highest potency fulvic acid that you can find anywhere.

Jonathan: It's the highest quality [inaudible] the company is Mineral Logic that we source from. It's 25% fulvic. You can't get any higher. That's awesome, because you don't want to buy fulvic that has 0 fulvic and think that's going to help you, because that can happen. You can buy humic acid that has the fulvic in it, and it can say that it has fulvic, and that it is fulvic acid, but it actually can have a 0 percentage, and that's what you need to know. And so, you need to get something that's lab-certified to have a percentage. That's why you see on our bottle it says 25%, because we can prove that, and we have no problems backing that up.

Jonathan: But anyway, Dr. Elena, how would you recommend people here?

Dr. Elena: Yeah. So, when it comes to doing gut repair, or for all of you people having ... all those questions that we were answering, there are many different gut issues going on. But, it's going to come down to the same type of approach. We want to focus on getting rid of underlying infections, and we need to detox, because a gut repair can't happen, and won't happen, unless you detox first. In fact, if you try to just skip straight to the gut repair, you could be doing that in vain for many years, if you never addressed the detoxification and anti-microbial portion of it first.

Dr. Elena: So, I would start with that. Some people will need to do it longer than others. And so, in general, the protocols that are set forth for the program that you've put together, Jon, like and I already mentioned this, I think that they're very thoughtfully planned and put out. Some of you may benefit from doing it a little bit longer. If you've been sick for 20 years, since you can remember, you might consider doing his protocols for a longer period of time.

Dr. Elena: And then, for some of you who are wondering, if you've had part of your colon resected, that's going to be where doing the maintenance stuff on the back-end is going to help you. And yes. You are going to be higher maintenance than somebody else who has every single inch of their gut still intact in their body. If you've had part of your colon resected, once you go through a protocol like this, you're going to want to make sure that you are eating your fermented foods, and that you're taking a regular probiotic, and that you're just going to be higher maintenance.

Dr. Elena: And you may, every year, want to go back and do just a few weeks of gut repair every year. Like maybe in January, you do a detox for 30-60 days, and then you follow up with some gut work. I haven't had any of my colon resected, and every year, I do 30 days of detox in January, followed by 4-6 weeks of gut work. And I do that because I have a higher maintenance gut, and I know that, right?

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Dr. Elena: And so, I do that every year, and then the rest of the year, I'm pretty good. I'm good to go. And so, that's something to think about. I think that's kind of the general answer.

Jonathan: Yeah. That's perfect. I love that. I love that. So, now repairing the gut is possible. You can do it. And these are the steps that we advise. Take those steps. And remember, just think about it holistically. We've given some options there. Like, you click on the one that I just mentioned, the gut renewal. You can get it like a 3 month supply for $167. It works out like $1.50 a day. It's ridiculously inexpensive to get healed these days when people ... like Well of Life, this company that I created, the mission there has become to help people heal and make it affordable.

Jonathan: But just to understand that, you can't actually fully heal all aspects of leaky gut if you don't address parasitic infection and heavy metal toxicity, if you have those two issues. And the way that I know you have those 2 issues is because everyone does. It depends to what extent. It's not a matter of if. It's how much. And we have various proof that you can do your own research. Elena is in agreement there, and she didn't believe until she saw it real time in her own clinic, and so forth.

Jonathan: So, we've all been seeing this, and kind of been shocked at that evidence and information. So, you have a look at the protocols there on the page, and you'll see that you can also do the ultimate detox bundle. Again, same deal. You can get a 3 month program there for $167. So, you can get started on those 2 programs. That's a very inexpensive way to hit it head-on. But if you do do that, and you get the 2 programs, start with doing the gut renewal first. Do a month of that, before you dive in and take them simultaneously. That's my advice on that front, and just to work your way into the detoxification process. That's what's going to be very effective, and will work for you.

Jonathan: Speaking of detox here, we have some questions on detox here. And we're coming to the tail end here of the call. Susan. She says, "Can you get rid of parasites in the brain?" Let me know if you're there. Vicky is the next one. "Is it common to experience bloating and pain when you go gluten free and have been doing a detox diet for a few weeks?" Carol.

Dr. Elena: What is the best way to treat Candida and sugar cravings?

Jonathan: Yep. Marge. Hi, first question. Thank you for the opportunity to ask this question. I have autoimmune leaky gut. So, gluten and dairy create problems. But, this past year, I found out myself that yeast 2 has created my inflammation, headaches, etc, trying to be best to be yeast-free. I'm taking a gut repair magnesium powder, antioxidant, lithospheric Vitamin C, or liposomal maybe, daily along with endocrine tablet and high-strength tumeric and melatonin. My energy has improved. Anxiety and sleeping are a problem too, as I had thyroiditis for 14 years, or 14 years ago. Sorry. I only took homeopathic remedies to balance the body then. I would appreciate your help. Thank you.

Dr. Elena: Okay.

Jonathan: Do you want to just keep reading through questions here?

Dr. Elena: Sure. Bethy just started detox, stomach feeling bad. Suggestions? We've got Bonny. Regarding the liver cleanse, recommendations are to first ensure that all drainage pathways are open. How does one know if they are blocked, or does one just assume and use the supplements like [inaudible 01:35:55], milk thistle? For what period of time does one use the above supplements to unblock, and at what dosage? Is there an indication if the pathways are unblocked? Thanks for your help.

Dr. Elena: And then Sarah. Can you specify what tests need to be done to determine if your body has mold or heavy metals, Lyme, or bacterial infections? So, you can ask your doctor. And then, what else do we have here? Every time I scroll up, I lose where I am. Allison.

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Does the 5 month detox address the need to open drainage pathways? Okay. We already read that, or that was another question. Best way to clean the lymphatic system? Chris. I want to start the parasite heavy metal detox cleanse, but I'd like to know what would you recommend as a good drainage protocol to put into place before I start the detox.

Dr. Elena: So, a lot of these questions, Jonathan has already incorporated the- oh, Asher.

Jonathan: Hey Asher. Hello.

Dr. Elena: Hi sweetheart. Oh my god.

Jonathan: 6 month old birthday tomorrow.

Dr. Elena: He's so adorable.

Jonathan: And he just actually learned to wave today. See if he does it. You want to wave to him, Elena?

Dr. Elena: Asher. Hello. Hey. Hi. What a cutie. Oh my god. That face. Did you see that? Oh my god.

Jonathan: Hey.

Dr. Elena: That's hilarious.

Jonathan: Hey.

Dr. Elena: That's hilarious.

Jonathan: Sorry. Baby is distracting.

Dr. Elena: So Asher, you're going to help me answer these questions. I was just getting ready. I was just getting ready to say that the protocol ... so, a lot of the questions that you guys are asking have to do with opening detox pathways, doing the detox, all that. The protocols that he's put in place have everything in it to make sure that we can ensure that detox pathways are open, so that you can detox. Right? And so that we can move stuff through the lymph system too. So, it's all inclusive inside of the program.

Dr. Elena: And so, yeah. That's pretty much the answer for that, for a lot of these. If your gut is bothering you, there wasn't quite enough information in there if you're feeling badly when you're doing the detox. What you can always do is you can back off and do a lighter dose. You can even do one thing at a time, and take 1 supplement at a low dose, and then after 2 or 3 days, add the second one in. And if everything's going okay, then add the third one in. Right? At a low dose. And slowly ramp up to the recommended dose. Oftentimes-

Dr. Elena: ... ramp up to the recommended dose. Oftentimes that works just fine. Sometimes when we've been sick for awhile, we just have increased sensitivity. And it's not necessarily that you're reacting badly to the supplements per se, most of the time? It's most of the time what it is, is that as you start killing off bugs, you just start feeling really bad. And so working up slowly on the supplements helps. Asher, you make the cutest faces.

Jonathan: Yeah, well that's, yeah. Fantastic. And looking here, what's the best way to clean up the lymphatic system. Have a look at the product lymph flow that we have, [inaudible 01:39:43].com, and that will give you an idea of what we believe to be the most effective. The scientist behind that, Ralph, he tested formulas for 20 years, working out how he could work on cleansing the lymphatic system, and what's amazing is he believed so much in what I was doing, he gave me that formula and others, just like, "I believe in what you're doing, and we need more of this in the world," and he said, "Use this formula." And this is what we have, and so have a look at the ingredients. This is a really great way to cleanse your lymphatic system.

Jonathan: But it, again, it is good to do not just one

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thing at once. If you we're going to cleanse the lymphatic system, also support your gut by doing something like the gut renewal or the full five month, and this is the approach. So pull apart those elements. If you want to go and do your own thing or shop somewhere else, that's fine, but just pull apart the elements and then use that approach, because that is what we're seeing people get results with. Okay, so then Chris is saying, "I would like to ..." Oh yeah, Chris, I think you already read that.

Jonathan: And [Sozara 01:40:48], "I've been eating super cleanly for the past four months, no sugar, artificial sweeteners, processed foods, et cetera, just salads, veggies, fish, chicken, and grass-fed beef. My chronic fatigue and chronic back pain from spinal stenosis and compressed discs have both gotten much worse in the past two months. Only stress is financial and intense psychotherapy I'm in." Excuse me. "What's going on and what can I do to decrease the inflammation and increase energy?"

Dr. Elena: Well, you're already doing a really good job, it sounds like, by taking out sugars, processed foods, artificial sweeteners, and you're just doing veggies and hopefully organic, because if they're not organic meats and veggies, then that's going to cause inflammation. So assuming that that's organic, you're already in the right direction. The other thing that can help with inflammation is to go through a protocol like this. That can really, really help you. You've got some compressed disc going on in there and that can cause a lot of discomfort. I'm really sorry that you're struggling with that, but keeping your inflammation down and staying as active as possible is really going to help you. You might consider for activity to do maybe some pool therapy, where you're in the water and you can do some therapy like that to help strengthen your core and such. Let's see what else we've got here.

Jonathan: So you guys, we'll be jumping off on the hour here, so you can plan your time here.

Dr. Elena: Great question. "Is knowing that you have the MTHFR gene necessary before starting a protocol for best effectiveness? I get discouraged easily because I haven't moved forward lately."

Dr. Elena: Now you don't have to know that. That's not going to prevent you from getting better. But taking a methylfolate with a methyl B-12 can really help you feel better. And so again, Jonathan does have products that have that stuff in it, and so don't let anybody dupe you into believing that because you have MTHFR that you're going to have this problem and that problem and the other problem. The simplest work-around is to take a methylfolate and methyl B-12. That's really, I mean, that's not going to prevent you or hinder you from having progress.

Dr. Elena: And you also say that you haven't moved forward lately. Well remember, everyone listening to this, is that your health is a journey. It is not a destination. Your health, there's nothing linear at all about getting healthy. It's going to go like this and you're going to have some months where you're progressing really fast, some months where you feel like you're stuck, and it's just ... Don't get discouraged if you slow down a little bit. Just take a look and see what it is that you're doing and just keep moving in the direction of correction. You're going to continue noticing changes.

Dr. Elena: I suggest that people keep a symptom sheet. Create your own symptom sheet. Do it in Google Drive or something, and write down every one of your symptoms, and every month, go in there and rate your symptoms on an average, and make 10 the worst and zero with no more symptom or no more issue, and rate them so that over time you can go back and you can take a look and you can see what progress that you've made, because people forget the progress that they've made. People seriously do, until they go back and look at their symptom sheet. So that might actually be really good for you to go ahead and and make one. Create one for yourself.

Jonathan: Amazing. There's two more questions in this category here, and then we're going to just finish off on a short, like two-minute story from someone in our community that has seen some amazing transformations. I know you'll be excited to hear this story too. So

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Kevin, "Removing heavy metals [inaudible] my level of Creatinine, eGFR, CKD-EPI 85 mils." You can see the numbers there, so you can-

Dr. Elena: Yeah, Yeah. I can see that. So for those of you listening, the eGFR, is just this glomerular filtration rate. It's saying that in his kidneys are under a little bit of stress.

Jonathan: Yeah. And then, and then Beth, if knowing you have the MTHFR, you asked this one before, didn't you? Was it Beth? Yeah.

Dr. Elena: This person's not asking about MTHFR. But yeah, Beth, the one on [crosstalk]

Jonathan: You already read that one, right?

Dr. Elena: Yeah, yeah, yeah.

Jonathan: Well, also, did you read Kevin's one before or did we miss his?

Dr. Elena: We missed it.

Jonathan: Okay, cool. So then, so you got that one. So maybe just say, quick thought there.

Dr. Elena: Yeah. You know what? Kidney stress can be from so many different issues. Again, a really good blanket approach is these protocols are designed to address the most common underlying issues, which are environmental toxins that include heavy metals and underlying infections, and then going in and fixing the gut and flooding the body with nutrients. And so if you suspect heavy metals, you can always get tested for that if you want, so that you can confirm that. But this might be something where you ended up doing the protocol longer, you buy two of Jonathan's ... Buy two courses of it, buy two rounds of it. If you have heavy metals, it just takes a while to get those out. I mean, you can get them out, but it doesn't come out super fast. It takes a long time to get those out. So you might really benefit by getting a couple of them instead of just one, five-month round, that you go ahead and get the detox portion that you buy some extra of that and do that longer.

Jonathan: Yeah, no, I love that. That's such a great way to invest in yourself, to deepen that dosage. If that's working for you, why not increase that? It's a good investment. So then there are questions here on skin. I'm going to put ... There's some questions in regards to skin. There's some MS questions. I'm going to put those for Dr. Newsome, and then same with eyes and then there's one on heart and one on adrenals, and these, I'm going to move over as well so that they'll get answered as well as the virus question. There's just a few more left there. But before you leave with answering questions, Dr V, if you could even just talk about general skin protocols. Skin, obviously, with autoimmune conditions like psoriasis or hyperhidrosis and other conditions, what's the general approach you would give to that group?

Dr. Elena: Detox.

Jonathan: Yeah.

Dr. Elena: Detox for body.

Jonathan: [crosstalk] as well, and sclerosis as well?

Dr. Elena: Yeah. I mean when you have psoriasis or you haves any type of sclerosis of the skin or you have acne or strange, unresolved rashes, you've got to detox your body. That's a symptom. That is like a classic symptom that you've got toxins and/or infections in your body and you need to detox that out. We work with clients like that all the time and we end up taking them through protocols like exactly like what Jonathan is providing for you. So definitely, definitely do that. Hyperhidrosis. If your body is sweating excessively, so when people have hyperhidrosis, their body is typically sweating excessively. I would wonder like, A, have you had that your entire life? Or when did that start? And that could be a symptom of an underlying issue, that your body is trying really hard to

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detox.

Dr. Elena: So you have different detox mechanisms in place in your body. You detox through your skin, like through sweating, and rashes is a way that your body's trying to push it to the surface and it's looking, it looks like a rash on the outside, psoriasis or eczema or whatever, acne or whatever. And then you have poop and pee, so bowel movements and urination. And so that's how the body is able to detox. And even through your breath, your body can detox through your breath as well.

Dr. Elena: But the skin is the largest detoxifying organ, and if you're having hyperhidrosis, especially if you haven't had it since childhood and you noticed that it's something that started in the last few years, we need to take a look at why your body is exhibiting that symptom? Don't claim that as a diagnosis or a condition that you have. Understand that it's a symptom of something deeper going on. And it sounds like your body is working overtime to detoxify itself. So that tells me that you really need to get onto a detox and make sure that you've got the antimicrobials in there, that you're putting lots of nutrients in your body, that you're drinking tons of water and let's see if that doesn't help to resolve the issue of why your body is sweating so much like that.

Jonathan: Awesome. A great, great approach there. And I love, I mean, is it clear, let's see a show of hands. Is it clear to everyone or most people here that detox is important for every condition? Let's see some hands in the house. So we had, we have 10 hands. 20, what, 30, 40, 43. So everyone else doesn't feel like the detoxing [crosstalk]

Dr. Elena: Yeah.

Jonathan: ... people. No, I like it. That's a good show of hands. I was just being [inaudible 01:51:05].

Dr. Elena: Well, I was going to say I expect a higher number, but if you guys are ... If we have of out of the hundreds of participants that we have, we should see every single one of you guys raising your hand.

Jonathan: Exactly. But some of the people don't know where to find the hand button. That's sometimes why I get a control. I'm like, raise your hands right now if you can find the button. [crosstalk]

Dr. Elena: If you can't find the button, yeah, yeah. People can't find the button. Because that is so critical. Your body is a self-healing mechanism. Your body is innately and wonderfully made and put together and your body knows how to heal itself. It's designed to find its homeostasis and to self regulate. And if it can't, it's because there's some sort of interference, and the detoxifying protocols help to remove those most common interferences that you have. It's so important for you guys to detox. You just have no idea. That's so important in the healing process.

Jonathan: Gabriel, he's on the line right now, so we're going to finish off with his story and then let you get back to what you got to do, Elena, and baby Asher says hello to everyone and [crosstalk]

Dr. Elena: Thanks guys. [inaudible 01:52:22].

Jonathan: Hey, cool. So Gabriel, why don't you just share your story in two or three minutes in terms of your condition and what you're experiencing and how you turned it around.

Gabriel: Yeah. Okay. Can you hear me fine?

Jonathan: Yeah, I gotcha.

Gabriel: Okay, great. Yeah, so few years ago, about 10 years ago, I got very ill, had all types of symptoms. Got very sick one day eating out with a friend, went to the emergency room. They did all the lab work, CT scans, you name it, and pretty much they found nothing wrong with me. And then from that day it progressively got worse and worse and worse. Symptoms got worse, more symptoms and pretty much went down the rabbit hole of

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trying to figure out what was wrong with me because no real doctor, with all the specialists I saw, really could find out what was wrong with me. And eventually I found a Lyme-literate doctor that did the test I needed to do and she diagnosed, or the tests that were able to diagnose me with Lyme disease.

Gabriel: It took about six years though for that, and a lot of self healing on my own side, because a lot of doctors don't believe in leaky gut, parasites, ongoing Lyme disease, things like that. And it's just, it was definitely just a nightmare, constantly. But progressively changing my diet, doing some protocols helped here and there, but nothing was really definitive in getting me that extra boost to fighting that homeostasis from my body. You want me to talk a little bit about what I've been doing right now?

Jonathan: Yep, Yeah. You actually [inaudible] as someone that got on a protocol. So what was the protocol you chose and what result did you get?

Gabriel: Yeah. Yeah. So I've been on the five-month Well of Life protocol. I'm about one week away from being done with the second month of it. And it's been great. It's been great. Very little die-off symptoms. And I think that's one of the biggest concerns that I came into and I've seen some other people bring up is, "Well I'm sensitive," or, "I've done other protocols and it's triggered other things." It was worth trying to heal myself than it was at some point just being sick. And the worst thing I've honestly, I've encountered in this, is just once in a while, which is maybe twice in the two months almost is a bad headache, which I'll take any day over the other stuff I was dealing with. But I even feel like even that has gotten less and less. I was anticipating some of that because of the fact your body's removing a lot of toxins, you're killing parasites, you're getting rid of heavy metals, and we can only flush out so much, so you will have a little retain in your body that it has to kind of cope with.

Gabriel: But it's been great. I used to deal with a lot of weird anxiety symptoms and fatigue, and I felt like with the protocol, nothing else got me over that hump, to have that be combated, and I feel like I'm getting there. It's been good. It's been real good. It's been easy to follow. I don't know what else to really say. Just it's been a great experience and I highly recommend it for anybody that's looking to regain their life, to cleanse themselves. If you know you're dealing with some type of autoimmune disease or some type of problem, I mean, this can definitely fix a lot of those issues.

Gabriel: So in Autoimmune Secrets, the stuff you teach in there, the protocol follows all those guidelines, going after a set process versus even some of the specialists I saw, they were like, "Oh, okay, you have this, well let's go after that." But going straight after that was kind of like going straight into the enemy's camp, causing a ruckus, and it was too chaotic. My body couldn't handle it, versus your process. It's very methodical. It's very like, okay, let's go for the outside and gradually start going to the enemy's camp. And I think with that, you regain a lot of ground for your body. It's definitely been, it's been a great experience. So

Jonathan: Awesome, man. And you got two young children, so it was exciting to hear that you were able to take the bike out, ride down the street with them, and keep up with them, rather than getting out of energy, exhausted, winded, that type of thing.

Gabriel: Yep.

Jonathan: That's pretty ... Is that [crosstalk]

Gabriel: Yeah, yeah. I mean, you could see behind me there's some steps right here in my house, and I mean, there's been times where I go up those steps and I'm winded, but I notice there's ... I mean even this morning, as an exercise, I ran up and down that thing like four or five times. It's-

Jonathan: Yeah, go ahead [crosstalk 01:57:39].

Gabriel: Yeah, someone's calling me in, yeah. It's been 10 years since I've done any type of exercising, like cardio,

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because I used to get heart arrhythmia problems. I had all kinds of issues, and I feel like starting to get that back, and I know it's a process too. I got to be able to step out and build my body up. But even this morning doing that, it's just like, it's just something that simple is such a blessing.

Jonathan: Awesome man. Great transformation. So Gabe, diagnosed with Lyme and with irritable bowel syndrome and other related symptoms, anxiety as you mentioned. And again, this onslaught of inflammatory conditions. So he's under the autoimmune spectrum.

Gabriel: Yep.

Jonathan: Several years back he had to file bankruptcy. He was $30,000 in debt due to paying that money to functional medicine doctors and conventional medical doctors, his insurance. Because he couldn't work [inaudible 01:58:38], he missed out on those things. So it's an amazing story. And then in a single month on the first month of the protocol, now he's getting up to closing in on month two. And so he's going deeper levels of metals and parasites. But even that first month, he was able to see the transformation, the healing of his leaky gut and being able to do the physical-

Gabriel: Three days. In three days, I noticed a difference.

Jonathan: Yeah.

Gabriel: That's was crazy. Like I could tell it wasn't a placebo either. I mean, you know your body. Once it gets to a certain point where it's you deal with so many symptoms that I had three days, I could sense that my body was starting to get in an alignment. Like there was a balance happening and so that in itself spoke volumes and I was like, "Well I'm going to keep doing this."

Jonathan: Good for you, man. Good for you. Isn't that amazing? Damn. Hands up if that's exciting, hearing, so just raise your hand if you find that exciting, hearing a story about somebody having that kind of result. Awesome. Yeah, look, a bunch of hands going up, and Gabriel, you can see that. He's very candid. He's not inflating anything. He's just telling things that exactly [inaudible] policy that we had. Know what I mean? Secrets, well of life, everything is truthful and factful, it's [inaudible] to our utmost extent of our ability to do that as human beings. So I'm grateful for that story. It's hope for everyone. The fulvic is probably a major factor of why it showed quickly. By the [inaudible] again, remember the trifecta: digestive enzyme, probiotic, and fulvic. That was what he was doing for that first three days and that first 30 days.

Jonathan: And now he's continuing actually on that through the entire ... Look at him yawning ... through the entire five months of the protocol. And then you want to support the deeper layers because someone can feel better but then still be a ticking time bomb of a disaster, and that's going to happen with metals, going to happen with parasites. So get started and take advantage of a really special offer, and then for the questions that have not been answered, we will be diving in and getting through as many questions as possible.

Jonathan: And the next question, that's with Dr. Newsome, we'll hopefully get through every single one of the questions that we're having by that point and catch up on the few of the ones that we missed. My apologies [inaudible 02:01:11]. My apologies for the ones that we've missed. Please implement the things that you know to do to get the results that you deserve.

Jonathan: Raise a hand if you appreciated Dr. Elena Villanueva so I can tell her about it. I'm just texting with her and please drop a comment of anything that you liked or picked up during this call. Any thoughts about Dr. V and what you learned from her? I'll be just grabbing a few of these comments. Just drop anything in here. Let us know what you liked. I get it right over to her. She'd love to hear from you. And then in the interim we'll have this question and answer transcript up tomorrow or the following day. So keep an eye out for that. And Dr. Newsome is going to be on at 3:00 PM next Tuesday. So make sure you're available for that. That'd be fantastic. So that is great. I

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look forward to connecting with you real soon. Gabriel, any closing thoughts for just people getting started? What would you say?

Gabriel: The only thing I would say is just I've been in those situations where you feel hopeless, you feel like you've tried everything, you've done everything. I know I can say I've been there and if you're on the fence on what to do, you really have nothing to lose with your protocol. And it's by far the cheapest I've seen, and I've spent, I mean, thousands. It's just sometimes when I've seen some of the doctors and their protocols and they didn't give me the type of success I felt in such a short amount of time. But not only that, I think the key here, too, is you offer one thing which I've never seen, is a 60-day, money-back guarantee. So even if you, you said this before, I've heard you, is even if you try and do 59 days and you're like, "Oh, I'm done," you could still get your money back.

Gabriel: That's more than enough time to prove it's working or it isn't. That's, I think, the key here is proof is in the pudding. Your body's not going to lie to you. You'll see the difference. So I just say, get off the fence. Go for it. You have nothing to lose. This is your life you're talking about, getting your life back, and just go for it. Shoot for the stars, get your life back and you'll be amazed of what this can do.

Jonathan: I love it, man. Thank you so much. Hey little guy. All right, say goodbye to everyone. Thanks Gabe, Jonathan, Dr V who gave [inaudible] and inspiring [inaudible 02:03:50]. People are excited and we will continue to touch base with you guys, make sure you've got the answers and the help that you need. Dive in, ask questions in Facebook group. Yeah, yeah, yeah. What did you say? What did you say? Tell everyone. Tell everyone what you're going to be doing. Yes, what, daddy came home. He was in Australia for 10 days, but I've been, oh, I thought he hung up [inaudible 02:04:21]. And now we get to hang out. Yes we do, we do. He's looking like Gloria. He's so adorable. He does look like Gloria, don't you? [inaudible] that lucky. Oh, okay. That was a bit much, wasn't it? He's adorable. Thank you for saying that.

Jonathan: And again, we will have the questions that have been missed. My apologies. We're looking forward to getting through the rest on the next call and we'll make sure to prioritize. Thank you so much for ... And then somebody, Diane, I believe you just asked the question and answer. You'll see them. We're going to keep them up on the page autoimmunesecrets.com/protocol. We're going to keep them all there so you can go through the transcripts [inaudible] there. [inaudible] All right, so we'll look forward to ... [inaudible] cute baby. That was a great destressor. Look. Good one Asher, good one. People love you. Say ah.

Jonathan: All right. So thank you guys. I appreciate it everyone. Wonderful information. Excellent information from Mary. He's adorable. Thank you. And transcripts from week one. Yes, up on the protocol page. Fantastic. You guys rock. I appreciate you all. I'll make sure to stay in touch with you guys and look forward to you guys on next week's call. Get started today on doing something that's going to help you get to those deeper layers. Make sure you're avoiding the inflammatory foods, but chip away at those deeper layers. Do a protocol like the five month, the gut renewal bundle, the ultimate detox bundle. And get started today because these will make a difference in your life and you'll be able to see the transformation. It's worth the small investment that you make. You can change your life forever.

Jonathan: And if we didn't do what we had to do, this guy wouldn't be here. So what do you think about that, Asher? He's happy that he's here. He wants to be here. So what's the thing that will come into your life when you do what you need to do? What is that thing? It maybe be the ability to be present with your grandchild. It may be relationships. It may be career. Yes. Yes. That's awesome. Let them have it, boy. Let them have it. Tell them. Tell everyone. Tell everyone. All right guys. I appreciate it. Thank you so much Gabriel. I appreciate you being here man.

Gabriel: You're welcome. Thanks.

Jonathan: Hearing your story is super inspirational.

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People love it. What do we expect to go through with [inaudible] program? It depends, but as little as possible. We've designed it so you experience as little as possible and then you'll experience as much as you have to experience, though, and in terms of if you have more, like a lot of history of pharmaceuticals or something like that, again, you could experience something like that. You'll experience the least amount of cost possible and then if you can do it, doing a coffee enema at the same time can support you. So there's certain tools, [inaudible 02:07:53], and we'll talk about some of that, but we'll get started today because that way you'll find that first month that you're doing a detox or the gut renewal, you shouldn't have any symptoms or challenges, so it's preparing you and then you can always [inaudible 02:08:08]. Appreciate you guys. Have a good time and thanks for being on with us and look forward to connecting with you all soon. Okay. Bye now.

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