



## Fundamentals of Improving Brain Function No Matter What the Diagnosis

**Cheng Ruan, MD**  
with **Isaac Eliaz, MD, MS, LAc**



### **Cheng Ruan, MD**

This segment, we're gonna break down the science behind toxins. Now, Toxins comes in all different categories, but we're actually gonna be specifically breaking them down and talking with someone who's a true expert in this field, not only is an expert in the scientific field and research is also an expert in integrative health, Chinese medicine and acupuncture. So it's my kind of guy since my mother is Chinese medicine. So this is Dr. Isaac Eliaz and he's an expert in the field of Integrative medicine, focused really on cancer and detoxification and complex disorders. He's also a very well respected physician and very published researcher and best selling author, educator and mind, body medicine practitioner. He partners with leading research institutions such as Harvard and the National Institute of Health Columbia University and many others to co author studies on innovative therapeutics for a lot of different therapies such as cancer therapies, looking at different toxicities such as heavy metal toxicities and other toxicities. And he is spends decades looking at the mind and how the mind plays in such an important role in this accumulation of toxins affecting every organ in the body. So I can't wait to introduce Dr. Isaac Eliaz and I am so excited to welcome you to the summit. I can't wait to talk about this beautiful topic.

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

Yeah, thank you for having me, It's such an important topic,

### **Cheng Ruan, MD**

right? So, you know, I think that whenever we use the word toxins there's so much to this actual word of toxins, right? And there's different categories of toxins that are there, but one of the main challenges that I think is that if I have a patient in front of me and we're talking about very specific toxins, they use the same word toxins and talk to their doctor.



Their doctor will likely roll their eyes. So what we're trying to do is to come up with a more of a scientific way to analyze exactly categories of these toxins and what they actually are and there's no one better than you on this face of the earth to do so. So but let's start with that topic like what is a toxin and how should we even think about this?

### Isaac Eliaz, MD, MS, LAc

You know it's so I may take a little bit even bigger than the introduction. Toxin is anything that is not healthy for us and it's not supposed to be in our body. So when people talk about toxin or toxic influences they think of chemical toxicity but there is an emotional toxicity, there's psychological toxicity, there's epigenetic and genetic toxicity which means trends from previous generation that's already imprinted in our D. N. A. And expressed in this body. And so we come into this body and suddenly we get all these diseases or complaints and we don't know where they came from. So within this we can focus on the more biochemical you know material toxins with understanding and toxins. There's two basic parts to them. One is a toxin itself and the second is our response to the toxic.

Very important because some people can handle toxins better, they can eliminate them without producing a by product of symptoms or reactions. They have better liver detoxification, different elimination system and different way of dealing with things that are toxic on all levels. So in this sense, you know, I do a lot of research on collecting three as the alarm protein that drives our inflammatory response, our dysregulated immune response. And it's really what I call a it's really a pandora box protein because it's also our survival protein. But to respond to survive from the from automated point of view because we are built to survive, we know every cell in our body. We respond automatically through the sympathetic nervous system.

And in this sense we are connecting to the brain right away and respond one by fighting which is an inflammatory process. So inflammation is not the cause, it's a result all we respond by hiding by running away by creating micro environments and by creating fibrosis, dysfunctional tissue, begin the brain, big internal organs. So when we look at this we can understand that this processes can activate toxins can allow toxins to penetrate into areas that they are not supposed to be in. And it's a great example of our microbiome, we need our microbiome in the gut. But if our microbes. But if we flip the gut and put the microbiome inside our peritoneum will be dead in hours or days because the same material, the same symbiotic relationship with we have with this 100 trillion organisms you know and how they help us to absorb the let us to eliminate toxins, they help us to support our immune system. If they are in the wrong place they become



damaging to us. So that's another component which is quite important from this perspective. So looking at this in mind you can and going back to the more substantial physical chemical toxins, there are a few basic categories. There is a category of heavy metals, especially positively charged heavy metals, lead, mercury, arsenic, cadmium, nickel cesium and they're also the negatively charged heavy metal fluoride bromides that are often associated with pesticides and we are bombarded with them. They do appear naturally in the lower part in low amounts in nature. So the body can handle small amount of them. But then we got our industrial and environmental toxins and this is very tricky. You know you can have, I live in North bay California. So patients from the South Bay Silicon Valley doesn't get much more expensive and lucrative than living there. But if the planes landing at San Francisco international airport are flying above these beautiful houses.

They're getting MTB byproducts which you see in the urine analysis with they're not aware of and then you get some folk coming from the coast and some old hiding in the basement and some mycotoxins and you've got yourself a very tricky combination of industrial toxins And mycotoxins but I think it's the biggest category of toxin that I knew about a little bit overlooked. So I did a lot of work with heavy metals I published picked the soul and removal of every metals 20 years ago in the multiple clinical study that we published. It's how effective it is in removing lead mercury positively charged every metals. But we all were habituated to the idea that a little bit of pesticide is okay. You know there's no way around it. So the key pesticides in the United States and United States in an exception many, many industrialized modern countries banned some of these pesticides is glyphosate Roundup and we're looking at about 300 plus million pounds a year. So Dr. Rohan £1 a person per year that bio accumulates.

So you live in a nice place in the suburb and you have organic vegetable garden and they spray the park a mile away from you with the grass with with round up. And it's sure enough it circulates through the water table. It can go 10 15 miles and it ends up being in your garden then what it does it disrupt the gut lining and as you know very well the gut brain connection is very important and you know it's not our discoveries the spleen stomach school of thought has been in Chinese medicine for millennia. And actually I was I'm a licensed acupuncturist and I with a unique study group, we studied some ancient text the book of difficult question in the nineties And by looking at the population, we extrapolated that in the 21st century Alzheimer is going to be an epidemic. And sure enough it is because we were seeing the weakness in the nourishment, the pesticides, the weakness in the connection with the earth and this holes in our in our in the solidity of who we are also would affect the brain. So now we are there. So if you look



at pesticides, it causes inflammation of the gut lining, you know, leaky gut. This bio sis it shifts the bacteria from beneficial bacteria to more aggressive bacteria. So it's not only that glyphosate is toxic but there's something called glyphosate formulations that are not regulated believe it or not. And the formulation are extremely toxic. So you got this disruption of the barrier of the gut which then allows larger molecules than you're supposed to to come into the body. We respond with an inflammatory immune response, we call it auto immunity many times and this molecule will also go and disrupt the brain. So glyphosate specifically is very similar to glazing the smallest amino acid that is key in the brain. It's never protective, it's key in production of glutathione. The main antioxidant for clearing toxins and it's key in connective tissue. So you got the life of that exchanging radicalizing, deteriorating the health of the brain and also delivering some heavy metals into the brain like aluminum.

And then once you start inflammation in the brain, narrow, narrow inflammation, it's the basis of every brain degenerative disease. But the same life or they will go into the kidneys and will has a very detrimental effect well established on chronic kidney disease. You know, one thing that you are aware and many people are not including the integrated medicine field, But with your population, you know it very well, chronic kidney disease is our true epidemic in this country. So many doctors are not aware, 17%. And I do a lot of research with I have NIH Grant for researching acute kidney injury and sepsis and removal of collecting three with apheresis. So it's a true epidemic. And the problem with chronic kidney disease is that you don't see it until it's too late because the kidney is reserve. So you're burning your reserves, you're burning your reserves and suddenly you're going to kidney failure. Heart failure. So in this sense, we have to address pesticide removal on an ongoing basis because almost everyone has pesticide

### **Cheng Ruan, MD**

in the accumulation of all these toxins. Let's just unpack all that for a second. So you have toxins and then you have the way that we actually respond to toxins and the way that we respond to toxins is different per person. You know that's why you know someone gets covid or someone else gets covid there was to respond to different ways, right? Whether it's covid or mold spores or whatever it is, right and breaking down the toxins. The first thing that you mentioned, which I think is just we're gonna give that get into that a little bit later is sort of the psychosocial emotional toxins that are there with we can have it on the body which we cannot ignore and then you have the physical toxins, the physical toxins breaking down as you said like heavy metals, the positively charged ions heavy metals and then plus complex organic toxins like life of satan round up and stuff like that. And so what now what really bothered me is what



you said earlier is that I have currently an organic garden behind this wall right here. Right. But I'm in the city and you're saying that the roundup in glyphs And all this stuff can can spread out like 15, 20 miles if if someone down the street is actually using it

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

definitely a little bit more in trouble where you live geographically because you've got some petroleum toxins that are coming and other stuff and they are very nasty. The problem with them, they are fat soluble. So now they go into fatty tissue so it's really important from the strategy of detoxification if you're going to break tissue as part of detoxification you gotta make sure that you know one how to eliminate the toxins So they don't end up moving from a fatty tissue into your brain into your heart, into your into your kidneys and you want to make sure that you don't have the inflammatory response. You know when I explained about the survival response, I talked about the nervous system response whether the biochemical response so collecting three will drive an inflammatory response.

So for example when you use modified with respect in practice all the only available collecting three blocker you will be able to bind heavy metals but you are regulating the inflammatory response is there is no excessive inflammatory response. That's why you don't have the healing crisis and that's why you see the effect in so many health conditions because you're actually regulating this excessive response now in the body. The response is we said we talked about the inflammatory cascade, the fibra, tick organ degeneration, they know hardening effect. And macrophage pay the immune cleaning sales play a big role in it in the brain. The equivalent of the micro glia. So collecting three as part of a survival response will disrupt the Blaine the blood brain barrier. Now that's key because you disrupt the blood barrier very similar to the gut.

Now molecules are not supposed to get in are getting into the brain, they're creating an inflammatory response and it will cause brain degeneration. So when we look at Brandon generation and it breaks my heart narrow inflammatory diseases. I mean some which are not easy to tweet you know when there is a very clear destruction of certain production of neurotransmitters. Like let's see Parkinson but you can still help but especially Alzheimer memory laws these are treatable conditions especially earlier, truly treatable but to do it we have to really understand when it's coming from where it's coming from. So if you look at toxin and the effect the other will create a change in metabolism and in hypoxic environment as a result of the response of the tissue or changes in pathways or they will create an oxidative stress and inflammatory response. These are really the backbone. So if you look at the brain and the



alzheimer's plaque gallatin three is 10 times 10 times the concentration compared to a normal tissue. If you look why because of this inflammatory response. If you look at something that we called perfusion injury. Re perfusion, you know talking about your big one, your family, you're very familiar with it. Blood doesn't get to the tissue especially to the brain doesn't have to be just a stroke or even a T. I. A. Can be minute disruption in circulation. The micro clear will respond with an inflammatory damaging response driven by collecting three. For example if you put em cpr If you block 18 3 you reverse the damage. So this whole stopping of the destructive survival response is key to eliminate the damage from the toxins. And then you can also eliminate the toxins. So I've made a big focus of my work in the last two years in in addition to my research on kidney and differences into developing a way to remove pesticides and environmental toxins, also negatively charged and developed a product called life for Detox. We're getting the first data from our trials and it's remarkable how we're able to lower levels of life with it in the urine mycotoxins. But people have to understand you didn't lose your brain function overnight. It's gonna take time. But brain health can be reversed because the brain tissue is alive and dividing. And since the principle of life that everything changes, brain function can change as well.

### **Cheng Ruan, MD**

Right? So what you said is very profound. So I have someone in front of me that either has Parkinson's Alzheimer's and he said there's really three things to really look at, right? There's the actual inflammation that's stimulated by these toxins and up regulation of Galactin three. And the brain sees all this. Right? So that's that's one. Another format is what the hypothesis thing or low oxygen state for someone with uncontrolled sleep, that means it's not a big deal right? Where someone with COPD and smoking and stuff like that is this big issue. And then the third one, which I think is really profound, especially the feel of Chinese medicine is a low flow state means that the decrease of the blood flow to the brain is also a huge factor as well. And this one speaks to me a lot as well and mostly is because that a huge portion of our population right now as CC which is cranial cervical instability where the the the association between the spinal cord and then the skull it's a little bit off kilter right chronic neck pain and stuff like that.

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

Huge.

### **Cheng Ruan, MD**

Yeah. Is that there's a study that just got published showing that those people with even a small



amount of two degrees like C. C. I. Which is I feel like it's 50% of population has a 30% reduction in blood flow per 24 hours to the brain. And so anybody with spinal issues now right is under also undergoing this sort of low flow state which is a huge portion of the population And I feel like you know orthopedics and kyra practice and spine and brain really should all be kind of put together. Which is sort of the beauty of like Chinese medicine and acupuncture and mild fast release is that there's definitely a component of that into it as well. So this person in front of me with Parkinson's with Alzheimer's disease then we have to think about the flow of blood to the brain. How's your symmetry? How's your spine? You know how's your teeth airway? We have to worry about, you know you have like sleep apnea, which is about 1/4 of the human population now has some sort of upper airway resistance and decreased low and low oxygen state. And then we have to worry about the toxins and not just about decreasing the toxins coming in but also how can we what can we do to eliminate these toxins? And so but like you said, and I really want to reflect on what you said is that someone like this if caught early there is a return of function if caught early when we optimize these things and that that gives a lot of hope to the people listening to

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

and we know the reason oh that's why hyperbaric for example have health in long haul covid weather problem is but you know I know it because I meditate a lot and I spent 20 years two or three months here in the mountains and I used to do a certain practice when I used to look at a certain angle and I blocked my neck over weeks in the mountain and it actually affected my blood pressure. But so I could feel I notice and you know so really easy for people who do this is a very simple exercise. You relax your shoulder and you put your hand on your oxy put and you put the other hand on your chest and you really just relax and you kind of open and what it does, it lifts the space here will people feel when they do it? Suddenly everything gets clearer.

So it's very common because we all hold you know, so they're working on opening the whole chest and creating space is key because the brain is so sensitive to oxygen changes if you think how much of our metabolism goes to supply, a very small part of the weight of our body, you know and in this sense, what you said about the neck is key and sometimes opening it is a very gentle work. It's not this very you know, not always an aggressive manipulation. I do cranial sacral on all my patients and that's so when I talk for example about therapeutic apheresis filtration of the plasma, when I really detoxify people and remove the inflammatory compound if possible before I will do naval therapy on their face and inside ozone in the sinuses. So I clean all the infections with acupuncture and then I will work from a level of healing and cranial sacral in



opening the space and this is part of it and then then you can really remove the toxins because of the better flow. And in this sense, simple things like exercising at home with the oxygen generator if you can you know, but bringing more oxygen if people can afford it. But bringing more oxygen to the system is key and part of it is less learning to breathe properly, you know, to take a deep breath, not just to breathe from the top of our lungs. And there is of course a cultural thing because our attention span is shortening and shortening and shortening. So how it expresses from a breathing point of view, we exhale before we inhale, right? We don't have time. You know, the Chinese medicine talks about inhaling all the way to your kidneys. More people in jail just with their lungs. It's an immediate survival response right, right here. So we don't have this proper oxygen ventilation. And so these things that are accumulating, like you mentioned statistically addressing them and addressing the biochemistry of blocking collecting three and removing pesticides on an ongoing basis and then addressing the end result which will already be improved, supporting proper mitochondrial function, which is really the breathing of the cell itself. And that's how you get to transformation people's memories comes back, you know, and especially we think like memory like Alzheimer's early stages, you can really make a difference. And you know, I've is a very effective of course.

#### **Cheng Ruan, MD**

And I don't want people to think, you know, all of a sudden we do all these miraculous things. And memory comes back. It takes a lot of work and a lot of time,

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

a lot of work,

#### **Cheng Ruan, MD**

a lot of work and a lot of relationships and developing because, you know, especially with people with brain health issues and mental health issues, there's got to be a big support network to sort of support all this as well, but as you said earlier and what you said is so powerful is that the ability to breathe in all the way, not just into like the first part of the lungs, all the way to the bottom towards the kidneys and allowing the cells to actually breathe to stimulate this mitochondria are the energy energy units within each of our cells, which the brain is the most dense mitochondria on is absolutely important, you know, and this is really reflected in other people on the summit as well. You know, we talked to Dr. Daniel Amen and Dr. Bruce Wexler and a lot of people and you know what I always ask this, what is the one thing that people can do at home to kind of improve the detoxification? It's all everyone always says, you gotta learn



how to breathe, you know, that's like step one, right? so you know whenever we look at these toxicities, so once again you have psychosocial, you have heavy metals, you have non metals, you have thought soluble toxins. And yes, in Texas, we have a lot of petroleum by products, we have a lot of MTB which I can't remember what it stands for, but it's really, really long and we have a lot of it down here but you know a lot of these things are are you know going going back to that a lot of these toxins are no longer legal. Like no one's used been using this for decades. Why are these toxins still around in our soils and everything like that?

### Isaac Eliaz, MD, MS, LAc

Because they buy accumulate especially with the water soluble penetrate deep and the fifth soluble staying tissues. So for example Israel has been DDT for all Israel Venditti for 60 years yet find elevated level in breast issues of women 60 years later now some of them are still allowed petroleum is still there. Small planes not the big planes small planes still use leaded gasoline and MTB products of course of course present with all the jet fuel when you burn energy from coal you got a lot of lead a lot of pollutants. But then we are flooded with glyphosate because what happened you got the genetically modified crop which is resistant. It doesn't get killed by glyphosate but the bugs on it developed resistance. So the amount of pesticides per mile of wheat or soy is increasing and increasing and increasing and you can see these epidemics of diabetes and metabolic syndrome.

And then you've got type three diabetes Alzheimer, it's a metabolic disease and in this sense the good news if we stabilize the blood brain barrier and adverse collecting three if we remove toxins if we support the circulation, Chinese circulating herbs like salvia, brocchini's, tibetan herbal formula called penman basic, very fascinating results. And so now we're bringing more blood supply into the brain and then we modify the intracellular metabolism. The key botanical companies Pinocchio but also Birdbrain does some of these co cumin, some of it metformin as a drug that some of it suddenly the cell moves from a survival glycol. Is this response which is an inefficient faced production of energy with damage to the brain into a normal metabolic function. And the cell reverses into a normal cell and the normal cell cannot be sick because it's normal. So this is doable and because this is doable it's not easy. You know in my book the Survivor products I have a little bit about narrow inflammation and tell a story about the amazing story about a person with two cancers and severe Parkinson and there was the Tv program on him. But then I tell my story that I genetically and genetically could not remember names. So my mother doesn't do well. My my my siblings don't do well and by changing my my perception and my attention to it and treating myself with IV's with the Pharisees with



supplements. I've been able to improve the baseline that I came to this world with that's an epigenetic transformation you know and just like I tell about my my story was holding the the pain of my grandfather you know in the holocaust in in in my chest. So the idea is that there's a lot of power in it. And now when we go back to the breathing that you mentioned in detail when we inhale we are connecting with the whole universe. People don't realize the molecule of air in our mouths. Our nose is connected with the whole universe. There is no more separation. When we inhale deep, we are taking the outside world into our body, we are connecting with it. And that's the value of breathing. And so yeah, that's you're right, that's a very simple tip. And when we breathe deep, when we have enough oxygen, we are no longer in a survival mode. Right? When we hold our air, we can fill within seconds survival. My gosh! And in this sense the breathing is in a direct way, breathing air in a deeper way is not contracting to life experience outside in a deeper way is creating harmony between all our cells in our body and eventually the cell will self regulate into normal breathing mitochondrial function. And then diseases go away. You know, the same mechanism is diabetes or two immunity cancer response to infections. The mechanism is universal. The road is complicated yet it's so simple because we are built to do it. We just forgot to do it. You know.

### **Cheng Ruan, MD**

Absolutely. And let's go back to something that you just said is really profound. and this is sort of a great transition period is you're talking about that your your grandfather's story in the holocaust and you know and this and there is something such as inherited traumas that can go down in different generations. Can we talk about what, how much trauma can actually implicated a lot of chronic brain health disorders

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

huge. I mean, we can't talk enough about it that this is something Because of my training and meditation in healing. I teach on a volunteer basis many years and I do this diagram when I draw the moment our effect from the past and not to complicate things our effect from the future and the potential for multi generational healing. And I do it for probably 20 years now. Epigenetic is coming into it. So traumas from the past can pass on for multiple generation If the traumas is repeated among many people for many generations. And the Holocaust is a great example, one named after my grandfather and we were never told he died at 50 from stomach cancer. He couldn't stomach his traumas. My grandmother who made it almost 100 50 years later on her grave, my mother mentioned that 10 of the 12 siblings were killed by Hitler. 10 out of 12.

### **Cheng Ruan, MD**

Wow, wow



### Isaac Eliaz, MD, MS, LAc

Nobody told us and I had this pain in my chest since childhood and when I worked releasing it, it disappeared. Now, I mean, you can even see visually my chest is very opened, but my mother was able for the first time to watch movies about the holocaust. I didn't tell her, I did my work. So this is a multi generational healing and the brain is very important as a thinking organ, but a lot of never transmitter produced in our gut and in our heart. So the brain has a very big control from the heart. So the heart brain connection is key. And if the more we can move from our brain to our heart and we can open our heart, the electromagnetic field of the heart, many people don't know is 100 times bigger than the electromagnetic field of the brain. So every cell in our body is affected by our how by how our heart feels and people around us are affected by.

So when we connect our heart, when we move our thinking process into our heart, likely possible, believe it or not. And it takes training like now when I talk to you and I think about what you're saying, I don't feel it in my head, I feel it in my heart. Then there is an effect of healing for ourselves and for others. The center of communication from a connection point of view is in the brain and that's why the brain is such an amazing organ. And because it's influenced by so many other parts of our body in our environment, it really can be damaged easily. But it also can be. And that's the value of, you know, people don't sleep a few nights, they can't remember, they take a few nights sleep. And suddenly they can remember if somebody has a kidney disease, they sleep a few nights they still have a kidney disease, you know, so the brain is so much functionality in the brain and so much of the brain, we have no idea what it does still right, you know, it very well that we have to look at it as this magical supercomputer that is more sophisticated than any computer on earth and it's here to serve our heart, you know, So that's that's that's the that's why hard issues can really be reversed. I mean, that's why brain issues can be reversed. Exactly.

### Cheng Ruan, MD

I want to tell you my, my conflict that I have and I'm and I'm sure this is something that you experience practicing all these years as well. So, you know, when, when I first started practicing Integrative Health, I learned all these tools, these, these herbal therapeutics and mindfulness and mind, body medicine and breathing, supplementation and advanced liver and kidney detox implications. Right? Um, what I find is that, you know, a lot of people are experiencing symptoms and in the medical and when they go into the medical system, .they can experience kind of like a lot of like medical ptsD where they go to talk talk to doctors and the doctors say your your normal, your blood tests look good, whatever, whatever, and they accumulate sort of this, this medical trauma. And so, we're seeing the patients at the apex of accumulation of of medical



trauma and by that time a lot of these patients have already self studied a lot of the things that are kinda kinda out there and what we have found is that when we asked them to just pause for a second and then look back and to their world of what their life was like with traumas they accumulated, the parents accumulated and looking at relationship time, relationship ties within the timeline of their life. That's what we see. The biggest miracles happen in physical transformations, right? Memory coming back improvements in hallucinations and people with neurotic disorders.

We're seeing a lot of like autoimmune markers just disappear after some some you know trauma release therapy and events and stuff like that. And so what we did is we switch the order you know, instead of doing all these crazy stuff sort of the beginning where let's switch the order for a bit and say let's start with the appreciation that there's a psycho, social social trigger that can trigger our body manifestation and all of a sudden our outcomes became dramatically better. and our process became simplified and the patients got happier as well. And so I kind of want to hear your thoughts on how do you address someone who you can see that they are suffering from either trauma or inherited family trauma but usually it's both right and how do you talk to the people that are listening to this right now listening to us right now. Like how do you start even addressing the things that have happened before in the past that people might be suppressing as well?

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

Well, you know, it's like it's so important. And actually no, I'm happy to talk about it and I feel the pain of these people. You know, it's profound. So the first principle is patient driven medicine. We in medicine forgot that medicine is done for the patient. So for example a medical clinic, my clinic and limitless light. The waiting room is at the middle of the clinic. It's the biggest and most beautiful space and all the treatment rooms are around, we're all serving the patients. There are no diplomas are no white coats. The patient writes the summary what they think is important, not what I think is important. And so you got to let the patient reflect their priorities and what where they are then what you said is so true. And then different approaches for this different healing system. One system is called called memory reconsolidation. We recreate our memories all the time. So how can you reject the scar with procaine? And the scar actually goes down and never comes back. It's you know the scar, the brain doesn't get this the stimulation that there is a problem. It forgets about it. It doesn't realign. We do the same thing with traumas. So that's a lot of the process I teach in meditation and healing. And that's why eventually, it's really my third act. And I'm moving into it more and more is to really show it with the mind. You can heal anything. But of course, if you have a lot of toxic burden, you've got to have the right diet, the right detox. So it's so profound what you said. And there are certain meditation that are



specifically working on this meditation that teaches to exchange difficulties with love and compassion, because these traumas are coming to our body. It doesn't matter if we think them right or don't think about them. They are there. And we respond in a reactive way. If we use them to exchange and use the energy to transform them into love, compassion and healing, they just, they don't become something to fight. They become wood to the fire of open heart. Now you would say, oh my God, this is so esoteric. Not really. How does our hard work? It takes dirty blood from all over the body. You don't give us dirty blood. What every organ and cell didn't want? The heart is dead. We connect with the universe and we give clean blood without discrimination. Nourishing ourselves first through the coronary arteries. Nourishing ourselves in order to nourish others. And as part of nourishing others to self love, As part of loving others. So, this is a process, you can get to only when you address what you said.

So in many levels what you said, you are so correct and some people will go very deep and for some people, it takes many steps and often when I see a patient, I will have a plan and I will know it's going to take me now, I'm doing it faster, Okay. It will take me 15, 20 years to get to the real issue. I see the real issue, but they can't deal with it right away. You have to peel and peel and peel and peel and the more you are aligned in this way, the simpler the tools that you need. So if a doctor needs right away to use all the sophisticated treatments, they haven't dived deep enough into the basic truth of things. That the journey of healing is the journey of letting go. That's what it is. We let it go by create space And we let go by melting our hardness and the how does it right? The heart flows the moment the heart contract and doesn't flow and the lung doesn't move. We are dead in 60 seconds.

So, life in the movement and anything that stop this movement and traumas and multi general issues are multi general issues are keen is why because we're not at the moment, we're affected from something that already happened that we are holding to knowingly or unknowingly, like, like you talked about and that's really the profound itty of the experience when I do a more sophisticated treatment like therapeutic apheresis where I remove inflammatory compounds through filtration of the plasma before I will do a treatment with healing with some time injection with acupuncture where I will create a spaciousness and letting go experience. And then when the person comes into a more sophisticated treatment they can really let go and to support this. What you said you clean the plasma, Okay, so the plasma is really clean and then you will repeat the treatment usually only two weeks later. I will repeat it two days later. You will think wow that nothing will come out right now. 2 to 5 times more will come out because the tissues are letting go now because the plasma is cleaned. So it's all a process of letting go and the more we let go the more space the more blood will come into our brain, you know



### **Cheng Ruan, MD**

like this whole talk is really about letting go you know earlier. Yeah, letting go. Well physically the the space between the neck and the head, the maneuver as you said about earlier letting go of the toxins that we're talking about and there's a psychological letting go of resentment and of the things that are in the past that are continuous continuing that really affect us and I'm so happy that we're we're we really visit this because you know, one of the things that I don't want people to like attach onto is sometimes people will take like a feverish amount of notes but kind of neglect the mind body side of things, you know. but it's something that I really want to really focus on and just because not only is it truly essential, but from just from our data standpoint here at Texas Center for Lifestyle Medicine, that's what we see. You know, when we start with complex labs and all these, you know, supplements and protocols in the very beginning, people don't heal. They may temporarily feel better but don't truly heal and just not worth it practicing medicine and they're not truly healing but recognizing and seeing people transform in front of my eyes and letting go of the traumas. That's what's truly inspiring to all of us and really allows this evolution of what medicine should be practiced, right?

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

And I want to tell you something, it starts with you on a personal level and with people like you know and the reason is that you didn't compromise on the idea that a patient is in a box of disease. And if you are in the box, there is nothing there, like we talked about right? I have patients to go to the oncology, some of the tumors on the surface, the tumors get bigger just from the stress, you know, So you understand that there is a flow and the flowing that you can peel and peel. So when this is your approach and it's radiating from your being, you know, you have a conviction about it, right? It's affecting your patient. You see when a patient comes to a doctor and tell him, look, I have metastatic, don't call it have metastatic, let's say breast cancer. The doctor right away has a prognosis in his head.

Even if he doesn't say it, if it says it is like, my God, what is this? Right? Who are we? No, but even the thinking about it, we have restricted the possibility of the patient. And that's why, you know anything and everything is possible because everything is changeable and not everyone will be a miracle. But anyone can be a miracle. But it's not easy because miracles are things with low probability and our habits, we keep repeating them. So the more we change, the more we become different than we were, the more there's a possibility for a different outcome. And what you described with letting go of traumas, we are changing ourselves and this network of people that have created this outcome that we are experiencing, which is what I described in my own story. And what happened to so many people. And that's why there is a magical journey of



healing. And as medicine makes progress, we have to make sure that technology doesn't make us lose this very deep wisdom of healing that it's beyond an algorithm, you know, and beyond the one single molecule and beyond a new drug. And for me it's interesting because on one level, you know, I do very high level NIH grant research with top top doctors. And I do this. As I say, when I get interviewed, it doesn't drive what I do. It supports what I've observed. You know? So my observation comes from this multidimensional understanding the research that supported, like I said, you know, collecting three is gonna go up before interleukin six in sepsis. I got a grant. I proved it. Now. Then it gave me a bigger grant. What happened if I pull out the collecting three will prevent the death from sepsis, you know. But I understood it because I understood the concept of a survival response. You are going through the same thing and it's kind of mind blowing that doing it within the insurance based system, it gives us hope. You know, what you're doing is giving hope to a larger no to everybody. So in this, feel honored to be part of this discussion.

### **Cheng Ruan, MD**

The honor for you to be on as well. So let's transition to the final topic. And this final topic is something that you know very well about. And it's a modified citrus pectin and it's and galactic three. And by the way, this is something that I dove into five years ago. at the advice actually one of my nurse practitioners who started the practice with me and I just want to do a deep dive into all your research in 2017. And I'm very familiar with a lot of the stuff that we're talking about. But let's talk about like you know for stuff like modifies disrespecting which is a supplement you can get like what is that? Why is it so important? And what does that have to do with brain health?

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

It's like the bus that carries the inflammatory damaging compounds and deliver them to the area of injury. And instead of getting the injury to go away, it creates perpetuating inflammation. It's a single protein that the nasty molecule comes to. It creates a Penta mels that buy into a pantomime and you get a biofilm in the gut arteriosclerosis. Fi brought IQ tissue in on the brain dysfunction in the brain and amyloid plaques etcetera. So you have to disrupt it and modifies its respecting specifically all the researches on picked a soldier 80 published papers specifically breaks this platters formation removes the damaging effect and in the same time remove heavy metals and regulates the inappropriate immune response. And this is why it's a foundational supplement to use with any other program. It will enhance other supplement lifestyle, it will enhance drug therapy, you know, and for example, in the field of cancer immunotherapy if collecting three is elevated immunotherapy will not work. So now it's much bigger than me and my journey. There are so many centers doing it and I have some focus on more and removing it with filtration of the blood. But it's surprising, you know, the power of modifies it was speaking

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it's becoming acceptable. At just a few minutes before the interview, I got a letter from a very high impact internal Medicine journal asking me to write a review about modified citrus pectin in prostate cancer. Who would believe this would have happened a few years ago? Well they read the multi center trial with 80% response in biochemical relapse when I'm the last author. Yeah, so you know, it's not an overnight success. It's an overnight 30 year success. But but yes, so I think it's a foundational supplement and for the nervous system, Galatis, we disrupt the blood brain barrier and collecting three enhances inflammatory and hypoxia induced damage to the heart. And when you block it you will attenuate the results when we started giving a motivated respecting for cancer purposes in our studies. One of the most common comments we got is my memory is getting better And that's what triggered me, you know, in the 90s already to think there is something else or joints are getting better. My blood pressure is lower and that's when that's when I figured it out a little bit ahead of the curve. But now it's an acceptable, you know, concept with thousands and thousands of papers and collecting three

### **Cheng Ruan, MD**

Basically what we're trying to do is to decrease that the bus that forms that five finger painting together to deliver toxins everywhere, right? We don't regulate that. And that's huge implications. Cancer, brain health, etcetera, etcetera. Listen, you know, I have actually dove really, really, really, really deep into this in 2017. So that's why I've literally been taking Texas Elsie since like 2017. you know, whenever we think about like supplements and stuff like that and from a foundational standpoint people think I got to get vitamin D. Every day, you got to go make it three every day. You got to take a multivitamin every day. But those are in the

category of sort of like these nutraceuticals. Right? But if you have something that can decrease your toxic load on an ongoing basis, no one was really talking about that as sort of a foundational thing to do because we do live in a toxic world. You know, I'm not going to move away from Houston Texas anytime soon, you know, and factories over there in East Houston and there's all sorts of stuff and petroleum engineering stuff like that. So we do live in a toxic world. Our bodies aren't really made for this world. So the least we can do is a decreased amount of toxic input right? And then also toxic delivery to our cellular cycles and to our organs and stuff like that as a foundation. I was so happy you touched on that. Well listen this has been a fabulous talk and I can probably sit here and talk for three more hours with you. but I want to end on this, this one question that I asked a lot of the speakers is what do you now know that you wish you knew when you first started your medical training?



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

The great question because I started medical training knowing that there is something else. So I went to medical school like I had to push myself through but I didn't know what it is and I know now what it is. It's all about an open heart. And so if I knew it earlier on my life would have been simpler and I would have been maybe some of what I realized now I would have realized a little bit earlier. And the other thing that connects to it is we change all the time. So no matter what change you have, don't hold to it because then there's no letting go, Life is the flow. Life is a journey and as long as we flow, as long as there is change there is powerful healing and when we connect to this to principal we connect our infinite healing potential.

**Cheng Ruan, MD**

That's amazing. You're so heavily researched and published and I asked for one thing that you wish you knew and it's an open heart and that's beautiful. So I want to thank you so much for that. Listen, thanks for being on. Really appreciate

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

Yeah, thank you for your amazing work. My gosh,

**Cheng Ruan, MD**

Thank you, thank you. Oh by the way, how do people find you by the way?

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

You know my my book is called The Survivor Paradox to Dr. Eliaz dreliaz.org or they can look picked us all dot com about mod effected respecting and I'm sure they'll find

**Cheng Ruan, MD**

Excellent. Well thank you so much for being on, appreciate it.

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

Thank you, thank you for having me take care.