DEPRESSION,
ANXIETY & DEMENTIA
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Module 3

A live session with Dr. Elena Villanueva

6 MODULE COURSE

DEPRESSION, ANXIETY & DEMENTIA LIVE QUESTION & ANSWERS

By Jonathan Otto

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MODULE 1: Q&A WITH DR. JAY DAVIDSON



Dr. Elena: Alright are we, um, are we looking at ... do we want to start with skin or women's health or where are we wanting to start?

Jonathan: Absolutely, so here's what we'll do. So for, for everyone joining us right now, uh, so we're beginning this call with Dr. Elena Villanueva. She is a fantastic doctor that is dedicated to helping people with all kinds

of conditions from auto-immunity, to neuro-chemical imbalances like depression, anxiety. Cognitive decline, other inflammatory issues.

Jonathan: People that have gene mutations like MTHFR, uh, diabetes, and the list goes on. Uh, it's a long, long list and so if you've got a condition, because she's dedicated to detoxification protocols and natural supplementation, we are, you know, committed, and she's committed to helping you reverse that, that core problem, the underlying root cause, to help you get the results that you deserve. So, we're gonna dive in and answer a bunch of questions.

Jonathan: So, we have outlined which Dr. Elena and I have outlined people's questions. If you want to ask a question, go ahead go to the depressionanxietyseries. com/protocol and there'll be a button there that you can submit your question or back to the email that I sent and submit a question through there. They'll be coming in and we'll be answering them through the document. We'll be answering them in the groups so that you can get your quench ... question answered so Dr. Elena can focus in on the solution for everyone. This is actually a profound way to do it because it allows us to focus on a solution. Because if you have a nuance, uh, it's not going to change the way that you do the protocol in general, but she's going to address that as a whole and if there is a nuance she's gonna call that,

that out to the person that that belongs to and why and then other people that fall within that sub-category.

Jonathan: So it's gonna be a fantastic call, so we're going to dial her then. For those that have been asking, those that are interested, once we go through, um, an hour or more of question and answers, then we're going to give people the opportunity to learn about the unique supplementation and nutritional protocol that we're offering with Well of Life.

Jonathan: Well of Life is owned by a health [inaudible] the company my wife and I have created to dedicate ourselves to information and our supplement company is an additional separate company that is designed to give people premium quality supplements at the lowest and most affordable prices to help people with the most core and unique challenges.

Jonathan: So is that exciting to you? People are like, "Wow, that's fantastic." Just stay on, and then when we, when we cluster over into that section, you will also learn about the unique savings you can get. We have, um, up to 68% off on some of our protocol bundles which is, is amazing. It's a lot, and so for people that have been looking for something like, I just wanna find something that I can really trust and get behind, we'll explain some of the facts behind that and Dr. Elena will share some the facts behind that that she is, uh, privy to and we are going to go through that together so you can learn about that and how you can use that.

Jonathan: And again, because we're educating

you on what's inside of these things, then take that information, so with whatever you choose to do, you can use that knowledge and information so you can make sure that you do find good quality, because it's one thing to learn about a great product or a great thing, like whether that's an anti-parasitic, uh, set of herbs or a probiotics or digestive enzymes or formic acid.

Jonathan: But like just take formic acid as an example, where you'll find that the two most prominent sellers of formic acid happen to have their, uh, very weak components of formic, so that they're not effective, and, and I can show you that and explain how that works and, and how you can know high quality, uh, formic acid and, and so you can get it to work.

Jonathan: That's just one of the many examples. So we're going to dive in right now. Uh, Dr. V, let's, um, just looking at the questions that are in front of you right now, what we need to do is just outline where you feel like it would be best to do the education for the whole group, so dive into the section that you believe is going to start the ball rolling and then we'll go through all the sub-categories together, and, and get that going and get that clear.

Jonathan: So, let's, uh, dive in there and, um, bring up that sub category, um, that people have asked questions in, and I'll, um, help here. Just one moment. I'll pull it up myself.

Dr. Elena: Um, how 'bout the food and diet section?

Jonathan: Fantastic. Food and diet. Let's do it. And so let's, um, look at those questions. So, what we can do here is I'll, I'll lead in the first couple and then you can do it as well, Elena, where you, where you read through yourself as well. So we're gonna ants, um, ask all these questions in a big block, and then we'll, we'll go one-byone.

Jonathan: So, just, um, coming in here. 'Kay. So for food and diet, um, we've got Joan, Tara, and Judy, Al or A-I, maybe short for artificial intelligence, probably we're not. That's a bad joke. Um, Guerlene, Jane, Joan, Joanne, Adrianne, Lois, and Deb.

Jonathan: So, we've got a bunch of questions here, 13 in fact. And so these questions are as follows. And I'm going to read through them all, Elena. So just, you know, as, as you're ... And you've got them in front of you, but just so everyone can understand what we're answering, um, some of the nuances, I'll, I'll stop and you can continue to read there, the facts and address them if, if you like. If there's something unique and different there,

um, then I'll read through it.

Jonathan: So, would you still suggest no gluten, no sugar diet for someone who has anxiety and irritable bowel and is under weight? Then Tara's asking, does taking medication with water about 4:00 a.m. disrupt intermittent fasting? Have you worked with someone? This is from Judy, uh, with anorexia in that field, I felt it's important not to label good foods and bad foods, but eat with food neutrality. How do you address that when you need to heal the gut with no sugar, bread, and dairy should be eaten? Very unique question there.

Jonathan: In previous sessions, Dr. V in a way had told a story of her son getting over hyperactivity through diet change in just a week. Does this, does she think this quick change could only be expected in children? How about a 40 year old female with acute anxiety? Does she expect similar results and over what period? What exactly does she eliminate in terms of grains? She mentions grains without gluten were also removed from the diet. Which grains are these?

Jonathan: I realize that I've confirmed it with your program that I had gluten sensitivity. My question is not how do I incorporate all these supplements so that I can see results (i.e. the most critical formic acid [inaudible] probiotics and so on) that detox programs. I did a 10-day cleanse with Modern Manna, still I have lots of symptoms such as hives, shivers, all over my body, pains and swelling. What can I do?

Jonathan: And Jane, how do I, how do eating disorders



affect all of our gut health with the issues that we've been fasting, especially bulimia, anorexia? So two on, um, eating disorders. I'm quite a healthy, uh, except that I have this is Joan, that I had, and so, just know that they were all different questions, so you, you know who you are when I read your question, and occasionally I'll answer the, I'll give the name in response to the, the exact question. But you know who you are when you hear your question.

Jonathan: I'm quite healthy except for having developed many, many food sensitivities over the past years. That, that's become challenging for me to have a well-balanced diet. I'm working on healing a leaky gut. Once that's done, do you have suggestions for how I can get rid of my sensitivities? Then Joanne is asking, I have auto-immune disorder, order called Lupus. I have kidney issues in the past and have now been put in remission by eating whole plant-based diet. I've gained a lot of weight and bloating. How do I get rid of parasites and sugar cravings? Almost four years ago, I had a massive heart attack. What the, the doctor says I will have to go watch my water intake, but water is good for my kidneys. What should I do? Um, great question.

Jonathan: I feel like seasonal allergies, this is Adrianne, are all a part of depression anxiety demention equation, dementia equation. What protocol advice would you give to someone who is currently experiencing this? Is there something to calm them without anti-histamines?

Jonathan: Uh, Lois, I have stressful, uh, home life. I have fungus mold and grain issues. I work in a bakery.

Sometimes I don't sleep well, and I'm aware, and I'm awake for most of the night. Financial issues keep me from having the courage to just ... drop my job and look for something else. I have the feeling that if there's something missing in my life, I'm always craving certain bakery items. I want more than others coffee, which I don't drink, chocolate, coconut, and ironically oatmeal. Bottom line is I, it's always sugar. That's the comfort, and I think it keeps messing me up at night too, all night too. Please can you give any suggestions that will help me with the stress and constant cravings? Thank you so much. Very much appreciated.

Jonathan: Why is selling juice so important, Deb? So there you go Dr. V, I'll let you kind of just tackle them as a whole, so people can understand that these protocols like we, we really believe that the people need to, uh, generally take one direction, however, you know, there's, there's nuances. And I'll let you just lead it and, and give that [inaudible] to this group of people and address, so I need-

Dr. Elena: Yeah. So, let's just talk about, um, foods. Um, I mean this is the food diet section and there, you know, there were a wide array of questions, but I think I can answer it kind of more in general.

Dr. Elena: Um, certain foods, so foods can be like medicine to your body or foods can be neutral, or foods can be, um, very damage-causing. They can be like poison to your body. And the reason why, um, you

know, why I personally am, and, and John Otto, and, and a few other doctors agree on going plant-based when you're trying to heal yourself, is because most people who are not doing well with their physical health, um, and their mental health, they typically have a lot of toxins in their body.

Dr. Elena: They typically have, um, infections in their body and, um, and they are typically have developed food sensitivities. Whether they realize it at that time or not, and, you know, in the more general approach, when we do, uh, an anti-inflammatory protocol based mostly on vegetables with some fruits.

Dr. Elena: Um, and, uh, you know, and eliminate things like meats which our guts may not be digesting very well, which can cause a whole nother set of problems. Uh, when we go, uh, you know, more towards the anti-inflammatory, you know, more vegetable-type protocols, that helps to eliminate a lot of toxins from the body. It, it, it gives the body an opportunity to heal because it's flooding the body with more nutrients.

Dr. Elena: Um, and in that process, uh, the inflammation can go down. And if we can address those things, then we will see big changes, um, with people's health, whether it's with anxiety, um, or IBS issues, um, or whether it's the, uh, you know, child who's getting over their hyperactivity to diet changes or a 40 year old.

Dr. Elena: So, you know, uh, uh, you know, making new changes in your foods, this is why we suggest that. Does it mean that you need to eat like that for the rest

of your life? Absolutely not. Um, but even I myself, you know, every year I am working on different aspects of my health. Um, we are dynamic being and we are always changing. We're always coming into contact with different toxins. Our bodies are aging and so things are changing biologically.

Dr. Elena: And so we have to take a, a more active and dynamic and, uh, approach to our healing. You don't just find a protocol and take the same thing for the rest of your life. What you need right now, you may not need in two years. You may need something different. And so, like, for example, when I'm working on, on, uh, on, on my health, I usually will go several weeks



throughout the year where I cut out meats and I cut out, you know, other things that I may eat, and I just mainly focus on vegetables with some fruits.

Dr. Elena: Um, and why do I do that? I do that so that I can like let my body recalibrate itself and let my body reset itself, and it allows the supplements I feel, it allows

the supplements to do their job much better. Um, once, you know, I see question here, have you worked with someone with anorexia in that field, uh, it's important not to label good foods and bad foods then eat with food with neutrality.

Dr. Elena: So, yes we have worked with people who have had eating disorders, and we don't label them as good or bad foods per se, like for someone with anorexia, but really, you do have foods that are like poison, and you do have foods that are healthy and healing for you. And so, you know, when it comes to, you know, to addressing that, um, I'm just gonna, I'm just gonna say it how it is.

Dr. Elena: Um, how do you address that when you have to heal the gut with no sugar, bread, and no dairy? Yeah, I mean, it's just, you know, there's really no neutral about it. Bread and sugar is inflammatory to the body and so is dairy. And, uh, you know, and if we're working with someone who has had anorexia, you know, I have never run into a problem working with someone who has had bulimia or anorexia or other eating disorders, uh, where I'm teaching them what foods are healthy for them.

Dr. Elena: Um, but that's a great question, like, now I'm going to be thinking about that. Um.

Jonathan: Just a thought, just the theory of causative versus [inaudible] back in, uh, Deb, she has just commented. She said, "How pretty is Dr. V?" Wow! So, there you go.

Dr. Elena: Aw. Thank you. (laughs). Guys, thank you. (laughs). Thank you. Um, so, but I'm going to be thinking about that because, um, you know, I certainly want to be sensitive to the person who's had, you know, eating disorders, and so thanks for bringing that to my attention. You know? Um, I don't think I've offended anybody yet, but I think that, you know, thank you for sharing that with me.

Dr. Elena: Um, gluten sensitivity, yes. A lot of people have gluten sensitivity. Whether they're diagnosed with it or not, um, and so I just, you know, I really, really, feel like, um, I really feel like everybody should pretty much stay off of gluten. There's just too, there are too many other options now. Um, again, there are foods that are healing, and there are foods that are natural, and there are foods that are just toxic to the body, and gluten and sugar and dairy are like the, the top three. Right?

Dr. Elena: So we just wanna stay away from those. Um, I see here did the 10-day cleanse with the Modern Manna and having lots of symptoms such as hives and shivers all over your body and some swelling. You're probably detoxing like crazy right now. Um, I'm not familiar about, you know, [Ned Sterling 00:15:36] was doing the detox with Manna, but we are going to be talking about some awesome detox, uh, supplements tonight.

Dr. Elena: And, uh, is it okay if I just-

Jonathan: Sure, yeah. No, no problem. You see. Yeah, no problem. Do, do you have an example?

Dr. Elena: We're going to be talking about awesome detox products. You know, one of the biggest mistakes that people make when they detox is that they don't take the time to open up their detox pathways before they start detoxing. And when you do that you are creating a muddy mass. You're releasing toxins in the body and then they have nowhere to go.

Dr. Elena: So they start to circulating throughout your body, and your body's trying to get 'em out. The biggest organ in your body for, you know, that your body can detox is through your skin. Right? And then you've got your, your, um, your breath actually can help the detox. And then you've got your, you know, your poop and your pee.

Dr. Elena: And so, but the skin is a big one. And so, you know, I would ink, I would stop the Manna. I would increase your water. Get up to like a gallon-a-day of the water, add a pinch of sea salt in there to make sure that you're getting your minerals, and let's let it stay on the call and let's talk about some of these supplements that we're going to talking about later, because, you know, this is the same stuff that I do.

Dr. Elena: It's the same stuff that Dr. Newsome does. It's the same stuff that Dr. Jay Davidson does. It's the same stuff that we're all doing that we're all getting amazing results with people, um, and we're again, we're going to be addressing the, you know, binding and opening the detox pathways, supporting the liver detox pathways, and then, and then getting everything to start cleaning out of your body. So.

Dr. Elena: I would just get another break there, drinking lots of water, do an Epsom salts soak, would be great. Um, you could look up some information on a coffee enema. That will force your liver to purge a bunch of toxins out and it will also get the body to produce a bunch of glutathione, which will also then help with the inflammatory response that you're having.

Dr. Elena: So I would totally, totally do that.

Jonathan: That's just awesome. I just want to underscore what Dr. V says. I'll pass it back over to her, so just 10 seconds on this. It's just so encouraging. That should be an amazing, um, epiphany for everyone to realize that, that the doctors that Dr. V just mentioned are all following the same pathway, and that's how they are getting the result. And you'll find that some of the [inaudible] things and newer discoveries for some, and later discover that, that others have been doing this for decades.

Jonathan: But, but this is the most cutting edge of really where functional medicine should be at generally, and, um, naturopathic medicine and, and it's just, it's just great that, 'cause right now you'll be thinking, but there's a thousand different things that I should be doing and every doctor has a different opinion, and, but that's not truth.

Jonathan: For our group, we, you know, our best doctors out here are the ones that have brought in to be most prevalent in guiding you by the hand are all the same, the exact same thing in terms of what you need

to do. So, no, excuses anymore. Right? Take away the excuse. No excuses anymore. These are just a few core things that you can do. I'm not going to take any more time in that. But then once you understand that, we're gonna stop chasing all the symptoms.

Jonathan: We're gonna stop chasing what we think is the diagnosis or the opinion of the doctor or the guessing games, but we're going to make sure that we have, you know, done all the detoxification. That we haven't, um, thought that we could just, you know, maybe the parasite cleanse didn't, didn't belong to us. Maybe that, you know, maybe we can just skip that. We'll be fine. And then why do I have all these problems or, or, you know, the list goes on when it comes to digestive enzymes or other things that doctors in this call, Dr. V, Dr. Newsome, um, others in our series have all, all been told that, and you all, you've been told very clear, these are staples to help you if you're not feeling well. This is how you get well.

Jonathan: So, back to you Dr. V. Let's go through another subcategory, unless, um, unless you're not done now?

Dr. Elena: Um, I think I'm about done. Let me just, while I was reading through this. Um. So, someone's asking about ... This is a great question. They, you've developed a lot of food sensitivities. Somebody was asking this question. They've developed a lot of food sensitivity over the years, and, and it's become challenging to have a well-balanced diet.

Dr. Elena: You're working on healing your leaky gut. Once that's done, do you have suggestions for how you can get rid of the sensitivity. Healing your leaky gut should get rid of the sensitivities. That's why you have the sensitivities to begin with, is because you have a leaky gut.

Dr. Elena: You literally have food particles and other things that are coming in through your mouth and once they get into your intestines, they are leaking out and hitching a ride in your bloodstream. And your body detects that there are foreign invaders that don't belong, and it sends out antigens to flag it, and so that the body can come and grab onto it and either break it apart or encapsulate it or whatever. And the body marks it so that it can remember if it sees it again.

Dr. Elena: And the next time it sees it, then the body mounts an even bigger response and that's where you start noticing the food sensitivity or the allergy. Once you fix the leaky gut and you don't have little stray particles hitching joy rides in your bloodstream, then, then you're gonna have, you're gonna find that the food sensitivities will go away.

Dr. Elena: Look, we've even seen asthma go away. I'm not saying (laughs), I'm not saying that gut repair heals asthma. What I will tell you that it is a, it is an inflammatory response just like a food sensitivity is, and I literally saw it happen right before my eyes in working with a patient. And it was so incredible, his mom started driving up from Victoria, Texas so that she could start getting worked on. She said she's never seen her son

not sick, and the guy was in his 30's when he came to see me.

Dr. Elena: So, your food sensitivity should go away as you fix the leaky gut. Remember that when you complete your leaky gut program, if you're still noticing symptoms, and you're still noticing that you're having the food sensitivities, to what otherwise should be good healthy, you know, good foods for you, um, you may need to backtrack and you may need to go back through and do a detox with the anti-microbials, and then go back and do your gut repair again. Because you can't fix a leaky gut until you get rid of the toxins and get rid of the infection. You have to do that first. So, uh, it's just a thought there. If you're still noticing that you're having problems, you're going to want to kind of go backwards and start over again.

Dr. Elena: Um, I think we're done. I think we're done with that part.

Jonathan: Great. Well, uh, let's, yeah, no worries. Let's dive into the, like we go into women's health or some of the questions around supplementation, but I think we should probably go into women's health right now.

Dr. Elena: All right. And someone was asking about celery juice. So celery juice is just loaded with minerals. It's loaded with minerals. Right? And so you're getting the, you know, high minerality content in the celery juice. And when you put your body, when you fill your body or flood your body full of nutrients, um, like those minerals, um, it's going to help heal your body, because

your body needs ingredients, like, you know, you've got to have ingredients in the pantry and in the refrigerator so that you can create these great meals. It's all kitchen chemistry.

Dr. Elena: Well, our body is, is a body chemistry. It, it needs a pantry full of ingredients. And, and, and celery juice is just very, very concentrated with a lot of really good ingredients for your body that help with inflammation, it helps purge, um, purge toxins out of your body, it hydrates you, because it's got electrolytes in it, um, and it's very, very soothing to the gut.

Dr. Elena: Um, let's jump in to ... Oh, and then also, the last thing too. For the constant craving, constant cravings that's classic for underlying infection. Uh, you know, whether it's parasitic or, or fungal like yeast, or, uh, even bacterial. But it can also be from the stress that you're under. So, you know, I see that you're under a lot of, a lot of stress, and you feel kind of like you're trapped and you can't leave your job.

Dr. Elena: But, you know, the best time to find a job is when you got a job. So take the extra time that you do have and find yourself something different and get out of the situation that's not serving you and manifest, instead of focusing on, you know, that you're not happy and what you don't want. Focus on what you do want and start imaging what the perfect job would be for you, or the perfect type of ... Maybe you don't give a title to the job, because you're narrowing it down, but like what are you passionate about doing, you know, and start manifesting and putting emotion to what it

is that you do want. And I'll bet you that you'll find a better job, something that's going to serve you better.

Dr. Elena: When you're under a lot of stress and your adrenals are firing all the time, you know, your body's gonna want, uh, it's gonna want a little, you know, like dopamine hit. And so you're going to start, you know, also craving sugars. So, you know, what if you do have infection or parasites, and then on top of that, you've got all the added stress, and it's like a double whammy, and you're really craving these, you know, sugar, sugary things that are not good for you.

Dr. Elena: And so, you know, just take that into consideration when you're feeling that way, you're having cravings like that. You know, your body's trying to tell you something. And so, I would try to, you know, find a different situation for yourself. I know it's really easy for us to feel trapped sometimes, and my mother used to always tell me that there's always an answer.

Dr. Elena: You just have to think about other solutions. Focus on solutions instead of focusing on the problem, and then you'll be able to manifest that for yourself, and then you can get your adrenals healed and then, uh, and then you can start to feel better.

Dr. Elena: Um, now I'm into the women's health section. Um. Let me just take a quick look. If you want to maybe talk for a second, um, chime in. I'm gonna just read through these really, really quick.

Jonathan: Sorry, was that Elena?

Dr. Elena: Oh, just saying, if you, if you just had

anything-

Jonathan: Yeah.

Dr. Elena: ... to add, well I'm-

Jonathan: No, no. I think that's fantastic.

Dr. Elena: I'm going to read through this just really

quick. I'm going to scan really quick-

Jonathan: Yes. That's wonderful.

Dr. Elena: ... on the hormonal section, so that I can

jump in and start hitting there.

Jonathan: Yeah. Absolutely. Yes, so as we're diving into understanding some of these, uh, detoxifying, uh, procedures that we all need to go through, then we can start clearing up a lot of these, um, symptomatic issues so that, that's the greater news. That's really what we, we all need to be looking for, how we can clear these underlying, uh, issues that are causing these surface-based symptoms that we experience.

Jonathan: So, we'll keep coming back to some of those core triggers. For some people, it's going to, you know, manifest as a hormonal problem. In another person, you know, they'll, they'll, it'll directly be a thyroid issue, another person they'll directly have, um, other leaky gut related symptoms or irritable bowel syndrome, or another autoimmune condition. Another person will

have neuro-chemical imbalances, but the exact same trigger can do all those different things.

Jonathan: It, it doesn't necessarily show up as one or the other. It will depend on other weaknesses in the body. So, because of that, as we start getting into the real culprits and how to remove those core culprits, then we, we'll start finding, um, an amazing way that we can all have breakthrough here.

Dr. Elena: Awesome. Um. So, let's, let me give you guys, you know, some foundations on hormones. Um, and why I feel that a lot of women, you know, like, don't get their, uh, you know, don't get the solutions that they're looking for when it comes to balancing their hormones and their thyroid.

Dr. Elena: First of all, your pituitary, your thyroid, your adrenal gland, and your reproductive hormones, they're all connected. All right? And they're all talking to each other. And, if you have an imbalance in one of those, it can very easily spiral into imbalances in the rest. Okay?

Dr. Elena: And that's one thing that, uh, that your, you know, that the typical, uh, medical community doesn't, they don't teach you that. They don't talk about that. If you're having a, uh, you know, a thyroid issue, um, and a hormonal issue at the same time, you know, how often ... I'd love to see you raise a hand.

Dr. Elena: How often have your doctors told you that they could be related? Uh, usually, you know, you'll go see the, you know, internal medicine doctor for the thyroid, and then you go see somebody different, like

the OB/GYN for your hormones or your family doctor for your hormones. And, uh, you know, when in fact, we know a lot of these need to be addressed together.

Dr. Elena: And so, let's talk about thyroid for a minute, because I see some questions here where people are talking about their thyroid. Um, often times people will come see us, and when I say us, I'm just say general, like holistic doctors, whether it's me or any of the, like any of the other doctors that I mentioned. Or, you know, or any other ones who, you know, who do, um, you know, endocrine type work. Um, the range for thyroid levels for what's normal is huge. So like TSH for example, is just one of your thyroid hormones. TSH in the allopathic range, or like the regular western medicine range, goes between like .4 and like 4.5 or 4.7. That's a huge, huge range. And people will come to us and say, doctor, may I have every symptom of hypothyroid. I'm exhausted, my hair is falling out, my nails are brittle, my skin is dry, you know, my periods are off, I'm not sleeping well, I'm emotional, um, and I'm gaining weight. Oh, my doctor says that my thyroid is normal.

Dr. Elena: I take a look at it and, uh, I don't necessarily concur with that information, because there are, you know, there are pathological ranges, which is the western medicine range. If you're outside of the range, if you're below .4 or above like 4.5, you know, then you will have some sort of disease. Well, we want to like nip it in the bud and we want to keep you in a functional or optimal range.

Dr. Elena: So like, I like to see thyroid between 1.8 and 3, and in some individuals between 1 and 2. So somewhere between like 1 and 3. Somewhere right in there. Not .4 to almost 5. Um. And so, when I see a person come to me who's having thyroid problems or they think they're having thyroid problems, but their doctor has told them that there's nothing wrong with their thyroid, um, and we see that it's, that their TSH is 3.3 or 3.5 or 4, and we see that their T4 levels are 5 or 6, and their total T3 levels, that they're below, you know, they're below, if they're below 100, then I would definitely say that there's some sluggish thyroid going on there.

Dr. Elena: And so we start addressing it. And there are a lot of natural things we can do that work so well to address thyroid. I mean, really well. I think I've had ... maybe two or three people in about the last five years that didn't respond to what I was doing with thyroid. That's very, very rare. Most people do respond very, very well. And if they're not responding, look, when I, when I work with thyroid, I'm checking thyroid every month, uh, you know, to make sure that we're making changes.

Dr. Elena: It, you know, if we're not seeing changes and a certain, you know, predetermined amount of time, we often come back to go get on, you know, to like, get their medicine dose fixed, but, so, thyroid, thyroid can be addressed. And when you're having a hormone problem, you've gotta look at the thyroid. And you've

got to look at the pituitary gland, and you need to look at the adrenal gland.

Dr. Elena: Um, whenever we're working with any of these endocrine glands, and the endocrine organ function, we always need to go back to some basic stuff. And the basic stuff is removing toxins which include environmental toxins, like heavy metals, um, you know, glyphosate, you know, other types of pesticides, and, and other types of things that we're having the contact with, and then getting rid of infections and bringing-

Dr. Elena: -things that we're in contact with, and then getting rid of infections, and bringing down inflammation. Those things alone make huge changes in people's hormones. Just doing that.

Dr. Elena: If you have estrogen dominance, or you have testosterone dominance, if you do a good detox um, uh, that estrogen level is going to come down. And if you add a little bit of DIM to that, that's really going to help it come down. And it's going to help it get back into normal. You know, often times we'll see people that have estrogen dominance and their doctors, you know, want to put them on hor-, on hormones like birth control pills. I mean, it just doesn't make sense to me.

Dr. Elena: Or somebody will have, you know, problems with their periods and instead of the doctors running a hormone test to see what's going on, they're just like, "Oh, take these birth control pills, so that you're not bleeding all the time." It makes absolutely no sense.

Dr. Elena: Instead, if you wan the simple answer, we're

going to be talking about it again tonight, and I'm just really excited about it, so you're going to hear me talk about it, you know, a few times. But um, you know, let's, let's detox your body. Let's open the detox pathways, let's add some detoxification systems in there. Let's add some antimicrobials in there, and let's clean the garbage out of your body.

Dr. Elena: That alone is going to help tremendously. And then you follow it with some gut repair and your, you just watch, you just watch how your skin changes. Watch how your hair stops falling out. Watch how your periods start to normalize. Sometimes you need a little bit more work than that, okay, and you guys know where you can reach out. I mean, you've got a great network here. You can reach out if, you know, if you need a little bit more um, detailed work, but that's a really good place that you can start um, you know, without, without worrying about you know, having to make a big investment uh, you know, of your time and your resources. You know, you can start there.

Dr. Elena: Because I'll tell you what, when I'm balancing out hormones that's the first thing I'm doing anyway. I'm doing that, you know? And, you know, the only difference between, between you know, going through a, a protocol, like what we're going to talk to you tonight, and what I would do is that, is that you know, I might be looking at labs. Or if you like my age, almost 50, you know, and I see really low progesterone, I may add a little bit of progesterone while we're doing the

detox, but it's the same thing. I mean, you just, you still need to go through the detox, you need to get rid of infections, you need to put some good vitamin D in your body. You need to put some good minerals and amino acids, which is found in fulvius acid.

Dr. Elena: There's just, you know, those types of things. If you do those things you're going to notice huge, huge, huge changes. Um, the issue with the alopecia, you know, I don't have a super easy answer with that. Um, but I would definitely say um, I would definitely say, oh it looks like you've got some big gut issues. I would definitely say do some serious detox, and you may want to do a couple of them back to back, like you know, not just like three months, or four months, or five months. You may want to kind of do it like, do it even longer.

Dr. Elena: Maybe do some detox, take a break, and then do another detox because it looks like, it looks here that there's not only an issue with alopecia, but you know, you've had some issues with congestive heart failure, you know, it looks like you, you have, it says, "horrible floaters," so you're having, you're not digesting your fats. If you're not digesting your fats that's a really bad thing for you. Your body has to have fats to survive. Look, you can live without carbohydrates, but you can't live without amino acids and fatty acids. So you know, if you're having really bad floaters that tells me that you're not breaking down your fats. You're probably not breaking down you know, your, even your, your, your um, plant matter that you're eating very well.

Dr. Elena: I would definitely add some digestive

enzymes in there. We'll be talking about that later, and um, and, and you know, we need to do a, sounds like you need, we need to do a lot of detox, a lot of gut support to make sure that you're breaking your foods down, and then follow it with a good amount of gut repair because it sounds like you've been sick for you know, quite a while. And if you tested positive for MTHFR, which is, it says that you did, you know, you definitely want to take some methyl folate, methyl B-12 to make sure that your detox pathways are open, and to make sure that your body has some critical ingredients that it needs to do over 250 different chemical reactions in your body.

Dr. Elena: So, that's something that you want to take all the time. We've got to make sure that you're getting, you know, that you're constantly putting the ingredients in your body that your body needs. Um, if your hair is falling out, this is another question, hair falling out. So everybody always thinks that it's thyroid. First of all, yes, your thyroid's coming back normal, but is it optimal? Is it in the functional range or is it in the pathological range? Pathological range means is it in the, is it inside or outside of the disease range, okay?

Dr. Elena: Again, we want to look at, you know, a different range, you know? See if it's between one point eight and three for your TSH, you know? Look at your uh, there's a lot of markers you can look at but to keep it super simple, look at your T4, you want to see it like between six and eight, total T4, total T4. Not reverse or free, just total T4. Total T3 is something really easy that you can look at um, you know, without understanding

the whole, the whole thing. You know, you want to see it between um, um, 100 and 180, and if you're having issues with that then yes, it truly could be a thyroid issue and putting a lot of uh, putting you know, minerals in your body that contain selenium and um, and, and making sure that you get a proper amount of amino acids, making sure that you're not putting fluoride in your body through your drinking water, um that's going to be important to optimize thyroid.

Dr. Elena: But you know what else it could be, vitamin D. Over 90% of the people that I see are low in vitamin D, and I see them from all over the country. Even the southern states that you think oh, you know, like they've got sunshine nine months out of the year. We see significant deficiencies in vitamin D, and it will make your hair fall out. And that's a sign, right? That's a sign of deficiencies. So you know, let's, let's give your body some good um, enzymatic support for your gut, so that when you put the nutrients in your body, including your supplementation, you make sure that you can break it down and absorb it into your body. I would definitely check on those vitamin D levels as well.

Dr. Elena: Um, what do you do if you can't gain weight, and you lose a little more every year? All right, so that's a loaded question. You know, are you tracking your macros, how many calories are you eating, what kind of calories are you eating? Have you checked to make sure that you know, have you ruled out a thyroid disorder? Right, have you ruled out um, have you ruled

out cancer? Um, you know, this, I mean, these are some different things that you definitely want to look at. But again, supporting your body, by ... You know, the best thing that you can do for your body, is to remove interferences, i. e. toxins and infections. And then flood your body with the right nutrients that it needs. And if you do that you're going to give your body ...

Dr. Elena: No, it doesn't matter what you have been diagnosed with, or what symptoms that you have. Doing that protocol is going to help your body more than anything else. It's going to help your body to be able to reset itself into the function the way it needs to function for you. Do I have any uh, any recommendations for supplements or have any advice for women that are beginning peri-menopause? So, um, if you're having symptoms while you're going through menopause, um, then you know, then yes I mean, there are, there are some things that you can take. Um, Tribulus is really nice, that you can take Tribulus. Um, I would definitely just really work on supporting your um, supporting your uh, body with the, with the nutrition that it needs.

Dr. Elena: But you know, if you're having symptoms like if you're bleeding a lot, which happens a lot during peri-menopause ... Why does that happen? It happens because our, our progesterone levels will typically start declining fairly quickly, right. And so you know, if that's happening um, then you know, uh, um, you know, definitely you know, talk to someone about maybe

getting um, you know, oh um, uh, a uh, perd-, like a natural plant-based progesterone um, that you can do. And I'm, I'm going you know, look up something here that I could you know, give you some, some ideas for it later. But um, but uh, definitely um, you know, work with detox first and see if that doesn't help. The detox and the gut repair, and see if you don't notice any changes with that.

Dr. Elena: Um, you know, there are many young women who are not truly going through perimenopause, well they're having symptoms of perimenopause. And once they go through detox and gut repair, they find that their um, suddenly not having um, not having these issues anymore. Um, because it balances the, it balances the hormones out significantly to um, put yourself through a detox. And then go ahead and do the gut repair and changing your foods. Um, let me see what else that I can find. So, also supporting the adrenal glands, with like ashwagandha, um, again I mentioned the, the Tribulus earlier. Um, if you tend to hold on to weight, especially in particular in the upper part of your body, and like in your hips, that could be a sign of some estrogen dominance.

Dr. Elena: And when you have estrogen dominance, it's going to um, cause uh, less production of progesterone. And that can give you peri-menopause symptoms. And it's not uncommon for people to have estrogen dominance, uh, because we are exposed to a lot of toxins in our environment, that give us uh, uh, estrogen-

like affects. That, that have estrogen like affects uh, on our bodies, and can make us hold on to weight and can make us moody, and can make us you know, uh, end up having high estrogen levels. So where we can't even lose weight, we just keep packing on the pounds. And so there are some uh, products out there that you can take a look at, that will have a combination of like you know, ashwagandha, Tribulus, DIM, uh, Mucuna, which is really nice.

Dr. Elena: Um, it's very calming, uh, to the uh, brain receptors too, especially for anybody with you know, Gabar and or dopamine um, issues. Um, something that is constantly de-, detoxing you. Um, you know, like doing your super grains in that in your smoothies every day, um, Long Jack*. Um, and, and so you know, those are some different things that you can do. I was just you know, looking at uh, a couple of products that I'll use just for some you know, general-type stuff. Uh, if you want to get super, super detailed with it, that's you know, where I would probably you know, recommend that you go ahead and look at some uh, testing for that. Um, let me jump back into the questions.

Dr. Elena: Um, to help with a, with a flow during your menstrual cycle, um, I don't know that extra detoxing the week before is really necessarily that important. I twhink just o-, a-, overall and in general getting your hormones back in balance. And again, I'm going back to the same thing, you guys are going to keep hearing the same thing here. You know, you, your body has the

ability to reset itself. And, and to recalibrate and to you know, function normally, if it doesn't have interferences like toxins, infections, stress. Like putting yourself in situations all the time where there's drama everywhere, or you hate your job, or whatever. You know, you've got to remove those things. Um, you've got to remove all of those toxins. Um, and, and when you s-, when you detox, you know, you, you will probably notice that your hormones are going to change a lot.

Dr. Elena: And again, and if you do some, some, some support like what I mentioned earlier, you know, that can really help. Um, hot flashes and insomnia. You've had two sisters with breast cancer and where bio-identical hormones is not a choice. Um, try some magnesium gluconate before bed. Um, I would start with 200 milligrams at night. You can go up in dose and see what happens. If you feel like you need to go up in dose, you will know you've hit your limit when you um, have to run to the bathroom because you've got the runs. It will make you poop. It will uh, pull water into the colon um, also. But try, I would try some magnesium gluconate and see how well that, that works for you. Um, uh, and uh, and you may also uh, want to really take a look at your foods. Because your foods could be adding to the problem um, with the hot flashes and the insomnia.

Dr. Elena: So, um, but I would definitely uh, that, the magnesium gluconate with be my first choice that I would take a look at, and then maybe some ashwagandha for some adrenal support to make sure that we're keeping the adrenals calm. Um, make sure

that you're blood sugar is balanced and that you're not having hypoglycemia. Um, because that can also um, when you're blood sugar dips while you're in your sleep, it will trigger your adrenals to throw out cortisol, and then you will wake up like this. So you might want to check that out as well. Um, here's a great question. Um, thank you for all you do, I've really enjoyed all of it. My question is how do we know where to start? Which test do we start with, what cleanse, what products?

Dr. Elena: I feel that we get all this information about the cause of different symptoms and illnesses but in order to get truly helped we probably should see a practitioner like you to get individualized help. I'm very interested in the parasite cleanse and other systemic cleanses. I've had severe debilitating migraines during my menstrual cycle and heavy flow. Any suggestions for that? I am currently doing 26- day detox with plant-based food and I'm hoping that things get better after that. I am 45, I've had two c-section births. Everything seemed to start after the second one. So that's great that you're doing a plant-based detox.

Dr. Elena: Make sure you're getting your amino acids, right because it's very easy to get the amino acids when we're eating animal products, like meat and fish, chicken, turkey, things like that. When you go plant-based, you just want to double check, just don't forget about that is all I'm saying. Make sure that you're getting plenty of amino acids. You can look at the macros or the nutrition content of all the

different greens and the different plant-based stuff that you're doing. Um, and you know, like the legumes and whatever it is that you're doing that's plant-based, to make sure that you're getting a good amino acid profile.

Dr. Elena: Um, flax um, has a good amino acid profile, but I don't believe it's totally complete. Uh, the same thing with um, hemp, but if you combine flax and hemp you get a complete amino acid profile, plus you're getting some good fats. Um, so what I would say is you're starting on the right track, um, but adding some supplements to really push that detox along is really going to help. It's also going to um, have supple-, you know, you also want to take the supplements to open your detox pathways. So yes, there are a couple of different routes that you can go. You can just go straight into following some protocols, and we're going to get into that and share that with you. I know a lot of you guys have been waiting.

Dr. Elena: We're going to be sharing what, some of that with you tonight, and so I'm just really excited about that. But um, but, but yes, you also can have the option to work with a coach. And that just depends on how you want to do it, what's resonating with you. Um, I can tell you that you're not going to go wrong with starting out with the protocols that we're going to be sharing with you tonight. If you want to start there and see where you go from there, I mean, I see absolutely no problem with that. And then if you're still needing some help after that, you know, then yeah, I mean, you know, you, like I said, it's easy to find us online. You know our names, you can find us online and you can call us

whenever you need to.

Dr. Elena: But um, we're going to be going through some protocols with you tonight. And, and, and, and we've got some answers one what supplements to take, how long to take them for, how to take them. So it's going to be super, super awesome. Um, I think I've got those questions answered in the women's health. Let's jump into skin, because I had looked at that earlier and I saw some good ones in there. Um, we have one person saying uh, that, that uh, "I'm suffering from Mal asthma, it's a pigmentary skin disorder." Um, you're having some hyper pigmentation patches on your face. And everywhere that you've read says it's caused by a hormonal imbalance and inflammation. "Has anyone dealt with Mal asthma? It would be a great source of social anxiety and at times depression. I'd like to heal the inflammation [inaudible 00:51:38]."

Dr. Elena: Okay, let me tell you what I know about Mal asthma. Mal asthma is a hyper pigmentation of the cell. So a-, all of our skin cells have m-, um, have some organelles in there that produce melanin. And melanin is what gives you the color on your skin. Um, when the cells are acting up normally, they you know, they can sometimes start to produce more melanin. Often times in my, in my experience uh, both clinically um, and personally ... And, and I used to honor cosmetic clinic with my father and my uncle who are medical doctors about 15 years ago. And um, and, and we, uh, we found that it was primarily caused from sun damage. And the sun damage caused so much inflammation to the skin at one point or over you know, consecutive points ...

Why, like multiple sunburns and over-exposures to the sun and that, and, and so on, that after a while that the uh, you know, the skin cells had ... Or the, the uh, the skin had been burned so many times that it started causing permanent changes to the cell. And so yes, I mean, that did happen from inflammation initially, but is it still current inflammation in your body that's causing that? I'm not so certain that, that it is. Um, however, I'm not discounting that you need to always make sure that you don't have inflammation in your body. Because inflammation can cause much bigger issues than just Malachias.

Dr. Elena: Um, but once you have the hyper pigmentation, um, you know, it, yes it can be difficult to get rid of. And let me tell you some little secrets and some little hacks that I know of that I used on my patients, that we used on our patients when we had our clinic. And that I even used on myself, because I have had sun damage. Um, spent my whole life living in the, in the South, living in Texas. And you know, riding horses, playing outside all day, you know, hiking, you know, playing at the beach, and I had a ton of sun damage. And I started getting these patches all on the left side of my face really, really bad, and then some on the right side right here.

Dr. Elena: And when the Mal asthma would start to act up, it was always when I would be out playing in the sun. It would get really bad and it looked like I had dirt on my face. And I knew it was really, really bad when I flew down to Mexico for a family wedding, and I went next door to my sister's hotel room so that she could

help me with my makeup. And she said, "Sis ..." And she was cracking up and she said, "Sis, you've got dirt all over your face. You know, go wash your face so that I can put your makeup on." And you know, it was like that was a waking moment for me. Because I knew it was bad, but I guess since I had seen it all the time, and it had been progressively been getting worse, I didn't notice how bad that it actually was. And um, let me give you a couple of hacks. Intense pulse light, it's called IPL.

Dr. Elena: They may have different names for the machines these days, but it is still the same technology of intense pulse light. If you are a skin type three or less, meaning if you're like my skin tone or less, um, then you can do this type of treatment. If you're super dark, uh, then, then you can't do this type of treatment, although you're probably not noticing the patches if you're already really dark. On your skin you may not be noticing them as much. Um, but the intense pulse light um, will literally, it will burn the pigment that is on your skin and it will cause it to break up, and then it will sluff off. And you'll have to have a few treatments done. And then you're going to need to make sure that you use product on your skin and that you protect your face so that you don't go out there and damage your skin again.

for. With some products that I was putting on my skin that uh, you know, now I would never put it on my skin. But back then I thought, well you know, it's like, is thi-, like what's worse, you know? You know, like ... Anyways, so what I ended up doing later on, was I did something that was a little bit deeper. Because I, I don't want to put products on my skin that um, that are questionable, as far as you know, toxins. And so I had um, CO2 laser done.

Dr. Elena: And CO2 laser burns at a deeper level, you end up with a scab on your face for about a week. And then the scab slowly starts to come off in different little pieces and you're left with baby skin and all the sun damage is gone. And I had that done about five or six years ago, and I have yet to have any patches come back. Nothing has come back, but I also am careful when I go outside, I'm wearing a hat. I'm always wearing a hat or I'm wearing mineral makeup. Here's one from La Bella Donna, um, I just so happen to have it sitting here because I needed to order some more for myself this morning. And this is a mineral makeup. And it's, it's uh, it's organic, it's just a liquid mineral makeup so it's super healthy. And uh, and, and it has SPF built into it. And so um, I use that.

Dr. Elena: Um, so IPL is one thing that you can do. Um, something else that you can do that's a little bit, that goes a little bit deeper than IPL, um, and ... So I did IPL and it definitely helped okay, but I had to do some maintenance things um, that I didn't necessarily care

Dr. Elena: Um, and then lastly, the other thing that you can do is um, you can also do some um, uh, peels on your face. So you can do some peels with glycolic acid. And uh, the glycolic acid peels, if you do those regularly, that will also help. And so that's my uh, long

but short answer for Mal asthma. Um, your s-, okay, here's someone, "I'm struggling very frequently with uh, frequent hives, uh, breakouts nearly every day. Some have persisted into the mornings." Uh, its on your stomach, knees, arms, you're having hives and breakouts. And you're trying a lotion and you're tying essential oils that you're learning about. You can't stand it any longer. Okay, let's talk about this. You can't treat it from the outside.

Dr. Elena: Your skin is detoxing, your skin is telling you that there's something going on, on the inside that you need to work on. You definitely, I hope you're listening to this call, you definitely need to stay on for when we start talking about some of the protocols that we're going to share with you later. and some of the supplements that we have, or you know, that we're going to share with you. Your body needs to detox. You detox that body, you open up the detox pathways, detox your body. Put some good nutrition in, stop trying to treat it from the outside. The reason that, the reason that everything you've tried isn't working is because you're going about it the wrong way.

Dr. Elena: We, you've got to clean up the inside of your body, you probably also have some infections, and your poor body is just trying to detox. And it's the fastest way it can detox is through the skin. You need to up your water, you should be drinking, unless your teeny tiny, and under 100 pounds, you know, while you're detoxing, drink a, drink a 100, or dri-, drink a gallon of

water a day. And then throw some electrolyte powder in there. Get a, get a good electrolyte powder, and put some electrolytes in there. Or add some sea salt in there as well. Uh, just to make sure that you don't you know, over flush yourself and flush uh, you know, some of the nutrients out of your body, by too much water. But you need to up your water intake.

Dr. Elena: If you're not drinking a gallon of water a day while you're detoxing, than you're not detoxing properly. So what if you have to pee every 15 minutes, it's good for you. Your body is, is needing to detox. Um, and you've had a bronchial infection. I didn't know that was still you. And you've had a bronchial infection, (laughs) since October that's still bothering you. You had a round of antibiotics in November. Yeah, you just need to detox, holy moly. Um, and uh, you know, find maybe um, well, with the, with the detox that we're going to be talking to you about later today, it also has in it antimicrobials. That's not just for parasites. It sounds to me like you still have some lingering infection going on.

Dr. Elena: And yes, learn more about your essential oils, essential oils are great for you, you can use those. Um, you can also get um, you know, maybe uh, do some research on this or uh, get a coach to help, to help you through this. But for bronchial stuff you can do coital** silver in a nebulizer. The nebulizers are the little machines that like asthmatics can use for breathing treatments. And you put a teaspoon of, of a good quality coital silver in there with about five drops of um,

a food-grade um, hydrogen poxide, and you just breathe that. You do like a breathing treatment with it and uh, you'll probably feel better after one or two treatments. That will knock out any kind of um, upper respiratory infection. Make sure your vitamin D levels are up to par, all right, or your just going to keep getting sick.

Dr. Elena: Um, you've had seven surgeries for basal cell cancer. Oh goodness gracious, and the dermatologist says it's too much, from too many years, is, is there anything you can do to prevent more surgeries? So a couple of things, and if you guys have heard Dr. News, I mean you've probably heard him talk about CBD as well, but I'm going to touch on CBD. I would definitely add CBD into your repertoire, um, on a regular basis. Um, you know, I would recommend that uh, you know, that you do probably like you know, 50 milligrams a day of CBD and do it on the regular. Like we're talking every single day I would do that. Um, and then get your vitiman D levels up really high. Um, you can go to like any [inaudible] now, and you can monitor your own vitamin D levels.

Dr. Elena: Look you know, if you uh, especially for someone who's had cancer, I think if you get your vitamin D levels up to like 90 or 100 and keep it consistently there, tha-, you know, then let's see what happens and let's see if that cancer does-, doesn't stop itself. Right, um, but you want to monitor your vitamin D. So if you're going to take high doses of vitamin D, uh, you know, uh, you know, first of all check your levels and see where they are. You know, if they're, if they are 40 or below when you have it checked you know, you could

very safely do about 4,000 IU a day. So if you're taking a 10,000 IU capsule of vitamin D with K, you could take four of those a day, for a month, one month, that's it.

Dr. Elena: In one month check your vitamin D levels again, and then back yourself down to about 10,000 IU a day. If your vitamin D levels went up really fast and they went up to 130, or 140, or something like that, don't freak out. Just stop taking your vitamin D for a week, it drops very, very quickly. And then resume with the 10,000 IU a day, and then check again after another 30 days and see where your levels are. If i-, you know, uh, what you know, if you're already in a deficiency of vitamin D and you're only taking 5,000 IU or 10,000 IU chances of you bringing it up are slim. But you can try it and see. Take 10,000 IU a day, check yourself after 30 days and see how quickly you got it up.

Dr. Elena: Some people need more than 10,000 IU a day to keep their levels up in that range between 90 and 100. Um, and you know, they may need to take like a double dose um, twice a week or something like that. Um, other people actually can keep at that high range once they get the level up. Once they correct the deficiency they're able to maintain a nice high level with taking 5,000 IU a day and maybe doubling up on the weekend or something. But you, the only way your going to know where your sweet spot is and where you're able to maintain your vitamin D levels is by going to a place where you can go get your own labs done, and having your vitamin D checked.

Dr. Elena: You'll probably want to do it three or four

months in a row, every single 30 days, every 30 days for three or four months in a row so that you can tweak the dose and make sure that you're maintaining that high level of D. So I would keep your levels of vitamin D optimal, like super optimal. And for anybody who's had cancer, like I said, between 90 and 100. Um, and then also, um, adding in some CBD oil, um, and then lastly you could add some vitamin A in there as well. Uh, but again, you know, vitamin A and vitamin Dare fat soluble, you just want to make sure that you're not taking too much for an extended period of time.

Dr. Elena: Um, I have worked with cancer patients who have had reoccurring cancers of various types. And amongst the many things I did, which was changing their foods, making sure addressing inflammation, and making sure their detox pathways were open and that we've detoxed them, I make sure I keep their levels of vitamin D in the high safe range. And then we have CBD oil that we give them. And we see that, that their cancer is not coming back. So you know, let's see if that works for you. Um, and then you know, keep your body alkaline, right. Um, last question in this section. "I have a 13-month old son, he's battled with exema since he was very little. We have changed diet to gluten, dairy-free, changed lotions, added essential oils and supplements like glutathione, vitamin C and a probiotic."

Dr. Elena: "We've seen a reduction in the severity of the spots, however, it still persists." Poor little guy. Okay, so you are going in the right direction, you're definitely going in the right direction. He may have some food sensitivities, because he may have some gut issues. Um,

while the probiotic is definitely going to help, he may need a little bit more than that.

Dr. Elena: A probiotic is definitely going to help. He may need a little bit more than that. And the glutathione, good job, because that is going to help him detox, it's going to help pull the inflammation down. Um, there are some things that you can do with him that will help his little body continue to detox. And you can do that through foods. Um, but you also might, at this point, might want to look into an IGG food sensitivity test as well, because what could be, you know, antiinflammatory plant-based foods that are, you know, generally good for every body, like celery juice. What if, what if, you know, you're giving him a bunch of celery juice and he actually has developed a sensitivity, a big one, to celery? Then you're just, like, making the matter worse. So an IGG food sensitivity test might be in order, and then based off of that you could start giving him, you know, little smoothies, smoothies every day that taste good.

Dr. Elena: Um, he's young enough that he shouldn't, like, be averse to something that looks green, you know, if you give him a smoothie, but just in case, you can put some beets in there, uh, which I think you should anyway. So beets are going to help his liver and his gallbladder. It's really going to help him with detox. Um, beets are going to give him a lot of benefits for detox and for his digestion. Um, and beets will also take any green smoothie that you're putting and you've making, like in your Vitamix or in your Ninja, and it's going to turn it red, so it's going to look better, too. He's going

to think it's full of berries. And, yes, you can add a few berries in there, but you can do it with some green powders that are going to be much more concentrated than, than just the fresh vegetables alone. Fresh vegetables are going to be good, obviously. So you've got phytonutrients that are in the living plant, but then you can add some greens powders that are detoxifying. And then on top of that you can add beet powder, which you can buy that. It's probably going to be cheaper than organic beets. So buy some beet powder, put some beet powder in there.

Dr. Elena: You can put his liquid glutathione in there, and, um, you can, um, further sweeten it with a little bit of, um, frozen berries, um, and maybe a little bit of like a, uh, uh, dark cherry cherry juice concentrate. Just a teeny, teeny bit of that, right? Or an acai, just a tiny, tiny bit of that. You don't want a lot, because it's sugary. It's got some benefits, but it's sugary. And you, and you can create a detox for him that's strictly out of food, because he's such a little guy, right? But adding the beets in there, the beet powder's really going to help him.

Dr. Elena: He needs to, he needs to detox, and then you really need to do some good gut repair with him. The probiotic is going to help, um, but, but, but, we probably want to do just a little bit more with gut repair with him. And there are, there are gut repair, um, supplements that, that you can use that are in powder form so you can, uh, you know, pop that in his smoothie, and so he's

going to be, oh, it's going to be, it'll be all liquids for him, he's not even going to know what he's doing. So, I would, um, I would definitely do that.

Dr. Elena: The fortified almond milk in place of the dairy, well, yeah. He could have a food sensitivity to almonds, and that again is where the, the IGG food sensitivity testing might be good for this little guy. Um, and then, you know, because what if he's developed an almond sensitivity, you know? I mean, it's not unusual for kids these days to have, more and more kids seem to have allergies to nuts. But what you could do in place of that is you could do, and you can find this online, an organic goat milk powder, and then you add, you know, make it in a batch, in like a big glass jar, you know, like the old glass milk, milk bottles. So you make a, a big batch of it using purified water, the organic, um, uh, uh goat milk powder. You add a little bit of MCT oil to that, because, you know, this kiddo needs those fats, okay? So you add the MCT oil to that, and then you can add like a tiny little bit of blackstrap molasses, just a tiny bit, enough to sweeten it. Um, if you find that he doesn't like that flavor, you could add just a teeny bit of agave, or better yet, even some carrot juice. That's going to sweeten it very, very well, or a mixture of carrot and beet juice. Add [inaudible 01:10:23], and that can be his milk.

Dr. Elena: And, and, uh, it's, it's, uh, low, lower chance of having an allergy to that than to the almond milk. And it's going to give him better fats. And it's probably going to taste better for him, too.

Jonathan: Hey, Elena, you are rocking it. Um, it's so awesome seeing you just, like, um, hit, hit so much, uh, value in such a short period of time, helping people have breakthroughs. So, I, I feel like we could, um, uh, wrap up some of the Q and A stuff. Do you want to just see what else is outstanding there, and then we can just, um, move on before we end the call to show people some of the unique things that we have available, if people want to take action on some things that, you know, we know make such a big difference with, um, detoxifying, um, renewing gut health, and also with, um, taking a whole five month protocol on, on all the core elements that people, core elements that people should be looking at to uncover the underlying triggers, underlying triggers that are causing the inflammation, as well as all the nutritional benefits that people need through, uh, you know, completing a whole program, not just kind of guessing or trying one or two things. Oh, I like turmeric, or, like, oh, I want to do a parasite cleanse. But instead taking people through a sequence. So we can go into that, but let's just kind of wrap up with what you've got there, and go through that.

Dr. Elena: Yeah, um, so, um, "I've heard tinnitus is a brain malfunction, the first sign of Alzheimer's. Is this true, and can it be repaired with nutrition and healing the gut?" Tinnitus can be caused from a lot of different things, actually. Um, you could have something as simple as some malabsorption issues because you need to do [inaudible 01:12:21]. And, um, and, and, and

that could be causing it. Deficiencies in B-12 can cause tinnitus, so deficiencies in your B vitamins can cause tinnitus. Um, underlying parasite infections can cause tinnitus. A lot of inflammation in the body that can be caused from a multitude of things, from infections, to exposures to toxins and stuff like that. You know, all of these things, um, can cause tinnitus.

Dr. Elena: Um, and so, you know, again, you, you know, you can't go wrong with doing some gut repair so that you can enhance your absorption abilities of the nutrients that you're putting into your body. But just remember that before you do gut repair, you need to do a good detox and make sure that we're getting rid of any little friends that are living in our body that don't belong there.

Dr. Elena: Um, so, "I have weakness and, and pain in my legs, um, while sitting, standing or climbing upstairs is very uncomfortable. I've been like this for ten years and I have remissions that last for a day or two and I feel fine. What could the cause and treatment be?" Oh, my goodness. The first thing I would do is exactly what we've been talking about. Why do I keep going back to this? Let me remind you guys, if some of you guys came in late on the call. It might sound like, oh, it's the same answer, it's the same answer for everything. Well, it kind of is. Because you're, you have to understand what's causing the problem. Your body is a self healing organism. You know, your body will self heal itself in most cases if there are n-no interferences in the body, okay, and then if your body has all of the nutrients that it needs.

Dr. Elena: So that's why I keep going back to talking about that. It's foundational. You may have some huge nutrient deficiencies. You may be literally starving.

And, and you, and you, like, you feel like you're in hibernation. You're literally going into hibernation.

Because, you know, a big, a big chance is that you're, you know, you're either not A, getting the nutrients that you need to begin with, or B, you're not absorbing the nutrients that you're eating, you know, or a combination of both, which is just a double whammy. If you're eating like crap and you can't absorb any nutrients, then it's even worse, right? And so, let's get your body cleaned up and let's start flooding your body with nutrients.

We're going to talk about that in just a little bit.

Dr. Elena: Um, outside of that, you know, you should notice some big changes. Outside of that, if you notice that you're still struggling, you may want to look into some supplements that have mitochondrial support in them. So some different supplements that have, um, uh, different ingredients in it to help your body to produce more mitochondria, because sometimes we find that that's a genetic issue. That your body isn't able to uptake and utilize certain ingredients that it needs to make mitochondria, which is the battery of your cells. And if you're having a big problem with that, then you can literally feel like you're going into hibernation. But the first thing you need to look at is removing interferences and flooding your body with nutrients, um, and seeing how you feel with that. And then if you're still having some trouble, then we, you can look into some mitochondrial support. And you can find all kinds of supplements for that that are really good.

Dr. Elena: Um, seizures can be caused from different things. Seizures can be caused from underlying infections that are causing a lot of inflammation. I would say the first thing that comes to mind is inflammation. The inflammation is causing a seizure. But what's causing the inflammation? You know, what is it? There could be so many different things causing it. You know, have you been tested for heavy metals? Have you been tested for, you know, uh, for environmental, other environmental toxins? Um, you know, could you have underlying infections that are carrying with it environmental toxins and heavy metals? Um, you know, what is causing the inflammation? And I would definitely try some CBD, um, and if you're in a state where you can do a ratioed CBD with THC, that would probably knock those seizures out. Plus it's going to help, um, with inflammation, and it's going to help with detox, it's going to help support the nervous system. I would definitely look into that.

Dr. Elena: Um, um, but, ag-again, I mean, you could go as deep with that as you want. You could do a lot of testing, um, or not. Um, and someone here earlier had asked about testing and, and, you know, can you do them in Mexico? Um, you know, I'm not sure, um, if you can ... I'm not sure if there are doctors in Mexico who can order the test, but there are doctors here who can ship you the test down in Mexico, although I know that the mail system isn't necessarily that great. But I guess if it was FedExed you'd probably have a better chance of getting it. Um, so, testing, you know what, guys? Testing can run from a few hundred dollars up to several thousand dollars. It just depends on how deep we're

going, and how much we're looking at. Um, I want to find a good functional medicine doctor, what are the questions I should be asking to find one? Well, why don't you let them, excuse me. I've been talking nonstop. It's kind of getting hard on my throat. Um, why don't you schedule a consult, tell them what's going on, and then let them explain to you how they're going to approach it. Um, I personally, you know, like to look at the underlying causes of the problems, um, because this way I'm not guessing at what to do. Um, and I like to do follow up labs, because, for example, if we see an issue with thyroid, remember we were talking about thyroid like in the beginning here tonight. If I see a big issue with thyroid, like somebody comes to see me and their thyroid is like 4.9, their, you know, their TSH is 4.9 and their, you know, total T4 is like five, and their total T3 is like 43. Um, I'm going to start supplementing them, and I'm going to test them every 30 days to make sure we're going in the right direction.

Dr. Elena: Um, and so, and also, maybe, you know, any doctor who tells you that they can fix you in, like, less than three months, ah, I'd probably be skeptical. Your body, you can make some huge changes in 90 days, and I even have patients who have made testimonials about that, because I usually tell people, "Give me 90 days." But not give me 90 days to, you know, your body isn't going to heal everything that's wrong with it in 90 days, but you'll start seeing some big changes. Like, big, big changes can happen in your body in 90 days. But anybody who tells you they can fix it fast, you know, I would be cautious about that. I had a client that I spoke with and did a consult with her, and she's got a lot of

stuff going on. A lot of stuff going on. She's been sick for a while. And I recommended some labs that, I don't know, came out to around \$2,000, and, uh, but it was a lot of labs. It's a lot of stuff. I want to look under all the rocks and see what in the heck is going on. And, um, so when we were just looking at everything with her, a lot of stuff. Not everything, but almost everything, and she emailed us back, uh, yesterday or this morning and said that she's going to opt to go somewhere else because she found someone else who can help her do it really quick. And, um ... Whoops, I'm moving my table. Who could do it really quick. And, uh, she wanted a refund for her labs. So we gave her the refund on her labs, and, um, and, uh, and we told her, if it doesn't work for you, just, we have our doors open for you. You can come back. And she ended up emailing at the very end of the day and said, "Well, you know, I think I might want to do those tests, but I think I still want to go this other route because it's going to be cheaper."

Dr. Elena: Um, and so we, uh, we just told her, we said, "Well, you know, I mean, go ahead and do it if you want, but with all the issues that you have, you know, just be cautious of anybody telling you that your body's going to heal super fast. So, you know, those are things that I would just look for, you know, with a doctor. Look for somebody who's just, you know, going to tell it how it is. If somebody's telling you something that sounds too good to be true, I would just be careful with that, right? If your, if your body's been sick for a while, do you really think it's going to heal in a month? No, it's not going to heal in a month. And when you do detox that we've been talking about tonight, you

know, really foundational work, and we start working on opening your detox pathways and detoxifying you, you know, I mean, I detox my patients for a minimum of three months. When we're detoxing and getting rid of infections. You know, we're talking three to five months. So, you know, don't, don't think that this is a 27 day and, 27 day detox and you're going to be cured, I mean, because that's just, that's just not reasonable.

Dr. Elena: Um, and again, it doesn't mean that it's going to take you forever to feel better, months and months and months. No, you're going to start feeling better in your, probably by your third week, if not by your second week. You're going to start feeling really good. And then, that's when the non-linear journey of healing starts. You're going to, you know, at about the two week mark, and about the, you know, you're going to be down here, right? And at the two week mark ... Actually, in the first week you're going to go like this because you're going to feel like hell, probably. Headaches from not drinking coffee, and your body's detoxing. Maybe you flare up with a, you know, your rash flares up, or something. Then all of a sudden by week two or three, you're going to be climbing. And the rash is going to be like, whoa, it's clearing up. Oh my God, my energy's coming back. And then by week four you're sleeping better, right? And then you take a little dip because your body get, you know, dumps a whole nother layer of toxins. And then you come up again, and then you come back up again.

Dr. Elena: Um, but that's just, that's how it works, and, and when it comes to heavy metals, you know, honestly,

like, it can take years to totally detox heavy metals. Um, you know, it can take a long time to detox those. Not that you can't get some significant detox done in five months. No, you totally can. But my point here is that these things take time. And, you know, don't expect it to happen overnight. It's just not going to happen overnight. You've got to be reasonable able it. Um, you spent years, you know, treating your body like hell. Um, now it's just going to take some time to reverse the damage.

Dr. Elena: Um, "I reached my breaking point with fibromyalgia." Oh, this is going to be a good one. "I reached my breaking point with fibromyalgia last fall," uh, and you have a chronic jaw pain and a tremor, and a high chance of getting diabetes and macular degdegeneration. Hmm. "And it's hard to see the positive." I'll bet it is. Okay. You want to get off Effexor. Start with the detox. I'll bet you've got some big infections going on. And, and, and, you know what? I would, I would love if I ever got a chance to follow up with you later and know if you ever pooped out parasites, because you probably have some. Could be causing your jaw pain and your tremors, and you know, lacking, lacking the nutrients that you need, uh, where your body can't make it's own brain chemistry. So you may be having some dopamine imbalances, not because your body can't make it on it's own, but because you're full of inflammation, you're full of toxins, including the infections most likely, and you're got some major deficiencies in your body so your body can't make it's own dopamine. I'll bet you that you've got some brain chemistry imbalances secondary to infections and

toxins and inflammation and stuff like that. Definitely, I hope you're on the call still so that, you know, you can be here when we start talking about protocols.

Dr. Elena: All right. I think I've pretty much ...

Jonathan: Okay. You're amazing. That's so cool. We've, um, got through so much here. And so, yeah, let's, let's dive in. Let's talk about the supplements that people can be using and the ways that you can what we've done with Well Of Life. Um, uh, Rachelle has just said, "Wow, she's so honest. Thank you for your honesty." Uh, and then Janine, "Thank you so much." So you've got some really, really wonderful, uh, thoughts and feelings there. So, so, fantastic.

Jonathan: So, and now let's, let's look at some core principles here of, of how we can heal and how we can create, uh, the abundance of health that we're looking for. So, um, any one of us can jump over to the, I can share my screen here. We can simply, simply jump over here to looking at, here you can direct yourself through by going on this page here. And by scrolling down, it'll either up in the top, just refresh your page. So this is depressionanxietyseries.com/protocol. Then click on the bundle that you're interested in. And so, if you click here on the detoxification, the ultimate detox bundle, here's what you'll find inside of this program, right? So, this is the parasite, toxins and gut cleanse bundle. So, it's got three items in it. And this is ParaPurify, ToxiBinder, and Colon Cleanse. Right, so cleanse your body with this amazing protocol package which helps you to optimize your nutrient absorption, boost your

energy levels, boost your mood, maintain your focus, absorb skin rashes, improve joint pain and more.

Jonathan: So, you'll see the different, the three different bottles here. So these are all designed to work together. And so you'll see a breakdown so you can understand how these work. So revitalize your entire body by cleansing your system. Absorb more nutrients. When your body is infested with parasites you're likely to have poor nutrient intake from the food because your parasites themselves are using your food as their own source of nutrients. So you, you have this, this issue that's going on inside of your body. This is the reason for that gassy, bloated stomach. This was the case with my wife, who was working with a personal trainer for two years and couldn't lose weight. And, you know, so I will be honest and say, "Look, Lori, I think you just lack pers, self control." And so, you got a laugh over here from Elena, and so for all the ladies in the group here, I am admitting my flaws as a man, as a husband. And I actually turned out to be totally wrong on top of that.

Jonathan: And, you know, I was ... But, but, but here's the interesting fact, right? So this will help, help justify what I said a little bit. The parasites made it so that she did lack self control because it was hard for her to satisfy her cravings and she had nutrient deficiency. So what I was observing was true, but it was wrong because there was a reason for it and I should have been more understanding and I should have discovered this, which we did, thank God, but ... So get rid of the ga-gassy,

bloated stomach. This was, in, in three weeks she did what she couldn't do with a personal trainer. She lost so much weight.

Jonathan: And we had this happen as well with my mother-in-law where she went from a size 14, and I watched her in H and M, I have the video where she went to go pick up a size 14 and it didn't fit her. She went down size by size until she went down to size six, and this is the first time that she realized. And the only two things that she did was go gluten free or wheat free particularly, and the second thing was a, a parasite cleanse. They were the two big things that she did that made a difference. And the other things that you want to outline, you know, you want to go through here, we're going to to through them so you can understand that the, the parasites can sometimes make people feel better.

Jonathan: And this is the odd thing with, you have parasite therapy now, it's called [inaudible] therapy. Some people feel better when they have parasites, and the reason actually is because they're absorbing heavy metals. So the heavy metals is such an issue that unless you get rid of it, you'll find you're continually not feeling well. So increase your mental acuity, heavy metal toxicity and parasites can contribute to a lack of mental cla-clarity, often referred to as brain fog. Brain fog leaves its sufferers with a sense they're going through a fog, things are unclear and it's difficult to be sure that you're making the right decisions and assessments. You may find yourself at work unable to accomplish simple tasks that you know should come easily. Memory loss,

um, all these types of things. Um, irritability. You'll find that parasites, toxic heavy metals effect peoples neurotransmitters, and these show up with people being nutrient deficient as well as registering on the anxiety scale or depression. These things, depression, these things are in connection with how toxic our body is. If our body is toxic, we're going to feel it.

Jonathan: So what's in this ParaPurify? Encourages the removal of parasites from the body, supports digestive and colon health, supports immune health, supports liver health, and balanced inflammatory response. Um, promotes detoxification and antioxidant support. Right? So then, you'll see here with the challenges that people will face, digestive problems, irritability, so you're experiencing these things. Think about that fatigue, poor concentration, skin rashes, sleep issues, muscle cramps, allergic reactions and headaches. That's just a few. The other ones that we had in our family were [inaudible] pain, uh, weight gain was the one that I mentioned with my wife, and, uh, rashes on skins were, uh, ones that we had. Firstly my wife had them, I had them, and, and so this was awesome for clearing up those, all those types of things for us.

Jonathan: So here are the ingredients in ParaPurify. You've got organic mimosa pudica, this is a ten to one extract, so it's very potent. Um, it works in ways through the intestinal walls. It's way, it works it's way through the intestinal walls, pulling out parasites, toxins, heavy metals, biofilms and other unwanted elements to improve immune and digestive support. Organic black walnut hull powder. Organic black walnut contains

juglone, which has shown to be effective at expelling parasites from the body. This is green harvested, so it's much more effective than just regular black walnut. Um, fulvic mineral powder, which is a nutrient rich, soil based compound that supports detoxification, intestinal parasite removal, digestive health, and immune health. Humic acid powder, this is a mineral rich substance made from humus, which supports intestinal health and detoxification. Organic triphala powder, this is a staple of Ayurvedic healing and it nourishes the digestive tract, supports colon cleansing and detoxification, supports a health inflammatory response, and promotes antioxidant benefits. Organic neem leaf powder, which is another Ayurvedic herb, um, which is nutrient rich and helps in taking out parasites as well.

Jonathan: So, you can scroll down and see here about how you can, you know, get these products, and how you can take advantage of this. I'm going to take you right now, I'm going to finish up that protocol shortly, but I'm going to take you over to, um, a very special program that we have here. Um, and if you refresh the page, so just refresh the page if you're there, and you can come through it yourself and just kind of watch around. It's exciting stuff, isn't it, Elena?

Dr. Elena: It is. It is. You know, the products are just really good, and those of you that have heard me speak before, um, you know, heard me talk about, um, you know, the times that I, uh, uh, you know, had an opportunity to see what Jonathon was working on in the background, and, and also, you know, to, uh, see, you know, why he was doing it. Um, there are a

lot of really good products out there, and yes, it can get expensive. And he has been able to put together, I mean, that is, that's one of the most exciting things for me is that, you know, the prices are good. It's a good product. It's a good product. He's putting, he's put together some really good stuff that makes me excited as a practitioner to see it, but also, you know, he's been able to procure these things at a much more affordable cost than some of the other supplements out there. And, and, you know, and that's exciting because, you know, Jonathon and I, we, you know, we're both on a mission to help as many people as we can. And, um, and, uh, and I just think that that's awesome that he's been able to, to do that. And, uh, and so, yeah, I mean, I'm just super excited about it.

Jonathan: That's amazing, thank you, Elena. That's wonderful. I, I think that, you know, what's the, what's the worst recommendation you can give someone is actually the supplement that they can't afford, so that's very true. And then the other, the other major truth is what's the most valuable thing to somebody? It's the supplement that works, it's, uh, it's something that's going to help heal your body, um, and so that's, you know, people need to, to use these gifts, and, and people need the highest quality. So it is worth it. That's the thing. So if you have no other option, but something that you can't afford, you have to find a way to, to do it. Now you're kind of stuck and so it just takes longer, and so we wanted to eliminate that so you can get what you needed without having to pass through that storm. Um, that's, that's what is amazing about what, you know, the pursuit of what we're going through here. So just check

this out.

Jonathan: So I'm going to go through here, the five month. So we, we can, um, we're going to go back to seeing some of the other, um, gifts and, that we have here. And so what you'll find here, if we go down this page, um, so mark this day in your calendar, today you get it. You get all the natural tools needed for your health reset. Break the chains of your depression, anxiety, dementia, brain fog, and lack of energy. By helping you restore the health of your body and mind, recovery, healing, happiness and peace. Yes, I want the five month detox and restore protocol.

Jonathan: And so, we're just going to go through this, and, um, in one moment here. Elusively presenting the five month step-by-step protocol for naturally reversing the cause of mental illness and other related health challenges, autoimmunity symptoms that we're experiencing, depression, anxiety, memory loss, fatigue, dementia, Alzheimer's and the whole onslaught. The things that we're dealing with. Autoimmunity actually is the first place that Elena and I engage, and we designed this program a lot around, uh, people that were facing autoimmune symptoms and also around people that were facing neurochemical imbalances and the whole spectrum of, you know, just being unwell. Because we realized that if we could switch the body's system and give the body a reset, it could overcome all its major challenges.

Jonathan: So, when people struggle with depression, anxiety, memory loss, fatigue, or even dementia,

Alzheimer's, they usually feel hopeless about their situation, frustrated about the ineffective toxic and side-effect filled medications they get from their doctor, but you don't need to be one of them. Science has shown that over and over again we have, uh, that, that when you want to harness a healthy mind, it's actually a product of a healthy body. So, you know, what's the key areas here? It's your gut, it's your liver, your kidneys, your blood cells, your immune system, your lymphatic system. And so why do we need to restore the health of your body to experience great mental health? What you need to know is that whatever you're struggling with with your mental health issues, or memory problems, or even confusion and brain fog associated with the early onset of dementia or autoimmune disease, is that you're going to be experiencing the harmful effects of toxic overload.

Jonathan: So, so coming down here of, so, you know, how do we break this down? How do we take it step by step? So, it's the detox and restore protocol, and a five month plan here is being devised to help you, which is using natural vitamins, minerals, enzymes, antioxidants, probiotics and detox agents that help you restore the health of your body and your mind. So, so here's month one. Here's how we start. It's the gut detox and blood cleanse. The first month is vital to preparing your body for the following four months.

Jonathan: Turmeric's active ingredients are turmeric and we start with this, you know, amazing substance that has [inaudible 01:38:12], which is enhancing the bioavailability up to 2,000 percent. Uh, it's a big game

changer. We have digestive enzymes with Makzyme Pro blend, which is a strain of multiple prebiotics and, and digestive enzymes from papain and other various substances. Bromelain. You'll see some of these as we go through, lipase, that help with the digestion and giving you maximum nutrient absorption. So, you want to get the most out of your food and you want to stop this thing from, you know, feeling unwell and bloated. Every time you get bloated after a meal, there's damage being done and you can prevent that with digestive enzymes, which is why we've been so, um, apt to inform you on these things.

Jonathan: Omega fish oil support brain and nerve health, memory, mood and cognition and promotes a balanced inflammatory response among other benefits. In this unique formula, vitamins D3 and K2 work closely together-

Jonathan: And this unique formula of vitamins D3 and K2 work closely together to maximize health bef- benefits. K2 directs calcium where it benefits the body, towards the bone and the teeth, and away from arteries, which can become damaged when they're calcified. Uh, K2 also, uh, supports healthy insulin production and discourages premature wrinkles the develop as a result of vitamin K deficiency.

Jonathan: So like the breakdown of everything here is organic tumeric with viaprene, uh, yeah, the digestive enzymes D3, K2, fish oil, the SuperPhobic enzymes, the probiotic 40 billion CFU. So there's total of nine bottles just in month one, right.

Jonathan: Then come over to uh, the next step here, where month two you begin the liver and kidney cleanse, inflammation detox, brain recharge, toxin cleanse, and parasite cleanse. Uh, liver and kidneys are essential for our overall health, and that's why we're devoting the following months to restoring your liver and kidney's full function while working on improving your overall health and energy. So having your liver work for you and not against you is going to be a big game changer.

Jonathan: And then we're going to go into the, the areas of using chlorella for nutrient absorption, for you know, you'll see that this food is rich. Um, you know, starting actually with the liver and kidney support, contains a unique blend of 23 natural ingredients, including milk thistle, artichoke, turmeric, zinc, and others. Promotes healthy kidney, liver, and gall bladder function. Chlorella algae extract super food, which is rich in phyto-nutrients, including amino acids, minerals, beta carotene, potassium, phosphorus, biotin, magnesium, and the B-complex vitamins.

Jonathan: ParaPurify, which is enhancing. I went through the ingredients just before on that, which is enhancing the removal of parasites from the body while supporting digestive and colon health, immunity, liver health, and healthy detox. And then ToxiBinder, which is such an amazing product because it's helping to bind up the toxins, the free radicals, the chemicals, and, and then what you are doing is you're supporting then your liver and kidney and your immune health by doing that. And there's 15 bottles just in my two alone, right, so it's

amazing.

Jonathan: Month three, then we go into reducing inflammation. You're, we're recharging your brain and we're deepening our toxin and parasite cleanse. So here's all the supplements you'll get inside of here. So we're stepping up here, now at 14 bottles. So we're going heavy here with digestive enzymes, and the uh, the organic turmeric with ginger, the ToxiBinder, the ParaPurifier, uh, the Super Forbic Minerals, and so we keep going deep uh, in, in this battle.

Jonathan: Stage five of the four, or the five ... Stage four of the stage five ... of the five step protocol is liver cleanse, inflammation, brain recharge, toxin cleanse, and parasite cleanse. So throughout month four we're stabilizing the results from the previous month and continuing to flush out parasites, toxins, and free radicals. At this same time your body is getting much-needed nutrients, vitamins, anti-oxidants, which help reduce inflammation and nourish your brain, your gut, your kidneys, and liver.

Jonathan: By the end of month four your body and mind will thank you for the more energy it's experiencing, the zest for life. And pure joy and happiness is, you know this is the o- ... this is the, the objective here, to replace the former anxiousness, the gray, depressive episodes so you can keep going and, and be on the right path, and correct those auto-immune imbalances, correct um, all the, correct the thyroid issues, correct the underlying hormonal imbalances, correct the toxic overload which is resulting

in this diagnosis or that diagnosis, this condition, that condition. These are the core tools that everyone needs to be using to cleanse their body, or for those that are putting their hand up I'm health, I'm healthy. I'm fine. There's no problems.

Jonathan: This is a perfect time to remove the environmental toxins to prevent yourself from, from, more, um, you know bigger and more harmful challenges down the road.

Jonathan: So month five the lymphatic detox, digestive support. In our fifth month and final month, this protocol focuses on our lymphatic system, which helps your body gets rid of toxins, waste, and other unwanted materials. We're clearing pathways that detoxify and carry nutrients, so your body's able to detoxify itself like a well-oiled machine. This is the reason why in month five we're introducing Lymph-Flo and the Keylation Formula, which will help your lymphatic system restore its strong functions.

Jonathan: We're continuing the treatment with the remaining Still Fresh Bioactive caps from the previous months, as well, and so you'll find that you're getting uh, all of these different supplements in month five.

Jonathan: So like the total of the breakdown of the bottles here, it's four bottles of Colon Cleanse, nine bottles of ToxiBinder, 12 bottles of Digestive Enzymes with Makzyme-Pro Blend, uh, two bottles of Omega Three, three bottles of D3 plus K2, four bottles of

Organic Turmeric with Ginger and Bioprene, two bottles of Superforbic Minerals. This is the liquid drops.

Jonathan: Actually it's three drops-, three bottles now, so um, uh, I will be just changing this um, so that's you know more exciting. So three, three bottles, which has over 100 micro-nutrients. It's what Dr. Nuzam was talking about when we're talking about getting the Forbic Minerals in liquid form. It makes such a big difference, um, to be using these nutrients that help to carry nutrients into the cells, and to pull toxins out. They have a low molecular weight, so they're actually able to cross cell membranes, and that's what's so amazing about them. And because you're dealing with over 100 micro-nutrients, over 70 of them being um, the core elements that you ... magnesium, zinc, um, sulfur, you know, the long list of these phyto-nutrients, they're able to deposit nutrients in the body and actually grab on to toxic metals and pull them out.

Jonathan: And um, and the potency of the forbic acid is very important, so we've made sure that we've sourced um, the highest level of forbic minerals you can find actually in this country, which is amazing. That's like such a game changer because you'll find the highest uh, selling humic acid supplements actually have almost little to nothing forbic acid in them, and so you ... when you're going with a company you need to know uh, what they've certified through actual studies uh, that have committed by third party laboratories that have tested to see what this actually even contains any forbic,

because you can have hubic acid and have zero forbic, and you're selling it as forbic, but it's not, and it doesn't work, and then you get no results.

Jonathan: So that's such a big deal. And so the, the amounts, so for those that are really analytical, it's 25% forbic, and it's the highest you can find um, in, in this country and, and, and world-wide. So you can, you can search. You can do your research on that. 25% is, it's strong, and so it's very effective at pulling out the toxins and metals and supplying the body with the missing nutrients.

Jonathan: So you'll also get the four bottles of Probiotics, four, forty billion CFU, um, sorry. So these numbers ... so, you know, when you act today what you'll find is that you're getting an additional bottle there. So it's five bottles of probiotics, and it's three bottles of Super-Forbic Minerals. So that's, that's fantastic. Three bottles of Chlorella, one bottle of Lymph-Flo, and two bottles of Digestive Enzymes with Forbic. So that's a specific uh, digestive enzyme.

Jonathan: So what you're getting when you take action today is your for one time purchase of \$947.00, which actually works out to \$17.20 for each bottle, so they're, the price per unit becomes so low, and you can find that when you want to search here on uh, Well of Life, uh, you can go over to our core website um, at here you'll find that you know, you go for one of the labels there. We have marked down prices there, but \$54.00 for the bottle versus you know, when you take action on our protocol packages. And I'll go into our other smaller

protocol packages, but this is the all around protocol pack that's hitting all of these core elements. And what you'll find is when you take action today as well, we've put in some amazing gifts, and you'll see this here in the page. It's just going up now for those that are um, looking at this page right now. All you have to do is hit refresh and we'll see it right here. Um, um, looking here. There you go. And so you make an additional saving there. Um, so these are the correct numbers. Um, we've got here um, the Dr. Nuzam's 10-Day Revolution Master Class at \$197.00. You'll get the Miracles of Nature Interview Sessions there. You get them for free at \$297.00.

Jonathan: The 10 live Q and A's that are valued at \$997.00, or \$1000.00, the physical DVD's and books of the Autoimmune Sequence Program, we're actually sending that out to you, books and DVD's. Um, so, that's \$497.00 value. And then you've got the 10 episode documentary, the New Start Secret. And the exact value of these gifts is over \$2187.00 and the retail value alone just of the supplements, you ... is \$2972.00.

Jonathan: So just so you can understand you know what these things cost um, retail, and so forth. The free shipping, which is um, at \$50.00 there, \$49.95. And so you've got you know, over \$5000.00 of value, but you're getting it today at \$947.00.

Jonathan: So I just wanted to show you the breakdown of all the other free gifts that you get. And um, yeah so that's, that's a little snapshot at what you get. You can read more in detail but, but you'll be fully equipped to

overcome the challenges that you will be facing today with these amazing gifts and uh, tools to help restore your health.

Jonathan: And sorry, there we go. Man, I've, I've un-, un-muted you there Dr. V.

Dr. Elena: Yeah, yeah. You know, I think it's, it's um, that's a really good value. It's ... we looked uh, last year, we were, we were crunching some numbers on what our patients spend on their supplements. Um, you know, we don't have our own line. Um, you know, we use, as you know, like you know, we just, we use various things that we know work, work well. And um, oh my gosh. You know it's \$250.00 to \$300.00 a month um, minimum. And uh, you know, this, this goes out to \$189.00. I was just doing it on the calculator. It comes out to a really good price. I mean, that's a lot of stuff that you're doing with your body.

Dr. Elena: So you know, that's a lot of, that's a lot of supplements. That's five months worth of stuff um, and it, and I, and I think the other thing that gives it so much value is that you've had the Q and A's, so people are gonna understand how to take it, why to take it, kinda like what to expect as they're going through the process of detoxification and why they go through detoxification.

Dr. Elena: Um, and I know you're gonna be doing your little like the, you know, with the master class, with Dr. Nuzam and some other things that are included with that, right? So you're gonna end up having some of that

stuff you know, when you, when you buy that. And so it's just, it's just a really, really good value. Um, I mean, I think that you know, I think that uh, anybody who's listening you know, you guys, if you guys are, if you are really wanting to do something, there's no reason, there's no reason why you shouldn't do that you know.

Dr. Elena: And, and, and, he, you know he has this guarantee on there. But you know, you gotta follow the protocol. You've got to eat right. You've got to take the supplements right. And you know, and you're, and you're going to notice some changes on there.

Dr. Elena: Um, I did notice a question and I thought maybe you could answer this. A couple of people have said that they're vegan and why, why did you choose a fish oil as your omega option instead of doing like a plant-based omega?

Jonathan: Okay great, no worries. So I mean, you can even comment on that as well Elena. There's certainly two options there and if you, if you want to go uh, vegan on that, then you could simply get this protocol and give that to somebody that would benefit from that and just swap that, because remember that's only two bottles. There's 55 bottles in there, so you're talking about like uh, 2% or something like here. So you could just uh, pass that off.

Jonathan: But what we find is that um, it is very effective and that it sometimes can take people longer to, to get results from the plant-based version. And, I, I'm plant-based myself right, so, so, um, you know you'll

find that you're able to uh, get some great results with using the omega three uh, fish oil. So you've probably, I know that you've used them a lot with your patients as well Elena.

Dr. Elena: I have. Um, you know, I have had um, some, some vegan patients over the years who um, were just super, super convicted you know, about not putting anything that was animal- based into their bodies. But my response to that is well you know we're using it as medicine.

Jonathan: Yeah.

Dr. Elena: And you know, you know, and you're, you're putting this lotion on your skin that's full of toxins, you know. Why don't you put something that's organic and healthy into your body? You know.

Jonathan: Yeah.

Dr. Elena: That's going to be used as medicine you

know.

Jonathan: Yeah.

Dr. Elena: And um, and, and you know, it's just, I guess that uh, it's just, it's an individual, it's an individual preference. You know I ... you guys, all of you listening you know, know that you know, Jonathan is vegan. Um, uh, and that I do really promote that while we're working you know in the months of healing, to help people.

Dr. Elena: But there are certain animal-based products

that can be wonderful, and used very uh, successfully in a therapeutic or medicinal fashion. You know, one of them would be you know, like a fish-based omega. Um, another one would be um, uh, you know, there are certain, um, glandular products that we can use for thyroid right, that are amazing, and you can mix different herbals with thy- ... with a glandular thyroid and you can get amazing results with somebody.

Dr. Elena: So I mean, I guess it just depends kind of on an individual case, but a couple people were asking, so I thought we should just bring that up, like before we-

Jonathan: Yeah.

Dr. Elena: Talk-

Jonathan: Yeah, fantastic.

Dr. Elena: Before we-

Jonathan: Yeah, and we can keep ... exactly. And another question that's quite similar is dosages recommended for children that are five and ten years old. And so typically with, with these types of things we do recommend them for children, but to reduce dosages. So, this is an example, and Dr. Elena, you can comment on this. An example could be um, one that we commonly see is halving dosages uh, for, for children. And, and then, and then, the, the thing is that you're able to tell by like if the child is doing well with it then, then that's a good dosage for them.

Jonathan: Um, so, and, and so in one case there was

a way that could be done it is that the package is split between the two children and the dosages work that way. That would be an example.

Jonathan: Um, but what we can do ... And so you, I see Dr. V is, is nodding there. Um, and so all the free, shipping is covered there. And what we're doing there is that you, you'll get ... um, so we're covering the shipping. You'll get the, all the items you'll need for the first month or two and then we'll send out the rest in the second shipment, so you'll be getting them um, in, in, basically two separate shipments. And so we'll make sure you've got everything that you'll need, and you'll be going through our program. You'll be brought into our um, sessions here.

Jonathan: And so, and the other thing I was going to mention as well for special bonuses. These are gifts that we've added in to. And even so, if somebody has the Autoimmune Sequence Program already then you've got an extra set. Or same with the Revolution Master Class. Then you've got another additional thing there. But feel free to let our customer service team know because we can always find ways to give you extra like gifts that we have resources that we've created. And say hey look we've got, we've got something special for you.

Jonathan: Um, but, but generally, so this is, this is their total protocol here, and, and so what I'm going to do right now, so, so this is where I would tell anyone that is able or able to be able like to find a way to um, get the um, to make it happen, to get this package. Like take

advantage of this because it's just, it's not something that we're going to be able to continue to offer uh, forever, because it's one, stock and inventories are limited. So, so you want to jump on while we've got stock. And you know, we have a huge audience. Like our email list is now close to a million people. This is only going to our members right now and this is special member pricing and so forth.

Jonathan: So you, you know, we certainly don't have that kind of inventory to, to, to fulfill the million uh, mailing list that we have right, or the 800,000 or so people that are on our emailing list. So just, just understand that, and as well that um, we're offering this right now because we, you know, you're our trusted members. You've invested with us and we consider you like family. This is, like this was us looking at how we could just make the biggest um, you know, breakthrough in your life and look after you and take care of you guys, and see you guys have huge breakthroughs.

Jonathan: And so I'm just really thrilled about that. It like makes me feel good about what I do. And um, and so, now that's the, that's the one where I'd like to put everyone's energy on. For those that would like to get something intended to that or would like to start somewhere else, then I'll show you what to do here. You can come back to this page here. Look here at the uh, Well of Life Ultimate Detox Bundle. So this was where I was a moment ago and, and I'll just go through

this and we'll get close to the end here and we can um, get everyone uh, you know on, on, board here, and, and get people taking these things. Because just imagine how valuable these question and answer sessions are going to be when you're using these products and you're inside of our system and our doctors are well aware of everything that you're taking and just think about how powerful that is.

Jonathan: And for those of you that have just been like in the dark just thinking like what do I do? Where do I start? What do I get? Is this good quality? Is this, you know, you just don't have to keep answering and asking those questions. We worked with doctors from our series to, to, to create and source these ingredients and to custom create these amazing gifts and, and protocols.

Jonathan: Um, so just um, okay, just one moment. Uh, let me just.

Dr. Elena: Hey Jon?

Jonathan: Yeah, sure, go for it.

Dr. Elena: Um, can you ship to Canada?

Jonathan: Yes we can, yeah, absolutely. We're international so you can, we can ship all around the world. So yay!

Jonathan: Um.

Dr. Elena: So yeah, someone mentions that uh, they're trying to subscribe but it only gives an option if you're in

the US.

Jonathan: Somebody asked what? Sorry.

Dr. Elena: Said that they're trying to subscribe but it only gives uh, option if you're in the United States.

Jonathan: Okay got it, got it. Cool, no worries. We are um, making sure that you are on it. Um, so don't worry. Just refresh your page and um, just wait five minutes and um, and that, that will be all sorted. So that's good news. Problems fixed every time, right. We just fixing problems here. Um, okay, just, just hold the line for that. I'll let you know when that's, um, ready to go.

Jonathan: So come back over here. So here we go. So people are excited. I mean this is, this is time to be excited guys. It's just getting the toxins out, right? Heal the body.

Jonathan: So check out this amazing pack here. So we were going down here and then I took us over the protocol. So eliminating parasites from the body. So starting with the ParaPurify, this is such an important product. Um, there's, anyone who hasn't done a parasite cleanse on this call or hasn't done one that has these kinds of ingredients, you know, you need to do this. And there's, you don't need to do a parasite test. I mean Elena and I know for a fact I mean, her patients that were getting ... Okay, so it's ready now, so you guys can refresh the page and you can uh, purchase outside of the US.

Jonathan: Um, and you know, for those that are in

other parts of the world we're fronting some big kind of shipping charges there. Uh, with such a big pack. So just, just send us some love right?

Jonathan: Um, anyways, so ingredients you'll get in ParaPurify. We've gone through this, um, and the ToxiBind, that I was about to start here. So like some of the toxin exposure is uh, you know, resulting in muscle weakness, brain fog, headache, mood changes, hair loss, immune system dysfunction, fatigue, and many others. Heavy metals, which are metals known to like, they did stud-, they won't benefit people. They take health away from people. They uh, rob people of their natural body's functions, and they'll find that they accumulate in bones and in organs.

Jonathan: Um, mercury from dental fillings, fish, vaccines, and industrial applications. Like even if you're pro-vaccine, people know that we're getting heavy metal toxicity. Flu shot has dimericol, and, and many of the different vaccines we got as children that now no longer have mercury in them. They did. And then there's other things that um, are in the category of toxic metals. And then when mercury got taken out, aluminum actually became very um, took the place right? So just know that. Like even if you're for vaccines it doesn't mean that you're not getting damage right?

Jonathan: The US vaccine court paid four billion dollars over the course of time to vaccine injured patients. Did, did you know that? Right? Four billion dollars. These were cases that were won in court and these families were awarded collectively four billion dollars in vaccine

injuries, and that's the US vaccine court. So people need to know these things are real. They're, they're in our bodies. We need to address them, otherwise we're not going to feel like we should.

Jonathan: Um, so aluminum in beautiful products, cadmium in, in furniture and mattresses, and cigarettes or E-cigarettes. Arsenic in lumbar. Um, you know, lead from old pipes and paints. We're getting these. In addition toxic metals from herbicides, pesticides, air pollution, vehicle exhaust, food additives, sources. And these other sources bombard our bodies right? Relentlessly.

Jonathan: You've probably heard of toxins such as BPA found in plastic. So these are all very relevant. So the ToxiBinder has organic um, corticepts, mushrooms. It uses as well the humic and forbic acid powder in high dosages. So this is a very high forbic supplement that is helping accumulate or bond with the toxic, inorganic metals, and remove them from the body.

Jonathan: So it will grab on to toxic metals and that's why you've got 70 or 71 specifically, uh, phyto-nutrients that are joining on, grabbing on to toxic metals, and they're getting through the cell walls.

Jonathan: Um, you've got organic corticepts, mushrooms, which goes really well together because it promotes excretion of water soluble toxins via the kidneys, and it also offers support from immune system health. And then you've got organic silymarin, which is

milk thistle. This powerful herb helps detoxify the liver and provides potent antioxidant protection.

Jonathan: Organic uva ursi leaf powder which is used traditionally to support liver and kidney health. Organic jucca root, high in antioxidants to defend against free radical damage and support immune health. Organic dandelion root helps cleanse the liver and fights free radical damage. Organic rodiola, rosea, an adaptogenic herb that's used in traditional healing to detoxify the body, increase energy, and offer antioxidant protection.

Jonathan: Uh, lipase, which is here as well, digests fats and plays a role in detoxification of the liver, and there's no color added, no artificial ingredients, non-GMO, made in the USA in an FDA regulated facility. Isn't that awesome as well? Like so the numbers you see on the bottles like we're actually having to pass them through FDA regulation for, the, the, for the manufacturing equipment as well as for the amounts that are in the bottles. Like this is no snake oil, like there's no room for snake oil salesmanship because it's FDA registered facilities. You'll see that on the bottles. It says FDA registered facility.

Jonathan: And goods manufacturing practices, certified non-GMO ingredients, these are things that you can't do um, if you know, you could go to jail for that kind of stuff. So you want to, uh, you want to look at companies that are doing these types of things because it makes a difference.

Jonathan: Uh, colon cleanse, um, you'll see that this is

relieving occasional constipation, supporting immune health, promoting a healthy colon, intestinal microbiome, reduces bloating, cramping, and gas, promotes healthy weight, supports detoxification. So this is an amazing uh, gift that is working really well with the toxic metal binder and the parasitic protocol, and the parasitic um, ParaPurifier. ToxiBinder, ParaPurify, and uh, the colon cleanse all work together to help remove toxins out of the body and keep the system moving.

Jonathan: And so you want to make sure you're taking those together. If you go through the website you just buy the one item, there is a risk there in just not getting the results that you deserve, and then just not feeling good and being backed up, and then having ... You know parasites die in your body when they're not getting flushed out, that is a huge problem. Can you see how the bigger problem that is? So make sure the bowel is moving consistently.

Jonathan: And so then you'll find here the Colon Cleanse is aloe vera leaf, cascara, sagratta, bark, rhubarb root, gentian root, golden seal root, buckthorn bark, lactobacillus, acidophilus, oat, alfalfa leaf, cilium husk, and bentonite clay. Uh, so this is helping to remove toxins and acum-, accumulated fecal matter in the colon. You can read about what each of these ingredients do and how it works and how it can help you.

Jonathan: So then this is uh, how this works, when you take action today and so what you'll get here, so you can take ... okay, we've got additional gifts and bonuses,

so you'll be able to refresh this page as well and you'll see the additional gifts and bonuses you'll get when you take action.

Jonathan: So come on over here and check the price here. And here you can get just the three bottles at um, \$89.95. Um, we are there right now. You can, if you see uh, if you're looking at this and you see any uh, different prices or anything like this um, it's all within that uh, ballpark. So \$89.95 or \$87.00, you can take action here, the one time purchase, and you'll get three bottles immediately, and that is um, a great saving.

Jonathan: You're getting that at actually \$29.00 per bottle, which is fantastic. So you're saving like if you're on the website, some of those bottles are \$65.00 a bottle and you'll be making a great saving there.

Jonathan: And the three month supply is where you make a really big saving. So you get that for \$199.00. And at 67%, 66% off there, it's a one time purchase that you can get. Um, so fantastic savings. So you see the bottle price goes down to um, just \$20.00, \$22.00 there. But then here you drop it down to \$167.00 if you subscribe and save.

Jonathan: See what you'll find is that this is a really great uh, protocol to stay on. Like I can tell you that I stay on doing parasite cleanse um. I had a really bad issue with it. So I'm not saying that everyone needs to do this, but I did it for 12 months. That's an honest um, story of what I did in order to keep um, effective, and keep um, the parasites moving and out of the body.

And it gives you the opportunity as well to increase the dosage. Because what I did as well was I increased dosages where it said to take three but I took six or even nine because I was wanting to really clear out those parasites and get the results.

Jonathan: I'm not saying that everyone needs to do that. This is just what I did personally. But it allows you to like you know, do that how you like. And the ToxiBinder is such a great uh, staple to stay on. It's um, you can keep on that supplement and, and, and that's fantastic. And same with the Colon Cleanse. And so then it also gives the ability if you've got extra there as well, this is something your friends and family really do need, and you can pass the bottle on to someone else to get them to get results, and it's a well-rounded product with a lot of different great things in them. [inaudible] helps to scrub the gut.

Jonathan: So somebody can get that one bottle and get results there as well. So that's \$167.00. It's a 73% off. Uh, you're saving an extra \$30.00 so. So it's \$18.55 per bottle, it's an extra 40%, 14% discount. You subscribe and save by going here, and then the next three months you'll get billed again for the \$167.00, you'll get that order coming out. But remember, you can cancel at anytime and so that's your discretion. There's no um, you know, there's no like threshold that you have to hit. You can cancel at anytime.

Jonathan: So that's a fantastic gift to take advantage of and it gets that price down and then the other one there is for \$369.00 you're able to get the six bottles of

the ToxiBinder, ParaPurify, and Colon Cleanse. So that's 18 bottles total. This one here is nine bottles total that you'll be shipped every three months and, and starting you know, this week.

Jonathan: So that's fantastic. Um, and so the final one I'm gonna take you to right now, is the Digestive Health, um, over here. We'll get um, parasites. So come back here. You'll click on here. This is their Renew, Gut Renewal protocol, and we're going to be finishing up on this. But uh, actually, Dr. Elena, um, any, any thoughts there just on that piece of the puzzle?

Dr. Elena: Um, what on the different bundles?

Jonathan: Uh, yeah, well just on, yes. Like you saw the combination that we were just doing there with the ParaPurify, the ToxiBinder, and the Colon Cleanse, and the importance of doing a well-rounded detox like that. So if somebody you know just has you know, \$80.00, \$90.00 or \$167.00 in their pocket, it's a, it's a total score. But any, any thoughts or reflections there?

Dr. Elena: No, um, I think that, I think that doing anything is better than doing nothing. Um, and you know I think that, I think that that's a really nice uh, bundle that you put together for people. And I would say just remember you know, whether you're doing that one or whether you're doing one of the more intensive ones, remember that food is key. You want to eat really healthy. Um, and then also um, be sure that you're drinking a lot of water. You guys heard me talk about that tonight. You know. Unless you're under

100 pounds, you know, while you're detoxing you know, especially if you're over the 140 pound mark, you should be drinking like a gallon of water a day. Um, make sure it's purified water.

Dr. Elena: And you know, you add that you know, between your foods and your water, and then you add some supplements. You know, even the smaller bundle that he, that he's talking about for the 89 bucks, you know, that's really going to help push things along faster.

Dr. Elena: And so there was you know a lot of thought put into that. You know, what you could do if you, you know, if you're limited with your resources. You know, what can you take if you just really have to pull back, and I think that that's a really good option.

Jonathan: Fantastic. So now um, just um, so then we'll go through our final one here. Um, and and then again, remember that one of the things that this is, that this is missing, um, uh, is, is that this doesn't have a digestive enzyme in it, it doesn't have a probiotic, and it doesn't have like forbic mineral drops. And this is something that Dr. Nuzam really put on as a staple for everyone as we did you know that special like live question answer call last week. And that, that people can expect to feel better, again, much better results doing that. And that's why of course my biggest recommendation is to do the five month protocol.

Jonathan: And then like, and which also includes the lymphatic cleanse and everything else. But so the other way, so then this protocol here designed, it's the Heal

Your Gut Bundle, Gut Renewal. And here you've got probiotics, digestive enzymes, and forbic minerals, super forbic minerals. So this is, this pack, it's really such a great uh, collective pack. And I love the combination of these things. It's like Dr. Nuzam's magic trick. Like you think about a doctor that has seven p-, you know is finishing his seventh PhD, he's a natural medical doctor, a doctor of osteopathy, and a naturopathy doctor, uh, an MMD, MD, DO. So you've got that whole uh-

Jonathan: ... in the video. So you've got that, that whole combination of knowledge but then you started to realize that, "So, what's your secret, Doc?" And it's like, and you start to realize man, why does it have ... shouldn't it be some real complicated formula? Like you're so smart, you know so much, shouldn't it be like a thousand things or this or that?

Jonathan: But then you'll find that his core protocols are digestive enzymes, probiotics, and super fulvic, uh, fulvic minerals and the combination of those things working together to help heal your gut and, and repair your gut. I mean, I did interviews with patients where people were sick for, um, with multiple autoimmune conditions, had been in and out of comas, all kinds of like crazy things.

Jonathan: And then they, and some of them like got remotely better through one way or another, uh, and then one, Tennille Wheeler, who, Tennille, those of you that are engaged in our Facebook group, you'll see her. And she was one where, uh, she had leaky gut for, you know, she couldn't get rid of it. And she was a

nutritionist and, and it was, and it was fulvic minerals and digestive enzymes that helped her to repair her leaky gut.

Jonathan: And so I said like, "What would you do if I took these away from you right now?" She's like, "I'd kick and scream and do anything to defend myself from you stealing that from me." And, um, it's such a, an amazing question to ask people like someone that, that is genetic, just genuinely attached to something, you say, you know, "What would you do if I tried, tried to take this away from you?"

Jonathan: How would you feel, you know? And, and there's another young guy that had all these multiple chemical sensitivities and he, um, had to quit all his major sports and everything. And he had a total turnaround using these core ingredients as well. And then I said to him what would you do and he was, you know, he was trained in martial arts.

Jonathan: And he was like I'd use every, you know, kinda defense mechanism to, to make sure you couldn't take these things from me. That's how important they were, right? So these people are, are risking like concussion and, and, um, you know, severe-

Dr. Elena: That's because, that's because it's working for them. They know it's working-

Jonathan: ... yeah.

Dr. Elena: ... when they, they're probably-

Jonathan: Yes.

Dr. Elena: ... these people that struggle for a long time, you know? Um-

Jonathan: Yes.

Dr. Elena: ... hey, really quick?

Jonathan: Yeah, yeah, please.

Dr. Elena: So my, so my son has been-

Jonathan: Yeah.

Dr. Elena: ... calling me.

Jonathan: Oh yeah, you're amazing, Elena.

Dr. Elena: I have, I have a, a grandson who is due in the next few weeks and, um, so he keeps calling me, I think I'm gonna go take the call.

Jonathan: You should do that, thank you Elena so much for being on here, you're a gem, you're a treasure.

Thank you for all your wisdom. Just give her, um, uh, you know, raise your hand if you appreciate what she's saying. Send her some love-

Dr. Elena: Bye guys!

Jonathan: ... drop some love and-

Dr. Elena: Love y'all.

Jonathan: ... you know, share, and show, show some wisdom and, and, um, and thank you for everything you've done, Elena. We'll be in touch, right?

Dr. Elena: Yeah, absolutely. Thanks guys and, and I'm so sorry if I didn't get to your question, uh, we try to get through as many as we can. Um, but just, you know, you can ask in the Facebook group, attend the other Q&A's, um, and, um, and, you know, we will eventually help get your question answered. So love you guys-

Jonathan: Fantastic.

Dr. Elena: ... yeah.

Jonathan: Thank you so much, Elena, appreciate it.

Dr. Elena: Bye.

Jonathan: And, and, and Elena, just as you were saying that, I was gonna say that the awesome news is that the, the real answers to people's questions are in the things they do to help themselves and the things that they take. And that's the dietary advice that you've given, the water consumption, exercise, and the supplements that they take very importantly.

Jonathan: And so, so we, in, in, so this is an answer to people's questions but we care about you feeling personally attended to and that's why we keep on this and we stay, I mean, it's two and a half hours now and Elena's been so generous so send her some love and some thoughts and some, um, some ...

Jonathan: But, but if people take action and get started with this, their questions will start changing, be like, "I feel so much better, like how do I get even better," right? So these are types of questions, we wanna see people take action.

Dr. Elena: Yeah, yeah. And you know, I mean, it's just, it is, it's a really, it's a really good, it's a really good value, um, I'm, I'm a big supporter of what you're doing and, and anyways. That's why I spent, that's why I spent three hours here, on here, with you.

Jonathan: Yeah, you're a gem. I, I can't thank you enough, Elena. Catch you real soon and we'll be in touch.

Dr. Elena: Bye, catch you soon. Bye guys.

Jonathan: Likewise. Okay, bye. Okay, guys, just, just so we finish up here, I'll only be five minutes here and we're gonna show you this bundle here so you can take advantage of this. Again, you can see these all on the major page so just go back here to depressionanxietyseries.com/protocol and you'll see these five bun, these three bundles here.

Jonathan: And so come back over to this final one here, your gut bundle, probiotics, digestive enzymes, and super fulvic minerals. Heal your gut with this amazing protocol package, optimize your nutrient absorption, boost your energy levels, help maintain ideal weight, maintain your focus, boost your mood, and maintain your ... well, that's, that's it, (laughs) that's a double one, and more.

Jonathan: So double, doubly maintain your focus. Revitalize your entire body system by renewing your digestive health. 80% of your immune system is in your gut, uh, so when you consider that 80% of your immune system is in your gut and it's regulated by your bacteria and microbes, um, then taking steps to improve your gut health and create an optimal gut microbiome is essential with digestive enzymes to help break down foods and enhance nutrient uptake ...

Jonathan: Probiotics to increase healthy gut bacteria and fulvic minerals which may, may offer, which will offer a myriad of benefits, this package has incredible potential to boost your overall health. Natural energy, do you feel like you're dragging yourself out of bed in the morning or are you crashing in the afternoon and unable, unable to really get through the day?

Jonathan: Do you feel like you've got brain fog or have hard time concentrating? Healthy guts, you know, gut bacteria, gut microbiome is actually imperative to having balanced and consistent energy. So you can go through and look at these mood boosting, uh, maintaining ideal weight, um, you can look at, uh, natural energy. And, and this is fascinating, we're seeing in studies now that have been on done rats ...

Jonathan: You inject the rat, the bacteria of an unhealthy rat into a, a, a rat that's in shape, you inject that rat, and he's now eating the same amount of food and he gets as overweight as his counterpart that was unhealthy. How is it that he's having the same consumption but his, his body's out of whack? This has

to do with the gut flora and making sure you, you're feeding that gut flora.

Jonathan: And this is what high quality products will do for you. So the probiotic 40 billion CFU supports digestive health and regularity, it helps replenish beneficial bacteria, helps support immune health and help, helps support a healthy cholesterol. Um, this supports the balance of a healthy gut bacteria and so then you'll see the lactobacillus acidophilus here.

Jonathan: The bifidobacterium lactis, bifido, the lactobacillus plantarum and the lactobacillus paracasei and so these are all working with you, that four strains which is what you really want and this is 40 billion CFU so it's high, uh, potency. And then you'll, you'll find that multiple strains there at, with prebiotics which this is inside of this formula which is really, really cool and exciting.

Jonathan: Um, so this is the digestive enzymes, this helps support digestive health and enhances nutrient absorption. It assists the body in breaking down difficult proteins, promotes healthy metabolism, supports healthy weight management, promotes healthy inflammatory responses, supports healthy digestion and nutrient absorption. And so here you'll see the breakdown of the digestive enzyme pro with the Makzyme-Pro blend.

Jonathan: This is fungal protease from Aspergillus oryzae, this fermented bacteria breaks down proteins.

Lactobacillus acidophilus, so this is, uh, produces the enzyme lactase which breaks down milk sugar, lactose intalactic acid. Lactobacillus casei, which this probiotic bacteria helps support digestive health, balance inflammation and weight management.

Jonathan: Lactobacillus plantarum, these probiotic bacteria support digestive health, metabolism, optimal body weight, and balance inflammation. Bromelain, this pineapple-derived enzyme breaks down a broad spectrum of proteins, papain, this papaya-derived enzyme that supports the breakdown of small and large proteins, fungal lipase and fungal lactase, so ...

Jonathan: And then now finally, the super fulvic minerals, the final of the triage. Uh, this enhances the absorption and utilization of vitamins, minerals, and other nutrients, supports gut and digestive health, supports immune function, provides antioxidant protection against damaging free radicals that may lead to premature aging, supports detoxification processes in the body.

Jonathan: It's the ultimate nutrient booster, super fulvic minerals contains, uh, you know, over a hundred micronutrients and that's including 18 amino acids and 13 organic acids. So the amino acids are really good for brain chemistry, the, and it's such a great all arounder to help you with your, um, health. So this is, again, as I've been mentioning, it's helping to give you the nutrients that you're missing because you're getting such a broad spectrum.

Jonathan: But because those nutrients are coming in the form of these micronutrients that are organic, then you're finding, they're organic minerals, right, Organic, um, acids and organic amino acids. So what they're doing is they're able to ... and because of the low molecular weight, they're able to cross cell membranes and deposit nutrients into the cells and pull out toxic metals.

Jonathan: So everyone in my opinion, and in Doc Nuzum's opinion and other doctors have been on this series, and does so well with using super fulvic minerals for just for overall health. And this is actually a maintenance pack where you could use this if you don't have a problem, right? If you want just to feel great, this is the great, this is the perfect pack for you.

Jonathan: If you have a major problem, this is great for you, see what I mean? Um, you know, my grandma, I, I mean, this is, this is a honest and, and sad story as well, my grandma, we believe that like you look at her brother and you look at her and she's done a lot right with her diet through her life. But she's now at, uh, mid 90s and she has some early onset dementia.

Jonathan: And we believe that a lot of that may be caused by the, um, flu shot because she was getting that religiously. And so, you know, you've got that [inaudible] and what we're doing is we're putting her through this, this actual program. So she's using the digestive enzymes, the probiotics, and then when we bring her, um, because she's older, like much older.

Jonathan: We'll be bringing the super fulvic minerals just, just after a little bit more time on the digestive enzymes and the probiotics to help her with this major cognitive decline issue so, um, it's amazing to see how we're using these things, I mean, I'm using them with my family and they're, they're, you know, obviously the most precious people in my life.

Jonathan: And, um, this is, this is how we, um, are supporting our loved ones. So yes, I want to take advantage of this. Um, so then check this out here. So you've got here the bundle of the three. So right now here on this page you've got 89.95 and you're making a epic saving there, it's 29 dollars a bottle there and you'll find here with the three month, you're able to get it at just under 200, so 199.

Jonathan: And then this is three month supply so it's nine bottles, right? So you're getting that at, at 22 dollars a bottle and then here to subscribe and save. And so this does mean when you click this option, it means you'll get sent another set of three bottles in three months times, right, which is the perfect amount of time to, to be on that. And then remember, you can cancel at any time so it's up to your freedom.

Jonathan: So if you want to go on for one month, two months, three months ... ah, sorry. You wanna do like, you wanna get the six month, you wanna get through six months, you can do that or if you wanna, you wanna take it for the whole year, you can do that. You wanna take it ongoing, it's there and you're locked into that price and that's the benefit of subscribing and saving

because we're then committing to giving you that even if we're raising the prices in other areas.

Jonathan: Because of just, you know, the needs of the company moving forward, then you're still locked into this price and you're making sure that you're not missing out on inventory, so these can be some of the most precious gifts in your house. You can see the changes that you get. You're fully covered by a 60 day money back guarantee on everything, right? So you can order, subscribe, and save.

Jonathan: And if you don't like it, you can hit refund and I'm about to show you the bonuses you'll get on all these and what will happen is with the bonuses of getting autoimmune secrets with the physical package that's sent out to you, you don't even have to, to return that. You can keep that, you can keep, uh, these free gifts that we're giving you.

Jonathan: Um, and even with these two, um, three pack bundles, we're giving you a bunch of gifts and we're gonna show you that just before I close this call finally. But, um, what you'll be able to do is keep those bonus gifts, um, enjoy this, the 60 days, see how you go, you can make the decision later ultimately. If you don't like it, if you haven't seen amazing transformation in your health, then simply refund your order, send it back to us.

Jonathan: And keep the free gifts that we've given you to support you in your health. Is that cool? Can I, can I

get some feedback there? Do you guys ... is that, is that pretty cool? Do, can you see that we care about your health and yeah, we got some hands going up, look at that. You see my screen, uh, just filling up, I don't know why it does this. But, um, we ...

Jonathan: You know, people have been, you know, I, I thought about this, I, I thought of this line, um, why am I doing this? Because I'm sick of tired of seeing people sick and tired, that's why I'm doing it. Isn't that cool? Right? Just why are the docs, why did Elena show up tonight? Well, because she's sick and tired of seeing people sick and tired. Are you sick and tired?

Jonathan: Do, do, do you think that people should be preying on your sickness and taking advantage of it and ... no. Um, should people be offering high value, um, I, I mean, I know for a fact, I mean, um, I know that to, if you, (laughs) um, I don't mind saying this. If you book Dr. Nuzum, he is a well sought after doctor, right? And we get him on our calls.

Jonathan: If you book him through Dr. Todd Watts' clinic, do you know how much it costs for an hour? Anyone wanna put some guesses out? It's 800 dollars for an hour, okay? So, so some people can't afford that. Is he amazing? Yes. Why is it so expensive? Well, because the demand because he's great and because it's worth it. And, and, right? So ... but, but what's he gonna tell you to do?

Jonathan: He's ultimately gonna tell you what he's telling you to do on the calls, right? And he's not big

into lab testing and it's not that he won't do it any case, he will do it in some cases, but he's not into all that like where it's all about that chasing symptoms. He'll get people on good probiotics, he'll get people on digestive enzymes and super fulvic minerals, these, these things.

Jonathan: Like these are, this is the core formula. And Dr. Nuzum, you know, help me a lot with understanding how to put things together here and, uh, we, we spent, um, you know, so, countless hours on, on, on, on going back and forward with this. And so like, like let's say you come back to that, um, core protocol here so I'm, I'm gonna encourage everyone to take advantage of that while we're offering it.

Jonathan: It's amazing discount with all these amazing gifts here. But, um, here, like you take advantage today and you're getting like 2600 dollars worth of supplements that you pay retail on the side for and you're getting it nine, 947, right? And that's five months, it's like ... that's just a little bit over a one hour consultation with a top leading doctor and this is designed as a protocol which these don't really exist.

Jonathan: Not many people have either created them or they don't, um, they're just ... they're, they're, they're just so rare that people have a protocol like this that's covering all these needs, uh, this is the only one that I know of actually, like that's the funny thing. I wish I could, I wish I could see other people that were doing this so I could be like, "Okay, what do they do and how can I improve it?"

Jonathan: But this is so unique. We're, we're, we're doing so much here because we, we wanna see a huge breakthrough in people's health. I think that should make sense to everyone and this is an amazing gift. And, and as well like, I mean, just the fact that when you take advantage of this core protocol here, you're getting 10, uh, weekly calls added onto ... we'll be doing these. It's kinda obviously taking time to fulfill that.

Jonathan: But you'll be supported as you're going through that program and, and that's, that's what the value like just, just those 10 call sis worth, it's, it, it, you know, you can see the value that you come on this, you know, was it worth 100 dollars for the core when you, when you would've had to pay, um, you know, between three to 800 dollars or more for a consultation with a doctor that deals at this level.

Jonathan: Is it worth 100 dollars to show up, get your question answered, and have protocols outlaid for you and, you know, yes, it's so valuable, so worth it. So anyway, I've, I've shared enough with you with that. I just wanna help you, um, make that decision, take action, to support yourself in your health. And we're just, um, thrilled to be with you and to be supporting you in this way.

Jonathan: Um, it's, it's such a, it's such a, great, um, time that we're able to share together. And, um, so just before we sign off, uh, finally, um, I am going to just, um, just why don't you just flood in some, some different, uh, feedback on here, any, any thoughts, uh, reflections and, um, any, any appreciations here for the, um, the

work of Elena and what she's been sharing, uh, tonight, just drop them in here and I'll just be right back.

Jonathan: Um, and then (pauses) a... and I'm just gonna talk to you just for one second just before, um, we shut down for the evening. There are three different special gifts that you get with the protocols, uh, sorry, with the, with the two bundles. So, so, so there's three major options. You can go through the website, welloflife.com, and you can look at all the individual projects and, and, and see what they price for retail there.

Jonathan: Or you can order through there if you like. Um, I'm encouraging you to, um, go through, um, our other platforms 'cause I want you to save because if you save, then you can save that money for other things that you need, anything. And you can save them for, um, other things like so if you, if you get something for half the price and you can, you know, you can spend the amount that you're thinking you're gonna have to spend but then get double the amount ...

Jonathan: It's just awesome. It's just so cool to be able to save money, I'm all about it. I think it's, um, so, to, okay. So, um, okay, let me just come back here and I'm gonna show you these special gifts that you get. Got a lot of windows open here, okay, there we go. I've been, uh, it's been so much work, I mean, any, and as well, send appreciations to the team, we've been working so hard on this.

Jonathan: It's, um, it takes time. You, you could understand, everyone could understand how much time it takes and so I come down here, let me check this, do, do, do. Okay, um, just one moment. Okay, just ... okay, just one moment and I'll, okay, cool. I just ... you can refresh the page as well, I'm just trying to, um, there we go. Okay, got it. Sometimes it's, uh, refreshing so, um, you're, you're seeing behind the scenes here.

Jonathan: Okay, so here we go. Sharing screen, okay, check this out. Okay, so this is ... so you'll get the same, um, bonus, so for those that, uh, don't have it. So for those, um, the Dr. Nuzum 10 day revolution master class training, so, we're, this is here in this gift as well and so what we are doing there and what I'm gonna do as well is I'm gonna do something special with this.

Jonathan: This is, uh, normally a 10 day, uh, master class here but I'm gonna pull from other existing, um, trainings that we do with Dr. Nuzum so that anyone that actually owns the revolution master class before is gonna get double the value here. We're going to increase, like there's 10 videos, 10 episodes long, we're gonna grab all the separate trainings that we've been doing with Dr. Nuzum and put them into this area.

Jonathan: So you'll be seeing more like 20 videos here and we'll be going into detail here about other healing protocols and, um, some of the amazing things that we were doing there with Jesus, my father in law. So this is one of the awesome gifts you'll get. So the same thing goes if anyone's ordering the protocol pack, somebody said but what if I already have that?

Jonathan: Well, for those that own this, what we're gonna do is we're gonna get all his core trainings and bring them in, um, to this revolution master class. We're gonna double the value there and make it twice as big, twice as more, twice as much really in detail content to encourage and inspire you and to learn about how to do the things like coffee enemas and to learn about how you can do these, um, amazing detox protocols and juicing.

Jonathan: And, um, go in more detail and show some of the stuff that we didn't include, uh, because we just fulfilled our 10 days, 10 videos. But now we're gonna double that so you'll be getting, um, 20 videos inside of this, um, and we'll be sharing that with you and some of this will be the live action of myself and my wife and my father in law and my mother in law as we're going through and learning these things and implementing them.

Jonathan: So you can see how we're responding and how we're learning as well as the core trainings. You also get the, um, information how to report, this is a fantastic, um, uh, 47 dollar value and, and then you'll find that you get the how to save your brain report, this is normally 47 dollars, this one you'll be getting that free. So that's another, um, 300 dollars in value. And so you can even just simply purchase our base level, um, uh, uh, 89 dollar product here and get these 300 dollars in bonuses.

Jonathan: But you'll get the same bonus as well if you get the bigger saving but remember, you're getting, you know, an extra 30 dollars off, you're getting 18.55 per bottle so you're making huge savings by getting these other packages. And then as well with the six bottle which is 18 bottles and you'll get that all, that, um, at a huge saving here as well, which works out at 20 dollars a bottle, right?

Jonathan: So fantastic, uh, saving with getting the six month supply so if you don't wanna subscribe and save but you would like to get this master supply while we have stock, then you can certainly choose that option. But, uh, subscribe and save is certainly the highest value option there, it's worth taking advantage of and it helps you to stay regular.

Jonathan: Because what happens is outta sight, outta mind, people forget about it, their health resets. Um, you look at these, these cleansing ingredients and you need them, the digestive health, these digestive enzymes, people need to be on them consistently and, um, this, um, heal your gut bundle is, is, uh, just so incredibly important. So, um, there we go. Um, this is ...

Jonathan: And I'll just take you back here, um, to, uh, whoops. Um, I was not sharing screen there, was I? Yep, that's fine. Or maybe I was, yeah, I think it just timed out. Um, either way, um, so what you'll find here is come back ... for those that are on the website, uh, you can, you can search through our products here, you can see our, our pricing here and, and just get familiar with welloflife.com.

Jonathan: The vitamins and nutrients, the balancing, the, the chlorella, fulvic mineral, ToxiBinder, 40 billion CFU, probiotics, vitamins and nutrients ... you can click here, um, and, and get a breakdown of it. The, the amazing value within these products and ... but again, make the saving today. So I just wanna thank you all for being here on the line with us today. Um, remember, uh, take action while we have, uh, stock and inventory.

Jonathan: Be with us for the next call, we are going to go through, uh, so many wonderful things with our coming calls with our doctors and we're looking forward to, um, you know, getting your continued attendance because this is how we can support you and help you get the results you deserve. Um, so for those that are just, um, you know, get, um, keeping an eye on all the questions here.

Jonathan: So for those that don't know where they go, go to depressionanxietyseries.com/protocol, there's no emails that you have to send, this is the page, the same page you signed up for this, um, call. And then go up here and here we have the three different gifts here. Um, and just simply click on the one that best suits your needs and you're off to the races. Does that answer the question?

Jonathan: Let me just see if that answers the person's questions, thank you so much, cool. Um, is it clear for everyone where to find us? I wanna make sure people aren't stuck in the dark here. Uh, can I ... can I order two of the three month bundles? Yes, you can. Um, I may need to divide up the payments into two different cards,

maybe tomorrow. Um, and who else, seriously ... yeah.

Jonathan: So somebody can't find where to order. So, and, um, alright, I'm just gonna stay on the line here for a second and Nicole, I just answered you and Kristin, are you finding other people having the problem? Like there's just a couple here, I just wanna make sure, Lynn, she can't find where to order and Janelle or Jen can't get in. Um, refresh your ... ah, yes.

Jonathan: Okay, come back to this page here. The problem is that you haven't refreshed the page, so the way you refresh a page is one, you can hit command R, that's gonna refresh a page. Okay, hold on, let me share my screen. So that's what's happened here, so people need to refresh their page so you can see this. So click here, um, uh, command and R and that's gonna refresh.

Jonathan: Um, you can go up to your ... that's the way. So then let me just see if you've got Chrome, you wanna click on refresh, search for refresh browser, let me see where the other option is for that. Yeah, so basic icon here that, I, I'm, I'm doing tech stuff here with you guys. What's this one, is this refresh? No, that's not it. Okay, let's go here. No, that's not it.

Jonathan: Okay, here, this is it. (laughs) Look at that, um, so it's near your back but arrow, there's a home and then you should have a thing circle, that's how you refresh, that's the reason why you can't see it. Cool. Does that make sense? Um, just let me know, just anybody that was having challenges there, just, just say hey, look, got solved there. People looking for their

refresh browser ... click F5 on your keyboard, so for those with Macs, I don't have an F5.

Jonathan: Oh, I do, hold on. F5 just gives me brightness on my screen or something like that. Mac users ... okay, cool. Control R will refresh your page, yep. Control R or command R for those with Macs, with command R, control R, okay, let's see. People got it? (laughs) I've got my tech guy in here helping you guys so you guys are learning my team, Gabe is still helping ... Jen still cannot get in. Okay, well, it could be an isolated problem.

Jonathan: We can help you and support you one on one, I'm just trying to work out what's the universal problem here. Uh, looks like everyone else can see it and get in, that's fantastic, I appreciate you guys. Uh, remember to take action. Um, yes, we will, um, let us know if you, um, uh, are having any challenges, we can support you through the process, give you other answers to the questions, send out the protocols, uh, to you via email and so forth.

Jonathan: And all the information is there on the page so nothing is, um, hidden from you there so you can just simply take action and, and again, I'll just end up here with just showing you again the amazing, uh, benefits that you'll get here inside of this, uh, awesome five month protocol that's designed to help you get to the root cause of what's causing the health challenges that you may be experiencing today.

Jonathan: And just uprooting those, um, challenges and getting all of these additional like this help and

support to get to the root and cause of the issue. So we're looking forward to continuing to support you in your journey and, um, and this is just such a, such a fun experience to go through together. So, um, so just simply like here you can see the button, yes I want to take advantage of this one time payment of 947, 67% off.

Jonathan: And just click, go on there, and then you'll, you'll get through and be able to take advantage of this amazing opportunity. So thank you so much for being live with us and I look forward to seeing you on the, um, other side as we continue on this healing journey together. Um, again, uh, this is Jonathan, I'm just gonna say a quick prayer for those that wanna stay just to hear that word of blessing for healing and, and help.

Jonathan: Um, Father God, I just wanna thank you for everyone here, I wanna pray for health and healing regardless of, um, exactly what people are using, I pray that you use things to work for good in the body and that, um, you can help heal people's bodies. Uh, we're looking for, we need, we need your help, we need your, um, we need your, your healing hands.

Jonathan: And I just invite you in to do your wonderful work, thank you fore everything you've given us, thank you for everyone here that were able to be here. Thank you for opening opportunities like the abilities to own these, um, these, these, um, supplements and things that can help people, help people to understand where

they have to go and what they can do.

Jonathan: And help people to see, um, just, I pray for financial blessing 'cause some, for some people, they're stuck on the financial and I pray for financial blessing for you to open doors. Uh, if this is what someone really needs, I pray that they can have the opportunity to get that. At the same time, my prayer is for the health and healing regardless of where anyone goes or what anyone is doing.

Jonathan: I'm just interested in people getting better, so whether it's whatever somebody is doing that they can achieve the health that they deserve. I just ask for the blessings on, um, the emotional health, the traumas that people have experienced that the, the feeling of having tried so much and, and gotten nowhere. You know, people have, uh, uh, I call, some people are sicker than ever today, uh, here in this moment.

Jonathan: Help, help us, each of us, to be able to reverse these challenges that are plaguing us so that we can recover and be better and achieve abundance in our health today. And we pray this blessing in the name of Jesus, amen. Thank you so much for being here guys, I appreciate you. Um, take care and sleep tight and, um, thank you for your love and your interest in our hard work.

Jonathan: We care about you and can't wait to see you just looking back at this date, um, for those that are here live on this call, April 9th, and saying wow, wasn't that just such an incredible time and decision that I

made to improve my health and I'm so glad that I did and look at where things are now. Look for the, see that result, hold it true in your mind, and make it a reality. God bless, catch you guys.