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The Essential Role of Healthy Detoxification for Peak Mitochondrial Function

Laura Frontiero, FNP-BC interviewing
Isaac Eliaz, MD, MS, LAc



Laura Frontiero, FNP-BC

Welcome to the Restore Your Mitochondrial Matrix Summit. I'm your host, Laura Frontiero. I'm bringing you experts to help you boost your energy, and fix your health so you can build the life you love. And today I'm bringing back my very special guest, Dr. Isaac Eliaz. It's wonderful to have you back on the Summit. Thank you for being here. So good to see you.

Isaac Eliaz, MD, MS, LAc

Thank you for having me back.

Laura Frontiero, FNP-BC

Yes. So last time we talked, we had this incredible discussion about the survival paradox, and today, we're going to get deep into toxins and the problem there. So I'm gonna have you, recap what the survival paradox is, but real quick, just in case our listeners missed our first interview with you. You're an expert in the field of integrative medicine, you focus on cancer detoxification, and really complex conditions. You're a physician, you're a researcher, you're a best selling author. You're an educator, and you're a mind body practitioner. You really cover it all. And I'm so excited to have you back.

Isaac Eliaz, MD, MS, LAc

Yeah. Thank you. Well, I'm old. I'm old enough. Yeah. And yeah, but I do in my career as an integration, I'm a licensed acupuncture. So, so I do. Yeah. I kind of study vertically. So I'm very happy to be here and talk about, eh, about all of this in the context of mitochondrial function,

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and mitochondrial health. As we discussed before the interview, if the mitochondria is functioning well, we cannot get sick. It's pretty much because anything that disrupts us is going to disrupt the mitochondrial function. So in this sense, the survival paradox is, is a little bit of a name that is hard to always grasp. What it means is that, it's the same thing that keeps us alive. Our survival drug, which is innate in every cell in our body, in every organ, in every tissue in us, as a person, as a community, and is innate in the cellular function. Very important. Is actually the survival drive is what gets us sick because as part of a survival drive, we either fight. This is a sympathetic response. It's innate.

We fight creating inflammation, or we run away, flight by hiding, creating fibrosis biofilm, micro environments, where we don't get oxygen. Where mitochondrial function is off. So this is a sympathetic level, but within minutes, our biochemical system starts reacting through our, what I call, I coin the, the survival protein or the, or the paradoxical protein, or the inflammation protein collecting three, which is the bus, that drives inflammatory compounds to the tissue, starts inflammation. That doesn't stop. And then that's why it will affect adversely cancer, every chronic disease and mitochondrial function. So today we're going, as you mentioned, we're gonna see what disrupts, what turns on the survival, the, is the abnormal survival response. So last time we talked about emotion and psychology. I'm not gonna go into this. It is a toxin. It is a mental toxin. It's an emotional toxin, it's a psychological toxin. And so it, we do wanna look at it, and that's why meditation is so powerful with the mind. Practically not only theoretically you can heal anything. It just takes a lot of training.

Laura Frontiero, FNP-BC

Yes.

Isaac Eliaz, MD, MS, LAc

And yeah. And there are certain shortcuts that's why I teach open heart medicine, but today we're gonna look a little bit at the biochemistry, and chemicals, because these are things that are not, are always under our control. You know, we are exposed to all of them. So the bottom line, they will end up affecting our mitochondrial health, our energy production, like you said, in our quality of life in quantity influence.



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Laura Frontiero, FNP-BC

Yeah. So what I'm hearing from you, just to break it down really simply is, this process of fighting infection and toxins in our body, actually can be harmful to us. The survival paradox, we have to, our body is trying to protect itself and at the same time, it's causing harm. So this is fascinating how the human body works. And I know you have a lot of solutions for this, but can you start by talking about the relationship between toxins and the damaging effects of the survival paradox?

Isaac Eliaz, MD, MS, LAc

Yes. So what you said is so true and all of us know it, it's called the Cytokine Storm. This is why people are dying from COVID. This is why people have long haul COVID. The COVID is gone, and so many people have chronic symptoms, or some people after-after vaccines, it doesn't matter what, the picture is the same, it's chronic symptom. You treated somebody. And then, the response becomes the problem. So in this sense, in this sense, anything that turns on our survival drive is damaging, unless we can let go of it very quickly. So stress is, is a toxin. We all have we all the time. We don't have time to know people don't sleep enough. They don't rest enough. We don't hydrate enough. They eat food that is inflammatory. All of this is a given, but we are also bombarded with toxins that were not so prevalent decades, or centuries ago. So there are few categories.

There are categories of heavy metals, where we made some progress, but not enough. With the key ones being; lead, mercury, cadmium, nickel, arsenic, and also caesium and uranium is of positively charge heavy metals. Often they are carried in the body, through in oxidized lipids. They hide in biofilm, and they, they use collecting three very ways, for example, Pectasol, what if I did use Pectin is a well published chelator of heavy metals, you know. We published a number of papers about its ability to remove mercury, lead all the positively charged heavy metals, and recently uranium. So it even, it will even remove radioactive compound, as long as they're positively charged. So that's one category. The other category is industrial and environmental toxins. And that's something that we may not be as aware about.

For example, people can live in a beautiful neighborhood, like in the south bay, in the Silicon valley, doesn't get much more expensive than them, but the planes are flying over as they land the use in, in San Francisco international airport. And as a result, you get MTBE byproducts



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spraying into you all the time. So you look at the, as a urine test and, and, and you can see that the levels are, are, are very high, you know. So that's an example, and there are toxins that are produced by imbalances in our gut. Mycotoxins being the classical it's toxin that the different fungi make, as a response for their own survival, for their own survival. And they can affect our brain system, like Anti-glial and, antibodies, mycotoxins that can affect maybe it's the most important one, which I overlooked until two, three years ago is pesticides. We are bombarded with pesticides, regardless, even if it's organic, because if you live in a flat area, and somebody spraying glyphosate, Roundup, it will travel miles and miles and miles are horizontally 10, 12, 15, 20 miles.

So anybody who is spraying the lawns, any farmer spraying, it doesn't matter if there's an organic field, it's going to get there. And glyphosate is nasty. It's nasty, not by itself only, but it also nasty because of its formulations. The formulation itself, which are not regulated, have extreme toxic materials. So all of these to, to, so just to give you a sense, Laura, in United States, they are spraying 300 million pounds of glyphosate a year, which is what was so, but it stays in the ground every year, every year, every year, every year. And what it does, it disrupts our microbiome. It prevents us from absorbing nutrients, because it gets activated by, by the microbiome. It, and suddenly we can't absorb the nutrient it creates leaky gut, which means now inflammatory compounds are coming into the system.

So it affects autoimmunity. It clearly causes damage to the kidney, chronic kidney diseases is an epidemic. 71,7% of the population people that does not aware of it. And it disrupts the blood brain barrier. It goes into the brain. It's very similar to glycine, so it can exchange with it. So it weakens connective tissues, and it affects the brain. Instead of glazing being a never protective, the smallest amino acid and relaxing, you've got the glyphosate excitatory. Then you got more, more people on the spectrum, more autism, and certain cancer that it's directly related to the ones mostly recognized as thyroid cancers, lymphomas, and leukemias, but also prostate cancer is affected by it. So we are bombarded by it. But the reason we are talking about it is because they are solutions. And that's why we have this talk today.



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Laura Frontiero, FNP-BC

So I'm just, you know, I'm, I'm so glad that you're talking about this. So just to recap, what you've said so far is if your mitochondria are functioning, well, we can't get sick, and you just covered five big sources of toxins. So heavy metals, and then environmental toxins, including the MTBE that's coming outta the air.

Isaac Eliaz, MD, MS, LAc

And industrial.

Laura Frontiero, FNP-BC

Industrial environmental, micro toxins, and pesticides and glyphosate specifically, which is herbicide, right?

Isaac Eliaz, MD, MS, LAc

Right.

Laura Frontiero, FNP-BC

So, so when you're exposed to these, and the mitochondria gets sick, it's disrupting the microbiome. You can't absorb your nutrients, you get leaky gut, you hurt your kidneys. The blood brain barrier, gets crossed with these toxins, and then sets you up for chronic disease cancer, all these problems. So I always say in my clinic, that toxins create deficiency, and toxins create illness. So when we're doing a, when we're healing people, we must address toxins. It is critical. And I think that, many functional medicine programs just kind of focus on let's restore your gut or let's, but leaving out the detox part, the toxin part. So let's get deeper into that. How, you know, I've heard about, I've heard you talk about the pitfalls of detoxification, and the healing crisis, and people get Herxheimer reactions when they try to detoxify, and this can be unhealthy. So how do you safely detoxify the body while avoiding the detox side effects? Cause clearly we have to get this stuff out of the body.

Isaac Eliaz, MD, MS, LAc

I am be delighted to talk about it. In, in, in my book, my book of survival paradox, I introduce the concept of survival paradox, what it does biochemically metabolically, eh, and then we talk about



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the fact that galectin-3 three can be blocked by, by, by, by Pectasol, by more effects it was Pectin. This is why it's the most important supplement one can take because anything else you take is gonna work better. And then I talk about every, every illness in the body, every main category. Cancer and all the main organs, the meta-metabolic diseases, nerve inflammation, immunity, microbiomes. Then I go over the solution, and the first part is detoxification. Then it's healing our scars of survival, multi-generational and then how we really transform the survival paradox. So you mentioned something very important within this context, you mentioned the toxins cause deficiency. This is why, if, for example, if you look at my detox complete formula, you will see adaptogenic herbs. You will see circulation support herbs. You will see nutrients, because to detoxify, we need energy. That's the catch 22 of the whole process. So the first step in detoxification, we got to regulate the survival response, because when we detoxify, we are opening all the car- all the closet in the kitchen, and throwing everything out. It's gonna be a mess, right?

Laura Frontiero, FNP-BC

Yeah.

Isaac Eliaz, MD, MS, LAc

We all be great cook, but I do dishes. That's my job in the house. My wife, amazing. She's go cook. I'm not allowed to say it. You know what I'm saying it in public, but I do the dishes. It's what I know to do when, so I know what happened when, when, when a lot of stuff. So if we do this, and that's why bind those people could get side effects when it start binding things, and Pectin is an amazing binder, well published. But, if you reduce the effects of galectin-3, if you melt the biofilm, which is built by galectin-3, and know we are jumping about a lot of concepts and, and then you are reducing blocking the inflammatory a cytokine response, which STP does it's well published, dozens of papers. There are 80 papers published on Pectasol.

So, so once, once, once we establish this, we don't get the inflammatory response. And that's why there some of the largest line clinics give Pectasol to all their patients, they don't have Alzheimer response. Let's in generalize the first step, now that we got this foundation, we can dive into the, what is detoxification, because everybody there so many books, we detoxify this with detoxify that, but seldom people take the time to think, 'what is detoxification?' So our body



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is an ongoing interaction between detoxification letting go nourishment, like you said, nutrient, you said it right there. And the transformation between them. Every time we exhale, we let go. We detoxify carbon dioxide. Every time we inhale, we take nourishment in, in the alveoli, in the membrane of the cells, we have an exchange. In the mitochondria, you take certain compounds, right? So, so you take a pyruvate, an oxaloacetate, and then it goes together to alpha-ketoglutarate. And then you get your minerals coming in, and your B12 and your B6 and alpha lipoic acid that opened it in. And it'd go through a process and CoQ10, what do you get? ATP? You get energy. It's a transformative process. It's transformative energetically. Cause you end up getting energy. It's amazing, right?

Laura Frontiero, FNP-BC

Yeah.

Isaac Eliaz, MD, MS, LAc

And if you do it well, you have no byproducts. Why? Because there's no holding. There is you just flow with the process. I'm giving a little bit of a deeper understanding why you and I said, mitochondrial health, a good mitochondrial health, meaning we are healthy. So when we look at this, we'd wanna see what can disrupt it, what can disrupt it? So now we understand that we detoxify all the time, and we nourish all the time, we have to understand how do we support the body on an ongoing basis? And then there is more of a focused detox effort that is done, you know, once a year, twice a year, after a big illness, after surgery, after chemotherapy, after radiation in preparation. And it's done seasonally in the spring and in the fall, why? These are the changing seasons. In the spring, we are preparing for growth, for activity.

In the fall we are preparing for the letting go. It's the end of very different detox, not the topic of the summit, but you can see, I want get people a sense. It's big. So the first step in detox is preparation. So we prepare first of all by trying to regulate the survival response, vector the chemical level. The biochemical. We also create time for the detoxification. We need space. Because when we, when we, when we have space in our life, in our breath, if we can breathe a little bit slower, in our mind, when one thought doesn't stick into another, there is an opening in my book, in the last chapter of this diagram, when you open between the thought stuff comes out, toxins come out, memories and traumas come out, insights come out, right? You know it. I



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know it. When we do detox, we get insightful. Where were these insights? We didn't invent them. They were within us. We just gave them the, the space to come. So when you prepare for detoxification, you, people are listening. Make a list, wondering what you want to get rid of. And honestly, sky is a limit. And why sky is a limit? Because everything per definition in this universe, in our mind, in our body, it has nothing to do with belief system. Nothing stays the same, that's the basic quantum physics. That's the basic reality we live in. We are different now compared to half an hour ago, because I learned some stuff. You learn some stuff. The body responded differently, right? That's the biggest flow of Western medicine. It looks at a pathological tissue, which is no longer what the person is at the time that the pathologist is looking at the tissue. So because we are changeable, if we can connect into this changeability, everything is-is possible. And detox is the process of letting go. That's what it is.

Laura Frontiero, FNP-BC

So what I'm, what I'm hearing you say is there's some preparation for detox. So you're prepping the body. You're getting ready for it. And this is, I think the piece that a lot of people skip, is the prepping. They just wanna go straight for the, give me the binders, give me the supplements, tell me what to eat. So in your book, 'The Survival Paradox', you're talking about how to prep the body.

Isaac Eliaz, MD, MS, LAc

Absolutely.

Laura Frontiero, FNP-BC

So I'm gonna invite everyone on this summit to, dig deeper and explore this preparation process. But once you've prepared, what's the next step right in detoxifying.

Isaac Eliaz, MD, MS, LAc

Right? So it's very important just in the book, just like the way I teach. There is this philosophical understanding. And then there is 80 pages of protocols in the end. So the protocols are there, but just like you said, I'm not gonna give you the protocols. I want you to first, I'm gonna give you, I want the people to understand the process. So once we prepare on all level, emotionally, psychologically, physically, then we need to expose. We need to expose the areas of detox. So we



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need to expose it physically, like dissolve the biofilm again, galectin-3 holds the biofilm. Why? Galectin-3 is a molecule that looks in this way. It's like it has this circle where it binds to carbohydrate, ligands all the inflammatory ligands, the glycoprotein, glycolipid, then it attaches to each other. And it also attaches like this creates a pentamer 5', and then five attached to five. And what do you give, do you get? You get a biofilm, you get a Lattice formation. You ready? You get an arteriosclerotic plaque. You get a micro environment where cancer grows. Okay. No longer the membrane of the cell, the areas of the bacteria, the areas of the toxin is not accessible to the body any longer.

So when you give a Pectasol, and you can combine with proteolytic enzymes, and with lighter diet, you know, that is a little bit more catabolic the area breaks, but you are absorbing. You are, you are preventing the normal inflammatory response. That's why I'm emphasizing the importance of blocking galectin-3. And it's really it's. And I'm, I'm saying it with passion because I'm now a little bit getting involved with mass cell activation patience, and the key issues, as, as I, we just talked about before we started this interview is that the muscle activation starts mentally. I'll talk. It I'll talk about more in the muscle activation summit. So people are already activated in advance. So you wanna do detox, and you are totally stressed about the side effects of the detox, you are holding while you wanting to let go. It ain't going work. No way.

Laura Frontiero, FNP-BC

No.

Isaac Eliaz, MD, MS, LAc

Cause of a side effect,

Laura Frontiero, FNP-BC

No.

Isaac Eliaz, MD, MS, LAc

It's not a good idea. So you prepare you and you expose. And when you expose you bind,



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Laura Frontiero, FNP-BC

Okay.

Isaac Eliaz, MD, MS, LAc

binding, and you can bind again. Pectasol strengthens is unique, but it's an amazing, well published binder for you and I, but you can also use alginate, and for specific binding in the gut, especially for mycotoxin and pesticides, are a little bit of different ingredients. So we have the, we have the preparation, we have the exposure and now we bind. Once we bind, when you're ready, I'll go to the next step.

Laura Frontiero, FNP-BC

So I just wanna cover exposure real quick, just to break it down simple. Exposure means breaking down the biofilms. So now you can get to the toxins, which are hidden, and safely hidden inside of biofilms. So, so now we're exposing now you're binding. So go from there.

Isaac Eliaz, MD, MS, LAc

Exactly. So the exposure doesn't mean only breaking the biofilm. It also means supporting the circulation. So the oxygen can make it to the tissue. So circulating herbs, for example. Yeah. Is so there's and being well. Well, oxygenated, you know, if you can use oxygen in the process, it's great, but just taking the time and allowing yourself, and then exposing the areas of vulnerability in your body. Now you have an area of pain, open it, here it is. You got time. You're in the right environment. You're gonna do it. Now, once we bind, we have to get rid of, and that the process of discharge, and elimination. Discharge is when the cells let go into the system. That's phase one of the liver. Pretty toxic intermediate materials. And, and in the book I have very digital diagrams, and what nutrients are needed.

And then afterwards, we got to eliminate. So the gut has to work. Urination has to work. Skin has to work. Lungs has to work, mind has to work. That's the hardest one. The letting go of the mind, if things come up for you and you keep on hashing them, you're gonna bury them in another place. If you just let them in. So toxins get buried in another place. So Chinese medicine is a beautiful discussion on the flow between the liver and the lungs, and the heart, and the digestion, and the kidneys. So for example, one formula, I usually don't talk about so much, and I

show detox complete. There are herbs in the formula that support all the different organs, which are going to be in the flow, but there are many different formulas, but the ideas we support phase one and phase two of the, of the, of the liver detox. And that's what you mentioned about nutrients. And as you know, so well, these nutrients are the same nutrients as the mitochondria needs to function, right? All the B vitamin or the minerals, the, all the methylation agent, and use botanicals, botanicals of life. You can see the way I work. I mean, also an herbal Chinese doctor herbs have life. They have power. They are, they are not just a know synthetic ingredient. So it's always good to use a live preparation.

You know, motivated respecting is made from the pill of the citrus food. You know, it's part, it come straight from, from a fruit. So it's extracted from the unmodified. So that's, that's the process of this type of elimination has to be balanced. If we discharge too much and we can't eliminate, we are gonna get back inside of things. And in this sense, we have to be grateful and respectful of our microbiome. You know, we, and I talked about it last time. I think we are a miracle. You, I, everybody listening, everybody living because we are 50 trillion cells, with close to 1 million reaction a second working together. And if that's not a miracle, don't ask me what is a miracle. We just never take the time to think about it. It's an endless number. Where we can handle trillion organism in our gut, while supporting our health, while supporting our detox, while supporting our nourishment, who can activate chemotherapy, immunotherapy in cancer.

So we gotta be respectful of them. So when you do a cleanse, a detox from a dietary point of view, you can support with some digestive enzymes, but don't over support. Let your digestion do some work. Don't do it. Don't do a replacement therapy. That's the easiest. Do a supporting enhancing therapy, let the body come into the process, make its own contribution, and pre and probiotic, I like to use you know, a liquid preparation, because it's based on herbs and it's alive. So you can fill out your digestion. Like when you take, when you take eco probiotics, you can feel digestion wakes up. The whole system wakes up. We got to respect our gut. It's part of who we are. And the way to respect our gut, is to respect our community around us.

And this is not, this is not a good time for the gut. There's a reason why you get so much SIBO. What is SIBO? It's a certain bacteria becoming aggressive, in the count of others, right? It's lower the diversity, our mind, our acceptance of other people's opinions has been really narrowed



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lately. So CIBO is just a respect. And whenever we are tight, lower back to the topic of the summit, the mitochondrion will not function with because the moment the mitochondrion we are filled under stress, it'll go into survival mode. AMPK, normal production of, of adrenaline mono phosphate that is needed for ATP shut down, M to one turns out, we get to a sense of, we don't have oxygen. Hypoxia inducing factor goes up. PDK, which is the enzymes that blocks from here. The movement into the mitochondria gets activated, pyruvate doesn't make it into the mitochondria. We go into lactic acid production to glycolysis survival hundred times faster energy, only 280 people glucose, lots of toxic byproducts. We get sick-

Laura Frontiero, FNP-BC

Yep.

Isaac Eliaz, MD, MS, LAc

We call it mitochondrial dysfunction. Everything I described today, affects it. Today we talked about toxins. So when we did detoxify and we create space, and I wanna go back to your comment, which was a side comment. You got to give nourishment and nutrients to build up, because now the mitochondrion has opened, but it needs this nutrients. You can get depleted when you do detox without nourishment, and the microbiome will help you nourish yourself. So when you do this, then you get a successful detox. So the last step is restoring balance, supporting the gut, and providing adaptogenic and circulating herbs to the body. So the body has the energy to do the detoxification. So for example, if you look, if you look at some of the detox formula that I work with for the brain, they have a lot of adaptogenic herbs that I learned when I was treating people in the Malayas. At very high altitude, right? Where there's no oxygen, and the brain still needs to function. So this botanicals will allow the tissue to function under time of detoxification.

Laura Frontiero, FNP-BC

So right now we just covered or you just explained a five step process. So first you prepare the body for detoxification, which is often skipped, and, and essential for success. Then you expose the toxins. So you break the biofilms and you oxygenate the tissues, and then you bind the toxins once exposed them. So you safely bind them so you can pull them out of the body. And then you discharge and eliminate that's phase four. And this is supporting, phase one and two liver



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detoxification and all of the, all of the detox pathways in the body, through the urination, the skin, the lymph, the mind you said, even which is often overlooked. And at this step, you're also nourishing with co-factors like B vitamins, lipoic acid, and such and botanicals. And then the final fifth step is restore balance. So that's when you really start supporting, I almost like to think of it. Like you there's been a war zone in your body, and now you gotta put it all back together. Or another analogy I like to use is, a bunch of rowdy teenagers had a party in your house, and they broke a bunch of stuff, and now you gotta put it all back together. So that's the restore balance piece, right?

Isaac Eliaz, MD, MS, LAc

It's true. It's true. And you know, so the balance and restoration happens throughout the whole process all the time. You don't don't, you don't just do it at the end, but you change, you change the dynamic. Again, we are talking for the general public. If, for example, when I give programs to, to cancer patients undergoing treatment, the supplement changes based on the days away from the treatment. Cause it's, it's a dynamic process, but as the detox ends, there has to be greater emphasized on nourishment. And one of the big tricks for detoxifications for people going on retreats, because it changes your, your, your, your autonomic nervous system receptors on your skin, and how you react is when you are done with the process. And you're ready to go back to life, give yourself another day, give yourself another few hours. It's a transition from an intense detoxification, back to life that will determine, are you going to integrate it? Are you gonna go into a crisis? Right. People coming back from vacation and they're wiped out.

Laura Frontiero, FNP-BC

Yep.

Isaac Eliaz, MD, MS, LAc

So we just peeled off. We need time to go back into balance.

Laura Frontiero, FNP-BC

This is so funny. I have a good example of this. You know, when we were, when I, when my daughter was very young, we had season passes to Disneyland, and it was a joke in my friend group and family, that whenever we went to Disneyland, I needed an entire day to recover. So



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there would be the day we go there, and then I'd take the next day off just to recover from the stimulation from the, from the go go go. It's the same kind of concept. Give yourself a recovery time.

Isaac Eliaz, MD, MS, LAc

So this recovery time is, is also detox because we let go. So the recovery time, we need something to take a few days, but if we are well trained, for example, as I talk to you, as my thoughts come, I let go of them. I don't hold them as they come. So I'm recovering as I do my stuff. Now that's more advanced training.

Laura Frontiero, FNP-BC

Yeah.

Isaac Eliaz, MD, MS, LAc

Most people they can recover between the thoughts. That's good enough. So, but we don't remember to recover between the thoughts because we want, want, want, want, but we can remember to recover between the exhalation, and the inhalation. The nourishment between, that's exactly what you said. So these times of recovery, that what happened to a muscle, a muscle has, you know, calcium pumps and has magnesium pumps, right? In order to contract, well, we have to relax. In order to inhale, we have to exhale first.

Laura Frontiero, FNP-BC

Yeah.

Isaac Eliaz, MD, MS, LAc

That's the principle of life. And that's why detox is profound. And unfortunately there's so many expert in detox with amazing protocols. But when I talk to them says, wow, I never thought about it. Well, detox is fundamental to our life. It's a letting go process, because the moment we don't let go, things get sticky.

Laura Frontiero, FNP-BC

Hm.



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Isaac Eliaz, MD, MS, LAc

Mycotoxins are sticky. If you ever touch a mycotoxin it's wet, where do mycotoxin grow? They don't grow in the sun where there's a lot of ventilation, they go in dark Dampy, oxygen less environment, right? If we create this environment in our body by shielding survival response, galectin-3. Okay, or we create them emotionally by creating boxes of traumas, we don't deal with, or we have a physical scar after surgery. We have a multi-generational scar, that in the book as I describe my grandparents, my mother, and me as being a Holocaust survivors and how, when I healed my own pain, that was related to my grandfather, how it changed the dynamic for my mother without telling her that's multi-generational healing. So there are so many levels, but the journey of life, of life is letting go. And the deep purpose of life is to connect with our heart, because love melts everything.

Laura Frontiero, FNP-BC

Oh my gosh, that is a perfect place to finish this interview, that was beautiful. And I love the way that you have connected detoxifying the body to this higher level way of being this higher level emotions, higher resonance. And I think all of us wanna achieve that as we're letting go in detoxing. At the end of the day, we want joy. We want love. We want happiness. And you've laid it out perfectly how to do it. So thank you so much.

Isaac Eliaz, MD, MS, LAc

Thank you.

Laura Frontiero, FNP-BC

Tell us, tell everyone where they can get the Survival Paradox book, where they can get Pectasol to support their detoxification process. Where can we find you?

Isaac Eliaz, MD, MS, LAc

So the Survival Paradox is available on Amazon, or on thesurvival.com, in Pectasol you can just look pectasol.com, doctoreliaz.org. In the summit is part of our gift. We will provide a few chapters from the Survival Powers in protocols, how to use modified it respecting based on the condition and, and, and dosing. And this is my first book, after being, after started training, and healing out at the age 15 I'm in my sixties. So it's almost 50 years. My God's scary. And so



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everything is in this book, and I didn't took my time before I put it in writing. So I'm really glad for the opportunity because now my, my mission is to share my heart and, and my knowledge, you know, I traveled all over the world to the most remote places, learn from different systems. And it's all about connecting from our heart. It's really, it's the, it's really the only hope we have.

Laura Frontiero, FNP-BC

Thank you so much, Dr. Eliaz. I'm so honored to have you as a featured speaker on this summit. We'll have lots of clickable links all over the place where our viewers can get access to your products, and your support. And just thank you. Thank you for what you're doing in the world.

Isaac Eliaz, MD, MS, LAc

Thank you. Thank you very much.

Laura Frontiero, FNP-BC

All right, you take good care, Dr. Eliaz. Bye now.

Isaac Eliaz, MD, MS, LAc

Bye.