

Women's Vitality Summit

Dr. Keesha Ewers Interviews Tom O'Bryan

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DR. KEESHA EWERS: Welcome to the women's vitality seminar everybody this is of course the place for you to learn about caring for yourself: Body and soul. And I am delighted with this session to be able to be interviewing again one of my favorite people Dr. Tom Obrien, who is a world expert on gluten and its impact on your health. He is internationally recognized speaker and workshop leader specializing in the complications of non-celiac gluten sensitivity, celiac disease and the development of autoimmune diseases as they occur inside and outside of the intestines. He is the founder of the doctor.com and the visionary behind the gluten summit, the grain of truth, bringing together 29 experts on the gluten connection to diseases, disorders, and a wide range of symptoms and ages. You can find all this information at the glutensummit.com

He is also considered the Sherlock Holmes for chronic disease and metabolic disorders. I am going to cut down so that you continue, you have such a huge bio doctor Tom it's so exciting. He is also the author of the autoimmune fix which outlines the step by step development in degenerative diseases and gives us the tools to identify the ease process, usually where the symptoms are obvious, and he is also the founder and implementer of The Betrayal series which is sweeping the world right now, in a very exciting way, and getting people on fire and excited learning how to take responsibility for their health and understanding the connection between autoimmune disease and what's going on for all of us so thank you so much for being again on the summit Dr. Tom.

TOM OBRYAN: Thank you it's a real pleasure to be with you.

DR. KEESHA: So the Betrayal series is a sponsor for the women's vitality summit. I am really excited that you did this project and of course having my own person story about immunity and so it's close to my heart. Where the things that you say it sometimes takes 30 years to develop an auto immune disease so our listeners right now in this summit may not know that they are developing something like this

and they will for sure have a friend or family member that is working on an autoimmune disease or has one. Because it's so prolific right now in our society right?

TOM:

Yes, it is. The current estimates by the National Institute of Health is at 72 Million people have an auto immune disease currently in the US. 22 million have cardiovascular disease, 9 million have cancer. Once again 72 million have an auto immune disease, and only a third of them are diagnosed. Now, to have an 'autoimmune disease' that means that there has been so much tissue degeneration over the years or over the decades, and that tissue can't function anymore the way it's supposed to that now you start getting symptoms and now eventually you get diagnosed with the disease. You know 72 million with the disease. Well how many are back here? All mechanisms are autoimmune. Parkinson's is autoimmune, cardiovascular disease is auto immune. Cancer is autoimmune. The studies are very clear. That these diseases start to initiate with your immune system trying to protect you and causing collateral damage in the process.

DR. KEESHA:

Hashimotos is not a disease of the firing.

TOM:

Hashimotos is a manifestation of an immune system attacking your thyroid, for some reason.

DR. KEESHA:

Eczema, not a disease of the skin. And we hang out above that right. Looking at where the organ is it's been affected by the autoimmune disease so we have the statistic that is often talked about in medical science that once you have one auto immune disease then you have a 75% risk of getting another one. Like you are collecting them.

TOM:

Yes, and usually that one the symptoms of one so much dominate the others, then people don't know they have got more than one. And the doctors don't check, they only check based on your symptoms. If symptoms are most prolific with your thyroid you may not know that you also have elevated antibodies for lupus. Or for MS. And you are killing off the myelin that coat your nerves, myelin is the surround that wrap around your nerves, that's MS when you have myelin basic antibodies elevated. Myelin is think of the wire hat goes from the battery of your car to the headlights and if

somewhere in that wire you took the insulation off so that the exposed wire touches the frame of the car, the lights are flickering on and off. And you say what's wrong with the lights? And there is nothing wrong with the lights it's the juice from the battery that's not getting to the lights because the wiring is being exposed. That's Ms. So the mechanism of MS is years of elevated antibodies in this case killing off the myelin. And so in this case the mechanism is going on and when we talk about autoimmune disease, which is the most prevalent of most diagnosis, currently in the US, according to the National Institute of Health, when you are talking about autoimmune disease, once again that's the end stage. So how many people are on the auto immune spectrum? Before the damage has been so bad that now you got an auto immune disease and the answer is no one knows. No one has ever checked but I will tell you this, when we check comprehensively for people with the sensitivity to weed, people that come back with the sensitivity to weed, 67% of them have elevated antibodies to their own tissue. And it might be their brain, thyroid, lungs or liver but 67% are on the autoimmune spectrum. Whether they feel it or not. They are on the spectrum killing off cells,

DR. KEESHA:

There are two things here that I want to dial back on. One of the idea that the spectrum and what I was saying earlier when I said you have a 755 risk of getting another auto immune disease if you have one it's because it's not about the disease or the organ, it's about what's happening underneath that's getting your immune system fired up in the first place. Of course you are going to have a high risk of developing another one because you haven't really gotten to the real issue. And I think that is really a huge thing that you talk about that's so important and you know my own auto immune reversal that was what I understood was oh this wasn't about rheumatoid arthritis, this isn't about my joints, his is actually about something quite different. And we have to get down to the bottom of it if you are going to keep the fire from moving through your body. I want people to really hear that. And then you said this huge number of auto immune diseases that are out there and the rate at which they are being diagnosed, well 80% of them are being diagnosed in women. I really want people to hear that.

TOM:

It depends on which disease it is so for example prevalent disease is a 9:1 ratio, it is a 7:1 ratio women to men, but they are much more

prevalent in women and I am going to tell you the main reason why. Because it is a critical message to understand. The main reason why auto immune mechanisms and autoimmune diseases are much more prevalent in women, is that women use more estrogen than men. Given that women use more estrogen than men do, women have more estrogen receptors than men do. A receptor is like a catcher smith and the pitcher throws the ball to the catcher. So receptors sit on outside of cells, facing the blood stream, so as the blood is going by the thyroid hormone molecule, in the blood gets pulled into the thyroid receptor. Which opens the cell, allows the hormone to go in, inside the cell and then will do whatever it's supposed to do. Estrogen going by will not go into a thyroid receptor site. It has to go into an estrogen receptor site. Testosterone will not go into a thyroid receptor site or an estrogen receptor site it has to go into a testosterone receptor site. So estrogen receptor sites are more dominant in women than in men. That's the first point to understand.

The second point is since 1970, there has been a 57% on average reduction of all wildlife on the planet. Since 1970. This came out two weeks ago in conjunction with the Wildlife fund in conjunction with two major universities. 57% of everything living on the planet is gone in 46 years. 57% of the humming birds, the bumble bees, the earthworms the rainbow trunks, the polar bears, the cheaters. 57% is gone in 46 years. The percentages are higher around fresh water. Why is that? They drink in the water that is why.

What would happen if humans would drink from the water in streams? and in rivers? we get sick, we get cancers, we would not be able to reproduce as quickly as is happening to the animals, it's the poisoning of our planet currently, no exaggeration, according to the journal of pediatrics, there is 250 pounds of toxic chemicals, per person per day being dumped in the US. That means for you and I Keesha that's 500 pounds every day.

That's 15, 50 pound bags stacked up in a room, ten bags for you and I every single day. Seven days a week not just Monday through Friday. That's how much toxic chemicals are being dumped. Now stay with me. 250 pounds per person per day of these, the best majority of these chemicals are called endocrine disruptors. They disrupt hormone function in our bodies. The best majority of them bind onto estrogen receptor sites.

So you get these chemicals binding onto an estrogen receptor site, the body thinks it's got a lot more estrogen. And depending on the chemicals on which receptor sites they are binding onto determines what assault comes and what auto immune mechanism you develop. That's a primary reason why auto immune diseases are 8,9 10 times more prevalent in women than in men. it's the toxic chemicals that we are all being exposed to that are ramping up every year.

And if you look at the increase in toxic chemical exposure including GMO foods, if you look at the increase over the last 40 years, and if you look at every degenerative disease is increasing, the graphs go neck and neck. And then you look at the percentage loss of animals on the planet, it's all the same. It's all associated, there is a co relation, you can't say some scientists work well without chemicals well that doesn't mean it's causing it.

If there is an association, I agree, I can't say that the toxic chemicals are causing the loss of wildlife on the planet. Or causing the increase in toxic chemicals, but when we are going to arrest the development of an auto immune disease, one of the critical things we have to do, is reduce the toxic exposures a person has and detox them. get this curd out of their body if it's there

DR. KEESHA:

That whole thing about not being able to say that this is a cause and effect thing in science. When I was in Australia I took my kids to Tasmania and we took a little biological with the biologist and he was telling us that the very penguins that come up on the shore to put their eggs onto the sand are doing that twice as often as they are supposed to.

I live in the Seattle area and if you just sail in Elia bay, the fish are responding twice as fast as they are supposed to. This is all estrogen. This is estrogen related issues, it's affecting the female animals on the planet.

And for someone to say this is causal, all you have to do is look at reproductive cycles of planet earth. And how they are doubling right now.

TOM: I agree, in my mind as a nonscientist, and in your mind there is no question. Its common sense. So there is no harm in reducing your exposure to toxic chemicals. There is no harm.

DR. KEESHA: You can read the ingredients on your label.

TOM: That's right. There is no harm, no harm.

DR. KEESHA: Alright, so there is a third thing. You said three things and so I'm pulling us back to the reason women are higher in incidents of auto immunity than men. Chemicals, estrogen receptors, I am going to add one, are you ready? And you and I talked about this before on my way to your show and in last year's summit but research indicates that that the A study, the childhood experiences study right, indicates that early adverse childhood experiences increase our risk for adult onset diseases that we have today such as auto immunity, and the female brain is a multi-tasking brain.

We are the ones in trivial times that have to keep the children out of the fire pit, how to tan and skin the animals, tan the hides, how to grind the corn, get the food prepared right, while the men went and found the food and brought it back. That was how our brains were developed in early days, right?

TOM: Yes.

DR. KEESHA: As multi taskers we have more of a vol co brain. And it has been shown that women ruminate more, rumination on past hurts. So I think this is one of the reasons why women wind up with more of the illnesses manifesting in their bodies, that are going on in their minds. When you have a hyper vigilant mind you have a hyper vigilant immune system.

TOM: I will give you an example of that. I had a 44year old woman that came in with rheumatoid arthritis. She had been to many doctors, many functional medicine doctors, and others and had helped a little bit but it wasn't better. well one of the things we did is the timeline. That's taught in functional medicine and we just made that available to all the attendees on the betrayal series by the way. Everyone can do the timeline. Usually its only doctors that have access to it then doctors give it to their patients.

DR. KEESHA:

I teach it to my health coaches to give it to their clients.

TOM:

Critically, so we did the timeline with her. And when we looked back we saw that she was colicky, as an infant, she had constipation as a child, eczema as a teenager, irritable bowel syndrome in her twenties, and you could see the sequential order of digestion and things out of balance that had spanned all the way to her coming in here. But then her knee pain, when did her joints start bothering her? The first time her joints started bothering her was when she was 14. Now we have all heard of the seven-year itch, and there is physiology to this that our bodies transition, you have an entire new body every seven years.

Cells regenerate very quickly some are very slow. Different cultures look at seven-year increment says after the age of seven the boys start to go out with the men and start learning about making fires and stuff. At around 13/14 they are hunting and that's what makes us are supposed to be. It's the transition into adulthood. Young girls start having their cycles around 13/14. They are ready to bear children not in our current culture but their bodies are designed that way. Seven year cycles.

So she started having knee pain around 14. That's a clue that okay, what happened between the ages of seven and fourteen? What happened that was holding you back from moving forward? That's how I asked the question and she just kind of looked at me, maybe around 10/11 something like that, that has held you back so your knees are holding you back, your knees are inflamed. She said nothing happened, I said no. Something happened maybe you fell out of a tree, you know something, what happened? And then I just stayed quiet. Talk about 30 seconds and this look of sheer panic came over her face and she started screaming and crying. She had been raped when she was 10. And she had buried it somehow I don't know how you bury something like that till it's not conscious but she had done it to go on in life. But that trigger that cloud that she had never dealt with that she buried in her past, held her back. Within a couple of years, her knee pain started. And this just progressed. There was no way to arrest her rheumatoid arthritis unless she dealt with this emotional trauma.

So I recommended she go to a therapist, she did a year later she was completely symptom free. Now we dealt with the things like the gut and the bacteria that provide and all that but without the emotional stability, the energy to hold this thing back, was the emergency break, have you ever backed out of the driveway, and the car isn't going as fast as it should? for the amount of gas that you are giving it, it is just sluggish? oh wait the emergency brakes are on and you let down and then you back up fine. We get emergency brakes in our life.

And what you are referring to is an unconscious emergency break, that happens for many of us. That no its not only on your head wall but sort of it is but it is in your body whatever your symptoms are but your head and however we look at things the rumination, mechanisms can be an emergency break from holding back your vitality.

DR. KEESHA:

This is my personal story, ten-year-old, sexual abuse, rheumatoid arthritis diagnosed at 30. I talk about this like this is the linkage right, my cells turned on the genetic propensity I had in there because my grandfather had RA, and I expressed that gene in this way, as an auto immune which means I am attacking me and you ask the question I don't know how you could go on living and keep that in there you know, not looked at.

That's the wise mind of a child. Who cannot understand what has just happened, and if nobody is there to help guide them through that, which is so often the case, then the wise mind of the child says can't deal with this and shuts and you disassociate from your body. So many women are walking around as adults, dissociated from their bodies. And this is what I see with auto immune. I see so much of it is where I spent so much of my energy as helping women find that linkage and what was the meaning in the beliefs they created, at that young age, with an undeveloped brain. Brain is not developed till you are 26. So whatever belief you created then is likely not one that's serving you today.

TOM:

So let's review this for your listeners. What did we just talk about? We talked about a timeline, and I will quote what a timeline is, so that it gets down on paper so a doctor who is a partner with you as

an investigator to try and figure out where all this stuff is coming from, they can see the big picture. Not that you are suffering right now, which is really important that you are suffering a cause but that's not where you focus. You have to go back what we call upstream, by the time you get symptoms, you have fallen over the waterfall and crashing. So you don't want to deal with just what's down in the pool, you have to deal with that because a person is suffering, but you have got to go upstream. That's what upstream means.

You have got to go back up here, what fell into the river, way up there the trail is going way down falling. So the first thing is a living matrix. So that we can get the big picture. Then from there having an open receptivity. To exploring with the person that you are working with who, can get some clues from the living matrix. That it's not about the symptoms, the symptoms are important, your lack of vitality is important. Your sluggish thyroid is important. Your rheumatoid is important.

DR. KEESHA: It is feedback from your body.

TOM: Exactly its feedback so you have got to adjust somewhere else, to get different feedback. And if your listeners get that concept, they start becoming their own Sherlock Holmes. And that is the only way you are going to have vitality in your 80s and 90s. This whole thing about the blue zones, have you talked about the blue zones?

DR. KEESHA: Go ahead refresh it because, it's one of my favorite things I've interviewed him a couple of times downtown on my radio show because I think this is so important

TOM: Oh My God its really funny to a couple of things. There are places in the world where there is a large percentage of the population, that lives into their 80s,90s over 100. Without any medications, they are fully functional, contributing members of society, they are still working, they still have a role to play, high percentage of these people and we refer to places like the Himalayas, Okinawa, Costa Rica, Sardinia,

DR. KEESHA: California

TOM: They put a big map of the world and they just circled all these places to see what was common about these places, I mean is it the minerals in the water, is it a lack of electromagnetic pollution what is it? And they were looking for common links. Well they found a blue zone in Yolinda. Which blew them away so wait a minute, that's just outside of LA one of the most toxic places how is that possible and it's the seventh day Adventists and their lifestyle which was similar to the lifestyle in these other places.

Do you know why they call them blue zones? They call them blue zones and I thought maybe it's the air. You know clear skies or maybe it was the blue water.

DR. KEESHA: I thought it was the color they were using.

TOM: It was the highlighter; it was a highlighter on the map. They used a blue highlighter and they just call them all blue zones. I love that story; I love the geeky kind of stuff. Because I laughed at myself, oh it's got to be the fresh air. That articulate matter in the air. No, it was a blue highlighter. So they found there were nine factors. And the book the blue zones is a really must read for people who want vitality in their senior years. Why? Because this is where the pedal hits the medal.

This is where I don't care about how many studies you have got on the value of vitamin C, it doesn't matter, this methodology for taking care of yourself is demonstrated all over the world for longer lives. Longer functional lives not just dysfunctional in a nursing home. These 88-year-old guys walking up the hill, and the 50 year olds can't keep up with them. This is where the pedal hits the medal so I think everyone should read the blue zone. Then I think everyone should read my book the auto immune fix. Because you will understand where these mechanisms come from, that you are currently stuck with. And then how do you become a Sherlock Holmes to get out of there?

DR. KEESHA: In my book the auto immune mindset,

TOM: Great, yes. That's the trilogy.

DR. KEESHA: The blue zone, just so that we don't leave people hanging, they found that these people came together in multi-generational communities, they found that they were sharing time and space together. The community was such an important piece of this and there was a study done in Pennsylvania too, smokers in a mining town who were living longer than people at Californian beaches and they are saying what and this is all about community. So that is one of the really integral parts of your health.

TOM: Critical that the elders are respected they are not put out to pastures in nursing homes at 65, that they are respected and part of the community. Those guys that sit at the coffee shops and watch the pretty young girls go by every day, but they hang out together with the guys. The old women that are kneading and they are talking about their grandchildren,

DR. KEESHA: Quilting around the quilting frame. Like whatever they are doing they are doing it together. And they are supporting one another like a red tent.

TOM: Another factor was Hurry Hatch boo. It means eat 20% less. Another was little red wine every day, red wine not white wine. Another was activity, walkshed was all doing something. They are not going to the club lifting weights twice a week and looking in the mirror and saying am healthy.

DR. KEESHA: I did the same thing and I blame my leaky gut a lot on some of that. I would pop by the puff after my marathons thinking I was doing a good thing. So they also eat a lot of vegetables.

TOM: Lots of vegetables.

DR. KEESHA: So anyway, moving on to auto immunity I want to talk about one of your expertise at that's gluten. Non celiac gluten sensitivity. Celiac disease the spectrum. Talk about that because we have spoken about these you know someone that comes in and says I gave up gluten for two weeks, and then I didn't notice any difference in my health.

TOM:

I have a study that was published last year it was hollon, H-O-L-L-O-N, just google you will find the study its free online. Holon and Bassano at Harvard, they took celiac patients who had been diagnosed two years earlier on a gluten diet, Celiac patients recently diagnosed so they still had all the damage from eating wheat. Non celiac gluten sensitivity people so people who had a problem with gluten but they didn't have celiac disease. And people that had no known problems with wheat.

They looked at all four groups, they gave them wheat, and what they discovered is every single person, develops intestinal permeability, the slang term is the leaky gut, when they are exposed to wheat every time. And their language was all humans. So if you consider yourself a human then your body reacts to wheat. Whether you feel it and you are like I feel fine when I eat wheat, doesn't matter how you feel. Because we are talking about upstream now and what happens up stream that triggers the whole auto immune cascade. So every person gets leaky gut every time they eat wheat. Now the fastest growing sores in your body are the inside lining of your gut. Every 3 to 7 days you have a whole new lining to your gut it's like the skin of a snake. It just kind of sheds off and there is a whole layer of skin underneath it.

So you have toast for breakfast, you tear the lining of your gut but it heals. You have a sandwich for lunch, you tear the lining of your gut but it heals. You have osteophargina it tears but it heals. Day in, day after week after month after year until one day you cross a line and the scientists call it loss of oral tolerance, you cross a line, you don't heal anymore.

DR. KEESHA:

And this is where people say all over a sudden

TOM:

Right, all over a sudden, one day I woke up and that, now you have got what we call pathogenic intestinal permeability. What's the big deal about leaky gut? All proteins are like a Pearl necklace. HCL undoes the pass of the pearl necklace, now you have a string of pearls. Your enzymes produced in the stomach, the pancreas, the gall bladder and in the intestines, the enzymes act like scissors to cut the pearl necklace into smaller clumps of pearl necklace.

Smaller clumps of pearl. Until you get it down to each individual pearl of the pearl necklace that's called an amino acid.

And the inside lining of your gut is lined with a cheese cloth. Its only certain size molecules can get through the cheese cloth to get into the blood stream. Or they just stay in the tubes your intestines are tubes from the mouth to the other end its big, one long tube. Just think of a doughnut, you stretch a doughnut out, and you look down the center of the doughnut that's your intestine. On the inside is lined with cheese cloth. So only single amino acids or maybe two amino acids could get what we call the dipeptide, can get through the cheese cloth that's it. now when you eat something, the more difficult it is to digest, the longer it takes to get it to the individual amino acids that's why you have 20ft of intestines. Somethings take a whole lot long to digest and break down. That's one reason why.

So things that are easy to break down like bananas, or a piece of fruit, they get broken down into the individual amino acids they go right through the cheese cloth in the upper part of the intestines. The things they don't break down very easily, they go further down they are being snipped and snipped, by the enzymes until they get small enough to go through the cheese cloth.

However, when you get intestinal permeability, and technically pathogenic intestinal permeability, meaning it doesn't heal, you are eating prime rib and you chew it 4/5 times and you swallow it down i suppose there's 20 times we should be chewing, so it's kind of tough still and fibrous, sometimes in the stomach and its tough it's too big to go through the cheese cloth. These clumps of the prime rib protein are still too big.

But wait, you had a dinner roll, before you started the meal. That's wheat, teared the cheese cloth, and if you have pathogenic intestinal permeability it doesn't heal, now these larger clumps of the proteins, from the prime rib that haven't had enough time yet, to be snipped small enough, now these larger clumps called macromolecules, go right through the tears of the cheese cloth and to the blood stream. They are big molecules and the immune system says wow what's this, this is not good for me, I can't build new bone cells or brain cells out of these, I better fight this and

you make antibodies to beef, or to chicken or cucumbers, broccoli,

DR. KEESHA: Blueberries, coconut oil, anything you are eating a lot of.

TOM: These are the people they do a 90 food panel to see their sense so if it comes back say 25 different foods and they say oh my God that's everything I eat. Of Course it is.

DR. KEESHA: That's where leaky gut is.

TOM: Your immune system is trying to protect you. Now let's take it one step further. So now you have got the antibodies to these different foods, whatever food that your immune system happens to make antibodies to, and when your immune system makes antibodies to that food, the sequence it's looking at is the amino acid sequence that got through. Let's say its 8 amino acids and I am going to say 8 a, b, c, d., to be the amino acids. So the antibodies are going around looking for 8 a, bcc'd; which is the code for prime rib or chicken or whatever it is, it is looking everywhere for it. Now, the blood stream is just a highway, it's just carrying a lot of traffic. And all that traffic there is no lanes of traffic so everything is bouncing around in there. And it's going in the same direction, these antibodies are looking for 8 a, bcc'd. Just think about Arnold Schwarzenegger, with his head out of a sun roof and his got a big sub machine gun, glasses, over there and he is firing these chemical bullets, at these different foods that he has been programmed to attack. We call him the gubernator.

DR. KEESHA: I always use batman.

TOM: So he is firing these chemical bullets now. Let's talk about your joints. As the blood is going past your joints, the surface of your joints facing the blood stream, are made up of proteins and fats. The proteins that make up the surface of the joints, are made up of amino acids. They are 100/200 amino acids long. But the 100 amino acid chain on the surface of your joints includes 8, a, b, c, d; as a part of it. So with that 8, a, b, c, d there is Arnold looking for

a, b, c, d oh look over there. And he fires this chemical bullet at your joints.

That's not a big deal. Except you have toast for breakfast, sandwich at lunch, pasta for dinner, two times on your salad or cookie, how many times a day we eat these foods that we are sensitive to, you are making these antibodies, and if the weak link in your chain is your joints, that's where the molecular mimicry it's called the molecular mimicry, now the mechanism upstream for auto immunity has begun.

So that is an extremely sophisticated concept, that requires decisions, hundreds of hours of study to understand the real technical stuff about it, and very few doctors really get this. They are not taught this in school. When you talk to the researchers, the people on the frontline, looking at this they all get this.

DR. KEESHA:

And insurance companies don't pay your medical bills, to sit in your office and draw the pictures that I draw of what you have just described, to help you understand this. I mean this is the thing people really need to understand what's going on inside the body and how its related to gluten and I'm so glad you did such a great job explaining that, and gluten is not a problem for me because when I give it up for two weeks I don't feel anything.

TOM:

That's the first part of it. The second part of it and the reason why the 8% of celiac heal, out of gluten free diet, is because the microbiome, has been so completely altered by eating the inflammatory foods for so many years, you have to rebuild the microbiome in the midst of this. So not only do you take out the bad stuff but you have got to put the good stuff in most people notice they feel better really quickly. Some people don't, those are the ones, it's going to be a slower process, because their microbiome has been quite severely altered over the course of the years that they have been eating these foods and doing what else they have been doing.

DR. KEESHA:

And people are used to hearing this referred to as a yeast overgrowth in the gut or a small bacterial overgrowth in the small intestine. These are all parasites, that love to live in acidic environment of the gut. All that fecal material that gets caught

between the cells, it's just such a lovely environment for these guys to live in then they just reproduce and you bloat, you have gas so sometimes yes, taking away gluten doesn't do the trick but the beer that you are drinking, I think this is a great conversation for people who understand how this links to vitality.

TOM:

Well the take away is that's the emergency brakes that's holding you back. Every degenerative disease is a disease of inflammation at the cell level. So, is inflammation. So the question is, is it gasoline or kerosene? Is it a thyroid cell or a brain cell? But the mechanism is the same. That's why everyone needs to be their own Sherlock Holmes. And find the right information that just makes sense to you. And dial it down you know challenge everything you hear, so that you say you know what, I'd like to learn a little bit more about this, how do i read a little bit more about this to see how this might relate to me?

Now we have been raised in a society in our generation, I call the might as well be generation. That we want to go to a doctor, sweet guy, white haired guy, and he just takes us in, pats us on the shoulder, does his exam and gives us the script and by 30 minutes later he stands there saying bye, as you are all better. We want someone to take care of us.

DR. KEESHA:

They tell you a hug for your wife and say hello from me

TOM:

That's right, exactly right and it doesn't work that way. Your doctors are trained as acute care specialists. All who want to break a leg, you want to see someone who knows how to fix a broken leg, you got a tumor, you want someone that knows how to get that tumor out of there, autoimmune disease, you want someone who knows how to be a Sherlock Holmes and read what's upstream that's contributing to all the inflammation, that's pulling on your chain and the weak link in your chain is where your symptoms are.

DR. KEESHA:

And in every person and this is what the matrix means when Dr. Tom talks about this, in every person this is going to be a different make up and so when we are out looking for the magic bullet or the one thing the smoking gun. It's rarely one thing with our

immunity. This is really a big picture, this is multi-faceted this has everything from physical to mental to emotional to spiritual to how you tell your story, all of that right is the manifestation of your unique genetics, your exposure to toxins, whether it's the kind that you are talking about or the mental kind, and then your ability to detox that toxin. And there you have your unique formula of wellness.

TOM: That's right, that's exactly right, and people don't like to hear this. They want to be taken care of we want to keep our heads in the sand, and be taken care of.

DR. KEESHA: And our insurance to pay for it. This is where I love the word betrayal.

TOM: You can't blame the insurance company, thank you. There is this famous picture, it's called the four horseman. It was taken off the previously famous picture the seven dwarfs. Some pages in the New York times in the 1980s, the heads of the seven tobacco companies, standing before congress, hands on their hearts and they lie through their teeth about nicotine, they just lie to their teeth.

And then a number of years later they were the four horsemen. The heads of the largest HMO's in the country standing before congress. One of the CEOs he actually said it pointblank, he said look, the average that our subscribers stay with us in health, is 2.1 years. And then they changed to try and find a cheaper policy. Why should we pay for something, some prevented care, that is going to benefit then 8-10 years from now, when they are not going to be our client and we are not going to save the money, from someone that no longer requires a surgery at a particular age?

DR. KEESHA: Pause, that is really important for people who like to sink in. That is so important and I think people get so agitated about this and insurance companies are a business. Like if you go into a casino, you already know that the owner of the casino is gambling that you are going to put more money in, than they are going to give you back. That is what insurance is, it's a gamble. And people have this odd thought that they are to take care of our health but

TOM: That's not fair.

DR. KEESHA: So I just wanted to have like a space there for people to let that to really sink in. Because that is important, what you just said.

TOM: That is why you have to be your own Sherlock Holmes, and it really takes a few years to develop the lifestyle that works. And then you just have to be vigilant because things change every day, from chem trials to litter spills or petroleum spills and oil spills and what's in the fish that we are eating now, it's changing all the time.

We have wiped out 57% of things that live in the planet in the last 46 years. And for the first time in the history of the human species for the very first time, every generation has a little higher life, a higher quality life, a little longer than the generation before them. For the very first time the journal in medicine tells us that children born today have a shorter projected life span than their parents. They are going to get sicker at an earlier age, get diagnosed with diseases at an earlier age and die at an earlier age than their parents died.

Take that fact with the wildlife one fact, and imagine where is our species going.

DR. KEESHA: And I want to say we are talking to women right now, and you already talked about why women get more of these diseases. We are the ones that reproduce. The first microbiome comes from us when we have our children as long as we are having them vaginally and not with the c section. So your health as women, I'm talking to our daughters, your grandchildren, this information is to get to them because these diseases, these genetic expression is happening through you.

TOM: That's exactly right. And for young women who are listening to this, I hope you have a way of reaching a lot of them, one of the most toxic substances for a new born is mothers breastmilk. First baby, mothers breast milk. Because all these toxins that a person

has been exposed to for 25 years or so, these endocrine disrupting chemicals, they store in estrogen loving tissue like the breast. And when you start generating breast milk after delivery, the breastmilk is very high in these toxins. Every new born child today that's checked, has on average 186 toxic chemicals on their bloodstream that aren't supposed to be there. Everyone in the US. So it's really important that these younger women, begin detoxing before they get pregnant. Not during the pregnancy. Listen, if you don't detox, it is still more important to breastfeed than to not. Because

DR. KEESHA: Stop there, because that's where I want to make sure what you said earlier was please don't tell people not to breastfeed.

TOM: Oh Gosh no.

DR. KEESHA: Before you plan your children you have got to make sure your body is ready.

TOM: You have got to be ready, because we are killing off the species. I am not an alarmist but this is like wake up. This is not my idea, just read the studies. Now we have 57% of something is gone that lives on the planet. 57% on average, it's gone. We have to wake up.

DR. KEESHA: We are one of the animals.

TOM: We are one of the animals, so we all have to wake up to this and begin acting more knowledgeably. Which means you have to become your own Sherlock Holmes to take care of yourself. Just check out the statistics or check out the facts of what I'm telling you today. Just check it out, you will see.

DR. KEESHA: The Academy for the Management Program that help put certification for the program that I do, it is like there is a little medical detective in a little corner of every slide, and I always say I'm teaching you to be your own medical detective, and then how to help others become their own medical detective because it is so important. One other thing I want to mention is from

Ayurveda medicine perspective, there are six levels of disease progression, six stages. And we don't normally notice when something is going on until we are in stage 4 or 5. That's when you get a diagnosis, a disease shows up at 6. That's where you get your icd 10 code, that you send off to the insurance company.

So really learning like Dr. Tom was saying, those early feedback mechanisms, those early warning signs, your body is talking to you at stage 1,2,3,4 and 5 before you get a diagnosable disease. I said this in another talk so our listeners are hearing it a lot, but they also said 10,000 years ago to look to the help of the frogs. And you are talking about the animals being wiped out on our planet, and this is so important I mean they said this they were warning us ago before we had still towers, industrial pollution and waste you know it's a look to the health of the frogs.

TOM:

Do you want to know if you are being exposed to electromagnetic pollution? Just go to your iPhone and go to settings, and look for Wi-Fi and when you look for Wi-Fi you will see how many wi fi frequencies are bombarding you right now. And depending on where you are they might be 3 or 4 or if you are at a mall they might be 40, you are just being hit all the time with these different frequencies, coming at you and any one of them by itself may not be a big deal. But if you are exposed for an hour, you are not, you are exposed almost 24/7 in your house. Do this in your house and you will see what you are exposed to.

DR. KEESHA:

Its critical mass.

TOM:

Exactly right. We have a little electromagnetic reader that I would give patients to take home. And check your whole house, anything above 3.0 in terms of reading means there is electromagnetic leakage coming. And go to all the switches, go to the outlets, go along the wall, because mice could have been chewing on that insulation, there could be leakage by the windows, to see if there is anything outside coming in like a power thing, and the towers or the poles out there, and just check and see.

And you are going to realize that oh my Gosh, I didn't think I was exposed to so much stuff. There is a new book coming out by Dr. Job Kazano, and it's on toxins. And he has so many good points in this book. For example, it's the accumulation of the toxins that builds up in our body. Whether it is electromagnetic accumulation damaging our brain or whether it is a chemical toxin damaging our bodies, you can see an example, it's such a brilliant example.

When you turn the gas pump on, when you turn the gas, its going into the car, can you smell the gas sometimes? If you can that means you are downstream. And you are breathing benzene. And it's going right into your lungs through the permeable pores into the blood stream, it causes cancer. So if you smell the gas, walk around to the other side of the hose. And so you are upstream. So you are not just there smelling it. It's all these little things that you do. In our immune fix, you are walking in the sidewalk and you walk up to the house, take your shoes off when you walk in the house. Why? Because you are walking in the sidewalk and your neighbor just sprayed yesterday, with round up, very toxic chemicals to kill the dandelions that are growing in between the cracks in the sidewalk, and you walk over it so now it's in the bottom of your shoes, you walk through the house with your shoes, some of that gets on the carpet, your teenage kids are laying on the carpet doing their homework, or your infant children are crawling on the carpet, they are getting round up.

So you take your shoes off when you come in the house not because of some Zen Buddhist thing, it's to keep your house clean. Because we are exposed to so many toxins today. So you will learn about all those kinds of things in my book and your book and betrayal series, you have to be your own detective. You have to put this much attention all the time on your health and your environment. You can't forget about it, you can't no longer think that it's all going to be okay, it's not. You want to be one of the statistics that are abnormally healthy, because no more people getting sick. You have to be abnormally healthy to be normal.

DR. KEESHA:

Thank you Dr. Tom, I appreciate everything you are up to in the world, and how passionately you serve all of us with all of your wisdom and knowledge.

TOM: Thank you Keesha it's a real pleasure to be with you.

DR. KEESHA: Everybody you can get Dr. Toms bonus material on his speaker's area on our website, and just pass this talk along because this is the stuff, this is the treasure he is one of our national treasures I think. Thanks

TOM: Thank you.