DEPRESSION, ANXIETY & DEMENTIA SECRETS

Live Q&A Module 4

A live session with Dr. Peter Kan

6 MODULE COURSE

Depression, Anxiety & Dementia Live Question & Answers

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Cover design by Brittany Escobar

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MODULE 4: Q&A WITH DR. PETER KAN

Dr. Peter Kan: So, again, look beyond food alone, okay? So, especially for those of you who you say you're eating really good, and I believe you, and so that may be something else. Now, Mickey and Amy asks, "What's protocol to cure psoriasis?" Again, I don't want to protocolize it, because really it's really individualized. In general though, there's ... you shouldn't be protocol, but should be principles. The principle to cure psoriasis, or to really you don't cure it, per se, you put it into remission, because certainly, let's just say for example, gluten is a trigger for psoriasis for you, you stop eating gluten, psoriasis goes away.

Dr. Peter Kan: Did you cure it? Or not, if you eat gluten again and psoriasis come back? So, you didn't in fact cure it, you just put it into remission because you got rid of one of the trigger which might be gluten for you. So, we don't really cure autoimmune disease, or we can't really legally say that, but what we can definitely say, responsibly and accurately, is that we want to put it into remission. So, the principle of putting autoimmune, or skin conditions that are autoimmune into remission is to address the gut, right? The internal factors.

Dr. Peter Kan: ... Been everywhere, done everything, tried everything else, and nothing's working. So, then what? Right? So now, it's time to look beyond just diet. We may have to look at underlying toxins and infections. That's why detox is so important. We have to detox these things. Now, some people are testing, it's helpful, and other people just doing the detox is good because either way, even if you do testing, you still have to detox anyways. So, either way you got to do it. So, sometimes the detox or the treatment can be the test, because if you detox and you feel improvement, that means you have toxins that was causing the problem in the first place. And doing the detox confirmed that because she saw some result.

Dr. Peter Kan: Now, more than just a gut though, we also have to look at the liver, because skin is your largest organ of elimination. And if you can't eliminate through the fecal route, or the urine route, liver, kidney, gallbladder, then it's going to come out somewhere, which is through your skin. So, when you have a skin problem, it could be your liver or gallbladder's not detoxing properly and the toxins just coming out through your skin, or it could be an underlying gut issue causing autoimmune reaction to the skin, so it could be either scenario.

Dr. Peter Kan: So, the principle is you want to cover those areas. So, you want to address the gut, heal leaky gut. You also need to detox, and that's going to support

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liver, gallbladder. Because what you want to do is decrease toxic load. And when you are toxic, you're increasing the load on your liver, kidney, and your body's detoxification process. Think of detox as filters, right? Like the oil filter in your car. Now, a filter has certain flow rate, so if you exceed the flow rate of the filter, then things are going to start to get back up. So, if you have way too much toxin, more than what your body's ability to detox would be, then you're going to have a net accumulation, and eventually that's going to cause problem. Either inflammation, or it's going to start to cause autoimmunity, or it's going to come out of your skin, then you got skin problems.

Dr. Peter Kan: So, working on the gut, and working on detox. That's two separate things, right? One is gut health, which might involve using enzymes, might involve probiotics, might involve fulvic and humic minerals, to help you to support the microbiome. So, that's gut, right? And food is part of it, eliminate food you may be sensitive to. The other side is detox. That's where, again, you're using binders, you're using kidney, liver, gallbladder support. And Jonathan has great protocols for those that you guys can use as tools, right? Again, supplements are tools, supplements help support the body's natural healing process.

Dr. Peter Kan: Remember, your body's already got ... is already programmed to detox. It's already programmed to get rid of parasites. It's already programmed to heal from autoimmune. The only reason that we can't heal, or you still have symptom is because either your body can't run the program, because something's blocking that program, or you have way too much for the body to handle, and it's overwhelming the system. So, supplement really is there to support the body to run the program, that innate program, innate ability of the body to heal itself, is designed by our creator. So, we are already able to heal, folks. You have the claim that, you have to proclaim that.

Dr. Peter Kan: But certainly you have to do the right thing as well, just faith alone is not enough.

Jonathan: Awesome, Doctor Kan. I love that. Thank you for that wisdom and advice. So, we're going to dive into the women's health section category. So Lori, do you want to read and then Doctor Kan, start with the first question. Lori, you're going to read the second one, just reading out the first name, and go through those questions. And then Doctor Kan, as much as you can, prescriptive, in terms of obviously we have the disclaimer here in terms of having people understand that you're kind of ...

Dr. Peter Kan: We're not giving medical advice.

Jonathan: ... your own responsibility is to your own health. Yeah, exactly. We're just here giving information, but if you could just kind of give ... So, now that you've given that principle for healing, now when we read through the women's health and other ones, just say, "Hey look, here's some of the ways you can either detoxify, here's some of the tools you can use. Here's how, for example, the five month protocol that we have, here's the way that this principle works for you." Or however you want to answer that question, but just so we get really deep into that prescriptive so that people walk away and go, "Okay, here's what I can do. Here's the three things that I can do. I'll go gluten free, I'll do a detox using milk thistle and dandelion, and humic and fulvic, and take probiotics and digestive enzymes. I'm on my way, I'm going to try this out."

Jonathan: Because I think about that. We had a woman just write in, Ellen, and she said she just ordered the five month protocol for all her family. She could not just explain how good she feels after doing that, right? So, it's like somebody went and took action and they got results. So, what do we tell people for that action taking? So, let's just dive in and have you guys both read out those questions. And whatever those answers or solutions are, whether it's taking colloidal silver, or whatever that thing is, at least people can ... here's what I'm going to go take and they can take notes on those unique solutions now that you've outlined the healing principle.

Jonathan: So, go ahead and ...

Lori: Yep, great. And we definitely want you guys to be able to go and take whatever you learn and apply it immediately. So, I guess I'll ... Hello, Doctor Kan. How are you?

Dr. Peter Kan: Good, good, Lori. Thank you. Do you want to start with the first one?

Lori: Yeah, sure. I'll go ahead. This is from Linda. "How can I safely break up kidney and bladder stones? I'm having frequent UTIs and burning sensation, as they pass. Stones get stuck and when I finally get them moving again, the UTI flares. I just want to break them all apart and end this never ending bout of UTIs and pain. Thanks." Ouch.

Dr. Peter Kan: And Julie asks, "Any advice for periods that come irregularly every four to six months?"

Lori: And Catherine, "Could you please address alopecia?"

Dr. Peter Kan: Okay. And Ruth asks, "How can hormone imbalance in women be detected and reversed?"

Lori: Okay. Ruthie asks, "What can I do when my periods just disappear for months? I am hyperthyroid on medication for many years, on and off, since January of this year. My periods just disappeared and I do not know what to do."

Dr. Peter Kan: And Marie asks, "After having two kids, I battle with severe PMS with heavy bleeding, facial hair on my chin, hair loss, and cysts in my fundus and breasts. How do I improve my PMS, and shrink those cysts naturally?"

Lori: Okay. Bridgette asks, "Is there any it can do about frequent urination at night? I usually do not take any liquids after 6:00 PM."

Dr. Peter Kan: I have been suffering ... This is from Chandra. "I've been suffering from fatigue, anxiety, heart palpitation, daily headaches for about four years. Now, in the last year, I've developed swollen lymph node behind my right ear, near the hairline, and my hair has thinned significantly. All blood work always comes back normal, or close to, so I keep getting dismissed and told I'm fine. What do I need to do to figure out what is wrong, and start feeling better?"

Lori: Okay. Mary says, "I'm now 68 and have lost approximately 45 pounds over about eight months by eliminating all flour products, bread, crackers, noodles, et cetera." Great job, Mary. "Processed food, coffee, and most dairy, and striving to eat healthy foods mostly of vegetables, fruits, nuts, seeds, eggs, green tea, and only a small amount of meat once in a while. I'm now 140 pounds at five, four, and would like to lose a little more. However, what can I do so my skin is more tone and less

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wrinkly? I know I'm old, so I have less elasticity, but surely I can do something rather than resorting to plastic surgery to get rid of flabby skin on my arms, tummy and legs. I do exercise by walking or jogging in place 45 to 60 minutes, and lifting five pounds weight, three to four times per week. Any ideas?"

Dr. Peter Kan: Okay. And next we have [Mahayla 00:09:06]. "Is there any way to find out of my workout, if my workout leads me to have intestinal permeability? I feel good after I workout so I try to do it every day. Alternating high intensity interval training, Pilates, barre, Bikram yoga classes, and I have ups and downs that seem to not be related with what I eat. How can I know for sure if my workout is making me sick?"

Lori: Okay. Debra says, "I've been having lots more sleep problems since I went through menopause, but have managed well with herbs and homeopathics and magnesium, until recently, partly because I have some worsening spinal cenosis, and misaligned disc nerve pain. So, I'm now including full spectrum CBD oil taken sublingually, which helps with pain, but I still wake for one or two hours around 3:00 AM. Cortisol, I guess? And now I started having night and daytime hot flashes again. I take bioidentical hormones in a troche, which had worked for years. Yikes. And I have bloating. Is it SEBO? When I eat my all organic diet. I'll be 69 soon and feel suddenly like it's all falling apart. Suggestions?"

Dr. Peter Kan: Okay. The next one is Jody. Or Jody, right. "Hello Doctor [inaudible 00:10:25]." Hey, this is for [Alaina 00:10:26]. "I'm 61 years old woman that have a condition called Trigeminal Neuralgia, which causes severe pain in the facial nerves on one side of the face, the attack only lasts for a few minutes. But can occur several times daily, then it can go into remission for some time. Each time it comes back, the attacks more frequent and more severe. Is there anything you can suggest I try to slow or stop this horrible condition from coming back?"

Lori: Okay. Kelly asks, "How can I clear channels so my body can eliminate toxins, and especially hormones and mercury from my system?"

Dr. Peter Kan: And Candace asks, "I've had breast implants removed in February and seen so many incredible improvements in my health, but still sometimes a flare up of Lupus-like symptoms due to working out. This could really knock me down again for several days. What can I do to get stronger? 62, was so incredibly sick from the implants. I supplement with turmeric, B12, on thyroid medication."

Lori: Kimberly says, "I had a baby in January, and then was in a car accident in February. I have never been unhealthy, quote unquote, but since the beginning of the year I have just felt off. I had severe bruising on my left arm and both of my legs. I still, five months later, have visible bruises on my legs, and they are still slightly painful with a slight edema. My arms broke out in some weird skin condition. I am not losing the baby weight, and I'm exhausted. I'm nursing my baby and so I'm not able to do the detox stuff yet. But I wondered what you could recommend for now that would be safe to do while I'm still breastfeeding? I am eating whole foods, plant-based diet."

Dr. Peter Kan: And Bridgette asks, "What would you suggest for getting rid of UTI, E.coli infection? Already trying D-Mannose supplements. Can UTI E.coli infection also be causing digestive issues? Can only eat apples, eggs and streamed vegetables, and losing weight rapidly along with muscle mass. Have MTHFR and mass cell activation syndrome as well."

Lori: And Bonnie, "Breast implants and autoimmunity, how important is it to remove?"

Dr. Peter Kan: So, that was a great wide spectrum of questions for the theme woman's health, you know? From

UTIs to implants, to just hormone issues. So, I'll try to be as specific as I can, but obviously it's a lot of questions here. But in general, the biggest thing you need to know about hormones is that typically when we see hormone problem, this is going to be related to some type of environmental toxicity issue. The reason is because there's a lot of chemical in our environment that are endocrine disrupting chemicals, okay?

Dr. Peter Kan: As a class, they're called EDCs, Endocrine Disrupting Chemicals. And these chemicals have the ability to disrupt hormone, either by mimicking our own body hormone, therefore amplifying their response, or diminishing the hormone's action, or interfere with hormone receptor function. So, when you have chemical exposure, it's not just chemical, or it's toxic and it cause you liver problem. It has wide ranging downstream effect, not the least of which is hormones. So, many times when I see female with hormone imbalance, typically we're looking at chemicals as one of the root cause.

Dr. Peter Kan: Now certainly, there could be other causes as well besides just chemical, but chemical is a very, very common one. In fact, some researchers say that American female swim in a sea of estrogen. That just show how many ... it's just a testament to how many chemicals out there that have estrogen mimicking effect. And therefore, leading to estrogen dominance which is a scenario where you have way too much estrogen, more than progesterone, and much of this estrogen is because of environmental chemical that have estrogen mimicking effect.

Dr. Peter Kan: So, this is a one cause of why females will get things like PCOS, fibroids, cysts, endometriosis, heavy bleeding. See, these are all conditions due to cell proliferation, meaning estrogen is a hormone that stimulate the proliferation of reproductive areas in female. So, specifically cervix, uterus, breasts, so then when you have way too much estrogen due to environmental chemical that mimic estrogen, you have estrogen dominance, it's going to stimulate the growth of breast tissue, so you might get cystic breasts. It's going to stimulate the growth of endometrial tissue, so you get thick endometrial lining which is shed as menstrual blood so you get heavy bleeding.

Dr. Peter Kan: And then it may take you two or three cycles just to get rid of the old lining that the blood, so then you see clots, and then you get these endometrial tissue that grow outside the uterus, and that's endometriosis. And then you might also get fibroids, and cysts on the ovaries. So, again, much of this problem's due to too much environmental toxicity exposure. So again, that makes detox really important. So, what I really think is really great with what Jonathan has come up with is some of the tools that he has.

Dr. Peter Kan: Again, these are tools of the trade. These are the things that you can use, and you can go out and buy them yourself and then piece it together, but he's got it all put together, and it's really great protocol. So, for example, he has the kidney and liver detox product. And the liver and kidney cleanse, and the inflammation detox, the toxin cleanse and parasite cleanse. These are tools that you can use to help you with that aspect of it. That's why what we say, "Hey, we really feel detox is really important part of the protocol, and it's something that we should be doing on a regular basis", that's the reason. And it's because attributing to how much environmental toxins are out there, and how that really affect womans that way.

Dr. Peter Kan: So, that's one aspect of it. The other side of hormones is that many females have hormone problem because of ... remember that prioritization that I talk about? This roadmap that you must navigate? If you have blood sugar imbalance, it's going to throw off your hormone. One of the pathway that this can cause, is that one of the detox pathways for hormone is called glucuronidation. Now, glucuronidation is a phase two liver detox pathway, and glucuronidation is heavily depends on proper blood sugar function for that pathway to run. So, when you have blood sugar dysfunction, you basically you're going to impair that glucuronidation pathway and make it very difficult for you to eliminate hormones, such

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as estrogen, and then you develop estrogen dominance and then all the symptoms associated with that. Heavy bleeding, menstrual cramps, stuff like that.

Dr. Peter Kan: So, one of the supplements that people might take, to help with glucuronidation is called calcium d-glucarate. This is a supplement that you can buy over the counter or online, that can help with that particular pathway. But remember, if we're to trace it back, why do you even have glucuronidation pathway impairment? Blood sugar problem. So, you could take calcium d-glucarate to help facilitate glucuronidation. This is only for those of you who might have concerns about estrogen dominance. We can actually do tests to test beta glucuronidase from your stool or from the blood, and be able to assess if that area is functioning properly.

Dr. Peter Kan: But again, if we were to address the root cause of that, many times it's blood sugar dysfunction. So, how do you address blood sugar dysfunction? Cut out sugar, limit sugar intake, limit carbohydrate intake, focus on vegetables, fibers from vegetables, lot of healthy fat, good amount of protein. But really, focus on the vegetable and healthy fat. That's where it's at. So, that's how you can manage blood sugar, or support that. Okay? So, that's one pathway. The other reason why a lot of woman have problem, again it's related to blood sugar, is that when you have high blood sugar, this leads to insulin resistance.

Dr. Peter Kan: And insulin resistance is a condition when you have way too much insulin, so therefore the insulin doesn't work. It's all about sugar, it can not be uptaken by the cells, so the sugar turns into fat cells and causes weight gain, especially belly fat, and then you get fatigue, you get energy issues, you get sweet cravings, all the stuff associated with blood sugar issue. And insulin resistance is the number one cause of PCOS, or Polycystic Ovarian Syndrome. Which turns out to be the number one cause of infertility in the United States.

Dr. Peter Kan: So again, number one cause of infertility is due to PCOS, and the number one cause of PCOS is due to insulin resistance or blood sugar problem. So again, just tells you how many people have blood sugar dysfunction. So again, mind your blood sugar by eating appropriately, and that can go a long way to helping you with your hormones.

Jonathan: Amazing, Doctor Kan. And I think about something called toxin induced insulin resistance. And how we see there are direct studies done on toxic heavy metals and among other toxic infection, in the body, and how this creates insulin resistance. So, this is an amazing discovery if you want to understand what's causing this. And say, for example, many people eat, in this group, eat fairly well. I'm not saying everyone, but then if you're one of those people, then look at all those other layers of infection and how you can detoxify your body, parasites, toxic metals, supplementing D3 and K2, and so you can support your body. And Omega-3's support your body through a detox, not just try and be like hit it in the face, but to go through it step by step.

Jonathan: Let's read the next questions on MS. Lori, can you and Doctor Kan read the MS questions?

Lori: Sure. Here. Let's see here.

Dr. Peter Kan: I'll start. Stephanie, "I have MS, and I follow the protocols in order. And I notice a difference in my walk, balance and inflammation. When do you stop taking the medications?"

Lori: Okay. I'm trying to find the ... which ones is it again?

Dr. Peter Kan: MS. I'll do the next one until you find it. Alexandra asks, "I'm ill with MS since '96, over 20 years now. It gets worse. I'm on electric chair now. I am on a strict ketogenic diet since four years, [inaudible] protocol.

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Is it possible that I should quietly wait? Or else there are other methods to outsmart it? I was for a while with Pam [Bartha] Online Canada, but with the drugs I was getting worse, and I started fearing to do it all on my own. Is it possible that after being ill for so long it's just too late to do anything? I did much of the fungus cleanse, but after time, I got lost. How to get guidance all the way along?"

Lori: Carrie says, "I have had MS for 34 years and been through a vegan diet, supplements, ozone, infrared, total blood treatment, chelation from mercury over 13 months. Autonomic response testing X3, doing parasite cleansing, genetic testing through [Strategene 00:20:56], stool testing by [Viome 00:20:59], and have seen no results and improvement of deficits or fatigue. I have a EBV tiger of 600. What am I doing wrong since I am doing lots right?"

Dr. Peter Kan: Tracy asks, "I have MS. Do you think after years of stable MRI, it's safe to go off the disease modifying drugs? I do have symptoms but the drugs don't help the symptoms. After 17 years, my white blood cells chronically around two, with [inaudible] around one, and I'm constantly getting viral infections, cold sores, abcess, ulcers, and angular stomatitis. I have followed a gluten, dairy, soy, corn, non-GMO diet for years, and tried to avoid added sugar. Not sure what else I can do. I'm a bit afraid of herbs, that they may overstimulate my immune system or interact with other meds."

Lori: Samantha says, "Hi, I was diagnosed with MS about six years ago. I'm really working on getting healthier and detoxification. I'm almost positive I've healed my leaky gut, but that's just the tip of the iceberg. I recently was diagnosed with SEBO. Are there any dietary recommendations I should be following?"

Dr. Peter Kan: Is there anything new ... This one's from anonymous. "Is there anything new to help MS? I have PPMS, and now paralyzed from the waist down."

Lori: And Heidi says, "Is it safe for me to detox with Multiple Sclerosis? Currently right now, is on [Copasone 00:22:27], glatiramer acetate injection medication with the thoughtful hope your video series can help me. I have relapsing remitting MS. Please ask your doctors for opinions. Any one of them. Just tell me who or whom, I will greatly, greatly appreciate."

Dr. Peter Kan: All right. Awesome questions, actually.

Jonathan: And let me tell everyone why you should listen to Doctor Kan right now. Here's one of the reasons. When we came into ... I'm so sorry. Why don't you tell them what happened when we booked [Krauss] in to shoot, and what happened with the person that owned the Airbnb.

Dr. Peter Kan: Yeah. So, we booked a Airbnb in my town so that I can go meet Jon O's videographer to do like a interview, like a part ... another documentary. And then the person that showed up to meet the videographer says, "Hey, what are you doing?" You know, I say, "Well, I'm shooting a documentary about health." And the person asks who are you interviewing, and they mentioned me, the videographer mentioned me. And they, "Oh my God, that's my doctor." So, this person turned out, he had MS. He consulted with me years ago, and went through consult and I helped him with protocols, and then he got a lot better.

Dr. Peter Kan: And so, what's the chance, right? That the person, the house that we're renting the Airbnb from is the person that's my patient, who had MS, autoimmune, and we were talking about autoimmune secrets. And he gladly volunteered to be a testimonial-

Jonathan: He did, yeah.

Dr. Peter Kan: ... and shot some footage. Yeah.

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Jonathan: And this was just the guy that owned the Airbnb that we were renting, and he happened to have reversed his MS, right? So, listen to Doctor Kan ...

Dr. Peter Kan: Yeah. So, with MS, again, I want to make sure that everyone listening here understands that MS, Multiple Sclerosis is a plaquing and demyelinating disease, right? It's the myelin sheath in your nervous system, central nervous system that's demyelinating, leading to decreased nerve conduction, decreased nerve functions, so you get sensory and motor disturbances. But this is not a neurological problem. MS is not a neurological problem any more than Celiac disease is not a GI problem. Any more than psoriasis is not a skin problem.

Dr. Peter Kan: All of these are autoimmune diseases, it just so happened the autoimmune disease is attacking the myelin. So, we have to treat this as a autoimmune condition. So, a lot of time people ask, "What's the protocol?" Well, I mean, it's not like you're taking some specific thing for your myelin, per se. Certainly fish oil is helpful, Omega-3's because your neurons and your myelins need EPA DHA to actually form the cell membrane for the neuron. So, you do need Omega-3 fatty acids, but really other than that, there's not like any specific thing you take for it. You know? And again, I talk a lot about this.

Dr. Peter Kan: A lot of people always say, "What do I take for it?" Well, we're not green pharmacy, we're not trying to treat a symptom with a supplement. We're trying to ... you want to address the root cause. And part of addressing the root cause is follow this clinical roadmap that I talked about earlier, starting with fuel delivery, which is blood sugar, oxygenation and then working on digestion meaning absorbing food, and then leaky gut, any inflammation, infections, detoxification, like that's [inaudible 00:25:57], there's many parts within each step, you know? Some of this require testing, but you got to make sure you're doing it step by step.

Dr. Peter Kan: Now, one thing I want to tell you about MS, and autoimmune disease, and supplements, and this is really important for basically everybody with autoimmune disease, is that when you have autoimmune, there's this concept of TH1, TH2 dominance. Meaning your immune system has two branches, kind of like a teeter totter. One side of the immune system is your killer cells, the other side of the immune system is your antibody production system. So, basically your immune system's constantly shifting between TH1 and TH2 dominance depending on the situation, meaning the first few days of a cold or of a flu, or an infection, your body's going to send out killer cells to kill the infection.

Dr. Peter Kan: After a few days, your body will send out B cells that make antibody, to remember who they just killed, the bad guy, the infection, so that next time they can build up antibody, innate response, against that infection so you don't recurrent infections again. So, your body's constantly doing this number, but at the end of the day, on average, it should kind of balance out if you don't have an infection. Now, when you have autoimmune disease, you're either stuck in TH1 dominance, where the killer cells took too active, or you're stuck in TH2 dominance where the B cells are too active, making too much antibody.

Dr. Peter Kan: Now, certain supplements can stimulate your body one way or the other. So, what that means is if you're TH1 dominant, and your killer cells too active, and you take the wrong supplements, that can make it more dominant and create more of a skew. This is how you get autoimmune flare up. Now, that's well and ... I mean, that's not good. But this is more of a problem for people with MS because if you take the wrong supplement, you create a autoimmune flareup, what that means is you just lost more brain cells. You just demyelinating yourself.

Dr. Peter Kan: And you may have more neurological flareup, for some people who's already in wheelchair or getting close, you might get pushed in the wrong direction

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and actually end up in a wheelchair if you're not already. So, yes, supplement have to be used judiciously and carefully, with people with neurological autoimmunity, and certainly for people with MS, diet's really important, we talked about it earlier. Sometimes diet is not enough, detox is important.

Dr. Peter Kan: I will say detoxification's very important for people with MS, and I will say that when you have MS, you have to be careful with very strong detox. Meaning like IV chelation. Right? Doing stuff that's way too aggressive of a detox or chelation, is harmful because then you're pulling out stuff, pulling out toxins too fast, and when you have MS, you can actually react to the metals being pulled out. What that means is that you detox, the toxin can actually trigger an autoimmune flareup as you're pulling it out. So, that's why doing Jonathan's protocol is very good because it's designed with safety in mind.

Dr. Peter Kan: It has binders, it has kidney support, so we're not just mobilizing the toxin, we're eliminating the toxins. Just remember this key phrase, mobilization does not equal elimination. If you just mobilize the toxins by taking some chelators, then you're basically just moving the pile from one place to another. Which is not good, because you can move the pile from your liver, or from your fatty tissue, and now you stirred it up and now it can move to your brain. Now you get problem there.

Dr. Peter Kan: So, you want to do it in a very safe manner. So, that's why I agree with the five month protocol that Jonathan does, because what you're doing is you're doing a step, slowly, step by step. You're not rushing this. You cannot rush it. Remember, the pills and the supplements are tools. They are not magic. It's not like oh, you take a capsule, it's going to automatically bind to 2.57 milligrams of mercury. It's not like that. It's going to bind to the capacity if your genetics, how much toxins you have, how the body's able to absorb these things. There's a lot of factors.

Dr. Peter Kan: So, there's physics involved in that. There's chemistry involved in that. So, it's a gradual process. So, think of detox as a gradual process, not an overnight process. So yes, absolutely. Five month is not too long for you to do Jonathan's program, to systematically get rid of these toxin, okay? So again, for people with MS, be careful with taking immune supporting supplements because you could support the wrong side of the immune system. You have to know if you're TH1, TH2 dominant, but you don't really have to mess with that. You don't have to mess with TH1, TH ... you don't have to ...

Dr. Peter Kan: You could just modulate the whole thing. How do you modulate it? Detox. Get rid of the toxic load so that your immune system doesn't have an excuse to flare up. That's one way, and you got to make sure you have vitamin D in a sufficient level. You got to make sure glutathione is sufficient. You got to make sure that you don't have leaky gut. So, those are the basics. If you can do that, you're going to do really well. Okay?

Dr. Peter Kan: Back to you, Jonathan.

Jonathan: Awesome. I love it. Thank you so much. Fantastic. So, let's dive in to the autoimmune category. And go through there, and then we'll move over to the supplement and food questions. So, autoimmune starts with Pam. "My brother has a very rare condition called inclusion body mystosis-"

Dr. Peter Kan: Myositis. Yeah.

Jonathan: Myositis. "Which is an atypical form of muscular dystrophy, MD, and is progressive, degenerate, myopathic condition. Myopathic means it's a disease that attacks muscles, and it's refractory, which means it doesn't respond to treatment. Have any of you experts heard of this or dealt with it successfully? I'd love to show him the evidence of how it could be treated. He is an optimistic person, and lives life to the fullest as fast as

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he can, and while he doesn't seem to be as open yet to exploring any of these docuseries." That's from Pam.

Dr. Peter Kan: And Kathy asks, "I have Hashimoto's, but my biggest complaint is that I feel more hyper than hypo. I feel that my heart is beating too fast most of the time, take 75 micrograms of [Levothyroxine 00:31:40]. The endocrinologist and my integrated doctor said the hyper feeling would go away when the thyroid was stabilized, but it hasn't. Thyroid hasn't been stabilized for about four years. They sent me to a cardiologist who says that my heart is okay, but put me on blood pressure medication [Metoprolol] which does help my heart rate, but no one has been able to find the root cause. What can be causing this, and what can I do for it?"

Jonathan: Brenda asks, "My doctor has recommended B6, B9, B12 to lower my homocystine levels, but I don't want synthetic B vitamins. I eat 75% raw vegan, no dairy, very rarely wild fish, no meats, organic eggs. Age 67, no meds, what can I eat to lower it, or about five or six instead of 14?"

Dr. Peter Kan: Okay. Kathy asks, "I have Hashimoto's. Biggest complaint is that I feel more hyper than hypo ..." Oh, same question. Yeah, this is the same question from Kathy. I'll go to Brenda. Brenda asks, "My doctor ..."

Jonathan: Double up.

Dr. Peter Kan: ... "has recommended B6 ..." Oh, double up.

Jonathan: That's the double up.

Dr. Peter Kan: Louise asks, "My son was diagnosed with type 1 diabetes at age 19. Fit, active athlete. 10 years later, diagnosed as autoimmune caused. Is there now a protocol to reverse this or improve beyond the latest Freestyle liberate glucose monitoring system? Thank you."

Jonathan: Now, you're going to read George's as well?

Dr. Peter Kan: Yeah, Jorge says, "How would you go about treating an autoimmune disease where you are recommended to take an autoimmune suppressant like Methotrexate? The doctor's just wanting the disease to burn out on its own but there's no way of testing it if it is getting worse. Only by it's physical appearance. Diagnosis, scleroderma, Parry-Romberg syndrome." Okay.

Jonathan: What do you we do, Doctor Kan?

Dr. Peter Kan: Yeah, that's the question, isn't it? So again, autoimmune is ... especially Hashimoto, there's several questions here about Hashimoto's, and that's definitely ... 90% of my clients have Hashimoto's and many of them have multiple autoimmune, but so Hashimoto is something I'm very, very family with. And when you have Hashimoto's, thyroid hormone does not fix the autoimmune component of Hashimoto, right? Because when you have Hashimoto, remember earlier I said, when you have Celia disease, you don't have a gut problem. When you have MS, you don't have a brain or neurological problem. When you have Hashimoto's, you don't have a thyroid problem.

Dr. Peter Kan: Any hormone symptoms you are experiencing, or hormone deficiency that you see on lab tests, is because your immune system's attacking the thyroid gland, so your thyroid gland's not pumping not enough thyroid hormone. So, taking the thyroid hormone replacement's replacing the hormone, but it doesn't fix the underlying root cause which is the immune system attacking the thyroid. So, now if you're having heart palpitation and you have hypothyroid symptom, number one I would confirm if it's actually hyper thyroid. Because

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sometimes you can ... remember, when you have one autoimmune, you can multiple autoimmune.

Dr. Peter Kan: Certainly a lot of people with Hashimoto, also have a GAD 65 antibody, G-A-D. That's glutamic acid decarboxylase, G-A-D. Or we call it GAD. The GAD antibody, specifically GAD 65 antibody, is an enzyme, or it's an antibody against the enzyme that help you make GABA. And some people will have this autoimmune to this enzyme, that attack the ... that help you make GABA, so then you have a GABA deficiency. You can feel anxiety from that, and GAD 65 antibody, or GAD 65 enzyme, is also the enzyme found in the pancreas to help with insulin production.

Dr. Peter Kan: So, people with GAD 65 antibody, usually will have anxiety as well as a blood sugar issue, like high blood sugar, like diabetic, type 1 diabetic. So, that kind of answered the type 1 diabetic person. Now, not everyone with type 1 diabetes have GAD 65 antibody. Some people just have beta cell antibody. Some people just have other type of autoimmune to other parts of the pancreas, but not GAD 65. But certainly that's a high possibility, especially the person also experiencing anxiety as well. Now, with high fast heartbeat, again, you have to identify what are the some of the other things that could cause that?

Dr. Peter Kan: Do you have an adrenal gland issue on top of that? Do you have other issues that's concurrent? Now, assuming it's hyperthyroid, then you have to rule out Graves as well. Because you could have Hashimoto and Graves at the same time. If you do, maybe one's more active, the TSI antibody is what you test for Graves, and you may have a hyperthyroid issue due to Graves. Or, you may have an autoimmune flareup. The reason you have hyper, with a Hashimoto's, because as the immune system's destroying thyroid tissue, thyroid hormone leaks out at the dead thyroid cells. So, the thyroid cells getting destroyed, they basically burst and spill their guts, and they spill the hormone that's contained in the thyroid follicular cells, so you get a temporary rise in the hormone levels, so you feel hyperthyroid.

Dr. Peter Kan: And when the Hashimoto go into remission, then you feel tired, hypo, because the cells are no longer being destroyed, it's taking a break. Your immune system's taking a break from attacking your own thyroid, then you go into hypo. That's why you go hyper and hypo. That's the reason. And a lot of doctors just don't get it. They say, "Oh Hashimoto, why are you hyper?" They just treating the symptom, that's why. So again, how do you fix that? You've got to address the root cause. Now, root cause for Hashimoto could be many. Epstein Barr, viral infection, very common. Also, bacterial infection's common too, so for example, Yersinia Enterocolitica is a GI infection that commonly occurs with people with Hashimoto's.

Dr. Peter Kan: And then we also see a chemical being very common as well. We see things like fluoride, we see things like arsenic, we see heavy metal toxicities, so these are all things that have to be addressed through a step by step process, or follow Jonathan's protocol, so you can cover the foundations, right? So, what Jonathan's protocol is going to help you cover the foundations. Address the gut, address the liver, address toxicity, binding these things, give you vitamin D. It's going to address the overall foundation of the house, of your house, of your health.

Dr. Peter Kan: And then once you address the foundation, you're bound to improve. You're going to feel better. And then whatever is still left, that's when you might need to okay, do some tests and find out what it is. But a lot of time people will just jump to spending a lot of time and money, doing a lot of tests, and they never really address the foundation. I think it should be the other way around. You should address the foundation first, and then whatever's left, then work with somebody like me or whoever, you know that's on Doctor ... on Jonathan's program that come on, they're all very capable doctors that will help you take you through this process. Okay?

Dr. Peter Kan: Now, for some of these other questions, I like to address the type 1 diabetes. It says, "Is there now

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a protocol to reverse this or improve beyond the latest FreeStyle Libre glucose monitoring system?" You know, again, the glucose monitoring system doesn't reverse type 1. It just monitoring his glucose level, and maybe it has a pump that automatically deliver however many glucose he need. Or insulin he needs. But it's not doing anything to reverse the autoimmune component of that. Now remember, when you have autoimmune to one tissue, pancreas, you can develop autoimmune to something else. So really, what your son wants to do, Louise, is address the root cause.

Dr. Peter Kan: Detox is a great start. Address the foundation. A lot of times now, you're treating something specific. You want to address the foundations of your health, just like I said earlier. Your body's already pre programmed to detox. It's already pre programmed to get rid of infection, it's already pre programmed to heal itself. You just got to give it what it needs and get rid of whatever's getting in the way. What's getting in the way is toxicity. What it needs is nutrition. So, if you can get out of the way, and provide it with what it needs, it'll do it's very best, right? With whatever genetics you have, it'll do its very best for you.

Dr. Peter Kan: Now, sometimes, again, you may need to consult with someone, but again, you got to do the foundations first. Okay? So, that's what I will say about autoimmune.

Jonathan: Fantastic.

Dr. Peter Kan: Just real quick, the person with the inclusion body myositis, I haven't had any experience with it. But muscular dystrophy, some of this we have no solution for. However, that does not mean that people with muscular dystrophy, or inclusion body myositis can not do a detox, because remember, we're all detoxing every day, every second. As long as your heart's beating, blood's flowing through your liver and kidney, you're detoxing. When you take these protocols that Jonathan has for you, you are amplifying and optimizing those pathway that's already working inside you every day, and we definitely have a need to detox because we're so exposed.

Dr. Peter Kan: So, even with inclusion body myositis, or muscular dystrophy, you can still benefit from a detox. It's kind of like hey, if I have inclusion body myositis, should I eat healthy or should I just drink Coca Cola every day? No, you still got to eat healthy either way. In fact, probably even more important. So, do the detox first.

Jonathan: Awesome. Do you want to read the supplement questions there?

Dr. Peter Kan: Supplements, all right.

Jonathan: We can probably do the cancer ones after that.

Dr. Peter Kan: Sure, okay. So, under supplement, Linda asks, "Is it okay to eat wheat? Some say it's okay. And others say it's not good to eat."

Jonathan: I'll let you ...

Dr. Peter Kan: Okay. Karina asks, "What's your opinion about hydrating with ionized high alkaline water? Kangen water, Jody Johnson's protocol?" You know, I might just kind of do this. For that, that one, I don't have any opinion on Kangen water. I don't think it's good or bad. It's probably very low on the totem pole as far as priority. If you're trying to get better, do Jonathan's protocol. That's going to have a higher impact on your health than doing alkaline water. It doesn't mean it's not good, or have some benefit. I don't know too much about it, but if you're going to do it, do Jonathan's protocol first.

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Dr. Peter Kan: "What do you think is the best form of turmeric, curcumin? What do you think absorbs the best? Also, and I realize this is a huge topic in a second question, but do you think there's hope of treatment holistically with AlS? Totally understand just the first question to be addressed." From Michelle. And then James asks, "There's a lot of emphasis on liver support and cleanse for health. Do you agree and recommend [tutka 00:41:45], milk thistle, and doing detox cleanse in kits that seem liver focused?"

Dr. Peter Kan: Well, that's what Jonathan has, right? He's already got it for you. You don't have to reinvent the wheel. Laurel asks Jonathan, "I ordered the five month protocol. Do I continue to take my other supplements along with it? Oregano, magnesium orotate, B complex, D3, K to name a few." Well, if you're doing the five month protocol, you're pretty covered there. If you have other supplements that you're taking, like oregano, or magnesium, you can certainly take it along with it, but the question is do you need all the stuff, right? Or do you just do what you need to do for now? My opinion's always like take what you need, don't take ...

Dr. Peter Kan: Some people literally turn taking supplement into a sport. Like they want to take everything under the sun, because they're going to be able to levitate or something. It doesn't do that, necessarily. You know? And in fact, earlier in the MS topic, supplement can hurt you for people with autoimmune because you can take the wrong supplement and push your immune system the wrong way. Jonathan's protocol is immune neutral. It's fine. But you can certainly take the wrong thing that can do that.

Dr. Peter Kan: Lindsay asks, "I have been doing the five month detox protocol. My question is, after I'm done, I'm wondering what supplements are important to take for someone with Schizophrenia? Niacin?" That requires more individualized work. If you do the five month protocol, you're doing great. You know? You covered the foundation of your health. And what do you do after that? Like I said earlier, if you still have stuff that's left over after doing the five month protocol, and you still have symptom, you may want to take it to the next level. Have some testing done. So, customize it to you. Okay?

Dr. Peter Kan: Patrice asks, "What does it mean if a metallic taste is present after starting the organics iodine with just one drop a day? Second day tasted like a battery was licked." Ooh. Not sure what that means. Yeah, I'm not sure. Maybe the iodine is pulling something out for you. Lydia, "Since many pharmacists aren't familiar with herbs and other supplements, what's the best way to know if the supplement you're taking can interact with your required medication?" I believe there are online, resources that can tell you about supplement medication interactions. Or your other best way is work with a qualified healthcare practitioner that work with nutrition.

Dr. Peter Kan: Shawn asks, "What's the best diet for Crohn's disease?" Well, plant-based, gluten free for sure. Most likely grain free, to avoid that lectin irritation. Most likely dairy free as well, so a lot of plants, vegetable, plant-based, healthy fat, decent amount of protein. But definitely you want to watch out for the lectins. Lynn ask, "I would appreciate your help. I'm trying to get healthy fats into my body without triggering an immune response. Been suffering from poor fat tolerance for decades and have developed an allergic reaction to fatty foods, particularly plants. I can eat nuts and seeds now, I do better with animal fats though they can still cause reaction in excess. For decades. To digest protein, I've had to take enzyme, and now for fats. I have to include lipase or ox bile. I've been eating gluten and dairy free, now I have SEBO constipation, now I'm underweight. Lately I keep breaking out badly from food. I'm 64 year old female, started coffee enemas to help unclog my liver, but don't know how I could do a liver flush with my fat intolerance." Okay.

Dr. Peter Kan: "Clearly my liver gallbladder function is weak. Thanks for your insights. Greatly respect and follow you." I'll answer that, because that's more principle based.

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Rhonda asks, "Is it dangerous to take K2 MK7? What is a safe dosage?" It's not dangerous to take K2 MK7. In fact, that's the preferred form. Safe dosage? You can actually take quite a bit. Typically, the recommended dosage on the bottle is safe, because those recommended dosage on the bottle typically are actually very low dosages. So, you could safely take what's on the bottle. If you're going to take more than that, probably want to work with a healthcare practitioner, and if you're going to take K2 long term, in higher dosage, you probably want to have blood tests.

Dr. Peter Kan: Anonymous asks, "How do you know when your mercury lead toxicity are gone? I took several months worth of DMSA." Well, DMSA is very aggressive form of heavy metal chelation, and like I said earlier, when you're doing it very aggressively, you risk pulling things out, but not necessarily eliminating. Mobilization does not equal elimination. How do you know it's completely gone? Very difficult to tell. The reason I say that because when you do a urine metal test, or hair metal test, all you're measuring is just the metal that are present in your urine, and in your hair. That does not mean total body burden, which means all the metal that are distributed over all the tissues in the body, including fat cells, organs, bone. You just measure what's in your urine and in your hair.

Dr. Peter Kan: So, there's a lot of misconception about what those tests is measuring. And so, how do you know it's gone? You don't really know if it's completely gone. And to be honest with you, mercury and lead probably will not be completely gone because it's ubiquitous in our environment, we're constantly getting re exposed to it, so there's no such thing as completely eliminating it. What you're doing is you're eliminating them to a degree, so that it's below a certain level that it does not cause problem for you anymore. That's really what you're doing, essentially.

Dr. Peter Kan: And, so that's a practice, that's called a practice, meaning you do it on a regular basis, like when you do yoga. You don't expect to do yoga for a month and expect to be flexible for the rest of your life, and never have to stretch again. You don't expect to brush your teeth for a couple month and never have to brush your teeth again. Detox is kind of one of those things, you know? Like oil change for your car. You do it on a regular basis, because the mercury and lead probably will never be gone, okay? So you have to get back on Jonathan's program.

Dr. Peter Kan: Now, with these other questions, now we're on supplement questions, so we talked about some of these things. Is it okay to eat wheat? It's not okay to eat wheat, especially if you have gluten sensitivity, or you have autoimmune disease. You can certainly test to see for sure if you have problem with it. However, gluten can cause leaky gut even in a symptomatic individual. So, the way that I see gluten is like gluten is kind of like junk food. I don't eat Cheetos, I don't drink soda. Even though if I eat Cheetos and drink soda, I don't feel terrible. But I just don't eat them because it's junk food. Why would you do that, right?

Dr. Peter Kan: So, consider gluten like a junk food. It's not healthy food. So, avoid it at all possible. The best form of turmeric, there's a lot of argument on it, and there's not really any consensus. What a source of that. I think in general, if you have absorption problem, then a liquid form might work better for you. If you just have trouble with absorption. Otherwise, the pill form is okay. Typically, turmeric should be taken with fat, it absorbs better in fat. It's a very fat complementary nutrient, okay?

Dr. Peter Kan: And any hope of treating holistic with ALS? Well, is there hope? There's always hope. There's no official treatment for ALS, currently this is a progressive condition with not really any real medical treatment. And holistically, you know what you're doing? You're not treating autoimmune, or ALS, or MS, or Hashimoto. Holistically you're optimizing your body function by getting rid of obstacles and giving the body what it needs. So again, focus on the principles. So, that's why I support Jonathan in his campaign, his effort to get the information out and creating these very helpful tools and supplements, because these are things that you can do to

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help you build that foundation whether you have ALS or not, right?

Dr. Peter Kan: Because either way, you still got to eat healthy, either way you still got to detox, either way you still might want to exercise. You want to manage your stress, it's all stuff that we got to do. There's certain things that can do it better, and it's a great supplement or tool to speed up the process, and that's what supplements are for, okay? A lot of ... I'm going to answer this last question here. Lot of emphasis on liver support and cleanse for health. Do you agree with ... oh, I already answered that. Okay. All right, that's good.

Jonathan: Fantastic. Amazing. Well done. All right, so we're coming towards the tail end here, but I want to try and get through as many questions as possible so let's continue. And Doctor Kan, your information, your advice is impeccable. I'm seeing the comments, people are absolutely loving it. So, thank you, and your interest in people's wellbeing is just unmatched, and it's beautiful to see it. And I appreciate it so much.

Dr. Peter Kan: You're welcome.

Jonathan: Lori ... yeah. Oh, yeah. Awesome, man. Doctor Kan and Lori, can you guys just dive into the cancer questions, read them one by one. Either one of you guys can start first.

Dr. Peter Kan: Okay. I'll start. Beth asks, "I have been diagnosed with a three centimeter meningeoma located between the front and back lobes to the right side of my brain, discovered incidentally during CT scan to check my sinuses. Been gluten, dairy free for four years, starting to become plant-based, no meat diet two month ago. What can I do to shrink this tumor?

Lori: Gloria asks, "What protocol should be used for CLL?"

Dr. Peter Kan: Question, from anonymous. "Do you have recommendation on what else I can do to cure these last two medical issues? The drug induced Lupus and Hashimoto's as they are causing a good deal of chronic pain. More pronounced in my hands, wrists, shoulders and back, and do you believe a high lectin diet can contribute to joint pain and inflammation? Also trying to do a more low lectin diet as was recommended that I try by my physical therapist. By the way, I'm open to hearing any and all non-pharmaceutical recommendations you have. Thank you, good health. Lindsay."

Jonathan: Great. And Lori, do you want to tilt down the camera a little bit, so we can see the little guy? Read for your question, Lori?

Lori: Sorry, he was wanting some mommy time. So, he was getting hungry. All right, next question, let's see here. Judy, "I had breast cancer a year and a half ago, and had a bilateral mastectomy without reconstruction. The cancer was ER 11.1 positive, PR 7.1 positive, and HDR 29.3 negative with a recurrence score of 10. I only took estrogen for five months due to the horrible side effects. My question is, would you advise having a hysterectomy to prevent other cancers?"

Dr. Peter Kan: Okay. Alan asks, "How to reverse stage four CKD kidney disease?"

Lori: Okay, for almost ... And then ... sorry. Pam says, "For almost three months, I have been following the protocol including parasite and metal detox. I am not feeling any better. Severe fatigue, weakness, et cetera. I have been on low dose chemotherapy for 22 years for a bone marrow disease. Since this is a poison that I have to take every night, is there really any help for me to improve even

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though I am doing all I can? Is there anything else that I can do?"

Dr. Peter Kan: Theresa asks, "My husband has stage four glioblastoma brain cancer. He has two pulmonary embolisms and two DVTs last August, and some fragment, a blood thinner. Our oncologist not comfortable with me switching my husband to Nattokinase, a natural blood thinner because the blood thinners Fragment, or Nattokinase, she is not comfortable with him using turmeric. Turmeric is a significant part of the five month detox protocol. Does it make sense to do the detox protocol now, or wait until maybe never, my husband is off blood thinners before starting the detox? How much would eliminating the turmeric from the protocol compromise the plan for synergistic effect of the entire protocol? Are there alternatives to using turmeric for those on blood thinners?"

Jonathan: Can you keep reading, Peter?

Dr. Peter Kan: Regina asks-

Jonathan: Oh, yeah. Go for it, Lori.

Dr. Peter Kan: Yeah, I'll keep going. Regina asks, "I have cancer twice. Second time wasn't treatable form of breast cancer. Have osteoporosis, some sleep difficulties, tired after lunch about every day. I'm eating lots of vegetables, fruits, some organic grains, and mainly organic meat or protein, mostly Stevia for sweetener. My 60's, 94 pounds, five, two. Think of doing detox but difficult to eat all vegetarian since I have some difficulty with some beans and nuts. Also don't want to lose anymore weight. Like to know your recommendations on diet, and if I should have any specific labs from my regular doctor before doing the healing diet, parasite, or metal detox?"

Dr. Peter Kan: Sonya asks, "My brother has prostate cancer, no surgery. Yes to radiation and chemo, however stopped chemo six month ago and now metastasized into his bones. Is there still hope of reversal? He also has Parkinson's. I offered to take him to San Diego and Tijuana clinics, but he does not want to go. He lives in Northern Utah. Any naturopathic doctors there?"

Dr. Peter Kan: Lastly, Claudia asks, "Is there a natural protocol to shrink a non-malignant heterogeneous 2.1 centimeter cyst attached to my thyroid? Symptoms include occasional pressure in ears and feeling of someone choking me. Headaches, neck aches, sometimes feeling something in the back of my throat when I swallow. No pain, right now surgery scares me to have half my thyroid removed. Thank you."

Dr. Peter Kan: So, you know, a lot of the questions surrounding how do I shrink this tumor? And obviously they're asking how do I shrink it naturally. And that's a tough question because you don't really shrink a tumor by taking a specific supplement, right? Now, I will tell you that I'm not a expert in cancer treatment. I don't really take on too many cancer clients. I help people with autoimmune that may also have cancer, but cancer is not my primary thing that I accept, patient-wise. So, I don't have too much experience in that. But I can tell you though, people with cancer, again, it's an immune system problem. Right?

Dr. Peter Kan: We all have circulating tumor cells. Whether we have cancer or not, we all have circulating tumor cells. So, the reason that I don't have cancer is because my immune system is effective at getting rid of the tumor cells as it gets to a certain size, and zap it and kill it, so that it doesn't develop into a tumor. So, the whole thing with cancer is that you want to improve your body's immune function, okay? Now, that's a little bit different than autoimmune, because in cancer, you do want to push the immune system. Typically, you want to push TH1, the killer cells. Where in autoimmune, it depends. You may or may not want to do that.

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Dr. Peter Kan: So, there is a difference in how you will use supplement to go about that, and detox is going to be very important. Most of the people do Gerson protocol, which includes coffee enema. And do a lot of green vegetable juicing. That's kind of like the staple in natural cancer protocol. But certainly there's other things that you can do as well. For some of these questions ... one of the questions I want to answer here is that Regina asked, "If I should have any specific labs from my regular doctor before doing a healing diet, parasite or metal detox." The answer is no. Because your doctor don't even know what a metal detox, or parasite cleanse does, and neither do they have any tests for that, from a conventional medical approach.

Dr. Peter Kan: You will have to see a holistic doctor to be able to do tests for, to measure metals, and things like that. Or a medical doctor whose progressive, practicing functional medicine. But not a regular doctor. Asking a medical doctor about these protocols, and what you should be doing is pretty not helpful, okay? Now, for the person, Theresa, asked about blood thinners and turmeric, turmeric does thin the blood, but the effect of it is pretty, pretty mild. Okay? So, again, I can't tell you what to do with your medication, and really Nattokinase versus medication, well if Nattokinase will interfere with their blood thinner medication, that tells me, and should tell you, that Nattokinase probably works just as well as the medication as a blood thinning agent. So why not just do Nattokinase, right?

Dr. Peter Kan: So, then maybe that's a question for them. But of course, they can't do that because then they're not medically managing you if you take Nattokinase. And if your husband gets into any trouble, then they're medically in trouble with the medical board. So, that's why they can't tell you about supplements. So, it's almost like do you talk to them about it? Not the regular doctors. If you also concurrently work with a functional medicine doctor, or a natural holistic doctor, then they may be able to help you with the diet part of it, the supplement side of it, to see whether it interact with the medication.

Jonathan: Great. Let's do the colon section. Got colon? Can you guys read that one for one? You got ... yeah.

Dr. Peter Kan: I got ... yeah. I got appointments now.

Jonathan: This will be the time for everyone to say thank you for Doctor Kan, just drop a chat in there and let him know what you thought and how you thought about what he shared. I'll say a quick prayer, take me 30 seconds here. Heavenly Father, we just want to pray a blessing on every single person here, thank you for Doctor Kan, thank you for Lori, thank you for every person here that's been here. We pray blessings on their health, on their life, on every single thing. Help us heal, help our bodies heal, help us find the solutions. Thank you for people like Doctor Kan, thank you for Peter Kan right now, and how he has just jumped in to help and share wisdom that could absolutely save people's lives if we apply it. So, thank you for this, in the name of Jesus, amen.

Dr. Peter Kan: Amen. Thank you, sir. Thanks everybody. It was great fun. Hopefully this helps you and I'll talk to you guys next time.

Jonathan: Perfect, awesome. So Lori, what were some of your big takeaways there?

Lori: There we go. I was taking lots of notes. I think, I mean, the biggest thing is ... the biggest takeaway ... I actually learned a lot of new things for women's health for PCOS and blood sugar being a direct connection to it. And just all that connection. And then the second takeaway I just kept hearing detox, detox, detox. We cannot get rid of what we have until we purge out what we have inside of us that is not good for us. So, those are the two big takeaways.

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Jonathan: Awesome. Thank you. Yeah. I took away so much. Again, great reminder around detox, a great reminder around simply just taking action, allowing, and a big takeaway is the body is naturally detoxifying itself. All we need to do is support it through that process, and then help it get to that next level. So, fantastic, guys.

Lori: And also ... oh, sorry. One more thing, I was just going to say if you haven't gone through the ... as far as with whatever condition you have, if you haven't gone through a detox, if you haven't removed the foods that you know you shouldn't even be eating, if you haven't taken maybe specific tests, but mainly if you haven't gone through those check boxes, I would encourage you to do it. It doesn't matter what you have. Just go through those little check boxes and check them off one by one. It doesn't hurt to remove toxins from your body in that specific way.

Jonathan: Yep. It doesn't hurt to remove them but it does hurt to have them. So, I'm just going to share a screen with you in just one moment. And in the final minute here, I'm just going to remind you where to find the protocols here. Autoimmunesecrets.com/protocol. Go ahead and click on these banners right here. We've just made it really simple and easy for you. And we've made the discounts available for you, just for a very limited time here so you can take action during these live question and answer calls. But we're at the tail end right now. Next week will be our final week of our six week call so just keep that in mind and make sure you don't miss out on our special discounts and special bonus gifts and offerings here.

Jonathan: So, I showed these three to you, and the one underneath there is a fortified brain bundle, which is specifically the D3, plus K2, the fish oil from wild harvested anchovy, so small fish so they're safe. And then calm effects, which is to help brain balance. So click on that, learn more about that and how it can help you with your brain chemistry. You can look at their previous question and answers and the transcripts. We'll have the transcripts for this in the next 24 to 48 hours, and so you can read along there. And then just again, for here with our three month bundles, you can get it as low as $167 which works out at $1.50 a day, so certainly we've made it achievable to regain amazing health.

Jonathan: But if you do one of these, make sure you do the other one. That's going to help you a lot because it's going to give you the ability to reset the gut, but it's also going to then, with the ultimate detox bundle, it's going to help you remove the toxins. Would you agree ... Lori? Did you hear me?

Lori: No, I didn't-

Jonathan: No, I just said would you agree with that principle?

Lori: Yes, definitely. For sure. It changed my life, it's changing a lot of people's lives. Those are the basic principles, especially with Doctor Kan ... explains. So, why not give that a chance, and take just one foot in front of the other?

Jonathan: Yep. Fantastic. And again, so here the protocol, 68% off. The full five month protocol, and you can go

through, it's cleaning the gut, the liver, the kidneys, the blood cells, your immune system, your lymphatic system. You can get tremendous results with this. Colon cleanse, organic turmeric with ginger and Bioperine. Digestive enzymes, Maxzyme pro blend, Omega-3 fish oil, D3 plus K2, super fulvic minerals, and probiotic 40 billion CFU. We've seen people get amazing results, and feel like a different person in the first month of using this. Ellen just wrote in, just while we were just talking about this. I didn't expect her to, I didn't prompt her.

Jonathan: She just talked about her whole life and her health changing because of this, and this happened during the course of the five months, not even once she finished it. So, she went and ordered it for all her family members. So, just imagine that, right? Just get started so you can then see, if you have a transformation, how many people can you help? So, when you make a choice like this, it changes lives. And can anybody ... is it for the elite? Is this just like an incredibly expensive program only for the elite? No. This is a very affordable program that is only $6.30 a day during the protocol, and that's 57 bottles, pure nutrition, to help reset your body and to help give you the detox that you need of all your organs, your lymphatic system, your liver, your kidneys, toxin, toxic metals, a parasitic infection, the bad bacteria in your gut.

Jonathan: It's designed for you. Look here in month two, colon cleanse, it goes deeper. We go into heavy metals with [inaudible] and parasitic, with ParaPurify. We also do the chlorella for the toxic metals and for nutrient density to help you. And why continue all these other steps and we add in the liver and kidney support. And then you continue on this for the next three months. So, you'll see this continues, and then on the fifth month we then go deeper into cleansing the lymphatic system, and then you're set. You've done the reset, and then at that point you can choose what things you'd like to continue on. For example, like a digestive enzyme, or a super fulvic minerals, or a probiotic. There's a few things you'd like to stay on that will help you do really well that would just cost you cents a day, right?

Jonathan: So, do the reset, get your body right, and then you can get amazing results. Look at the ingredients there. Here's all the breakdowns of the bottles. The protocol guide is right here. This is an FDA approved facility, and you get the miracles of nature interview sessions for free. That's $497 value, the healing protocols from our top experts, $670. We get 10 additional live question and answers, for $997. The entire retail value of the supplements is $900 ... sorry. $2972. At 68% off you get free shipping at $49.95. Add it together the price is $5186.25. You're getting it today for only $947. So, just click the button here to get started today so you don't miss out. Change your life.

Jonathan: I mean, look at the difference that happens in your life when you take action. And remember, you're fully covered by money back guarantee, and so it means that if you decide at any time that you don't want to continue, that you're done with it, send it back. Whatever you're finished, send back. You can send back all the bottles empty. We don't care, we're just happy that you tried it out and you gave it a chance because we wanna see you get better. And you get a full refund, not a partial refund in that 60 day period. So, you've got 60 days to just try it out. We're letting you guys fully take advantage here. We just believe in it. We know that you can change your life through this. We don't want you to miss out on that, so take action today and make sure you don't miss out.

Jonathan: Our inventory is limited and we have a lot of people that follow us, and we don't want you to miss out due to high demand and low inventory. So, take action today while we have availability and I look forward to see you on the next call. Thanks so ... Thank you Lori, for being here. I appreciate you.

Lori: It was an honor. It was so great spending time with you all. We love you all.

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