



**BIOENERGETICS**  
SUMMIT

## **Overcome Disease and Unlock Your Infinite Healing Potential: Taming the "Survival Paradox Protein"**

**Greg Eckel, ND, LAc With  
Isaac Eliaz, MD, MS, Lac**



### **Greg Eckel, ND, LAc**

Welcome back everybody to the Bioenergetics summit. I'm your host, Dr. Greg Eckel. I have Dr. Isaac Eliaz today, and we're talking about the survival paradox. He is an expert in the field of integrative medicine, focusing on cancer, detoxification, and complex conditions. He's a respected physician researcher, bestselling author, educator, and mind body practitioner, Dr. Eliaz partners with leading research institutes, including Harvard NIH, Columbia and others to co-author studies on integrative therapeutics for cancer, heavy metal toxicity and others. He is founder and medical director of Amitabha medical clinic in Santa Rosa, California, where he is pioneered the use of therapeutic apheresis as an injunctive blood filtration treatment for chronic degenerative conditions. Doctor Eliaz, welcome aboard.

### **Isaac Eliaz, MD, MS, Lac**

Thank you, thank you for having me. It's a great topic to talk about.

### **Greg Eckel, ND, LAc**

I love your book and I'm really excited to see where our conversation goes today. I wanna start with this concept of the title of your book, the survival paradox, 'cause this could be some new information for folks.

### **Isaac Eliaz, MD, MS, Lac**

Yeah. The survival paradox really offers a paradigm shift. We know in the integrative holistic approach that inflammation drives every chronic disease practically of course, acute diseases. And I think that Western conventional medicine is acknowledge it more, especially with the COVID and the cytokine storm. But if we really look at it a little bit deeper inflammation is really not the cause. Inflammation is a response. It's a body's response. It's a body's response to danger, to survival threat. So really our survival response is what drives inflammation. So we are built to



survive. I am built to survive. You are built to survive. Every cell in our body is built to survive. All communities are built to survive. Countries are built to survive. And so it's innate within us. And if something is innate within us, it's really automated. We can't control it if it's built within us. And indeed we respond to survival, stress and danger with the autonomic nervous system with just like it called it's autonomic with a sympathetic nervous system, we either fight. And before then we started, we talked about fighting. We go into a war zone, which is what inflammation is about. And as we talk, nobody wins from inflammation or we go into flight. We run away. We hide by creating a micro environment by boxing the issue either psychologically, psychospiritually, emotionally, physiologically, biofield, microenvironment area that are less active or by creating fibrosis a hardening of the tissue, which leads to tissue degeneration.

So no matter if we go through the fight inflammatory process or the flight fibrotic process, we end up with organ degeneration, tissue degeneration, accelerated aging and poor quality of life. So that's an example how, what is supposed to help us survive actually shortens our life. And that's a profundity of the paradox. So we talked about the nervous system, but there's also a biochemical response and the biochemical response starts within minutes. And one of the leading proteins, the leading molecule in the body that serves is called galectin 3, which I have been researching for almost 30 years. And interesting right now I got my second and very large NIH grant to study the depletion of galectin 3 as a treatment for sepsis. Actually you have the body responding to an infection. It goes into severe dysregulated inflammation, cytokine storm that now more people are familiar with and the result is deterioration of the system and death. So we can see how it has a nervous system effect and a biochemical effect. And once we understand it, we can start addressing our existential health in a deeper way, not in the shallowest way, but in a deeper way.

### **Greg Eckel, ND, LAc**

Well, so let's go into that. I want to return to a couple of those items there on the survival protein, the galectin 3s that you've been researching, but with your background in Tibetan Buddhism, and, you know, found in your search for kind of true source of our innate healing abilities. So that existential component to healing that doesn't really get talked about, we can get into the biochemical, the physiological, the physical, but I really like how you've couched this really in a larger discussion from even changing the wording from mind, body medicine, to heart, body medicine. But I want to start with that, this concept in your search for true healing and the innate intelligence where I've gotten to is in the sense of disease is the further from source the disconnect from source that we go, so we get into suffering. And so at the heart of your work, you've put the



heart. So let's talk about that, the true source. What have you found in your search for the true source of our innate healing abilities?

**Isaac Eliaz, MD, MS, Lac**

So it may be worthwhile to see where it's coming from. So I started my journey in integrative medicine, in healing. As a teenager, I lived in Korea, did TaeKwonDo and yoga and I'm in my early sixties. So this book is of other product, which I finally wrote a book after many years of resisting. It's really an expression of this. So I was fortunate. I dive very deep, into very esoteric meditation techniques, deep meaning for 10 years, I spent half a day on retreat and half a day work for 20 years. I would go every year to the mountains for two months. And I got to treat them mostly during their meditation masters in the Himalaya and to be their student and their doctor. And within all this esoteric practices and spending months, altogether years on my own, I came to the recognition. That's a real healing, comes from our heart and it's innate in each of us. And that's why I really call it open heart medicine.

The infinite healing potential of love and compassion was supposed to be my first book in Hebrew actually. But then because of the COVID, I switched, it was finished and they came with the survivor paradox. This is the other book. So how does it work? We first have to recognize that we are built to survive. We have to recognize it. And now if we look at my body at your body and we average out, I mean, I'm gonna round a bit up. We have about 50 trillion cells, trillion, not million, not billion, but trillion and each cell. And many people are not aware. Each cell has between hundreds of thousands and 1 million reactions a second, okay. Can you just visualize this? So the fact that we can talk and understand, and function is one unit is nothing less than a miracle within this. Every cell has its own existence. It has a membrane. It decides what goes in, what comes out. It takes what it wants. It gets rid of what it doesn't want yet. It knows that it's a part of a bigger economy, a bigger self. And the image that you use for nature is a, bee in a beehive. I raise bees, I love raising bees.

Just watch them. I just took a walk to my beehive, they're doing great. You just watch these thousands of bees. They just stand there and just feel their energy. Each of them knows where it's going to, what it's gonna do, how far it's gonna fly, what its role is part of the whole body. When one of our cells forget that it's part of a community. When it come becomes overly self focused, we all fall into this trap, right? It doesn't wanna die. It doesn't recognize that everything is impermanent. Everything that comes will also end. That's the only truth. There is. It has nothing to do with belief system. Everything is impermanent, quantum physics anyway, and this cells doesn't want to die. It wants to survive. How can you do it by creating a micro environment



where he doesn't have to listen to the environment anymore? Which tells him it's your time to go into apoptosis, where it can grow like crazy. When it can create an area without oxygen of hypoxia. And how do we call such a cell? We call it a cancer cell, right? Or we call it a neuro inflammation cell in the brain where etcetera, etcetera. So many, but cancer is a classical example. So every cell and then the tissue in the organ takes what it wants. And let's go of what it doesn't want. It's part of self focus, self preservation doesn't work. Well the classical example is the kidneys. The kidneys feel like they don't get enough blood. Why the renal artery is too narrow. So it gets a sense. I'm not getting enough blood. What does it do? It secretes renewed angiotensin that goes to the heart, pushes the heart to contract stronger, raises the blood pressure. What happened? We get worse arteriosclerosis, the kidney gets worse and you get a vicious cycle, you get kidney failure, heart failure, and you die.

So the only organ in the body whose survival is fundamentally different is the heart, for the heart to survive. It has to take all the dirty blood, all that others don't want. All that. You can call the suffering of other organs, the toxins of other organ, the heart. Welcome with an open arm, no discrimination. Oh, I'll take the liver, but I won't take the kidney. No, no. It takes everything. And what does it do? It connects with the universe, through our lungs, through our breath. It's so interesting. This metaphor didn't exist. It kind of came to me. That was meditating. One day says, wow, because there are practices of exchange of suffering with love and compassion, but nobody talks about it. Like they said, so what does happen? The lungs connect with the universe. We exhale. What we don't want as a system. Now, what we don't want for the universe is negligent. We don't realize that the molecule of air in our mouth think about it's connected with the whole universe past, present, and future, right? There's no separation. And that's why we gotta take care of the environment.

Otherwise, there won't be this container to take our dramas and our problems, then we get clean air, comes to the heart, and what does the heart do? The heart contracts and gives it with no discrimination. The aorta is a rigid artery doesn't contract and expand like the arterioles, the capillaries. It gives it without discrimination. And who does the heart nourish first? It nourishes itself through the coronary arteries, but the heart will nourish itself. Only after it did selfless job taking all the junk and connecting to the universe, getting clean blood with the help of the lungs and giving. So once the heart is done with its work, it nourishes itself in order to nourish other. And as part of nourishing others, when we recognize this, we recognize that all the stuff that has been a problem for every organ, the heart actually transforms into nourishment. And that's why does it do it? Because it keeps moving. If the aorta gets stuck and fixates, and doesn't recognize that everything is impermanent, usually by the way, speak in a lot of summits. And today I'm



giving more like a bioenergetic, like a deeper explanation. When the heart doesn't recognize everything is flowing, that there is nothing to hold to. That everything is changeable, which means that everything is possible and it fixate and stops, what happened? We die within a minute. So the survival of the heart is to do this transformation. Now this is happening physiologically. Anyway, we are not connected with it emotionally, psychologically, psychospiritually. Although the heart has its electromagnetic field is hundred times bigger than the brain. So the effects of the heart are touching every cell of our body all the time. The only organ in the body, more than this, the heart affects people around us. We can feel it, right? Somebody comes from their heart, they have this true kindness or love and compassion. It affects us, right? We know just like an nasty person can affect us.

So this quality of the heart, when we connected with it, then anything and everything is possible for the simple reason that anything and everything is changeable. And that's why one of my most favorite sentences is not everybody will be a miracle, but anyone can be a miracle. And that's really bioenergetics at its core when we connect to the energetic movement, because energy is movement and we translate into the biology and now it affects a living system. That's how it gets spontaneous healing. So that's a little bit of an explanation on a more esoteric level, but within it, we address it in many layers and on the biochemical layer, the simplest thing is we got to block this protein that causes the survivor paradox and for this.

So we have very simple, we have modified it, respect in pectasol to block the galectin 3 damage, just like fundamental supplement we can take. And then, but it's just one layer. Then we got our emotional work, our psychological work in the understanding that everything is changeable. What is amazing right now is gonna change. And what's terrible right now, it's gonna change. And when we recognize it, we give a potential for healing. And the more we as beings are tuned into it, the more the health provider, which is on one side of the equation and tomorrow will be on the other side, we're all patients, also recognizes it. Then the more amazing things can happen and the less fancy tools we need to help the healings of others.

### **Greg Eckel, ND, LAc**

Love it, thank you so much for that. That is exactly where I wanted to go on the bioenergetics summit. So you speak, that is so beautiful. So thank you for that. And I really look forward to your next book. That's coming out. So on that it brings up a couple things. So one, this concept of resistance, but then also what happens in the macrocosm happens in the macrocosm because I think you've tied that the bioenergetics down and then into what is happening in the cell is also happening in the external environment. And so maybe speak into that component because



you've what your solution, one of them is the modified citrus spec then, which I do want to talk about as well, and really how this links together here so beautifully.

**Isaac Eliaz, MD, MS, Lac**

Yeah, it's really, and it's my life journey. Not because I planned it. So on one level, I happen to research this protein more for galectin 3 and modified it. To citrus pectin involved with prevention of metastasis in prostate cancer. And we now showed in a multicenter trial, I mean, six months, 80% benefit in biochemical relapse of prostate cancer, 18 months compared to baseline, we are about to publish 90% insane. So that's the results on a biochemical level. And interesting enough, my work with apheresis, blood filtration is outside of the body, right? We are filtering the blood outside of the body. So it's bigger than the body. And in the same time, the meditation and healing I'm in different realms, right? Yeah, so you can see in my own journey, I had the macrocosm starting with this meditation, masters and practicing and trying to share a little bit, I learned and then very pure scientist.

So it happens in the cell because the cell will regulate based on the environment when the cell feels safe. When the cell is properly nourished, where insulin receptors are working well, where that when adenosine monophosphate kinase, AMPK is functioning well. And MTO one which throws off the mitochondrial function is shut down and there is no hypoxia. So hypoxia inducing factor in the plasma in the inside of the cytoplasm of the cell is not active. Then PDH, the main enzymes that brings pyruvate into the mitochondria is working well. And you got B one and you got a valproic acid. And from every molecule of glucose, you produce 36 molecules of ADP, very efficient, slow and relaxed when we go into crisis, no matter why. And again, galectin 3 will activate the microphage. They will come inflamed, they will block insulin receptors. They will also downgrade P 53, so you can get cancer. But in any case now with the cell goes into crisis, energy, energy, energy, really panic.

So we produce energy hundred times faster through glycolysis, but extremely inefficient, only two molecules of ADP from one glucose instead of 36 and a lot of toxic byproducts, which creates hypoxia, lack of oxygen, which is in a vicious cycle, which happens to all of us when we go into survival mode. And we know when we go into panic, sometimes the only, the one simple thing that will shift us. I know in my experience, it's taking a few deep breath because when we have oxygen, we are not in a survival mode, so in this sense, the bioenergetics is something that we have to practice. It's a reminder, but we also have to be easy with ourself. Remember when I talked about the heart, the heart nourishes itself first, self love is part of loving others. It's profound. It's something I've experienced in the last few years in my book, I write about how I





healed from the trauma of my grandfather, from the Holocaust, which for me was intense pain in the center of the chest. Since I was a teenager. And now it's gone. Now I push, I don't feel anything. I couldn't touch it until a few years ago. And now I have a sense. Yeah, I accept myself. I love myself as part of loving others. It's not narcissistic, completely not. You can't have this sense for yourself in a genuine way, without having an open heart for every living being. And when you do this and the heart is flowing smoothly, that's when bioenergetics can really work, you know? That it's not about the connection between energy and matter is happening all the time. We just have to stop blocking it, right? What blocks it, our concepts, our head. So for example, when we meditate from the head and we try to create openness, it's great. It takes work. When we connect with our heart, we become masters of this very quickly. Why? Because it's innate within us. It's who we are when this happens.

And our mitochondria functions normally, wow, our health can transform it. We know as you know, well, every disease is a similar mechanism. And the question is what blocks this and the blocks. This can be not only mental, emotional, psychological can be epigenetics from trauma, but can be toxins can be pesticides. I've overlooked at the importance of pesticide. Know that I wasn't aware. I didn't put enough emphasis on it. Now I'm doing a lot of work on removal of glyphosate and I'm showing I'm able to remove it. It's completely throws off the gut lining, which means our boundaries. We have normal boundaries when the gut lining is not working well. We create invasion of larger molecule. With inflammatory response. We create neuro inflammation. We create kidney damage. You got microtoxins, you got heavy metals, you got EMF, you got all this abnormal, energetic thing. It will not inexistent 200 years ago. And the good news is that we are learn. We are smart. We learn to adopt as part of our survival, but we can adopt in a way that is damaging and with the way which is nourishing. And that's a choice we have.

### **Greg Eckel, ND, LAc**

And that goes right into the root of your survival paradox, kind of bringing us full circle in the discussion. There you talk about this catch 22 of positive thinking it piggybacks on this conversation here, around from the bioenergetics into matter and matter back into the energy and stopping that flow. I'm wondering if you can weave that into a discussion because, and I want to return to the heart. 'Cause it seems like that's a big piece of the way that I talk about it is we're treating heart centered dynamic beings moving through time and space. And so it is a very heart centeredness that addressing us as human beings, as heart beings, you talked about the electrical generation from the heart, the heart's field. You can feel that in people with open hearts, et cetera, heart disease as being kind of one of the number one, it is the number one killer in north America in resistance of the hardening, the fibrosis kind of coming back into your



main premise here around this kind of survival protein that gets activated, but it gets over activated and causes more detriment. So maybe that's a kind of convoluted question for you, but I think you can field that.

**Isaac Eliaz, MD, MS, Lac**

Yeah, it's interesting. If you look at galectin 3 and heart disease, galectin 3 is especially contributing to what you call ejection preserved heart failure. The heart failure when the heart becomes very big dilated. So it's not as efficient, too big. And so it doesn't pull out enough blood out of it because the muscles are weak. And there's a lot of compensatory because of the muscle structure. And then there's ejection preserved when the heart can still push out 50, 60% of the blood, but the heart becomes rigid, There is a rigidity of the heart and which is exactly contradictory to an open heart. So when the heart becomes rigid, it's driven by galectin 3. So people with heart failure with galectin 3 under 17.8, which is already high, and these are from old studies, but just as a number one out of eight will die in one year. People with heart failure with galectin 3 over 25.6, not such a big difference. 37% will die in one year compared to 12.5 in one year. Why? Because of this rigidity.

So this rigidity, you can see it physically, but you can also see it emotionally. Like no, there is the first, when the heart is not rigid. When it gives out without discrimination, how do we call it? We call it generosity. So there's generosity of money. That's a lower level important. But the generosity of sharing what we know, there's a generosity of sharing. What we have. Are you gonna treat people for free? How much you will do things with no expectation to get something in return, not so easy. All of these are an act of a heart. We can do good things that come from other organs, but then there's always an agenda. When we come from the heart, there is no agenda. So let's say process Chinese medicine discusses it, the five kinds of happiness and five kind of laughter and fight. It's the more you wanna bring all our emotions from the heart. So there comes a state where when you talk, when you think, you think from your heart, it's like, you don't think from your head, you can see it, right.

I mean, usually I'm already trained in it, I think. I feel and I think from my heart, and then of course the brain gets information. Believe me. I mean, you can look at what I'm doing, but it has a different power. It has a different quality. We have it for a moment and we lose it for a moment. That's part of human nature. Everything is changeable, but it's our birth right. To connect with it and when we connect with it, life becomes different. We become alive. Why? Because we are moving. We're not stuck. And in this sense, like in Judaism, they talking the Cabali about the fixing, the Takum, it's connecting with the heart in every tradition. It's the same. It's about





connecting with our, heart so there really is the bottom line in our own journeys. Are we becoming kinder? Are we becoming more compassionate? Are we becoming more considerate of others? And of course, now this, we live in challenging times and I wanna bring it in the context of bioenergetics, but the good news and the importance of such summit and the power of media is that when there's a lot of light, a small candle, doesn't make a big difference. The reason why I am talking about it, not a great master from the Himalaya but when it's dark, a small light can make a big difference. And that's really the part of the importance of this. And that's really the true healing. That's really my passion. I do have some very important biochemical discovery that now have been acknowledged and know, and it's much bigger than me. They're close to 10,000 papers on galectin 3. There are about 80 papers on pectasol most published by independent university. It's bigger than my journey, but we can see the biochemical effect of a basic fundamental response that is come to allow us to survive. But we are doing it in the wrong way. I know. And you can see, for example, I spent a few years, a few months, a year in Hawaii and people say that Hawaii is paradise. You look at Hawaii as a plant. There are no way predators. There are no snakes.

**Greg Eckel, ND, LAc**

Yes.

**Isaac Eliaz, MD, MS, LAc**

The plants don't have to protect themselves. Of course, when you get an invader, you get in trouble, but you see this harmony. It's not that they just call it paradise for no reason, it's a place of harmony, you know? So we wanna bring it back to our body. And when we bring it to our body, then everything is possible. And within it, we have to recognize that when we have difficulties, often these are byproduct end product of something that we really have no control of. That's where epigenetics comes into play. When I teach, so I teach meditation and healing. I do it a lot in Hebrew because I have a foundation there, but now is a book. I'm gonna start doing it in 2023. And again, I'm sharing decades of training. It's not like, oh, I did a course for two months. Now I wanna share it, decades of training.

So you can see patients with cancer. The cancer markers are getting better fibromyalgia, but you can see a lot of PTSD melting away because we are wired to respond to an existing present event based on what happened in the past and this past, in this life and its traumas. And it's our epigenetics traits from our ancestors and their community. And if we look at the simple math and we say 25 years per generation, which used to be until 50 years ago and we go back 1500 years, we were made from infinite number of people. So there is no way that there is, there's no



interdependent connection between each living person. All of us at one day in the past had a mutual father or sibling or relative. It's impossible, you know, do the 23 and me or whatever ancestry and somebody lets say his family is from Ireland. And they find out they have they're 1% Jewish. How come when 1% in 1500 years is millions of people. It's not like one or two people or Neanderthal 3%. That's a lot of people. So we are all have an interdependent connection. We just, within our survival and self preservation, we lost the ability to do it, to see. And when we lost the ability to see our survival fixates, and when we get fixated, we create a block, an energetic block, an emotional block. You know it very well from your medical work, then you get energy stagnation. Then you get blood stagnation. Then you get a tumor or you get an arteriosclerotic plaque or autoimmune disease. And it's contrary to the idea that everything is flowing. When everything flows, there are no clots. There are no thrombocytes, there's no arteriosclerosis.

**Greg Eckel, ND, LAc**

So how do we make that switch from the survival into thriving?

**Isaac Eliaz, MD, MS, Lac**

Oy oy oy. Okay, this is a great topic. It's really multi-layer, it's multi-layer, so we can't disregard any of the layers. So it's very important for the patient, for the person and for the doctor. So I'm gonna start with the doctor. The health practitioner very often comes into a situation with the preconceived ideas, this disease, it's the outcome I'm gonna do this. No, no, no. So for example, I now have a questionnaire because legally the board made me do it for the, but ideally patients still do it. They summarize whatever they think is important because who am I to tell the patient what is important for them? And then for example, when I get all this blood tests from patients, I scale very quickly, but I don't open the records, just their summary. And I talk to them. Once I talk to them, I start pulling other pieces. So I don't, and this is someone with train and aware. Okay. so I don't have preconceived ideas.

Oh, they already have this. I'm gonna do that because you're gonna miss the door. There's always a door, same thing for the patient. So we have these creative idea for example, in Amitabha clinic, the biggest space in the middle of the clinic in the nicest space is a waiting room. It's huge because in all the treatment rooms, in all the treatment rooms are on the sides, serving the person in the middle. So the patient it's a patient driven, no diploma. You don't see behind the desk. No white coats, et etcetera. Okay, so that's one part. Then we have to address a survival issue with something like Modified citrus pectin. And if you look at my program 20 years ago, not everybody got pectasol. Now everybody, first thing, why? It's a basis of every treatment because it's so some people use it because it removes heavy metals. Some people use it, it's a good



binder. The use it because it regulates immunity. Some people use it because it's good for circulation. It has different roles. How is it possible? Because it addresses this very basic. And then we look what pulls us out of inflammatory automatic reactivity into a heartfelt responsiveness because the heart respond, the heart gets all the junk and it responds by nourishment. When we react, we react with anger, with fear. It's an automatic, it's a survival reaction. And that's when diets come into play and supplements come into play and meditation come into play and doing things that nourish you come into play and being outside as much as we can and connecting with nature. And we each build our own recipe. I often say that the only protocol I have that I don't have a protocol because it's so individualized. But within it, there are some very basic principle that I covered briefly, of course, but they offer a profound solution. So we work on a multilayered level and we look, where are the pocket when somebody can hide their issues.

So where are the micro environment in the body? Chinese medicine and esoteric concept called it the box pattern where we box our problem. So we don't have to deal with them. It takes a lot of energy to keep the box locked. One day you wake up there's cancer inside the box. So where is it? So is it emotional? We got to address pesticide and microtoxin, I'm convinced about it, I see the difference. And that's why I develop glypho detox and showing great results with glyphosate, et cetera. But so we got to really deal with the part of toxin. So a body can respond in a normal way and we have to look in the body. Where is the places of hiding? So one areas, biofilms and biofilms are made from galectin 3. So we don't do science here, but galectin 3 is a carbohydrate binding protein. So it binds to this ligands, to this molecule that can cause inflammation and overgrowth and stickiness and shutdowns the immune system. And it takes them to areas of problem. 'Cause the biofilm is a normal layer where bacteria and fungi and parasites live in harmony with us in the gut, hundred trillion, 90% of our DNA. When we get into stressful position, when we put them under stress.

So our body goes into stress. We take antibiotic or our diet is imbalanced. They use a biofilm to change their behavior. And then they're attached to the gut lining, create inflammation. It's enhanced by glyphosate, for example. So we have to be aware of this. The other area, which is really important is areas that we cannot ventilate in the body. So deep breathing is important. Bottom of the lungs and our sinus, our sinuses are cavities of air that really, we don't get to recycle them and cleans them up. So the lungs in many levels are like this, right? Because they alveoli with air and the blood vessels are around, but it is a small space. Sinus is big. So these are great reservoirs for bacterial infections, for fungi, for parasite, also for emotional storage for traumas. And so many people have chronic sinusitis. So part of my work is I open the sinuses



using neural therapy and ozone, but always in the context of acupuncture and healing, always in the context of I make the change. And then I profound, I provide the nourishment and then I can use things as fancy as therapeutic apheresis which is a high tech procedure. Like a sophisticated dialysis, requires a lot of knowhow for people who hear me and say, oh yeah, I'm gonna do it next week. No, no, it's a specialty. I've been a pioneer in it. And I've done hundreds of patients and I've been doing it very focused for 10 years. So you gotta know what you're doing, but that's a deeper way of changing the milieu, the environment of our blood. And it's very interesting when you do one treatment and you clean the plasma, you think, wow, I really cleaned the person and you repeat another treatment, only two, three, four days later, you get much more stuff coming out because the tissue can let go now.

So there's a whole letting go of detoxification, which is essential. That is very important to get the proper bioenergetic response, the concept of discharge from the tissue to the blood elimination from the blood, through the elimination organs and how the liver is part of it, but in my book, the three solution chapter detoxification dealing with the scars of survival and freeing our survival paradox and the ultimate freedom of survival paradox is really a meditative. It's not easy to come by. In fact, it's rare to come by and it is that whatever comes or doesn't come in the mind, if you are thinking, or you're not thinking you don't hold to anything, everything is free. It's absolute freedom, nothing sticks.

And that's where miracles happen. So that's really the ultimate meaning of the open heart medicine, it usually, I don't mention, but I got carried away today. But so the whole book at the end is to give introductions, and this is the next step, but within it. So in my book, I take people through the process and I get from many doctors, wow. It say change my thinking about my practice, it change the thinking about chronic diseases. And then of course I give 80 pages of protocols and what to do, but it's not about what to do. That's a tool you have when you have a deeper understanding. So yeah, it's an amazing journey. Just like bioenergetics means things are moving all the time, so we are in a journey and even if we feel wow, we really got it. We found a solution. Lights came up and there are lights. No, no, it's just an experience. Our role is to stay in the flow, to stay in the flow, to stay in.

**Greg Eckel, ND, LAc**

Dr. Eliaz, beautiful. Thank you so much, here's to more miracles.