

# Live

## QUESTION & ANSWER

WITH DR. ELENA VILLANUEVA



AUTOIMMUNE  
SECRETS



**Dr. Elena Villanueva**



**Jonathan Otto**

**Jonathan:** inaudible] just one moment, un memento, por favor. [inaudible], and Dr. V., if you have any [inaudible], that's good to use, as well. That will be good. But we'll dive in right now, and so welcome, everyone. We're about to start our lab question and answer. I am going to introduce famous Dr. Elena Villanueva, and she's fantastic. She's become a great friend of mine, and she is a doctor of chiropractic. She is a holistic doctor who practices holistic care in Austin, Texas. Dr. V finds passion in supporting people during their search for healthier alternatives, healing their chronic conditions, and working with individuals looking to establish a healthier lifestyle. Dr. V's specializations include balancing female hormones to [inaudible] autoimmune disorders, Type II diabetes, neurochemical imbalances, genetic defects, including MTHFR, insomnia, metabolic syndrome, and others.

**Jonathan:** Dr. V studied under leading methylation and genetic doctors, including Doctor Kendall Stewart, and Dr. J. Dunn, whose work is based on genetic research done by Amy Yasko, PhD. She is passionate about learning, and utilizing cutting edge technology for genetic analysis and epigenetics, which exploring functional nutrition. With genetic data, she can analyze underlying issues with her patients, and precisely create personalized programs to target and heal the source of chronic conditions, as her personal journey led to the discovery of

mutations in both of her MTHFI genes. She's committed to helping patients who suffer from the same effects, and mutations. It's with great pleasure that I introduce you, Dr. Elena Villanueva, to answer your questions live, here on this call for our tribe, and she's here for you, dedicated to helping you find the answers.

**Jonathan:** You can work, use these tools safely from the comfort of your own home, learn how to improve your diet, put some extra tools, and implementation, and steps to implement with the nutrition that you're taking, special medicinal herbs that are great for healing, and all kinds of other lifestyle interventions that she's going to suggest. We're going to dive in. Well, thank you so much for being on the call, Dr. V.

**Elena V.:** Thank you. Thanks for having me.

**Jonathan:** Fantastic. Fantastic. We're going to start going through this question and answer list, so all we need to do is click on that question and answer box. For those that are new to this, just remember, if you're here live with us, on the call, what you need to do is put your question into the question and answer box, and then, we are going to answer these, live on the call.

**Jonathan:** Again, whenever we have a question that will be better suited for another practitioner, then, we will mention that, and we can circle back with you in the following couple weeks, as we get new practitioners on the line. But Dr. V's perfect for almost all the questions that we'll be having fielded towards us. Erica is the first one there, and I'll just read it out to you, Elena.

**Jonathan:** You can probably see along, now. She says, "Seeking a second opinion. I've just received," one moment, "Urine results confirming heavy metal toxicity, extremely high levels of lead, mercury, tin, and oddly, thallium, and ratings of zero or well below expected levels in all beneficial gut flora tested in stool sample. Natural Path says to begin," the actual question, it actually just scrambled there, right in front of my eyes, it is, now, I'm holding it, now. It's back. "Natural Path says to begin taking DMSA capsules to detox heavy metals. What would you suggest?"

**Elena V.:** Well, DMSA can be used absolutely. It can be used. There are, there are some things that you want to look out for. Okay? With the looking into the genetics, or even I guess for you, without looking at the genetics, we don't really know how well that your phase one, phase two liver detox pathways are working. Okay? It's not uncommon that people will start doing big detoxes, and it actually adds a bigger stress load to their body and their liver, because their liver's not able to actually get it out of the body, all right?

**Elena V.:** What I might suggest, something you can do from home is make the assumption that you have some methylation mutations in your genes. About 90% of Caucasians do. I see other races at a very high percentage. Probably 60-70%, when I get the results back. You address that first. I would take a methylated form of B12 and folate, and maybe do that for a couple of weeks before you start doing your detox. I'll give you an example here. Give me just one second. I'm just looking up the names of a couple of the ones that I have. I've got several that I use. Give me one second.

**Jonathan:** [crosstalk 00:05:48]. Yeah, I'm sure you'd be using, I remember using glutathione.

**Elena V.:** Glutathione is a big one. But first, glutathione's not going to open up the liver detox pathways. We want to make sure that we open up the liver detox pathways before we start doing this, because you've got a lot of heavy metals, and if you don't have a healthy gut biome, then, you don't have a good immune function to counteract these heavy metals and other toxins that are most likely going to come out with the heavy metals. There's one by Pure Encapsulations. It's called Pure Melt B12 folate, so it's got both the methylated B12, and the methylated folate in it. It's in a melt tab. There's a reason why I would suggest that, over a capsule. But we can go over that at another time. I would do that for a couple of weeks. One-

**Jonathan:** That's good for the liver?

**Elena V.:** Well, if you're having this particular genetic issue, you're going to have a difficult time. When you start detoxing. You're not going to effectively detox. That can cause problems, so let's make sure that detox pathways are open. Okay? Then, after a couple of weeks, then, you can add in some glutathione. Where I would differ from the DMSA, which can be hard on your liver, is I would do more of a food-based detox. I would start with food-based detox first. You could do that. Actually, I think that's the healthiest way to do it, and then, you can add a liposomal glutathione, and then the methylation. I feel like that's a better way to do it. There are different greens that you would ingest in your food-based detox. Cilantro, chlorella. All of those super greens are great heavy metal detoxers. That personally, that's what I would do. If you're going to use the substance that your doctor recommended, you really want to do that under a lot of guidance from him, probably have your liver enzymes checked every three months, and so that would be my recommendation.

**Jonathan:** Thank you, Dr. V. Just to bring a note there, for those that are taking DMSA, it will strip out good metals, as well, and so I think that if anyone was sitting here thinking, "Well, how do I do something that doesn't take out the good metals," The other alternative solution is using, glutathione would be one example of one that doesn't take the good metals. Then, another one that is personally my favorite, and it's also the favorite of Dr. Nuzum, and Dr. David [inaudible 00:08:27], Dr. V is very familiar with it, and that's folic and humic acid. Folic acid is present in humic acid.

**Elena V.:** That's true.

**Jonathan:** It's a very potent bio, it's a bio charged coal that is decomposed actually like ground, like soil, basically, but it's, and it attaches onto toxic metals, and helps pull them back into their colon to have them excreted from the body. I've seen people reverse really severe challenges with it, and it's not harsh, or anything like that. It's best, it works really well when it's partnered with other carrier herbs. We're actually formulating one right now. It's actually in production, which is really cool, 'cause we really believe in it. We're going to make it available really cost-effective as well. That will be available in a couple of months. But it's good to have a look at everything that's available, and see what's good for you.

**Elena V.:** Yeah, that's true. It's, it also has alkalizing benefits, and also going back to the glutathione, not only is it going to help you to detox heavy metals, but it also is a super, super powerful anti-inflammatory in the body, and it detoxes from the cellular level. You're really getting a lot of benefits from the glutathione, as well.

**Jonathan:** Great. Thank you. All right. Next one. Lily is, "Hello. My niece is 21 who has polycystic ovary syndrome. She was told by a doctor to take birth control, when she has taken Yaz, Y-A-Z, for a few years. She has lost a lot of hair. What could she do,

overall, to get better, and maybe even get rid of the disease? Thank you."

**Elena V.:** I'm not seeing the same thread, so I was trying to follow that, but is she still on, does it say that she's still on birth control?

**Jonathan:** She, it doesn't. It's not clear, from the question. It says that she was told to take it for a few years, and she's taken it for a few years. It sounds like she's likely presently on it.

**Elena V.:** Okay. Synthetic birth control, I really feel like people just shouldn't use that. The risks truly outweigh the benefits. When you take synthetic birth control, one of the, or any type of synthetic hormone, one of the negative side effects that it has is that it interrupts the entire HPA axis, which means that it's interrupting the function of your pituitary, your thyroid, your adrenal glands, and your hormones. It's throwing everything off kilter. A good detox would be so good for her. She, we'll also need to look at her diet. What is she eating? Right? Because that can just compound the issue. Going all organic, doing, going, eating as green as possible.

**Elena V.:** Mostly vegetables in the diet, with some added fruits, the healthy beneficial fats, right? Adding the amino acids or proteins in there, and doing a food-based detox would be huge for her. I'm a huge fan of the standard process detox. You can't order that on your own. You have to get that through a practitioner. But it's food-based, and I can't tell you how many key studies I have showing before and after on hormones, where we'll see abnormal hormone levels, and we'll start the person on the, a standard processed food detox. Perhaps adding in a supplement to either help bring down testosterone levels, or help bring down estrogen levels, in the case of estrogen dominance. After even just 30 days, we already see a change in the hormones. After 90 days, we can see balance in the hormones. We do a lot of that through food. If she's having all these symptoms,

and losing her hair, if you follow me at all, if you know anything about me, I do a lot of labs.

**Elena V.:** I am super data-driven. I let the data drive my recommendations, and what it is that I want to do, and how I formulate my protocols with people. If she's losing her hair, and she's having these other symptoms, I think that ordering labs is a great idea. Functional blood chemistry, or let's order some salivary hormones, where we're looking at her hormones twice, over the course of a menstrual cycle so we can see how her hormones are fluctuating, because in a woman, the hormones fluctuate. To just do a quick snapshot in the blood of what the hormones look like on a particular day, not even knowing where she is in her menstrual cycle, isn't really going to give us a picture to show us truly what's going on. That would be my recommendation. I'm going to start, I think the Q&A bit, the stuff that I'm seeing maybe looks a little different. I couldn't follow where he was reading, but-

**Jonathan:** Oh, no worry. Tell me the first name of the next person that you've got on your list.

**Elena V.:** Okay. Lisa Rosato, any thoughts on how to read the body.

**Jonathan:** You can read their first name. Yeah?

**Elena V.:** I'm sorry?

**Jonathan:** Lisa. You can just read their first name, when they come up, just in case. No? [crosstalk 00:13:53].

**Elena V.:** Okay, okay. Any thoughts on how to rid the body of Epstein-Barr myelitis besides clean eating and detoxing? I've had it for over 30 years, and believe it is the root cause of inclusion body myositis disease, which I presently have had for the past seven years. I don't believe the EBB is active, though.

Okay, so there are different thoughts on that. In the traditional [inaudible] model, they truly believe that you, once you have something like Epstein-Barr, that you cannot ever get rid of it. We have seen, we have seen patterns of Epstein-Barr go away, in labs, after work. The clean eating is absolutely crucial. Then, there are anti-virals, or anti-microbials, that you can take. Natural ones. I would say that Jonathan is an expert at just throwing out names of different herbs that you can use. I always use things in combination, but there are, I prefer to use combinations of different herbals that are, that have anti-viral properties.

**Elena V.:** The other thing that I think would be super important for you would be to have somebody take a look at your gut biome. Maybe do a GI map test, like a GI stool map test, or something similar like that to look and see what the health of your gut is, because the health of your immune system is directly related to the health of your gut. If your gut is not totally healthy, you're always going to struggle with your immune system, and you're never going to be able to fight off different diseases, or chronic standing infections that you've had. Believe it or not, you can still have gut issues, and need, and be in need of doing a gut repair regimen, even if you don't have gut symptoms that you notice.

**Elena V.:** George, " My wife and I will be starting Dr. Jay Davidson's parasite and heavy metal detox. We already purchased the complete protocol, and are looking at starting this weekend. My hope is that this protocol can really help my wife with her anxiety and depression, as well as her thyroid issues. She has not been on any medication for her thyroid or for her anxiety and depression in months. We have been told to avoid sugars, but wonder if coconut sugar will be okay, or how about manuka honey? We have also been advised to avoid alcohol, and I'm curious about drinking coffee, since there is also talk about doing coffee enemas. My question is what foods do we need to definitely avoid, during and after the detox, and what supplements and vitamins should we be adding?" Love that question, 'cause I do so much work with anxiety and depression, and other

neurodegenerative diseases, and neurotransmitter balances. Love Dr.

**Elena V.:** Jay Davidson's protocol. It's awesome. I actually use that with the majority of my clients, so definitely that's a great place to start, is the heavy metal protocol. It's going to work on not just parasites also, by the way. It is overall a great ant, broad spectrum anti-microbial for parasites, for bacterial patterns, viral patterns, so you're going to get a lot of benefit out of that. I would say as far as sugars go, just avoid it.

**Elena V.:** There's no reason to have sugar in your diet. There's just, there's no reason to have it. If she's craving sweets a lot, okay, so if she's craving sweets, that's probably a sign of her having underlying parasite, or other underlying infection patterns. If she can eliminate those, or once she starts the process of eliminating those, typically, within the first 30 days, those sugar cravings go away. Organic honey is a great substitute. Manuka honey is fine. I talk with my patients about there's a product that I will tell my patients about, and I'll share this with you. It's a bad name, great product. You can look it up on Amazon. It's called Diabetic Kitchen. Within their line of products, there are a couple of products in there that I've tried, and recommend it to my clients, especially as we went into the holidays. We have to be, I try to be realistic, okay? Sugar is the devil. Sugar is bad. You just stay away from it. There's no reason to have it. Not even in small doses. All right?

**Elena V.:** But we get into the holidays, we go visit family. Sometimes, they get offended if we're not eating what they've made. We can show up with stuff that we can eat. Diabetic Kitchen has brownies, and they have a nut butter cookie mix. They have a brownie mix, and a nut butter cookie mix that are fantastic. They use inulin fiber, and sunflower seed fiber to, as the actual flour, and then, they use monk fruit and stevia as the sweetener. You would never know that it's not like the real deal flour and sugar cookie, except that you won't feel bad afterwards, right? Beware. There's a lot of fiber in there. You eat

one cookie, you're getting a ton of fiber. If you eat five cookies, you might get yourself stopped up.

**Elena V.:** Be careful how many that you eat, and I always tell the patients replace the butter requirement, replace that with a goat or sheep butter. Okay? Just stay away from dairy. But if you're going to make a cheat, there's worse cheats than others. I would say go for the Diabetic Kitchen products, so if you're needing some sort of sweet to satisfy the actual craving. As far as alcohol, stay off of alcohol. Just stay completely off of alcohol. There's no reason to have it. Especially if your wife is struggling with anxiety and depression, triple stay away from the alcohol. You just don't need it, okay? If we need something to wind down, both of you guys go and join a hot yoga class. Start doing that. You do some yoga right before bed, at 8:00 at night, and trust me, it will be the best sleep that you've ever had. I hope that that helps.

**Jonathan:** Thank you, Elena. I've got some Stevia and some sparkling water here, and it's fine. It does well with me. I'm really careful with sugar, and even salt right now. Lots of cool hacks that you can use. Stevia doesn't spike the blood sugar. It's actually not a sugar, right? That's a cool hack that you can use, and like you're saying, alcohol, yeah, you don't need it. Look for other ways to have fun, and experience that, what you're looking for, in your life, outside of those things. You'll find you're deepening that connection you have with life, and you can see that you look at the only blue zone in America happens to be the Seventh Day Adventists, and they're off alcohol, and you notice that one of the things that they do really well with is community, and they have people living in their 100s.

**Jonathan:** Really healthy, and living well. An emphasis on other things can really help make a difference. Then, over to the microbe formulas line, some of you guys are using that, and we support those guys, and we think that what they're doing is fantastic. For those that have maybe looked at some of those things, and find, "Wow, this is too expensive,

this is out of my budget," or that they might have tried it, but they're like, "I'd like to keep going, but it's too expensive," and Dr. Elena is nodding. We're, so we're actually just in, we're about six weeks away from having out anti-parasitic formula. They're actually different, as well, and our heavy metal formula.

**Jonathan:** They're very advanced. The scientists that I'm working with are fantastic. They're very potent formulas. They're a lot, a lot more cost-effective than anything you can find out there by a couple times over, so we're in a whole different range of price, down low, which is just, will just really be cool. That's a tool that's available. Within the next couple of weeks, we'll have some of that other things available, like our liver and kidney cleanse. You've seen some of those things, Dr. V., and our digestive enzymes, and our probiotics. That's all really good prep. You could start with the prep first. Then, you could move into them.

**Elena V.:** Yeah, and be sure, Jonathan, to keep me posted on that, because any time I can find a great quality product, and I know that you've been working on that, and I can find it at a better price to pass that on to people, I always want to do that. I think that that's important.

**Jonathan:** Well, thank you.

**Elena V.:** I think it's important to make things as affordable as possible. Look, guys. For those of you that are sick, and those of you that are struggling, you're going to have to fork out some money. There's just no way around it. But the savings that you're going to have in the long run is going to be huge, compared to what's going to happen with you when you end up losing your career because you're sick, or you end up in the hospital, or you end up in where you need care at an earlier age, in your 70s, that you have to go into a nursing home because you can't take care of yourself when you should be able to take care of yourself through your 90s.

**Elena V.:** You're either going to pay for it now, or you're going to pay for it later. Now, with that said, Jonathan and I are big believers in finding the best quality products that we can at the best price. Jonathan is fortunate enough that he's been able to actually work with some people to formulate that. That's a huge undertaking. Definitely, Jonathan, let us, keep us all posted on that. That's great.

**Jonathan:** Thank you. Actually, no, I'm so excited. Then, we, a whole bunch of organic stuff, and we're using the momosa pudica seed, and we're using green black walnut hulls, and you'd be amazed at what green black, black, green harvested black walnut hulls can do for anti-parasitic properties, clove. We're using these core ingredients with the humic and folic acid added in to carry it in the body, in the anti-parasitic formula. It's all in one capsule. It makes it a lot easier for people to get sidetracked.

**Jonathan:** We're doing 90 caps in the bottle, so people can get, do the right dosages. Then, with the heavy metal, where our formulas are fantastic. Our, because the thing is, with folic acid, if it's not actually certified, then, it's likely to be low, in its folic acid content. You can have humic acid. If it's not a good quality source, then, you'll find it's so low that it doesn't actually do what it's supposed to do. But when using a [inaudible] that has actually certified studies behind it that has 22%, which is the highest, and so be it there's no sacrifice on quality, because it doesn't work, and then that's the worst thing. Again, I'd prefer to pay premium, and then get a result.

**Jonathan:** We're, that's our mission. We're not going to be beaten when it comes to quality, and we're not going to be beaten on price, either. It's just, it's exciting. I'm glad. Your, your passion of seeing people get better is just awesome, Elena. Okay, so she's going to come, jump straight back in. We've got so many people on the call, this is fantastic. I'm going to keep going here, and she's going to jump back in as soon as she, her internet keeps going along. Now, here we go. We're over to Lisa. We're at Sarah. Okay, and I'll have Dr. V come in on that one.

**Jonathan:** Mary is asking, "Is there a definitive test to check for lectin intolerance?" I'll see if she has a different answer, on that. But remember, with lectins, the idea behind lectins is that everybody has an issue with lectins, and so if you really are strong in believing in this philosophy that, hang on, one second.

**Elena V.:** Hey, you're back.

**Jonathan:** Yeah, I am. I am, for those that were wondering what I was doing, I just heard some bang outside. It sounded like an accident. But hopefully, it wasn't. I can't see anything. Okay, she's, something's maybe up with the Internet. I'll keep going. Lectins, the idea is that lectins are a problem for everyone. I think it's debatable. I think that we need to really test that theory, because obviously, a lot of civilizations and societies have done really fine with those particular things. Dr. V., any thoughts on the lectin intolerance? Are there any definitive tests to test for lectin intolerance?

**Elena V.:** You know what? There are some tests, but I can't remember what label that we used for that right now. I'm, yeah, we can check for that. You can also look, I think, even at the genes. That, that's not a gene that I've looked at a whole lot. But we have looked, we have spent a lot of time looking at the genes that show us about gluten issues. Now, we, you and I both know everybody's going to have issues with gluten. Everybody is. Really, everybody needs to stay off of it. But it's super powerful, when people can see it in their genes, that they're going to have a bigger issue with gluten than the other person. George, that's another thing that you're going to want to stay off of.

**Elena V.:** The main foods to avoid, when you're doing detox, the ones that come off the top of my head are going to be sugars, dairies, glutes. Just stay off of animal products, for the most part, okay? When you go to the grocery store, stay in the produce section, okay?

**Elena V.:** Buy everything fresh, and I know that it can be a struggle to learn how to cook vegan, where you're a plant-based vegan, because there's a big difference between what people think is vegan, what most people think is vegan, where they're eating a lot of starchy stuff and that, versus actually just buying the majority of your food in the produce section. But believe me, there's a lot of things. There's a cookbook called, I asked my husband to bring it, but I think I might have taken it to the office, it's called *Delightfully Free*. The author lives, I believe, in California, and then, she lives in Austin the rest of the time.

**Elena V.:** She found me about three years ago. Love her book. She's got two of them. *Delightfully Free*, and *Even More Delightfully Free*. It teaches you how to cook beautiful recipes, beautiful illustrations, and that's really, really grate. The other one, this is really great, it's called *Plenty*, and it's all vegan-based. Look at that. That's gorgeous. This is, it's all plant-based, vegetable recipes with beautiful illustrations in here. That's super important, to avoid foods that are going to depress your immune system. Eggs, by the way, will depress your immune system, as well. There are certain things you want to stay away from. You really, really want to stick with a plant-based diet.

**Jonathan:** Wow. Fantastic. That's coming from Dr. V., who's not strictly plant-based herself, so when you hear that, it's not like biased, even though those kind of biases are fine, too. But, yeah, very important and I'm thankful that you're willing to go there.

**Elena V.:** That's correct.

**Jonathan:** I appreciate it. Come over to, [inaudible 00:29:27], I skipped over hers. Have you any advice for how to heal and reverse pulmonary fibrosis and mulch from welding fumes? From mulch, and welding fumes, it's like exposures, and just a quick not, Dr. V., we've got about 55 minutes to go, on the call, and about 60 questions to go through, so let's see how quickly we can [crosstalk 00:29:51].

**Elena V.:** Let's see how quickly I can do it? Okay. Pulmonary fibrosis. You already have a lot of scar tissue. You already have a lot of scar tissue in your lungs. The best thing that you can do is to avoid any further exposure. Go as anti-inflammatory as you can. The most anti-inflammatory you could do is plant-based. You need to stay away from environmental toxins. You've been exposed to those too long, and it's already done damage. Also, the quality of the air in people's homes is amongst some of the most toxic air that we breathe. You could even look up statistics from the EPA, which I'm shocked that they would even admit to that. That happens because of the cleaning products, and all of the things that we're using. Our laundry detergents. All of that. You need to get rid of that, and you need to use organic clean. Use essential oils to clean your house. There are clean laundry detergents that you can use. Be very, very careful about your future exposures, and stay as anti-inflammatory as possible.

**Jonathan:** Okay, fantastic. Then, everything else that we're talking about would apply to you, because you're doing toxic metals from the welding fumes and the mulch. Other kinds of toxins that have come through that. Everything that we've been speaking about, about glutathione and [crosstalk 00:31:06].

**Elena V.:** Methylation and glutathione, those two things. If you were going to do just two things, I would do the methylation, the methylated B-12, and methylated folate, and then, I would do the, a good liposomal glutathione.

**Jonathan:** Fantastic. All right. Thank you. I come over to, and then, and then the liver and kidney cleanse would be relevant for her, as well, and so just opening it up.

**Elena V.:** Everybody, let's just, let's cover that one now. Everybody needs to detox at least once a year, and I would say at least 45% of us. I'm included in that. I've looked at my genetics, and now, I can understand why, one of the reasons I got so sick in

the past. I included, with many of you on the call, need to be detoxing on a daily basis. If you change your diet, you're naturally going to be detoxing every day, because you're going to be putting those types of plant-based detoxifying foods into your body. You really need to be doing that on a daily basis.

**Jonathan:** Okay. Fantastic.

**Elena V.:** I'm detoxing right now. Every January, I do a big one.

**Jonathan:** [crosstalk 00:32:12].

**Elena V.:** I'm completely plant-based. The rest of the year, I'm not necessarily plant-based 100% of the time. I probably eat meat, or some sort of animal protein, fish, or I don't know, I'm not a big red meat eater, but fish, or whatever, maybe three to four days a week. Then, the other three to four days a week, I'm eating just plant-based, but in January, very, very strict. Because if I want to do a real detox, and not waste my time, I'm going to go plant-based. That's what you need to do, so for everybody on the call, we can kind of cover that one.

**Jonathan:** I got you.

**Elena V.:** Kidney and liver detox and annual detox, everybody needs to do it at least once a year.

**Jonathan:** Fantastic. Okay. All right. Coming over to Christina, "I've recently been diagnosed with Hashimoto's. I have been taking a 0.050," so point zero five-

**Jonathan:** 0.050, so .05 milligrams of levothyroxine. Does that interfere with my desire to balance the autoimmune issue and no longer deal with the symptoms? I'm gluten free, sugar free, and quite conscious with my diet.

**Elena V.:** The levothyroxine, I'm not gonna tell you that necessarily that it's going to interfere with your ability to boost your immune system. But what will interfere with your ability to boost your immune system that could also be affecting your thyroid is not having a beautiful, healthy gut bile and so you definitely want to work with that. Many, many, many times I see that people that are struggling with thyroid issue even thyroid with Hashimoto's, it's a secondary or tertiary thyroid issue. In other words, it's not really a thyroid issue. It's being caused from some other issue in the body and then it's causing a domino effect that is then making the thyroid out of balance and if you fix the other underlying causes, then you will see that you really don't need thyroid medication at all and the levothyroxine, that in and of itself will not resolve the inflammation on your thyroid. If you want to do that, something very powerful that you can add without doing testing to really know exactly what it is that you need to do, glutathione. We're gonna go back to that.

**Elena V.:** I work with Hashimoto's cases all the time and we look to see is it truly a real thyroid issue or is it being caused from immune issues, gut issues, whatever or is it being caused from a malnutrition standpoint because you're not obtaining your nutrients. A lot of thyroid hormone conversion, it happens in the gut and the liver, not in the thyroid and furthermore, you have to have conversion factors. You have to have B12. You have to have folate, iron, selenium and serotonin, believe it or not, in order to convert your thyroid hormones over. But I would say for you, the levothyroxine, stay on it if it's been working for you. Be sure to have your antibodies checked on a regular basis and if you need to, to get the inflammation down on the thyroid, you can add some glutathione daily.

**Jonathan:** Thank you, Dr. V and I'm loving your answers here. You don't happen to ... One thing, if you could tilt down that camera a little bit so we [crosstalk]

**Elena V.:** [crosstalk] fixed that for me.

**Jonathan:** I know I just did it so you don't look like a little tiny, short little thing. Okay [crosstalk] no, no, talk for a second. Just talk.

**Elena V.:** Hello.

**Jonathan:** I don't want you to cut your head off, which you just did.

**Elena V.:** Hold on. I can raise up the table. Now I unplugged it. Nevermind.

**Jonathan:** Just a little. All right. This is fun. Behind the scenes with Dr. V and Jonathan. Go ahead and one more time. Just talk. It's flick back to the screen to you.

**Elena V.:** Can you hear me?

**Jonathan:** You're back to how you had it. All right. One last time and then I'll give up and then you don't happen to have one of these things, do you?

**Elena V.:** No, I don't have one with me.

**Jonathan:** Your audio's actually good. So that's all good. I'm just a perfectionist. Guys, forgive me. I'm just a filmmaker, right? All right, okay, so back to you, Dr. V. By the way, do you like the idea of a new documentary title: Sick Conspiracy.

**Elena V.:** Ooh, I like that. I like that. You know what? This is the problem. People have been brainwashed over decades to believe that they have to have a diagnosis. I have Hashimoto's or I have fibromyalgia or I have anxiety and depression. I have a bipolar disorder. You have don't have any of those things. What you have is an engine or a set of engines in your body that are not working properly and they're throwing off warning lights or warning signs and they're telling you that you need to do something

about it. Taking a prescription medication to cover up the symptom is never gonna fix the problem. You have to get to the root cause of the problem. You gotta clean your body up and you gotta make some lifestyle changes and if you do those things, that is the only way that you're gonna end up fixing these issues. That's the only way that you can reverse the damage that you've done to your body. Your body is doing everything it can to support you.

**Elena V.:** It's time for you to make changes so that you can then take care of your body that's been taking care of you.

**Jonathan:** That's beautiful. Thank you. (singing) That's "Mirror," Michael Jackson. I'll stop now. All right, back to Lynn. So she says, "How do you heal from estrogen cancer with hormone issues? What do you take naturally? I'm on a whole plant based diet, no meat, sugar, wheat or dairy." So she's wondering what else she can do.

**Elena V.:** So where are you in the process? Were you just diagnosed? Have you already been through traditional chemo treatments? Do you still have it? What's going on with that? So I would say that there are a few things. Let me give you some examples of what I've done with my cancer patients and I'll try to go as quick as I can. I'm gonna give you an example of a thyroid cancer patient. He had been going to MB Anderson in Houston, one of the top cancer centers. They had to take his thyroid out. His thyroid cancer came back two more times, even after the thyroid was gone. It was coming to all of the surrounding lymph nodes. After his third treatment and it came back for the fourth time, he told his doctor, "I cannot handle another treatment. It's gonna kill me. What can I do?" Surprisingly, his doctor told him, "You need to eat your way out of it," and he ended up finding me. Totally, Jonathan, I haven't told you that story. So this client found me. We did a lot of labs with him. I wanted to fix all the engines, right?

**Elena V.:** We gotta fix his engines. We found that genetically, he needed a lot of glutathione. His body wasn't able to produce its own glutathione. Glutathione is what detoxes you at a cellular level. So we started getting him big doses of that. We used high doses of CBD oil and I got his vitamin D levels up to 110. In addition to that, he did detox and we completely changed his lifestyle and his diet. It has now been three years and the cancer has not come back. So what I can tell you, I mean, it's gonna vary a little different from person to person. Do I know exactly what to do with you? I would want to look at the labs and see what engines aren't working and what's going on. It sounds like you're already on the right track. You need to eat clean. I would say monitor your vitamin D levels. In your case, I would keep them up to 100, 110, just a suggestion and you can take CBD oil as well. Those things right there. Oh, and the glutathione every single day. Take a good one.

**Elena V.:** Glutathione gets decimated in the stomach by the stomach acid. So you want to make sure that you take an acid resistant glutathione capsule or you want to take a liposomal glutathione and for you, I would start out at 100 milligrams a day, work your way up to 200, then work your way up to 400 and I would do that for probably a couple of months, but do it slowly because that can make you detox very quickly and you can have a Herx response from that. It's a big detox response that sometimes is unpleasant. So I would go slow with that.

**Jonathan:** Yeah. It's not the worse thing that can happen. The worse thing that can happen is you don't do anything that is going to get you what you need to do to get this stuck out of your body and an estrogen cancer is ... I mean, all these types of cancers are very ... Everything that comes down to this inflammation issue, hence why autoimmunity is not the bodies with a heightened immune system. It's attacking itself on a stupid body. It's not about that. It's about getting rid of all these things that are causing the body to have to attack and separating the body from those toxic chemicals. So that's

why it's amazing that we do have herbs and tools available to separate these toxic things from our body so that they can go into the bloodstream, that you get out of the organs, go into the colone and get excreted from the body. That's kind of generally the philosophy for people to get educated on. Go to the next one. [crosstalk] Perfect. Thank you. [crosstalk]

**Elena V.:** And taking dim, also. I was gonna say dim is natural. You can take it and it does help detox estrogen.

**Jonathan:** Great. Awesome. Charlotte, she says, "When you're detoxing," and now we're gonna start getting some [inaudible 00:42:03]. "When you're detoxing for parasites," some of these will be quick, one word answer. This one is one of those.

**Elena V.:** I'm trying.

**Jonathan:** No, you're great and that was important. Cancer is very severe and it's good for everyone to know this. So just remember, if you're not getting your exact question answered tonight and that doesn't mean to come onto tomorrow night, I mean next week and you'll likely get your question answered. But the point is, all of these are relevant for everyone that's listening. Sometimes, it's just the motivation and the clarity. Okay, this applies to me. I'm gonna do this because everyone generally has very similar exposures. So we just need to be doing the same core type thing. Charlotte's asking, "When you're detoxing for parasites, can you also detox for heavy metals at the same time, especially since parasites carry heavy metals?" So my answer is yes, absolutely and what you can do is just vary that up where you are doing mornings and evening with antiparasite outside of meals and you could be doing your heavy metal detox during meals or you could just, typically, you could do them even at the same time. There's not a major necessary interference. Something like mimosa pudica can sponge up a couple things.

**Jonathan:** That's why I'm typically trying to get people to do it at different times to each other. So when you're doing fulvic and humic acid or glutathione, any other feedback there as to the timing?

**Elena V.:** As to the timing?

**Jonathan:** Yeah, because is she able to hit these capsules at the same time, ban heavy metals, ban parasites. But obviously I firmly believe that she should do it at the same time.

**Elena V.:** I believe it too.

**Jonathan:** But you can bury it in the time of day in terms of she can do the antiparasite and the heavy metals at different meals during the day, for example or the antiparasite outside of meals. That's my recommendation.

**Elena V.:** You know what? It varies. Really, either way.

**Jonathan:** Wouldn't you want to see people get the stuff in their body?

**Elena V.:** I just want to see them get it in their body. When I [crosstalk] on the antiparasitics, they're also detoxing at the same time and I typically have them take their supplements in the morning and again in the afternoon and they take it altogether.

**Jonathan:** Cool.

**Elena V.:** But if you're super sensitive, you may want to just kind of start slow, take them at different times.

**Jonathan:** Yeah, perfect. Yeah, just get them in your body and get those pills. It's really good to do those pill things where you put them day by day. So then

you put all the ones you're gonna take into one thing. Pop. You open it up. Down, done, instead of opening all the bottle. There are just ways to make it easier are gonna help you to get it done, get results. Christina's asking, "I forgot to add that I'm 53 and not menopausal yet. All my other tests are good," and she was the one that was asking about Hashimoto's and so I'm not sure if that really changes anything that you said.

**Elena V.:** No, no.

**Jonathan:** Yeah, but just so she feels heard. We got that in and then we have Kathleen. "Which doctor is best with Alzheimer's patients? I'm looking for someone who can work with us via teleconference for my mom." You want me to answer that? You want to?

**Elena V.:** Well, I mean, I'm sure that Jonathan, he has such a great network of a lot of different doctors and I do too. I love working with neurodegenerative issues. So I would be happy to do a consult and see if it's a good fit. If it's not, the good news that you have is that if after a consult with me, if I feel like, meh, maybe it's not quite the right fit, I have a huge network, including Jon. I can just give you a call and say, "Hey, give me three doctors," and then I can email you back and I can give you three different recommendations.

**Jonathan:** Absolutely. Yeah, Dr. V is happy to help and thank you. So there's an avenue, Kathleen, and other doctors would be people like Dr. Ben Johnson, who had ALS himself and he specifically narrows his whole practice down just to Alzheimer's and he does some work with stem cells as well. But most of his work's on that and he's also available via teleconference. So a couple options for you there. But go ahead and reach out. You can email us directly, respond to our emails and our customer support will point you over to Elena and to Dr. Ben Johnson and you can go on and take it from there. Okay, so let's see. Next one. Sarah. "Is restricted movement

and inflammation in only one hip rheumatoid or osteoarthritis?"

**Elena V.:** I'm sorry. Say that again.

**Jonathan:** Yeah, so she's saying if you've got restricted movement and inflammation in only one of your hips, is that rheumatoid arthritis or osteoarthritis?

**Elena V.:** Oh, well, typically, rheumatoid arthritis is going to be a bilateral problem and it typically doesn't start in the hip. Typically, RA is going to start in the hands and you're going to see the fingers all start to go out to the side like this, okay? That's a classic presentation for RA, not in one hip. If you're having an issue with one hip, it could very well be osteoarthritis. Now, osteoarthritis, it's not a hereditary thing. Don't let anybody con you into that and it's not necessarily because of age. It's because of improper motion of the joint. If you have improper motion of the joint for a period of time, then you have uneven wear and tear of the joint and when that happens, you start getting inflammation in the area. What I would do is find a really good soft tissue specialist, somebody who knows how to check for myofascial adhesions and restrictions of the soft tissue that are not allowing the hip to move properly and then go see a chiropractor. Let's get motion back into that hip. You want to be as active as you can. Do some yoga consistently.

**Elena V.:** That's about changing your lifestyle too, right? So you're gonna have to do some things to unbind the hip and get it moving with soft tissue work and chiropractic and then you need to do your part also by going and joining a yoga class. Do it at least three days a week and be super consistent with that.

**Jonathan:** And if someone has a religious issue with yoga, Pilates would be fine, right?

**Elena V.:** Well, yeah, just find some sort of exercise that is slow moving that's gonna focus on stretching and gentle movements to the body that's gonna take you through all the ranges of motion.

**Jonathan:** Cool. Yeah, if someone has religious [inaudible] like Christian connection or feels like that's not gonna be for them, I'm one of those people. So then I can do movements. But I disengage from the spiritual part of that practice and bring that into my own Christian faith and have my own connection with God and that's why there's things like Holy Yoga, where people are getting the movement, but they're reciting Bible versus and things like that.

**Elena V.:** Oh, I've never even heard of that. [crosstalk] yeah, I've never even heard of that. I go to core power yoga. It's right across the street and there's no religion involved in that. They don't really even incorporate the spirituality, other than just breathing. Breathe, take time to think about yourself, leave everything at work with each breath, exhale all of the stress you have for the day and let's go through the movements [crosstalk 00:49:11].

**Jonathan:** Awesome. No, I get it. I see value in that. Perfect, so now we're over to Jar and he says, or she, "Do you recommend fasting for Hashimoto's and [inaudible 00:49:21]. If so, how long and how often?"

**Elena V.:** That's a great question. Fasting is awesome. Intermittent fasting is so great. It is showing to have great, positive effects on boosting the immune system and reducing inflammation and helping the body to detox. So again, for how long and how often, really, I take that on kind of an individual basis. Maybe Jonathan will have some things to add in there. But I feel like when you start that you should start slow with smaller bouts of intermittent fasting. So if you eat at 7:00 at night, right? Then go seven, eight, nine, 10, 11, go, what, 12, 13, 14, 15, 16, wait until 11:00 the next morning so that you've gone 16 hours without eating, right? So from 7:00 in the morning to 7:00 at night to 7:00 in the morning and then wait until 11:00 and then you can eat then and start spreading it out. So start with that. See if you can even handle it. Some people, if they don't eat by 8:00 in the morning, they're feeling nauseated and sick. So you're gonna have to go slow with it, right?

**Jonathan:** Which is typically a parasitic issue from my study and experience. Yeah, so I mean, perfect. Intermittent fasting, thank you for that, Dr. V. Absolutely everyone here needs to be doing it. There's just really no excuse around this one because if you're not doing it what it means is you're eating really late and you're eating really early and then you're not really ... When you have your first meal and it's break fast, breakfast, break the fast, you never really did break the fast. Your body was digesting all night long and then you were straight back to it. So your body doesn't have the chance to heal and you're trying to walk without crutches and it's not a good idea. You want to give yourself that ability to heal. So everyone ought to be doing that and then if somebody wants to go without food, my recommendation is not to go more than two days. I know that some people see value in that and if you're under supervision, I get it. But the research that I've been privy to has been to not push it past there.

**Jonathan:** But obviously, I would be going after parasites and doing these types of things first so then you can actually have not such a terrible experience that you never want to fast again because that's where you get all these blood sugar issues because in some ways, it's like having a baby because you've got other creatures that you're having to feed and they're freaking out and they're demanding that you eat sweet and salty things and eat a lot and you want to deal with the real issues and it's a major oversight. Everyone needs to do parasitic protocols here. We'll keep lasering through. But perfect and really excellent answer there. Delaney's asking, "I have low ferritin level. Is that related to heavy metals?"

**Elena V.:** I would say I'm sure we could probably find a more direct connection. But as soon as I read that, I was thinking two things. I was thinking parasites and the parasites and heavy metals typically go together. But when you have parasites, it's not uncommon to have early apoptosis of your red blood cells. That means early death of the red blood cell and I've heard some people say that the parasites are actually eating the red blood cells because they're getting a lot of the nutrients from the red blood cells. That's what I've heard. But I do see a correlation between parasites and low iron and ferritin levels. It could also

be because you got issues with your gut bile. So the mechanism of action of where ferritin binds to iron happens in the lower intestine and so if you're having a lot of issues there, you're typically gonna show that you have ferritin issues as well. Do you have anything to add to that, Jonathan?

**Jonathan:** That's awesome and fantastic. Love it. I'll start adding a little less because you're so thorough and excellent and you can just blaze through it and they'll get more from me in the future. Mary's asking, "The doctors in the series are so many states away from me. Can you suggest criteria for choosing a functional medicine doctor? My specific issue is getting off the biological arthritis drugs. Series is inspirational. I know I can do it. But I need to know the right guidance." So I'll just quickly answer that. Mary, if you need somebody to work directly with you, I would definitely consider [inaudible 00:53:55]. It does work. It is effective. Try to tell me what somebody can't do from afar that they can do with you in person. They can't do adjustments. So you can't get adjustments. But is that what you need? It's not really what you're asking about here. So they can get to get blood work. They can get you to get all the discounts and that type of thing so you're getting the right rates.

**Jonathan:** You can work with almost all the doctors in this series are taking patients and so you can just choose who you connect with and give them a call and see what their availability is, if the price is right, that type of thing. For those that are happy to do it at home, because, remember, we're an information source. So we're actually stoked and really happy when people do it from home. We had somebody get on a Q & A two weeks ago and the full cancer from her thyroid was gone. She's started with us in June, just applying the information she learnt through the series. She didn't go to anyone. She got it and that very day, the doctor had told her, "You don't have to get any surgery done. There is no tumor anymore." So it was really great news and it was live on the call. You guys can see that. If you'd like to see it, just email our customer service. We'll show it to you. But we'll show it out with the list shortly. So whichever way

you choose to do it, we support you and we're glad that you're here.

**Jonathan:** Corky is asking, "Is there anything specific I can do for CREST syndrome of scleroderma? Calcinosis is the main problem, antinuclear antibody, 1640 [inaudible 00:55:22]."

**Elena V.:** Oh, gosh, you know what? I'm not really sure what to do with that. Instead of focusing on the disease, I would want to go in and I would want to order a series of different labs to see what engines are not working. I would want to go in and I would want to look at your gut. I want to look at how your body is methylating, how your body is detoxing on a genetic level. I'd want to look at your hormones. I would want to look at all the engines because it's the engines breaking that ends up leading to autoimmune issues and other diseases. So rather than focusing on your disease, I'm not gonna focus on that. I'm gonna focus on let's look at all of your engines and let's see what's going on and what we need to fix.

**Jonathan:** Fantastic. [Patidgy 00:56:15], "I have brain flares almost every week where I have pressure in my head and neck and with it comes strong mood changes and delusional thinking and I'm told that it is ..."

**Elena V.:** Encephalopathy. Encephalopathy.

**Jonathan:** Encephalopathy. When you read that, that is a lot of phathy's there right now. So where to go. She's asking here, "I want to avoid a lumbar puncture," and fair enough. "Have you had success diagnosing and treating this type of presentation and how would you go about it? Thank you kindly," and I can tell you right now, the lumbar puncture is not the solution. But I'll let Dr. V take this one.

**Elena V.:** So it sounds like you probably have a lot of inflammation. That's the first thing that comes to mind. The second thing that comes to mind is

you may have in addition to that ... and of course, remember, the inflammation is caused from toxins and underlying infections, all right? So we have to address that. We've already talked tonight a lot how to address those things, change your diet, your supplements that you can take and so and so forth. The other thing makes me think that this may be also a part of it could be structural. You could have misalignments in your neck that are just wreaking havoc with your body and so I would say in addition, go and see a chiropractor. Let them take a look and let's see what's going on. That's my answer. That's my short answer.

**Jonathan:** Awesome. Awesome. No, perfect. Thank you and so Patti, yeah, it would be Patti. That's the name, probably. Patti, look, a lot of these things are kind of scary and these symptoms are very strong. But don't get overwhelmed by that because your problem is just the same as everybody else's. You've had common toxic exposures. So once you start normalizing this a little bit and not making it into ... because the doctors and people see this as such a mystery that they go, "Okay, we've gotta go punch and drain," instead of looking at ways, how do we get rid of toxins from the body because your body is inflamed just like Elena is saying and if it's inflammation, if there's a fire going on, so stop putting fuel in the fire. If you are with your diet and learn more about how you can clean that up and so that means with the sugar intake, obviously with wheat and perhaps even trying some grain free solutions just for a little bit while you're trying to recover, if that's spiking insulin or other things like. So just being careful of your blood sugar, all these type of things.

**Jonathan:** But obviously you can't go wrong eating fruits and vegetables, especially vegetable and then you're improving your diet. But then meanwhile, you're doing these things that we're talking about, which is the heavy metal cleanses, like using humic, fulvic acids and glutathione and you're doing anti-parasitic testes. Cleanses, not tests, sorry, to get rid of the junk and also clearing up the liver and kidney and so forth and we'll have some solutions that we're

about to announce just shortly with that. But feel free to go anywhere you like for those resources. But certainly clearing up the body and just seeing immediately what kind of responses you're getting. Kay here is saying, "How to stop hot flashes when allergies to soy, have cancers running in the family, have hyperthyroidism, taking Synthroid." So she's asking this.

**Elena V.:** So the hot flashes could be caused from estrogen dominance. Estrogen dominance is super prevalent right now in the United States, even in men. That's where you're seeing a lot of men that cannot take the weight off. They start developing ... It's pretty obvious with men when they start developing fat and a lot of fatty tissue in their chest area or start looking like a woman's breasts. Estrogen dominance and this happens from the environmental toxic exposures. We've already talked about those tonight. So I won't hit those again in detail. But you need to eat organic. You need to change out all of your household and beauty products and then probably supplement with some dim for a little while to help detox the estrogen. But you need to go through a detox. You need to keep your body clean. Get on a methylation product, like I talked about earlier, methyl butanol, methyl folate to keep your detox pathways open and glutathione. So lifestyle's gonna be huge for you.

**Jonathan:** Okay, fantastic. So Rebecca is asking, "What do you think about coffee enemas for a person suffering with colitis?"

**Elena V.:** So I would say my own personal opinion and I am a fan of coffee enemas in different circumstances, especially with parasite infections. It works great. Right now, if you have colitis, your colone is so inflamed, you have basically road rash on the inside of your entire gut. Your gut covers a huge amount of surface area, the size of two tennis courts. So you've got a lot of road rash going on in there. I probably wouldn't do a coffee enemas. But what I would do is I would definitely ... Some CBD and some glutathione is really gonna calm the gut down.

You've gotta change your diet hugely and get on a gut repair regiment.

**Jonathan:** Awesome. Awesome, so anti-parasite and the other things that you've mentioned are helpful.

**Elena V.:** It's very likely there probably are some co-infections or some underlying hidden infections in there that are just adding to the problem and so as a generality, if you're not gonna do any testing, if you do the anti-parasitic/detox protocol and you go vegan, add some glutathione in there, always the methylation and some CBD oil. That's gonna calm things down. Then after 90 days of doing that, then you don't need the ... In general, right? This is just kind of a general speaking. Then you can stop the detox antimicrobial protocol and you can move into a gut repair protocol and there's all kinds of stuff that you can find online about that as well. There's different ways to go about doing gut repair. I would with a ton of issues, like that you have, a ton. I have had success with 100% of the cases and what I just told you is a generalization, a very short version of what I would do with my clients or what I do with them that actually helps them so that they don't have colitis when they're finished with me.

**Jonathan:** Fantastic. So anonymous, "What would you suggest when someone who is very sensitive to everything? I can't seem to do most of the good and suggested things that are recommended to help heal one's body. I get sick drinking just a couple of ounces of green juice, don't react well to coffee enemas, broke out into hives when I do dry skin brushing. Those are just a few examples. I always feel like I'm having a histamine reaction. I know I have leaky gut. But I don't do well taking probiotics. Basically, I feel like I have the flu [inaudible] eating fermented cultured foods. I'm sure I have a parasite issue and heavy metals. But I'm sure my body can't handle removing them." Well, yeah, are you sure? "It feels like I'm always stuck sick because I can't do any of the healing remedies and I'm already totally grain, dairy and sugar free, eating organic produce and fruits and

organic grass fed meats, drinking high quality filtered water.

**Elena V.:** So if you're noticing that you're having histamine reactions to some of these green foods and some of these things, go online and look up a histamine chart of foods, high histamine versus moderate versus low histamine. Choose all of your vegetables and fruits and all of your foods. Go low histamine for the next two weeks. If it's a histamine issue with your genes, you'll notice it right away by going low histamine. It's gonna calm your whole system down. So go online and find a list of high versus moderate versus low histamine foods. Get on a low histamine diet and do that and Jonathan did kind of mention can you afford not to do an antiparasitic? If you've got that and that's adding to the problem or that's causing the problem, you've gotta get rid of it. I mean, it's not gonna an easy climb up that mountain. You're not gonna feel really good doing it. But you're gonna have to do it and on the other side is when you're gonna get the benefits and you're gonna feel better.

**Elena V.:** But there are some people, don't have time to go into the story, but I have great stories about these histamine issues with people trying to do everything right when they were in fact putting high histamine vegetables into their diet every day and fermented foods, thinking they were trying to heal themselves. Super frustrated, just like you, because they weren't getting better. In fact, they were getting worse and they couldn't understand why. I tested their genetics and saw that they had a couple of genes mutated that were in fact showing us that they need to do a low histamine diet and there are certain supplements that you can take that help to break down histamines and foods and you can look those up online.

**Jonathan:** Great, thank you. Rock says, "Who produces Pure Melts?"

**Elena V.:** Oh, Pure Melt. Let me-

**Elena V.:** Oh, pure amount, let me jump back. I know I mentioned it earlier, I can't remember.

**Jonathan:** No worries. I can look it up while you're answering the next one. Can ... No, you go.

**Elena V.:** Pure encapsulations. Pure encapsulations.

**Jonathan:** That's right. "Is there anything that can be done to treat idiopathic pulmonary fibrosis? My friend has been on Ofev for three years with flu-like side effects."

**Elena V.:** Okay. So we already hit another person that has that issue, and we did talk about that.

**Jonathan:** Cool. Refer back to that?

**Elena V.:** Refer back to that.

**Jonathan:** Okay, fantastic. And now coming over to Lynn K ... no, I won't spell that here, okay.

**Elena V.:** I've got one I can name.

**Jonathan:** Yeah, please. Please do.

**Elena V.:** I was following you for a while and then I lost where you were. Anne: "I have glutathione genetic deficiencies as well as methylation problems. I found this out in the last nine months. I have chronic Lyme for 20 years. What are some of the best ways to improve these deficiencies and in what order? I am working with a good biological MD, looking for added ideas."

**Elena V.:** The best way to do it is to get on a methyl B12 and folate. And depending on how bad the methylation deficiencies are, hopefully University

doctor checked more than just MTHFR, hopefully they checked about 15 different methylation genes. And they'll know in what dose. Are you somebody who needs a higher dose or a lower dose? So this is for the people who have been genetically tested. If you haven't been genetically tested, just taking some methylated folate is better than none. If you've been tested, you can be very specific with how much of a dose that you need and what frequency. And so go back to your doctor, let's take a look and see how severe are the methylation issues and you may wanna do it at a higher dose. There's no such thing as overmethylating. Don't listen to people who say that, that's not true. It's a water soluble vitamin and what your body doesn't need, it's gonna pee out. And then the glutathione, you need to be on glutathione all the time.

**Jonathan:** Cool. Linda is asking, she's from Burlington Beach, Florida, she says she has two blood tests that both came back with positive results for scleroderma. "I have no symptoms but I did have uveitis. My rheumatologist told me that there is no way that I have scleroderma. Is it possible that my diet is keeping the scleroderma at bay? I am on a diet with no sugar, gluten-free, no dairy, no citrus, no eggs, no caffeine or acidic products."

**Elena V.:** Yeah, it's very possible. If you're taking care of your body, that your body is not exhibiting symptoms of what one doctor seems ... it seems like there's conflicts. It seems like one doctor said you have it and another doctor said that you don't. So, again, when you're talking to a holistic doctor, at least for me, I'm not looking at treating a disease. I'm looking at finding underlying issues. If you're taking really good care of yourself, there are people who have been diagnosed with terrible chronic issues, even disease issues, even cancer. When you change your lifestyle and you change your diet, you can completely get your body working healthy again. She I would say that whatever you're doing with your lifestyle is probably serving you and your body very well.

**Jonathan:** Fantastic. And then you could just add in some of the tools that we've been mentioning during this call and see how it works for you to help get you to that next level because obviously, you have some questions because you're here wanting to get better and you know within yourself that you're not 100%. You wanna get to that 100%, so go ahead and use some of the tools that we've been mentioning today, like doing heavy metal detox, like doing an antiparasitic cleanse, like increasing the microbio and the good gut flora by eating more of the good stuff that you know and the things we've been sharing.

**Jonathan:** Susan is saying, "I have a question about eliminating heavy metals and toxins. Can they be eliminated using a sauna?"

**Elena V.:** Saunas are good. Your body ... you said for eliminating heavy metals and other toxins? Saunas can be good, yes. Your body detoxes through urine, feces and skin. But that's not a substitute for changing your food and taking some supplementation because you're not gonna get everything out through sweating.

**Jonathan:** Cool. Quite that, yeah, it's good to a certain level and the same goes for everyone that's ... thinking about it the other way for a second, for everyone that's doing all the right things when it comes to the pills, now hit the gym and get a sweat on. Why? Because it's gonna get your body to get better usage of what you just put in your body and it's gonna get you sweating, which is its own detox and then a whole long list of things that are beyond what we can share right now. And deeper to do with the body's physiology and how much longevity is attached to the movement of your body.

**Jonathan:** And when you have an organ that is, like for example, Lynn, someone who's got arthritis, it sounds like it's a bad idea to move that thing but the exact reverse is true, that knee's purpose was destined for movement so if you take it out of movement, you're taking it out of its purpose and

then hoping that it will then perform its purpose. So you wanna bring it back to its purpose. And now that's an existential thought there, but you can see that physiologically if you're gently moving that you're stimulating, you're increasing circulation, you're telling the body that we need this and let's go help it and you're massaging the problem there back into health.

**Jonathan:** So Mary's asking, "What's involved with testing female hormones and balancing them? How scientific is the process? What can be done for flat lined libido?" This is an important one because if Mary is married or in a relationship where ... this is important, right? So let's do this.

**Elena V.:** So, what is involved in testing female hormones and balancing them? I like to do, and a lot of doctors in the holistic model, a lot of different practitioners in the holistic model prefer to do saliva hormone testing. And you'll find that many of them, furthermore, will break that down and depending on the age of the patient, they will do hormone testing where they do it twice over the course of a cycle instead of just one time. It's also important to check the rest of the endocrine system, so you're gonna wanna check your thyroid function and adrenal function because they all talk to each other, so that's important. There are different methodologies that different holistic doctors will use to help balance hormones. Some of them will use precursors to hormones because they don't wanna give you actual hormones even if they are plant based. I will use a combination of precursors and plant based hormones depending on the case and how old that the person is.

**Elena V.:** And the other thing to take into consideration is that a flat lined libido isn't always just a hormonal issue. Sometimes it can be a brain hormone issue or a neurochemistry issue that you can have an imbalance in your brain chemistry that's causing you to lose the libido as well. So it's really about detective work and that's why I'm a big proponent of doing lab work. I don't wanna

guess. I feel like I'm wasting your money if we're just throwing stuff on the wall to see what's fixed and see how you feel. I wanna see the data and I wanna see the changes in the data. So if I test you and we see that there's imbalance in hormones, in thyroid and whatnot, I'm gonna retest you again in 90 days or less because I expect changes in that amount of time.

**Jonathan:** And just a balance on the idea around testing. I've done it and I've seen a lot of people do it and get great results. And also I've seen a lot of people go without it and get really great results so it's totally a personal choice. Some people are looking at the cash they have in their hands and they're saying, "I'm gonna spend this all on what I think is the solution if it's very clear to me, I'm gonna then put this towards this and there's certain tests that may not be 100% necessary." But then that being said, it's a great tool that's available, so that's a personal choice that people can navigate.

**Elena V.:** And one of the things that we've hit on tonight already, if you don't have the money for the testing or you're not ready to invest in that yet, starting out with a good detox and changing your lifestyle, changing out your household products, changing out your foods, going out and getting your body in motion, drinking purified water, those basic things are so important, those are foundational for your health. If you can do that for 90 days, I'll be really surprised if every single one of you don't see some improvement.

**Jonathan:** Or just total-

**Elena V.:** Or total transformation, right. But I say that minimum, you're gonna see some improvement. Improvement enough that you're gonna say, "Holy cow, what they were saying was right on the mark. They weren't kidding about that." I see a quick question here that I can answer.

**Jonathan:** Yeah, please, yeah. Please do.

**Elena V.:** "I've read that glutathione can be hard for your body to absorb, is this true?" It's not necessarily that it's hard to absorb, it's that the stomach acid will break down or annihilate the glutathione so that the glutathione never has a chance to be utilized in your body. So you really would be better off using liposomal glutathione or using glutathione in an acid-resistant capsule. Use good brands. That's just important. You wanna use stuff from [inaudible] sources.

**Jonathan:** Great.

**Elena V.:** Hours another question. This is Chris. "I've had allergies for as long as I can remember." You have had exposure to mold and your mother really believed in using herbs and natural approaches. You were allergic to cats and dogs and mold and stuff as a kid. You're currently still suffering a lot of allergy attacks during all four seasons. And you've had allergy shots until you ended up having an anaphylactic reaction so you no longer can go that route. Okay, let's talk about this.

**Elena V.:** And it says that you're well into the parasite detox. Good for you. I hope that you are also following a vegan protocol. More than anybody right now, you need to go through this detox and you need to change your foods. You need to go vegan. Vegan, vegan, vegan. You know what? Just do it and take the challenge for me and do it for three months. Some people would say just do it for 30 days and you're gonna see a change and you will. You will see a change. But do it, do it for three months. Don't put any animal products into your body at all. No sugars, nothing, if you can't pronounce it and if it's not in the fresh produce section of the grocery store, stay the heck away from that stuff. Just stay away from it.

**Elena V.:** And then, when you're finished with the antiparasitic detox, start doing gut repair. Start doing gut repair and you will start seeing some changes. I'll bet you got some massive leaky gut going on.

**Jonathan:** Okay, who wants to put their hand up for Eleonore right now for just this straight talk, regardless or not if you agree with exactly what she said or not, who wants to give her a hand up just for her straight talk and passion and ... look at that. They're raising the roof for you, 50 hands.

**Elena V.:** I don't see that.

**Jonathan:** Yeah, can you see it? 57 hands, 60 hands.

**Elena V.:** I don't know where to look.

**Jonathan:** You look around where it says panelist, attendees, 250 people right now on the call-

**Elena V.:** Oh, wow.

**Jonathan:** ... 77 people got their hand up, can you see that?

**Elena V.:** Thanks guys.

**Jonathan:** Yeah, 80, yeah, people are just loving you and your heart for people getting better and how kind that you just take the time out of your night with your husband. All right. Well, let's continue here, we've got just a few more questions here left in so I don't burn you out and I never get you back on again because you just said, you burn me out too much, Jonathan.

**Elena V.:** No, that's okay. You know what? I love helping people. Yes, it's the end of the day and I wanna be in the kitchen but I also wanna get a chance to reach out and you know, you provide, I've told you this before, for all of you guys listening, Jonathan provides a really great platform. And the reason that I come on and I talk is, yeah, it is good exposure for me but at the heart of it, it's Jonathan and I getting to actually sit with you guys and teach

you things that if you'll just listen and you'll apply what you're learning, this is how we can reach so many people and this is how we can change so many lives. So yeah, that's why, at the end of the day, Jonathan, that's why we all do this, I think. Honestly, I mean-

**Jonathan:** That's so kind.

**Elena V.:** Yeah.

**Jonathan:** That's so kind, thank you. And thank you for your passion and commitment. Perhaps it's not the reason why everyone does it but it is the reason why you do it. And that's awesome.

**Elena V.:** Thanks. All right guys, what do we have next? "What foods for detox besides greens and clean eating?" So you can incorporate some supergreens into your smoothies in the morning that you can buy them, you know, Costco has great ones, you can find some, I'm sure Jonathan's coming up with some new ones with some different lines that he's creating. Those are wonderful, that's so potent because where it would take a bushel of supergreens, you can put it in a teaspoon in your smoothie, wild organic blueberries have wonderful antioxidant properties. Celery juice is amazing, right? And so spirulina, that comes in a little ... supergreens powders that has spirulina and chlorella and all that stuff and you just put a spoon of it in there. All of those are wonderful for detox. But the greens, we always go back to the greens because the greens, seriously, are amazing. But wild blueberries are amazing too. Those are great healing foods and celery juice is awesome as well.

**Jonathan:** Awesome. Fantastic. Next one.

**Elena V.:** "I'm 41 years old, my period's been changing for more than a year now." This is Paula. "I miss my period for two months, then I have spotting." You've had apparently some issues with some ovarian cysts and some hot flashes. Oh, gosh.

You got a lot going on. Okay. You know what? You can balance your hormones. You can really get the process started and make a lot of changes with every single one of those. You can make a lot of headway with every single one of your symptoms by doing a food based detox and then you can add the supplements in so that you get that added benefit of getting whatever crap, whatever junk is in your body, to get it out.

**Elena V.:** Believe it or not, I know it sounds farfetched, guys, but I see it every day in my data. I see it. I do before labs, I do after labs. I have some posted on my YouTube page, Modern Holistic Health. Take a look at some of those before and after. And the reason I tell you to do that is so that you're hearing what I keep telling you guys over and over. Food, food, food, food. Change your environment, change your lifestyle. The supplements help a lot because the supplements help the food healing, the food based healing, the supplements help it to go a lot faster.

**Elena V.:** So adding supplements than Jonathan and I have been talking about can take a process that could take two years and shorten it down into a year or six months. Or even in 90 days, you can really start seeing big changes which might motivate you to do it again, six months later you go another 90 days, right? And then you start doing it a couple times a year because you understand and you see the benefits. But if you go to my YouTube page, I've got some case studies on there of before and after, on hormones, cholesterol, neurotransmitters, inflammatory markers. And you can see, I show the dates on the labs, I show the dates so you can see a the short period of time, what everything that we're telling you to do with food, how it makes a change. So I would say definitely detox yourself and change your diet.

**Jonathan:** Fantastic. So there's someone here by the name of Autumn in Secret so they've obviously taken a name. She's saying, "Hi. Thank you for all that you're doing. My name is Lynn." Oh, that's Lynn,

Hi, Lynn. She has [Sjogren's 01:23:40], Raynaud's and scleroderma. And she's been researching today as she's home with a head cold, she just learned that she should have her hormone pregnenolone checked. "No one has really said this, but my doctors have really not said much about Sjogren's but it is my biggest issue. Dry eyes, dry mouth, hard to eat and keep teeth clean. Can you speak on this in regards to Sjogren's?"

**Elena V.:** Yeah, so there are studies out there that will show that when you have Sjogren's, that often times they see a correlation of a hormone imbalance that involves progesterone, sorry. But again, before you take pregnenolone, which is a precursor to progesterone, I think it's important especially when you're talking about your hormones there, go and get them checked and see. If it really is low then that you be important for you to definitely take a look at that and you could supplement with some pregnenolone. Also take a look at your DHEA levels as well. And let's take a look at that and see what's going on with that. And make sure that you're managing your stress levels because your adrenals highly effect your female hormone levels, as does your thyroid.

**Jonathan:** Fantastic. Okay, now. Let's come over to ... I'm trying to make sure I get new names now because there is a few people have asked a few questions and we certainly wanna get to you and make sure you come back again but I wanna make sure we also get to some people who haven't had any of their questions answered yet tonight. Mary, "What is involved in testing female hormones and balancing them? What is the scientific process?" Okay, no, that was done. Okay.

**Elena V.:** You already talked about that.

**Jonathan:** Yeah. Okay. Chris, "This is my husband's question." I think we did this. "I've had allergies as long as I can remember."

**Elena V.:** Yeah, I already did that one.

**Jonathan:** All right, cool.

**Elena V.:** Yeah. I've got one down here. Frida?

**Jonathan:** Yeah.

**Elena V.:** "Where should I start to get my liver and gall bladder to function well? Also, is there anything I should do for the pancreas?" Because you have hypoglycemia, you have that in parentheses. A fairly healthy diet, [inaudible] "I get some fatigue and find that natural supplements, some of them can make me feel like my liver's backing up. I also take MSM, which is great for bla bla bla" and you're taking zinc. So, methyl folate, methyl B12, I'm gonna go back to that. Make sure. Genetically, you may have a really hard time opening up those detox pathways. So, you know what? That could be why, when you take supplements to help clean out the liver and the gall bladder, that you sometimes feel worse instead of better. So make sure that you're methylating first. And then you can go in and you can try the supplements again. You'll probably see that you have a big change.

**Elena V.:** There are so many good things out there that you can do. Beet root powder or beet juice is a very great, very gentle way that you can work on liver and gall bladder. It's super simple but there are other more involved things that you can do. I've worked with problems that are really severe with gall stones and stuff but I would say just something very gentle, you could do that. Make sure that you're methylating first.

**Jonathan:** Okay, fantastic. Vicky is asking here, she says, "I've been diagnosed with a chronic lymphatic leukemia." Lymphocytic, sorry, "lymphocytic leukemia, and I've had limited budget for supplements, etc. I'm in Australia and the term functional medicine isn't used here but we have

standard doctors and naturopaths and so obviously Australia is my country of origin. What should I focus on first please?"

**Jonathan:** So Vicky, you're somebody that I would say, well, firstly, I would go ... because the problem is, when you go just to your local functional medicine doctor, you might just hit it lucky, you get the best experience ever, but you might also hit it way unlucky, I mean, I have met, I mean, I went to church three weeks ago and I met a woman there and she was wheelchair-bound. She spent \$100,000 trying to fix her Lyme infection, she was wheelchair-bound and it was once they released the biofilm that she then lost function of her body. And then I asked, has the functional medicine doctors done anything with parasites and heavy metals? And it was both of those things that had been missed so far.

**Jonathan:** And she was working with people that knew stuff, they obviously were talking to her about biofilm, you're not gonna get that from a standard doctor, so she was working with functional docs and they were talking about biofilm but parasites are overlooked and so is heavy metals and that's why so many doctors [inaudible] I said "What do you think about heavy metals?" And he said, "It wasn't until I started doing that in my practice that we started getting results." So what do that mean? That people didn't use to get that in his practice. And that's true for all the doctors here. So you also wanna find the right doctor at the right evolution in their journey, that's saying the right things today and so there's so many things I could share with you about the need to find the right person obviously. It's horrifying. But this poor woman. So I'm actually trying to get her the right help.

**Elena V.:** Oh, yeah. Wow. I am horrified at that.

**Jonathan:** Yeah, I mean, for those issues not to be considered and the fact that right now, I think they should be at a reversal problem, but she's now just really scared about doing anything because she's like,

"I don't wanna get worse" and I'm like, "Listen, you need to"-

**Elena V.:** Yeah, [inaudible] but you've got infections.

**Jonathan:** Yeah.

**Elena V.:** And if you got infections, you've got other toxins like heavy metals. You don't do one without the other.

**Jonathan:** Yeah. It was surprising. And then you need the right things because then if they're going to DMSA, and they go "We're gonna get the metals out with this", then it would be again, you are now gonna take metals out of the bones by doing that. So anyway, one way to answer it just saying that you don't ... I can't vouch for anyone that you find anywhere else, I can vouch for the guys in that series but then I can't even vouch for everyone in the series for every particular thing but what I can say is you've gotta go with your gut instinct, you gotta go with knowledge, tell your medicine is an answer there but with you with your limited budget, I would probably recommendation tuning in to what we're teaching here and then applying that.

**Jonathan:** You can maybe not afford sitting down for one consult with one doctor and then you don't wanna blow that up by doing a bunch of consults and blowing your budget, so you wanna just maybe look at one or two consults or something like that and see what lab tests you might be able to do if so. But regardless, what you wanna be doing is all the other things that we're teaching, spending a lot of your money there, which is in the right supplements and so some of the supplements that we're doing, our supplements will be available in Australia but you can just check and stay with us, stay on these calls and we'll just make sure that we're continuing to feed you those pieces of information but certainly with the lymphatic system, you're looking at lymphatic cleanses, you're looking at kidney and liver cleanses,

just like everyone else here, you're looking at heavy metal detoxification and parasitic cleanse, mold and candida and the things that we've mentioned during this call, there's core ingredients to do that.

**Jonathan:** I've just come over to Ardith [Rounds 01:31:13], well, I'll say her first name, Ardith. "What happens to prescription medications when detoxing?"

**Elena V.:** They come out of your body.

**Jonathan:** Yeah.

**Elena V.:** They come out of your body. So, prescription medications, I'll try to keep this as short as I can. When a prescription medication is made, the medication as it is, when you're holding it in your hand, is not the same medication that it turns into to actually work on whatever symptom that you're taking it for or whatever you've been prescribed it for. They know, the scientists who develop it know that when you take this substance in this pill, and once you swallow it and it hits the liver, that the liver is going to completely morph it and change it into something else. And it's that end product that ends up working on reducing the pain or working on this symptom, taking the blood pressure down, causing whatever chemical change to the body. Those chemical reactions that the liver does to convert the medication into what is ultimately going to be taking care of your symptom, the by-products of those chemical conversions, that's what's toxic, okay. And so when you're detoxing, you're simply getting it out of your body.

**Elena V.:** Now, again, I really am a big proponent for, make sure that your detox pathways are open. So you wanna make sure that your pathways are open and then you detox and adding binders is always a good idea. Adding binders is always a good idea.

**Jonathan:** When you say binders you're talking about glutathione, formic and humic acid, they bind? Is that what you're talking about or something else?

**Elena V.:** Yeah. And I was also thinking of something simple like activated charcoal also as a binder to help get it out of the body. To bind to the toxins, but yeah, detoxing just get rid of the toxins in your body.

**Jonathan:** Yeah. And the great news is that humic and formic acid are like charcoal but on steroids, just like on another level of ... for those listening that are just ... activated charcoal is still a great solution for ... and it's there. [Vedgeco] is asking, "I've already asked your advice for my 20 year old daughter who has isolated herself at home. Sleeps well but not at the right time. Doesn't want to do anything herself unless there's no other alternative. Little interest besides tv, alto will sing when she wants. Lack of concern for family members. Teases, shows anger, craving ice cream, pizza. For giving and amino acids, L-thionine, according to Dr. Murphy questionnaire but the more I research, I'm concerned that that mineral and hormone balance, additional organ support and detox will be done first. Would appreciate your view and any details."

**Elena V.:** Well, so you've got the angry teenager. It's very likely that she does need some help. It sounds like she really needs it. But at that age, what are you gonna do? You can't force her. Probably the best option, it's gonna be that tough love thing. Let her hit bottom sooner than later. Because at some point, she's gonna be 18 or 19 and out of the house. And you're not gonna be there to pick her up when she hits bottom. So-

**Jonathan:** She's actually 20. She's actually 20.

**Elena V.:** Oh, she's 20.

**Jonathan:** Yeah, yeah.

**Elena V.:** Well, yeah, so.

**Jonathan:** I know, it's an interesting age. This is not usual for teenage, this is more like 13, 14 year old. For this old, you know? They could be some major neurological stuff going on because of toxic inflammation issues here.

**Elena V.:** There definitely could be. I'm sure that there's a lot of stuff going on. I have a 26 year old. And I can tell you that I'm very lucky because William, my son, learned a lot and saw me working with people over the years and he's very attuned in the way he lives his life, his lifestyle, his choices with foods and stuff. But I have worked with other young people from early teens all the way into their early twenties who were really sick like your daughter, but they also were very defiant. And you know what? I don't know what to tell you. You're in a rock and a hard place. You know? The best thing that you can do is ... it's just my opinion, I don't wanna ruffle any feathers, okay. Because really, I love all of you out there and I just wanna help but coming from me, and what I know, remember, I'm only coming from what I know and from my perspective, okay? So maybe she needs to hit rock bottom. Because she has to make the decision to get up and start making some changes.

**Jonathan:** Yeah.

**Elena V.:** She [crosstalk] come to you and say, "I'm done feeling like crap. I've never felt as bad as I feel now and I am ready for some help." She has to take your hand because you can't grab her by the hand and pull her along, it's never gonna work.

**Jonathan:** Talk to me just with that kind of thing because there is that factor and then just to put into this so you can then know what occurs to them, what can you do, what can we put in front of her, say, hours a solution here so that she's got something to come to or something that you might even try

to pursue. So you can choose your option here. But I would say that you're certainly in the right track because the issue with all the things that you take is that they don't have the effect that they're supposed to when all the pathways aren't working properly.

**Jonathan:** So it is possible that L-thionine can be just amazing or all these different, any kind of supplement can be amazing but if your pathways, if the drainage pathway is not working properly, if all your organs in this child or this 20 year old are backed up. So what you wanna do is the things that we're talking about, the parasitic cleanse can be super helpful for people that are going through design types of apathetic issues. And it is a way that without her having to change any dietary things, she can start feeling better and so just taking that bottle of pills and getting a hit then it might be some kind of ethical bribery that you have to use with her or perhaps she'll just do it because she does want to feel better, she's willing to at least do that much.

**Jonathan:** And I certainly have that with my father-in-law, who frankly, to this day still is defiant. For those that saw him in the videos that we did and I'm on record now saying this but he is still defiant, but the point is, he can play the game because he's using the right tools there with supplements and to give him credit, he's doing a lot of the right things at the same time and some of the other things that aren't but he's at least able to take those supplements that are helping him. And then, the same thing with the detox pathways with humic and formic acid, that's gonna help take out some of this junk because you wanna just move out the junk and the garbage from her. Also, just being respectful of your time here, but I'll just let you take over and just lay us through just as many as you can in the next few minutes here and just see which ones you can kinda knock off your list here.

**Elena V.:** Okay. Paula, we answered your question earlier. Yes, you start, start with a detox. Detox and antiparasitics. And then cover the whole gamut of

what you need to do. Ralph. "I've had my gall bladder removed a few"-

**Elena V.:** Ralph: "I had my gallbladder removed a few years ago. Now I have some autoimmune issues. Pain the knuckles. You feel it more when you need gluten. Stay off the gluten. Remember, gluten is inflammatory to everyone. Some people, it's more inflammatory than others. Should I be taking bile salts?"

**Elena V.:** Yes, that would be wonderful for you. Probably for the rest of your life. That would really help you tremendously.

**Elena V.:** "What is the best way to deal with my diet, now that I have no gallbladder?" The bile salts are going to help you tremendously. In addition to that, you can take hydrochloric acid, with the enzyme, with the other enzymes in it. You know, the HCL capsules that have other digestive enzymes in that. That's gonna help you tremendously.

**Elena V.:** Also, beet juice. You can get it in a little, it's a product called Gut Shots, and it's fermented beet juice, and it's pretty affordable, and it's food. That's gonna help you a lot. Let's see, what else do we have? And if your wife has polyps in her gallbladder, and she's been diagnosed with parasites, then start with anti-parasitic cleanse.

**Elena V.:** She could have the parasites living in that organ. Parasites can live anywhere in the body. My dad was an eye surgeon, and I remember when he told me about the loa loa parasite. I freaked out. It's one that lives in your eyeballs. Yeah.

**Jonathan:** Yeah.

**Elena V.:** I was a kid when he told me that. I was like, "Oh, my God!" He showed me pictures. It was pretty gross.

**Jonathan:** I imagine.

**Elena V.:** But parasites and bugs that get into your body, the invaders, they can pretty much go in any tissue of your body, so I would definitely, definitely start there.

**Jonathan:** Yeah.

**Elena V.:** "My name is Lynne. I live in New Zealand. How do you feel about estrogen-fed cancer?"

**Elena V.:** You take an estrogen blocker. So something like Tamoxifen, or something.

**Elena V.:** "It's no longer working well, and the cancer has come back."

**Elena V.:** What have you done? What have you done with your diet? What have you done with that? I would say, go to extreme measures with your diet. Vegan. Go Vegan. Get off of all animal products. No sugar. Get your Vitamin D levels up high. We talked about that earlier. Keep them up, 100, 110.

**Elena V.:** You could even do higher doses of Vitamin A, but you want to be careful with these things. You want to monitor. Vitamin D and Vitamin A are not water soluble, meaning that you can build up to too high of a level. But those two things, and some CBD oil, and let's see what happens.

**Jonathan:** Great.

**Elena V.:** Since you're seeing those, since you're struggling like that, those are the top things that I would do. Those are the top things I'm recommending for you.

**Elena V.:** Melissa: "I get extreme fatigue, overactive sympathetic response to interacting with people."

**Elena V.:** Okay. So basically all of your symptoms are related to your overactive sympathetic response. Okay, so, I know we talked about the yoga thing earlier. But I'm going to recommend it again. I'm not recommending any type of religious thing. I'm talking about, just the breathing, and the exercise, to pull you out of sympathetic mode, and into parasympathetic mode.

**Elena V.:** There are breathing techniques that you can use. I'm sure you can find just about anything you want on YouTube these days. Look up "yoga breathing for" ... look up "yoga breathing therapy". Or "yoga breath therapy". Look that up. Find some videos. That's not gonna cost you anything. If you need some help, look up "yoga breath therapist."

**Elena V.:** "There is one in Austin that I know of, who does, she actually works in a lot of programs that I go with my clients. That's her specialty, and it's Loop Of Light, [loopoflight.com](http://loopoflight.com). You can check her out, and she does stuff, actually, on Zoom. So it doesn't matter where you are in the country, if you can't find one near you.

**Elena V.:** That, believe it or not ... Again, a lot of these answers to you guys probably sound like, "Eh, that's not really gonna work." No, I'm telling you, we make our life. Our life is on healing people and showing people what to do. And yes, these things work, and yes, there's a ton of science behind it.

**Elena V.:** The best thing that I can think for you is to do some yoga breath therapy. Start working on that and get yourself outside. Get yourself outside. Connect with nature. Walk out, rock around barefooted in the grass. Go hug a tree. But definitely, the yoga breath therapy is going to help you.

**Jonathan:** Great. And then, I'll just quickly do a [inaudible 01:43:41], because you just started ripping open Reddit, and I'll just give you the answer.

**Jonathan:** I mean, there, so what you need to do is ... The parasitic tests aren't going to be effective, and you can just do a quick search on that, and just do your own reading to work out why. I won't go into details, but they're not going to find them, and often lead people to think that they don't have them, when they do.

**Jonathan:** That's actually more detrimental than not doing it in that context. So what you want to do is yes, you want to do that type of thing ... if you want to get other tests done, then the neurotransmitter test is one, which is about 200 bucks. Then you could get a blood panel done and that type of thing.

**Jonathan:** But generally, what you want to do is look at how you could just get better, because you don't have any diagnosed conditions. So you're a good example of somebody ... because we generally need to increase the awareness today, so that people can then just start implementing some of those tools.

**Jonathan:** Yes, you can use the microformulas, detox protocol, or you can use the ones that we're putting if you want to-

**Elena V.:** Yeah.

**Jonathan:** Add to that. We'll be doing some additional things, and we'll be at a different kind of ... we'll be doing things a little differently, that's so you can check it out. But that's a quick answer on that.

**Elena V.:** I can definitely vouch for Jonathan on that. I am the queen of testing. I do everything based off data. But I'll tell you what, with all the testing that we have available to us, the highest tech testing that I can find for parasites, it's still ... there are many times,

more times than not, actually, where the test does not pick it up.

**Elena V.:** But I've done the work long enough, and I know when people have parasites, and nine out of 10 people have them. They end up releasing parasites, and so, they go through the whole process, and I show them: "Look. Your labs are not showing it. I still think you have it. We're gonna detox you, anyway. We're just gonna add this in for the anti-microbial."

**Elena V.:** Two months later they're e-mailing me. We get e-mails every single week. The girls at the office are like, "Oh, God, Doctor B, look at this! This patient just sent us an e-mail. She pooped out a two-foot-long worm." I mean, we see it every week, from people I tested, and it didn't show that they had parasites.

**Jonathan:** Yeah. So they tested negative: "You don't have parasites." That's the typical thing that they, that's what they got told, and Doctor B would have been guilty of, "No, you don't have parasites!" Because you know we're doing tests. Then, meanwhile, she's opening us up to new information. I am too, and then we find out, "Wow, this is overlooked."

**Jonathan:** It's really important for everyone listening. So there is no next step now, that you don't need to think about this, but we need you to go do it.

**Elena V.:** Yes.

**Jonathan:** Then six rounds of chemo, so this person that you were talking about, [Arinda, 01:46:28], you want to recommend to them to do something just like this.

**Jonathan:** Because if they're showing blood pressure spikes, early menopause, digestion problems, they don't have anything diagnosable in the sense of

this big condition. But they do have all these issues. It's showing destruction of gut microbial, all this interference. You want to remove interference.

**Jonathan:** Then obviously, where Doctor [inaudible] is saying, "With that vegan diet, then you're definitely gonna be getting, or you're feeding yourself with the right things, without putting inflammatory things on the fire there." And so [Atef] is asking, "What's the name of [inaudible] products?" The product is World Life, and so, World Life, and we'll be sharing with you guys their URLs over the next couple of weeks here. We're probably about two weeks away from sharing that with you."

**Jonathan:** Jennifer ... and I'll let you continue here. Just take it for the next couple minutes.

**Elena V.:** Ah, excuse me.

**Jonathan:** We'll wrap up in the hour, so there are nine minutes left, [crosstalk]-

**Elena V.:** Yeah. Mary says, "I have a fatty liver, and I'm talking milk thistle. Can I take it with Mimosa pudica seed before my liver is clear?"

**Elena V.:** Yeah. Mimosa pudica is acting like a ... Jonathan and I had talked about this recently. But it's like scrubbing the inside of the intestine, so it's really helping to pull stuff off the inner walls of the intestine, and just move things through. It's helping with the peristalsis function of the gut, which is just moving things through the gut.

**Elena V.:** If you have fatty liver, after 30 days of taking milk thistle, have your liver enzymes rechecked. If you're seeing that the liver enzymes haven't changed, then you may want to take a little bit more of an aggressive approach.

**Elena V.:** These supplements that we've talked about tonight can't help with that, but believe it or not, I have seen ... not often, but I have seen a couple of times where clients have been taking liver detox products, and we haven't seen a change in the liver enzymes.

**Elena V.:** Once we started methylating them, and opening up their Phase I/Phase II liver detox pathways, with methylated B-12 and methylated folate, then within 30 days, the liver enzymes go back into normal. So that's just something to think about there.

**Jonathan:** Wow.

**Elena V.:** "Are there any drawbacks to putting molasses and salt in my coffee enema?"

**Elena V.:** You know what? I don't know enough about that, so I'm going to defer that question, but I'll bet you, Jay Davidson, who has made videos on the perfect coffee enemas, I'll bet he can probably help you.

**Jonathan:** Actually, I do have an answer on that one. That could be one of the worst things you put in the coffee enema. Quick lesson on that. If you want to preserve something,, what do you put on it? Salts, right? There is an issue with putting salts-

**Elena V.:** This, all, it's going to draw water into the colon. But I would think that would, could be a little bit, or have a corrosive effect [crosstalk 01:49:20]-

**Jonathan:** Exactly. It's going to dry on. It's going to affect the villi in the microbiome, and so, you want to avoid putting Epsom ... yeah, Epsom salts, internally at all, let alone in a coffee enema kit. If you want to put anything added to that, some of the things can be, like, tangerine is a good oil to put in.

**Jonathan:** And then, the other things, if you want to do something less aggressive at all, you can swap for [inaudible] instead of a coffee enema. But what everyone needs to be doing, I do coffee enemas regularly, what you want to be doing is water fast, and then, sitting on the toilet until I get rid of the water.

**Jonathan:** This is just one loop, with warm room temperature water, and then, same, then, with the coffee. Because what you're going to be adding is ... you're going to be adding that whole of it, without discomfort, but if you go firstly with coffee enema, then you'll find that you're sitting there uncomfortable, trying to hold it, maybe having an explosion. So that's why I would always do the water first. Back to you.

**Elena V.:** "Thank you for taking my question." Hold on. Let me scroll down here. Oh, that's a long one.

**Elena V.:** "My mother suffered," this is Julie. "My mother suffered with multiple sclerosis her entire life. She did have [inaudible] fillings."

**Elena V.:** You're about to have some dental work for receding gums, and your dentist uses a composite filling? Ask him what's it made of, and heat that glass, and some other ingredients.

**Elena V.:** "That did not raise a flag, but for me, it's also plastic. I asked him if it was safe, and he said he could just research it, and has not heard of any negative effects."

**Elena V.:** So, you know what? That is something that I would defer to a holistic dentist. I would use a holistic/biological dentist, because those guys are in the holistic model, like we are, but they are working, they're specializing in the dental work. I think that's going to be your best bet, really, so-

**Jonathan:** Cool.

**Elena V.:** There are holistic dentists all around the country. Just take a look, and I'm sure that you can find one. This is anonymous. "My 16-year-old daughter is an athlete, troubled by hypoglycemia. Her grandparents were Type 2 diabetics. That does not mean that she's going to be in the hypoglycemia."

**Elena V.:** That does not mean that she's going to have Type 2 diabetes. That is a lifestyle-related. Type 2 diabetes is lifestyle-related. Don't let anybody ever tell you that's genetic. That's not true.

**Elena V.:** "She's never been over 100 when tested ..." Well, she's not going to be. She's hypoglycemic. "So, been learning about fasting and wondering about ..."

**Elena V.:** Fasting? Fasting is ... she's going to have a hard time fasting. She may be having hypoglycemic symptoms, because she might have some underlying parasites or some underlying infections. Though I think that detoxing her would be great.

**Elena V.:** Putting her on the supplements would be great, and then, let's see how she does with the stabilization of the blood sugar, after she's gone through a detox, would be my answer. That's a good place to start.

**Jonathan:** Great.

**Elena V.:** "I've struggled with shingles for three years, with recurring operates."

**Elena V.:** Oh you poor thing, Mary. I'm so sorry. Your immune system is pissed at you! What are you eating? Okay? Are you feeding the viral pattern? What does your gut look like? Because that's going to tell us about your immune function. All right? I would say, there's certain foods that feed viral patterns. We

mentioned, I mentioned one of them earlier, as being eggs. But I would get off animal products, go vegan. I would do that for 90 days.

**Elena V.:** I would go ahead and incorporate in there the same detox that we've been talking about all night long, and definitely add some glutathione and some methylfolate, methyl B-12 combo in there, like we talked about. I would definitely do that, and then for you, once you complete 90 days with the detox.

**Elena V.:** So if you see any parasites, or you have any bioform release, or any kind of response like that, close to the end of your 90 days, you're probably going to want to take it for another 30 to 60 days. Just to make sure that you've eliminated that. Then you can stay on the, like, on the [inaudible 01:53:53], or something similar to that.

**Elena V.:** Or there are other supplements that you can do, that are natural antiviral, and you can just stay on a very very low dose of antiviral for awhile, continuing to be very very clean with your foods. Be very very specific with that.

**Elena V.:** Ralph: "My niece is bipolar. What is the best way for her to be helped, without bipolar meds?"

**Elena V.:** So, remember what I said earlier. She doesn't have anything. I mean, that's just, that's the model that we live in. If her mood is swinging like that, if she's going from highs to lows, there's obviously some brain chemical imbalance. But what's causing the brain chemical imbalance? What's causing it? Underlying infections are huge contributing factors to brain chemical imbalance, as is leaky gut.

**Elena V.:** That's also a huge contributor. Genetics can also be a huge contributor, but the genetics is not a doomsday. The genetics empowers you and shows you what you need to do with your nutrition for the long haul, with your supplementation for the long

haul, to keep the neurotransmitters and the brain chemistry back in balance. That's an easy one. I work with that all the time.

**Jonathan:** Final one, if we adopt a [inaudible 01:55:11]. Look at her. Who wants to give her a big hand, Doctor B, a hand, for [inaudible] on so long? Look at this. Here are some ... peace and love there. Look at that. Everyone's loving you. There you go.

**Elena V.:** Thanks. Thanks, guys. Rebecca: "What is your opinion on organic tofu, for a thyroid cancer survivor?"

**Elena V.:** You know what? There are phytoestrogens in tofu. I just wouldn't even mess with the fire.

**Elena V.:** Honestly, what we can go on is our clinical experience, the things that we learn that we through research, the clinical experience and research of our colleagues, and our personal experience.

**Elena V.:** Coming from where I'm coming from, with the lenses that I'm looking through, I wouldn't even mess with that! There are so many options. That's just me. If you've had cancer, and we know that you can have phytoestrogens is tofu ... yes, the thyroid, it's not necessarily like an estrogen-based cancer, but there are probably a lot of other things that you can do for substitutes.

**Elena V.:** But talk with some of the other doctors, and see what they think on that, because the jury's not 100% out for me on that.

**Jonathan:** Yeah.

**Elena V.:** But if I had cancer or something that's life-threatening, I'm just going to completely avoid anything that I think could be any type of potential trigger.

**Jonathan:** Yeah, yeah. No, absolutely, and it's amazing. You can actually find a study, a couple of studies, actually, that showed the cancer-fighting properties of soy. That's the oddity of the world that we're in, where there's such a collision that, certainly, here's what we can all agree on, that genetically modified soy is going to be really problematic.

**Jonathan:** Then there's this individuality. Is it going to be an issue for some people, and not others? But certainly, what we can see with autoimmunity is that if you have had a problem with it, and because of the genetic modified issue, but then, you might still find that your body is still the same.

**Jonathan:** I don't like this, it's just like an invader, because even though it's now organic, there is some things just to gauge on that front. But very relevant and helpful. A good question. And considering that legumes are super nutritious, Doctor B's talked about the vegan ... she's, again, not a vegan full-time, right?

**Jonathan:** But she's total vegan right now in this moment, and I'm certainly more that way. I'd probably be 95% in that direction, but I do a do a little bit of grass-fed white bread [inaudible 01:57:51], and things like that, but the point here is, she has given that advice. Once you've got that kind of advice, you want to start putting in more of these healthy, nutritious legumes.

**Jonathan:** See, because what happens, once you take something out, you're now putting something else in, and that's the upside. She's limited the palate, and so, red meat isn't helpful for people, and there's so much propaganda on it. People are trying to say, "Oh, that's great," if it's from a grass-fed cow, but that's not proven. There's no fat around the fact that that's good for you.

**Jonathan:** It's less bad for you if it's grass-fed versus grain-fed, but again, you can have something grass-fed, then it's not actually grass-fed, because it's been

fed grass during some time of its life, typically only a few days out of the last month of its life. There's lots of things there to consider, obviously, with factory farming, the treatment of animals. So we need to be conscious and consider these things.

**Jonathan:** But point is, once we take something out, that's not great? Guess what, we're putting something in that is fantastic and helpful and healing. And it brings happiness, and they're just wonderful and flavorful. So many things that so many of you guys probably discarded, like nutritional yeast flakes, which are very flavorful. You can add them in, or tahini-

**Elena V.:** Oh, it's so good. I love that.

**Jonathan:** Yeah, I love that, too. Tahini, it's delicious. Which is hulled sesame seeds. You can make it yourself, or you can buy it, you can like that. And then, kale, and some of these ... cilantro and parsley, these are so good for you, we're not always getting them, because we're just, we're getting some of the quicker and-

**Elena V.:** Yeah, it's-

**Jonathan:** Not so nutritious things.

**Elena V.:** Yeah. It's just about getting out there and getting adventurous with learning how to re-prepare foods. In the United States, we weren't taught how to eat like that. When somebody like me comes and tells you, "Look, you're sick. Do this for 90 days and let's take it from there. It's not forever. Let's take it from there" ...

**Jonathan:** Yeah.

**Elena V.:** I have literally had patients break down and start crying, because they were like, "I'm not a rabbit."

Like, "I can't live like that!" Oh, my gosh. It's just because you weren't taught how to make delicious super satisfying, super savory, yummy foods with all vegetables. You just have no clue what you can do with it.

**Elena V.:** Because you were taught to put, to take a plate, and fill up three-fourths of it with a steak, or whatever it was, and then you put this much vegetable on there. And you think that that's healthy. That's all that you know. That's why, when I tell you guys to go vegan for awhile, just so you can heal yourself to allow your body to heal, people freak out.

**Elena V.:** But trust me. There's a lot of books. I recommended the cookbooks earlier, to help get you started. Go out there and just start experimenting with it.

**Elena V.:** Richard: "You're asking, can you talk about LDN, Low-dose Naltrexone for autoimmune diseases?"

**Elena V.:** Low-dose Naltrexone can really help a lot with inflammation. But guess what? So can the other things that we've talked about. Glutathione. CBD oil. I have never had a case that I had to refer to my fellow MDs for LDN because what I was doing wasn't working. And I track that in my lab work, so I know that it works.

**Elena V.:** But LDN, they are showing that it does work very, very well. But you have to remember, that's not a substitute for changing your lifestyle. You have to change your lifestyle, and you have to change what you're eating, to help hold the inflammation down.

**Elena V.:** What brand of glutathione? So, Dr. [Rashad 02:01:25], I believe it's his line, Quicksilver Scientific has a really great liposomal glutathione. Apex Energetics also has a really good glutathione called AC Glutathione. Those are the two that I alternate between.

**Elena V.:** "Is there going to be a video on the Q&A? That's for you.

**Jonathan:** Yep, absolutely. Yes, this will be up immediately. So just jump back to the page, you'll see it there in moments, and then, I just thought you might geek out on this. You're seeing my screen, how many windows I've got open right now.

**Jonathan:** But, ready? So this is the anti-parasite. This is kind of like, inside of, but everyone's getting to see it. I debated in doing open source. My screen's blowing up, but can you see this, [Elena 02:02:11]?

**Elena V.:** Yeah.

**Jonathan:** So look at what we've put here into this anti-parasite formula. This is mine.

**Elena V.:** That's good stuff!

**Jonathan:** Yeah, it's going, this is powerful. This stuff works, and it's really next level, so [inaudible] wasn't trying to something as good as ... it was looking to how to do it better.

**Jonathan:** If you have a look at what some of these things do, like, the green halves, the black walnut powder ... they have the fact that your father will actually take and carry the anti-parasite into other areas of the body, and carry things back into the colon.

**Jonathan:** Most importantly, clove is anti-parasitic [inaudible] is, humic and fluvic, is going to go in and help on these different levels, to help carry it, and then the rest here are still anti-parasitic, and this extract of aloe vera is also helpful for that, so-

**Elena V.:** Yeah. Well, and you added the garlic in there.

**Jonathan:** Yeah.

**Elena V.:** Which I like too. That's not any other product. You have to get it in a separate product, that's in the bowel mover.

**Jonathan:** Awesome.

**Elena V.:** And so, that's nice that you added that in there, because garlic isn't just anti-parasitic. Garlic is anti-viral. It's anti-bacterial as well. And so, that's ... I like it.

**Jonathan:** Awesome! Then we've got, as well, wormwood, which is an ancient Biblical herb, as well, which has been used for millennia. And then this one over here, this is the heavy metal curator, so you'll see that we've got the ulmic acid, which is present with the humic and fulvic. And then, [inaudible] mushrooms, to help carry it, and then milk whistle, which is on this ... [inaudible 02:03:54], and Uva Ursi Leaf powder, [inaudible 02:03:58], organic dandelion, for the cleansing effects. And lipase, with digestive enzyme, [inaudible] powder.

**Elena V.:** I like it, yeah. Well, I had a chance to go over some stuff with you-

**Jonathan:** Yeah?

**Elena V.:** When you weren't quite as far along in the process, and yeah, I really think what you're putting together is really nice.

**Jonathan:** Thanks.

**Elena V.:** I'm excited. [crosstalk 02:04:24]-

**Jonathan:** [crosstalk 02:04:24]. Well, I'm glad to have you on the journey, and Doctor B's been someone

I've consulted with during this process, and some of the other doctors, which you know, and then, other scientists that you guys haven't yet connected with, that have been doing this for decades.

**Jonathan:** Imagine studying one particular neuro ingredient for two decades, and how much you would know about it, and how to use it, and ...

**Elena V.:** Wow.

**Jonathan:** That type of thing, and these are the kinds of guys that I'm working with, so it's just really taking me to that next level, and I'm looking forward to the results. But back to you, Elena, I thank you for your time.

**Jonathan:** You've been so gracious and kind. These people are just so grateful, and yeah, it's wonderful. Can't wait to have you back on this call, and you're just a breath of fresh air.

**Jonathan:** The love and intention, and your knowledge and wisdom, all this tremendous healing influence, for me and for everyone here on this call. And so, just show your love by raising up a hand in final salute and thanks.

**Elena V.:** My husband ... yeah, thanks, guys. I didn't mean to cut you off, Tom. [crosstalk] I was just going to ... yeah, yeah, I hope it brought value to you guys, and hope you got something out of it, and just, trust me when I tell you this stuff. You heard this repeated a lot.

**Elena V.:** Kind of like when you're in college, or you're in high school, and the teacher, if they repeat something more than once, you know you need to highlight that. It's going to be on the test, you need to learn it.

**Elena V.:** You heard us repeat stuff over and over tonight? Take that home and take that as a message, that that's the stuff. That's foundational stuff, and it makes a huge, huge change. You can't start the process of healing if you don't get that out of the way first, so ...

**Jonathan:** Awesome. Thank you, Doctor B. And if you're okay with it, Doctor B, maybe just signing off with a short prayer, just for people, people who can take it as positive energy, or connection with the service. If that's okay with you, I'll just-

**Elena V.:** Go ahead.

**Jonathan:** I'll just start, [inaudible 02:06:18]. Thank you, by the way.

**Jonathan:** All right. So anyone, you can just, however you like, as a prayer. Just that connection with source, and the feeling of encouragement, and connection through your journey, that you're not alone. So I'm just going to pray with you guys, and everyone, including myself, end up in here, as well.

**Jonathan:** Thank you, God. Thank you, Father, for everything that you've done for me. Thank you for what you've done for every person here, and thank you for all the doors that you've opened, and thank you that we can be in this moment right now. We know that many people have suffered for a long time, instead of being at a place right now, when healing is here, or a path for a solution is here.

**Jonathan:** It's just so beautiful and so process, but I want to give you thanks, God, for all the connection, and the fact that the path, where you had it to be made clear, or clearer for a lot of people. The journey still continues, with so many people here, and I ask for your [inaudible] encouragement, and peace, and affirmation along the journey.

**Jonathan:** I pray that you guide people to their unique solutions. A lot of different things are being talked about, that convict and lead people to the things that make no sense for them. There are things that have been repeated and emphasized, so that people will just go take and that. But I pray that each one will feel supported in that journey, knowing that you love them, the creator of all the universe, and the one that's giving their very heartbeat and breath, is on their side, striving for their healing, and Father, their guide.

**Jonathan:** I just, I thank you for everything you've done, and I pray for the healing of every single person here, and I pray for miracles, in that there's something that we need to do. And then there's some things that you do, that are beyond our control, and I just want to invite you to do that. For those that aren't believing, they will think that is crazy, but what does it hurt, to actually consider that?

**Jonathan:** And just to ask for help from a divine source, and just say, "Just help me with what I can't do? I'm gonna do everything that I can do. But help me with the rest, because this is a body that's been designed by something outside of me, and I just give you power and invitation to control my life."

**Jonathan:** And so, we just do that collectively. I do that as an intercessor on behalf of everyone, and I pray that prayer with spiritual warfare, and shutting up any oppression or attack from anything dark or evil, so that these, every precious soul here is purchased, and I believe, by the blood of Jesus.

**Jonathan:** And so, I just pray this, in the name of Jesus, and pray for this gift of healing, upon every soul, in his name. Amen.

**Jonathan:** So that's that!

**Elena V.:** Amen, and that was very nice!

**Jonathan:** Thank you, Doctor B. Thank you.

**Elena V.:** Thanks. All right, Jonathan, good night. I'm going to go have me some dinner.

**Jonathan:** Go home. Please do.

**Elena V.:** Hungry!

**Jonathan:** All right. I'll go attend to my pregnant wife.

**Elena V.:** Okay. I'll see you later.

**Jonathan:** All right. God bless. Catch you guys.  
[crosstalk] See you guys in awhile. [crosstalk] Bye.