

# NATURAL MEDICINE SECRETS



*Live*  
QUESTIONS & ANSWERS  
WITH DR. PETER KAN

HOSTED BY JONATHAN OTTO

# NATURAL MEDICINE SECRETS

*brought to you by* HEALTH SECRET

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# LIVE QUESTIONS & ANSWERS

## WITH DR. PETER KAN

HOSTED BY JONATHAN OTTO

**Jonathan Otto:** All right, here we go. We are live here. Thank you very much for being here everyone. We are excited to have Dr. Peter Kan with us today and we are in for a treat. Dr. Kan is a functional medicine doctor, he's board certified in neurology. He works as a chiropractic doctor and also has fellowship status with the Institute of Integrative Medicine. He also has many other expertise inside of Ayurvedic and Chinese medicine as well as being gluten certified practitioner. So understanding about the role of food and the body.

So Dr. Kan has treated over 5,000 patients, he's seen remarkable results in his clinical practice, and the best part about Dr. Kan is he is an amazing educator. So he's able to help show you guys the ways to go about healing your body from the inside out and understand and overcome the challenges that are in front of you. So I'm really glad to have Dr. Kan on. It's such a pleasure to have you all here. So thank you Dr. Kan for being here today.

**Dr. Peter Kan:** Thank you so much Jonathan, for having me. And it's always a pleasure to speak to your audience and they're just really engaging and full of great questions and look forward to contributing today.

**Jonathan Otto:** Fantastic. Dr. Kan. And then just an acknowledgment for the time zone. We did have a challenge where the timing on the webpage was showing a countdown in 50 minutes. However, the reality is that we are starting now and so it is 3:00 PM so you can expect the regular time of 3:00 PM. So my apologies for the countdown timer. To accommodate for that glitch, that was on our end, we're going to go an extra hour. So instead of just sticking to a one hour for the question and answer, we're going to do two hours so people that were able to get on early are able to watch that.

We're starting now, so obviously get this 45 minutes now and then a full hour starting on the hour at 4:00 PM Eastern, 1:00 PM Pacific time now. So the great bonus and benefit for everyone here is that that means that you'll be able to watch this on the replay. So for those that got on at 1:00 or the 4:00 PM Eastern, you'll be able to watch it all live when you get the replay, which is going to be on the page immediately. So you can watch it anytime. So you'll see this immediately. So as soon as this call ends, you can go ahead and watch this replay, it'll be here, live on the same page, which is [NaturalMedicineSeries.com/protocol](https://NaturalMedicineSeries.com/protocol).

So Dr. Kan is going to be sharing on some important answers to your questions. You'll be able to find answers to your questions in your grocery store, some of the answers are going to be inside your kitchen cabinet, some of them are going to be in removing certain things that are in your refrigerator. But one of the other powerful things that we've seen people get three times the results in half the time has been through using natural powerful plant based medicine through supplementation, both to remove impurities, to detoxify the body, and also to supplant or to replace deficiencies and balance the body.

So with those two parts of replenishing the body, restoring the body, and on the other side, detoxifying the body, we're seeing remarkable results. We wanted to let you know as well about key tools that ... What I'm using and patients within our group and Dr. Kan's practice, some key tools that people are using that are from Well of Life. And so we're going to show you some of that through the call and just show you some amazing discounts and specials that you guys can get, anyone that wants that. And no worries, whatever the case, we're here to inform you, give you the information, the key ingredients so then you can go wherever you like with that information. But we want to make that available to you because some of the things that we may talk about may have certain combinations that you might find that

you one, can't find or you find it too expensive from other places. So it just helps it supplant that challenge that many people face and give you guys tools that are here, that you can use right away.

So just quickly say hello to Dr. Kan and everyone here in the group by simply just dropping a hello into the chat here and let us know where you're from and what you're excited about right now and just drop that in while we're getting started and Dr. Kan and I are going to get into your questions. So I'm going to send you that document now, Dr. Kan.

**Dr. Peter Kan:** I have it.

**Jonathan Otto:** Yeah, you've got it?

**Dr. Peter Kan:** Yep.

**Jonathan Otto:** You've already got it.


**Dr. Peter Kan:** I already got it.

**Jonathan Otto:** Perfect. All right, well then let's get started. I guess Kelly says ... Keith is here from Ohio. We've got LMC, hello. We got JMS from Boston, some real names here. Debbie from Whitby, Ontario, Rochelle or Rochelle from Washington, and then Claudia says hi from District of Columbia, I think there. And then you got Pamela from Austin. Amazing. Hello, Michael and Kathy from Virginia. Linda from Arizona, Anne from Illinois. Awesome. Verna.

Thank you guys for being here and just as we go as well, one thing that I'm going to do is shout out quick for the group as well. If anyone has seen any results or transformation from what you've learnt through Natural Medicine Secrets or if some of you have been using Well of Life supplements or any other natural tools that you've learnt about or some things that you've got to share, things that we might've shared with you that have got results, please just drop that in the chat as well because that's super encouraging for everyone. It helps us to know what's working for you, so go ahead and do that, too. That's a huge gift to me and Dr. Kan, when you share that knowledge and truth of what you're experiencing.

Dr. Kan, let's get started. Let's have a look at the questions document there. What column would you like to get started inside of? And remember for those that want to ask questions, there's a question box on the page. You can just go ahead and submit your question there and that's going to get you to [inaudible] ask your question, then we're going to answer them inside of groups. Dr. Kan and I are going to read out all of the questions within that group. The reason why we're going to do it this way, it's very important that everyone understands this, if we find ourselves always chasing symptoms of one particular person or another, we'll find ourselves going around in circles and we're not actually getting to the root cause of the problem, and so if one person has thyroid disease and another one has thyroid disease or another one has another kind of hormone disruption, many times they all got the same exposure and so it's going to be the same thing that we're going to encourage people to do.

But if we can answer them together, what we'll be able to do is give everyone a better, more comprehensive answer that's going to get you in your right direction rather than just getting you stuck inside of your symptom. And I'll give you a really good example of that. Gale [Gass] had four conditions, five, one that was undiagnosed, one was dementia that was undiagnosed because she couldn't finish her sentences. Either mild or advanced dementia. But the other ones were chronic fatigue syndrome, fibromyalgia, Hashimoto's and Sjogren's syndrome. So for example, for her, what's she going to do? Is she going to listen to five different answers that are going to explain the five different challenges and do five different things? Do you see the problem? It's impossible. She could never do that. So what she has to do is do something that's good for all the conditions and that's what you're going to find in this conversation in this call.



Dianna was the same and she had narcolepsy, and she had [inaudible] which is similar to MS, multiple sclerosis, and she also had some other issues with insomnia and other conditions. Her husband had psoriatic arthritis and arthritis. They both did the same thing and then they got results as well and we've been sharing those results. So that should give you a good example to listen carefully to what we say is the path and the way and not to get so obsessed about your exact diagnosis, because what we're talking about here is due to toxic exposures and what we can do to eliminate them out of our life.

So anyway, it's super exciting. We actually will help you get results. That's what we do here. So trust the process, trust the advice and get amazing results. Dr. Kan, let's get started. What column would you like to go inside of?

**Dr. Peter Kan:** Let's go autoimmune, AIS. Because there's a lot of problem with similar questions.

**Jonathan Otto:** [inaudible] reading through the questions? Just each one and read out their first name and then just the question and then continue on if some of them are ... if some of them you can't summarize, go for it. But otherwise go ahead and just read through them. And then I'll jump in with you shortly as well. But just, if you could.

**Dr. Peter Kan:** Okay. So [inaudible] this, we have probably about 10 people asking the same question here. Can Hashimoto's disease be reversed and how to get off medication and the best treatment or steps to take for Hashimoto's. And then we also have three separate people, Robert, Jen and Tash ask how to heal Crohn's disease. And then we have couple people, Melanie and Diane asking what is the most important thing we can do to heal Parkinson's and what would be a good protocol to help improve symptoms and decrease progression in Parkinson's.

So while we're getting these question is, you know, specifically Hashimoto's and Crohn's disease, which are two different autoimmune diseases. Now, some people might think that Hashimoto's is a thyroid problem and Crohn's disease is a GI problem. It's kind of like an irritable bowel disease, and then your Parkinson is a neurological problem. But when in fact, all three of these have something in common. And what that is is inflammation. So know that when you have autoimmune disease, you have inflammation and they go hand in hand. In fact, the more autoimmune you have, the more inflammation you have and more inflammation you have, the more autoimmune you become. So they are co-activators, so to speak. So really, autoimmune disease is an inflammatory condition. So whether you're talking about Hashimoto's, which is considered a thyroid problem, in reality, it's not. It's an autoimmune disease. It's your immune system attacking the thyroid gland. So don't treat it like it's a thyroid problem. Treat it as an immune system problem. So many people make the mistake and doctors alike make the mistake of treating it as a thyroid problem, meaning you're stuck on the thyroid hormone. "Oh, if I could just switch from synthetic to bioidentical, I'll just do better." Or, "If I could just go from 50 microgram to 75, I'll do better." You know? Or, "If I can just find this thyroid magic, the thyroid supplement with everything in it and iodine, I'll be better."

The reality is that you're trying to target the thyroid when you don't have a true thyroid disease. What you have when you have Hashimoto's, is an autoimmune disease. Therefore, the focus needs to be on the immune system, not the thyroid hormone itself. Now, it doesn't mean you don't need the thyroid hormone. You need to work with a qualified physician and have that monitor. But even if you do need thyroid hormone, that's just one small piece of the puzzle. You still need to detox and change your diet and, and find the root cause. All of these things you still need to do. So don't make the mistake of treating Hashimoto's as a thyroid problem, it's an immune system problem. Same thing with Crohn's disease. Crohn's disease, even though it's an irritable bowel disease, is really an autoimmune condition, where the immune system's attacking intestinal lining. So again, don't treat that as a GI problem. Treat it as an immune system problem.

Now, when it comes to the immune system problem, what are the key things you need to focus on? Remember, what is the job of the immune system? The immune system's job is to survey and destroy. That is its only job. The immune system is there to identify who are the bad guys, the pathogens, and then to kill them, that's its job. And so if that's

its job and you have an autoimmune condition where the immune system's attacking your own body, what can you do to dampen that immune response? Because if your immune system's job is to destroy and it's targeted your own tissue for destruction, that's a very bad scenario. And that's why people with autoimmune disease just feel like crap. You don't feel good. And remember when you have one autoimmune, you can have multiple autoimmune. Once your immune system lost tolerance to your own body and sort of attack your own tissue, there's no stopping it.

It's going to continue to do so and progress unless you address the underlying root cause. And what that is is what I call the toxic load. And when I say toxic load, toxicity, in medical term, means anything that you have too much of, right? It doesn't have to be a toxin. It could be something that you're taking that normally in small amount is okay, but when you take too much of it is bad. For example, like a medication. Let's just say you're taking thyroid hormone and you take just the right ... Because say you have thyroid hormone deficiency, you don't have enough thyroid hormone and you take some to bring you back to normal, that's fine. But if you take way too much thyroid hormone, then that same thyroid hormone that was helping you, now, if you have way too much, becomes toxic for you because you're overdosed.

So this goes for anything, right? Even natural substances and food, you can overindulge in food, that can become toxic for you. So toxicity is not just talking about heavy metals and chemical, but it's really anything that you could be having too much of. So this can include pathogens, bacteria that you have too much of, right? Normally we have bacteria in our bodies, it's called the microbiome, and it lives in symbiosis with us and helps us. And these microbiome are bacteria and organism that's a part of us that's important for us. But what happens is sometimes due to toxicity or various other issue, immune system challenges, you may have bacterial overgrowth. That's when it becomes toxic for you.


So know that, when we talk about decreasing toxic load to help reverse the symptom of autoimmune disease, we're talking about decreasing things like parasites, we're talking about decreasing things like bacteria and viruses and candida and heavy metals and chemicals. So infections and toxins, as well as cutting out food that may be toxic for you. Like for example, if you are sensitive to gluten, then gluten is toxic for you, and I don't care if it's ... how organic the gluten is, if you're sensitive to it, it's toxic for you, right? So a lot of times, people say, " Well, I eat whole grain, seven grain, this is like the best, native wheat," it doesn't matter how native it is. If you have sensitivity to it, then it's toxic for you.

When it comes to autoimmune disease, focus on decreasing toxic load. There's two benefit for that. One, it's very action oriented. It's something that you do to get better, right? And it's not like you're trying to get a diagnosis by running an expensive lab test, trying to get a diagnosis, because after all, if you run tests, the test costs money and even if you test, and you find something, the test didn't fix anything. Now you still got to fix it. So doing something to decrease the toxic load is very action oriented and proactive. The second benefit of that, is sometimes the treatment is the test. Meaning if you do a detox to decrease toxic load and you feel better, that means that was the problem. You have a toxicity problem that you got rid of, that's why you feel better. So the detox can be a test and a treatment and the same time.

That's why Jonathan is so keen on providing you with these tools and products to help you to take proactive measures so that you can do things to actually decrease the toxic load. And Jonathan why don't you kind of tell people what do you have that you offer that can help them with that, to take that proactive step to decrease overall toxic load.

**Jonathan Otto:** Fantastic, Dr. Kan. So just seconding what you're talking about in regards to getting rid of the toxins. One of those major factors that everyone with any autoimmune condition, anyone that wants to be well, so that's everyone, is to get gluten, wheat, out of the diet. So simple step right there, they can then just make such a big difference. And so then if you end up taking something that's antiinflammatory like turmeric, then instead of it combating the inflammation that you've created with the gluten sensitivity of which you can't actually fully overcome, there's no real way around it, you can't add any toxin to your body and think that any one thing is going to remove it entirely. However, then your body can actually start to utilize these plant medicines. That's just a really great step.





To give the kind of advice here that Dr. Kan is giving and helping everyone in this Hashimoto's category, to answer this question, I'll just read out the names of all those that ask the Hashimoto's related question or low thyroid function or upset thyroid. For example, [inaudible] overactive thyroid. But Lauren, Kimmy, Mary, Giuliana, Vern, Agnes, Patty, Sandra, Sylvia, Cathy, Linda, Karen, [Sibyl] or Sibyl, Linda, and [inaudible 00:17:10]. So you guys, amazing that you've come here and I'm so glad that you're hearing this information and I can't overemphasize what Dr. Kan is saying enough. It's super important for everyone in this group to understand that getting off the gluten, getting off the wheat is going to change your life. The other thing that's going to change your life is doing a parasite cleanse. There's multiple places you can go to find a parasite cleanse. So you could look that up, you could search around online, see what's great out there. Obviously, not all are created equal. So you want to look for reviews or look for a source that you trust.

And in line with detoxification, Dr. Kan has talked about to remove the toxins. So something that's going to bind toxic metals, something that's going to get them out of the system, and something that's going to bind as well other bacteria and viral infection. So like a catchall that's going to help with that. And so that's where you're getting into fulvic and humic acids and cordyceps mushrooms [inaudible] and also do dandelion root and cilantro in your food. You could put cilantro in and garlic and parsley, particularly the parsley and the cilantro is going to help to cleanse the liver and the kidneys. But then milk thistle is an amazing one that you're probably not going to get at your grocery store. I certainly have never seen it, but you can find it in good and effective supplements.

So that's a couple of core tools. And then in terms of the programs, we do have some, and during this call we'll make mention of them. We'll we continue on with the call a bit, but then just get that around your head. So if you're battling Hashimoto's then your protocol would be the same in my view as many other people that ... So we're going to keep going through here and we'll answer some more autoimmune questions. But think about the toxic overload, think about stopping the toxic exposures and then think about then removing the habitual damage. And as well, of the people I mentioned, Gale Gass, she was somebody that actually followed the specific advice that we had and in three months she reports that she was asymptomatic on her Hashimoto's and other conditions doing what we said. And that was all the protocol that I just shared. Okay?

So then the next question that people want to get really specific, then what supplement, what, when, and how? We'll discuss that during this call. But I want to just keep for a moment on answering the the core root of this question and shift everyone's mindset. And that should be a huge relief to everyone. Cause and effect, why is your thyroid function low? And soon as that question shifts there, then you're now in a really great place to answer that question and get really great results. But if the only question is how do I bolster my thyroid function, then the only answer is going to be through synthetic or naturopathical bioidentical hormones and that is not the full answer. It's only a small part of the answer. So Dr. Kan, great answers. I appreciate it. Would you agree with what I've spoken about, Dr. Kan?

**Dr. Peter Kan:** Yeah, absolutely. Always be thinking about the mechanism. When I say mechanism, that means how are these symptoms and disease produced? So treat ... and some people say root cause, I say mechanism because it's good to be able to think logically back to how things started. So you're treating things logically instead of just treating something that sounds like good idea.

**Jonathan Otto:** Fantastic, great. And we've seen some more people flood in and we're going to see people flood in in the next 30 minutes. But for those that just jumped in, just know that we are going to continue on this and we have ... Gale is going to be joining us as well, which is going to be fantastic. So yeah.

**Dr. Peter Kan:** Love it.

**Jonathan Otto:** And you just spoke to her last week. What was your impression when you spoke to Gale, Peter?

**Dr. Peter Kan:** Gale ... Was she the first one or second one?

**Jonathan Otto:** She was the second one.

**Dr. Peter Kan:** Second one. Oh my God, firecracker. [crosstalk] going to be in for a treat.

**Jonathan Otto:** Yeah. And it's amazing. That's Dr. Kan's honest reflection of someone. But before this, so like three months ago, you'll hear from Gale herself, she described that she was lethargic and I asked her what was the hardest point of your journey? And she said, "Being so tired and so exhausted that I felt that I could not have enough energy to live and to face another day." So she dreaded the day, and then her personality type is destined for [inaudible] We talked about that on this call that we just did with her. And she loves having fun. And so it was really eating away at the core of her.

So just imagine if somebody had described you before and after, and what would they say about you and for people who are ... You know, she's 69 years old and I mean, Dr. Kan, you thought that she was significantly younger than that from your widened eyes when you found out her age. So it can make you look and feel younger and give people that impression. They feel your energy. That's what you want, you want that kind of story. So I'm going to bring her in and she's going to be excited to share her story because she's just amazing and it's going to help everyone in this group. Just trust me on that. This is how you get transformations. Dr. Kan, hearing other people's successes, do you think it makes a difference for people?


**Dr. Peter Kan:** Yeah. When you hear other people succeed, what that gives you is hope. Hope is seeing someone else struggling with the same problem as you and they overcome it so that you may overcome it, too, because you're not alone in this journey. So yeah, absolutely, seeing ... And that's why community like this is so important and you know, bounce the energy off of each other.

**Jonathan Otto:** Amazing. All right, so great. Dr. Kan, let's go over and see if we can laser through some more of these. We got how to heal Crohn's disease. And that question has been asked to us from Robert L., Jen, and Tash B., and then as well, we've got two people, Melanie and Diane, who are asking, what is the most important thing we can do to heal Parkinson's and what would be a good protocol to help improve these symptoms and decrease the progression of Parkinson's? So I'll let you answer these two groups of people here in regards to Crohn's disease and Parkinson's disease, Dr. Kan.

**Dr. Peter Kan:** Yeah. As I said earlier, Crohn's disease is also an autoimmune disease. So think about reducing toxic load. Now, specifically, the underlying root cause for Hashimoto's, it's going to be like everything, right? It could be toxins, it could be a food, could be infection. Same thing with Crohn's. Could be a food, could be toxin, could be infection. I do see that there's distribution, okay, of more people with Hashimoto's that I see have this viral infection patterns, right? It doesn't mean everyone with Hashimoto has it. I'm just saying in my own experience, what I have found in my clinical practice is a lot more people with Hashimoto have some type of underlying viral issue as well as certain type of chemical toxicity, specifically heavy metals. I see that more frequently Although there could be people with Hashimoto that have other other problems such as bacterial issues, gut problems, any number of things.

Now, with Crohn's disease, what I see is on that side, a lot of people have underlying gut infections with Crohn's disease. This could be parasites, this could be bacteria, fungal. This is what I have found. Some people, we also find certain toxic residue in the large intestine as well, such as from antibiotic, such as from the medications, and pesticides. So when we do certain testing and we're able to isolate that. So those are the patterns, right? Now, again, do you have to know that in order to fix it? Not necessarily. Like I said, when you're reducing toxic load, and you do it in a broad general way, you're going to be able to detox all of these categories and that's what you want. You want to kind of just cleanse everything and you'll be able to decrease the toxic load and reduce the immune reaction against your own body.





Again, the key to autoimmune is how do you reduce the immune reaction to your body? And the way you do that is by giving your immune system no reason, no excuses to attack your own body. Remember, immune system's job is to survey and destroy, so if you remove toxins, then there's nothing for the immune system to target, then your immune system calm down several notches. That's how you reverse these things. Okay? Now when it comes to Parkinson's disease ...

**Jonathan Otto:** Dr. Kan, have you seen cases of Crohn's being reversed clinically?

**Dr. Peter Kan:** In my own practice. Absolutely. You know, after going through ... In fact, I have a patient who he was taking biologics, he was taking Humira and it didn't work for him. In fact, he tried two different type of biologic medications and it did not work for him and then he had to take steroids. He was on chronic steroid use for like a year just to control his bloody diarrhea and loose stool until he came to me and we were able to, through a process of ... By the way, this person is an engineer, he's like, check the box, very stringent with his diet. He was already eating pretty darn good. He came to us, we took out a couple of extra things and then ... But it wasn't really the diet in my opinion because he was already pretty much there. It was really just supplying his body with certain nutrients that help balance his immune system and then [inaudible] the detox is really the part that really made a big difference for him. We found, again, for this person, there was heavy metals, there was gut infections, like parasites and candida.

You know, it's always work in layers, right? It's layers of stuff. So it's not like you go in and throw a grenade in there and blow everything up. You've got to peel off the layers one layer at a time as the body progress. So there's a specific way you go about that and when you do that, you get a better result. Now some people, they go too aggressive, they do too much at the same time. That can cause problems because people with autoimmune, if you ... being too aggressive with certain therapy or take too much supplements, that can actually create some immune reaction. So again, this is where you want to take it in a safe and specific manner, and that's the best course for people with autoimmune.

**Jonathan Otto:** That's great feedback. So again, here, the commonality here of what Dr. Kan's talking about, the types of things people do, it's not just getting off certain foods, like a typical one that's inside functional medicine, get off gluten. It will make a difference with Crohn's in a big way and many other gut related infections and disorders. However, if you can get through these other layers, then you're talking about a whole new story, a whole new set of results. And it's totally ... That's why I love Dr. Kan, his work, he gets results and these are the types of things that you need to do. Everyone needs to do, whether they're in a state of having a chronic condition or even if they're in a state of, they believe, well.

But a lot of people that are very well all of a sudden get a chronic disease diagnosis, all of a sudden, that was asymptomatic. That's why the principles that we're talking about are the exact ... They're the exact thing that you would do if you were 100% well, you had zero symptoms and they're the exact thing that you would do if you had one or more conditions that were varied. The only things that vary for example, would be like, if you have low kidney function, then you need to have a diet that has almost no salt in it.

So there's certain variables for certain conditions where you're about to have organ failure, but outside of that, you're really very safe when you do a detox, when you're supporting your digestive system, and especially your elimination organs, including your liver, your kidneys, and your colon. As long as you're supporting your system and you're working slowly and you're not trying to bombard your system and create a [inaudible] reaction, a healing crisis, then you're doing that safely and that's what we're going to be advising. So we'll get more specific, but we need to keep going here. So you're answering the questions in regards to Parkinson's, Dr. Kan?

**Dr. Peter Kan:** Yeah, so Parkinson is due to a neurodegeneration. So the neurons, the brain cells, surrounding the midbrain, mesencephalon, there's an area called the substantia nigra in your brainstem. That-

... area called the substantia nigra in your brainstem. That part of your brain is a primary dopamine producer, these neurons make dopamine, so that's where dopamine come from. If that area of the brain is degenerated, meaning that neurons no longer viable, no longer alive, they're degenerated, meaning they're literally gone, then you're not going to be able to make enough dopamine to support bodily function, and dopamine is really important in regulating mood, such as giving you that drive, giving a sense of pleasure. When you're in love, it's like the dopamine is firing off, so you feel the sense of love. When you eat chocolate, it fires out dopamine, so you get that sense of pleasure. Also, on a negative side, when you ... people abuse recreational drug, like cocaine and things like that. They also hit off dopamine, so it makes you get addicted to those drugs.


On the other hand, besides just these cognitive and mood control, dopamine is really important in motor control. Controls eye movement and muscular function. So when you have loss of dopamine, you can't control your muscles, so people with Parkinson have shuffling gait, they get the tremor, specifically the pill rolling tremor. Not an action tremor. So there's different types of tremor. An action tremor is where you pick up a bottle of water and it shakes when you pick something up. But if your hand just at rest, like resting on your lap, there's no tremor. People with Parkinson have a tremor that's even happening at rest, and typically it's a pill rolling tremor, meaning it looks like you're rolling a pill in your finger, so typically tremor like this. Then the gait is shuffling, because they can't take big steps. If you tell them to turn around, it's hard to turn and make sudden changes in movement because they lost the ability to gate the movement, to start and stop. These people struggle mightily and get to the point where they're basically disabled.

Now, the thing with neurodegeneration is that the reason it's called that is because you're losing brain cells. Their brain cells degenerate. If you lose enough brain cells, then you lose function associated with those brain cells. With neurodegenerative disease, there is a point of no return, right? We always want to give people hope, but we also want to tell people that "Hey, early early early treatment is much better than just recognizing it way, way, way too late." The problem is current medical model for Parkinson, dementia, Alzheimer, all these neurodegenerative disease, they don't diagnose you until you're way deep into the disease process. By then, you already lost enough function. By the time you can see the tremor, that's already like, stage six out of eight. It's too late. You don't want to wait. You have to address these things early.

Now, some of the very earliest symptom of Parkinson is not what you think. By the time tremor show up, it's already late into the disease process. Some of the earlier symptom of Parkinson is actually loss of smell, shoulder stiffness, constipation. Those are the three of the earlier symptom of Parkinson. Now, you say like, "Heck, shoulder stiffness, I just worked out yesterday, does that count?" No, we're talking about you're just stiff for no reason. It's just like, you're stiff, right? That could be ... that doesn't mean always is, but it could be. Loss of smell is also one of the earlier signs of Alzheimer ... I mean Parkinson, as well as having constipation. Those are things that you want to look out for.

Now, what causes it? You know, the person's question is actually ... they ask what is the most important thing we can do to heal Parkinson? Well, the most important thing you can heal Parkinson is not get it in the first place. Okay, and how do you not get it in the first place? Realize it's a neurodegenerative disease, so you have to ask question, "What cause neurons to degenerate?" Neurons degenerate because they lack fuel or activation or they're inflamed. Those are the three things that will cause your brain cells, any brain cells, to degenerate. You don't have enough fuel, fuel comes in the form of oxygen and glucose. So neurons' preferred source of fuel is oxygen and glucose.

What that means is if you have poor circulation, your blood pressure is either too high or too low, both are bad for you, you have cold hands, cold feet all the time, and you have history of anemia, if you're anemic, you're not going to be able to deliver oxygen to your brain cells. Those are all going to put your brain cells, your neuron health, kind of behind the [inaudible 00:33:44]. Then glucose means fuel delivery. That's determined by your diet to a large extent. Meaning if you're constantly eating sugary stuff and carbohydrate food and you don't balance it out with healthy fat and fiber and quality proteins, your blood sugar is going to get a little out of control, and it doesn't have to be diabetic for it to



cause problem for you. All you have to do is actually have insulin resistance. Insulin is a hormone produced by the pancreas to regulate your blood sugar level, and some people have insulin resistance without having high blood sugar.

So clinically speaking, you know you have insulin resistance patterns if you feel sleepy, drowsy, tired 15, 20 minutes after you eat a big meal. If you notice like, you get sleepy after you eat, then you have some degree of insulin resistance, even if your blood sugar is not really high. That's something that needs to be managed because that's going to affect fuel delivery to your neurons, your brain cells, and that's going to again, put your neuronal health in the backseat. So that's fuel. Next thing is activation. Well, that means you have to activate your brain cells. Your brain cells stay alive by being activated. Neurons are different than other cells in that they fire, right? The purpose of a neuron is to relay one message ... to relay message from one brain cell to another brain cell.

Remember, we live our lives through our brain. We experience our life through our brain. Right? We have these five senses, we're taking environmental input, either temperature, heat, touch, sound, taste, hearing, and then we take that information and brain says, "Oh, I need to run away from danger, I need to go to our food, I need to find a mate." Then you generate a motoric response, a motor response, a muscle action to pick up a cup of water so you don't dehydrate, to pick up some food so you don't starve to death, to run, to do things. Right? So it's all about brain cells relaying message from the environment that I'm touching something and sending a message out from the brain to affect some kind of muscle action. Now, the muscle could be voluntary muscle or involuntary muscle, like digestive muscle, right? For you to have peristalsis to push food through. That's an involuntary muscle activity relying on brain function.

Your brain cell has to be activated in order for them to work, because that's its only job, is to activate, activate, activate, to send signals through. So you have to constantly activate your brain. How do you do that? One of the best way to do that is through physical activity. Turns out that exercise is one of the best ways to activate your brain. "Wait, really? I thought it was like, playing chess or doing Sudoku or word problems, or math problems." No, physical activity is one of the best way to stimulate the brain, because for you to move, it requires tons of activity, activation of certain neurons and pathway for you to generate that coordinated movement. So a physical activity and movement and exercise is one of the best things to stimulate the brain. Then of course, you can still do things like creativity, do art, do something that's novel, learn a new language. All these things help, too, but don't forget about physical activity.

We talked about fuel and activation. The third requirement of a neuron is it has to have no inflammation. If your brain becomes inflamed, brain cells die. Brain cells are very delicate, they work with a very tight range of energy and pH and all that stuff. Any time we have inflammation, or your blood sugar is low or high, because you're eating in a certain way that doesn't promote blood sugar stability, or your oxygen level is low or high because you're anemic or you have blood pressure problem, your brain cells just struggle really fast. When brain cells struggle, they start to become unstable. When brain cells become unstable, then they don't fire off their signal very consistently. If it's a cognitive type of brain cell, then you're thought's going to be unstable. You can't focus, you can't concentrate, you have memory loss.

**Jonathan Otto:** Dr. Kan, sorry.

**Dr. Peter Kan:** Your connection is slow. Yeah?

**Jonathan Otto:** Fantastic, no, thank you. It's really great feedback, and so for everyone that's listening, if you or a loved one has Parkinson's or a similar condition, what Dr. Kan is talking about is getting the body to function in its most original, perfect state, outside of your toxins, the accumulation of all kinds of byproducts that due to living in a toxic environment, having toxic exposures through food. Cleaning the diet in the way that was spoken about through Natural Medicine Secrets, taking some of the things that many people are deficient in.

So in Parkinson's we have cases like people like Dr. John Gray, who had Parkinson's, and he's a New York Times best-selling author, probably one of most well known natural health experts that was on TV for many decades. Well, a couple



of decades there, with his career. What he did was he substituted ... he supplemented with lithium orotate, not to be confused with the drug lithium. So it's a plant based, natural lithium orotate that's over the counter, Amazon, any place like that, with zinc, magnesium, and it was just those core building blocks, zinc, magnesium, potassium, some of the missing nutrients that most people are deficient in, especially the lithium orotate. He was able to put his Parkinson's into remission using that. He used adaptogenic herbs, and he also used a meal replacement shake, or it wasn't necessarily ... it was a nutritional shake that made a major difference in his life and his health.

That's one example, but what you really want to do with all kinds of conditions is the thing that is a safeguard against relapsing or getting ... not having these deficiencies is really to remove the toxins. Because a lot of what's creating the toxicity or the deficiency is the toxicity. Parasites will deplete minerals, toxins will effect mineral absorption, and the list just keeps going on. That's a really great way to approach this, we'll continue on with questions.

The other thing, just want to address everyone that's just coming to the group right now, we just had a whole bunch of people that just come in in the last 10, 20, 30 minutes, and so for all of you, I just want to let you know that we did have an issue with the clock, the time that it set, but it's actually a benefit to you. Here's why it's a benefit, because we are going to go an extra hour, so we're not just having one hour, we're doing two hours, and you're getting this recording live, so we will be going through the questions. So all you need to do is just like, you can listen back to the recording immediately. It's going to be on the same page, which is [NaturalMedicineSeries.com/protocol](http://NaturalMedicineSeries.com/protocol). The recording is going to be up there immediately after this call ends, so you won't miss a single second.

You haven't missed anything, and on top of that, because we made that mistake, we're going an extra hour. Don't worry, it's going to be amazing, we're going to get so much value. Give me a hand up if that makes sense and if that sounds good to you and feels good to you, just hit the raise hand [inaudible] it's down at the bottom, it's near the Q&A box, polling, you'll see a hand. Yes. Hands up, thank you, we've got 50 hands up right now. Does that sound cool? It makes sense? You guys appreciate that? You guys appreciate Dr. Kan, his answers? Hands up. Any other feedback, just drop it down in the question section, we're reading this as we're going. When I say that, I mean, ask your questions inside of the questions box that's on the page. Any other feedback as we go, like, I know that many people want more specific advice, we're going to go there, so don't worry about that.


But we want to get the principles out here, and so we're going to go to another category here. Let's go to depression and anxiety, we've got a lot of questions in this. We have depression, anxiety, and even dementia, is covered in here. Jump over to that column there. These people, Monica, Barbara, and Joyce, we hear you, you're asking a question in regards to treating [inaudible] ... you're asking to treating bipolar and schizophrenia. Sorry, I obviously joined those together when I read that out. Bipolar and schizophrenia affective disorder, homeopathically without chemicals. That's a question there. Then the next question there, do you want to read that one out?

**Dr. Peter Kan:** From Elaine, how to prevent and treat frontal temporal dementia.

**Jonathan Otto:** Yeah, and then from Lucy and Marie C., the question is treatment for constant anxiety and depression, what's that treatment? What's the best tool or protocol?

**Dr. Peter Kan:** Cindy W. asks "Can brain inflammation be reversed?" Great question.

**Jonathan Otto:** Great. Then Heather H. and Chris are both asking "How can I treat brain fog?" The reason why I wanted to read these all out, because some of these questions are interrelated, even within ... even though they're already summarized. I'll let you answer these questions how you would like, Dr. Kan, but if you want to ... What I would like, Dr. Kan, is if it's possible for you to kind of dive into their specific recommendations. Knowing that so many people have got a lot of different explanations inside of the series, now they're interested in saying like, "What do I do? Okay, do I need to exercise 60 minutes a day? Okay, done. Okay, I need to do juicing? For how long? A week? Okay, done."



You see what I mean? Then to bullet point it out, so then that way people writing ... And people should be writing for the sake of other people, or just kind of writing down the answer to this.

I think everyone has a certain amount of depression and anxiety, it just depends how high or low it is. Everyone battles with some aspect of that, so how do you make it better, everyone should be listening to this very carefully. So Dr. Kan, then you can just bullet it out like, even if for example, if it's parasite cleanse, it's heavy metal detox, you can just ... you list those out, so people know that they've got them on their checklist. Then that, also when we get to the end as well, where we get more specific, then people will know, "Okay, well, I asked a question around depression," or "that was important to me, I have these bullet points here of the things that I believe I need to do to combat this, and here's how this coincides with more descriptions or advice that you have."

**Dr. Peter Kan:** Sure. Depression and anxiety is very much related to brain inflammation. These question of brain fog, brain inflammation, depression, anxiety, is really all very closely related. Even with frontal temporal dementia. As I mentioned earlier, dementia simply means that you're losing brain cells, it's a neurodegenerative problem. So the question is why are you losing brain cells? Again, inflammation's a big piece of it. Earlier, I said brain cells require no inflammation, so you really got to address that. For anxiety and depression, a lot of people tend to think that there's a neurotransmitter deficiency, a chemical deficiency within the brain, and so for anxiety, the neurotransmitter involved might be GABA. GABA is a neurotransmitter that help you to stay calm, it's an inhibitory neurotransmitter, and if you have a GABA deficiency, you might experience anxiety, although there are other neurotransmitter that can also co-contribute to anxiety, but GABA certainly is the main one.

In depression, there's two different types of depression. There's that sad, blue, teary, crying kind of depression, which is more like a serotonin depression, and then you have your hopeless, lethargic, there's no motivation, don't care, that kind of depression. That's typically more of a dopamine depression. Depending on what type of depression, then you might support it with different neurotransmitter support. For example, get anxiety herbal-wise, you can take things like valerian root, you can do things like passionflower extract, these are herbs that support GABA pathway. They have a calming affect on the neurotransmitter. Then as well, as far as serotonin deficiency, to support that, typically 5-HTP, which is a natural compound, comes in food, is a precursor for serotonin, so you're easily able to find 5-HTP as a supplement, and then as well as St. John's wort is a natural herb that support the serotonin pathway.

If you have a dopamine type of depression, then you're going to want to use other things, specifically Mucuna. Mucuna pruriens, M-U-C-U-N-A, is a herb that has affects on supporting dopamine level in the brain, and so that's a classic one as far as neurotransmitter support. But again, what you want to do with anxiety, depression, any of these symptom, is identify the root cause, right? You can certainly do treatment for the symptomatic treatment of anxiety/depression, treat the root cause. What's the root cause of anxiety/depression? A common root cause is inflammation.

That's what someone asked, Cindy W. asked, "Can brain inflammation be reversed?" Know that brain inflammation can lead to depression, in fact, in the scientific literature, now there's this called cytokine model of depression. Cytokine meaning cellular messengers that trigger inflammation, so cytokines are inflammation messengers or inflammation. Cytokine model of depression states that inflammation is what leads to brain cells to not able to communicate with each other, and therefore, that leads to the depression feeling. If you want to reverse depression, you might need to address the inflammatory piece. The question from Cindy is, "Can brain inflammation be reversed?" Yes, we do it all the time in my practice. It's all about ... Again, there's two prong, right? One prong of this approach is to directly address the inflammation itself.

Now, with the brain inflammation, it's interesting because there are a lot of anti-inflammatory herbs out there, but not all of them cross the blood-brain barrier. Specific types do. For example, bromelain, bromelain is a proteolytic enzyme and that's been used as an anti-inflammatory agent for people with inflammation. But bromelain does not cross the

blood-brain barrier, so it does not have much effect on brain inflammation. Things like, that does cross, are things like curcumin from turmeric. That crosses the blood-brain barrier. Things like baicalin, B-A-I-C-A-L-I-N, or skullcap extract, can cross the blood-brain barrier and have a nootropic effect on cognition. Things like apigenin, luteolin, catechins, these are typically flavonoid compound, apigenin is an extract from chamomile, while luteolin is an extract from [inaudible 00:48:27], catechin is an extract from green tea. So green tea contains EGCG, that's the part of green tea that kind of helps with antioxidant activity. It's used in weight loss as well. But catechins is another part of active ingredient in green tea that actually can dampen inflammation in the brain by crossing the blood-brain barrier.

Those are some of the tools that you may use to decrease the ... to treat the inflammation itself. But that doesn't treat what's causing inflammation in the first place. What might cause inflammation in the brain would be things like food sensitivity, like gluten. Gluten is known to trigger leaky gut, and therefore, cause brain inflammation. Remember, there's that gut-brain connection. Your gut's inflamed, your brain's inflamed. So food can play a role in this. Then you have things like heavy metal toxicity. Mercury is one heck of an antigen for the brain. Antigen meaning something your brain is attacking, it sees as a bad guy. Mercury stimulate a heck of a immune response in the brain. It's very toxic for the brain. So heavy metals definitely can cause inflammation. There are other chemical that can cause inflammation in the brain, and then even infection. So things like viruses, like [inaudible] virus and so forth, and different herpe family virus has the ability to get into the nervous system and cause problem in the brain. These are all things that you want to work on and detox, as well.


Now, and then this leads into another question, brain fog. Again, brain fog is a symptom. It's a symptom of brain inflammation. If you're someone that struggle with brain fog, then just go ahead and say, "I have brain inflammation." Because it's basically a one to one equal sign right in between those two. Then if you have brain fog, you need to be concerned about brain inflammation because remember, brain inflammation damage brain cells, and that can lead to dementia. So that leads into the question of Elaine, asking about how to treat frontal temporal dementia, you need to address inflammation before you have frontal temporal dementia. If you already have frontal temporal dementia, dopamine support, as I mentioned earlier, may be very helpful. But really, you need to work on the other parts of it, like stabilize blood sugar, make sure fuel delivery's working, make sure your gut is healthy, and no inflammation. Okay?

The last question here on top was treating bipolar schizophrenia or affective disorder homeopathically, without chemical. I mean, if they're asking me can that be done, or is that effective, yes. Homeopathy is something that I do in my practice. We do a very specific test called bioresonance test, and we create customize homeopathic remedies to detox very specific things, but that's beyond the topic of this discussion. But yes, homeopathy can be an adjunct. But again, it's kind of like, if somebody wanted to lose weight, do you just do a diet without exercise? No, you got to do diet and exercise. In a holistic, comprehensive program, you might want to detox the metal, work on the parasites, stabilize your blood sugar, cut out the processed food, right? All of that's important.

Homeopathy and supplements, they're just part of that puzzle. Everybody's puzzle's slightly different, although the principle's the same. These are just tools. Think of supplements as tools. Think of homeopathy as tools, right? But the right tool depends on the right situation. Now, if you're doing a general detox, then you can cover a lot of ground by working on the parasite and detox metal. If you go through those things, you're basically catching 80% of what most people have, and you're going to do very well.

**Jonathan Otto:** Fantastic, Dr. Kan. That's great. Again, for everyone that just jumped in the group, fantastic, than you for being here. Excuse me, I just swallowed some air. So we're really excited to have you all here, and we are going to continue on here, and Dr. Kan is answering questions. We're going to go into the next category here. For those that just got in, know that the replay of this call is up immediately, so as soon as this call ends, and because there was a little glitch with the clock, that we've gone an extra hour, so if you've just come in the last five minutes, we're still going to go a full hour here, and then you're getting an additional hour that's in the recording as well. And some people





were able to join us for that, and we'll make sure that you've got notice and I believe our next month's call will be 90 minutes, and so you'll be able to enjoy that. We're going to go above and beyond here, and go above the on hour that we promised with the question and answer session, so I'm really excited about that. So just come inside here, we're going to jump through and go through the next set of questions. Do you feel like you got all those, Dr. Kan?

**Dr. Peter Kan:** Yep, we hit that.

**Jonathan Otto:** Yep, you got that whole category.

**Dr. Peter Kan:** Yep.

**Jonathan Otto:** Yep, fantastic. So then, let's just have a look around here. I'm trying to go in the categories of which we had the most amount of questions. I'm seeing in women's health, we have a few here. We have a few in ... This one's probably a short answer, this is Ian T. So treatment for vertigo and tinnitus and [Giselle] is asking this, Rose, and Cheryl. They're curious about treatment for vertigo and tinnitus. What would you say to that, Dr. Kan?

**Dr. Peter Kan:** Yeah, vertigo and tinnitus is two separate problems. It's actually a different part of the nervous system altogether. Vertigo is when you experience spinning, right? Now, some people confuse dizziness with vertigo. Dizziness is not the same as vertigo. Dizziness just feel like ... you feel dizzy, lightheaded, you feel like you're going black out. Vertigo is where you actually feel like the room is spinning, or you're spinning. Now, vertigo, if it's actually the spinning type vertigo, not the dizziness, which is ... that actually could be a blood pressure problem, could be Pott's, could be other things. Vertigo is a problem within the vestibular system. Now, that could be in the inner ear, but that could also be cerebellum, in the back part of the brain, could be even in the brain itself.

Most times when people have vertigo, it's being treated as a peripheral problem, like BPPV, benign positional paroxysmal vertigo. That's the most common type of vertigo people will experience, where a crystal becomes loose in the inner ear canal and causes a spinning sensation and a repositioning movement can help with that. You can literally look up videos online and find help with that, as well as a PT or chiropractor, they'll be able to help do some neck repositioning and reposition the crystal. Now, if you do the BPPV, and you're still having vertigo, then your problem is not this crystal that's loose in your ear. That may be some other issue.

Now, a lot of people have vertigo due to an autoimmune problem. You can have autoimmune attacking the inner ear apparatus or autoimmune attacking more commonly, the cerebellum, which is part of the brain in the back that controls balance and coordination. This is very common among people with autoimmune. In fact, that cerebellum tissue is a favorite target for autoimmune. When people have Hashimoto's, celiac, and gluten sensitivity. These things are highly correlated with people with autoimmune attack to that part of the brain, and leading to vertigo. That's why when I hear people with vertigo, I'm always asking, "Is it a structural problem? Is it an inner ear problem? Or is it an immune system problem, like autoimmune?"

If it is, what's the treatment for it? Well, if it's an autoimmune problem, you treat it like any other autoimmune, right? You decrease the toxic load, you may have to balance your immune system like for example, people with autoimmune need vitamin D at a pretty high level. You need to get it up to the higher end of that normal. Western medicine make vitamin D out to be like, "Oh, you don't want too much." Well, they're recommendation's way too low for optimal, especially for people with autoimmune. So vitamin D's important. Glutathione might be really important. Fish oil might be important. Those are just basics, but again, you need to always look at decreasing what's triggering this. For people with vertigo, gluten is a big one.

Tinnitus is a separate problem. It's not a balance issue, tinnitus is ringing in the ear. Now, it could be a high pitched ringing, could be a whooshing sound. Tinnitus is typically a problem within the auditory nerve. Now, the auditory nerve

and the vestibular nerve, [inaudible] they kind of run together. In fact, it's kind of the same cranial nerve that go into your brain. They run together, but they're two separate nerves. If you have tinnitus, that may be due to hearing loss, early stage of hearing loss, a lot of time, how hearing loss show up first is that you hear this ringing in your ear. Now, it could be medication-induced. There's a lot of antibiotic that are ototoxic, meaning toxic to the ear. If you take certain medication, that could be a side effect of the medication. Certain toxicity issues, environmental toxin, could be toxic to the ear. Bottom line is the inner ear, the nerve that transmit auditory message, as well as the nerve that transmit this balance signal are very sensitive to damage.

That's why medications, toxins, alcohol, when you're drunk, intoxicated with alcohol, you feel spinning, right? That's vertigo, because alcohol is a toxin for the cerebellum and vestibular nerve. What's the treatment? You need to find the cause. If it's BPPV, structural problem, go see a doctor who can help you do repositioning. If it's autoimmune, got to cut out gluten, you got to heal the gut, you got to address underlying autoimmune root cause. If it's tinnitus, rule out hearing loss, and if it's drug-induced or other things induced, then you got to do a good detox protocol to get rid of whatever toxin that may be in your system that's causing that.

**Jonathan Otto:** All right.

**Dr. Peter Kan:** All right. Next category.

**Jonathan Otto:** Fantastic. Yes, let's go into the next category. Let's go into, we could go into neuro, we could go into detox, go to liver bladder. Do you want to read the liver bladder questions? We just got three there.

**Dr. Peter Kan:** Sure, yeah. So Sherry asks, "Is there protocols for interstitial cystitis?"

**Jonathan Otto:** Yep. And then we have ...

**Dr. Peter Kan:** Marcia.

**Jonathan Otto:** Yeah, Marcia, "How to treat a sluggish liver and thyroid issues? Where do we begin the health journey?"

**Dr. Peter Kan:** Great. And then, last question from Marissa. "What is a [genyle] way ..." Gentle way, I'm going to assume, "a gentle way to detox a body with liver disease, including cirrhosis and ascites." And those are the questions. Okay. Interstitial cystitis is where you have inflammation of the bladder. This could be very chronic for people. They'll get chronic pain in the bladder, frequent urination to the point they're maybe going to the bathroom 30, 40, 50 times a day or a night. They can't ever get really far from the bathroom. They have to always go, they have the urge to urinate, and it hurts when they urinate. Now, remember, the bladder is one of those hollow spaces in the body. There are several hollow spaces in a body, one being sinus cavity, your lung is a hollow space, your gut, the tube at the stomach is a hollow space, and then your bladder is a hollow space, and even the vaginal tract is a hollow space.

These hollow spaces have this lining that lines those spaces, and that lining of those hollow spaces actually can produce its own immune response. What happens is these linings actually are functionally related. What that means is if someone has chronic sinusitis, well, you're usually looking at, okay, where else is it coming from? Might they also have some kind of lung inflammation, or some gut problem? And if someone has chronic respiratory issues like asthma, which is an inflammatory condition of the lung, of that sinus, of that hollow spaces, then we're always asking, "Okay, what else is going on in other hollow spaces, specifically the gut and otherwise?"

When someone has interstitial cystitis, what's bladder, it's not necessarily the bladder, right? That's where the symptom is, but that's not necessarily where the cause is. For a lot of people, the problem may be in the gut. As you know, they say all disease begin in the gut, and this is one of those cases where it can. I have managed a lot of people with interstitial cystitis. Some are just purely gluten sensitivity and they cut out gluten, they're much better. Other people,

it's autoimmune related. Not that interstitial cystitis is officially an autoimmune disease, but they have some autoimmune reaction within their body, and then that interstitial cystitis is just one manifestation of that.

Now, remember, earlier I said autoimmune disease is an inflammatory condition. When you have chronic inflammation due to autoimmune disease, your immune system kind of gets beat up a little bit. A lot of people with autoimmune disease and chronic inflammation have this weakened immune function, so then they can't fight off the infection that normally would be able to fight off, so now you're catching everything. So maybe you're wondering, "Why am I catching everything?" You didn't catch everything. They always been there. It just your immune system was able to fight it off, but now it can't because you're chronically inflamed.

Why are you chronically inflamed? Why is your immune system not doing its job? Because of toxic load. So back to toxic load, because your immune system is constantly trying to survey and destroy. If you have just all these toxins that's entering your system in food, infections and toxins, your immune system's just try to shoot everything that's coming in. Eventually it can't, and it's going to create this weakness, and also this autoimmune process.

What's the protocol for interstitial cystitis? People say, "Oh, take a cherry extract," but that's going to be very limited. Cranberry, I'm sorry, not cherry. Cranberry extract, right, for UTIs. That's going to be very limited utility for people with interstitial cystitis. Usually that's not strong enough. That's not what the problem is. If you have an infrequent, like a UTI, once in a great while that happens, the cranberry juice and cranberry extract might help, but for people with interstitial cystitis, usually there's a chronic inflammatory condition that's underneath that, so we've got to address that.

**Jonathan Otto:** [inaudible 01:02:41], Dr. Kan.

**Dr. Peter Kan:** Yeah.

**Jonathan Otto:** Cool. How are you going with that one? You think you got it?

**Dr. Peter Kan:** I got the cystitis. You want me to continue with the other two questions in that category?

**Jonathan Otto:** Sure. Yes.

**Dr. Peter Kan:** Okay. How to treat a sluggish liver and thyroid issue? Where to begin a health journey? Well, you came to the right place. We're all about autoimmune here, and most people with thyroid problem have autoimmune. So how do you address autoimmune? Decrease toxic load. Where does that start? Maybe the liver. So how do you do that? You got to detox the metals, environmental toxins. You've got to support the immune system.

Remember, part of the detox process is not just pulling out the junk. Part of the detox process, as you're pulling out the junk, the toxin, as it's transition from being found to being converted to being eliminated, it goes through different phases. It's kind of like a product in a factory being made. It goes through different phases before it's being made. Well, a toxin gets processed in the body before it's completely eliminated. That process of making this toxin less toxic on the way, there's intermediate steps where the toxin actually is not completely detoxed yet, they actually become more toxic. That's why antioxidants are so important. Supporting in the inflammation and immune process is really important. A good detox is not just about, oh, taking stuff to bind to the toxins. It's also about fish oil, it's also about vitamin D3 and K2. That's what makes a really solid detox program.

Again, Jonathan has created tools that makes this easier so you don't have to go look around and put stuff together, because left to your own device you might have to buy like 30 different bottles to accomplish the same thing. Jonathan has done the work for you and done his research and his homework and put together a really good solid protocol that I can say that I align with and I support and I endorse.



The last question is, what's a gentle way to detox a body with liver disease? Again, same answer as how do you deal with a sluggish liver. What you don't want to do is be too aggressive with it. So a gentle way to detox the body, that's the question. That's what we're talking about here within the Well of Life product line, and the approach is really what we're after. So yeah, absolutely. You're in the right place.

**Jonathan Otto:** Great, Dr Kan. What I'm going to do is, it'd probably be the right time to show people what we're talking about with this protocol so people can understand what we're talking about in regards to healing. Would you agree?

**Dr. Peter Kan:** Yeah, it's a good segue here. Since we're talking about tools, let's show them the tools.

**Jonathan Otto:** Yeah, fantastic. I do believe, actually, during this call we're going to be able to get through each and every one of the questions, which is great. And I think that after I explain some of this, then when Dr. Kan answers the questions, then he can say specifically like, "This would be a great all round bundle for you, but if you're going to try something even smaller, here's a smaller bundle that could be effective for you if you want to just get started and you've got a limited budget." Does that make sense, Dr. Kan?

**Dr. Peter Kan:** Yeah, yeah.

**Jonathan Otto:** Fantastic. Having a look here, I'm going to share screen so you guys can see what this looks like. Here on the page, you can actually already see we're screening live at the moment from the page. So you can scrub this back and watch the call immediately, right? So then scrolling under here, this is where you ask your questions if you haven't yet, and this is where you can download the recovery protocol. And then here, you've got a few options here.


The first one, I'm going to go into this one because this one's the all-rounder here, and you're able to get a really great all around cleansers video. It's a 25-minute video. It explains how the program works and how Dr. Kan has been explaining these principles of healing and how you get this system to work for you. Here we are exclusively presenting the five-month step-by-step protocol for naturally reversing the root cause of disease.

So we're getting to the root cause of the issue, and that's why we're going to be targeting the gut, the liver, the kidneys, the blood cells, the immune system, the lymphatic system. Why do you need this for great mental clarity, for physical health, to combat autoimmunity? And you'll see as you scroll down here that many of the challenges that we're experiencing every day, the chronic inflammation, the multiple conditions that we're all fighting and facing today, is due to these major toxic factors that we're all facing.

So then we break it down over the course of five months. Five months Dr. Kan has in his practice as well, at least five to six months is where patients have to start in order to see a full transformation. That's the commitment that a lot of really good doctors will take because without that you're not going to see the cause through, and often people will stop just before they're about to breakthrough results. You don't want to be one of those people, and that's why I've designed it in this manner.

So the first month we've designed it so it's very gentle, but at the same time it starts to change the system of the body. And we have, actually, the tech guy that works with us, he's listening in because he's like [inaudible] to the websites. He works for me. But when we started doing this and he was on the calls, he's like, "I should probably try this," cause he had struggled with Lyme disease. He had \$ 30,000 in debt from Lyme disease, irritable bowel syndrome, and he couldn't pay off his \$30,000 debt because he couldn't work, and then he had to file bankruptcy.

So this guy has certainly known challenges with his health. He got a little bit better by seeing some functional medicine doctors, but he didn't ever actually have a full recovery. He was still too sluggish to ride a bike with his two five- and seven-year-old children. So he ended up resorting to this program and in the first month he was a new person, which is amazing. So don't underestimate the power of the fulvic liquid minerals with probiotics and digestive enzymes.



Dr. Nuzum, who Dr. Kan knows, this guy has seven PhDs, and three of those degrees being in natural medicine and he's seen over 10,000 patients. These guys know what they're doing. Dr. Kan, they know what they're doing. But why is it that Dr. Nuzum uses those three blue bottles? That three combo is what he puts all his patients on. Don't just hear that and let that go out of your ear. You need to be using these types of things if you want to get those kinds of results that we're talking about.

But then as you'll notice, Dr. Kan was talking about turmeric, ginger is a sister to turmeric. They both have amazing clinical trial studies done on them for how they reduce inflammation. D3 and K2, a major deficiency and it's amazing, D3 when it's partnered with K2. And then Omega 3 fish oil from wild harvested anchovies, small fish, so you don't have to deal with the toxic metal issue. With that blend, we're resetting the gut bacteria, preparing the body for cleansing, allowing a lot of the cleansing to happen, breaking down toxins through the digestive enzymes and replenishing gut flora with the probiotics.

Stage two, then we start going deeper here and you'll find that we're getting into a colon cleanse now, our liver and kidney support, and you've got like 11 bottles of, sorry, 15 this month. And then we're bringing in ToxiBinder and ParaPurify. All the toxins that we've been talking about, toxic metals, toxic parasitic infection, and the specific herbs that are used to cleanse these parasites, to get them out of your body, is what we've used in these formulas. So they're very advanced and very effective.

In order to give you the right experience, instead of just one bottle of the Maxyme Pro, we have you on around three or four different bottles that month. You'll see the full breakdown at the bottom because what we're doing is so you can take two capsules every meal. There's 60 caps in the bottle, so you basically need four bottles for that month to complete that cycle, or three or four bottles. It's amazing the way that that's structured. Same with the ToxiBinder. We really need a deep toxin cleanse, so we've pushed the dosages up really high on these things, and that's why with this full program it's a 57-bottle program because it's designed to give you therapeutic dosages of those items.

Here you continue on with the third month, and you're continuing with the ParaPurify, the ToxiBinder, chlorella. These are cleansing toxic metals. The Colon Cleanse, which has the bentonite clay. You'll see the breakdown of the ingredients on the page. And then, stage four you continue because what we've found is the life cycle to kill the parasites is a three-month plan, and then with the probiotics we need to keep you on that the whole time. We need to keep you on the toxic binding for the full three months as well. So you'll find that we continue on with that here in month four, and this is the final month of that, and we're supporting you with the high nutrients.

Then we switch gears to lymphatic system here where you're continuing with the Super Fulvic Minerals, which is a liquid dropper; the Lymph Flo, which is an 180 cap bottle, so you're taking six capsules a day; and then you've got the Digestive Enzyme with Fulvic Acid, so it's a different type of digestive enzyme. Dr. Kan is really, really familiar with it. And the probiotic 40 billion CFU. And then you've got your remaining capsules of the D3 plus K2 and organic turmeric and chlorella that you can continue to use.

The breakdown of the ingredients, you can see them, you've seen us talk about mimosa pudica seed, black walnut hulls that are green harvested, humic and fulvic, triphala, neem, clove, wormwood, organic aloe vera 10:1 extract, organic garlic extract 20:1 extract. So you can understand this, the reason why this is so effective in killing parasites is because of the blend of those ingredients, what they do individually, how they've been clinically proven to kill parasites, and also the extracts.

Because in order to get that amount of mimosa pudica, we had to take 10 times that amount of mimosa pudica to extract that certain portion of anti-parasitic part of the mimosa pudica so that you can get more into that capsule so you don't have fluff, things that aren't valuable. Same with the garlic and the aloe vera, because garlic and aloe vera

are anti-parasitic but not the entire part. But we've extracted that one part so it's taken a mass of that, and that's why it said premium product, but we've been able to get it to you guys at low, close to wholesale prices.

Finally, with the ToxiBinder here, you've got all these organic ingredients, humic and fulvic being the two major drivers there, but also the cordyceps for circulation of toxic metals, the silymarin, which is milk thistle, and the whole breakdown, dandelion root and Rhodiola Rosea for the adaptogenic power. Also lipase, which is a digestive enzyme. This, we've seen so many results with people removing toxins, chemicals, candida, all these toxins from their body.

And supporting that, we find that people always need to be using something to cleanse the colon. That's why we had the bentonite clay, the lactobacillus acidophilus to balance, which is a probiotic. But we're also using the psyllium seed, the oat, alfalfa, cascara sagrada, which means sacred bark, which is helping to remove the toxins, move them out of the system, so it's very, very powerful and effective. And you can see the breakdown of all the other ingredients.

The liver and kidney support has an amazing breakdown there of dandelion, chanca piedra, which means stone crusher, yarrow, milk thistle again. So we've got some amazing ingredients, but you'll notice that this is balanced with other ingredients like L-cysteine, feverfew, NAC, choline, turmeric, red raspberry, berberine, ginger. Berberine has been proven to even remove glyphosate from the body, so an amazing combination. But this is a support. It's not a detox to the liver and kidney because what we're doing is we're doing such a heavy detox you need to support the liver and kidneys so you don't trigger a crisis. Just to give you a breakdown of everything there, as you see, as I mentioned before, you get 12 bottles of the digestive enzymes, four bottles of Colon Cleanse, nine bottles of ToxiBinder, and you can read down the list. It's a total of 57 bottles, and you can download the guide right here and it tells you exactly when to take it and how to take it. These supplements are actually made in an FDA-approved facility. There's no hormones, non-GMO. The ingredients are also, many of them are organic or sourced from high-quality sources that are effective and not heavily laden with with any other toxins so that you get the result that you need.


Then you get some amazing other bonuses here, like the Miracles of Nature interview sessions for \$497, you get that free as a gift. The Healing Protocols of the Nation's Top Experts, \$670. These other gifts that come to you. 10 Live Question and Answers, \$997. Free shipping, \$50. And then the total retail value, \$2,900. So the total there that you'd be paying would be \$5,186 but instead you can get it today at \$947.

So people can understand what that looks like to get it at that price, it means that you're taking the \$947 and dividing it by the amount of days. Because it's five months, five times 30, so 150 so you're taking 147 divided by 150 days, and that equals \$6.30. So \$6.30 a day is what you're spending to get this protocol to use it. Many people don't understand. That is so cheap. And that's because each bottle works out to be about \$17. If anyone's gone to our Well of Life supplement, you'll see instead of paying \$50, \$60 for a bottle, you're paying \$17 because you're able to get these bulk discounts. We've made this available to you because we want to see you here. Dr Kan, any thoughts or words on that?

**Dr. Peter Kan:** I'm a big proponent of doing this detox because I personally do similar things in my practice. Again, it's all about setting it up for success. If you take these supplements randomly, "Oh, I take a D and I take a fish oil," or, "I take a tumeric when I feel like I need it." That's not how these kinds of things work. You have to be really consistent, and you also have to take them in a sequence. So when you do things in that five-month bundle, what you're doing is you're taking your body through the paces, hitting all the major areas. That's going to be what I call in clinical practice, what I call key leverage points.

Sometimes your body bump up against obstacle. That's why, kind of like Jonathan says, sometimes people, they kind of do something, they don't feel better, so they stop. You have to get enough lever underneath your condition for your body to start to move again. Sometimes it's a metal that's blocking your progress, sometimes it's a parasite, sometimes it's other things. So you have to kind of chip away at it and chip away at it and chip away at it until enough of this toxic load is decreased. Your body actually has enough energy to start to turn things around.





I think that's a great analogy for people to understand. And for me, I see that process unfold with my patients. With proper guidance and being consistent and with Jonathan's guidance, following this community, you get all the tools. So I think the best thing to do is just start. Like I said earlier, I work with over 5,000 people in my practice. The way I marketed myself and positioned myself, who I attracted, are all people with autoimmune disease, people with chronic problem.

These are not people that come to me because they have a sniffle. These are people with autoimmune diseases, and some of them are tough cases, and I've learned through 5,000 cases. What I will tell you is that when people have chronic conditions, one of the things they start to lose is they lose hope because they feel like they've done everything, and you feel like nothing's working. That could be a mistake for people with chronic health conditions because then you start thinking like, "Well, nothing's going to work." Which is not true because I've seen with my own eyes, just last week, Gale, and who's the other lady? The very first one?

**Jonathan Otto:** Dianna.

**Dr. Peter Kan:** Dianna. Yeah. I mean, these two lady, I talked to them personally, and they're not my patients. They're actually working with Jonathan, doing Jonathan's program, just like all of you watching right now. But they took action and the transformation they got, I'm even impressed and I've seen a lot of difficult cases and I got a lot of people better, and I'm impressed with that.

So again, the key is just take action. You may feel like you've done everything, but I'm going to tell you, you probably haven't done this, with the fulvic minerals, the combination of the mimosa pudica, and all of these parasite and metal detoxing components of this and the immune support components of the D3 K pro, the fish oil, the tumeric, and the ginger. You're getting a very, very well-thought-out, comprehensive program. The only thing left to do is just start the process and then let Jonathan's program and the support and these monthly calls with the doctors to help you navigate it.

**Jonathan Otto:** Fantastic, Dr. Kan. I love that. That'll give you an understanding there, and we're going to continue through some of the questions. I'm going to have Gale and Dianna share their experiences so that you can see what it looks like real-time with major conditions, and the conditions that these women faced would be, on the harder side of all the questions that we've been looking at.

I wouldn't say that there's any harder than theirs, and there's probably none that I've seen actually today that even address the amount of conditions in one person, like Gale having five conditions and between Dianna and her husband, if they were to represent the collective, they also had around six or seven different conditions, like about three each, and you'll hear more from them. So just know that, because there's so many different conditions being discussed here and those conditions were so diverse between those people, you'll find that this is the way to understand the healing, and this is how you can use the protocol just like this to experience the recovery.

There's two other bundles, three, actually, on the page and they're at a lower cost for the entire program cause it's a smaller package. They're available to you and you can see them. To get a three-month supply of the Gut Renewal Bundle, as you'll see here on the page, I'll just show you, you can take action on that. This is an amazing place to start. If you're trying to work out where to get started, limited funds, then this is a fantastic program.

You can even get started at a one-month supply at \$87. There's no right or wrong answer. It's about taking the best answer that's for you. But certainly I would say that if somebody has the means and it makes sense to them and they're not taking a full protocol and they're just taking a part of it, then you miss out on just getting this alone because this is effective. We see people get massive transformations, but if you have a parasitic infection, which I suspect you would if you've never done a parasite cleanse. Everyone has a parasitic overload today because of GMOs, and there's certain

reasons, you can do your research on that and understand it, but you don't have those factors here. That's why you at the very least want to combine these. But again, you can get the three-month supply. So you get an amazing saving when you do that.

It's at \$197 for that three-month supply or you can get it on subscription, but you can cancel at any time. But just know that that's a subscription model, so in three months' time you get sent out the same batch and that's to help you, to support you. That's your choice, though. You can cancel it, but then you get an additional saving. It's only \$167. We've made that all very achievable. You'll find the same prices here. Again, this one we're targeting with the ParaPurify, ToxiBinder and Colon Cleanse, and you'll see the breakdown of these packages here in the same fashion. They're all available to you. The one that, Dr. Kan, you spoke about with the ingredients for balancing the brain was inside of this CalmAffex. And the fish oil, you mentioned D3 plus K2, this is designed to help support your brain and you've got the options right here to get started with. That's all there for you so you can get started.

But what I'd like to do is continue with these questions, and then we'll be pulling in some of our expert guests that have become experts because they have effectively turned around their situation. So let's continue with these questions. Let's see, let's take the next 15 minutes ... I know that we can get through many more of these and if you now can just answer straight to the type of thing that you would recommend for these people so that they can take action on that and everyone can get very specific answers and not necessarily have mechanisms discussions cause cause it might be a lot clearer for them to take action with that.

So I'm looking at skin right now. Is that good? So then these customers have the same question. We got Chrissy, well, just actually, Chrissy. How to treat resistant facial rash such as a wart rash allergy cycling. And then, can you see Rosalind's?

**Dr. Peter Kan:** Yeah, Rosalind asked how to treat bad case of eczema in children as well.


**Jonathan Otto:** Wait, I've got Marge and Mary asking for para psoriasis. What do you think is the best approach to reduce the itching and skin breaking?

**Dr. Peter Kan:** Yeah, remember a skin problem is an outer manifestation of an inner problem. So typically, when I see people with skin problem, I'm working on the gut and I'm looking for toxic sources and I'm helping them with detox. So this is where ... What do you put topically? If you put stuff topically, you're just treating the symptom, so you've got to fix the inside. That's why you've got to work on the gut.

This is where enzymes can be really helpful. Why is the enzyme helpful with the gut? People just think about how we digest food. What's the purpose of that? Do you know that when you digest food really well, you actually decrease your chance of developing food sensitivity, allergies, you reduce the chance of having SIBO. You reduce your chance of having autoimmune disease when you digest your food with the use of enzymes because your body actually react to protein. So when you don't digest food well, these undigested protein particles, well, your body react to, so you develop a sensitivity, and that can actually develop into autoimmune disease. So enzymes are really important for digestive health, and I believe there's a digestive enzyme product within the Well of Life bundle.

The other thing that we need to do is with eczema. Remember, eczema and psoriasis, these are autoimmune conditions. Eczema has been officially classified as an autoimmune condition, and there's a drug out there for it now. Wouldn't you know it? So always you want to address the inflammatory component of it. I find fish oil very important in this. Healthy fat is really important for skin health, so a good fish oil is really helpful for this, as well as D3 K2 because when you have these autoimmune conditions, vitamin D is critical for dampening the immune response.

As far as the resistant facial rash, again, sometimes beyond the gut you've got to work on the toxicity issues. This is where detox could be helpful. Things like the fulvic acid, the fulvic minerals can be very helpful in binding toxins and



help you detox, as well as liver and gall bladder and kidney support in a supplemental form. Things like milk thistle or silymarin, things like dandelion root, artichoke root, these are all things that can help with the detoxification process.

**Jonathan Otto:** Fantastic. You good with those ones?

**Dr. Peter Kan:** Yeah, let's move on to the detox section because we're talking about it.

**Jonathan Otto:** Great. We've got these two questions. Dianna, how to remove heavy metals from the body.

**Dr. Peter Kan:** And we had above that Cindy, asked ... Do you want me to go that or do-

**Jonathan Otto:** Oh, yeah, please. Yeah, I scrolled down. Sorry. Yeah, perfect.

**Dr. Peter Kan:** Okay. Common reaction to-

**Jonathan Otto:** Actually, let's ... Yeah, so-

**Dr. Peter Kan:** That seems like a tech support question.

**Jonathan Otto:** Yeah. Basically if somebody's doing a ... If somebody's detoxing, how can they use other protocols like cleansing through coffee enemas and mitigate some of that toxic ... when the toxins are leaving the body, how to overcome that. And then Sarah at the end there, do you want to read that one too?

**Dr. Peter Kan:** Sarah is asking about how important is it to have amalgam fillings removed?

**Jonathan Otto:** Yeah.

**Dr. Peter Kan:** Okay. A coffee enema can be a good adjunct to-

So a coffee enema can be a good adjunct to the overall detoxification plan and a coffee enema stimulates the gallbladder and stimulates the bile flow. Now a lot of people think that a coffee enema is going to clean them out. Like it's got a rotor rooter the whole colon. In reality is that a coffee enema only go up a few inches up the descending colon, but it doesn't go all the way through the intestine. So it doesn't necessarily cleanse, like a colonic irrigation would. However, it's still a very good practice because it stimulates the vagus nerve, it stimulates the nerves within the colon to help create that motility. So it's good for people with constipation. Actually, it's great treatment for constipation as well as helping support bile flow in helping with detox. So that's something you could do to facilitate detox if you choose to do that.

As far as how to remove heavy metal from the body, gosh, I mean we got the tools right here, right? You have to have a binder. So the humic and fulvic acid is really helpful with that. And then you want to have a good liver gallbladder support because it's liver gallbladders will you carry out phase one, phase two and phase three detox. And if you're not binding and neutralizing and actually pooping the stuff out, then the toxin can re circulate back into your body in a more potent form.

So a good detox, it's not about just like generating a bowel movement, taking some laxative, a good detox should be considering cellular cleansing. How do we bind things in your tissue? How do we bind things, do cellular cleansing with immune support and then finally eliminating out of your body through the fecal route.

So that's what a good detox should do, not just simply taking some laxative and creating bowel movement. And how important is that to remove amalgam? I will say not in the beginning. Typically when I work with clients that have amalgam. That's not the first thing I go after. I actually tried to decrease the overall toxic load and decrease inflammation first. And once the client is more stable and feeling better, then we consider having the amalgam removed after that



because the act of removing the amalgam itself can spill mercury into your system. And for a fragile, sensitive, sick chronic patient, doing that can be actually taking two steps back rather than moving forward.

**Jonathan Otto:** Great. Okay, fantastic. So that's very helpful. Let's go into the next category there. So we've only got a few more to go here to answer these. Oh, I think got colon if you're up for that one.

**Dr. Peter Kan:** Yeah. Willie asked treatment for diverticulitis.

**Jonathan Otto:** Gina, what tests do you feel are best to check all of the digestive system?

**Dr. Peter Kan:** And Larry asked you, do you agreed that elected proteins are a significant source of body inflammation resulting from the induced leaky gut syndrome?


**Jonathan Otto:** Okay. And then Robert... Sorry, Robin. Is this the best way to go about curing the leaky gut, which is perhaps this is what she's saying and how do we know when the leaky gut is cured and the drainage is doing fine? So that's that.

**Dr. Peter Kan:** So a diverticulitis, right? It's inflammation and diverticulosis is basically in your intestinal lining. You have these out pouches. It's almost like a collagen problem. Connective tissue problem, kind of like a hemorrhoid, right? Why does a blood vessel have a little bubble? Why does your intestine have this out pouches? It's like you have some collagen deficiency. And this could be a vitamin C problem. This could be a protein malabsorption issues. Now if you have diverticulitis, that means it's inflamed and these pocket becomes inflamed. It could be due to infection. It could be due to a food just stuck there. So typically the treatment for diverticulitis from Western medical perspectives is antibiotics. So from a natural medicine perspective you could use natural EMT microbial compounds such as garlic, starches, even things from coconut oil. Caprylic acid, such as things like oil of oregano.

These are natural... and berberine. Berberine is also a great natural NT microbial on top of being a great blood sugar support. So those are things that you can use to support the ITEST part of it. Okay. A, what test do you feel best to check all of digestive system? Well, that's a very complicated question, Gina.

I don't know if we can answer that here. Because digestive system involved not just the stomach, but also the small intestine and the large intestine and the liver and the gallbladder. And as far as I'm concerned, when I do my interview and and work up, I'm checking the brain. I'm asking about bring symptoms. Is there a fatigue, brain fog, frontal temporal issues, because brain ultimately innovate the gut. It drives gut function. So what's the best way to check all of it? It's to check all of it.

And so that's a lot of tests. So again, I wouldn't do all the tests to check all of the digestive system. I will focus on what your problem is and check other areas that might correlate with that. Or like I said earlier, the treatment could be to test. What if you heal the gut and you feel better? That means you had leaky gut. The test is positive for leaky gut, right? So you can just fix it, also. Larry asked you, do you agree that elective proteins are a significant source? It depends. If people react to lectin differently. Kind of like, you know peanut, right? Some people is deathly allergic to peanut, like my daughter is. Other people like me, I can eat peanut, I have no problem. So do I agree lectin, a significant source of body inflammation that can cause leaky gut? It could be, but I think that's a spectrum. Kind of like gluten, right? Gluten, some people are very, very sensitive to it. While other people they're not that sensitive it. But does that mean that people who are not sensitive it it that, they should just eat gluten? I think gluten is a good thing to just cut out of diet due to the way it's processed, the way it's grown, the variety that is grown. It's just, there's a lot of problems associated with. Kind of like drinking Coca Cola right? Or Diet Coke. I mean just because you don't feel terrible drinking Diet Coke doesn't mean you should.



So I think lectin does belong in that category with gluten. Is this the best way to cure leaky... And maybe I answer the second one, how do we know when we guys cured? Well, you'll know by your symptom, do you feel better? Are you improving overall? Do you have less sensitivity, less inflammation? Are you absorbing things better? That's one way to know. Of course, there's tests you can do as well or you go with your symptom. And how do you know the drainage is doing fine? Not sure what that's referring to because there's a lot of meaning to that. Could be liver drainage, gall-bladder drainage, kidney drainage, lymphatic drainage. So not quite sure how to answer that one.

**Jonathan Otto:** Sure. Dr Kan. That's still great. I appreciate all your answers. Fantastic. We've got just two here on cancer, if you want to see that. So Barbara is asking, alternatively speaking, what is the first thing you would do for a terminally ill cancer patient whose doctor sent them home to die in peace with morphine? That's Barbara.

**Dr. Peter Kan:** And Ramona asks, what should someone with cancer do first to start the healing process? Okay, let's... So Barbara's question. Just so you know, this question hits home. When my father died from liver cancer. Okay. And he was diagnosed as being terminally ill and sent home to die. He was told he had four months to live at the age of 75. That's an old age, right? So you people can say, "Well, he's 75 and it's pretty good." And what my brother and I did is we... This is before I even graduated from medical school and we made diet changes. We gave him supplements. So with a little bit of knowledge, a little bit of things that I didn't know and I know much more now. With the few things that I did, it extended his life by five years, symptom free.

Well he was told he was terminally ill. So alternatively speaking, what's the first thing you do? Find a partner. Find somebody to help you. Because cancer is not something you do on your own. Find a doctor that can help you navigate that or find a source online and always cancer, just like autoimmune, what's the root cause? The cancer is not the problem. It's what's causing the cancer at the end of the day, cancer's always has to do with toxicity, right? There's so many chemicals that are carcinogenic. Why are the government and the FDA and everybody tracking these chemicals because we know they cause cancer. So detox might be a good step. Okay. So beyond that, I mean, that that question, it's kind of like you got to do the best for the person to create comfort.

But also if there's something proactive you can do, do them. What would someone with cancer do first to start the healing process? Again, clean up the diet, right? That's the first. There's no pill to take that'll replace eating better. So plant based diet, coffee enemas, juicing, these are all the main stays of natural cancer protocol.

It doesn't mean it's going to fix every cancer. But it's it just things that you can do and then could you juice and go plant based diet and do coffee enema even if you don't have cancer? Of course. So why is it is fine for people with cancer and fine for people without cancer? Because they're just good things to do. In principle, you're detoxifying the body, you're putting less junk into your body. Of course, that's going to be good for anyone. Now, if it's good for people with no problem, it's going to be good for people with cancer. Again, we're not talking about treating cancer, we're talking about how to get the body into the optimal state. At the end of the day if you get your body in the optimal state. You don't have to treat anything because your body's just going to be in the optimal state.

**Jonathan Otto:** Perfect. Dr Kan. So I think we got it. We've pretty much got it in the bag here. I think that there's only really just a couple more... And anything that we have missed. I got a five and a half years with shingles and any natural treatments there? That's one.

**Dr. Peter Kan:** Yeah. If she shingles... Well wait, hold on a second. Five and a half years of shingles. [crosstalk]

**Jonathan Otto:** Yeah. How to fix... Yeah, it's from Katherine. How to fix permanent shingles damage of 5.5 years and am now 65 years old.

**Dr. Peter Kan:** She's talking shingles damage. Yeah. So she's not being as clear as she could because she may have symptoms from shingles damaging the nerve root. So she may have neuropathic pain, but not necessarily still have shingles. She had the result in damage from that. So if you have nerve damage from shingles, then nerve support might be dissimilar as people who want to treat peripheral neuropathy. You might need to increase your B6 levels, B12 and folic acid.

These are things that can help promote nerve function. And then you may need to activate that nerve too, right? Remember the brain cells rely on a fuel and activation. So you've got to make sure your blood sugar is steady, make sure you're not anemic, you have good circulation. You got to activate that nerve, whatever it is. So now sometimes it can be difficult because as a sensory nerve, how do you activate it. You don't exercise a sensory nerve, but what you can do, you can do touch because sensory nerve to respond to touch so you can touch it, you can massage it, and things like that to help increase the probability that the nerves can heal. Okay.

**Jonathan Otto:** Yep. Okay, fantastic. I mean, I think that we've got a really great place to end. So lasering over, you've got a couple in the neuro category. Like Bonnie and Betty are asking, how would you suggest treating neuropathy in the upper, lower extremities? So I mean that's a-

**Dr. Peter Kan:** We just talked about it. Yeah, yeah. We just talked about... Kind of same thing with the shingles. How do you treat a nerve problem? B vitamins can be very helpful with that.

**Jonathan Otto:** Fantastic. And Jelena, with multiple sclerosis treatment there. And then you got Dessie K and Mark S, with how can tumors, brain tumors be healed naturally. What's the best approach to reverse [crosstalk] brain cancer?

**Dr. Peter Kan:** Sorry, yeah. MS is a autoimmune disease. Treat it as any autoimmune disease. Decrease, toxic low. Now specifically with MS, vitamin D's really critical for this. There's definitely an increase. This belt in a sort of latitude where you have vitamin D deficiency due to the lack of sunlight and there's a lot more people with MS. So vitamin D's important but remember MS is also affecting the [myelin sheath 00:12:55], which is the outer fatty covering of nerve cells.


So essential fatty acid is always very important as well. And then as far as the brain tumor question. Again, kind of like what we talked about earlier with cancer, you've got to do what's best for the person from a holistic perspective. If you want to treat cancer, there's not like one pill that you take to treat cancer, that's medical treatment.

What you want to do is you want to create the best possible scenario, best possible health for that person. Stabilize blood sugar, detox the person, heal the gut, make sure there's no vitamin D deficiency. Those types of things and you're going to create a situation where the body's going to have a much higher probability to heal.

**Jonathan Otto:** Fantastic. And final question. Now this is in regards to... This man's name is Aaron, and it is, what are the common triggers for [rosacea 00:13:50]? What foods or supplements can reduce inflammation and prevent breakouts? And then what natural ingredients can be used as topical to reduce inflammation and prevent flareups? So even though he's asked those questions, I'll kind of default to you as to what you think are the best questions that he should be asking. And so somebody with rosacea at like a young man, similar to my age, what do you think that they would need?

**Dr. Peter Kan:** Yeah, and rosacea is an inflammation problem, right? It's an inflammatory condition and it's actually not even inflammation of the skin necessary. It's actually inflammation of the blood vessel underlying the skin. In that sense, it's not like what you do for the skin per se, it's what you do for that inflammation piece. So as always with inflammation, fish oil is a really important component.





Especially for skin conditions. Healthy Omega three fatty acid is really important for that. And then of course you have your usual things that help with inflammation like turmeric, resveratrol, and these anti-inflammatory agents. As far as foods, gluten has been known to be a trigger for rosacea. So you want to cut out inflammatory foods like gluten and possibly grains. And earlier someone mentioned lectins. So maybe you look at lectins also. So elimination diet may be in order and then, again, from an inflammatory perspective you want to balance the immune system.

So some of the things that you might use for that is include [inaudible] and it may include even not necessarily food. You might need to look at your lifestyle. You might want to look at things that can promote immune function. So we talked a lot about supplement and everything else like that. Guess what, laughter is the best medicine. Belly laugh, laughing out loud can actually promote T regulatory cell function and promote healthy immune balance.

So [inaudible] autoimmune disease, laughing is great. And then also meditation and gratitude. These are all practices that's been shown in peer review research journals, that show it has a positive effect on T regulatory cell function and dampen inflammation and autoimmune disease. So don't look to just food, look at lifestyle, getting proper sleep and all of that as well.

**Jonathan Otto:** What would you say to the protocol that we've talked about in regards to renewing the gut, using digestive enzymes, probiotics, a liquid fulvic, and parasitic toxic metal binding. What would you say for someone like that with a program like that?

**Dr. Peter Kan:** Yeah, absolutely. So again, you got to cover all the bases, right? All the bases, part of that bases is detoxification and healing the guys. So that's something that I do with every single person in my practice. Healing the gut. So when you talk about healing the gut, it's about restoring the microbiome with probiotics, it's about improving digestive capacity with the enzyme.

When you're talking about detoxification, you're talking about using the fulvic and humic minerals to help binding. You're talking about using herbs like [inaudible 00:16:55], these seem to support liver, gallbladder, phase one, phase two, phase three.

You're also preventing toxic intermediaries from building up by using anti-inflammatory such as Curcumin, ginger, fish oil. So when you do that, you're going to again create a situation that you're going to push your body and have a much more likelihood to heal rather than, "Hey, I cut out gluten," but you didn't do any of the other stuff. Of course thing's not going to change for you.

**Jonathan Otto:** Fantastic. Dr Kan. So we're going to maybe answer... There's just a handful... Maybe even just a couple of other questions that we didn't get to. We're going to be answering the next Q& A and I'll even address them during my webinar next week. So don't worry, we've got that. And remember all the protocols and the core tools and trainings that we've been giving you here are setting you up for success. And so Dr. Kan if you could introduce Gail, and why it's important for people to listen to Gail's story right now. And so thank you so much for joining us, Gail.

**Dr. Peter Kan:** Yeah, so I met Gail last week when we were doing a a video shoot with Jonathan, and I was just like, "Whoa." Like my hair blew back when she came on to the video and-

**Jonathan Otto:** You're eyebrow hair?

**Dr. Peter Kan:** Every hair. That's why I have none, it's gone. I was full head of hair like Jonathan last week and now I have none. But she's just full of energy and I didn't know that she was so sick before. Right. All these neurological symptoms, just... It sounds like to me, someone with a lot of inflammation in the brain. It sounded like to me, her symptom before maybe inflammation in the brain due to toxicity issues. And I asked you, ask very specific questions about, "Okay, when did you start doing this? What'd you start feeling better? What were you doing before?" I was

trying to satisfy my clinical curiosity to find out what worked for her. And without a doubt, it's really since she started Jonathan's protocol that really made all the changes that's happening. So just a pleasure to speak with her. And she's so animated and energetic. So get ready to have all you guys hair blow back too.

**Jonathan Otto:** Thanks so much Dr. Kan. Gail, tell us about your story, your conditions and how you went on with that. So Gail, I think your computer needs to be unmuted. Can you see any... Do you have a phone maybe that's... Just see how you go with that. Let's... Yeah. Maybe you have to sign back out and sign back in. Did you use the same computer last time? You did? So you can hear me but something is not assigning your microphone. Maybe just quit and try and jump in again. That would be amazing. Just give that a shot. Okay.

So you might want to jump off and then sign back in, Diana... I'm sorry Gail. Thank you. Stay with us guys. What you're about to see is going to be really quite shocking and helpful for you to understand the process of healing here. So we have for you... I'm just getting in here. Hey, no worries. Okay, here we go.

So Diana and Gail, our two stories. Hands up if you'd never heard of who Diana is based on our live... From Natural Medicine Secrets. So hands up if you saw her in there. Put your hand up. Yep. We've got a few hands. 10 hands just went up. Keep hands up if you recognize her face, her story. Say hello Diana, how are you?

**Dianna:** Hi, how are you?

**Jonathan Otto:** I'm doing great. So hands up if you recognize her. You look great. Thank you so much for being on. I really do appreciate it. So Diana shared her story inside of Natural Medicine Secrets and it's such a breathtaking story because... I mean tell me the conditions that you were facing.

**Dianna:** Well you mean from early on and?

**Jonathan Otto:** Yeah, exactly. Like you'd kind of your complete story and your husband, in terms of the conditions that both of you were facing.

**Dianna:** Yeah. Well in 1988 I had [Guillain-Barré 01:48:08]. I was on life support for 27 days and totally paralyzed and I'm healing from that, which now I know is auto immune. No one ever said that back then, that these things... What they were but and then back in 1998 I was diagnosed with Myasthenia gravis and [narcolepsy cataplexy 01:48:27] and so I had been fighting that and fatigue for a long time, and had several illnesses back then along with it.

The thyroid was going bad. They were telling me I had hypothyroidism and I had severe allergies and I was on like seven medications for all of that. But yeah. Decided to do a vegan diet after praying and I felt like that's where the Lord had led me to. To go on a vegan diet and got better. Got pretty much better from most of it but never did heal from the narcolepsy and cataplexy and then going on to-

**Jonathan Otto:** And meanwhile, like in a parallel universe, your husband is battling with his conditions, right?

**Dianna:** Well that was in... When we got married in 2006, he had really bad acid reflux and by that time I had kind of gone back to eating on a regular diet by the time we got married and found out that he was having severe acid reflux and-

**Jonathan Otto:** Do you want to tilt your computer down a little bit, so I can see you? Yeah, that'd be great. Thank you.

**Dianna:** He had severe acid reflux and I told him, what had worked for me was vegetarian diet. Seems to heal a lot of things. Let's try it. And he went on it and within three or four days he didn't have acid reflux anymore but he had been... He had a skin condition. It was a mild skin condition that mostly affected his face for the whole time we'd been married and he says for his whole life.



**Jonathan Otto:** Yeah.

**Dianna:** This year it got really severe. He started having joint pain in his hand and his knee and he started breaking out in lesions all over his body and really bad just raw spot in his hairline in the back. And so about that time we were... I was doing the autoimmune webinar with you guys and going through all that and realizing that a lot of his conditions were autoimmune. Mine were autoimmune and that we needed to start treating them that way and trying to do get better. And so-

**Jonathan Otto:** That's awesome. That's a really great like classification. So then you could see, "Hey look, this could be toxic inflammation," because it's one thing to just think, "Oh, I've got these flare ups, I've got so [inaudible] arthritis and psoriasis," and maybe it's just like, "Oh no. Maybe something's kind of messed up."

**Dianna:** Yeah, we never connected the dots. So these things where our bodies cascading down into some just autoimmune, like an autoimmune cascade. I always thought they were each individual things happening to us and it just kind of put everything in perspective that there are... Are you still there? Okay. Something popped up on my computer too.

**Jonathan Otto:** Yep. Right here. Yep.

**Dianna:** Yep. It kind of made it... We realized that a lot of it had to do with our gut and we needed to clean that up. And so we started doing the detox protocol that you had and learning some of the trips and tricks of from your autoimmune recipes and and other things that were, I guess, it was the recipes and...

**Jonathan Otto:** So those dietary changes that you did through through taking some of the recipes. So all these guys here like just having gone through natural medicine secrets, remember like those protocol books are amazing. Like the recovery protocol. You went through the recovery protocol and there's recipes in there, like use them. They're amazing tools that eat delicious because if you want to heal, you've got to start eating like healthy, delicious. Sometimes having good tasting food is actually part of the healing process.

A lot of those healing ingredients happen to taste good. So you eat really bland food, you're probably not getting much nutrition. So it's an interesting way to think about things. But then you did the ultimate detox bundle. You're about the start the gut renewal bundle and your husband did it as well. And so this was a major catalyst for both of you from what you've shared with me, in regards to your husband being able to clear up... I mean, tell me how that story went.

**Dianna:** Well, those lesions have gone away and they have not come back since we started. We did do a 14 day juice fast. And I was looking back at the dates because I was just at the doctor's office today for a checkup and I had gone to her on 6/14, which was right about the time we were starting the juice fast. And since that time I've lost, she said I've lost 18 pounds. They were kind of going like, "What happened to you? What's going on?" And I said, "This is a good thing and this is really a good thing."

**Jonathan Otto:** That's great. Yeah, yeah. It's surprising how people look at you like that. But I believe that sometimes the reason why people are saying that it's mediocrity. Like they... I don't know, somebody is like having success and like some people kind of handle other people having success that they can't explain. So it's got to be bad.

Don't overestimate how weird people can get when you start succeeding. Just saying like, just just understand that that can happen. But Diana, like with you, I remember that you done a juice fast, which I'd say is fantastic, but I wouldn't say that everyone has to do that, either bit. From our calls. I remember that you had been switched in, you were then a month on the ultimate detox bundle, which is one of the bundles on our page. It's actually even one of the smaller bundles but you'd done that and then and then you will losing a lot of weight. I remember you-

**Dianna:** Yes, yes.



**Jonathan Otto:** And you were stuffing your face.

**Dianna:** Yes. Well yes. I was eating rice, potatoes and casseroles with beans and rice and potatoes and eating quite a bit of food.

**Jonathan Otto:** That's amazing. So you certainly,... Dr. Kan actually just interviewed Diana, for everyone that's listening and was verifying her story just to look at like clinically is this possible? Do these supplements help her in this fashion? And he concluded that the majority of her results were all happening when she was on this program.

There's never really one thing that anyone ever does in isolation. You're going to be drinking water. You're going to be... You've got to either improve or worsen. Something's going to be happening with your diet. But we found the biggest needle mover to be these particularly ingredients who were helping to remove the toxins from her and her husband manifesting in different ways. With her, it was the sleep, it was the strength. And then with her husband, it was his ability to close his hands. Could you imagine like toxic inflammation, so you can't even move your hands and then-

**Dianna:** No. It's mainly the thumbs.

**Jonathan Otto:** Aw, thumbs.

**Dianna:** With the work he does, it was just so swollen and sore in there. After-

It was just so swollen and sore in there. After reading about psoriatic arthritis because I didn't know anything about it, I realized how detrimental that is and how bad it can get. But yeah, he was amazed that he could do this.

**Jonathan Otto:** That's awesome.

**Dianna:** That simple little thing, he was really excited about it.

**Jonathan Otto:** That's fantastic. And so somebody's not able to do this, not, before long, they're not going to be able to do this, and before long, they're not going to be able to do this and this, and so, I mean I've seen people that kind of move their hands like that, and then within two weeks, three weeks on a good detox, they're able to do this. And so, but most of the cases I saw are people being able to do that.

I think you're working now again. No, you're not. You are, you're not. Yeah, it's working. Yeah, it's working Whoo hoo! Good job. Well done.

So just stay with us for a second. It's great to have both of you guys on. Dr. Kan, I interviewed you guys both the last week. So sharing, finishing off your story, Gale ... Sorry. Dianna, in regards to this transformation, so you used, and so just I'll make it clear for everyone exactly what she did. I'm just going to share a screen. So this is what ... it was, so just again, when you go to this page, [NaturalMedicineSeries.com/protocol](http://NaturalMedicineSeries.com/protocol), that will activate your special offering like bonus. And I think Dianna and Gale, you girls are both happy with the bonuses or the savings that you guys made when you purchased that, right?

**Dianna:** Oh yes.

**Gale:** Yeah.

**Jonathan Otto:** Yeah. And how did it compare to other things that were promising like solid results in terms of price for you girls in terms of what you looked at?

**Dianna:** I never looked at any of that for ... I've only bought things in single bottles someplace. I never done a protocol.

**Jonathan Otto:** That's cool. That's cool. Were there even comparison to that because in this case, you were paying around, what, \$18 per bottle, for a high-quality bottle, would you find that that was on par with other things you've tried, more or less?

**Dianna:** I think it's less than what I was paying. I'm thinking around \$25 a bottle.

**Jonathan Otto:** Yep. Which is still a good, which is still like, I would argue is a good price because the higher the quality of the product, the higher that that can go so you'll find a lot of people that are doing similar things to what we're doing. It's more \$50-70 a bottle, and so we were then getting that ... But then again, like obviously, if you had of got results with those programs that you tried before, the individual things, you wouldn't have found yourself with us. You would have probably not been searching around or try new things if you already had the problem solved. So again, like it's worth it. So if the only thing that's in front of you is a very expensive program of which this is not, then it's still worth doing, right? So it's-

**Dianna:** Well having it ... I mean putting things together is not my ... I don't know how to do that. Put things together. Having these things put together in something that works synergistically together is ... That was the draw for me because I don't know how to put the ... I'll go out and buy an individual bottle of some supplement and try it, but I don't know how to put this stuff together.

**Jonathan Otto:** That's amazing. And so, and then what I can tell you right now is that Dianna, she did a ParaPurify, ToxiBinder and Colon Cleanse. And again, like the correlation between parasites and toxic metals and the need to have the colon, the bowels moving during that process, that's a process that almost no one you'll talk to has ever done that, and that's the reason why they can't remove the toxins. Gail did that program as well.

Gail, in addition at the same time, did this program, and that's why like because you'd spend \$400 by going between these two, and then with this program, you're getting like a lot more bottles. You're getting like about three times the amount of bottles, and you're also getting other missing factors like Dr. Kan talked about. The fish oil, he talked about the turmeric and ginger. He talked about the D3 plus K2 and chlorella, liver and kidney support. These are all items that you get inside of this program, and lymph flow that you don't get inside these so it is an upgrade.

But what I'm telling you that wherever you get started, and then interesting enough, Dianna did this program, but now, she's starting this program now with, and then Gale did this program. Now, she's starting this program with the fortified brain bundle. And so you'll find that ... So you want to see those results. You want to see that transformation.

And again, like the best place to start I believe and from my experience and people that are coming and sharing their stories is with the five month, you're able to get all the items there so, but it's your choice. Do what works for you. If that's where you're going to get the best saving as well.

And then so just finishing your story, and then Gale, we'll get you to share your story. So Dianna, do you just compare the before and after, the results that you and your husband experienced and what that's been like for you?

**Dianna:** Well, losing the weight is great, but gaining the energy is the best part. That's what I really, actually, I would by 9:30, sometimes 8:30, sometimes 5:30, by the time I got off work, I would be so exhausted, I would just want to go to bed. I would have no energy to do anything. I'm finding that I have energy up until 11 o'clock at night. I feel more normal than I ever have in my life. I'm able to go and do things. I wouldn't even drive much up in the evening of it.

But my husband, he's not so diligent about his diet, but he's maintaining his ... The psoriatic arthritis reliefs he's had, he's maintaining those. He's happy about that. He's losing a little bit of weight slowly, and he's doing really well. [cross-talk] really well.

**Jonathan Otto:** Awesome. Well you guys are amazing. Can't wait. Thank you for inspiring the group, Dianna. Thank you for your amazing results. And what would you say to someone who was thinking about getting started using a program like yours or the other programs that we have here? What would you say to that person?

**Dianna:** If you're suffering with anything, I think that just jumping in there and trying it, trying something new that's designed like that package that's designed to work together, it made the difference for me, and it may make the difference for you. If you've tried other things, this may be the answer.

**Jonathan Otto:** Fantastic. Thank you, Dianna. You're amazing, and can't wait to see again. Thank you for joining us and-

**Dianna:** Wish I could stay longer, but-

**Jonathan Otto:** You're perfect. It's great. It's perfect time so thank you, Dianna. Can't wait to see you again soon.

**Dianna:** All right. Talk to you soon.

**Jonathan Otto:** All right. Great. Thanks. Bye.

**Dianna:** Bye-bye.


**Jonathan Otto:** And a great thing to consider there with Dianna, with her husband, he wasn't able to stick to a perfect diet. Some of you are dealing with people like that in your life where they're not fully committed in certain areas, they're committed in other areas. Getting started on a protocol is great for them because the better they feel and the better you can prove that you can get results for them, the more they're going to be willing to change their life fully and entirely. And they deserve to be better. They don't deserve to be punished because they're lacking will power in certain areas, and you might be struggling like that, like, "Oh, I don't exactly know what to do."

When you take a program and you just follow the instructions because all these programs come mailed out with instructions, and then when you read that, you just follow it, then you're just following marching orders, and it's not like say with food, there's so many combinations, like what do I eat? The capsules can be such an effective way because you're talking about removing those toxins out of your body. You can't really go wrong with that. You want to make sure you're not stuffing your face with things that are making you constipated. That's one thing you want to avoid. But besides that, just do your best, do what you know and then just take the capsules because it will work even if you do it wrong, and Gale is a good example of that. Gale, why don't you just share your results, where you're at, the conditions you were facing and then where you're at now and how you're feeling, how that experience went for you?

**Gale:** Yeah, so I have all my life since I was age eight, so I've had Sjogren's. The latest thing was that I was starting to get dementia. I was definitely forgetting ... When I'd be driving, I would know where I was and maybe I'd know where the other place was I wanted to go, but I didn't know how to get there. Stuff like that. It was really terrible. My fatigue. I had chronic fatigue. I had fibromyalgia. I had Hashimoto's. I don't know if I've caught them all in there, but I had a mess. A lot of things, I think even even maybe that didn't have names. I was so tired all the time, just exhausted. And I'd tried so many things all my life.

I had started a couple of years ago with a naturopathic physician online, and we would do things and, but it was still just sort of a spot remedy thing. Okay, well we're going to check this, we're going to do do this. It just went on and on and never ... Trying to heal my thyroid. Didn't work. I want to tell you about another example. I decided that I needed to go to somebody here in town that maybe if I saw somebody, they could run tests on me or do something that maybe these other doctors hadn't done. So I went to this woman, and she was a naturopath. She was also, she did massage. She did acupuncture. And I went in the first time, and she said, "Oh, I can definitely help you." She did an acupuncture thing on me, and when I walked out, I'd spent \$500 just with this pile of supplements. So come back in a week so I did.





And gee, it was another \$500, and I said, "I'm really feeling not better on all of the stuff." "Oh you've got the flu," she said. "Now, isn't it wonderful that you only have the same malaise and everything that you used to have? Then, you've got the flu." And I'm going, "Well, that doesn't make sense." But it was another \$500.

It took another \$500 worth of supplements before I said, "Forget you. This isn't working. This is stupid." I mean I suppose they were all legitimate supplements, but anyway. Then I tried another program that was 10 times the cost of one of your programs, the programs that I did, and it was for a year. And the one thing I do think it helped with was blood sugar or maybe it got me really in the groove of I was doing everything perfectly, but for a long time, but still, it took your pills. It was just so fabulous to take them and then wake up one day and feel like this incredible person. I just had so much energy. I felt so alive, and I could do everything, and I could be the wife my husband deserved. I would run errands and come home and clean the house.

Yesterday, I was out in the garden. I was doing things that hadn't been tended in the garden. And so they're getting more beautiful. This weekend, we're having 15 people spend the night, Saturday night in our house, and the house is immaculate. I'm ready for those people to come.

And then I'm taking a trip to Greece so shh. But it's just, I mean, my life has really changed, so it's changed, and it's been because of ... And I think about it, and I really think that it was toxins. Dr. Kan said that. He said, "Well, I think maybe she had heavy metals and toxins and parasites and all this stuff." I think so too because I'm eliminating much better these days and feeling so much better. It's just great. It's really wonderful.

And I'm 69 years old, and I feel like I'm in my twenties now. I feel better than then. It's really fabulous. So that's where I am, and this is how I got here, was with your things, and I knew I need to continue, and I'm going to. So continue with the supplements. I love that, as Dianna said, I love that you have them all laid out so that it's not hard. You just take these and just know in your heart ... Well, at least for me, I was just trying always, but it always felt like, "Well, maybe. Maybe it's going to fix me," and it did so there's just a lot to be said for getting all of this done like he said in one fell swoop. Maybe I've got some more toxic metals in there. I mean I'm sure I do, sure got a lot, but I know that if I keep on this program, that's going to be taken care of. I'm really happy. I'm really happy. So that's me.

**Jonathan Otto:** I can see that. That's beautiful, Gale. And congratulations being able to have this party with your friends and have the house ready, and you don't seem stressed about it.

**Gale:** Yeah. Normally, I would just be crazy climbing the walls and demanding a lot of my husband. Actually, my niece is getting married so everybody's coming to town for that so that's why we're having everybody over. Yeah, I'm not stressed about it at all [crosstalk] great.

**Jonathan Otto:** That's beautiful. And I bet you're going to have some relatives that are asking what did you do? Do you think that's going to happen?

**Gale:** I definitely think so. I definitely think so. Although I've told some of them already because I know they'd been concerned about me.

**Jonathan Otto:** And that's great like because you'll be able to prevent them from going through something that they would go through or many of them I bet are going through certain experiences that are quite similar to yours in different ways. Like I'm sure they're experiencing fatigue. I'm sure they're experiencing some brain fog. If they are similar age to you, they're all in that stomping zone of where everything starts like gradually falling apart because of the toxic overload, and you're showing people that you can turn back the clock, turn it around.

**Gale:** That's exactly right. Yes.

**Jonathan Otto:** Amazing, Gale. And then to clarify. So you used our program. And you talked about when you'd started, when your sickness began and what age was that?

**Gale:** It was age eight. I was a little kid. I didn't notice, but my mother did. She started dragging me to doctors. She said, "No, you don't have as much energy as your brothers," and she started dragging me to doctors so I know that I got a lot of really bad things. I mean I went to a doctor, and he didn't know what to do so he took out my tonsils. I went to somebody else, and they didn't know what to do so they gave me antibiotics. I mean and I had an awful lot of that through the years.

**Jonathan Otto:** Vaccines?

**Gale:** Vaccines? Yes, of course. Well, my mother was in the age where people got a polio shot and didn't get polios so she was very determined that we were going to have every vaccine.

**Jonathan Otto:** Yeah. And so you've got them. You're even at age 69 so even like children today would be getting more than you.


**Gale:** Oh, way more. Way more.

**Jonathan Otto:** Yeah, but still, the amount that you got like and the fact that you responded really well to using like the ToxiBinder, for those that are listening, like in terms of removing toxic metals, you can even be pro-vaccine. It doesn't make a difference. You don't want those toxins to stay in your body. You don't want mercury to stay in your brain or aluminum to stay in your brain. So even though that's like allegedly part of the ingredients that they argue that they need to keep stimulating the immune system. Obviously, there's a little bit of a debate there, but if you're taking something that's binding toxins, just, trust the process and understand that you want to remove these things.

And then, so you got, yeah, so you got your results there. I mean I think, Gale, this is great. I think we've shared like a lot you're about, you did the Well of Life Ultimate Detox Bundle and the Gut Renewal Bundle at the same time, which is actually the same effect that you'll get with the five month plus, you'll get the added benefits. And then you'll be in a similar situation where Gale like now, Gale's starting another program again. She's kind of building it in reverse. She'd probably have that extra better result right now if she had [inaudible] you all do the five month protocol, but we made it available so whichever place you want to start, it's fine. There's no right or wrong answer. It doesn't make any difference to me. Like what's best for you, what's your answer.

You know what I mean, Gale? Like if you had to start with that five-month protocol and then just seen that through, you would be like I guess two months from finishing that now or something like that or a month from finishing that now, but they would be that additional saving, and then you would've been in a situation where you're not stopped here and going, "Okay, what do I do next?" because I still got some movement to make.

Three months is ... To get the results that you got in three months, it like everyone should be falling over right now. You had chronic fatigue syndrome, fibromyalgia, Sjogren's, Hashimoto's, and then we had like about 18 people on this call ask about Hashimoto's and Dr. Kan said you remove the toxins, and for you to have the kind of results with being a hormone imbalance, and this is part of the Gale story that she hasn't talked about, but she's also had ... Okay, so her armpit hairs are growing again. And that's a good thing, and she's got libido back. So these are stories that came out last week when we chatted. But it's a huge thing. Hands up if that's like cool that we're talking about that, if you think that, hands up in the house. Yeah, we're getting hands up there. Hands up if you're inspired by Gale and her story. We've got 10 hands that just went up. There we go. People are inspired. They love your story, Gale, and your presence. Lots of people putting their hands up there.



So these are all major signs that she's done something that's affecting and getting normal thyroid function back, even at 69 years old, let alone for people that are in their 50s or 40s or early 60s that are listening to this, right?

**Gale:** Oh, right.

**Jonathan Otto:** Gale, and why don't you just mention whatever you would like to on the topic that I just brought up in regards to your symptoms with the conditions that you had?

**Gale:** Right. Well, I mean the most wonderful thing was also, I didn't mention depression. I was thinking about it the other day. I think I was really depressed when I was a little kid even. That seemed to be also getting worse, which was another thing when I had this epiphany of feeling better, I just, I mean I was just so happy. I was happy. Like no depression. No worries. It's like the anxiety about this party, no. I mean it's going to be fine. I know it's going to be fine. So there must be an anxiety thing as well as the depression thing that's been healed. It just feels like it's all been smoothed over. No problems.

**Jonathan Otto:** Wow, which is also showing a full balance in your body like even thyroid function. Thyroid function being out of whack is a major trigger for anxiety and depression. Then, everything, like toxic overload, parasitic infection, like if you're infected with a toxoplasma gondii parasite, seven times more likely to attempt suicide, clinical trial. And then toxic mercury, metal, Mad Hatter's mercury exposure creates insanity. We're all like a little bit insane, right? And so like we're all like, we can all go that way. Like it's all there. Like so that people with these horrible conditions and experiences, they're just like us. It's just an imbalance, something gone wrong. But amazing testimony, Gale. You're spectacular. You're such a pleasure to connect with. I'm so glad that we've got the chance to reconnect with you. What would you say to someone that was thinking about doing this program and getting the results there?

**Gale:** What have you got to lose? Try this. Just try it. And boy. I mean my life changed, Jonathan. My whole life has changed. It's wonderful. It's so different, and I want that for everybody. I mean I do. Try it. Just try this. And you even have more things in the formulas than you had when I took it, and I'm going, "Wow, that sounds good too," but [inaudible 00:22:42]. I guess I should probably still maybe take some more things over to keep this process happening. Maybe some more cleansing and stuff. And I'd like to be totally rid of this, so I'm going to be doing more. But for those people who've never done it, please try it. Just try it.

**Jonathan Otto:** Amazing.

**Gale:** See if you don't feel better.

**Jonathan Otto:** Amazing. And for those that are curious as to what she's talking about with regards to wanting to kind of make the final domino for ... She's had Sjogren's for many years now, and she's reducing her medication on what she has to take for swallowing for Sjogren's and saliva. And so just that she's even been able to dramatically reduce your medication on that, correct?

**Gale:** Correct.

**Jonathan Otto:** But then the fact that it's not a hundred like, because she's not fully off it, there's still something to go there and see the tenacity of a 69-year-old woman that believes that her body can fully be reset, and she's getting that. It's happening in front of your eyes. And then the majority of those conditions, from what I've heard from you, you're asymptomatic on, but you correct me if I'm wrong?

**Gale:** I still have some body pain. I wake up some mornings, and I'm not my full self, but I do enemas. I still, I'm very on the program. [crosstalk 02:20:19]-



**Jonathan Otto:** Awesome. And remember you're three months, you did a three-month program, two three-month programs, and then you stopped. And I think that you had a, it looked like you had a breakthrough, and then you went, and maybe slowed a little bit as well once you got off those two programs, I think [crosstalk 00:24:39]-

**Gale:** I don't know for sure.

**Jonathan Otto:** Yeah. No worries, but like so to get like a full picture so everyone can understand the whole healing process, it's a journey, it's a commitment for her to get those kinds of results that quickly to be like here she is. She's got 15 people staying. The place is immaculate. She's not stressed out about it. She's on a call with us smiling and having a great time, and so like to wake up one morning and just feel like, "Oh I feel rotten this morning."

Then all that is looking at what did I eat yesterday, what didn't I take that I normally take, and you're just chipping away at some layers and so that you're working towards not having that experience again, so that you're fully finding your way out of that place. And again, like three months is an amazing, like is a great amount of time. But that's why we've also positioned the five month and that's why I do think like that could be a really great step for you, Gale, in finishing your healing journey, knowing that you've balanced so many of your conditions, like it doesn't seem like you have any of this because you talked about not being able to finish your sentences, with your cognitive impairment.

I've never had that with you once. Like I've talked to you now probably for two hours collectively over the calls that we've done. I've never seen you lose your train of thought. I've never seen you kind of forget what you're about to say. I've never seen once that happen personally so that's just my observation. But for you, I mean it seems like that one's like kind of just behind you.

**Gale:** Oh I hope so. I hope so. Yeah, I'm remembering things. I've got better recall. It's still not perfect, but that is why I'm going on with all of these things, and I'm continuing with my diet.

**Jonathan Otto:** Perfect.

**Gale:** Gluten and-

**Jonathan Otto:** You got gluten free, yeah?


**Gale:** Yeah.

**Jonathan Otto:** Perfect.

**Gale:** Yeah, at the talk, I don't, we don't, we still have a couple of toxins in our house: cleaning products that my husband likes. But that's getting smaller. It'll end, and I'll get it fixed. I'll get it out.

**Jonathan Otto:** Awesome. Love it. Gale, thank you so much for sharing everything here. A great story. If you're inspired by Gale's story, just say, just drop a line there and tell her what you thought. And then again, I'll just show with you on this page, both Gale and Dianna, they used these programs here. They're basically using all the ingredients inside of this program. This is the one that will help fast track your success there. And so simply, all you have to do is just click on there, read about it, see the additional gifts and bonuses, how the program works, the ingredients and then just get started because we ...

What I can tell you is that we're about to release some special gifts to our whole audience. We have about a million people that follow us, and we actually do have a limited stock, at least until we have a reorder. It takes us about eight weeks once we go out of a product, and so we try to accommodate for that. But when we have big surges, then we're like caught with our pants down in a sense. So we just advise everyone that really wants to get started quick, don't want



to be waiting, want to get in while we have this special because as well, the specials are for certain times so they're not around the clock so you want to get started with that if that's something you want to do so you don't miss out on that.

We're about to, like in this upcoming week, we're going to be sharing it with our whole audience so we're going to have some big sell-outs on a couple of items. I can tell you already, we're going to have some big sellouts on a lot of our packages and formulas so this is the time to just get started and take action.

You guys were the first person that, first people that took action so I just think you guys deserve to hear about it first. And we're going to continue with the answering questions in the next Q and A, and I'm going to be continuing to share with you through the webinar of amazing ways to heal your body using different tools, understanding different strategies and diet, lifestyle and other tools and nutritional protocols that can help you heal, and we're going to be discussing this in the weekly Q and A sessions so, and discussing this in the webinar sessions. They start next week.

So thank you, Gale, for being on here. I appreciate it. We've had a great time together, and I can't wait to catch you all very soon.

**Gale:** Thank you.

**Jonathan Otto:** All right, great. Thanks, guys.

**Dianna:** Goodbye..

**Dianna:** Thank you.

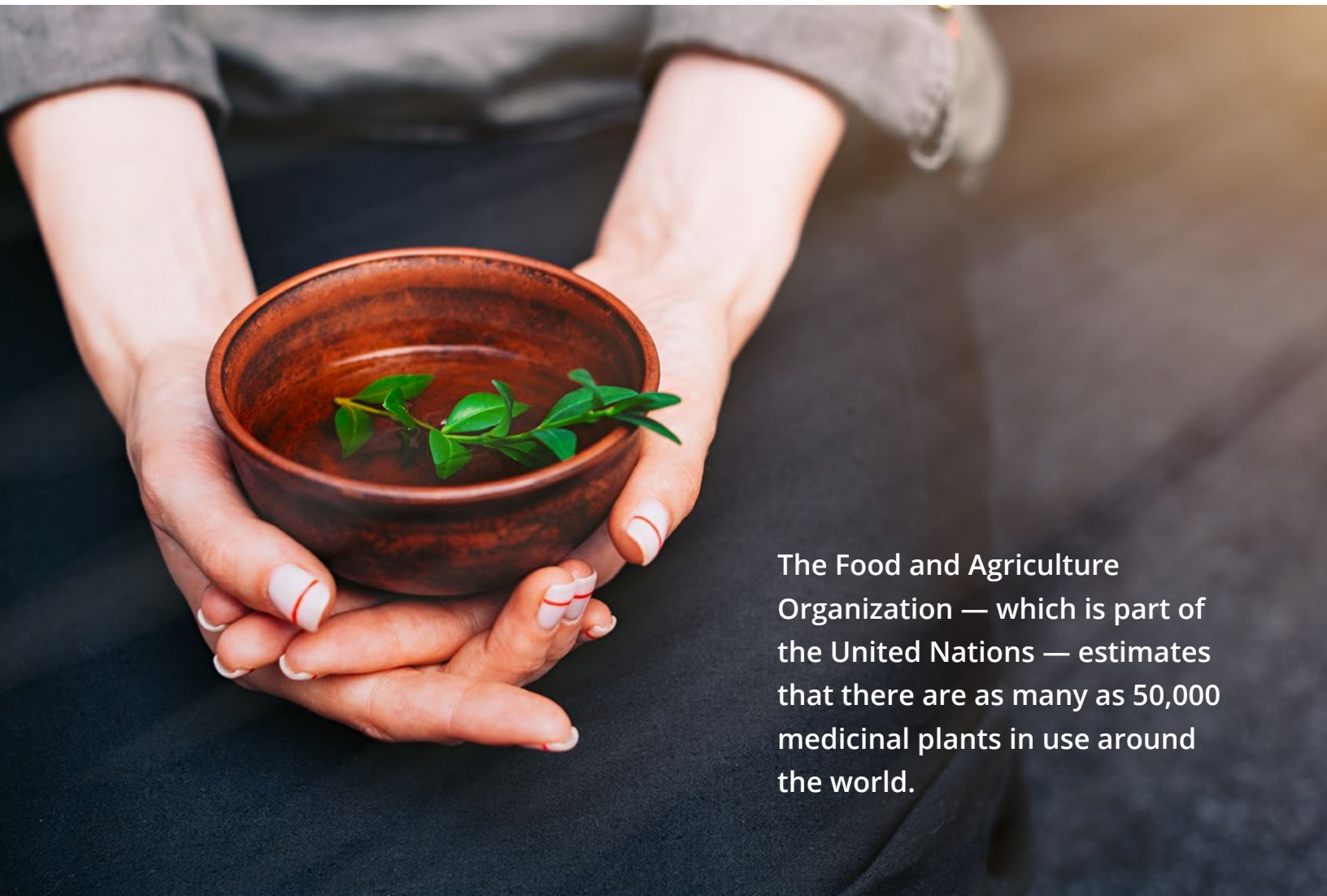
## Find Out More About Natural Medicine Secrets

The World Health Association estimates 80% of the world's population depend mainly on traditional medicine (including, but not limited to healing plants). Of those, two billion people rely upon medicinal plants as their primary treatment option.

So, why don't we hear more about natural medicines and remedies? Good question. But the answer may lie with the TRILLION dollar-a-year Big Pharma industry. It is a global pharmaceutical juggernaut that spends billions of dollars each year advertising their products.

There is absolutely no profit for them in natural, plant-based medicines. It is largely through word of mouth that we are able to reach people, and share safe, effective, natural remedies.

**Be part of the solution.**



The Food and Agriculture Organization — which is part of the United Nations — estimates that there are as many as 50,000 medicinal plants in use around the world.

This information is too valuable to keep to yourself; so, please share this knowledge with your friends and family members. Send them a link to our website, [www.naturalmedicineseries.com](http://www.naturalmedicineseries.com). Ask them to join our mission. Together, we will educate people about safe, natural alternatives to the toxic chemical concoctions that Big Pharma creates for us.

There are so many natural ways to combat chronic illness and improve our overall physical and mental health. While we cannot expound on all the methods here in this eBook, they will be covered in the informative 9 Episode Docuseries, ***Natural Medicine Secrets***. This groundbreaking docuseries features interviews with 57 well-respected natural medicine doctors and other experts who focus on autoimmunity, brain health and natural medicine.

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- ▶ Stress & Anxiety
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## About Jonathan Otto

**Jonathan Otto** is an investigative journalist, filmmaker, and humanitarian. His life narrative is characterized by his unceasing desire to uncover truth and alleviate suffering. He volunteers his own time overseas, especially in Africa where he has sometimes faced life-threatening situations, and continually draws finances from his own pocket whenever necessary.

In more recent years, Jonathan has turned his attention to seeking truth and exposing error and deceit in the area of health and wellness. This has led him to create and collaborate as an editor and producer on many health films and projects, such as the docuseries, *The Truth About Cancer* and *The Truth About Vaccines* (with Ty Bollinger), *Diet Against Disease with Dr. Joseph Mercola*, and more recently in Jonathan's self-hosted docuseries, *Depression, Anxiety & Dementia Secrets*, *Bible Health Secrets* and *Autoimmune Secrets*. These groundbreaking docuseries represent his unceasing global quest to find truth, gathering stories and protocols from world-renowned experts and their patients. Jonathan has been featured in international TV broadcasts, print media, national news, and radio broadcasts.