

DEPRESSION, ANXIETY & DEMENTIA SECRETS

Live O&A **Module 2**

A live session with Dr. Daniel Nuzum

6 MODULE COURSE

DEPRESSION, ANXIETY & DEMENTIA LIVE QUESTION & ANSWERS

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MODULE 2: Q&A WITH DR. DANIEL NUZUM



in deep. People would put through their questions, Dr. Nuzum and I have been going through that, and we've had our team on board. We have Doug for over an hour here, just going through all these questions. He's going to give answers that are relevant for everyone.

Jonathon: We're not going to be [00:01:00] talking specifically about this or that brand, but we're going to be talking about on the ingredients to look for. We're going to be talking about the types of foods and dietary protocols. As we know, Dr. Nuzum is one of the world's foremost in, in naturopathy. As a doctor of osteopathy, he is currently completing his seventh PhD.

PART 2


Jonathon: Thank you so much for joining us tonight, guys. We are now live on all fronts, and we have over 300 people with a slide at the moment and was just thrilled that you're here. Thank you for joining us with Doug. We've got so much to go through and so much to tackle and learn tonight. Dr. Nuzum, how are you doing?

Dr. Nuzum: Hey, there we are.

Jonathon: We're [00:00:30] in business, guys. Dr. Nuzum, thank you for joining us today. Busy day for you and we are going to just make it all the more busier. We've got a lot of questions to go through. So, let's dive

Jonathon: Most of the PhDs that he's been doing through his life and completed are in natural medicine. [00:01:30] So, understanding what herbal remedies are available and how we can use these things for healing. And so, we have a bunch of questions. Go ahead and drop them in the document, that way we're able to go through them together. And so, here's how we're going to answer them so we can get through the questions, and we can give you a really detailed answer in regards to the healing methods he used.

Jonathon: Because what happens, when we don't do this and we simply try to answer people's questions based on their symptoms that we're not actually teaching anyone how to heal. [00:02:00] And it has a down idea. So, we see Dr. Nuzum nodding. And the huge problem that if we just are plugging up symptoms during the whole call, it's what people think, because we've been indoctrinated to think that way. But the



answer really is for us to compile different symptoms and disease categories so that it makes sense to you and so you can feel and understand your dress.

Jonathon: I'm going to be calling out your names when you're in these subgroups. So, we've categorized these questions and we'll pull out some specifics. [00:02:30] And so, everyone that's listening, you can listen to, hey look, that specific was in was in common with mine or that he particularly mentioned the exact thing that I asked, or my challenge falls totally within this category of situations. So now, we can focus on the protocol and how you can get better.

Jonathon: And what types of herbs, minerals, supplements, in terms of ingredients to look for. And then, what kinds of dietary protocols and what types of inflammatory things that you might be doing right now that you need to [00:03:00] take out, and healing protocols.

Jonathon: And we're going to go through it all and we're going to do it and it's gonna be great. What do you say, Dr. Nuzum?

Dr. Nuzum: Hey, let's go ahead. Let's do it. Alright.

Jonathon: Cool. Alright. Let's dive in. So, let's jump inside of this document that you and I have doc, and let's dive in here. And then I have a couple people here from my team. And [00:03:30] Kristen, 00:03:31], I'm bringing in a Kristen and Nicole. So, you girls can help us as well with new questions and putting them

into the subcategories so we can be fielding questions live as well.

Jonathon: Yes, everything will be transcribed. I just saw that. So, you got that answer right away. Roxanne, God bless. Welcome to here. And she's asking for a question to be answered on psoriasis. So yes. Skin. We actually have a whole category on skin, so that's good.

Jonathon: And now, I am diving into [00:04:00] this document. Okay, let's dive in and, okay. So, Doug, we've had like over a hundred questions. Kristen can tell me exactly how many questions we've got coming. We've got questions around parasitic infection, questions around macular degeneration, what supplements can be used for x, y condition. We're going to talk about ingredients for that. We've got questions [00:04:30] around depression, anxiety and dementia. Secrets like the often asked questions that people have directly from the series, and what can be done there.

Jonathon: We have gut related questions. We actually have 387 questions from today. So, we've got a lot to go through, Doug. And this is what's going to help us. So, everyone, I believe that everyone can get their question instead tonight within these group categories, but I'll be calling out people's names. We've [00:05:00] got questions here are around food. We actually have a single question on cancer. We have a few own heavy metals. We have women's health related. We have what like, you can see the subcategories there. We have six on women's health, three on thyroid, just two on skin. But now three, because the psoriasis would count on [inaudible 00:05:24] .

Jonathon: And that's the spectrum right there. So Kristen, Nicole, [00:05:30] if you guys can keep just pulling them in there so we can make sure we're addressing them. So, we can just start with, I mean, Doug, you've been going through this. So, why don't we just see how best we can address every one? We'll start with the questions that we feel like would be most relevant place to start, and then start going through these subcategories in order of as you see best for people's learning as a group.

Dr. Nuzum: [00:06:00] So, we're going to focus on categories. Am I understanding that correct?

Jonathon: Exactly, exactly. And what I'll do, and what we need, what we should do as well as just call out the names, the first names of all the people in that group so everyone can hear that we're addressing those directly. So, that makes it fun. Everyone feels loved. That's the key. You're all loved. Yeah, sure. So, let's dive in there. I mean, we can totally start here with [00:06:30] the questions around depression, anxiety, dementia secrets.

Jonathon: So, here we have a spectrum of questions. Okay? You've got some of your answers you've been pre-writing down on as well. Okay. So, these are all around, I mean specifically all these questions are related to depression, [00:07:00] anxiety, and psychiatric problems. And then, so this is a fantastic place to spot.

Jonathon: There is one question here from [Iona 00:00:07:10], where she's asking specifically about healing brain trauma and concussion. So, this is a really good one. That one's going to have a slightly different answer out for people that are asking, for example, Margaret is asking on behalf of someone, or for some other, are there natural treatments or cures for serious [00:07:30] mental illnesses like bipolar disorder, schizophrenia?


Jonathon: So, we've got some excellent answers for that. Do these people need to be on medication for the rest of their lives? Simple, quick answer. No, but we'll go in more detail. And then you've got, Karen asking about anxiety and stress. You have essential tremor at an early age from Barbara. She's asking about this and she has the MTHFR 667 gene mutation. Very common. Her live changes seriously after a [00:08:00] stroke.

Jonathon: Let's put, Dr. Nuzum, and we can put the category of the essential tremor, the stroke, and concussion. Ask these more invasive and more specific.

Dr. Nuzum: A little more specific. Sure.

Jonathon: Yep. Yeah, exactly. And then, we'll put the depression, anxiety, schizophrenia, even though those seem far apart, we can address them collectively.





And then, I'll just go through the other names here. [Jeanine 00:08:30] [00:08:30] with paranoia. What would you recommend for somebody with paranoia?

Jonathon: And remember, a lot of people here asking on behalf of other people, and people asking for themselves as well. And part of the reason why I'm reading first name, but also, we have a community of support. This is a perfect place to also share your own personal struggles, just like [Lori 00:08:50] has with her depression, anxiety and so forth.

Jonathon: But again remember, a lot of people on behalf of other people just in case, I don't want anyone to feel like they're called that without [00:09:00] them wanting that. So, and then neuropsych test. She's got dementia, cognitive severity. What's the best ways of healing this?

Jonathon: So, this can go into some of those other categories. So, we can hit the dementia related in its own category, Dr. Nuzum, this is [Iona Grace 00:00:09:26], Sherry [Ottis 00:09:24], Margaret, Lily, [00:09:30] Karen, Cindy, Dominic, Linda, Jeannine, and Liz that we're going to be addressing here on in these questions. So, go for it, Doc. Tell us what we can do with these conditions.

Dr. Nuzum: Alright. So, we're talking anxiety, depression, dementia, correct?

Jonathon: Yeah, there's concussion there as well, as brain injury was mentioned.

Dr. Nuzum: Alright. We'll get into some of the other more specific things in general. Okay? Just in general,


[00:10:00] with all of these issues, there's a reason why the circuits aren't connecting properly. Okay? There's one thing I want you to understand, real quick. Everybody think of a membrane. Okay? Or think of a piece of fabric. Okay, like your shirt. Think of your shirt for just a minute. It's tightly knit. [00:10:30] Okay?

Dr. Nuzum: The tighter the knit, the smaller particles can get through that mesh. Correct? If you stretch the shirt out, okay? And pull those fibers apart, bigger particles are going to be able to go through that mesh, okay? This is what is happening in leaky gut, okay? It's not that you'd have holes in your gut, it's not that [00:11:00] someone opened a drain and is dumping things in your bloodstream.

Dr. Nuzum: No, no, no, no, no. What it is, is the wall of the intestines had been irritated. The body's response to irritation is always an inflammatory response. So, they swell up, okay? As that tissue swells up, the fibers separate and you get what is called leaky gut. If you have brain fog, if you have depression, [00:11:30] if you have anxiety, if your memory is going, leaky gut is an issue, okay?

Dr. Nuzum: Now, here's an interesting fact. The leakier your gut, the more permeable your blood brain barrier becomes. Okay? So, the protective membrane around your brain that garbage out becomes more permeable if your gut becomes more permeable. [00:12:00] So if you have leaky gut, more things can float into your brain than should normally float into your brain.

Dr. Nuzum: Where I'm going with this is, detoxification has to happen. You have to detoxify. We have to eliminate waste that's accumulated in the body. And once we've eliminated accumulated waste, we need



to start going after things like coinfection, parasites, Lyme [00:12:30] disease, candida, mold.

Dr. Nuzum: These types of things have to be dealt with, along with things like environmental chemicals, heavy metals. Okay? So, detoxing these things from your body is where we removed the irritants that are causing the inflammatory response that our bodies having. Okay? So as we remove those irritants, the level of inflammation goes down, the swelling goes [00:13:00] down in the gut is capable of healing.

Dr. Nuzum: Alright? Once that is happening, we get into where we're detoxing chemicals and metals and those types of things. That's when we also need to start building up the gut with things like digestive enzymes, and probiotics, and these things where we can recolonize the gut.

Dr. Nuzum: One of the things that probiotics do, they don't just colonize the gut and help us absorb our food, [00:13:30] they cultivate the gut wall. Okay? So as they colonize, they take and mark their area and then they cultivate that, much like we would cultivate our lawn.

Dr. Nuzum: Okay? If you have a house and you have a lawn, if you want a nice lawn, it takes some cultivation. You got to work with it in. That's what probiotics do with our gut. And so, we have to do is remove all the garbage out of the way so they can do that. [00:14:00] And that's what detox is. Those are the basic steps. Okay? So, detoxification, particularly gut detoxing.

Dr. Nuzum: So, get as much inflammation out of the gut, as much irritants, as many irritants out of the gut


as possible. We reduce the quantity of the irritations in our gut through detoxing, followed by then, we have to [00:14:30] deal with infections. We got to deal with what else is living in our gut that shouldn't be living in there. Okay?

Dr. Nuzum: First, we got to remove their food supply by detoxifying waste, eliminating waste. Second, we have to eliminate infections. Once those infections are gone, we can very effectively start eliminating chemicals and heavy metals, and those types of things. But while we're doing that heavy metal detoxing and chemical detox, we need to be reef reestablishing [00:15:00] gut health with probiotics, with enzymes, and things like that to build our gut back up again.

Dr. Nuzum: Now, with dementia, with the concussions, a lot of your more longstanding neurologic disorders. Okay? [00:15:30] I use a lot of CBD. Okay? I know that's a buzz word now, but I do use and have been using CBDs with neurologic patients for years and years and years. And that's kind of a paramount thing for me in my protocols with patients.

Dr. Nuzum: We use CBDs along with the detoxing, along with the eliminating of infections, [00:16:00] and along with the chemical detoxing and things like that. It eases a lot of the just the neurologic issues that people are dealing with.

Jonathon: Dr. Nuzum, let me- I'm sorry. I don't want to cut your thought off. I'll let you continue. So, CBD. He is saying is Cannabidiol, which is cannabis, which is from cannabis and it is specifically than non-psychoactive derivative [00:16:30] from what is known as marijuana, which is actually the street name for it in Mexico. That's actually where that came from.



Jonathon: But the word is cannabis and CBD, which is non-psychoactive, which he's using that for our brain, and we did actually include that for Dr.** Harley Cast in our 10th episode about CBD for Brain Health.

Jonathon: So, let me just let you continue there 'cause I don't want anyone to feel like they missed out on what you're about to share, but I know [00:17:00] that some people were saying, "What's CBD?" Because-

Dr. Nuzum: Thank you. Thank you. No, thanks for clarifying that. I appreciate it. Okay, so cannabidiol. CBD is something our body produces. Okay? It's actually much like a hormone or a neurotransmitter. Okay? But it works on what I call a subsystem in our body. Our body, we have communication systems in our body. We have our immune [00:17:30] system. Our immune system communicates with all aspects of our body, but also communicates with all aspects of our environment. Okay? So, our immune system is what's responding to our environment, changes in temperature, changes in the microbes in our environment, changes in humidity, changes in pressure, changes. Okay?

Dr. Nuzum: All of these different changes in our environment, it's our immune system that adapts to all of these changes, is our immune system's constantly communicating [00:18:00] with the outside world and with the inside world. Alright? And we also have our nervous system, okay? Our nervous systems are hardwired cable communication system within our body. We're sending messages as fast, or faster, than the speed of light.

Dr. Nuzum: And all of these different cables we got


laying around in our body called nerves, right? In the communicate, it's a regulatory mechanism that our body has, in a sense, [00:18:30] messages back and forth from the central nervous system to the peripheral nervous system, and so on and so forth.

Dr. Nuzum: Finally, we have a a third communication system in our body called our endocrine system or our hormonal system. Okay? And the hormones are, they're very much like packages sent by the postal service, okay, by FedEx or UPS or the post man, right? So, one [00:19:00] location creates a package, sends it through the courier, right? That package arrives at another location. That location unpacks the packages, and then follows whatever instructions are in the package.

Dr. Nuzum: Okay? So, your thyroid produces a hormone, goes through your bloodstream, it gets to your cells after going through the processing plant, your liver, and the cells receive [00:19:30] that package, that thyroid hormone, right? They unpack it and they follow the instructions. Okay?

Dr. Nuzum: So, we've got these three very, very important integral communication systems in our body. And what happens is as we become ill and our capacity to adapt breaks down, okay? And also, as we age, our production of Cannabidiol, the CBD, [00:20:00] okay? Decreases. As that decreases, there's a regulatory mechanism that regulates our hormonal system with our nervous system and our immune system. Okay?

Dr. Nuzum: It connects all three of these communication systems and regulates their activity. Okay? And that system is called the endocannabinoid system Okay? Endocannabinoid system is something- [00:20:30] Here's what's really interesting. Unless



you've graduated from a naturopathic medical school or from pharmacology school and have your doctorate in pharmacology, and you've been in medicine, you probably never studied the endocannabinoid system.

Dr. Nuzum: Okay, it's very, very sad. It's an entire system that's been left out of all medical training because they don't want people to know about it. It's [00:21:00] very, very- I won't go into that, but it's an essential component when it comes to healing chronic disease. The use of probiotics, adaptogens, humic and fulvic acids that you probably heard me talk about.

Dr. Nuzum: If you've been following me at all, you've heard me talk about humic and fulvic acid, right? Medicinal mushrooms. Okay? All of these things support our body's capacity to produce [00:21:30] CBD, these connect cannabidiol. Okay? In our-

Jonathon: Fantastic, Doc.

Dr. Nuzum: Okay, so long story short. Let me get to the end of this. Sorry, I get excited about these things. Sorry.

Jonathon: No worries. You guys will appreciate both of us. We wrestle here, because I want to wrestle one to get lots of questions answered, and two, to give you specific directions [00:22:00] as to what to do. So, like in this, what we want to know in this case is like how much CBD to take? What to look for and how much?

Jonathon: And then the other one would be like with the mushrooms like Reishi and cordyceps, and how much to take and how. And then, you mentioned all week, but then we can just jump over it and make sure


we've kind of done justice to that sector, and then we'll come move over to some of the other names and keep going.

Dr. Nuzum: Excellent. Perfect. So all in all, [00:22:30] when you consume CBDS, they directly replenish that endocannabinoid system. When the endocannabinoid system has replenished, it regulates the other communication systems in the body. So, the hormonal system, the nervous system, and the immune system all work in unison instead of working separately. Alright. Let's go onto the next category.

Jonathon: Fantastic. Fantastic. And then, somebody here has asked something. Some people using live chat, it's not where we're going. So, if [00:23:00] you're wanting to make sure your question gets answered, then go to the other section and make sure, with the link that we've been giving, and make sure you don't resubmit the same question twice because it can confuse things and make it hard for us to get that question answered.

Jonathon: But somebody is asking more detail on how to detox. And so, let's continue to answer that question as we go so we can and answer that question in relation to other questions. So, and then in line with this, we did have one where Paula [00:23:30] was asking about recovering from shock, shock therapy. And so, this is a [inaudible 00:23:38] series of electric shock therapy treatments, as well as recovery from Klono-pin, no longer on this medication.

Jonathon: So, this will be an example of people that are getting off heavy medications or have done some kind of invasive surgery or something like this. Like for someone that's had a lumbar puncture versus somebody that's had a electric shock treatment.



[00:24:00] There's a lot about the invasive kinds of treatments. They're all specific, but I know how you're going to answer this.

Jonathon: You're going to talk about helping the body to repair the trauma that's been caused by the alleged treatment or help. So, I do think there's going to be common ground they have for people that are listening right now that have that changes. Just quick answer on that one, so we can keep and continue through.

Dr. Nuzum: Real quick. You need to take all trauma is an irritant. [00:24:30] Okay? Trauma, irritates your body.

Jonathon: And this would include Iona, who had the brain trauma from the concussion. And also, sorry, I just realized that you didn't mention the amounts that to take the CBD. Can you just say that before?

Dr. Nuzum: Yes. Typically CBD, you don't have to take large amounts of CBD, if it's a good extract. Okay? Typically, you want to look for a whole flower extract. Okay? You don't want something that's just an isolate. [00:25:00] An isolate will give you some, but it's going miss to a big portion of the package. Okay?

Dr. Nuzum: So, it may work in certain areas, but it's not going to work real well as a whole. So, you want something that's a whole flower extract. There's a lot of different products out there. So, that would be the first thing to look for, is a whole flower extract.

Dr. Nuzum: Next, the closer to the real thing, the

better. Okay? Hemp does [00:25:30] work. Hemp does work. It doesn't work as well as cannabis. Okay? So, cannabis is much more effective. Here's my clinical experience. Cannabis works far better when it comes to neurologic issues and gut issues. Okay? Where they're probably neck and neck when it comes to joint [00:26:00] in muscular skeletal type issues.

Dr. Nuzum: So, the hemp works really, really well, just as well as the cannabis in the kind of the muscular skeletal world. But when you get over to the gut health and the neurologic health world, cannabis just out shines the hemp extracts. That's been my experience.

Jonathon: Cool. Alright. So, the point that we were just going on there?

Dr. Nuzum: Yes.


Jonathon: Questions that we were heading.

Dr. Nuzum: [00:26:30] Is that?

Jonathon: I'm sorry, I was just, no, no, no, that's great. So, I was just saying, the question that you were about to answering in regards to concussion, brain trauma, people recovering after surgeries or treatments.

Dr. Nuzum: Okay, okay.

Jonathon: What's your basic direction to those people that are within those categories? Like, Iona and Paula?



Dr. Nuzum: The body's reaction to being irritated is an inflammatory reaction. Okay? So, the [00:27:00] body gets irritated. It's going to get inflamed as a response to that irritation. So in natural therapies, what we would do is we would use things that would speed up the body's ability to deal with that inflammation. So, things like Tumeric, we're talking CBDs, ginger, probiotics, large doses of digestive enzymes are excellent for reducing [00:27:30] inflammation.

Dr. Nuzum: Actually, helping the body finish that inflammatory cycle. So, it resolves it. Okay? If the body never is strong enough to resolve an inflammatory response, it keeps rebooting it. Okay? And typically, every time it reboots, it reboots a little stronger. Okay? And it spreads a little more, a little more, just kind of grows throughout the system.

Dr. Nuzum: So in natural [00:28:00] medicine, instead of blocking that inflammatory response, our approach is to fast forward. Help the body finish the cycle, get it over with. Okay? And those are the types of things. You would be looking for again, tumeric. Tumeric, particularly the curcumin extracts, ginger, ginger root, excellent digestive enzymes, and also probiotics. Very, very good for resolving [00:28:30] inflammatory processes.

Jonathon: Fantastic. And CBD, for those that are still asking because the dosage, we didn't get that. So how much?

Dr. Nuzum: The dose depends on the extract. So, you need to follow whatever the recommended doses are. Typically, I dose CBDs twice a day, a morning dose and an evening dose. If someone is dealing with anxiety, sometimes [00:29:00] we'll dose it smaller doses

throughout the day. So, every couple hours, sometimes, we'll do a dose, smaller dose.

Jonathon: Okay. Thank you. Alright, there you go. People are happy to get all those answers. We're going specific here and we are certainly pulling the punches here for you guys because we want everyone to get the right answers here. So, let's dive into gut.


Jonathon: So gut, we are going to just come over to that column. Doc, you're [00:29:30] welcome to lead as as much there. We have questions from Jennifer, Debra, Laura, Jane, and Chris among some. So, let's tackle these. Can you just skim through these questions? And you have written some responses just because you were reading through these ahead of time.

Jonathon: So, see what you dial into here. I'm going to just summarize [00:30:00] some of the questions here. So a question here is asking about food sensitivities and how do they heal the gut? I've completely eliminated gluten and dairy. What other steps do I need to take to heal the leaky gut?

Jonathon: So, let's talk about that one shortly, but these are all going to have some major commonalities. Let's put a pin in that one for a second. So, put it right there. We'll keep it there.

Jon: So, if you have for example [00:30:30] leaky gut, recovering from long time mold exposures in the home, and you have mold in your body to recover from possibly candid issues or having brain memory issues lying. And is it okay to eat mushrooms since they're a fungus, are they going to have the health benefits?

Jonathon: Then they're asking you about coffee enemas and how do we get the coffee mold free? So, this



concerns around mold, mushrooms, and coffee. So then, we've got as well here [00:31:00] from the [aging 00:31:03] effects of 15 years with hormonal mood swings and menopause, 66 in age.


Jonathon: So, she's looking at the different dosages there. She's having a hard time and lots of withdrawal symptoms. Lots of crying and lots of swishing around their head and the sound like a rain stick. So, she's had kinds of things and she's seeing it as like this aftermath of the effects and these hormonal mood [00:31:30] swings and things that are happening with age, at age 66. And she is decreasing, but she's looking for solutions there.

Jonathon: We've got Jane who will, sorry, I mean, just generally, but she's very grateful and excited and happy. Usual family doctors have never treated this kind of Glabrata, a certain kind of yeast infection. It's a candida infection. So, she has a functional doctor that she's working [00:32:00] with along with, she's taking 400 diflucan every day, and she's been doing this for five months.

Jonathon: She did go to Mayo Clinic and then she's been struggling with this, but general point, she's got the candida issues and this particular strand of it. Is there a way for her to solve that issue? Then, you've got some more here with gut dysbiosis, resulting in 20 rounds of antibiotics. This was because of, and you can read down in here. There's a lot. [00:32:30] Over seven years and this is for her son and he still has histamine intolerance, fatigue, chronic fatigue, anxiety, and leaky gut. So how does this person heal? And then, she started taking probiotics with the 114 billion probiotics. But I can see here from, and you can have a look down here, she's taking digestive enzymes and I see glutamine [00:33:00] and [cerutin 00:33: 01]. So, she's trying all these different things.

Jonathon: ... mean and CoQ10, so she's trying all these different things. So let's see how we can answer her. I can see some of the things she's not mentioning though. But again, just have a look at their doc and then, and then finally with these last two that I'm seeing here, actively working to heal an unhealthy gut, she's been, or he has been struggling with unintentional weight loss and he or she is down to 40 pounds. Then there's this struggle here. [00:33:30] I hope maybe she or he can get off Nexium after 13 years of daily use and so she's got a fear of a colon cleanse with a history of anal tear fissure. So that's the issue right there. She's been, or using his psyllium husk, not in Metamucil with all the additives, but the actual good, the natural stuff. Basically [00:34:00] less wiping. She's needing, or he's needing some help with that. And that challenge and then gut burst over here around with chronic diarrhea on and off. Refuse steroids, found relief through Chinese herbs, microscopic collagenous colitis around 2012 these different drugs being used, obviously looking for a better solution. So you've got all those questions in front of you there, Doc. If you can just answer [00:34:30] how you know you can go into the specific answers and the all round that everyone needs to do, which I'll let you take over.

Dr. Nuzum: Okay. All right, so let's just cover gut issues just as a general category, okay? Just some general one-on-one, this is what you do with gut issues. First off, if ... [00:35:00] Okay. One of the rules in detox in naturopathic medicine when I was learning, when I'm first in school, one of the professors said, "You can only detox as fast as your colon." And if you're eating 21 meals a week and you're having three bowel movements, what's happening to the other 18 meals that you eat? Okay. Think about that for a minute. All right? What we accumulate is waste. We get accumulated [00:35:30] waste in our 30 foot tube called our digestive track. Your small intestine's typically



one inch round. But it has the capacity to swell up to almost three inches round. So if it gets stuffed full of stuff, quote unquote, it can swell up in order to allow things to pass through.


Dr. Nuzum: Your colon on the other hand isn't anywhere near as tight as your intestine, your [00:36:00] small intestine. Your colon is a four inch round tube with the capacity to swell up to 16 inches round. And it will swell if it'll swell outward if it's accumulating waste on the inside. And what'll happen is it'll keep swelling in order to allow for things to pass through. Now, as we accumulate waste like that in our [00:36:30] gut, it becomes a breeding ground for parasites, for candida, and every other type of fungus. What happens to bad food? Think about bad food in your garbage can. It grows all kinds of stuff on it, right? If you have bad food, quote unquote, accumulated in your gut, you're going to grow all kinds of things on that. So if you're dealing with a chronic infection, you've got, let's say you have a parasite infection [00:37:00] or you get a mold or a bacterial or fungal infection or even a viral infection, for that matter.

Dr. Nuzum: Your first step is to put the the microbes in your gut, under siege. How do you do this? Take the food supply away. How do you do that? Cleanse. Purge the gut. Cleanse the gut. This is with the coffee enemas. [00:37:30] This is with the colon cleanses. This is ... Large amounts, there was somebody talking about an anal fissure. Large amounts of digestive enzymes dissolve all the waste. Help it dissolve so it's not so hard to move. Hydrate. Drink plenty of water. These types of things to help first remove all that excess waste that's accumulated in the gut. Once you do that, [00:38:00] you take away the food source for things like parasites, for candida, other funguses. When you take their their food source away, they become more vulnerable, it's way easier to deal with them. And many times, just taking their food source away makes

them, they'll leave, they'll get out of dodge just because they don't have anything to eat anymore.

Dr. Nuzum: So detox [00:38:30] programs, you can find all kinds of detox programs. [Jontell's 00:38:34] got a good detox program. I've got detox programs. There's detox programs you can find all over. That is where you have to start with 90% of your digestive health issues. So gut issues have to start with detox. Now we have people that have inflammatory bowel issues where their [00:39:00] problem isn't going to the bathroom. They're problem is to not go to the bathroom. They can't get out of the bathroom, they can't get far from the bathroom. Those particular cases need to start with large amounts of digestive enzymes, large amounts of probiotics to help settle and soothe that gut help settle it down so that it's not so inflamed and irritated. [00:39:30] When it was inflamed, it doesn't take much more to make it more irritated. Right? It's kind of like, you know, you've had a bad day, you go home and that one little thing you just kind of went off because you had that whole day accumulated in your system. You hadn't let go of that yet, you know. The whole day built up, you're already inflamed, and you get home and get that one little itty insignificant little thing it's put you over the edge, [00:40:00] blah. Right? All that emotional response, that inflammatory emotional response, we have a very similar physical response. So when your body is already irritated, you do something else to make it a little more irritated, It can have a massive response to that. So in order to settle that down, things like digestive enzymes, probiotics, those would be my remedies of choice [00:40:30] for those folks that have the more the inflammatory bowel issues where they just can't get far from the bathroom and have the urgency and all that kind of thing.

Dr. Nuzum: Again, that would be another good application of the CBD, in the cannabinoids would be



a good application there for those that have the inflammatory bowel issues. Now, once [00:41:00] you've cleansed and purged the gut, you get all that excess waste out of the gut. That's when you have to re-colonize. I use the analogy when when Christ sent the original 70 disciples out, he endowed them with his authority. They went out for about three months. They preach the Gospel. They did all kinds of miracles, they came back and they had two complaints. They said, "Lord, [00:41:30] what do we do when we go some place and they won't listen to what we have to say?" And he said, "Well, dust your shoes off and go tell somebody else. Don't waste your time with them."


Dr. Nuzum: And okay, well then they had another issue. They said, "Well Lord, sometimes we would cast the demon out of someone and they'd end up worse than they were to begin with. What happened?" He said, "Well, the demon gets cast out, if it returns and finds the house empty, it moves back [00:42:00] in and bring seven of his buddies with it." Infections are very similar. They're demons, nasty little things, right? And so if you eliminate an infection but you don't re-inhabit the house with something else, moment you get exposed to that infection it's going to come right back. It's not good. So detox first, purge that gut, [00:42:30] get all the waste out, get all the junk out. Then introduce large amounts of probiotics. Use digestive enzymes, digest your food with those digestive enzymes. I like fulvic minerals. I like to use fulvic minerals because they stimulate the stomach to produce the acid it needs to produce, in order to trigger healthy digestive process through the whole rest of your gut.

Dr. Nuzum: Here's a little tidbit. [00:43:00] I tell my patients that the most secure and fastest way to ensure that you'll develop an autoimmune disorder is shut down your stomach, decrease the amount of acid your stomach's producing. That will create an autoimmune disorder in a heartbeat. Okay. So getting the digestive

track to function again is what you need to do after you've detoxed. You first [00:43:30] purge the gut, then you get to restore its function. You do that with digestive enzymes, probiotics and again, I like fulvic acid minerals. Those are excellent, just excellent for restoring the gut.

Jonathon: Great. That's a great little triage of items that people can use. And so the, and so someone was just asking what kind of minerals? So it's called Fulvic minerals, that's F-U-L- [00:44:00] V-I-C. It's not to be confused with folic acid, fulvic acid. And so you can get fulvic minerals, you can get it in liquid or in capsule form. Just go and look around and then you're just looking for a good quality source because it's, you're really just getting in this case, pure fulvic minerals. And what this is going to do is drive the toxins and give this, the minerals that your body is lacking and an organic form, which is hard to find. And [00:44:30] so then people were asking about dosage with probiotics and dosage with digestive enzymes?

Dr. Nuzum: Typically in ... Clinically. Okay. Clinically, when I'm working with patients I use two to three times the recommended doses. What, what you'll see, especially if someone has had severe, severe dysbiosis, meaning their gut bacteria, [00:45:00] their microbiome's completely sideways. And what that means when you have dysbiosis, it means your, the mix of microbes in your gut is way off, is what that means. What I've found clinically, this is just an experience, now there's, there's research on this, but this is my personal experience clinically. I've found patients with severe dysbiosis, if you give him one capsule of probiotics [00:45:30] or one capsule of an enzyme supplement, you might make them worse. And here's my equation, here's my ... I'll give you an analogy. Let me just do this. I'll give you an analogy.



Dr. Nuzum: If David went out against Goliath, the giant, and he goes out there with, you know, a little pea shooter. He's just going to irritate that giant and he's not going to get anything done. [00:46:00] And that giant's gonna come after him, right? So it wasn't significant enough to really do any damage to the giant to shoot a pea shooter at him, right? He needed to use a sling, sling a rock at him. Something significant. Something a little bigger or more significant. And what I've noticed clinically, it's been my experience, is that giving larger than the recommended amount of the probiotics and the enzymes [00:46:30] consistently, not just one time a day, two, three times a day is really what does the job. But first they have to detox.

Dr. Nuzum: I can't ... It's kinda like putting amazing, amazing skin graft over a burn that's all dirty. If you burnt your hand and it has all kinds of dirt and grime in it and [00:47:00] then you go get a skin graft, put that on your hand, the skin grafts never gonna take, right? Why? Because you're going to get infection, you're going to get all kinds of other things under that skin graft. It's not going to ... The whole inflammatory response your body's going to have to all the junk that's under it is going to prevent that skin graft from taking. So if you're skin grafting with probiotics, you need to clean everything out first, get that wound cleaned up, [00:47:30] clean it up, then you can put the medicine on it.

Jonathon: Got it. And so we can continue on through some of these questions. Fantastic answers. Such great takeaways for people to look at what someone would say is mega dosing or a dynamic dosing, is the best term for this in my opinion, which Yep. So you're increasing the dosage for this situation, which is going sometimes like triple what the label is saying. And so very effective and [00:48:00] very helpful. And obviously when someone's looking for probiotic, they can get one with multiple strains, like four different strains

like lactobacillus acidophilus and just-


Dr. Nuzum: [inaudible 00:48:10] bacteria-

Jonathon: Yep. Yeah. And there's like marine, polysaccharide [fucteau 00:15:16], oligosaccharide, which is the prebiotic, correct? And so you can find ones that have that connected in there and that, that type of thing. And [00:48:30] right. I mean, so you correct me if I'm wrong, if you have a different direction there.

Dr. Nuzum: No, that's exactly right. Exactly right. One of the things with ... Here's what I think of probiotics as being, you know, like special forces, right? If the military was going to put special forces into a combat situation, they don't send them in without equipment. They send them in with the very best equipment we can supply them with. Right? And so [00:49:00] things like your oligopolysaccharides, the marine polysaccharides, humic acids, fulvic acids, these things are all prebiotics substances that are like special equipment for special forces. When you're consuming those things with probiotics, it just supports the function of those probiotics massively.

Jonathon: Fantastic. Thank you. So that [00:49:30] is very helpful. People can combine these types of things and get results. And I want to keep going because we've got so much to get through, but I just know that so many people are going to be asking the question of, you said it's all good, but you need to detox first. And then people like, "What? I thought this is detoxing." So you know, cause I try to feel what my audience is feeling. So how, well then how do they detox?

Dr. Nuzum: Well detoxing, we need to look at colon cleansing. Colon cleansing [00:50:00] with coffee



enemas and things like that. Those are things that if you were my patient, that's one of the things we would be starting.

Jonathon: So you mean coffee ... When you say colon cleanse, you're talking about coffee enema or are you talking about supplement that does a colon cleanse?

Dr. Nuzum: Both. Both. We would be using colon cleansing remedies, increasing fiber, diversifying the diet, increasing the amount of vegetables and fruits that you're eating. And [00:50:30] at the same time, you know, employing coffee enemas periodically, not necessarily on a daily basis, but frequently every two to three days in the initial phases of ... Think of unplugging a funnel. You know, you start it, you got to get that funnel unplugged. Once it unplugs everything can drain through the funnel properly. If [00:51:00] we don't unplug the funnel and we're trying to use it as a drain, not going to work right. We use colon cleansing enemas, increase the fiber, increase the fruits and vegetables being consumed. Do that. Typically we will, in my clinic, we do a 10 week detox program that I take people through and then we transition them for a whole nother month where they're still semi-detoxing. [00:51:30] And that's for people with chronic illnesses, and they have phenomenal results. It's miraculous almost. And well it is miraculous because that's how God designed it. So.

Jonathon: So awesome. And we actually filmed a lot of this, so for those that like there's a bunch of people that are watching right now that there was an offer that we gave when people purchase Depression, Anxiety, and Dementia Secrets, then there [00:52:00] was an offer that we made that had multiple things that you would get. And one of the things was all these recordings that we did at the clinic with you, with my father-in-law where we showed the dishes and how


they're being prepared. And so that's the detox diet. But remember if you're sitting here like how do I do detox stuff, right? It is very simple. It's just about eating clean and lots of fruits and vegetables and grains and you know, chia seed pudding and things that are just like, they're good and healthy and [00:52:30] fun, but you're getting a lot there.

Jonathon: But I wanted to keep lasering through here. People are getting so much value here. And let's just keep the ball rolling. I have like 10 different questions here that had come in under detox protocol and because we just went through a detox protocol with everyone here, that we could probably just do a little bit of add-ons there. Ann has asked a question here, Eileen has asked a question. Jolene, Ruby, Nicole, Tony, [Gwenaki, 00:52:57] and [Renata 00:19:58]. And [00:53:00] if you can ... Can you see that as well, Doc?

Dr. Nuzum: Yes. Yes.

Jonathon: Perfect. So in short, so somebody is asking, well one of the people here's asking, how long, how often should we be doing detox protocol if they're in general health and they're already eating clean. Another one's asking, is it possible to wean off antidepressants after being on them for 19 years? Another one's asking, that they had two old root canals that have never felt right, but non-constant pain but just not right. [00:53:30] And I know that there's an infection there. I'm vegan, gluten free, organic mostly, Is there any way I can detox without having the teeth extracted. I know what you're going to say about that. But we'll keep going.

Jonathon: I've been told it's the only way, but it's so extreme. So obviously there's an emotional thing is so we can talk about that. Doctor Nuzum, I'm suffering



with multiple autoimmune diseases, line stage three and master cytosis and severe liver problems. I would like to heal from inflammation the [00:54:00] natural way. With my immune system, what would you suggest? And then we've got an greetings from the Netherlands, from that person. And then we've got, I want to know the exact protocol or procedure for detox and what someone's to take. We just did that, which is fantastic and you can, if you see anything else to add there, Doc.

Jonathon: I know. And another, this is Nicole. I'll read some of the names, but just you know who you are when I say your question. So, but, and I know we need to detox our body from everything [00:54:30] to work properly and to heal. Starting with the colon, right? Explain. Can you explain the detoxes that we need to do in order and how long we need to take to complete that process. How long should we take as downtime between those detoxes? Now the lady here, I have a lot of toxicity in my body and every time I tried to detox I become sedated and it appears I cannot, I can't get the toxins out of my cells. Well, I can get them out of my cells but not out of my body. I also. [00:55:00] Become sedated if I eat foods with sulfur dioxide. And if I eat foods with MSG or other flavor enhancers. First I become angry and then often heavily sedated.

Jonathon: Now can I get, how can I get these toxins out of my body without sedating myself? And so that's, I've been on this journey for eight and a half years. Let's see if we can answer this in the next five minutes. I think we can. Foods to, foods to avoid during extended detox tremors, this person must have tremors. [00:55:30] Best protein source for vegetarians? That's a question. Even though it sounds like a statement. The best protocol for clearing emotional reactivity, anxiety, bounds of Candida, H Pylori, constipation, bloatedness. Next question, coffee enemas


seem to irritate my gut, causing more gas, what do you suggest? And then my wife has tried to improve her gut health, this is another question, and it's becoming more and more sensitive to different foods. Every time she takes probiotics, she gets [00:56:00] terrible bloating and cramping due to gas, what can she do to resolve this?

Dr. Nuzum: Okay, so again, the detox process, think of a funnel. Colon's at the bottom, you got to clear the bottom first. So if the drain isn't open, the toxins aren't leaving, alright? So colon cleansing number one. That's where it starts. There's a good book. [00:56:30] There's a really good book.

Jonathon: Yeah, no worries-

Dr. Nuzum: Detox for Life, from some bald doctor in Idaho, so you'll look at that. There's another book from one of my mentors, Bernard Jensen and he's got some books on colon cleansing. So you'll look up, there is lots of information on this out there. Again, my book has full instructions [00:57:00] on how to do detoxing for 10 weeks.

Dr. Nuzum: The the thing with detoxing is when you start to cleanse the colon, that starts to, it stimulates drainage of the lymphatic system. So lymphatic system starts to drain, which starts to reduce the overall amount of inflammation in your body. If the lymphatic [00:57:30] system, the lymphatic system's your body's drainage system. It's like the sewer system in your neighborhood. That's your lymphatic system. And the cells are your, the homes in your neighborhood. And so they drain into the lymphatic system. If the lymphatic system ... What happens if the sewer system in your neighborhood gets all stopped up and backed up? Well, bad things start to happen



[00:58:00] in people's houses. I mean, it can be really bad, right? So that same process goes on in our body when our lymphatic system isn't draining. But starting with cleansing and purging the colon, that stimulates drainage of the lymphatic system. So that's number one.

Dr. Nuzum: Number two, once you've spent some time clearing the colon in the, and clearing the colon can take a good three to six weeks. [00:58:30] It could take up to six weeks to really clear the colon of all the waste that's been accumulated. Once you get toward the end of that, that's when you have to start, you have to start focusing on the kidneys, focusing on the liver. And those types of things require ... You can look up liver, gallbladder flushes, those [00:59:00] are great. Increased hydration. You have to super hydrate in order to cleanse the kidneys. Fulvic minerals, another great thing for cleansing the kidneys, things like burdock root, milk thistle, Dandelion root, the essiac formula. If you look up the essiac formula, excellent for cleaning the liver and the kidneys. Very, very good [00:59:30] remedies, herbal remedies for cleaning the liver and kidneys.

Jonathon: Is that essiac tea?

Dr. Nuzum: Yes. Essiac tea, yes, yes. That essiac formula is excellent, excellent for cleansing the liver, cleansing the kidneys. Great remedy. I've used it for years and years and I actually grew up drinking it so we would make it-


Jonathon: Most people here in this group, are like, "Yeah, well I grew up drinking Pepsi and Diet [01:00:00] Coke. Because I didn't know any better and I was just a child. Yeah. Lucky you. But yeah, essiac tea. So it's the spelling. I'm just putting it in here in the

chat.

Dr. Nuzum: Oh, excellent. Thank you. Yes.

Jonathon: Yeah. And so then come over to, okay. So we've hit those questions. I feel like we've got so much really great stuff in detox. I feel like you've really [01:00:30] given more than even people who've asked, which is great cause you know how to do that. And then, so we're going to continue on through here. I did have someone, one of the questions that we didn't ask, someone was asking about weaning off affects. This is obviously relevant for anyone weaning off any antidepressant or antianxiety medication. Any reflections there in terms of how somebody could do that? I can tell you for a fact that [01:01:00] my wife did it through using fish oils. That was how she did it. Right? So, but I'll let you take over.

Dr. Nuzum: Right? Right. Oils, oils, and oils. Your brain is made of essential fatty acids. If your brain isn't working right, there's a good chance you're missing some of your essential fatty acids. So fish oil, ketogenic diet, very, very good, very, very good for replenishing the brain. [01:01:30] Coming off of any, if you're trying to get off a psychoactive drug, you need to do it slowly. Be very careful with it. Reducing a dose just a little bit. What happens is you become not just psychologically dependent on these things, you become physiologically dependent. Unless you're going to go to a detox clinic and come off it overnight, [01:02:00] you need to go, you take it, take it in steps, take very, very, very gently, very slowly. And while you're doing that, you need to be building up your brain. Look at things like amino acids, like tryptophan, L-Tryptophan, amino acid L-Theanine, the amino acid GABA, Gaba. Those are all very, very, very good supplements [01:02:30] for the brain. Phosphatidylserine is another amino acid. Very, very good for the brain.



Those would be things that I would include along with the ketogenic diet and lots of oils if that was what I was trying to do.

Jonathon: Right. And somebody could do like a ketogenic diet for a period of time, like 60 days or something as an intervention rather than feeling like I [01:03:00] mean I can't eat any fruits for the rest of my life. Right? So just clearing up some of the challenges with the ketogenic diet for long term. So it's an intervention for a period of time. And there's ways to do the ketogenic without restricting all the things, for example, the intermittent fasting, but sorry, you were going to say something? Go ahead, yeah.

Dr. Nuzum: We only use it for 90 days at a time, clinically.

Jonathon: Yep. Fantastic. So there you go. So no worries. That's great. Okay, so now, [01:03:30] okay, let's continue on here. So we have a couple of questions on cancer here. So this is Anne, also Marie, and also Valerie. So there's a sister here who has stage four ovarian and uterine cancer. A year ago she had a full hysterectomy and six weeks of Chemo. Now her tumor markers are rising again and she's filling up with fluid. She is doing the parasitic intestinal cleanse and heavy metal detoxing and eating a clean diet. What else could she be doing to reverse the cancer? And also here from Marie, what [01:04:00] do you recommend to keep non small cell lung cancer at bay? I've been using small flax seed oil. I've been using black seed oil, CBD and recently started garlic. Well then my husband's cancer say is calcified and the newest lesion, negative for metastasis. Our neighbor with the same dx has been on maintenance chemo and has been in metastatic, so I've been unable to watch because of [01:04:30] work until 9:00 p.m. eastern, so she's able to watch the replay, which is great and she shouldn't be


on now. So Marie's probably listening right now.

Jonathon: Fantastic. Lucky you right? It's the right time. I have this and this is Valerie, I have a lump ulcer in my mouth at the top of my left gum for over four months now. It gets a little dots, gets little dots of pus that comes and goes, had my mouth and teeth X-rayed and my tooth above which the ulcer is fine. The doctors don't know what [01:05:00] it is and I had three courses of antibiotics and they say it's inflammation. I don't know what to do about it as it's annoying, uncomfortable, and at times sore when I'm eating on that side of the mouth. Could you please advise? Then we have as well from ... Go ahead. Yeah.

Dr. Nuzum: Sovereign silver. If nothing else has worked, I would, for the mouth issue there, I would use sovereign silver. And gel directly on [01:05:30] it. You can use the silver as a mouthwash and then actually swallow it. That's all would be different ways of using that. That would be an excellent remedy.

Jonathon: Awesome. So sovereign silver, which is, you know, available. People can look that up. Fantastic. And then I have one as well from Shannon. Then you can come and answer all these ones. This is psoriasis, but the reason why I'm here is because she also has stage one endometrial cancer. [01:06:00] So she says, I have 70% of my body covered in psoriasis-

Jonathon: [inaudible 01:06:00] She says, "I have 70% of my body covered in psoriasis." It's been 20 years. I just recently started taking psoriasis probiotics from OzanaOrganics.com. I have one, fourth stage endometriosis, two, anxiety and depression, she's on meds. Three, hypothyroidism, she's on meds, low-sodium, phosphates. She's on meds. Pre-diabetes. Not on meds for that. Fatty liver Vitamin D deficiency. Ar-



thrititis, stage one. Endometrial cancer. [01:06:30] I'm recovering from major surgery due to cancer, and I had eight lymph nodes. By the grace of god, I did not need any further treatment. That's Shannon [inaudible 01:06:38]. That's the people in the cancer category already.

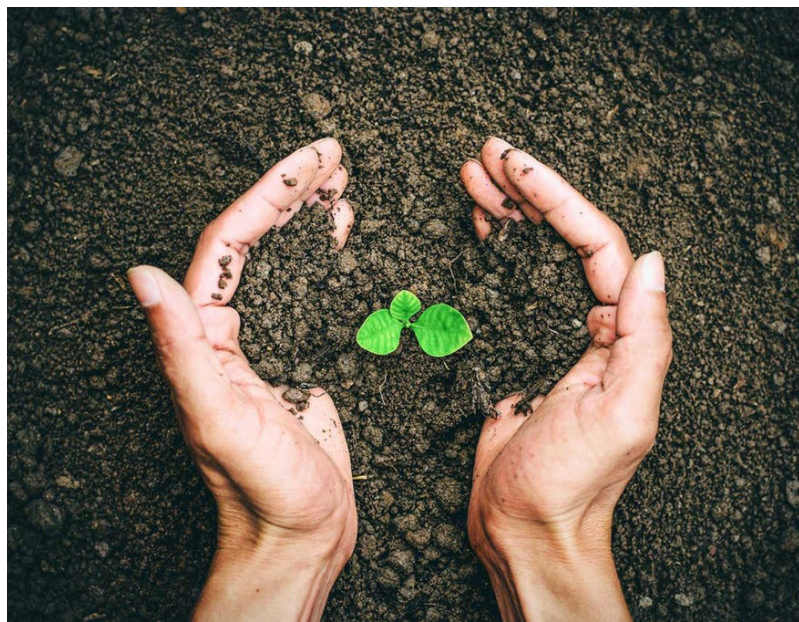
Dr. Nuzum: Okay. Cancer is a immunologic issue. First off, we need to understand that it is because your immune system is so [01:07:00] weak or so disabled that it has overlooked the growth of a tumor. Now there's different factors into why your immune system has become disabled. Number one is toxicity. Toxins disable our metabolic [01:07:30] and our immunologic pathways. The cascade of the chemical events that occur in our body that keep everything working properly get disrupted by toxins. When you introduce a toxin into the body it starts messing up how the body works. You know, the word sabotage comes from Northern, I think it comes from Holland, [01:08:00] if I remember right. It would be Holland. There were invaders coming into Holland, and the people took their shoes, their wooden clogs called [inaudible 01:08:12]. They would throw them into the windmills and tear up the cogs in the windmills, thus sabotaging the windmills.


Dr. Nuzum: In our system, toxins due to [01:08:30] our windmill or our metabolic processes, the same as throwing wooden shoes into the windmill and tearing up the cogs inside the windmill. The windmill wouldn't work after that. That's what happens with lead poisoning, mercury poisoning, lyphosate poisoning, you name is poisoning. Once that happens, that lowers your defenses. Your body can't defend itself really well because it just got one arm tied behind [01:09:00] its back by a toxin. Once this happens, it's open season for infection. Infection can move in, take root anywhere it wants because your defenses are down. Once that happens, now you have toxicity

and infection, and infection brings on more toxicity. All of this compounds on your immune system and [01:09:30] collapses your immune system. Your immune system just collapses after years of this, and it stops regulating things.

Dr. Nuzum: Remember, I talked earlier how the immune system is a communication system. It's watching. It's regulating our response to our environment. It's regulating all our responses in our internal environment. When it becomes unregulated itself, things get through. It misses [01:10:00] things, and those things can become tumors. From this standpoint, from what I'm saying here, the process for changing the environment. See, if you have the right environment inside your body to grow tumors, you're going to grow tumors. Until you change the environment, you're going to continue to grow tumors. The way of changing the environment is very, very simple. [01:10:30] Actually, we've already gone through it. You have to detoxify. You have to cleanse and purge your body. You got to get the waste out of your body. You got to eliminate toxins from your system. Then you have to build up and fortify your immune system.

Dr. Nuzum: Your immune system is what will heal you. There's not a drug out there that's going to heal





you. Your immune system is what will heal you. You take the load off your immune system by detoxifying, eliminating as [01:11:00] much waste as you can because it's your immune system that has to manage waste in your body. It has to contain it. It takes lots of energy to contain waste in your system. By eliminating all that waste, all of a sudden you've untied that left hook for your immune system. You got your hand untied from behind your back, and [01:11:30] you can defend yourself again.

Dr. Nuzum: Then once you detox, you have to rebuild. You have to fortify your system. Again, that's where tumeric, green tea, medicinal mushrooms, CBDs, your cannabinoids, fulvic acid, probiotics, enzymes, all of these things are things that are going to build up your system. If you look at Dr. Nick Gonzalez, [01:12:00] the primary remedy in his protocol was digestive enzymes. He used massive doses of digestive enzymes. He was extremely successful, cured himself of pancreatic cancer, lived for 30 some years after being diagnosed with pancreatic cancer, was pancreatic cancer-free, was cancer-free completely for his entire life, and his primary remedy was digestive enzymes.

Jonathon: [01:12:30] Were they pancreatic enzymes?

Dr. Nuzum: Yes.

Jonathon: Were they pancreatic enzymes?

Dr. Nuzum: Yes.

Jonathon: Okay, from a cow or something.


Dr. Nuzum: He started with porcine enzymes and then moved to bovine, yes. It was pancreatin. Pancreatin would be what that was called. It's very inexpensive, pretty easy to find, pancreatin. Excellent remedy. [01:13:00] The whole Keller protocol was based on using digestive enzymes.

Jonathon: That's Dr. Nick Gonzalez for people that are asking. He passed recently. He was treating cancer effectively up until his death. He died of a heart attack. Maybe people believe it was foul play. I'm one that is leaning on that side from all [01:13:30] the evidence. I was with him three days before he passed in New York. I just met him, actually, for the first time there. You can look that up. If anyone follows the holistic lives of the doctors they've been taken, and we've had even one in our series just recently that many people that are in the know suspect, so we don't prove it, or we don't try to assert it, but big business. Cancer is big business among other things. A lot of people that are sharing, it's really important to us. It's [01:14:00] a dangerous line of work for many people, but to answer that, so you're saying digestive enzymes, and that people can use these. For those that aren't having pancreatic cancer, my assumption would be that a regular digestive enzymes that's effective and high-dose unless you're saying a pancreatic enzymes for all cancer patients.

Dr. Nuzum: No. It's the protease, amylase, and lipase. [01:14:30] Those are your primary digestive enzymes. It's high doses of those enzymes, and they can even be plant-based.

Jonathon: Yeah, from pineapple, and papaya, green papaya.

Dr. Nuzum: Right.



Jonathon: People could take five, six caps if they wanted to do a mega dosage if they're trying to combat [inaudible 01:14:52].

Dr. Nuzum: Right.

Jonathon: You could get a bottle that has 90 caps or 180 caps, get a big bottle there, [01:15:00] and then just [inaudible 01:15:01]. That's is a true treatment strategy, and it's one of the parts that you can [inaudible 01:15:10] and continue. That was one, digestive enzymes is one of your what you would call a cancer treatment. Can you just outline a few of the others that would address everyone that put that question in?

Dr. Nuzum: Yes. I like the CBDs, [01:15:30] sorry, the cannabidiols. Long day, sorry, guys.

Jonathon: Just go with CBD.

Dr. Nuzum: CBDs, yes, there we go. CBDs along with your major antioxidants like coenzyme Q10, turmeric, your curcumin extracts, your ginger extracts, your black cumin seed oils. Those are all excellent, excellent, excellent remedies. Those [01:16:00] are things. Remember, natural medicine, we don't try to kill anything. We try to reduce, and we try to re-inhabit. You reduce an infection, you re-inhabit with the good bugs, and they keep the bad bugs away. In cancer, we're not trying to kill cancer. Cancer is a process. Tumor is a symptom. It's not the cancer. The cancer is long gone, actually. Cancer stem cells are what cause [01:16:30] tumors. Wherever you have a tumor, the cancer stem cells are already gone. They're out looking for another place to create another tumor. Tumors are symptoms, so killing a tumor, in natural medicine, that's not the approach. The approach is how do we re-

turn, and rewind everything, and rewrite this process, so we're not in [01:17:00] the situation where we're growing tumors. You have to have the environment to grow tumors, so we have to change that environment.


Jonathon: Fantastic, doc. Thank you.

Dr. Nuzum: That's the natural approach.

Jonathon: Yes, fantastic. Just to make it clear for everyone, what Dr. Nuzum has just outlined as core treatments that he would use for cancer are, actually, ironically, or interesting enough, the same types of things he mentioned for other people. He mentioned the [01:17:30] same things for gout, and he's nodding and smiling. That's the thing. I had somebody write in because I'm reading everything [inaudible 01:17:37] ...

Dr. Nuzum: That's right.

Jonathon: ... coming through. How can you answer more than one question [inaudible 01:17:44]? Not only is the category of the one disease set in common, but we could lump them all together and say, "Just do this one thing. Just do this one pathway." Again, Dr. Nuzum is not in there, so just understand how much these [01:18:00] are core building blocks. It is a solution to getting better for everyone, and that everybody that's sitting here, one of the things we haven't gone in deep detail, and we'll just go over there in a moment, is the parasitic issue because a lot of things we mentioned, some of them will have an anti-parasitic effect, but for a lot of people, they'll still struggle with parasites, and they'll struggle to take a lot of things. This is relevant for people that have put their hand up and said, "I can't take probiotics. I can't take digestive enzymes." The first red flag for me [01:18:30] would be



the parasitic infection to address it, overcome it, and same with other toxins. That's where the fulvic acid comes in.

Jonathon: Again, he just mentioned, Dr. Nuzum mentioned cannabis, CBD. He mentioned turmeric. Turmeric can be very effective when partnered with ginger and also with black pepper, also bio-pairing is the other word for the trademarked amount of black pepper. That's an example. It makes it more bioavailable by 2000%, so it's an easy, effective [01:19:00] way to just enhance the value of that item. Again, you just get it from a store in the root, or you can get it in supplement form. I would advise both, personally. Then the fulvic acid is something that everyone can do. These are good to clear up the gut, so he's using these for gut dysfunction and to mineralize the body. Then he's talking about as well with the digestive enzymes, and I believe you mentioned probiotics. I believe that, [01:19:30] we didn't mention this, but probiotics before bed being the most effective way to take it.

Dr. Nuzum: Absolutely, yeah, for sure.

Jonathon: Empty stomach before bed, digestive enzymes with food. Probiotics without food before bed ideally. Two caps before bed, four caps, if they want a megadose before bed.

Dr. Nuzum: Right, for sure.

Jonathon: Cool, that's awesome.

Dr. Nuzum: Excellent way to do it.


Jonathon: Then the difference there was the coffee enemas as well. We didn't mention the [01:20:00] coffee enemas. If you do have the fulvic minerals in liquid form, that can make the coffee enema even more effective.

Dr. Nuzum: By far, by far, absolutely.

Jonathon: If they're using the droppers, they could use three dropper fulls, more.

Dr. Nuzum: Up to them, sure, sure. Yes. Here's something interesting. If you include your microbiome as part of [01:20:30] your immune system, the bugs in your body ... Okay, the bugs in your microbiome because your microbiome is all bugs, the probiotic microorganisms, if you include your microbiome as part of your immune system, the probiotics in your body make up over 80% of your immune system [01:21:00] to give you an idea of how important this is. If you have food allergies, if you have chemical sensitivities, if you have environmental sensitivities, it's because your microbiome can't handle anything else. Your microbiome is so sick it can't handle. It has no capacity to handle anything else. The only reaction [01:21:30] it can have is an inflammatory response.

Dr. Nuzum: Cleaning that microbiome, scrubbing that microbiome out, replenishing it with all these different methods that I'm talking about, all these different things that I'm talking about, that's how you fix these problems. You want to fix your immune system, you got to fix your microbiome. If you don't fix your microbiome, you're not going to fix. [01:22:00] If you fix your microbiome, your microbiome will fix you. That's how it works. It comes down to those good bugs inside you are trying to cultivate a healthy environment. A healthy environment for them is a healthy en-



vironment for you. If you don't have enough of those good bugs in your system, you have the other bugs that are cultivating a environment that's [01:22:30] inflammatory, pro-inflammatory environment that is bent on your body degenerating because that's what they feed off of. They feed off of decaying tissue. If you get enough of the bad bugs in your system, they create an environment where your body decays. If you eliminate them, and you introduce enough of the good bugs in your system, [01:23:00] they create a anabolic, a probiotic, a pro-health environment, a regenerative environment.

Dr. Nuzum: It's a huge thing that's missed within the functional medicine world, really. Many people in my profession either go after infections, and they're trying to kill things, kill [01:23:30] things, kill things, or they go after building someone up and just replenishing them, and replenishing, and replenishing them. What has to happen is both. If you miss one, and don't do the other, you didn't get a full treatment. In that detoxing component, it's a whole other thing. You can't heal a dirty wound.

Jonathon: Fantastic, Doc. Thank you. That [01:24:00] is epic. Sorry, was there a sentence there that I missed from you that you would like to hit?

Dr. Nuzum: I forgot where we're going next.

Jonathon: No, perfect. We've got you, I believe, here for another 10 minutes. I'm going to squeeze you here for another little bit here. I know that you're soldiering out here with me. I want to be respectful of your time. You're still there at the office. Just diving in here, and again, you tell me when you need to go. I'll just [01:24:30] hit a couple of the parasite ones here.


Dr. Nuzum: Parasites, very good [crosstalk 01:24:33].

Jonathon: We have here from Ray, Faith. Then we're going to move over to some that are generally in regards to supplements. I believe that we, again, have answered so many of them, but I want to hit some of them and call out their names. This is particularly on parasites, Ray, Faith, and also Jaylene, and Kimbria, and Brenda. [01:25:00] I have trouble inside my ears, and I've had this issue since living in a particular house 20 years ago. My aunt has lived in the same house before me and developed the same problem before me. She has many medical doctors talk to her about it, or try to help her, but no one was able to offer any relief. Yes, we're both suffered immensely from this, and it's been 20 years from deep inside the outer edge of the shell of the ear. Itching sometimes drives [01:25:30] me absolutely insane. It's dry and very flaky, sometimes suddenly excreting a thin liquid. Rarely is there wax to be found. I have very loud tinnitus that makes it hard to hear properly, and there's itching and flaking. Is it a possible parasite issue? You're saying mold.

Dr. Nuzum: Mold.

Jonathon: Yes.

Dr. Nuzum: Most likely mold, probably some parasites. One of my good friends Dr. Todd Watts has [01:26:00] this home test that you can do to see whether you have parasites. What you do is you take your left arm, you hold it out like this. Put your palm up. You take two fingers. You put them right here at your wrist, and you feel for a pulse. Chances are you got parasites. If you got a pulse, really good chance you got parasites. Parasites in a healthy system are



transient. [01:26:30] They get in, microbiome deals with them, and kicks them out. That's in a healthy, healthy system. The problem is almost nobody has a healthy system. That being the case, bugs move in. If they move in, if you get exposed to parasites, and they have a good food source in your gut because you haven't cleaned it out, they're going to take up residence. It's just a fact. Don't [01:27:00] be grossed out by it, but you have to be proactive.

Jonathon: Just quickly answering the mold issue, and we'll come into parasites, so somebody experiencing the mold that she is. We're going to go into parasites in just a second, but mold. There's a whole bunch of people that would put up their hand for mold, and many people that have had exposures. It's definitely something everyone that's listening should assess, but how do we get rid of mold, and what's some catch- [01:27:30] all [inaudible 01:27:31] that are going to help?

Dr. Nuzum: My catch-all remedies for mold are fulvic acid, digestive enzymes and probiotics. Those are my initial go-tos. You have to get these things into the system, dissolving the biofilm that mold produces, so that you can even detoxify. If you don't get some of that reduced in your system, you're going to have a very, very difficult time [01:28:00] detoxing. It's my experience anyone with severe chemical sensitivities has been exposed to mold. I've never found a patient that wasn't mold-toxic, that wasn't also chemical sensitive. That's very, very common. Once you stabilize that situation with the fulvic acid enzymes probiotics, [01:28:30] that's when you have to start detoxifying. It's important if you're dealing with any type of chronic infection. I don't care if it's parasitic, bacterial, fungal, viral, mold, any category of chronic infection. You have to eliminate the big bugs first. Let me repeat that. You have to eliminate the big bugs first. If [01:29:00] you don't, the big bugs keep reinfesting you with little


bugs. You're in this hamster wheel. You're getting treated. You get better, you get worse again. You get treated, you get better, you get worse again. That's just how it works.

Dr. Nuzum: Eliminate the big bugs first, here's why. One, they're reinfesting you, number one. Number two, the waste that they produce impairs your immunity against all smaller [01:29:30] bugs. Parasites eat. What happens after any living thing eats? You know what it does. All of that stuff coming out of parasites impair our defenses against viruses, bacteria, fungus, and mold. If we don't get rid of the big bugs, it's almost futile for us to [01:30:00] try to get rid of the little bugs. Deal with the big bugs first. I always do parasite cleansing with people while they're doing colon cleansing, and liver, kidney cleansing. As they go through that component of my detox programs, they're doing parasite cleansing. We do that for 10 out to 14 weeks, typically. This is my particular protocol. [01:30:30] When we get past that, that's when we have to start introducing the probiotics. We've got to introduce spices like tumeric, like ginger, like Holy Basil, ashwagandha, rhodiola, medicinal mushrooms, all of these types of things enhance the effect of the probiotics, so that they take over quicker. [01:31:00] Once you get that microbiome replenished, it has the capacity of kicking the parasites out.

Jonathon: Right, [inaudible 01:31:10].

Dr. Nuzum: We do parasite cleansing twice a year at my house.

Jonathon: Awesome. That's awesome, so the questions here on parasites from, so Faith. What do you recommend for someone who's pregnant and wants to a parasite protocol, remove parasites, and get a



healthy, happy [01:31:30] gut and mind. Again, she's pregnant. Do you have to wait, or can you start now? Then Jaylene is asking, "How can I look for, sorry, ideas about how to diagnose and treat the parasite toxoplasma gondii? There is a lot of research on what it is, but not much current info about how to treat it. Thank you so much." Then also from Kimbria. Are parasites discovered in the course of colonoscopies, why or why not? That's an interesting [01:32:00] question.

Jonathon: Then hi, went off Lexapro, this is from Brenda, four months ago. I've been struggling since with anxieties, tried other meds. Not successful, thinking of going back on Lexapro, if I do not still do this protocol. What should I do first? Does everyone has parasites that has anxiety? Also, I am conflicted about taking medicine. I feel as if I'm doing something bad, but it's confusing what to do first and how should do it. Will it cost a lot [01:32:30] of money? I'm very sensitive, it seems, to be almost everything that's slightly stimulating. I have the MTHFR contact B vitamins or CBD struggle is real. There you go, struggle is real from Brenda. Then we have that collection of questions there. Do you want to just hit that, and then, as well, just some of the anti-parasite [inaudible 01:32:54]? You mentioned some of them, and some of the other ones that so many people know about, it's [inaudible 01:32:57], and black walnut, and wormwood, and ...

Dr. Nuzum: [01:33:00] Your basics are [inaudible 01:33:05] root, Mimosa Pudica seed, wormwood extracts. You got black walnut, you got cloves. You got cinnamon. Virtually, if it's a spice, it's anti-parasitic. In botanical medicine, all spices have some sort of anti-parasitic capacity, [01:33:30] so garlic, onions, cinnamon, ginger, cloves, turmeric, Holy Basil, excellent anti-parasitic. You wouldn't think of those types of things. Most people wouldn't think of those types of

things being anti-parasitic, very, very excellent antimicrobials. Here's what's really interesting. The turmeric in India is used as an anti-parasitic. [01:34:00] That's why they put it in everything. That's why they put it in everything, because it will keep the bugs away. They also use ginger. It's just something that they do.


Dr. Nuzum: You get into other cultures, you get down South of the border, habaneros, and jalapenos, and those types of things, all very good antiparasitics. [01:34:30] Not everything works on all bugs. The thing is is rotating antiparasitics, super, super important because certain things will work on certain bugs while as other things will work on other bugs. In my way of dealing with them, I use things that would deal with bigger bugs first, and we work toward the smaller bugs. We have excellent results with that. We got [01:35:00] Lyme disease with other things that are very difficult to treat. With us, they surrender very quickly because we're dealing with the natural order of the microbiology of the body. Instead of just trying to kill it, kill it, kill it, be systematic about it.

Jonathon: Yeah, that's fantastic. I feel like we've answered a bunch of that, but the one [01:35:30] outlier right there was the woman that's pregnant. Would you tell her to stall on that, put it off, or light dosage?

Dr. Nuzum: No heavy detoxing while you're pregnant, sorry.

Jonathon: Yeah. You just got to wait, just got to wait.

Dr. Nuzum: Yeah, you got to wait. Safe stuff to take. My wife, when she would have colds, or if she had a cold while she was pregnant, we upped her probiot-



ics and upped her [01:36:00] enzymes. Those are big things we used for ladies in pregnancy. That's a major thing that I've used clinically, was enzymes and probiotics.

Jonathon: Yeah, awesome. I've just got come people here that are putting in the comments about taking Mimosa Pudica for a week or two weeks, and then seeing all these huge worms. Someone mentioned a 16-inch worm. I just want to give people a realistic expectation around this, so people [01:36:30] can understand what they're looking at and the way Mimosa Pudica will gel up. If it's someone that has Mimosa Pudica supplements, then what you want to do is put it in water and see how it will sponge up and actually look like a worm. Now you got to work out what's Mimosa Pudica, what's the worm, because I've been talking to people as well. They'll be like, "I passed hundreds of two-foot worms in the last six months," and they're little skinny things. I'm like, "Those many worms don't fit in you."

Dr. Nuzum: [01:37:00] Not possible.


Jonathon: They don't grow that quickly. I had that same problem as well. I looked because I was going through the same thing. I looked. I'm like, "I thought everything was a worm." Generally, people just need to understand I look for smell, symptom relief, and the visible. Then you're trying to look for what's a spongy kind of surface and what's like an organism. Then if you look at red liver flukes that are small, they're only [01:37:30] as big as a rice grain, or a bit bigger, then they're going to have a different look. Then you know for sure there's something else there, but certainly, stay with it. It's effective, and it's scrubbing out other junk as well. If you feel better, then that's a clear sign that something has happened. Let's continue on, unless you got any input on that particular point. We got

some women's related issues here.

Jonathon: We've hit the heavy metal detox. Eddie, [inaudible 01:37:55] and Sally, Elena, [01:38:00] and Elaine. We've got silver amalgams in their teeth, and the mercury. People are detoxing from mercury from the teeth. One, would you say, Dr. Nuzum, that they need to get these fillings taken out? We've got amalgam fillings that were removed years ago in a very unsafe way, and then there's the heavy metals in their system. You've got people that are dealing with this, and then you've also got somebody else that's tried DMSA and EDTA. They got ill from both of those, [01:38:30] and they tried castor oil, and [inaudible 01:38:31], and other detox supplements. Everything leaves me in a brain fog and [crosstalk 01:38:37] three months. There you go. Firstly, should people remove the amalgams, for sure, even if they don't want to?

Dr. Nuzum: Yes. Okay, if you had a sliver in the bottom of your foot, and it created an infection, would you go to the orthopedic and get a brace [01:39:00] for your foot, so you didn't put so much pressure on that spot?

Dr. Nuzum: Foot, so you didn't put so much pressure on that spot, or would you go pull the sliver out and clean out the wound? Think about that for a minute. Amalgams are the sliver. They're leaking more little slivers into your system that are going out into every cell in your body, causing that inflammatory response. Those irritants cause inflammation. [01:39:30] When you become inflamed enough, you're an easy target for infection. If you've got metal in your mouth, it's leaking. It's dissolving. Your mouth should be somewhat acidic, on the lower pH side, 6.5-ish, right around in there. Amalgams off gas at 83 degrees Fahrenheit. [01:40:00] Your mouth is way warmer than that. If you have amalgams in your mouth, they are poisoning



you. Period. That's just number one.

Dr. Nuzum: Now, if you have amalgams in your mouth and you can't get them out right now, you need to be doing something to deal with the toxins that are flowing right into your body day in and day out. You need to be on things that are toxin neutralizers, like tumeric, [01:40:30] like CBD, like ginger, like, oh man, other good ones like green tea and green coffee bean extract. Those are all very, very powerful antioxidants and toxin neutralizers.

Dr. Nuzum: On the other side, my favorite, the best metal mover on the planet's fulvic acid. [01:41:00] Nothing can move metals around like fulvic. It is a phenomenon. It is just an amazing, amazing compound. Your body has representatives from every part of the periodic table. Your body has representatives. Has a lot more certain representatives than it does others, but every element is going to be represented somehow, somewhere, [01:41:30] some way. Some of them we don't need, some of them we need in ridiculously minute amounts, but they're in our environment, therefore they're going to be in us. The best manipulator of the periodic table in our body is fulvic acid. What's interesting about fulvic is it starts to reduce heavy metals while increasing essential minerals. It [01:42:00] just has that amazing-

Jonathon: Oh, awesome. Yes.

Dr. Nuzum: Those are the things that I would definitely be taking if I had metal in my mouth, I'd be on that stuff all the time.

Jonathon: That's relevant for everyone that's listening, and especially those that may be looking for heavy


metal issues. Remember, with fulvic, it's antimicrobial, so it's good for clearing up ... It's not antiparasitic in that it's a poison to the parasites, but it's good to clear pathogens [01:42:30] and other related toxins in the body.

Dr. Nuzum: It regulates the body's internal environment. It helps the body's pH adjust to normal, helps with the polarity of our gut, the polarity in our kidneys so things aren't as easy to be infected with fulvic. It becomes a preventative, even.

Jonathon: [01:43:00] Yes, perfect. Everything that we've shared tonight, and we're just in the final few minutes here, everything we've shared is going to be so effective for people across the board. I'm just so excited that these are like catchall approaches, that if somebody's even sitting here saying, "Well, I'm well," but you're living in the same world that the other person is sick in, so you have this opportunity as well to be proactive [01:43:30] and do the same things that we're talking about with everyone else. I don't think there's a single thing that we talked about today where you'd say, "Absolutely don't take that if you're well." Which is true for chemo, right?

Dr. Nuzum: Right.

Jonathon: You'd say don't take this if you don't have cancer, not that I would even suggest chemo, but what I'm saying is everything you've mentioned is going to be effective for anyone. That goes from medicinal mushrooms, to CBD, to anti [inaudible 01:43:56], your tumeric, to your [01:44:00] fulvic, to your antiparasitic, to the probiotics and digestive enzymes, them being some bit hits. The other ones that we didn't touch on so much, but for the brain chemistry, because I'm looking at a couple questions here from, with two



teenagers, Haley and Jane, children with OCD and various anxiety. I was just looking at other things that we didn't mention, like Vitamin D3 or Omega-3 for the brain, and these [01:44:30] types of things. Go ahead.

Dr. Nuzum: I think you meant-

Jonathon: Omega-3 [crosstalk 01:44:36] somewhat symptomally for the brain.


Dr. Nuzum: Right. With helping with children, I like, and this is what I use clinically, clinically I use CBDs, I use L-Tryptophan, L-Theanine, and GABA, G-A-B-A. If we test them and they have low D3, D3 [01:45:00] with K is what I usually give them. That helps all kinds of different regulatory mechanisms. Those things all add, they're stabilizing to the children. Once they're stable and things have settled down, that's when we need to go through the process. We need to detox them, we need to build their microbiome up, we need to replenish them, refortify them. [01:45:30] Those initial things, sometimes they're in such a way that they just can't take much. Fulvic minerals, Vitamin D3, fish oils, CBDs, L-Tryptophan, L-Theanine, and GABA.

Jonathon: Fantastic, doc. Thank you for that. Then just coming into women's health here, I [01:46:00] know that we've hit really, again, so much here, and coming up to a close here. Good takeaway for just everyone to remember with these different strategies that have been mentioned here, that they are effective for people in different situations. If you have severe anxiety, depression in that your ... So the problem is, Dr. Nuzum says, "Well, it's 5-HTP, or [01:46:30] Tryptophan, GABA, here's what you're probably missing. Go for this. Or Lithium Oretate." The problem is that

you'll immediately feel like, "Well, everything else that everyone talked about and the parasitic and heavy metal detox and supplementing these other things, the digestive enzyme approach [crosstalk 01:46:46] I'm just going to focus on this one thing," then you're in trouble and, one, we probably won't even answer it. The problem is that Dr. Nuzum doesn't even know exactly what your deficiency is. None of us know for a fact exactly what caused, whether your predominant [01:47:00] trigger is toxins from parasites, or from metals, or from something else, but we do know that if we target both of them we're going to clear up both of those infections and we're going to resolve the problem.

Jonathon: I think about it like the Bible verse, "Seek he first the kingdom of God and His righteousness, all these things will be added unto you." It's the thought of seeking for a goal, this is really a big takeaway, looking for the biggest goal and grabbing ahold of that so you don't get stuck on looking for [01:47:30] something, like a needle in the haystack, searching after a goal that's a whimsical goal for your health. What's the kingdom of God for your body? Well, I would say that that is holistic health and that is to clear the whole system. If you seek for that first, then all these conditions will be cleared up, if you were to take the analogy in that fashion.

Jonathon: Again, let me just finish up on women's health here. We've got Gabriela, Marilyn, Larry for my wife Linda, and Lindsay, and then you've got [01:48:00] Joanne and Kris. The questions here, what's the role of soy for women for estrogen fueled type breast cancer? We've got here, "I'm desperate. My 20 year old just told me she made an appointment to see a dermatologist to look into Accutane. I'm sorry it seems like an unrelated question, but I'm very worried about reading the reviews of this drug. She's dairy free, other than that she eats just about anything. I told her



changing her diet might help. She's willing to change her diet and so forth." Again, everything that we're talking about it relevant for your daughter and she needs to do things we're talking about, [01:48:30] but I'll let Doc Nuzum take over in a second.

Jonathon: From Marilyn, "I've been trying for years to find a way to get a good night's sleep, many, many," ... Then somebody else here had a question on insomnia, and that was, the insomnia question was, I'll get Kristin to help me find the insomnia question. But coming back here to, "Many, many supplements, elimination diets, various natural therapies from doctors. [inaudible 01:48:56] I get a good night's sleep once every six [01:49:00] weeks. By good night's sleep I mean about five hours sleep in a stretch. I'm 55 years old, I've reached menopause, I've done some anti-parasitic supplements, but I'd like to see what else you'd recommend."

Jonathon: "My wife," this is from Larry, "My wife is 70 years old and suffers from intestinal interstitial cystitis, pelvic floor disorder, and vulvodynia [01:49:30] resulting in anxiety and depression. She has had this condition for over 15 years going in and out of remission, but now she hasn't gone into remission for over three years. I've tried various treatments with no lasting effects. She's also been on a lot of medications." You can read the rest of the question there, which is there to read. I think you're in the tab there, right Doc?

Jonathon: "About four months ago I also started," this is from Lindsey, "Making cold brew coffee. I made a new batch with a different, [01:50:00] not the normal coffee, and I had a five day meltdown physically and mentally. I couldn't eat, throwing up, nausea, massive panic attacks. Brought me home two puppies the same day, so I could handle the change in the state


that I was in. This cycle went on for six weeks, seven to ten days." Some severe issue there, doctor takes her off gluten and sugar, she went strict, but she feels like something is going wrong and she's concerned about microtoxins, [01:50:30] and then she wants to get to full mental stability without these anxiety attacks.

Jonathon: Then you've got here with Joanne, with a daughter-in-law in Canada with cystic acne on her face. Sugar stable, blood sugar fluctuates, so you can read along there. PCOS, which is polycystic ovarian syndrome caused by insulin resistance, which can be toxin induced as well.

Jonathon: Then Kris here, "My niece with her first menstrual period [01:51:00] when she was about 13, and then the second time a few months later, third time, and it's now been about three to four years with no menstrual period at all." Okay, wow. You can read along there. Kris, thanks for asking for your niece, and other great fact for all the women's health related questions.

Jonathon: We're going to answer this, but I'm just telling you this because for those women that are just loving this, my wife Lori's actually going to be, she'll be heading a docuseries on women's health. Dr. Nuzum's going to be one of our [01:51:30] major stars in that. You guys interviewed for three hours over it where we were staying in DC. Amazing stuff. It's going to be a real great thing to help save the world, save women, so get excited about that.

Jonathon: But Doc, you've got these questions, we're going to finish on this, so if you want to just hit that up, and I hope you guys have enjoyed this. We will come back, obviously, again next week, just diving back in, and I hope you guys have got a lot. Just while



we're getting these questions in, if you could just send Doc Nuzum some love, if you love [01:52:00] what he's shared today, raise a hand for him, but your hand up. You'll see a little hand icon, put your hand up. Bam, you're getting the roof raised. We just hit over a hundred hands in the last five seconds. Then anything else, yeah, just drop in any appreciation or unique thoughts or feelings you have about what Dr. Nuzum has shared, and anything it's done for you, just to give some love back for Dr. Nuzum. Again, let's [01:52:30] jump into these questions. Keep those comments flooding in, we love it. It means a lot to us. Go ahead, doc.

Dr. Nuzum: Okay. For chronic issues, which is what everyone's describing here, they're all things that ... A chronic issue is something you don't overcome in a couple weeks. If you haven't overcome it in a couple weeks, it's chronic. The way to break a chronic illness is [01:53:00] the process that we keep talking about. If you've been listening to me anytime, for the last 20 years I've been saying the healing starts when the patient's stable. It only progresses through detoxification, and it gets culminated in fortifying their immune system.

Dr. Nuzum: First off, if the person is in such dire straits that they need a medication to stabilize them, [01:53:30] they need a medication to stabilize them. Once they're stable, that's when we need to start detoxifying. It's kind of like having a bleeding wound. You have to stop bleeding before you can clean the wound out. Stop the bleeding, clean the wound out, then you bandage it. Same thing.


Dr. Nuzum: The fella who's wife, with interstitial cystitis, I would be doing the detox programs while using [01:54:00] CBD. Once you get through the detox programs, get into more rebuilding program, lots of

probiotics, and things like that, I would continue to use the CBD for quite a while. That's very, very helpful in interstitial cystitis.

Dr. Nuzum: I think there was a couple of anxiety questions there. Anxiety, you've got to go back to, [01:54:30] the gut is where your brain regulating hormones come from. Your neurotransmitters, serotonin, dopamine, acetylcholine are all manufactured in your gut. If your gut's not healthy, your brain's not going to be healthy, folks. I'm sorry. If you have any neurodegenerative anything going on, the root of that problem is down in your gut. So if you're having neuroinflammatory [01:55:00] issues like depression or anxiety, root of those problems are down in the gut. You may have some emotional triggers, you may have had some emotional or physical traumas and things like that, our capacity to let those things go is very dependent on our physical health. We're not physically healthy enough to release those emotions, we stick them in our backpacks and we carry them with us through life, and [01:55:30] they wear us down. One of the ways of being capable of dealing with emotional issues and anxiety and depression and things like that is getting yourself healthy enough, strong enough to deal with those things.

Jonathon: Fantastic, doc. Thank you so much. There is so many great pieces of feedback there, so for this particular group here [01:56:00] with Kris, Joanna, Larry, Lindsey. These are all women's health related issues. Thankfully nothing is fundamentally different, correct me if I'm wrong, doc, in terms of all the different protocols that we've outlined. We'd be remiss to leave out any single one of those, so [crosstalk 01:56:16]. Yes.

Dr. Nuzum: Need to get through the detox things to really get ... Here's the thing, if you have hormone



disruptors in your system, we can give you all the hormones in the world and you're still not going to level [01:56:30] out. You've got to get those disruptors out of your system. How do you do that? You have to detoxify.

Jonathon: Absolutely.

Dr. Nuzum: That's the way to do it.

Jonathon: Of the hierarchy there, the most gentle is going to be the digestive enzymes, the probiotics. Most people should be able to get started there, and so that enables people to then move into the next steps, which would be the parasitic protocols, the heavy metal toxicity, like with the fulvic acid, which is a double up. [01:57:00] Any of these people, and then you've got to work with personalities here. We didn't have a huge strong focus here on removing inflammatory foods, but wheat alone, just eating bread for people is going to be such an issue that no supplements can take away that issue. You can't take a supplement, you can't take ... The digestive enzyme will help if you wanted to consume wheat, but it's not going to really solve [01:57:30] the mental challenges and all the different challenges you could have, when you have what's called gluten induced mood disorder, which is common. I would say it's true for everyone at different levels. I notice the moodiness, my wife and I notice it in each other, just on that particular food. We're both a lot happier with each other with getting off that.

Jonathon: Getting off the inflammatory foods, most people in this group know that, but for those that don't, and especially if you're dealing with somebody else, getting them off those foods, [01:58:00] but then increasing in those digestive enzymes, the probiotics, it's going to be relevant for everyone here. But then


getting in those deeper layers of getting out the deeper layers of toxins. While you're doing that, Dr. Nuzum mentioned about moving the colon, which is things like psyllium husk and black walnut, and there's dandelion and milk thistle, but they're deeper cleansing. But colon movers that are not laxatives, but they're helping that regularity, and that's going to help everything move along. Remember, the digestive [01:58:30] enzymes are going to work in that capacity as well, which is great.

Jonathon: That's my two cents, and I'll let you finish with your thoughts and then I'm going to ask you, if you're willing, Dr. [inaudible 01:58:37], to send a closing prayer as well.

Dr. Nuzum: Oh, for sure. For sure.

Jonathon: I'll just ask the group if that's something that you guys would enjoy or appreciate, I'll let you guys put that invitation while Dr. Nuzum's asking that question, and putting your final thought, because you're going to say something.

Dr. Nuzum: Growing up, in my house, with my 32 adopted brothers and sisters, [01:59:00] 18 of them were bipolar. My parents, one of the biggest things that they did, this is 30 years ago, with my brothers and sisters to help regulate their bipolarism, was removing gluten from their diets. It made a huge, huge impact. I watched it growing up. I lived with these folks. It was amazing. It was night and day difference. They'd be totally level, [01:59:30] totally whatnot. They'd have a piece of bread, and they're all over the place. It was a total trigger. I remember growing up watching that. That was long before I was into medicine. It was very interesting.



Jonathon: Amazing. Well, thanks, doc. Then I just saw some of the questions come in for people that are asking about, and we won't talk about, we'll leave this for next week, but people are asking, in terms of when our [inaudible 02:00:01] [02:00:00] stuff is going to be ready, so that'll be next week, for those that were asking about that. Which is with the supplements that we're doing. But we are ready for your prayer, doc.

Dr. Nuzum: Excellent. Lord Jesus, thank you so much for being so good to us. Thank you for taking such good care of us, thank you for all you give us. Thank you for being so kind to us, and thank you for all you do for us, Lord. Lord, I ask for each of my brothers and sisters here, I [02:00:30] ask for your healing. I ask for you to touch each and every person that we, that heard us today. I ask for your blessing, your healing, your forgiveness, your tender loving kindness to just shower on each and every one of these people that tune in today, and everyone that listens to this in the future. Dear Lord, go with them, go before us, and heal those that are listening, that have listened, and that are going to listen. Thank you Father, in Jesus' [02:01:00] name we pray. Amen.

Jonathon: Amen. Thank you so much, Doc, I appreciate you so much. Look, I'm going to send you all these wonderful and kind things that people have said about you. You'll read them and with a big smile on your face for the next couple of days. There's about 200 of them.

Dr. Nuzum: Thank you. Thank you, everybody.


Jonathon: Yeah. Thank you for your commitment. We appreciate it, Doc. Catch you soon, buddy.

Dr. Nuzum: Thanks. Take care. God bless, everybody. Thank you, Jon O.

Jonathon: Thank you, man. [02:01:30] Cool, there you go. Thanks for ... Look at that. All the beautiful thoughts and comments. Thank you for your love and your appreciation. I'm going to jump off here and get back with my wife and my baby boy. For those that are interested, he's doing fantastic. He's two and a half months old, he's already fitting six month old clothes. He's not overweight, tanky baby. He's just such a big, he's going to be [02:02:00] taller than me, for sure. I think everything we're talking about has meant that he's a healthy baby and he's getting well fed through Lori, because he's on milk, as you would understand. Beautiful. Anyway, thank you for your time.

Jonathon: Then for those that were asking before about the [inaudible 02:02:22] supplements, I'm just so excited and privileged that we'll be able to share these with [02:02:30] you starting next week on the call. A lot of things that Dr. Nuzum has shared, a lot of these core ingredients, the core philosophies is what we're taking, and again, Dr. Nuzum was here educating us so you can understand the whole philosophy and what to do so you can go anywhere, so you're totally empowered and you can understand what you're doing. Then we so much believe in this, my wife and I. We have seen such changes in our lives and in the [02:03:00] lives of our friends and family members that have done these certain things, and then we've also saw needs to create more potent and more powerful and effective versions of these, or combinations that are either simpler to do it, or that we've combined things that aren't in anything that we could find.

Jonathon: What had happened was, you look at something like with Dr. Nuzum, he had to create a




unique formula for my five year old for his kidney issue. We couldn't find that particular thing that we were looking for. We've [02:03:30] had that situation where we're like, "This is so effective, but it doesn't exist," so we had to create certain things. Again, I was working with other scientists to help deliver and to create that. Look forward to next week, we will be sharing these things with you, and then some of the ingredients that some of the people were asking for, like what were the types of digestive enzymes, or what are the types of probiotics, or what are the types of these different things, then we will be sharing in detail [02:04:00] with you. Here's what the approach we took, and you'll see a lot of these same types of things. Again, with that education that Dr. Nuzum gave, you'll be able to find those answers out in the world, and you'll be able to see some really great and unique and powerful formulas that we're doing that we're just so excited and happy about because we know, we've seen the changes that have happened in our lives through these particular products, and through the [02:04:30] ingredients that we've used and the unique ways we've approached this.

Jonathon: Blessings to everyone. Just fielding a couple of these last questions, in terms of people asking where to find the transcript. Thank you for saying the format works well. You saw my interest, Connie, I know that some people like ... There's so much going on here, thank you for understanding that this format, we actually had a lady on our team, Kristin, who has helped [02:05:00] us to be able to create this new system to help us to answer as many questions, and really to get everyone to get the most out of it. I assure you Dr. Nuzum will start saying the same thing every single time, and then you'll realize, "Man, this does get boring unless we use these subcategories." It helps everyone, allows us to go deeper. I can see the level of educational learning has been so deep and profound.

Jonathon: We'll be saving these questions, come back on. Remember to engage with us in the Facebook group, as well. There'll be questions that you'll have just [02:05:30] in general about what was asked, and we have [inaudible 02:05:33]. Again, because you supported this mission, we have a team that's working to help answer those, and we have other volunteers that are also in there, as well if you're one of those people that would like to help volunteer by helping bring things to attention. We love that kind of thing. Just keep in the loop with us. We have people there that are answering questions. You might even have questions about unique formulas that we're doing, like what's the ingredients in that. [02:06:00] Obviously, so when we come to next weeks call, you guys will be the first to get the highest discounts that we have because we just care about you guys and you guys are the community that, we consider you guys our family. You guys will have all those kinds of rights, privileges. We'll be making sure you guys are really well looked after and you're not paying retail for anything. That's my philosophy, and that's what we're going to do for you guys. Keep an eye out [02:06:30] for all that, we'll be giving you all kinds of different opportunities and things like that.

Jonathon: Again, we're always here for the education, so we'll always be here to help you get equipped so you understand how this works. For the people that are asking to be a part of the Facebook group, what we'll do on the protocol page, we'll put a link up on there, but it's inside of your membership. You can just click on the Facebook group and get added in. It's called Depression, Anxiety, and Brain Secrets. That's the Facebook group, so you can look for that. Depression, [02:07:00] Anxiety, and Brain Secrets. Also look for the Depression, Anxiety, and Dementia Secrets, because I'm going to have that title match the names. Search for both of those in case one's not showing up, but then jump inside the group and we will look for you guys.



Jonathon: Let me just see if I can quickly get the ability for the Facebook group. Kristin or Nicole, if you guys are there to just help me get people inside the Facebook group here. Here you go. Thanks for bearing [02:07:30] with me. People are asking for this, so we want to get you in there, so here we go. Here we go. There we go. Just click on this link here, and that should get you in so you can ask to join there, and we will approve that. Then what I'm doing is, well, if you go over to the Depression, Anxiety page for the protocol, I'm going to put a link to join the Facebook group [02:08:00] up in the top of the page right now. Just keep an eye out for that. Let me just grab that.

Jonathon: As soon as we get off this call, or jump over there right now. I'm putting in the link so you can find us that way. Just at the top of the page. Here we go. Join the, look at this, Facebook group here. I want you guys in here, because this is where [02:08:30] the fun stuff happens, and we are ramping up as well. Just so you know, we're ramping up, getting more support here so we can really help you guys at a deep level. It's the time to jump over there now so you can enjoy that action.

Jonathon: Okay, so that should be ... Click. Okay, so that should be working. That is that. Okay. We are there, [02:09:00] I appreciate you guys requested to join and joining. Fantastic. Good for you guys. You guys are the best. Look forward to seeing you next week. We will be back, I will have some other experts. We'll have Dr. Roger Murphree coming up soon. Dr. [inaudible 02:09:14], if you appreciated her, she's coming back in as well, and we're going to get her because she's getting more and more equipped in understanding of our community and of what we're doing, as well with [inaudible 02:09:24] so that way you can understand that part. She can help [02:09:30] you under-

stand how to use what we're doing in that light. Again, we're going to be always sharing with you ingredients so that you can go out and find these things wherever you like.

Jonathon: But we're here for you, can't wait for till we meet again. Thank you for your time, your patience, and you love. We will be here for you each step of the way. Look forward to reconnecting very soon, and again, thank you for your time and joining us tonight. Okay, catch ya.

Jonathon: Thank you so much for joining us tonight, guys. We are now live on all fronts, and we have over 300 people with a slide at the moment and was just thrilled that you're here. Thank you for joining us with Doug. We've got so much to go through and so much to tackle and learn tonight. Dr. Nuzum, how are you doing?

Dr. Nuzum: Hey, there we are.

Jonathon: We're [00:00:30] in business, guys. Dr. Nuzum, thank you for joining us today. Busy day for you and we are going to just make it all the more busier. We've got a lot of questions to go through. So, let's dive in deep. People would put through their questions, Dr. Nuzum and I have been going through that, and we've had our team on board. We have Doug for over an hour here, just going through all these questions. He's going to give answers that are relevant for everyone.

Jonathon: We're not going to be [00:01:00] talking specifically about this or that brand, but we're going to be talking about on the ingredients to look for. We're going to be talking about the types of foods and dietary protocols. As we know, Dr. Nuzum is one of the world's foremost in, in naturopathy. As a doctor of osteopathy, he is currently completing his seventh



PhD.

Jonathon: Most of the PhDs that he's been doing through his life and completed are in natural medicine. [00:01:30] So, understanding what herbal remedies are available and how we can use these things for healing. And so, we have a bunch of questions. Go ahead and drop them in the document, that way we're able to go through them together. And so, here's how we're going to answer them so we can get through the questions, and we can give you a really detailed answer in regards to the healing methods he used.

Jonathon: Because what happens, when we don't do this and we simply try to answer people's questions based on their symptoms that we're not actually teaching anyone how to heal. [00:02:00] And it has a down idea. So, we see Dr. Nuzum nodding. And the huge problem that if we just are plugging up symptoms during the whole call, it's what people think, because we've been indoctrinated to think that way. But the answer really is for us to compile different symptoms and disease categories so that it makes sense to you and so you can feel and understand your dress.

Jonathon: I'm going to be calling out your names when you're in these subgroups. So, we've categorized these questions and we'll pull out some specifics. [00:02:30] And so, everyone that's listening, you can listen to, hey look, that specific was in was in common with mine or that he particularly mentioned the exact thing that I asked, or my challenge falls totally within this category of situations. So now, we can focus on the protocol and how you can get better.

Jonathon: And what types of herbs, minerals, supplements, in terms of ingredients to look for. And

then, what kinds of dietary protocols and what types of inflammatory things that you might be doing right now that you need to [00:03:00] take out, and healing protocols.


Jonathon: And we're going to go through it all and we're going to do it and it's gonna be great. What do you say, Dr. Nuzum?

Dr. Nuzum: Hey, let's go ahead. Let's do it. Alright.

Jonathon: Cool. Alright. Let's dive in. So, let's jump inside of this document that you and I have doc, and let's dive in here. And then I have a couple people here from my team. And [[00:03:30] Kristen, 00:03:31], I'm bringing in a Kristen and Nicole. So, you girls can help us as well with new questions and putting them into the subcategories so we can be fielding questions live as well.

Jonathon: Yes, everything will be transcribed. I just saw that. So, you got that answer right away. Roxanne, God bless. Welcome to here. And she's asking for a question to be answered on psoriasis. So yes. Skin. We actually have a whole category on skin, so that's good.

Jonathon: And now, I am diving into [00:04:00] this document. Okay, let's dive in and, okay. So, Doug, we've had like over a hundred questions. Kristen can tell me exactly how many questions we've got coming. We've got questions around parasitic infection, questions around macular degeneration, what supplements can be used for x, y condition. We're going to talk about ingredients for that. We've got questions



[00:04:30] around depression, anxiety and dementia. Secrets like the often asked questions that people have directly from the series, and what can be done there.

Jonathon: We have gut related questions. We actually have 387 questions from today. So, we've got a lot to go through, Doug. And this is what's going to help us. So, everyone, I believe that everyone can get their question instead tonight within these group categories, but I'll be calling out people's names. We've [00:05:00] got questions here are around food. We actually have a single question on cancer. We have a few own heavy metals. We have women's health related. We have what like, you can see the subcategories there. We have six on women's health, three on thyroid, just two on skin. But now three, because the psoriasis would count on [inaudible 00:05:24] .

Jonathon: And that's the spectrum right there. So Kristen, Nicole, [00:05:30] if you guys can keep just pulling them in there so we can make sure we're addressing them. So, we can just start with, I mean, Doug, you've been going through this. So, why don't we just see how best we can address every one? We'll start with the questions that we feel like would be most relevant place to start, and then start going through these subcategories in order of as you see best for people's learning as a group.

Dr. Nuzum: [00:06:00] So, we're going to focus on categories. Am I understanding that correct?

Jonathon: Exactly, exactly. And what I'll do, and what we need, what we should do as well as just call out the names, the first names of all the people in that group


so everyone can hear that we're addressing those directly. So, that makes it fun. Everyone feels loved. That's the key. You're all loved. Yeah, sure. So, let's dive in there. I mean, we can totally start here with [00:06:30] the questions around depression, anxiety, dementia secrets.

Jonathon: So, here we have a spectrum of questions. Okay? You've got some of your answers you've been pre-writing down on as well. Okay. So, these are all around, I mean specifically all these questions are related to depression, [00:07:00] anxiety, and psychiatric problems. And then, so this is a fantastic place to spot.

Jonathon: There is one question here from [Iona 00:00:07:10], where she's asking specifically about healing brain trauma and concussion. So, this is a really good one. That one's going to have a slightly different answer out for people that are asking, for example, Margaret is asking on behalf of someone, or for some other, are there natural treatments or cures for serious [00:07:30] mental illnesses like bipolar disorder, schizophrenia?

Jonathon: So, we've got some excellent answers for that. Do these people need to be on medication for the rest of their lives? Simple, quick answer. No, but we'll go in more detail. And then you've got, Karen asking about anxiety and stress. You have essential tremor at an early age from Barbara. She's asking about this and she has the MTHFR 667 gene mutation. Very common. Her life changes seriously after a [00:08:00] stroke.

Jonathon: Let's put, Dr. Nuzum, and we can put the category of the essential tremor, the stroke, and con-



cussion. Ask these more invasive and more specific.

Dr. Nuzum: A little more specific. Sure.

Jonathon: Yep. Yeah, exactly. And then, we'll put the depression, anxiety, schizophrenia, even though those seem far apart, we can address them collectively. And then, I'll just go through the other names here. [Jeanine 00:08:30] [00:08:30] with paranoia. What would you recommend for somebody with paranoia?

Jonathon: And remember, a lot of people here asking on behalf of other people, and people asking for themselves as well. And part of the reason why I'm reading first name, but also, we have a community of support. This is a perfect place to also share your own personal struggles, just like [Lori 00:08:50] has with her depression, anxiety and so forth.

Jonathon: But again remember, a lot of people on behalf of other people just in case, I don't want anyone to feel like they're called that without [00:09:00] them wanting that. So, and then neuropsych test. She's got dementia, cognitive severity. What's the best ways of healing this?

Jonathon: So, this can go into some of those other categories. So, we can hit the dementia related in its own category, Dr. Nuzum, this is [Iona Grace 00:00:09:26], Sherry [Ottis 00:09:24], Margaret, Lily, [00:09:30] Karen, Cindy, Dominic, Linda, Jeannine, and Liz that we're going to be addressing here on in these questions. So, go for it, Doc. Tell us what we can

do with these conditions.


Dr. Nuzum: Alright. So, we're talking anxiety, depression, dementia, correct?

Jonathon: Yeah, there's concussion there as well, as brain injury was mentioned.

Dr. Nuzum: Alright. We'll get into some of the other more specific things in general. Okay? Just in general, [00:10:00] with all of these issues, there's a reason why the circuits aren't connecting properly. Okay? There's one thing I want you to understand, real quick. Everybody think of a membrane. Okay? Or think of a piece of fabric. Okay, like you're shirt. Think of your shirt for just a minute. It's tightly knit. [00:10:30] Okay?

Dr. Nuzum: The tighter the knit, the smaller particles can get through that mesh. Correct? If you stretch the shirt out, okay? And pull those fibers apart, bigger particles are going to be able to go through that mesh, okay? This is what is happening in leaky gut, okay? It's not that you'd have holes in your gut, it's not that [00:11:00] someone opened a drain and is dumping things in your bloodstream.

Dr. Nuzum: No, no, no, no, no. What it is, is the wall of the intestines had been irritated. The body's response to irritation is always an inflammatory response. So, they swell up, okay? As that tissue swells up, the fibers separate and you get what is called leaky gut. If you have brain fog, if you have depression, [00:11:30] if you have anxiety, if your memory is go-



ing, leaky gut is an issue, okay?

Dr. Nuzum: Now, here's an interesting fact. The leakier your gut, the more permeable your blood brain barrier becomes. Okay? So, the protective membrane around your brain that garbage out becomes more permeable if your gut becomes more permeable. [00:12:00] So if you have leaky gut, more things can float into your brain than should normally float into your brain.

Dr. Nuzum: Where I'm going with this is, detoxification has to happen. You have to detoxify. We have to eliminate waste that's accumulated in the body. And once we've eliminated accumulated waste, we need to start going after things like coinfection, parasites, Lyme [00:12:30] disease, candida, mold.

Dr. Nuzum: These types of things have to be dealt with, along with things like environmental chemicals, heavy metals. Okay? So, detoxing these things from your body is where we removed the irritants that are causing the inflammatory response that our bodies having. Okay? So as we remove those irritants, the level of inflammation goes down, the swelling goes [00:13:00] down in the gut is capable of healing.


Dr. Nuzum: Alright? Once that is happening, we get into where we're detoxing chemicals and metals and those types of things. That's when we also need to start building up the gut with things like digestive enzymes, and probiotics, and these things where we can recolonize the gut.

Dr. Nuzum: One of the things that probiotics do, they don't just colonize the gut and help us absorb our food, [00:13:30] they cultivate the gut wall. Okay? So as they colonize, they take and mark their area and then they cultivate that, much like we would cultivate our lawn.

Dr. Nuzum: Okay? If you have a house and you have a lawn, if you want a nice lawn, it takes some cultivation. You got to work with it in. That's what probiotics do with our gut. And so, we have to do is remove all the garbage out of the way so they can do that. [00:14:00] And that's what detox is. Those are the basic steps. Okay? So, detoxification, particularly gut detoxing.

Dr. Nuzum: So, get as much inflammation out of the gut, as much irritants, as many irritants out of the gut as possible. We reduce the quantity of the irritations in our gut through detoxing, followed by then, we have to [00:14:30] deal with infections. We got to deal with what else is living in our gut that shouldn't be living in there. Okay?

Dr. Nuzum: First, we got to remove their food supply by detoxifying waste, eliminating waste. Second, we have to eliminate infections. Once those infections are gone, we can very effectively start eliminating chemicals and heavy metals, and those types of things. But while we're doing that heavy metal detoxing and chemical detox, we need to be reef reestablishing [00:15:00] gut health with probiotics, with enzymes, and things like that to build our gut back up again.



Dr. Nuzum: Now, with dementia, with the concussions, a lot of your more longstanding neurologic disorders. Okay? [00:15:30] I use a lot of CBD. Okay? I know that's a buzz word now, but I do use and have been using CBDs with neurologic patients for years and years and years. And that's kind of a paramount thing for me in my protocols with patients.

Dr. Nuzum: We use CBDs along with the detoxing, along with the eliminating of infections, [00:16:00] and along with the chemical detoxing and things like that. It eases a lot of the just the neurologic issues that people are dealing with.

Jonathon: Dr. Nuzum, let me- I'm sorry. I don't want to cut your thought off. I'll let you continue. So, CBD. He is saying is Cannabidiol, which is cannabis, which is from cannabis and it is specifically than non-psychoactive derivative [00:16:30] from what is known as marijuana, which is actually the street name for it in Mexico. That's actually where that came from.

Jonathon: But the word is cannabis and CBD, which is non-psychoactive, which he's using that for our brain, and we did actually include that for Dr.** Harley Cast in our 10th episode about CBD for Brain Health.

Jonathon: So, let me just let you continue there 'cause I don't want anyone to feel like they missed out on what you're about to share, but I know [00:17:00] that some people were saying, "What's CBD?" Because-


Dr. Nuzum: Thank you. Thank you. No, thanks for clarifying that. I appreciate it. Okay, so cannabidi-

ol. CBD is something our body produces. Okay? It's actually much like a hormone or a neurotransmitter. Okay? But it works on what I call a subsystem in our body. Our body, we have communication systems in our body. We have our immune [00:17:30] system. Our immune system communicates with all aspects of our body, but also communicates with all aspects of our environment. Okay? So, our immune system is what's responding to our environment, changes in temperature, changes in the microbes in our environment, changes in humidity, changes in pressure, changes. Okay?

Dr. Nuzum: All of these different changes in our environment, it's our immune system that adapts to all of these changes, is our immune system's constantly communicating [00:18:00] with the outside world and with the inside world. Alright? And we also have our nervous system, okay? Our nervous systems are hardwired cable communication system within our body. We're sending messages as fast, or faster, than the speed of light.

Dr. Nuzum: And all of these different cables we got laying around in our body called nerves, right? In the communicate, it's a regulatory mechanism that our body has, in a sense, [00:18:30] messages back and forth from the central nervous system to the peripheral nervous system, and so on and so forth.

Dr. Nuzum: Finally, we have a a third communication system in our body called our endocrine system or our hormonal system. Okay? And the hormones are, they're very much like packages sent by the postal service, okay, by FedEx or UPS or the post man, right? So, one [00:19:00] location creates a package, sends it through the courier, right? That package arrives at another location. That location unpacks the packag-



es, and then follows whatever instructions are in the package.

Dr. Nuzum: Okay? So, your thyroid produces a hormone, goes through your bloodstream, it gets to your cells after going through the processing plant, your liver, and the cells receive [00:19:30] that package, that thyroid hormone, right? They unpack it and they follow the instructions. Okay?

Dr. Nuzum: So, we've got these three very, very important integral communication systems in our body. And what happens is as we become ill and our capacity to adapt breaks down, okay? And also, as we age, our production of Cannabidiol, the CBD, [00:20:00] okay? Decreases. As that decreases, there's a regulatory mechanism that regulates our hormonal system with our nervous system and our immune system. Okay?

Dr. Nuzum: It connects all three of these communication systems and regulates their activity. Okay? And that system is called the endocannabinoid system. Okay? Endocannabinoid system is something- [00:20:30] Here's what's really interesting. Unless you've graduated from a naturopathic medical school or from pharmacology school and have your doctorate in pharmacology, and you've been in medicine, you probably never studied the endocannabinoid system.

Dr. Nuzum: Okay, it's very, very sad. It's an entire system that's been left out of all medical training because they don't want people to know about it. It's [00:21:00] very, very- I won't go into that, but it's an essential component when it comes to healing chronic disease. The use of probiotics, adaptogens, humic and fulvic acids that you probably heard me talk about.

Dr. Nuzum: If you've been following me at all, you've heard me talk about humic and fulvic acid, right? Medicinal mushrooms. Okay? All of these things support our body's capacity to produce [00:21:30] CBD, these connect cannabidiol. Okay? In our-


Jonathon: Fantastic, Doc.

Dr. Nuzum: Okay, so long story short. Let me get to the end of this. Sorry, I get excited about these things. Sorry.

Jonathon: No worries. You guys will appreciate both of us. We wrestle here, because I want to wrestle one to get lots of questions answered, and two, to give you specific directions [00:22:00] as to what to do. So, like in this, what we want to know in this case is like how much CBD to take? What to look for and how much?

Jonathon: And then the other one would be like with the mushrooms like Reishi and cordyceps, and how much to take and how. And then, you mentioned all week, but then we can just jump over it and make sure we've kind of done justice to that sector, and then we'll come move over to some of the other names and keep going.

Dr. Nuzum: Excellent. Perfect. So all in all, [00:22:30] when you consume CBDS, they directly replenish that endocannabinoid system. When the endocannabinoid system has replenished, it regulates the other communication systems in the body. So, the hormonal sys-



tem, the nervous system, and the immune system all work in unison instead of working separately. Alright. Let's go onto the next category.

Jonathon: Fantastic. Fantastic. And then, somebody here has asked something. Some people using live chat, it's not where we're going. So, if [00:23:00] you're wanting to make sure your question gets answered, then go to the other section and make sure, with the link that we've been giving, and make sure you don't resubmit the same question twice because it can confuse things and make it hard for us to get that question answered.

Jonathon: But somebody is asking more detail on how to detox. And so, let's continue to answer that question as we go so we can answer that question in relation to other questions. So, and then in line with this, we did have one where Paula [00:23:30] was asking about recovering from shock, shock therapy. And so, this is a [inaudible 00:23:38] series of electric shock therapy treatments, as well as recovery from Klonopin, no longer on this medication.

Jonathon: So, this will be an example of people that are getting off heavy medications or have done some kind of invasive surgery or something like this. Like for someone that's had a lumbar puncture versus somebody that's had an electric shock treatment. [00:24:00] There's a lot about the invasive kinds of treatments. They're all specific, but I know how you're going to answer this.

Jonathon: You're going to talk about helping the body to repair the trauma that's been caused by the alleged treatment or help. So, I do think there's going

to be common ground they have for people that are listening right now that have that changes. Just quick answer on that one, so we can keep and continue through.


Dr. Nuzum: Real quick. You need to take all trauma is an irritant. [00:24:30] Okay? Trauma, irritates your body.

Jonathon: And this would include Iona, who had the brain trauma from the concussion. And also, sorry, I just realized that you didn't mention the amounts that to take the CBD. Can you just say that before?

Dr. Nuzum: Yes. Typically CBD, you don't have to take large amounts of CBD, if it's a good extract. Okay? Typically, you want to look for a whole flower extract. Okay? You don't want something that's just an isolate. [00:25:00] An isolate will give you some, but it's going to miss a big portion of the package. Okay?

Dr. Nuzum: So, it may work in certain areas, but it's not going to work real well as a whole. So, you want something that's a whole flower extract. There's a lot of different products out there. So, that would be the first thing to look for, is a whole flower extract.

Dr. Nuzum: Next, the closer to the real thing, the better. Okay? Hemp does [00:25:30] work. Hemp does work. It doesn't work as well as cannabis. Okay? So, cannabis is much more effective. Here's my clinical experience. Cannabis works far better when it comes



to neurologic issues and gut issues. Okay? Where they're probably neck and neck when it comes to joint [00:26:00] in muscular skeletal type issues.

Dr. Nuzum: So, the hemp works really, really well, just as well as the cannabis in the kind of the muscular skeletal world. But when you get over to the gut health and the neurologic health world, cannabis just out shines the hemp extracts. That's been my experience.

Jonathon: Cool. Alright. So, the point that we were just going on there?

Dr. Nuzum: Yes.

Jonathon: Questions that we were heading.

Dr. Nuzum: [00:26:30] Is that?

Jonathon: I'm sorry, I was just, no, no, no, that's great. So, I was just saying, the question that you were about to answering in regards to concussion, brain trauma, people recovering after surgeries or treatments.

Dr. Nuzum: Okay, okay.

Jonathon: What's your basic direction to those people that are within those categories? Like, Iona and Paula?


Dr. Nuzum: The body's reaction to being irritated is an inflammatory reaction. Okay? So, the [00:27:00] body gets irritated. It's going to get inflamed as a response to that irritation. So in natural therapies, what we would do is we would use things that would speed up the body's ability to deal with that inflammation. So, things like Tumeric, we're talking CBDs, ginger, probiotics, large doses of digestive enzymes are excellent for reducing [00:27:30] inflammation.

Dr. Nuzum: Actually, helping the body finish that inflammatory cycle. So, it resolves it. Okay? If the body never is strong enough to resolve an inflammatory response, it keeps rebooting it. Okay? And typically, every time it reboots, it reboots a little stronger. Okay? And it spreads a little more, a little more, just kind of grows throughout the system.

Dr. Nuzum: So in natural [00:28:00] medicine, instead of blocking that inflammatory response, our approach is to fast forward. Help the body finish the cycle, get it over with. Okay? And those are the types of things. You would be looking for again, tumeric. Tumeric, particularly the curcumin extracts, ginger, ginger root, excellent digestive enzymes, and also probiotics. Very, very good for resolving [00:28:30] inflammatory processes.

Jonathon: Fantastic. And CBD, for those that are still asking because the dosage, we didn't get that. So how much?

Dr. Nuzum: The dose depends on the extract. So, you need to follow whatever the recommended doses are. Typically, I dose CBDs twice a day, a morning dose and an evening dose. If someone is dealing with anxiety, sometimes [00:29:00] we'll dose it smaller doses



throughout the day. So, every couple hours, sometimes, we'll do a dose, smaller dose.

Jonathon: Okay. Thank you. Alright, there you go. People are happy to get all those answers. We're going specific here and we are certainly pulling the punches here for you guys because we want everyone to get the right answers here. So, let's dive into gut.

Jonathon: So gut, we are going to just come over to that column. Doc, you're [00:29:30] welcome to lead as much there. We have questions from Jennifer, Debra, Laura, Jane, and Chris among some. So, let's tackle these. Can you just skim through these questions? And you have written some responses just because you were reading through these ahead of time.

Jonathon: So, see what you dial into here. I'm going to just summarize [00:30:00] some of the questions here. So a question here is asking about food sensitivities and how do they heal the gut? I've completely eliminated gluten and dairy. What other steps do I need to take to heal the leaky gut?

Jonathon: So, let's talk about that one shortly, but these are all going to have some major commonalities. Let's put a pin in that one for a second. So, put it right there. We'll keep it there.

Jonathon: So, if you have for example [00:30:30] leaky gut, recovering from long time mold exposures in the home, and you have mold in your body to recover from possibly candid issues or having brain memory issues lying. And is it okay to eat mushrooms


since they're a fungus, are they going to have the health benefits?

Jonathon: Then they're asking you about coffee enemas and how do we get the coffee mold free? So, this concerns around mold, mushrooms, and coffee. So then, we've got as well here [00:31:00] from the [aging 00:31:03] effects of 15 years with hormonal mood swings and menopause, 66 in age.

Jonathon: So, she's looking at the different dosages there. She's having a hard time and lots of withdrawal symptoms. Lots of crying and lots of swishing around their head and the sound like a rain stick. So, she's had kinds of things and she's seeing it as like this aftermath of the effects and these hormonal mood [00:31:30] swings and things that are happening with age, at age 66. And she is decreasing, but she's looking for solutions there.

Jonathon: We've got Jane who will, sorry, I mean, just generally, but she's very grateful and excited and happy. Usual family doctors have never treated this kind of Glabrata, a certain kind of yeast infection. It's a candida infection. So, she has a functional doctor that she's working [00:32:00] with along with, she's taking 400 diflucan every day, and she's been doing this for five months.

Jonathon: She did go to Mayo Clinic and then she's been struggling with this, but general point, she's got the candida issues and this particular strand of it. Is there a way for her to solve that issue? Then, you've got some more here with gut dysbiosis, resulting in



20 rounds of antibiotics. This was because of, and you can read down in here. There's a lot. [00:32:30] Over seven years and this is for her son and he still has histamine intolerance, fatigue, chronic fatigue, anxiety, and leaky gut. So how does this person heal? And then, she started taking probiotics with the 114 billion probiotics. But I can see here from, and you can have a look down here, she's taking digestive enzymes and I see glutamine [00:33:00] and [cerutin 00:33: 01]. So, she's trying all these different things.


Jonathon: ... mean and CoQ10, so she's trying all these different things. So let's see how we can answer her. I can see some of the things she's not mentioning though. But again, just have a look at their doc and then, and then finally with these last two that I'm seeing here, actively working to heal an unhealthy gut, she's been, or he has been struggling with unintentional weight loss and he or she is down to 40 pounds. Then there's this struggle here. [00:33:30] I hope maybe she or he can get off Nexium after 13 years of daily use and so she's got a fear of a colon cleanse with a history of anal tear fissure. So that's the issue right there. She's been, or using his psyllium husk, not in Metamucil with all the additives, but the actual good, the natural stuff. Basically [00:34:00] less wiping. She's needing, or he's needing some help with that. And that challenge and then gut burst over here around with chronic diarrhea on and off. Refuse steroids, found relief through Chinese herbs, microscopic collagenous colitis around 2012 these different drugs being used, obviously looking for a better solution. So you've got all those questions in front of you there, Doc. If you can just answer [00:34:30] how you know you can go into the specific answers and the all round that everyone needs to do, which I'll let you take over.

Dr. Nuzum: Okay. All right, so let's just cover gut issues just as a general category, okay? Just some general

one-on-one, this is what you do with gut issues. First off, if ... [00:35:00] Okay. One of the rules in detox in naturopathic medicine when I was learning, when I'm first in school, one of the professors said, "You can only detox as fast as your colon." And if you're eating 21 meals a week and you're having three bowel movements, what's happening to the other 18 meals that you eat? Okay. Think about that for a minute. All right? What we accumulate is waste. We get accumulated [00:35:30] waste in our 30 foot tube called our digestive track. Your small intestine's typically one inch round. But it has the capacity to swell up to almost three inches round. So if it gets stuffed full of stuff, quote unquote, it can swell up in order to allow things to pass through.

Dr. Nuzum: Your colon on the other hand isn't anywhere near as tight as your intestine, your [00:36:00] small intestine. Your colon is a four inch round tube with the capacity to swell up to 16 inches round. And it will swell if it'll swell outward if it's accumulating waste on the inside. And what'll happen is it'll keep swelling in order to allow for things to pass through. Now, as we accumulate waste like that in our [00:36:30] gut, it becomes a breeding ground for parasites, for candida, and every other type of fungus. What happens to bad food? Think about bad food in your garbage can. It grows all kinds of stuff on it, right? If you have bad food, quote unquote, accumulated in your gut, you're going to grow all kinds of things on that. So if you're dealing with a chronic infection, you've got, let's say you have a parasite infection [00:37:00] or you get a mold or a bacterial or fungal infection or even a viral infection, for that matter.

Dr. Nuzum: Your first step is to put the the microbes in your gut, under siege. How do you do this? Take the food supply away. How do you do that? Cleanse. Purge the gut. Cleanse the gut. This is with the coffee enemas. [00:37:30] This is with the colon cleanses. This is




... Large amounts, there was somebody talking about an anal fissure. Large amounts of digestive enzymes dissolve all the waste. Help it dissolve so it's not so hard to move. Hydrate. Drink plenty of water. These types of things to help first remove all that excess waste that's accumulated in the gut. Once you do that, [00:38:00] you take away the food source for things like parasites, for candida, other funguses. When you take their their food source away, they become more vulnerable, it's way easier to deal with them. And many times, just taking their food source away makes them, they'll leave, they'll get out of dodge just because they don't have anything to eat anymore.

Dr. Nuzum: So detox [00:38:30] programs, you can find all kinds of detox programs. [Jontell's 00:38:34] got a good detox program. I've got detox programs. There's detox programs you can find all over. That is where you have to start with 90% of your digestive health issues. So gut issues have to start with detox. Now we have people that have inflammatory bowel issues where their [00:39:00] problem isn't going to the bathroom. They're problem is to not go to the bathroom. They can't get out of the bathroom, they can't get far from the bathroom. Those particular cases need to start with large amounts of digestive enzymes, large amounts of probiotics to help settle and soothe that gut help settle it down so that it's not so inflamed and irritated. [00:39:30] When it was inflamed, it doesn't take much more to make it more irritated. Right? It's kind of like, you know, you've had a bad day, you go home and that one little thing you just kind of went off because you had that whole day accumulated in your system. You hadn't let go of that yet, you know. The whole day built up, you're already inflamed, and you get home and get that one little itty insignificant little thing it's put you over the edge, [00:40:00] blah. Right? All that emotional response, that inflammatory emotional response, we have a very similar physical response. So when your body is already irritated, you do something else to make it a

little more irritated, It can have a massive response to that. So in order to settle that down, things like digestive enzymes, probiotics, those would be my remedies of choice [00:40:30] for those folks that have the more the inflammatory bowel issues where they just can't get far from the bathroom and have the urgency and all that kind of thing.

Dr. Nuzum: Again, that would be another good application of the CBD, in the cannabinoids would be a good application there for those that have the inflammatory bowel issues. Now, once [00:41:00] you've cleansed and purged the gut, you get all that excess waste out of the gut. That's when you have to re-colonize. I use the analogy when when Christ sent the original 70 disciples out, he endowed them with his authority. They went out for about three months. They preach the Gospel. They did all kinds of miracles, they came back and they had two complaints. They said, "Lord, [00:41:30] what do we do when we go some place and they won't listen to what we have to say?" And he said, "Well, dust your shoes off and go tell somebody else. Don't waste your time with them."

Dr. Nuzum: And okay, well then they had another issue. They said, "Well Lord, sometimes we would cast the demon out of someone and they'd end up worse than they were to begin with. What happened?" He said, "Well, the demon gets cast out, if it returns and finds the house empty, it moves back [00:42:00] in and bring seven of his buddies with it." Infections are very similar. They're demons, nasty little things, right? And so if you eliminate an infection but you don't re-inhabit the house with something else, moment you get exposed to that infection it's going to come right back. It's not good. So detox first, purge that gut, [00:42:30] get all the waste out, get all the junk out. Then introduce large amounts of probiotics. Use digestive enzymes, digest your food with those digestive enzymes.



I like fulvic minerals. I like to use fulvic minerals because they stimulate the stomach to produce the acid it needs to produce, in order to trigger healthy digestive process through the whole rest of your gut.

Dr. Nuzum: Here's a little tidbit. [00:43:00] I tell my patients that the most secure and fastest way to ensure that you'll develop an autoimmune disorder is shut down your stomach, decrease the amount of acid your stomach's producing. That will create an autoimmune disorder in a heartbeat. Okay. So getting the digestive track to function again is what you need to do after you've detoxed. You first [00:43:30] purge the gut, then you get to restore its function. You do that with digestive enzymes, probiotics and again, I like fulvic acid minerals. Those are excellent, just excellent for restoring the gut.


Jonathon: Great. That's a great little triage of items that people can use. And so the, and so someone was just asking what kind of minerals? So it's called Fulvic minerals, that's F-U-L- [00:44:00] V-I-C. It's not to be confused with folic acid, fulvic acid. And so you can get fulvic minerals, you can get it in liquid or in capsule form. Just go and look around and then you're just looking for a good quality source because it's, you're really just getting in this case, pure fulvic minerals. And what this is going to do is drive the toxins and give this, the minerals that your body is lacking and an organic form, which is hard to find. And [00:44:30] so then people were asking about dosage with probiotics and dosage with digestive enzymes?

Dr. Nuzum: Typically in ... Clinically. Okay. Clinically, when I'm working with patients I use two to three times the recommended doses. What, what you'll see, especially if someone has had severe, severe dysbiosis, meaning their gut bacteria, [00:45:00] their micro-

biome's completely sideways. And what that means when you have dysbiosis, it means your, the mix of microbes in your gut is way off, is what that means. What I've found clinically, this is just an experience, now there's, there's research on this, but this is my personal experience clinically. I've found patients with severe dysbiosis, if you give him one capsule of probiotics [00:45:30] or one capsule of an enzyme supplement, you might make them worse. And here's my equation, here's my ... I'll give you an analogy. Let me just do this. I'll give you an analogy.

Dr. Nuzum: If David went out against Goliath, the giant, and he goes out there with, you know, a little pea shooter. He's just going to irritate that giant and he's not going to get anything done. [00:46:00] And that giant's gonna come after him, right? So it wasn't significant enough to really do any damage to the giant to shoot a pea shooter at him, right? He needed to use a sling, sling a rock at him. Something significant. Something a little bigger or more significant. And what I've noticed clinically, it's been my experience, is that giving larger than the recommended amount of the probiotics and the enzymes [00:46:30] consistently, not just one time a day, two, three times a day is really what does the job. But first they have to detox.

Dr. Nuzum: I can't ... It's kinda like putting amazing, amazing skin graft over a burn that's all dirty. If you burnt your hand and it has all kinds of dirt and grime in it and [00:47:00] then you go get a skin graft, put that on your hand, the skin grafts never gonna take, right? Why? Because you're going to get infection, you're going to get all kinds of other things under that skin graft. It's not going to ... The whole inflammatory response your body's going to have to all the junk that's under it is going to prevent that skin graft from taking. So if you're skin grafting with probiotics, you need to clean everything out first, get that wound



cleaned up, [00:47:30] clean it up, then you can put the medicine on it.

Jonathon: Got it. And so we can continue on through some of these questions. Fantastic answers. Such great takeaways for people to look at what someone would say is mega dosing or a dynamic dosing, is the best term for this in my opinion, which Yep. So you're increasing the dosage for this situation, which is going sometimes like triple what the label is saying. And so very effective and [00:48:00] very helpful. And obviously when someone's looking for probiotic, they can get one with multiple strains, like four different strains like lactobacillus acidophilus and just-

Dr. Nuzum: [inaudible 00:48:10] bacteria-

Jonathon: Yep. Yeah. And there's like marine, polysaccharide [fucteau 00:15:16], oligosaccharide, which is the prebiotic, correct? And so you can find ones that have that connected in there and that, that type of thing. And [00:48:30] right. I mean, so you correct me if I'm wrong, if you have a different direction there.


Dr. Nuzum: No, that's exactly right. Exactly right. One of the things with ... Here's what I think of probiotics as being, you know, like special forces, right? If the military was going to put special forces into a combat situation, they don't send them in without equipment. They send them in with the very best equipment we can supply them with. Right? And so [00:49:00] things like your oligopolysaccharides, the marine polysaccharides, humic acids, fulvic acids, these things are all prebiotics substances that are like special equipment for special forces. When you're consuming those things with probiotics, it just supports the function of those probiotics massively.

Jonathon: Fantastic. Thank you. So that [00:49:30] is very helpful. People can combine these types of things and get results. And I want to keep going because we've got so much to get through, but I just know that so many people are going to be asking the question of, you said it's all good, but you need to detox first. And then people like, "What? I thought this is detoxing." So you know, cause I try to feel what my audience is feeling. So how, well then how do they detox?

Dr. Nuzum: Well detoxing, we need to look at colon cleansing. Colon cleansing [00:50:00] with coffee enemas and things like that. Those are things that if you were my patient, that's one of the things we would be starting.

Jonathon: So you mean coffee ... When you say colon cleanse, you're talking about coffee enema or are you talking about supplement that does a colon cleanse?

Dr. Nuzum: Both. Both. We would be using colon cleansing remedies, increasing fiber, diversifying the diet, increasing the amount of vegetables and fruits that you're eating. And [00:50:30] at the same time, you know, employing coffee enemas periodically, not necessarily on a daily basis, but frequently every two to three days in the initial phases of ... Think of unplugging a funnel. You know, you start it, you got to get that funnel unplugged. Once it unplugs everything can drain through the funnel properly. If [00:51:00] we don't unplug the funnel and we're trying to use it as a drain, not going to work right. We use colon cleansing enemas, increase the fiber, increase the fruits and vegetables being consumed. Do that. Typically we will, in my clinic, we do a 10 week detox program that I



take people through and then we transition them for a whole nother month where they're still semi-detoxing. [00:51:30] And that's for people with chronic illnesses, and they have phenomenal results. It's miraculous almost. And well it is miraculous because that's how God designed it. So.

Jonathon: So awesome. And we actually filmed a lot of this, so for those that like there's a bunch of people that are watching right now that there was an offer that we gave when people purchase Depression, Anxiety, and Dementia Secrets, then there [00:52:00] was an offer that we made that had multiple things that you would get. And one of the things was all these recordings that we did at the clinic with you, with my father-in-law where we showed the dishes and how they're being prepared. And so that's the detox diet. But remember if you're sitting here like how do I do detox stuff, right? It is very simple. It's just about eating clean and lots of fruits and vegetables and grains and you know, chia seed pudding and things that are just like, they're good and healthy and [00:52:30] fun, but you're getting a lot there.


Jonathon: But I wanted to keep lasering through here. People are getting so much value here. And let's just keep the ball rolling. I have like 10 different questions here that had come in under detox protocol and because we just went through a detox protocol with everyone here, that we could probably just do a little bit of add-ons there. Ann has asked a question here, Eileen has asked a question. Jolene, Ruby, Nicole, Tony, [Gwenaki, 00:52:57] and [Renata 00:19:58]. And [00:53:00] if you can ... Can you see that as well, Doc?

Dr. Nuzum: Yes. Yes.

Jonathon: Perfect. So in short, so somebody is asking, well one of the people here's asking, how long, how often should we be doing detox protocol if they're in general health and they're already eating clean. Another one's asking, is it possible to wean off antidepressants after being on them for 19 years? Another one's asking, that they had two old root canals that have never felt right, but non-constant pain but just not right. [00:53:30] And I know that there's an infection there. I'm vegan, gluten free, organic mostly, Is there any way I can detox without having the teeth extracted. I know what you're going to say about that. But we'll keep going.

Jonathon: I've been told it's the only way, but it's so extreme. So obviously there's an emotional thing is so we can talk about that. Doctor Nuzum, I'm suffering with multiple autoimmune diseases, line stage three and master cytosis and severe liver problems. I would like to heal from inflammation the [00:54:00] natural way. With my immune system, what would you suggest? And then we've got an greetings from the Netherlands, from that person. And then we've got, I want to know the exact protocol or procedure for detox and what someone's to take. We just did that, which is fantastic and you can, if you see anything else to add there, Doc.

Jonathon: I know. And another, this is Nicole. I'll read some of the names, but just you know who you are when I say your question. So, but, and I know we need to detox our body from everything [00:54:30] to work properly and to heal. Starting with the colon, right? Explain. Can you explain the detoxes that we need to do in order and how long we need to take to complete that process. How long should we take as downtime between those detoxes? Now the lady here, I have a lot of toxicity in my body and every time I tried to detox I become sedated and it appears



I cannot, I can't get the toxins out of my cells. Well, I can get them out of my cells but not out of my body. I also. [00:55:00] Become sedated if I eat foods with sulfur dioxide. And if I eat foods with MSG or other flavor enhancers. First I become angry and then often heavily sedated.

Jonathon: Now can I get, how can I get these toxins out of my body without sedating myself? And so that's, I've been on this journey for eight and a half years. Let's see if we can answer this in the next five minutes. I think we can. Foods to, foods to avoid during extended detox tremors, this person must have tremors. [00:55:30] Best protein source for vegetarians? That's a question. Even though it sounds like a statement. The best protocol for clearing emotional reactivity, anxiety, bounds of Candida, H Pylori, constipation, bloatedness. Next question, coffee enemas seem to irritate my gut, causing more gas, what do you suggest? And then my wife has tried to improve her gut health, this is another question, and it's becoming more and more sensitive to different foods. Every time she takes probiotics, she gets [00:56:00] terrible bloating and cramping due to gas, what can she do to resolve this?


Dr. Nuzum: Okay, so again, the detox process, think of a funnel. Colon's at the bottom, you got to clear the bottom first. So if the drain isn't open, the toxins aren't leaving, alright? So colon cleansing number one. That's where it starts. There's a good book. [00:56:30] There's a really good book.

Jonathon: Yeah, no worries-

Dr. Nuzum: Detox for Life, from some bald doctor in Idaho, so you'll look at that. There's another book from one of my mentors, Bernard Jensen and he's got some books on colon cleansing. So you'll look up, there is lots of information on this out there. Again, my book has full instructions [00:57:00] on how to do detoxing for 10 weeks.

Dr. Nuzum: The the thing with detoxing is when you start to cleanse the colon, that starts to, it stimulates drainage of the lymphatic system. So lymphatic system starts to drain, which starts to reduce the overall amount of inflammation in your body. If the lymphatic [00:57:30] system, the lymphatic system's your body's drainage system. It's like the sewer system in your neighborhood. That's your lymphatic system. And the cells are your, the homes in your neighborhood. And so they drain into the lymphatic system. If the lymphatic system ... What happens if the sewer system in your neighborhood gets all stopped up and backed up? Well, bad things start to happen [00:58:00] in people's houses. I mean, it can be really bad, right? So that same process goes on in our body when our lymphatic system isn't draining. But starting with cleansing and purging the colon, that stimulates drainage of the lymphatic system. So that's number one.

Dr. Nuzum: Number two, once you've spent some time clearing the colon in the, and clearing the colon can take a good three to six weeks. [00:58:30] It could take up to six weeks to really clear the colon of all the waste that's been accumulated. Once you get toward the end of that, that's when you have to start, you have to start focusing on the kidneys, focusing on the liver. And those types of things require ... You can look up liver, gallbladder flushes, those [00:59:00] are great. Increased hydration. You have to super hydrate in order to cleanse the kidneys. Fulvic minerals, another great thing for cleansing the kidneys, things like



burdock root, milk thistle, Dandelion root, the essiac formula. If you look up the essiac formula, excellent for cleaning the liver and the kidneys. Very, very good [00:59:30] remedies, herbal remedies for cleaning the liver and kidneys.

Jonathon: Is that essiac tea?

Dr. Nuzum: Yes. Essiac tea, yes, yes. That essiac formula is excellent, excellent for cleansing the liver, cleansing the kidneys. Great remedy. I've used it for years and years and I actually grew up drinking it so we would make it-

Jonathon: Most people here in this group, are like, "Yeah, well I grew up drinking Pepsi and Diet [01:00:00] Coke. Because I didn't know any better and I was just a child. Yeah. Lucky you. But yeah, essiac tea. So it's the spelling. I'm just putting it in here in the chat.


Dr. Nuzum: Oh, excellent. Thank you. Yes.

Jonathon: Yeah. And so then come over to, okay. So we've hit those questions. I feel like we've got so much really great stuff in detox. I feel like you've really [01:00:30] given more than even people who've asked, which is great cause you know how to do that. And then, so we're going to continue on through here. I did have someone, one of the questions that we didn't ask, someone was asking about weaning off affects. This is obviously relevant for anyone weaning off any antidepressant or anti-anxiety medication. Any reflections there in terms of how somebody could do that? I can tell you for a fact that [01:01:00] my wife did it

through using fish oils. That was how she did it. Right? So, but I'll let you take over.

Dr. Nuzum: Right? Right. Oils, oils, and oils. Your brain is made of essential fatty acids. If your brain isn't working right, there's a good chance you're missing some of your essential fatty acids. So fish oil, ketogenic diet, very, very good, very, very good for replenishing the brain. [01:01:30] Coming off of any, if you're trying to get off a psychoactive drug, you need to do it slowly. Be very careful with it. Reducing a dose just a little bit. What happens is you become not just psychologically dependent on these things, you become physiologically dependent. Unless you're going to go to a detox clinic and come off it overnight, [01:02:00] you need to go, you take it, take it in steps, take very, very, very gently, very slowly. And while you're doing that, you need to be building up your brain. Look at things like amino acids, like tryptophan, L-Tryptophan, amino acid L-Theanine, the amino acid GABA, Gaba. Those are all very, very, very good supplements [01:02:30] for the brain. Phosphatidylserine is another amino acid. Very, very good for the brain. Those would be things that I would include along with the ketogenic diet and lots of oils if that was what I was trying to do.

Jonathon: Right. And somebody could do like a ketogenic diet for a period of time, like 60 days or something as an intervention rather than feeling like I [01:03:00] mean I can't eat any fruits for the rest of my life. Right? So just clearing up some of the challenges with the ketogenic diet for long term. So it's an intervention for a period of time. And there's ways to do the ketogenic without restricting all the things, for example, the intermittent fasting, but sorry, you were going to say something? Go ahead, yeah.



Dr. Nuzum: We only use it for 90 days at a time, clinically.

Jonathon: Yep. Fantastic. So there you go. So no worries. That's great. Okay, so now, [01:03:30] okay, let's continue on here. So we have a couple of questions on cancer here. So this is Anne, also Marie, and also Valerie. So there's a sister here who has stage four ovarian and uterine cancer. A year ago she had a full hysterectomy and six weeks of Chemo. Now her tumor markers are rising again and she's filling up with fluid. She is doing the parasitic intestinal cleanse and heavy metal detoxing and eating a clean diet. What else could she be doing to reverse the cancer? And also here from Marie, what [01:04:00] do you recommend to keep non small cell lung cancer at bay? I've been using small flax seed oil. I've been using black seed oil, CBD and recently started garlic. Well then my husband's cancer say is calcified and the newest lesion, negative for metastasis. Our neighbor with the same dx has been on maintenance chemo and has been in metastatic, so I've been unable to watch because of [01:04:30] work until 9:00 p.m. eastern, so she's able to watch the replay, which is great and she shouldn't be on now. So Marie's probably listening right now.


Jonathon: Fantastic. Lucky you right? It's the right time. I have this and this is Valerie, I have a lump ulcer in my mouth at the top of my left gum for over four months now. It gets a little dots, gets little dots of pus that comes and goes, had my mouth and teeth X-rayed and my tooth above which the ulcer is fine. The doctors don't know what [01:05:00] it is and I had three courses of antibiotics and they say it's inflammation. I don't know what to do about it as it's annoying, uncomfortable, and at times sore when I'm eating on that side of the mouth. Could you please advise? Then we have as well from ... Go ahead. Yeah.

Dr. Nuzum: Sovereign silver. If nothing else has worked, I would, for the mouth issue there, I would use sovereign silver. And gel directly on [01:05:30] it. You can use the silver as a mouthwash and then actually swallow it. That's all would be different ways of using that. That would be an excellent remedy.

Jonathon: Awesome. So sovereign silver, which is, you know, available. People can look that up. Fantastic. And then I have one as well from Shannon. Then you can come and answer all these ones. This is psoriasis, but the reason why I'm here is because she also has stage one endometrial cancer. [01:06:00] So she says, I have 70% of my body covered in psoriasis-

Jonathon: [inaudible 01:06:00] She says, "I have 70% of my body covered in psoriasis." It's been 20 years. I just recently started taking psoriasis probiotics from OzanaOrganics.com. I have one, fourth stage endometriosis, two, anxiety and depression, she's on meds. Three, hypothyroidism, she's on meds, low-sodium, phosphates. She's on meds. Pre-diabetes. Not on meds for that. Fatty liver Vitamin D deficiency. Arthritis, stage one. Endometrial cancer. [01:06:30] I'm recovering from major surgery due to cancer, and I had eight lymph nodes. By the grace of god, I did not need any further treatment. That's Shannon [inaudible 01:06:38]. That's the people in the cancer category already.

Dr. Nuzum: Okay. Cancer is an immunologic issue. First off, we need to understand that it is because your immune system is so [01:07:00] weak or so disabled that it has overlooked the growth of a tumor. Now there's different factors into why your immune system



has become disabled. Number one is toxicity. Toxins disable our metabolic [01:07:30] and our immunologic pathways. The cascade of the chemical events that occur in our body that keep everything working properly get disrupted by toxins. When you introduce a toxin into the body it starts messing up how the body works. You know, the word sabotage comes from Northern, I think it comes from Holland, [01:08:00] if I remember right. It would be Holland. There were invaders coming into Holland, and the people took their shoes, their wooden clogs called [inaudible 01:08:12]. They would throw them into the windmills and tear up the cogs in the windmills, thus sabotaging the windmills.


Dr. Nuzum: In our system, toxins due to [01:08:30] our windmill or our metabolic processes, the same as throwing wooden shoes into the windmill and tearing up the cogs inside the windmill. The windmill wouldn't work after that. That's what happens with lead poisoning, mercury poisoning, lyphosate poisoning, you name is poisoning. Once that happens, that lowers your defenses. Your body can't defend itself really well because it just got one arm tied behind [01:09:00] its back by a toxin. Once this happens, it's open season for infection. Infection can move in, take root anywhere it wants because your defenses are down. Once that happens, now you have toxicity and infection, and infection brings on more toxicity. All of this compounds on your immune system and [01:09:30] collapses your immune system. Your immune system just collapses after years of this, and it stops regulating things.

Dr. Nuzum: Remember, I talked earlier how the immune system is a communication system. It's watching. It's regulating our response to our environment. It's regulating all our responses in our internal environment. When it becomes unregulated itself, things get through. It misses [01:10:00] things, and

those things can become tumors. From this standpoint, from what I'm saying here, the process for changing the environment. See, if you have the right environment inside your body to grow tumors, you're going to grow tumors. Until you change the environment, you're going to continue to grow tumors. The way of changing the environment is very, very simple. [01:10:30] Actually, we've already gone through it. You have to detoxify. You have to cleanse and purge your body. You got to get the waste out of your body. You got to eliminate toxins from your system. Then you have to build up and fortify your immune system.

Dr. Nuzum: Your immune system is what will heal you. There's not a drug out there that's going to heal you. Your immune system is what will heal you. You take the load off your immune system by detoxifying, eliminating as [01:11:00] much waste as you can because it's your immune system that has to manage waste in your body. It has to contain it. It takes lots of energy to contain waste in your system. By eliminating all that waste, all of a sudden you've untied that left hook for your immune system. You got your hand untied from behind your back, and [01:11:30] you can defend yourself again.

Dr. Nuzum: Then once you detox, you have to rebuild. You have to fortify your system. Again, that's where tumeric, green tea, medicinal mushrooms, CBDs, your cannabinoids, fulvic acid, probiotics, enzymes, all of these things are things that are going to build up your system. If you look at Dr. Nick Gonzalez, [01:12:00] the primary remedy in his protocol was digestive enzymes. He used massive doses of digestive enzymes. He was extremely successful, cured himself of pancreatic cancer, lived for 30 some years after being diagnosed with pancreatic cancer, was pancreatic cancer-free, was cancer-free completely for his entire life, and his primary remedy was digestive enzymes.



Jonathon: [01:12:30] Were they pancreatic enzymes?

Dr. Nuzum: Yes.

Jonathon: Were they pancreatic enzymes?

Dr. Nuzum: Yes.

Jonathon: Okay, from a cow or something.

Dr. Nuzum: He started with porcine enzymes and then moved to bovine, yes. It was pancreatin. Pancreatin would be what that was called. It's very inexpensive, pretty easy to find, pancreatin. Excellent remedy. [01:13:00] The whole Keller protocol was based on using digestive enzymes.

Jonathon: That's Dr. Nick Gonzalez for people that are asking. He passed recently. He was treating cancer effectively up until his death. He died of a heart attack. Maybe people believe it was foul play. I'm one that is leaning on that side from all [01:13:30] the evidence. I was with him three days before he passed in New York. I just met him, actually, for the first time there. You can look that up. If anyone follows the holistic lives of the doctors they've been taken, and we've had even one in our series just recently that many people that are in the know suspect, so we don't prove it, or we don't try to assert it, but big business. Cancer is big business among other things. A lot of people that are sharing, it's really important to us. It's [01:14:00] a dangerous line of work for many people, but to

answer that, so you're saying digestive enzymes, and that people can use these. For those that aren't having pancreatic cancer, my assumption would be that a regular digestive enzymes that's effective and high-dosage unless you're saying a pancreatic enzymes for all cancer patients.

Dr. Nuzum: No. It's the protease, amylase, and lipase. [01:14:30] Those are your primary digestive enzymes. It's high doses of those enzymes, and they can even be plant-based.

Jonathon: Yeah, from pineapple, and papaya, green papaya.


Dr. Nuzum: Right.

Jonathon: People could take five, six caps if they wanted to do a mega dosage if they're trying to combat [inaudible 01:14:52].

Dr. Nuzum: Right.

Jonathon: You could get a bottle that has 90 caps or 180 caps, get a big bottle there, [01:15:00] and then just [inaudible 01:15:01]. That's is a true treatment strategy, and it's one of the parts that you can [inaudible 01:15:10] and continue. That was one, digestive enzymes is one of your what you would call a cancer treatment. Can you just outline a few of the others that would address everyone that put that question in?

Dr. Nuzum: Yes. I like the CBDs, [01:15:30] sorry, the cannabidiols. Long day, sorry, guys.



Jonathon: Just go with CBD.

Dr. Nuzum: CBDs, yes, there we go. CBDs along with your major antioxidants like coenzyme Q10, turmeric, your curcumin extracts, your ginger extracts, your black cumin seed oils. Those are all excellent, excellent, excellent remedies. Those [01:16:00] are things. Remember, natural medicine, we don't try to kill anything. We try to reduce, and we try to reinhabit. You reduce an infection, you reinhabit with the good bugs, and they keep the bad bugs away. In cancer, we're not trying to kill cancer. Cancer is a process. Tumor is a symptom. It's not the cancer. The cancer is long gone, actually. Cancer stem cells are what cause [01:16:30] tumors. Wherever you have a tumor, the cancer stem cells are already gone. They're out looking for another place to create another tumor. Tumors are symptoms, so killing a tumor, in natural medicine, that's not the approach. The approach is how do we return, and rewind everything, and rewrite this process, so we're not in [01:17:00] the situation where we're growing tumors. You have to have the environment to grow tumors, so we have to change that environment.

Jonathon: Fantastic, doc. Thank you.


Dr. Nuzum: That's the natural approach.

Jonathon: Yes, fantastic. Just to make it clear for everyone, what Dr. Nuzum has just outlined as core treatments that he would use for cancer are, actually, ironically, or interesting enough, the same types of things he mentioned for other people. He mentioned the [01:17:30] same things for gout, and he's nodding and smiling. That's the thing. I had somebody write in because I'm reading everything [inaudible 01:17:37] ...

Dr. Nuzum: That's right.

Jonathon: ... coming through. How can you answer more than one question [inaudible 01:17:44]? Not only is the category of the one disease set in common, but we could lump them all together and say, "Just do this one thing. Just do this one pathway." Again, Dr. Nuzum is not in there, so just understand how much these [01:18:00] are core building blocks. It is a solution to getting better for everyone, and that everybody that's sitting here, one of the things we haven't gone in deep detail, and we'll just go over there in a moment, is the parasitic issue because a lot of things we mentioned, some of them will have an anti-parasitic effect, but for a lot of people, they'll still struggle with parasites, and they'll struggle to take a lot of things. This is relevant for people that have put their hand up and said, "I can't take probiotics. I can't take digestive enzymes." The first red flag for me [01:18:30] would be the parasitic infection to address it, overcome it, and same with other toxins. That's where the fulvic acid comes in.

Jonathon: Again, he just mentioned, Dr. Nuzum mentioned cannabis, CBD. He mentioned turmeric. Turmeric can be very effective when partnered with ginger and also with black pepper, also bio-pairing is the other word for the trademarked amount of black pepper. That's an example. It makes it more bioavailable by 2000%, so it's an easy, effective [01:19:00] way to just enhance the value of that item. Again, you just get it from a store in the root, or you can get it in supplement form. I would advise both, personally. Then the fulvic acid is something that everyone can do. These are good to clear up the gut, so he's using these



for gut dysfunction and to mineralize the body. Then he's talking about as well with the digestive enzymes, and I believe you mentioned probiotics. I believe that, [01:19:30] we didn't mention this, but probiotics before bed being the most effective way to take it.

Dr. Nuzum: Absolutely, yeah, for sure.

Jonathon: Empty stomach before bed, digestive enzymes with food. Probiotics without food before bed ideally. Two caps before bed, four caps, if they want a megadose before bed.

Dr. Nuzum: Right, for sure.

Jonathon: Cool, that's awesome.

Dr. Nuzum: Excellent way to do it.


Jonathon: Then the difference there was the coffee enemas as well. We didn't mention the [01:20:00] coffee enemas. If you do have the fulvic minerals in liquid form, that can make the coffee enema even more effective.

Dr. Nuzum: By far, by far, absolutely.

Jonathon: If they're using the droppers, they could use three dropper fulls, more.

Dr. Nuzum: Up to them, sure, sure. Yes. Here's something interesting. If you include your microbiome as part of [01:20:30] your immune system, the bugs in your body ... Okay, the bugs in your microbiome because your microbiome is all bugs, the probiotic microorganisms, if you include your microbiome as part of your immune system, the probiotics in your body make up over 80% of your immune system [01:21:00] to give you an idea of how important this is. If you have food allergies, if you have chemical sensitivities, if you have environmental sensitivities, it's because your microbiome can't handle anything else. Your microbiome is so sick it can't handle. It has no capacity to handle anything else. The only reaction [01:21:30] it can have is an inflammatory response.

Dr. Nuzum: Cleaning that microbiome, scrubbing that microbiome out, replenishing it with all these different methods that I'm talking about, all these different things that I'm talking about, that's how you fix these problems. You want to fix your immune system, you got to fix your microbiome. If you don't fix your microbiome, you're not going to fix. [01:22:00] If you fix your microbiome, your microbiome will fix you. That's how it works. It comes down to those good bugs inside you are trying to cultivate a healthy environment. A healthy environment for them is a healthy environment for you. If you don't have enough of those good bugs in your system, you have the other bugs that are cultivating a environment that's [01:22:30] inflammatory, pro-inflammatory environment that is bent on your body degenerating because that's what they feed off of. They feed off of decaying tissue. If you get enough of the bad bugs in your system, they create an environment where your body decays. If you eliminate them, and you introduce enough of the good bugs in your system, [01:23:00] they create a anabolic, a probiotic, a pro-health environment, a regenerative environment.



Dr. Nuzum: It's a huge thing that's missed within the functional medicine world, really. Many people in my profession either go after infections, and they're trying to kill things, kill [01:23:30] things, kill things, or they go after building someone up and just replenishing them, and replenishing, and replenishing them. What has to happen is both. If you miss one, and don't do the other, you didn't get a full treatment. In that detoxing component, it's a whole other thing. You can't heal a dirty wound.

Jonathon: Fantastic, Doc. Thank you. That [01:24:00] is epic. Sorry, was there a sentence there that I missed from you that you would like to hit?

Dr. Nuzum: I forgot where we're going next.

Jonathon: No, perfect. We've got you, I believe, here for another 10 minutes. I'm going to squeeze you here for another little bit here. I know that you're soldiering out here with me. I want to be respectful of your time. You're still there at the office. Just diving in here, and again, you tell me when you need to go. I'll just [01:24:30] hit a couple of the parasite ones here.

Dr. Nuzum: Parasites, very good [crosstalk 01:24:33].


Jonathon: We have here from Ray, Faith. Then we're going to move over to some that are generally in regards to supplements. I believe that we, again, have answered so many of them, but I want to hit some of

them and call out their names. This is particularly on parasites, Ray, Faith, and also Jaylene, and Kimbria, and Brenda. [01:25:00] I have trouble inside my ears, and I've had this issue since living in a particular house 20 years ago. My aunt has lived in the same house before me and developed the same problem before me. She has many medical doctors talk to her about it, or try to help her, but no one was able to offer any relief. Yes, we're both suffered immensely from this, and it's been 20 years from deep inside the outer edge of the shell of the ear. Itching sometimes drives [01:25:30] me absolutely insane. It's dry and very flaky, sometimes suddenly excreting a thin liquid. Rarely is there wax to be found. I have very loud tinnitus that makes it hard to hear properly, and there's itching and flaking. Is it a possible parasite issue? You're saying mold.

Dr. Nuzum: Mold.

Jonathon: Yes.

Dr. Nuzum: Most likely mold, probably some parasites. One of my good friends Dr. Todd Watts has [01:26:00] this home test that you can do to see whether you have parasites. What you do is you take your left arm, you hold it out like this. Put your palm up. You take two fingers. You put them right here at your wrist, and you feel for a pulse. Chances are you got parasites. If you got a pulse, really good chance you got parasites. Parasites in a healthy system are transient. [01:26:30] They get in, microbiome deals with them, and kicks them out. That's in a healthy, healthy system. The problem is almost nobody has a healthy system. That being the case, bugs move in. If they move in, if you get exposed to parasites, and they have a good food source in your gut because you haven't cleaned it out, they're going to take up residence.



It's just a fact. Don't [01:27:00] be grossed out by it, but you have to be proactive.

Jonathon: Just quickly answering the mold issue, and we'll come into parasites, so somebody experiencing the mold that she is. We're going to go into parasites in just a second, but mold. There's a whole bunch of people that would put up their hand for mold, and many people that have had exposures. It's definitely something everyone that's listening should assess, but how do we get rid of mold, and what's some catch-[01:27:30] all [inaudible 01:27:31] that are going to help?


Dr. Nuzum: My catch-all remedies for mold are fulvic acid, digestive enzymes and probiotics. Those are my initial go-tos. You have to get these things into the system, dissolving the biofilm that mold produces, so that you can even detoxify. If you don't get some of that reduced in your system, you're going to have a very, very difficult time [01:28:00] detoxing. It's my experience anyone with severe chemical sensitivities has been exposed to mold. I've never found a patient that wasn't mold-toxic, that wasn't also chemical sensitive. That's very, very common. Once you stabilize that situation with the fulvic acid enzymes probiotics, [01:28:30] that's when you have to start detoxifying. It's important if you're dealing with any type of chronic infection. I don't care if it's parasitic, bacterial, fungal, viral, mold, any category of chronic infection. You have to eliminate the big bugs first. Let me repeat that. You have to eliminate the big bugs first. If [01:29:00] you don't, the big bugs keep reinfecting you with little bugs. You're in this hamster wheel. You're getting treated. You get better, you get worse again. You get treated, you get better, you get worse again. That's just how it works.

Dr. Nuzum: Eliminate the big bugs first, here's why. One, they're reinfecting you, number one. Number two, the waste that they produce impairs your immunity against all smaller [01:29:30] bugs. Parasites eat. What happens after any living thing eats? You know what it does. All of that stuff coming out of parasites impair our defenses against viruses, bacteria, fungus, and mold. If we don't get rid of the big bugs, it's almost futile for us to [01:30:00] try to get rid of the little bugs. Deal with the big bugs first. I always do parasite cleansing with people while they're doing colon cleansing, and liver, kidney cleansing. As they go through that component of my detox programs, they're doing parasite cleansing. We do that for 10 out to 14 weeks, typically. This is my particular protocol. [01:30:30] When we get past that, that's when we have to start introducing the probiotics. We've got to introduce spices like tumeric, like ginger, like Holy Basil, ashwagandha, rhodiola, medicinal mushrooms, all of these types of things enhance the effect of the probiotics, so that they take over quicker. [01:31:00] Once you get that microbiome replenished, it has the capacity of kicking the parasites out.

Jonathon: Right, [inaudible 01:31:10].

Dr. Nuzum: We do parasite cleansing twice a year at my house.

Jonathon: Awesome. That's awesome, so the questions here on parasites from, so Faith. What do you recommend for someone who's pregnant and wants



to a parasite protocol, remove parasites, and get a healthy, happy [01:31:30] gut and mind. Again, she's pregnant. Do you have to wait, or can you start now? Then Jaylene is asking, "How can I look for, sorry, ideas about how to diagnose and treat the parasite toxoplasma gondii? There is a lot of research on what it is, but not much current info about how to treat it. Thank you so much." Then also from Kimbria. Are parasites discovered in the course of colonoscopies, why or why not? That's an interesting [01:32:00] question.

Jonathon: Then hi, went off Lexapro, this is from Brenda, four months ago. I've been struggling since with anxieties, tried other meds. Not successful, thinking of going back on Lexapro, if I do not still do this protocol. What should I do first? Does everyone has parasites that has anxiety? Also, I am conflicted about taking medicine. I feel as if I'm doing something bad, but it's confusing what to do first and how should do it. Will it cost a lot [01:32:30] of money? I'm very sensitive, it seems, to be almost everything that's slightly stimulating. I have the MTHFR contact B vitamins or CBD struggle is real. There you go, struggle is real from Brenda. Then we have that collection of questions there. Do you want to just hit that, and then, as well, just some of the anti-parasite [inaudible 01:32:54]? You mentioned some of them, and some of the other ones that so many people know about, it's [inaudible 01:32:57], and black walnut, and wormwood, and ...


Dr. Nuzum: [01:33:00] Your basics are [inaudible 01:33:05] root, Mimosa Pudica seed, wormwood extracts. You got black walnut, you got cloves. You got cinnamon. Virtually, if it's a spice, it's anti-parasitic. In botanical medicine, all spices have some sort of

anti-parasitic capacity, [01:33:30] so garlic, onions, cinnamon, ginger, cloves, turmeric, Holy Basic, excellent anti-parasitic. You wouldn't think of those types of things. Most people wouldn't think of those types of things being anti-parasitic, very, very excellent antimicrobials. Here's what's really interesting. The turmeric in India is used as an anti-parasitic. [01:34:00] That's why they put it in everything. That's why they put it in everything, because it will keep the bugs away. They also use ginger. It's just something that they do.

Dr. Nuzum: You get into other cultures, you get down South of the border, habaneros, and jalapenos, and those types of things, all very good antiparasitics. [01:34:30] Not everything works on all bugs. The thing is is rotating antiparasitics, super, super important because certain things will work on certain bugs while as other things will work on other bugs. In my way of dealing with them, I use things that would deal with bigger bugs first, and we work toward the smaller bugs. We have excellent results with that. We got [01:35:00] Lyme disease with other things that are very difficult to treat. With us, they surrender very quickly because we're dealing with the natural order of the microbiology of the body. Instead of just trying to kill it, kill it, kill it, be systematic about it.

Jonathon: Yeah, that's fantastic. I feel like we've answered a bunch of that, but the one [01:35:30] outlier right there was the woman that's pregnant. Would you tell her to stall on that, put it off, or light dosage?

Dr. Nuzum: No heavy detoxing while you're pregnant, sorry.



Jonathon: Yeah. You just got to wait, just got to wait.

Dr. Nuzum: Yeah, you got to wait. Safe stuff to take. My wife, when she would have colds, or if she had a cold while she was pregnant, we upped her probiotics and upped her [01:36:00] enzymes. Those are big things we used for ladies in pregnancy. That's a major thing that I've used clinically, was enzymes and probiotics.


Jonathon: Yeah, awesome. I've just got come people here that are putting in the comments about taking Mimosa Pudica for a week or two weeks, and then seeing all these huge worms. Someone mentioned a 16-inch worm. I just want to give people a realistic expectation around this, so people [01:36:30] can understand what they're looking at and the way Mimosa Pudica will gel up. If it's someone that has Mimosa Pudica supplements, then what you want to do is put it in water and see how it will sponge up and actually look like a worm. Now you got to work out what's Mimosa Pudica, what's the worm, because I've been talking to people as well. They'll be like, "I passed hundreds of two-foot worms in the last six months," and they're little skinny things. I'm like, "Those many worms don't fit in you."

Dr. Nuzum: [01:37:00] Not possible.

Jonathon: They don't grow that quickly. I had that same problem as well. I looked because I was going through the same thing. I looked. I'm like, "I thought everything was a worm." Generally, people just need to understand I look for smell, symptom relief, and the visible. Then you're trying to look for what's a spongy kind of surface and what's like an organism. Then if you look at red liver flukes that are small, they're only [01:37:30] as big as a rice grain, or a bit bigger, then they're going to have a different look. Then you know for sure there's something else there, but certainly, stay with it. It's effective, and it's scrubbing out other junk as well. If you feel better, then that's a clear sign that something has happened. Let's continue on, unless you got any input on that particular point. We got some women's related issues here.

Jonathon: We've hit the heavy metal detox. Eddie, [inaudible 01:37:55] and Sally, Elena, [01:38:00] and Elaine. We've got silver amalgams in their teeth, and the mercury. People are detoxing from mercury from the teeth. One, would you say, Dr. Nuzum, that they need to get these fillings taken out? We've got amalgam fillings that were removed years ago in a very unsafe way, and then there's the heavy metals in their system. You've got people that are dealing with this, and then you've also got somebody else that's tried DMSA and EDTA. They got ill from both of those, [01:38:30] and they tried castor oil, and [inaudible 01:38:31], and other detox supplements. Everything leaves me in a brain fog and [crosstalk 01:38:37] three months. There you go. Firstly, should people remove the amalgams, for sure, even if they don't want to?

Dr. Nuzum: Yes. Okay, if you had a sliver in the bottom of your foot, and it created an infection, would you go to the orthopedic and get a brace [01:39:00] for



your foot, so you didn't put so much pressure on that spot?

Dr. Nuzum: Foot, so you didn't put so much pressure on that spot, or would you go pull the sliver out and clean out the wound? Think about that for a minute. Amalgams are the sliver. They're leaking more little slivers into your system that are going out into every cell in your body, causing that inflammatory response. Those irritants cause inflammation. [01:39:30] When you become inflamed enough, you're an easy target for infection. If you've got metal in your mouth, it's leaking. It's dissolving. Your mouth should be somewhat acidic, on the lower pH side, 6.5-ish, right around in there. Amalgams off gas at 83 degrees Fahrenheit. [01:40:00] Your mouth is way warmer than that. If you have amalgams in your mouth, they are poisoning you. Period. That's just number one.

Dr. Nuzum: Now, if you have amalgams in your mouth and you can't get them out right now, you need to be doing something to deal with the toxins that are flowing right into your body day in and day out. You need to be on things that are toxin neutralizers, like tumeric, [01:40:30] like CBD, like ginger, like, oh man, other good ones like green tea and green coffee bean extract. Those are all very, very powerful antioxidants and toxin neutralizers.

Dr. Nuzum: On the other side, my favorite, the best metal mover on the planet's fulvic acid. [01:41:00] Nothing can move metals around like fulvic. It is a phenomenon. It is just an amazing, amazing compound. Your body has representatives from every part of the periodic table. Your body has representatives.


Has a lot more certain representatives than it does others, but every element is going to be represented somehow, somewhere, [01:41:30] some way. Some of them we don't need, some of them we need in ridiculously minute amounts, but they're in our environment, therefore they're going to be in us. The best manipulator of the periodic table in our body is fulvic acid. What's interesting about fulvic is it starts to reduce heavy metals while increasing essential minerals. It [01:42:00] just has that amazing-

Jonathon: Oh, awesome. Yes.

Dr. Nuzum: Those are the things that I would definitely be taking if I had metal in my mouth, I'd be on that stuff all the time.

Jonathon: That's relevant for everyone that's listening, and especially those that may be looking for heavy metal issues. Remember, with fulvic, it's antimicrobial, so it's good for clearing up ... It's not antiparasitic in that it's a poison to the parasites, but it's good to clear pathogens [01:42:30] and other related toxins in the body.

Dr. Nuzum: It regulates the body's internal environment. It helps the body's pH adjust to normal, helps with the polarity of our gut, the polarity in our kidneys so things aren't as easy to be infected with fulvic. It becomes a preventative, even.



Jonathon: [01:43:00] Yes, perfect. Everything that we've shared tonight, and we're just in the final few minutes here, everything we've shared is going to be so effective for people across the board. I'm just so excited that these are like catchall approaches, that if somebody's even sitting here saying, "Well, I'm well," but you're living in the same world that the other person is sick in, so you have this opportunity as well to be proactive [01:43:30] and do the same things that we're talking about with everyone else. I don't think there's a single thing that we talked about today where you'd say, "Absolutely don't take that if you're well." Which is true for chemo, right?

Dr. Nuzum: Right.


Jonathon: You'd say don't take this if you don't have cancer, not that I would even suggest chemo, but what I'm saying is everything you've mentioned is going to be effective for anyone. That goes from medicinal mushrooms, to CBD, to anti [inaudible 01:43:56], your tumeric, to your [01:44:00] fulvic, to your antiparasitic, to the probiotics and digestive enzymes, them being some bit hits. The other ones that we didn't touch on so much, but for the brain chemistry, because I'm looking at a couple questions here from, with two teenagers, Haley and Jane, children with OCD and various anxiety. I was just looking at other things that we didn't mention, like Vitamin D3 or Omega-3 for the brain, and these [01:44:30] types of things. Go ahead.

Dr. Nuzum: I think you meant-

Jonathon: Omega-3 [crosstalk 01:44:36] somewhat symptomally for the brain.

Dr. Nuzum: Right. With helping with children, I like, and this is what I use clinically, clinically I use CBDs, I use L-Tryptophan, L-Theanine, and GABA, G-A-B-A. If we test them and they have low D3, D3 [01:45:00] with K is what I usually give them. That helps all kinds of different regulatory mechanisms. Those things all add, they're stabilizing to the children. Once they're stable and things have settled down, that's when we need to go through the process. We need to detox them, we need to build their microbiome up, we need to replenish them, refortify them. [01:45:30] Those initial things, sometimes they're in such a way that they just can't take much. Fulvic minerals, Vitamin D3, fish oils, CBDs, L-Tryptophan, L-Theanine, and GABA.

Jonathon: Fantastic, doc. Thank you for that. Then just coming into women's health here, I [01:46:00] know that we've hit really, again, so much here, and coming up to a close here. Good takeaway for just everyone to remember with these different strategies that have been mentioned here, that they are effective for people in different situations. If you have severe anxiety, depression in that your ... So the problem is, Dr. Nuzum says, "Well, it's 5-HTP, or [01:46:30] Tryptophan, GABA, here's what you're probably missing. Go for this. Or Lithium Orotate." The problem is that you'll immediately feel like, "Well, everything else that everyone talked about and the parasitic and heavy metal detox and supplementing these other things, the digestive enzyme approach [crosstalk 01:46:46]



I'm just going to focus on this one thing," then you're in trouble and, one, we probably won't even answer it. The problem is that Dr. Nuzum doesn't even know exactly what your deficiency is. None of us know for a fact exactly what caused, whether your predominant [01:47:00] trigger is toxins from parasites, or from metals, or from something else, but we do know that if we target both of them we're going to clear up both of those infections and we're going to resolve the problem.

Jonathon: I think about it like the Bible verse, "Seek he first the kingdom of God and His righteousness, all these things will be added unto you." It's the thought of seeking for a goal, this is really a big takeaway, looking for the biggest goal and grabbing ahold of that so you don't get stuck on looking for [01:47:30] something, like a needle in the haystack, searching after a goal that's a whimsical goal for your health. What's the kingdom of God for your body? Well, I would say that that is holistic health and that is to clear the whole system. If you seek for that first, then all these conditions will be cleared up, if you were to take the analogy in that fashion.


Jonathon: Again, let me just finish up on women's health here. We've got Gabriela, Marilyn, Larry for my wife Linda, and Lindsay, and then you've got [01:48:00] Joanne and Kris. The questions here, what's the role of soy for women for estrogen fueled type breast cancer? We've got here, "I'm desperate. My 20 year old just told me she made an appointment to see a dermatologist to look into Accutane. I'm sorry it seems like an unrelated question, but I'm very worried about reading the reviews of this drug. She's dairy free, other than that she eats just about anything. I told her changing her diet might help. She's willing to change

her diet and so forth." Again, everything that we're talking about it relevant for your daughter and she needs to do things we're talking about, [01:48:30] but I'll let Doc Nuzum take over in a second.

Jonathon: From Marilyn, "I've been trying for years to find a way to get a good night's sleep, many, many," ... Then somebody else here had a question on insomnia, and that was, the insomnia question was, I'll get Kristin to help me find the insomnia question. But coming back here to, "Many, many supplements, elimination diets, various natural therapies from doctors. [inaudible 01:48:56] I get a good night's sleep once every six [01:49:00] weeks. By good night's sleep I mean about five hours sleep in a stretch. I'm 55 years old, I've reached menopause, I've done some anti-parasitic supplements, but I'd like to see what else you'd recommend."

Jonathon: "My wife," this is from Larry, "My wife is 70 years old and suffers from intestinal interstitial cystitis, pelvic floor disorder, and vulvodynia [01:49:30] resulting in anxiety and depression. She has had this condition for over 15 years going in and out of remission, but now she hasn't gone into remission for over three years. I've tried various treatments with no lasting effects. She's also been on a lot of medications." You can read the rest of the question there, which is there to read. I think you're in the tab there, right Doc?

Jonathon: "About four months ago I also started," this is from Lindsey, "Making cold brew coffee. I made a new batch with a different, [01:50:00] not the normal coffee, and I had a five day meltdown physically and



mentally. I couldn't eat, throwing up, nausea, massive panic attacks. Brought me home two puppies the same day, so I could handle the change in the state that I was in. This cycle went on for six weeks, seven to ten days." Some severe issue there, doctor takes her off gluten and sugar, she went strict, but she feels like something is going wrong and she's concerned about microtoxins, [01:50:30] and then she wants to get to full mental stability without these anxiety attacks.

Jonathon: Then you've got here with Joanne, with a daughter-in-law in Canada with cystic acne on her face. Sugar stable, blood sugar fluctuates, so you can read along there. PCOS, which is polycystic ovarian syndrome caused by insulin resistance, which can be toxin induced as well.


Jonathon: Then Kris here, "My niece with her first menstrual period [01:51:00] when she was about 13, and then the second time a few months later, third time, and it's now been about three to four years with no menstrual period at all." Okay, wow. You can read along there. Kris, thanks for asking for your niece, and other great fact for all the women's health related questions.

Jonathon: We're going to answer this, but I'm just telling you this because for those women that are just loving this, my wife Lori's actually going to be, she'll be heading a docuseries on women's health. Dr. Nuzum's going to be one of our [01:51:30] major stars in that. You guys interviewed for three hours over it where we were staying in DC. Amazing stuff. It's going to be a real great thing to help save the world, save women, so get excited about that.

Jonathon: But Doc, you've got these questions, we're going to finish on this, so if you want to just hit that up, and I hope you guys have enjoyed this. We will come back, obviously, again next week, just diving back in, and I hope you guys have got a lot. Just while we're getting these questions in, if you could just send Doc Nuzum some love, if you love [01:52:00] what he's shared today, raise a hand for him, but your hand up. You'll see a little hand icon, put your hand up. Bam, you're getting the roof raised. We just hit over a hundred hands in the last five seconds. Then anything else, yeah, just drop in any appreciation or unique thoughts or feelings you have about what Dr. Nuzum has shared, and anything it's done for you, just to give some love back for Dr. Nuzum. Again, let's [01:52:30] jump into these questions. Keep those comments flooding in, we love it. It means a lot to us. Go ahead, doc.

Dr. Nuzum: Okay. For chronic issues, which is what everyone's describing here, they're all things that ... A chronic issue is something you don't overcome in a couple weeks. If you haven't overcome it in a couple weeks, it's chronic. The way to break a chronic illness is [01:53:00] the process that we keep talking about. If you've been listening to me anytime, for the last 20 years I've been saying the healing starts when the patient's stable. It only progresses through detoxification, and it gets culminated in fortifying their immune system.

Dr. Nuzum: First off, if the person is in such dire straits that they need a medication to stabilize them, [01:53:30] they need a medication to stabilize them.



Once they're stable, that's when we need to start detoxifying. It's kind of like having a bleeding wound. You have to stop bleeding before you can clean the wound out. Stop the bleeding, clean the wound out, then you bandage it. Same thing.

Dr. Nuzum: The fella who's wife, with interstitial cystitis, I would be doing the detox programs while using [01:54:00] CBD. Once you get through the detox programs, get into more rebuilding program, lots of probiotics, and things like that, I would continue to use the CBD for quite a while. That's very, very helpful in interstitial cystitis.

Dr. Nuzum: I think there was a couple of anxiety questions there. Anxiety, you've got to go back to, [01:54:30] the gut is where your brain regulating hormones come from. Your neurotransmitters, serotonin, dopamine, acetylcholine are all manufactured in your gut. If your gut's not healthy, your brain's not going to be healthy, folks. I'm sorry. If you have any neurodegenerative anything going on, the root of that problem is down in your gut. So if you're having neuroinflammatory [01:55:00] issues like depression or anxiety, root of those problems are down in the gut. You may have some emotional triggers, you may have had some emotional or physical traumas and things like that, our capacity to let those things go is very dependent on our physical health. We're not physically healthy enough to release those emotions, we stick them in our backpacks and we carry them with us through life, and [01:55:30] they wear us down. One of the ways of being capable of dealing with emotional issues and anxiety and depression and things like that is getting yourself healthy enough, strong enough to deal with those things.


Jonathon: Fantastic, doc. Thank you so much. There is so many great pieces of feedback there, so for this particular group here [01:56:00] with Kris, Joanna, Larry, Lindsey. These are all women's health related issues. Thankfully nothing is fundamentally different, correct me if I'm wrong, doc, in terms of all the different protocols that we've outlined. We'd be remiss to leave out any single one of those, so [crosstalk 01:56:16]. Yes.

Dr. Nuzum: Need to get through the detox things to really get ... Here's the thing, if you have hormone disruptors in your system, we can give you all the hormones in the world and you're still not going to level [01:56:30] out. You've got to get those disruptors out of your system. How do you do that? You have to detoxify.

Jonathon: Absolutely.

Dr. Nuzum: That's the way to do it.

Jonathon: Of the hierarchy there, the most gentle is going to be the digestive enzymes, the probiotics. Most people should be able to get started there, and so that enables people to then move into the next steps, which would be the parasitic protocols, the heavy metal toxicity, like with the fulvic acid, which is a double up. [01:57:00] Any of these people, and then you've got to work with personalities here. We didn't have



a huge strong focus here on removing inflammatory foods, but wheat alone, just eating bread for people is going to be such an issue that no supplements can take away that issue. You can't take a supplement, you can't take ... The digestive enzyme will help if you wanted to consume wheat, but it's not going to really solve [01:57:30] the mental challenges and all the different challenges you could have, when you have what's called gluten induced mood disorder, which is common. I would say it's true for everyone at different levels. I notice the moodiness, my wife and I notice it in each other, just on that particular food. We're both a lot happier with each other with getting off that.

Jonathon: Getting off the inflammatory foods, most people in this group know that, but for those that don't, and especially if you're dealing with somebody else, getting them off those foods, [01:58:00] but then increasing in those digestive enzymes, the probiotics, it's going to be relevant for everyone here. But then getting in those deeper layers of getting out the deeper layers of toxins. While you're doing that, Dr. Nuzum mentioned about moving the colon, which is things like psyllium husk and black walnut, and there's dandelion and milk thistle, but they're deeper cleansing. But colon movers that are not laxatives, but they're helping that regularity, and that's going to help everything move along. Remember, the digestive [01:58:30] enzymes are going to work in that capacity as well, which is great.


Jonathon: That's my two cents, and I'll let you finish with your thoughts and then I'm going to ask you, if you're willing, Dr. [inaudible 01:58:37], to send a closing prayer as well.

Dr. Nuzum: Oh, for sure. For sure.

Jonathon: I'll just ask the group if that's something that you guys would enjoy or appreciate, I'll let you guys put that invitation while Dr. Nuzum's asking that question, and putting your final thought, because you're going to say something.

Dr. Nuzum: Growing up, in my house, with my 32 adopted brothers and sisters, [01:59:00] 18 of them were bipolar. My parents, one of the biggest things that they did, this is 30 years ago, with my brothers and sisters to help regulate their bipolarism, was removing gluten from their diets. It made a huge, huge impact. I watched it growing up. I lived with these folks. It was amazing. It was night and day difference. They'd be totally level, [01:59:30] totally whatnot. They'd have a piece of bread, and they're all over the place. It was a total trigger. I remember growing up watching that. That was long before I was into medicine. It was very interesting.

Jonathon: Amazing. Well, thanks, doc. Then I just saw some of the questions come in for people that are asking about, and we won't talk about, we'll leave this for next week, but people are asking, in terms of when our [inaudible 02:00:01] [02:00:00] stuff is going to be ready, so that'll be next week, for those that were asking about that. Which is with the supplements that we're doing. But we are ready for your prayer, doc.



Dr. Nuzum: Excellent. Lord Jesus, thank you so much for being so good to us. Thank you for taking such good care of us, thank you for all you give us. Thank you for being so kind to us, and thank you for all you do for us, Lord. Lord, I ask for each of my brothers and sisters here, I [02:00:30] ask for your healing. I ask for you to touch each and every person that we, that heard us today. I ask for your blessing, your healing, your forgiveness, your tender loving kindness to just shower on each and every one of these people that tune in today, and everyone that listens to this in the future. Dear Lord, go with them, go before us, and heal those that are listening, that have listened, and that are going to listen. Thank you Father, in Jesus' [02:01:00] name we pray. Amen.

Jonathon: Amen. Thank you so much, Doc, I appreciate you so much. Look, I'm going to send you all these wonderful and kind things that people have said about you. You'll read them and with a big smile on your face for the next couple of days. There's about 200 of them.

Dr. Nuzum: Thank you. Thank you, everybody.


Jonathon: Yeah. Thank you for your commitment. We appreciate it, Doc. Catch you soon, buddy.

Dr. Nuzum: Thanks. Take care. God bless, everybody. Thank you, Jon O.

Jonathon: Thank you, man. [02:01:30] Cool, there you go. Thanks for ... Look at that. All the beautiful thoughts and comments. Thank you for your love and your appreciation. I'm going to jump off here and get back with my wife and my baby boy. For those that are interested, he's doing fantastic. He's two and a half months old, he's already fitting six month old clothes. He's not overweight, tanky baby. He's just such a big, he's going to be [02:02:00] taller than me, for sure. I think everything we're talking about has meant that he's a healthy baby and he's getting well fed through Lori, because he's on milk, as you would understand. Beautiful. Anyway, thank you for your time.

Jonathon: Then for those that were asking before about the [inaudible 02:02:22] supplements, I'm just so excited and privileged that we'll be able to share these with [02:02:30] you starting next week on the call. A lot of things that Dr. Nuzum has shared, a lot of these core ingredients, the core philosophies is what we're taking, and again, Dr. Nuzum was here educating us so you can understand the whole philosophy and what to do so you can go anywhere, so you're totally empowered and you can understand what you're doing. Then we so much believe in this, my wife and I. We have seen such changes in our lives and in the [02:03:00] lives of our friends and family members that have done these certain things, and then we've also saw needs to create more potent and more powerful and effective versions of these, or combinations that are either simpler to do it, or that we've combined things that aren't in anything that we could find.

Jonathon: What had happened was, you look at something like with Dr. Nuzum, he had to create a




unique formula for my five year old for his kidney issue. We couldn't find that particular thing that we were looking for. We've [02:03:30] had that situation where we're like, "This is so effective, but it doesn't exist," so we had to create certain things. Again, I was working with other scientists to help deliver and to create that. Look forward to next week, we will be sharing these things with you, and then some of the ingredients that some of the people were asking for, like what were the types of digestive enzymes, or what are the types of probiotics, or what are the types of these different things, then we will be sharing in detail [02:04:00] with you. Here's what the approach we took, and you'll see a lot of these same types of things. Again, with that education that Dr. Nuzum gave, you'll be able to find those answers out in the world, and you'll be able to see some really great and unique and powerful formulas that we're doing that we're just so excited and happy about because we know, we've seen the changes that have happened in our lives through these particular products, and through the [02:04:30] ingredients that we've used and the unique ways we've approached this.

Jonathon: Blessings to everyone. Just fielding a couple of these last questions, in terms of people asking where to find the transcript. Thank you for saying the format works well. You saw my interest, Connie, I know that some people like ... There's so much going on here, thank you for understanding that this format, we actually had a lady on our team, Kristin, who has helped [02:05:00] us to be able to create this new system to help us to answer as many questions, and really to get everyone to get the most out of it. I assure you Dr. Nuzum will start saying the same thing every single time, and then you'll realize, "Man, this does get boring unless we use these subcategories." It helps everyone, allows us to go deeper. I can see the level of educational learning has been so deep and profound.

Jonathon: We'll be saving these questions, come back on. Remember to engage with us in the Facebook group, as well. There'll be questions that you'll have just [02:05:30] in general about what was asked, and we have [inaudible 02:05:33]. Again, because you supported this mission, we have a team that's working to help answer those, and we have other volunteers that are also in there, as well if you're one of those people that would like to help volunteer by helping bring things to attention. We love that kind of thing. Just keep in the loop with us. We have people there that are answering questions. You might even have questions about unique formulas that we're doing, like what's the ingredients in that. [02:06:00] Obviously, so when we come to next weeks call, you guys will be the first to get the highest discounts that we have because we just care about you guys and you guys are the community that, we consider you guys our family. You guys will have all those kinds of rights, privileges. We'll be making sure you guys are really well looked after and you're not paying retail for anything. That's my philosophy, and that's what we're going to do for you guys. Keep an eye out [02:06:30] for all that, we'll be giving you all kinds of different opportunities and things like that.

Jonathon: Again, we're always here for the education, so we'll always be here to help you get equipped so you understand how this works. For the people that are asking to be a part of the Facebook group, what we'll do on the protocol page, we'll put a link up on there, but it's inside of your membership. You can just click on the Facebook group and get added in. It's called Depression, Anxiety, and Brain Secrets. That's the Facebook group, so you can look for that. Depression, [02:07:00] Anxiety, and Brain Secrets. Also look for the Depression, Anxiety, and Dementia Secrets, because I'm going to have that title match the names. Search for both of those in case one's not showing up,



but then jump inside the group and we will look for you guys.

Jonathon: Let me just see if I can quickly get the ability for the Facebook group. Kristin or Nicole, if you guys are there to just help me get people inside the Facebook group here. Here you go. Thanks for bearing [02:07:30] with me. People are asking for this, so we want to get you in there, so here we go. Here we go. There we go. Just click on this link here, and that should get you in so you can ask to join there, and we will approve that. Then what I'm doing is, well, if you go over to the Depression, Anxiety page for the protocol, I'm going to put a link to join the Facebook group [02:08:00] up in the top of the page right now. Just keep an eye out for that. Let me just grab that.

Jonathon: As soon as we get off this call, or jump over there right now. I'm putting in the link so you can find us that way. Just at the top of the page. Here we go. Join the, look at this, Facebook group here. I want you guys in here, because this is where [02:08:30] the fun stuff happens, and we are ramping up as well. Just so you know, we're ramping up, getting more support here so we can really help you guys at a deep level. It's the time to jump over there now so you can enjoy that action.

Jonathon: Okay, so that should be ... Click. Okay, so that should be working. That is that. Okay. We are there, [02:09:00] I appreciate you guys requested to join and joining. Fantastic. Good for you guys. You guys are the best. Look forward to seeing you next week. We will be back, I will have some other experts. We'll have Dr. Roger Murphree coming up soon. Dr. [inaudible 02:09:14], if you appreciated her, she's coming back in as well, and we're going to get her because she's getting more and more equipped in understanding of our community and of what we're doing, as well

with [inaudible 02:09:24] so that way you can understand that part. She can help [02:09:30] you understand how to use what we're doing in that light. Again, we're going to be always sharing with you ingredients so that you can go out and find these things wherever you like.

Jonathon: But we're here for you, can't wait for till we meet again. Thank you for your time, your patience, and you love. We will be here for you each step of the way. Look forward to re-connecting very soon, and again, thank you for your time and joining us tonight. Okay, catch