

Natural Laws to Live By
January BioBites Audio Transcript
January 2, 2023 – Dr. Dickson Thom

00:02:19.820 --> 00:02:27.539

Jessica Frank (she/her): we are just about at noon, everyone so welcome. Thank you for joining us and Happy New Year.

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Jessica Frank (she/her): Welcome to Bio Bites.

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Jessica Frank (she/her): My name is Jessica Frank. I'm the BioMed program manager at the Marion Institute, and of course, for those who are new to bio bites, just want to say, welcome. We're so happy you're here.

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Jessica Frank (she/her): Bio Bites is our monthly Free Virtual Educational Series, and we connect you with some of the foremost experts in alternative health and natural healing.

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Jessica Frank (she/her): Biological medicine as well speaking today on key topics related to wellness and empowered health.

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Jessica Frank (she/her): So for this presentation we are recording. So please. At the during the beginning portion. Please keep your mics muted. We are also very chat friendly here, so we'd love to know where you're joining us. You can drop that in your chat. So we like to see where people are coming from.

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Jessica Frank (she/her): And

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Jessica Frank (she/her): The first half of our webinar today is Dr. Thom will be presenting, and then the second half. We like to open it up to some questions. That you might have as you go through and listen in, so please, as you note something mentally, you might also want to just drop that question into the chat, and I'll get to those after he finishes presenting. So feel free to just drop them in, and we'll get to them in the second half.

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00:03:46.990 --> 00:04:15.060

Jessica Frank (she/her): and I'll go ahead and announce what our next bio bit is so next Tuesday next Tuesday, Tuesday next month, on February 6, at 12 noon, will feature Jesse O'brien. He is the owner and founder of Central Health, a biological medicine facility and a fitness, facility. He's going to talk about body composition and the 3 levers for body composition optimization, regardless of your age, your body type or your physical ability.

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Jessica Frank (she/her): And so we'll drop the link for that registration in the chat later on. So also make sure you follow us on our socials and register for things as you see them. Come along and join us in our email newsletters.

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Jessica Frank (she/her): We'll also be sending out this recording along with some other resources to your inbox in the next few days as well. So today's topic, it's all about getting and staying healthy for a lifetime

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Jessica Frank (she/her): with natural laws. And so we're launching our 21 day reset today with today's bio bites. The reset is a series of daily emails that give you guided guidance and resources so that you can cultivate health over a light over an entire lifespan.

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Jessica Frank (she/her): So if you're not signed up for the reset, it's not too late. We'll also include that link in the chat as well.

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Jessica Frank (she/her): So giving us the Oh, thanks, Liz, so giving us the what, the how and the why, a basic, healthy habits that we should all be doing over the course of our lifetime

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is going to be Dr. Dickson, Thom.

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Jessica Frank (she/her): So Dr. Thom has been practicing medicine for over 50 years, and lectures extensively, and has for over 40 years throughout the world. He is the author of several books. Most recently a book entitled Begin again trauma disease and healing with the brain protocol

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Jessica Frank (she/her): and biological medicine. He believes health is a reflection of physical, emotional, spiritual, and energetic balance and a fun fact. He is also a Co. Host of A, podcast with his daughter Julie, called connecting with the Toms. I am a huge fan

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00:05:51.870 --> 00:06:07.039

Jessica Frank (she/her): and so basically just suffice it to say he's been hacking bios before Bio hacking was a term. So without further ado, I'm going to bring on the OG of all things, biomed Doctor Dixon Thom. So take it away, Dr. Thom. Thank you.

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00:06:07.610 --> 00:06:27.299

Dick Thom: Thank you. Jessica. Much appreciated. Happy New Year. Everyone. This obviously, is always a great time to get started, as we, you know, people make resolutions, you know, but we know by January eleventh. Something like 94% of people made resolution no longer stick to it.

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Dick Thom: However, we're going to talk about today. It's not just the 21 day reset. It's ideally, it's a reset for the entire rest of your life. And it's because the type of things that that we, you know do

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Dick Thom: need to do for ourselves. They're things that since we have been on this planet for 310,000 years or so is what it's seem supposedly with history tells us. So what we're going to talk about is, you know, to remind you that there are everyday activities that will really allow you to enable to get to your level of optimal performance.

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Dick Thom: You know the unfortunate thing about medicine and health is is, you know, there's sort of lip service given to the idea that

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Dick Thom: you should do this. You should do that, but there, you know, from the medical profession, and then you wait until it's broken, and then you go to the doctor and say, Oh, you have to do this, you have to do that. So our main goal, however, is not to wait until it's broken, but to do something that I have coined for, because I use this term for the last 35 years called basic treatment guidelines.

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Dick Thom: But in reality they're they're also natural laws to live by. There. There's a billion of us on this planet. And all 8 billion of us require us to do certain things on an everyday basis in order to survive, and, you know, to reach some level of a purposeful thing. So natural laws don't treat any specific condition, but at the same time they're known to support everything.

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Dick Thom: And as a result of that they are really supporting our bodies. Natural metabolic processes through our, you know, we have for all tense purposes. I say, we have 11 main organ systems, and we have 10. Unfortunately, there's more but 10 major specialties that exist in medicine.

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Dick Thom: But what seems to happen in medicine is that these individual specialties don't talk to each other. So the cardiologist

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Dick Thom: you know, we'll do things related to the heart. But if you go in and say, But I have my digestion isn't right, he'll say, go to the guest room neurologist, and if it's a female who's having hot flash, they'll say, Well, go to the gynecologist.

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Dick Thom: or if you're having must join. Fain, they'll say, go into the room at all, just

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Dick Thom: etc., etc. And if you have a skin problem, go to the dermatologist. And yet the reality is, it's one in the same thing. All these things are all work together. None of the organ systems work in a vacuum. They don't work individually, regardless of everything else. In fact, all these systems are essential to work together.

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Dick Thom: So Maslow off is someone who, you know, is renowned or well known, or basically, who came up with one of the models he's I'm he's not the only person

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Dick Thom: in general, but you see, from this particular triangle we see at the bottom is the physiologic needs that we all have, and that's more or less. What we're the 21 day reset is about is, how do we? How are? How do we incorporate these physiologic needs? That you're already doing many of them without realizing what it is you're doing

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Dick Thom: that you have to do that. So breathing water, breathing, food, water, sex, sleep, homeostasis and excretion are basic physiologic needs. And as we move up the triangle. We move into the ideas of safety love and belonging esteem and self-actualization, and so depending on

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Dick Thom: where you grew up.

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Dick Thom: What your culture is, what your you know. Your beliefs are what your religious affiliation is per se. We all. You know that we have individualities, but you know, people will meet their own needs relative to their own set of priorities. Obviously. But we all have these basic needs that need to be met

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Dick Thom: on an on an everyday basis. And unfortunately, if we don't meet these needs, and I would say, the main cause of illness and on the world is the fact that we are not. People do not meet their basic needs on a regular basis, which results in these homeostat, homeostatic imbalances. That's ultimately what results in illness

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Dick Thom: the need can come from either an internal or external semi, and the person who perceives the need can respond to that need in a variety of ways, and all these needs are ultimately interrelated. So this is the one slide that that is the summary page of everything.

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Dick Thom: and these are, you know, when I started, you know, when I started into medicine forever ago, it seems like half a century ago.

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Dick Thom: which is indeed a long time but sorry about this for a while.

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Dick Thom: and I kept modifying you know what I what I found to be all essential on an everyday basis. Okay? So sunshine, fun, breathing water, moving some form of water treatment.

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Dick Thom: A grounding, nebulizing. Theoretically, you know, is that is that a basic need when somebody's not in balance, it has become a basic need. Sleep. Hygiene apple side of vinegar is a is a good idea, and then specific foods specific, nutritious.

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Dick Thom: So everybody on the planet needs some aspect of light. We all need have fun. We all need to breathe. We all need water. We all need to move. We all need to use water, you know, water in some way. We need to ground ourselves, which is which is one of the greatest challenges that are missing. Sleep. Hygiene is a massive problem in our society, resulting in many and then specific things about food.

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Dick Thom: So

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Dick Thom: go outside and enjoy some sun, and of course, depending on where you live. That may not be so easy. You know, if you're in Florida, or if you're in Arizona like I am right now. We're pretty fortunate because we get a lot of sun, but if you've been in the northeast you've had a lot of rain, a lot of overcast if you're further up and

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Dick Thom: our front desk person today was just came back from Baltimore. He said he was there all week over Christmas, and he said he never saw the sun in the whole week.

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Dick Thom: So it's like, what do you do about that. When you live in a place where you're not getting some, then you have to. You get you have to get lights. You have to do those types of things because light is is actually an essential thing to support our circadian rhythms. And now we have the the technology to be able to do that. If you don't have, you know, light itself. Interestingly, you know, having done this for tens of thousands of people.

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Dick Thom: you know, and presenting these ideas to people, that of the types of things. This is the one that people start to believe. Have the hardest time with. What do you do for fun on an everyday basis? And it's like people sort of sit there and say, Well, what do you mean? What do you do for fun. So what do you do?

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Dick Thom: And people have a hard time coming up with something that they can do on a regular basis. That is not considered part of a requirement. It's not about taking your kids here or there, you know, it's not about doing tasks. It's not about going to work. What do you do? That sort of gets you out of your present mindset of where it's at.

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Dick Thom: So

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Dick Thom: if you don't have something, you need to find something, and it's and you know right now, when I the disruption that I you know that maybe may not sound like fun. But you have to decide yourself. What is fun, whether it's getting together with girlfriends.

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Dick Thom: whether it's playing a playing game of solitaire, whether it's, you know, taking a walk, whatever it is that you do that basically is outside direct. The norm laughing every day is a pretty essential component, and it's unfortunately missing, especially in a world with great turmoil. That's going

on not just now, but has always been there. So, adding this to our life, we're realizing how important it is for our nervous system to be in balance

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Dick Thom: in the past year.

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Dick Thom: This seems to have become the more prominent one, at least in my patient population, that I'm seeing people are hearing about and under, more and more evident about what's happening. But taking deep conscious, has become now an essential aspect of for health.

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Dick Thom: and by emphasizing this more often than I have in the past.

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Dick Thom: People are noticing that they're paying much more attention to when their body doesn't feel to be in balance. So you know, one of the examples, you know, is, there's a whole variety of things you can actually get.

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Dick Thom: You can go on the app store and download an app

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Dick Thom: specifically for breathing. This one is 1 one that I mostly been recommending to my patients lately, or the world, for that matter, is we call box breathing 4, 4, meaning you hold your breath for 4. You breathe in for a count of 4

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Dick Thom: you hold, and then you breathe out for a count of 4. Then you wait for 4, and so you do. 6 repetitions of that. And what we're trying to do is we're trying to change a conscious act, which is, you know, the

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00:16:16.300 --> 00:16:36.230

Dick Thom: you breathe in for 4. Wait for 4. Breathe out for 4. Wait for 4 into an unconscious act, and you do it often enough. You actually can retrain something. That's an unconscious thing, which is the which is breathing into into this unconscious aspect.

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Dick Thom: So many people in our society are now in a state of depression or anxiety, and you know from a blood test perspective. Invariably I'm just the gentleman I just saw 10 min ago.

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Dick Thom: His carbon dioxide was very high, and I said, You never take a deep breath. Gee! He says, no, I can't.

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Dick Thom: He's so keyed up, so just breathing is something that in the last year, I would say, has become a tremendous emphasis in in order to get people into a much more relaxed state.

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Dick Thom: Our body composition is, you know, people think you know what's our body made up, and really, for all intents purposes, it's made up of carbohydrates, proteins, water, mostly some fat and some vitamins and minerals.

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Dick Thom: Water has so many different functions. You know, people think you drink because you're thirsty. Well, unfortunately, a lot of people don't drink, cause they're not thirsty, and that itself is a problem. But you see, just from that slide how many different things water

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Dick Thom: th the things that water does. And the reason water is so essential. And that's why our body is more. The greatest percentage of our body is made up of water. And you look at the first couple in the slide, the brain. The brain is 80% water. And by being 80% water. And we hear so much about cognitive decline, everybody's worried about what happens with Alzheimer's, and I'm not saying it's just about water.

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Dick Thom: But the first sign of brain fog can't focus, can't think. Lose. My word is simply a state of brain dehydration, and since it's 80% water it, it doesn't take long for up to become dehydrated.

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Dick Thom: But look at all these different organs are kidneys. You know, 80% water. The blood is 85% lungs are 80%. So you see the importance of water and the and the state of hydration for what's going on. So if we look at

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Dick Thom: you know, the average human is about 50 to 65% water. Typically, men are a little bit more than women, but you know the babies who were first babies of the year. They were just born, you know, Stork, at midnight the last night are about 85% water. And so as we get a little older, we, it's a little bit less. So. The average male is about 60. The average females about 55

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Dick Thom: in general. But you know, the people typically don't feel thirsty until they're 2 or 3% dehydrated. So in the summers that time you're playing a sport. You're playing a game. You're running around, you're sweating. You're going to tend to be thirsty, cause you're losing water more rapidly. Unfortunately, however, it only takes a 1%

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Dick Thom: drop in in order to change your mental performance. And that's because the brain is 80% water. So you don't have to feel thirsty, and in order to have some level of cognitive decline, also physical coordination. So that's why they're always saying when you're active, when you're busy and sports,

you see people drinking, you need to maintain that in order to maintain that aspect.

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Dick Thom: the general rule of thumb.

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Dick Thom: with some exceptions is, you take your body weight and pounds divided into, and that's the amount of water you should drink. So it used to be proverbial. Drink 8 glasses of water, you know, 8 times 8, 64 ounces. If you weigh 200 pounds, 64 ounces ain't going to do it because you're really should be closer to 100 ounces of water a day.

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Dick Thom: This does not include coffee does not include sodas, it does not include wine, alcohol. We're talking water, those things. And what from clinical perspective, is over and above that kind of, you know, that aspect of fluid intake.

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Dick Thom: a movement is something that typically people associate with, you know, going to the gym will say, in the past. We see you know Jim's on now. It'll they'll I'll be all these advertisements, for, you know, join up for \$1 for the first month, and, you know, show up at the gym. But the reality is movement is not necessarily something that requires

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Dick Thom: equipment, although it can be helpful. What we're really interested in, what I'm what I prefer to call as functional fitness

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and functional fitness is more about training your body as an entire unit instead of just training muscles.

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Dick Thom: you know, doing weights to and improve. You know your upper body strength, your core strength, or doing leg exercises. Not that they shouldn't be done, but it's training your body to be able to do things in everyday life. So what we call the 7 primal movements, bending, lifting, throwing, pulling, reaching, twisting, and walking are the 7 primal movements that are required for sis, for sustainability

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Dick Thom: so often ask a patient, what would you like to be able to do when you're 80 years old?

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Dick Thom: You know as you age, you know, if you're 32 years old you probably won't have any problem doing those 7 primal movements. But when you're 80 years old and you're stiff and so are, and if you were to drop a hundred dollar bill on the on pavement, would you be able to bend over and pick it up? Would you like to be able to get off the toilet by yourself. Would you like to be able to get out of a bathtub by yourself?

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Dick Thom: So these aspects of reaching and twisting and turning and throwing and pulling, etc., are just everyday activities. So this idea of functional fitness is for everyone

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Dick Thom: and it should be used in order to stay strong and to stay fit. And so it's an activity, and then a movement that that has to be sustainable.

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Dick Thom: It's something that needs to be done every day, and when you're finished doing it you should not. It should not be. Oh, I need to sit down for 10 min to recover. We're not doing this activity for sport this. We're doing this activity simply to live life to the fullest. It should, and it should involve some type of contraction of muscles because muscle movement doesn't move the lymphatics we'll talk about in a sec.

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Dick Thom: It could be easy aerobics and the one that's most common is walking so whether you walk with your partner, walk by yourself or walk your dog, which is how we used to have to walk one of our dogs. She was a real prima donna, so we literally would carry her. We would walk, and she would watch us in the future.

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Dick Thom: And this is an activity that virtually nobody is either reminded of or familiar with. But we spend our lives mostly in what we call flexion, which is bending forward. So as you're sitting there, you're probably more likely flex than you are extended. So whatever activity you do on an everyday basis. You should always finish the activity by just doing a back band, or if you have a big medicine ball

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Dick Thom: just bend over that, because our spines are much more in this idea of flexion than you see, as people age they get, they bend more and more and more. Some of that osteoporosis, of course, but there's other factors. So the goal is to keep your spines straight, because it will. It will keep your alignment of all your joints into old age.

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Dick Thom: and if you don't appreciate or have never appreciated, how valuable walking is I would encourage you to look up this this 8 min presentation called 23 and a half hours.

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Dick Thom: and obviously the punchline. It's about walking, but the first 4 min of it. So there's this, it's a doctor speaking. And he's talking about this new, amazing thing that will that lowers your blood pressure, that lowered, that makes you sleep better and improves your appetite, etc., etc. And you know, you think oh, there's some miracle drug coming, and that halfway through. He says, no, it's no miracle. I simply get up and move your body, and it's simply called walking

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Dick Thom: the utilization of water in the different forms of whether it's steam, whether it's ice or whether it's liquid is something that you know is it's one of the most universal things on the planet is covered by 70% water. There's a reason that it needs to be covered by 70% water. It's obviously not fresh water, not all fresh water, but in the rivers. It's fresh water that

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Dick Thom: and so the application of that, whether we're drinking it to hydrate or inside, or whether we're using it to cleanse or outside, or whether we're using it in the form of ice stimulant or steam to open sinus passages, etc. It's the type of thing that has become, pretty much an essential component.

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Dick Thom: I refer to the lymphatic system as the as the forgotten system, because most people, unless they have a sore throat and can feel, you know, something big in their neck, a swollen lymph node, or if you're thin in your groin area, or the 2 areas where they come to the. They're near the surface.

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Dick Thom: but the reality is the lymphatic system. It covers your entire body, just like your cardiovascular system, and your arteries and vessels cover your entire body, and only in the last 10 years have they have they acknowledged that there is, in fact, a lymphatic system in your brain, but it's always been there. It's a one way system. There's no pump that's associated with it. There's about 3 times more fluid in your lymphatic system than there is in your cardiovascular system.

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Dick Thom: This is the main system that is responsible for removal of microbes, be they viruses. Be the bacteria. you know, when these lymph nodes get busy they produce antibodies to help our immune system. So the lymphatic system isn't

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Dick Thom: is a significant part of our immune system.

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Dick Thom: It's the type of thing that needs to be supported on an everyday basis. Because of the fact that is responsible for clearing things out. It is the most active during the night

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Dick Thom: which is when we're sleeping. And

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Dick Thom: and so which is why there are. You know, these are the types of activities that we can suggest on a regular basis

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Dick Thom: already mentioned, deep breathing. I mentioned daily breathing. We can do castor all packs we can do dry skin brushing. We can use a team machine that'll get us limp massage.

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Dick Thom: We you can go to a clinic like ours and get a Lymphstar or hemasonic you can do an St. 8 do so. So these are all different types of therapies that are used. But the 2 things that you can do at home are Castor oil packs.

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Dick Thom: and dry skin brushing. Because of the fact that these you know, we see that the pack is over the entire abdomen, which includes the liver specifically. But it can actually be done anywhere. And if you, if you're not familiar with how to do a castor pack

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Dick Thom: my daughter produced has this little Youtube video that you go to where she talks about it. You can see that in the picture the the bottle of castor roller. You see the the flannel sitting there, and you see a castor rollback holder, so an easy thing to do. It's so easy to do yet is it's probably one of the most healing types of things that you could do for yourself on an everyday basis.

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Dick Thom: Just to support health. Dry skin brushing is something that really only needs to take 20 or 30 s.

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Dick Thom: I recommend you do not do it in the shower. That's you do skin brushing in the shower for a different reason, but for dry skin brushing it's literally dry. Therefore it's not in the shower.

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00:28:34.400 --> 00:28:50.230

Dick Thom: Just before you get into bed after you take your clothes off starting, as as the picture shows on your legs, you come up your legs you come up your arms from your head. You come down and we're moving it to the area just above the on the left side just below the color bone.

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00:28:50.230 --> 00:29:06.380

Dick Thom: It's the area of the thoracic fact. So, removing everything in a direction to get the the whole lymphatic system active and busy, and I recommend doing it before bed, because that's when the lymphatic system is going to be the most active

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00:29:07.370 --> 00:29:24.100

Dick Thom: grounding is not new grounding is something that has been done forever before the invention of shoes or sandals. That type of thing. People walk bare feet directly on the ground, and they picked up the energy from the earth themselves.

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Dick Thom: Unfortunately, with the aspect of modern society and wearing of shoes and footwear people often do not get bare skin on on the ground anymore. So we have other tools to do that.

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00:29:38.850 --> 00:30:07.290

Dick Thom: So walking on the grass is a great way. If you live near a beach I can walk on sand. That's another great way and if you don't have access to that. Then you we have oops you can get grounding sheets for your bed. You can get a grounding sheet to put your feet on. You can have a grounding sheet that sits on a chair so that you can have access at least of that if you don't have access to grass, whether it's wintertime

111

00:30:07.350 --> 00:30:26.659

Dick Thom: or you don't have access to to sand itself. People who in Canada, for example, I have them build a central sandbox in their basement or their garage, and they literally march in their in the sandbox. On a on a daily basis, since they don't have access to grass or the sand

112

00:30:26.660 --> 00:30:40.000

Dick Thom: here in Arizona, you know it's we don't get snow, at least not here in the valley. So we have access to that on a, you know, walking in a park on a regular basis, and it doesn't get that cold. Also.

113

00:30:40.170 --> 00:30:47.510

Dick Thom: debilitating has been around forever. It's been around forever. Mostly the people are more familiar with it who have had a history of asthma.

114

00:30:47.980 --> 00:31:16.419

Dick Thom: and so it's a way of delivering medication into the lungs per se. But with Covid, you know. And it was just yesterday. Actually, it was 4 year anniversary of the discovery of of the covid vaccine or the code, not vaccine, the covid virus in Wuhan, China, and it was recognized where the World Health Association and that we know, of course, happened over the next 2 and a half years, as the entire world became infected

115

00:31:16.420 --> 00:31:45.309

Dick Thom: so, and then, realizing, became a very popular therapy to support patients who were exposed to Covid, who had covid and I use the as that picture shows the one with the mask. So we put it over the nose and the mouth. And we basically are able to deliver a whole variety of different types of therapies directly into the immune system. We'll say into the nose, into the mouth and literally into the brain.

116

00:31:45.480 --> 00:32:06.869

Dick Thom: And so in the nebulizer. In addition to just putting saline we put glutathion, we can put colloidal silver. We can put minerals, we can put energetic compounds. There's a whole host of different types of things, and depending on what an individual is dealing with. Whether it's allergies or whether it's a sinus problem

117

00:32:07.350 --> 00:32:29.469

Dick Thom: or whether it's brain fog or whether it's depression, whether it's anxiety, we can deliver medications almost directly into the brain using this particular form of medication, and actually found it in some patients to be more effective than taking things orally. So I quite favor the use of nebulizing on on a regular basis?

118

00:32:29.840 --> 00:32:33.239

Dick Thom: It goes without saying that we all need sleep.

119

00:32:33.390 --> 00:32:51.089

Dick Thom: you know. So it's you know, it's pretty obvious, you know. Why do we need sleep? Most people do not get enough sleep is there? There's 10,000 pieces of research to show 7 and a half to 8 and a half hours is the ideal time, as far as resetting

120

00:32:51.090 --> 00:33:13.440

Dick Thom: your nervous system, getting your lymphatic system moving appropriately. And so people say, well, I can't get it. I kind of don't get that much for different reasons. I'm only a 6 h of sleep, but unfortunately, they

missed that last couple of hours, and that's when often the deepest sleep happens. It's often when people remember their dreams.

121

00:33:13.740 --> 00:33:40.800

Dick Thom: You know what they're processing different types of things. So the goal is to sleep in total darkness, and if you live in a place and you can't, you don't have blackout curtains, and your room isn't totally dark. Then we suggested wearing an eye mask to actually us. Get it to be dark the goal. Now with Wi-fi is that there's no Wi-fi we're trying to get rid of that that particular energy in the bedroom

122

00:33:40.800 --> 00:33:47.600

Dick Thom: grounding that I just mentioned. You can get a grounding mat for to put on the bed.

123

00:33:47.910 --> 00:34:06.990

Dick Thom: and you sleep. You sleep on on that, so you can be grounding for about 8 HA day. So you know these are the preferred time. To go to bed also is between 10 and 11, I ideally and be asleep by 11. The main reason for that is because it helps reset your Circadian rhythm.

124

00:34:06.990 --> 00:34:18.620

Dick Thom: And we're looking at how your hormones are doing when they're the most active. But unfortunately, that's not what people are doing. The later you go to bed, the more you're upsetting your endocrine cycle

125

00:34:18.750 --> 00:34:31.550

Dick Thom: for women who are menstrating, or even postmen a puzzle that you know those types of things. So everything that when you put all these pieces together, you start to understand why we have as much illness as we do

126

00:34:32.659 --> 00:34:41.630

Dick Thom: this is one of the more recent, as far for me is concerned. I probably only been recommending this for the last 10 or 15 years.

127

00:34:41.699 --> 00:34:43.539

Dick Thom: and it it came from

128

00:34:43.909 --> 00:35:00.930

Dick Thom: an article, or a Youtube, or whatever I watched at the time. But was a pretty sure he he wasn't a physician. He was a physicist, I believe, and you know I have a picture of a tree there, and if I asked you, how do those leaves get any nutrition.

129

00:35:01.400 --> 00:35:09.999

Dick Thom: you know, it doesn't come from the air. Basically, it's coming from the ground. Well, if it's coming from the ground, how's it getting up the tree?

130

00:35:10.240 --> 00:35:35.890

Dick Thom: It's coming up the tree, because what we call osmotic gradients for for what's going on. So their nutrition for those leaves goes anti gravity. And so we raise the head of the bed for the same reason, and so with with osmotic pressures. What we can do is we can decongest the head. We can get more blood flow into the head by raising the head of the bed at nighttime

131

00:35:36.340 --> 00:36:04.290

Dick Thom: using minerals. Now people say, Well, if you faint, you put your head down. Supposedly you get more blood. It's a different situation. I'm talking minerals I'm talking about in gradients. And so people who have chronic whether it's a sleep problem whether they have chronic congestion in their head, whether you have a sore throat, whether you have chest congestion, I'd say almost anything that has any form of congestion above the waist benefits by raising, and it's preferred that if you physically you can do it, that you

132

00:36:04.290 --> 00:36:15.839

Dick Thom: physically raise the head of your bed, as opposed to just tilting the bed or sleeping on pillows, because then you sort of are bending at the waist. The whole idea is your entire body is tilted, is preferred.

133

00:36:16.290 --> 00:36:44.659

Dick Thom: This is now a very popular activity, which is meditation. You hear about it routinely. The, you know, and while we we call it meditation right now, it's you know, what I'm suggesting to people is that 1 min every hour you, if not 5 min, once 5 min, I would say, but certainly 1 min, an hour.

134

00:36:44.880 --> 00:36:56.789

Dick Thom: If at your job, whatever it is you're doing, you should stand up. You should move away from the computer or whatever you're doing, and actually walk 30 s, turn around and come back

135

00:36:56.830 --> 00:37:12.169

Dick Thom: per se. Yeah, can say, well, that's not really meditation, but it is because it's changing the mindset. It's changing your your sign of vision. And more and more people who are wearing now these different types of watches, whether it's an apple watch or

136

00:37:12.640 --> 00:37:35.669

Dick Thom: you know the all these devices that people are wearing, you know you can measure your heart rate variability, that type of thing. Your watch can also tell you that it's time to stand up. I really recommend that if you're sitting at a computer, you put a little message. Something comes up and says, Stand up, move, move away from it. And ideally, you wanna be doing that every hour. Now, in addition to that.

137

00:37:35.670 --> 00:37:45.869

Dick Thom: Of course, meditation is the type of thing. You see, all the benefits that that are have been associated with meditation forever. And so certainly it's an everyday activity.

138

00:37:45.870 --> 00:38:05.989

Dick Thom: And if we look back with all the things I've just said, with probably the exception of using a nebulizer castor, all the castor oil Cleopatra use class

castor oil back, you know, to over 2,000 years ago. So customers have very long history being used in medicinals. The medicinal idea. So

139

00:38:06.200 --> 00:38:09.140

getting outside every day, doing something fun.

140

00:38:09.190 --> 00:38:35.170

Dick Thom: conscious, deep breathing, ending showers in a cool spray the 7 primal movements nebulaic and castor, all skin brushing before bed is an ideal time of doing it, being in bed by between 10 and 1030, raise the head of the bed. A daily prayer and meditation, or to support all these different types of things. And just a couple of things about diet. There's a thousand one diets

141

00:38:35.200 --> 00:39:01.480

Dick Thom: the main thing about diet is variety. And so these are just sort of general rules that we have. I like apple site or vinegar. Some people say they don't like it, I said. We'll just smell it if you don't like to taste or lemons, and whatever all we're trying to do is get the machinery warmed up to start that smell the food. Think about what you're about to eat, chew a lot, but to fork down and just putting your fork down between bites.

142

00:39:01.820 --> 00:39:17.039

Dick Thom: If if you did that for all of 2,000, 2,000, and that 24 you would lose between 3 and 5 pounds. If you change nothing else, nothing else changes except put your fork down between bytes you would lose between 3 and 4 pounds

143

00:39:17.240 --> 00:39:26.799

Dick Thom: has been shown. Don't drink with meals, which is a hard one for most people, because they use the the liquid, whatever they're drinking to wash the food down, which means they're not chewing enough

144

00:39:26.990 --> 00:39:45.990

Dick Thom: give thanks in a peaceful place and relax after reading are just sort of general rules. Apple side of any girl, as I said is has been used historically

forever. And it's not because we're adding asset. It's because we're we're triggering the the physiologic processes necessary for digestion to take place

145

00:39:46.210 --> 00:39:58.469

Dick Thom: the best diet for you has to be decided between you and your healthcare practitioner there's a thousand one diets there's no one diet that works for everybody. The most important thing about diet

146

00:39:58.470 --> 00:40:19.959

Dick Thom: is that you should include lots of prebiotic and probiotic foods because they are sadly missing. For a lot. So prebiotics are are substances that are in these types of foods that are there that basically are feeding our microbiome. Our microbiome is necessary for a healthy digestive tract.

147

00:40:19.960 --> 00:40:29.049

Dick Thom: and for all intents and purposes, probiotic rich foods, we can say, are fermented foods. So you see, the the foods that are listed there are pretty much

148

00:40:29.470 --> 00:40:58.060

Dick Thom: some have some form of a ferment, and, in other words, they have a natural bacteria that our digestive system requires for many of the functions and we have between 2 and 4 pounds of gut bacteria within our digestive system. And, in fact, there are more bacteria in our is in our digestive system that we have cells in our body. So just to give you the the reality of the importance.

149

00:40:58.350 --> 00:41:19.430

Dick Thom: 10 colors is for the last. Now 7 years the research has shown will significantly reduce the risk of stroke, heart disease, cancer, and premature death. So you know, 10 different colors of fruits and vegetables of what you're eating is a goal that you should ultimately strive

150

00:41:19.430 --> 00:41:46.359

Dick Thom: for. So February. So yeah, it'll be 7 years in the next month, when this study came out. So just that has a huge could make a huge impact in society. We know that at at least every study that's been done 80% of people in this country are deficient, and at least one nutrient only takes one nutrient to throw all this off. The reason we're looking at all these different colors

151

00:41:46.360 --> 00:42:09.540

Dick Thom: is because they provide us with different phytonutrients. For example, they say an apple has something like a couple of 100 different phytonutrients in it. So you know, if you eat a green apple versus a red apple it's it's different. If you eat an orange versus a lemon versus tangerine. They're different nutrients, even though they may be in the in the same family. So

152

00:42:09.540 --> 00:42:19.369

Dick Thom: that's the overview for the 21 day reset starts today. It's for the next 21 days each day we'll talk a little bit about

153

00:42:19.910 --> 00:42:25.829

Dick Thom: you know, each of the individual components, adding them in the goal is to, you know.

154

00:42:25.950 --> 00:42:49.979

Dick Thom: become aware of them. First of all, read all the emails, do a little exercise that comes with the reset for what's going on. And then the goal is start to incorporate them into an everyday thing at the end of the 21 days. It's not like, okay, we're over and done with. But the goal is is that if you can do these things in my experience, for on a regular basis for 3 months

155

00:42:50.100 --> 00:42:54.550

Dick Thom: you won't have to think about it anymore. You'll just be part of what it is that you do.

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00:42:54.800 --> 00:43:15.769

Dick Thom: So I'm going to stop sharing because the slides shows over, and we can go back to that, and I'm going to give it back to Jess. If anybody has.

She got any questions? While I was talking. If you want me to. You know, talk more about any of the individual pieces. I'd be happy to do that in the time that we have remaining this morning.

157

00:43:16.580 --> 00:43:31.849

Jessica Frank (she/her): Wow! That was awesome. Thank you so much, Dr. Thomas. Great yes. A couple of questions came in through the chat. First. Could you just please repeat the info about how and why it helps to not drink liquids during a meal?

158

00:43:33.060 --> 00:43:56.439

Dick Thom: The the main reason that we're not drinking liquids during a meal is because we're relying on our hydrochloric acid that's made in our stomach. We're relying on our enzymes that are produced in our pancreas, and relying on bile that is produced in our liver, to be able to digest the foods that we're doing, the more fluid that we put in it the more diluted that these

159

00:43:56.440 --> 00:44:18.149

Dick Thom: support of the Hcl. Enzymes bile becomes diluted. It also means that you're not chewing enough. It's well known that if you chew your food, you know the recommendation was 31, you know 31 times. What you're doing is you're mixing it with your saliva. Most food.

160

00:44:18.610 --> 00:44:39.619

Dick Thom: I would say. Probably 75% of what you're eating can be digested before you even swallow it. The digestive process can be started. Saliva has a lot of enzymes in it. It's not just to moisturize, you know, and keep your oral cavity healthy. But it's actually starting the digestive process. So if we dilute

161

00:44:40.170 --> 00:45:08.389

Dick Thom: the the the foods by drinking, you're probably not going to chew it very often. You're not going to put your fork down and you're barely swallowing, and you're picking your fork up again. So what we're trying to do is slow down your eating put you more into a parasympathetic state, and only when you're in a parasympathetic state where you'll be able to fully be able to digest the meal that you're that you just ate. So it's about

162

00:45:08.520 --> 00:45:18.980

Dick Thom: slowing down, mixing your food with saliva and and not diluting your digestive enzymes is the main reason we're not drinking with meals.

163

00:45:20.160 --> 00:45:29.620

Jessica Frank (she/her): Okay, great I have one here. About the lymphatic system is a rebounder good for the lymphatic system, and if so, how long should you do it?

164

00:45:29.650 --> 00:45:34.109

Dick Thom: Yes, rebounder is excellent. You know the and

165

00:45:34.450 --> 00:45:55.190

Dick Thom: the first rebounder I bought cost \$350. Now you can find them on ebay for 5 bucks, because people don't know what they're doing. Yes, the rebounder is excellent, because what it's doing, you know, when you bounce up and down we're using static and kinetic energy. So you're actually, literally, you're you can actually move your lymphatic by doing it.

166

00:45:55.190 --> 00:46:15.820

Dick Thom: So some people say, well, you know now, in the in the early days, of course. Do you have handles to hold on to, because people may be unsteady, so you would also get benefit by if you don't feel comfortable, for because you have busyness, or whatever you could sit on it, and somebody else can bounce on it, and you will still get that particular benefit.

167

00:46:15.890 --> 00:46:41.900

Dick Thom: How long should you do it ideally for 5 min would be a a great to do if you do it longer. That's fine, but I find that, you know, if you know, just like I said ideally, you should, you know, get up and move every hour. If you had a little rebounder in your space, and you got up, and for 1 min every hour you bounce on a rebounder, you would be doing your body a whole world of good.

168

00:46:43.290 --> 00:46:56.870

Jessica Frank (she/her): Oh, wow! That sounds awesome. Okay. Just a clarification on the no Wi-fi in the room. Does that mean no devices or actual. No Wi-fi penetration, or both.

169

00:46:57.290 --> 00:47:07.480

Dick Thom: Well, it's pretty much impossible to have no penetration, so the idea would be to shut off your Wi-fi. But that's not going to happen in reality. So the best we can do is to

170

00:47:07.620 --> 00:47:36.639

Dick Thom: keep your phone outside the room you know, not to have something running that that uses those ems. You know, during the day. You know, people are using blue screens, and they're using all kinds of Ems types of things we get exposed to so much Emf on a regular basis, where we're trying to not interfere with our brainwaves. And so the that's why grounding mats are something that, you know could can be helpful

171

00:47:36.650 --> 00:47:57.440

Dick Thom: airplane mode doesn't do the trick. You know, it's better than not doing it per se, but it's you know your people are trying to get around the reality of what? Of the pain of Oh, my God! I need my phone. I have to have my phone, whatever it goes off in the night. It's my alarm. It's this or that.

172

00:47:57.440 --> 00:48:09.989

Dick Thom: Say, well, there's other ways of doing it per se we I mean before Wi-fi became popular 25 years ago. We did. We did quite well without it. For some

173

00:48:10.260 --> 00:48:35.050

Dick Thom: it is. The reality is for many people. That's it's, you know, for different reasons. It's not possible, just like, you know, being pitch black. Really, people say, well, I need a night white find my kids, or whatever I said. Well, you need to find your kids because you need light on, said, well, you

should know what your kid looks like. You don't really need the light. The night light on, and the the when you and what we're talking about

174

00:48:35.050 --> 00:48:50.629

Dick Thom: dark and light is a stimulation of your pineal gland, which is, which is melatonin, and people who don't sleep on the pits. And this is another little factoid. If you don't sleep and pitch black.

175

00:48:50.650 --> 00:48:53.849

Dick Thom: and you go out in the sun, you will need more sunscreen.

176

00:48:54.080 --> 00:49:19.440

Dick Thom: I mean, that's an actual fact that you will produce as much melano sites we call them, which is the which is, causes us to tan. And so people so so when people but sleep in caves, you know, like they used to, which is why was pitch black except around the the the full moon. So the day before the day of and the day after the full moon, from a menstrual perspective, is the only time there should be any type of light

177

00:49:19.440 --> 00:49:32.669

Dick Thom: in the room for any type of hormone balancing very simple type thing. So any man or woman who has hormone issues should be pitch black for all month, except for the 3 days around the the full moon.

178

00:49:33.190 --> 00:49:38.639

Dick Thom: So you do your best as far as no wi-fi stuff.

179

00:49:38.730 --> 00:50:08.439

Dick Thom: If it's not possible, you know. Hopefully, you don't have multiple Wi-fi devices. Maybe it's just a phone, but man, not a phone, an iphone, an ipad, a computer, a television. You know, one of these alarm clocks and all that kind of stuff that that run now on with ems. They are unfortunately a reality of our world. It doesn't help ultimately to be around it on an ongoing basis, but do your best to minimize. It is all I can say

180

00:50:09.290 --> 00:50:27.039

Jessica Frank (she/her): awesome. We had a great bio vice last month in December that was on this exact same topic. The entire Bio bytes was on Emf safety in a wireless world, and it is fascinating. So I think I can put that into the chat for everyone to see. If you don't see it. There now, the

181

00:50:27.430 --> 00:50:29.169

Jessica Frank (she/her): Did you want to say something with on that.

182

00:50:29.250 --> 00:50:30.860

Liz Wiley (she/her): No, I was going to get it for you.

183

00:50:30.930 --> 00:50:45.869

Jessica Frank (she/her): Oh, okay, there was actually something like within that topic of Emf having an infrared sauna is that? Does that still provide benefits? Or does an infrared sauna use that technology, too.

184

00:50:46.160 --> 00:50:51.900

Jessica Frank (she/her): are infrared. Sauna is not good due to their Emfs, or do they still provide benefits in which saunas are best?

185

00:50:52.660 --> 00:51:00.780

Dick Thom: Yes, ll, Saunas, are definitely a component that have been used historically for

186

00:51:01.200 --> 00:51:15.589

Dick Thom: many years, like Turkey's bass, have been used for many years per se. We we can't totally isolate ourselves, and we shouldn't think that we have to isolate ourselves, because what you know when we start talking about avoidance of everything.

187

00:51:16.020 --> 00:51:22.440

Dick Thom: People don't realize that you know our the inheritability of our body to heal is quite large.

188

00:51:22.550 --> 00:51:41.590

Dick Thom: And if we support it, if we are doing some of everything that I just talked about for the last half hour, you would be one step of head, or, if not 20 steps ahead of the vast majority of the world's population who are not doing often in any of these types of things on a regular basis.

189

00:51:41.710 --> 00:52:02.229

Dick Thom: The body's ability to heal is pretty phenomenal. When you think about illness, when you think about, you know people who, you know, who smoked for 40 years, people who have drank too much alcohol for 50 years, and only then does the liver say, Okay, enough. Only then does the lung say enough is enough.

190

00:52:02.230 --> 00:52:26.060

Dick Thom: because it's it's cop for all these years. So if we just if we do nice things to it, if we talk to our liver nicely. If we eat a whole bunch of different colors. If we eat enough a drink enough water, clean water on a regular basis, we will be so far ahead of the game. Just in supporting that type of thing. So do we have to avoid everything.

191

00:52:26.060 --> 00:52:50.689

Dick Thom: No. Can you do? You have to deliberately keep exposing yourselves hopefully. Not so we do have a window that some exposure, so I think, infrared Sauna, provides a very helpful therapy for a lot of people and is not something. So you should never use that because you have vms, and same, you know, should we say, oh, we should never have a cell phone. It's like, How do you live in this world without a cell phone?

192

00:52:50.820 --> 00:53:06.089

Dick Thom: I mean, we did years ago. But now we were so accustomed to it. So it's not like, okay, never, never have a cell phone, although in Europe, in some countries it's still you're 18. They're not. They don't allow somebody to have a cell phone

193

00:53:06.440 --> 00:53:26.529

Dick Thom: because of the ems. So in other words, you know, when you have a phone, the goal is not to hold it here. The goal is. Put it on, speaker, have it across the room ideally. So it's not sitting directly in against your brain. So any way you can minimize that the further you are away from the source, the better it is in general

194

00:53:27.770 --> 00:53:35.840

Jessica Frank (she/her): cool. Alright a question on nebulizing what glutathione is nebulizable

195

00:53:36.430 --> 00:53:48.099

Dick Thom: the one that then the there may be others, but the only one that I'm recommending is called a reduced L. Glutathion, and the company is thera naturals.

196

00:53:48.340 --> 00:53:50.700

Dick Thom: DHER. A. Naturals.

197

00:53:50.740 --> 00:54:03.850

Dick Thom: That particular glutathion, when you put it in the the liquid immediately dissolves, immediately gets nebulous, or won't irritate the lung. Because it has zodium bicarb in it.

198

00:54:04.020 --> 00:54:20.200

Dick Thom: That basically will neutralize that if you just use regular glutathion, people will start hacking and coughing, and it'll irritate their lungs. So they're naturals. And when I started recommending it a lot in the last couple of years for seeing Covid

199

00:54:20.200 --> 00:54:44.630

Dick Thom: suddenly, the company ran out of it because we we they sold out. In other words, everybody was buying it because everybody was doing heavy

licensing. But during Covid to try and just support them. It's a great way of getting glued to Thio. Our bodies are making it, obviously, it's preferred. I believe it's a preferred short of doing an iv but you can get glued to thion directly in

200

00:54:44.870 --> 00:54:59.470

Dick Thom: diet. Wise? Not so much because it's so, is broken down so quickly. You only get 2 to 4, maybe from an oral supplement. So nebulaizing it or Iv is, is really the preferred way of getting it in

201

00:54:59.590 --> 00:55:03.329

Dick Thom: actual Glutathi Nac and the seal. Cysteine

202

00:55:03.400 --> 00:55:18.520

Dick Thom: is a precursor that is something that we use, and then the body can use it to make. That is a reasonable other way, and sort of a second hand way of getting the body to make our loadus eye, which is an important component for every cell for our immune system.

203

00:55:19.700 --> 00:55:26.899

Liz Wiley (she/her): And and just to be clear, right, you put the the saline in with the glutathion. Otherwise.

204

00:55:26.920 --> 00:55:35.300

Dick Thom: Oh, yeah, you have to have. So you have to put the sailing. You have to put the liquids, the drops into the ceiling. That that is being nebulous. That is correct.

205

00:55:36.040 --> 00:55:36.890

Dick Thom: Yes.

206

00:55:38.780 --> 00:55:55.469

Jessica Frank (she/her): I have a question here on castor oil packs. I've also seen them utilize on different parts of the body, like up by the neck or thyroid

maybe on the pelvis lower down. What about those? What do they do if they're in different areas rather than just the ab the abdomen?

207

00:55:56.230 --> 00:56:23.520

Dick Thom: So the the historically. You know, some of the more popular stuff came from Edward Casey's readings that he did his readings and sort of an altered state, and he always talked about putting it over the liver, so that sort of became more popular. But the reality is, you know, the other name for castor oil is you know the hand of God. Type thing, and you know it came from that.

208

00:56:23.560 --> 00:56:52.519

Dick Thom: Because in the Middle Ages they would put castor oil on wounds, and they would heal, and it says, Oh, looks like you've been touched by the hand of Christ. In general, the only place you should never put castor oil is in your mouth. It is an incredible verdict. It'll make you throw up. It'll make you web diarrhea, but you can put it anywhere else in your body. The last place that I, as a physician I recommended, was in your eye, cause I wasn't.

209

00:56:52.610 --> 00:57:13.559

Dick Thom: I was like, Oh, should we do that. But now I recommend a routinely, especially for anybody who has a dry eye or any type of eye issues at nighttime and drop in the corner of the eye, and don't put it during the day. It's an oil. Then it'll be look like you're looking through a shower curtain, and you won't see anything. So we have people do it at night.

210

00:57:13.560 --> 00:57:31.970

Dick Thom: you know, instead of using, you know, different types of eye drops for many people. Pastoral has been quite successful for a whole variety, but you can put it on your skin any type, any body part. Just don't put it in your mouth and drink the stuff.

211

00:57:33.110 --> 00:57:33.960

Jessica Frank (she/her): Okay?

212

00:57:34.430 --> 00:57:40.579

Jessica Frank (she/her): One more question just came in. What's the best approach for general detoxing

213

00:57:43.040 --> 00:57:56.729

Dick Thom: general detoxing? For? What's a loaded question. Because we only have a couple of minutes left. The the best general detoxing is to do everything on the 21 day resets.

214

00:57:57.500 --> 00:58:06.150

Dick Thom: This is reality. People. People want the easy way of doing it. But if you do everything over the next 21 days.

215

00:58:06.170 --> 00:58:25.830

Dick Thom: what will happen is as your body will start to be able to detox itself. And detox is actually not the right word. Detox simply means to make something less toxic. We have an organ that does I call the liver the liver is the one that's mostly responsible for for detoxing the body, but the liver doesn't remove

216

00:58:25.940 --> 00:58:39.990

Dick Thom: through. The lymph doesn't remove it through the cardiovascular. So any when you do any form of a plans which people now will now do post a holiday. So drink this stuff, and often there's liver herbs in there.

217

00:58:40.010 --> 00:58:45.690

Dick Thom: But most importantly, I would say. you have to move your lymph

218

00:58:45.820 --> 00:58:50.390

Dick Thom: any of the things we've talked about today already that will move your limp

219

00:58:50.460 --> 00:59:19.370

Dick Thom: probably is. This is the most effective ways that you will accomplish what it is that you're looking for, and this isn't something I would say for 21 days. This is something forever. So whether it's a combination of dry skin brushing and Castro pack, or moving your body, or walking or getting on a rebounder, or whatever those types of things are. Probably the types of things that on an everyday basis are going to support you the most in general.

220

00:59:19.500 --> 00:59:42.919

Dick Thom: You know, there are different types of you know. People do water fast. They do juice fast, they do vegetable fast. They do different types of dietary fast. You know, there's different types of drinks. They can do that to start the process. But you want all your organ systems to to kick into gear, because all those are all those are really doing. Just taking the load off your digestive system

221

00:59:43.060 --> 01:00:05.850

Dick Thom: doesn't necessarily mean much. So you just don't digest food. So you don't. You know, when we eat for the couple of hours, we put about 40% of our blood into our whole digestive system. So we're not doing that when we're doing a fast detox of some port in general, I'm not in. I'm not one who really feels that you need to be taking harsh chemicals.

222

01:00:05.850 --> 01:00:18.929

Dick Thom: even her supplements to try and do that when you're so called a mount trees, which are those you know the 5 main organ systems to get rid of things or you're you're breathing things out. You're getting it out through your skin.

223

01:00:19.130 --> 01:00:45.700

Dick Thom: hitting and out through your kidney and your colon and your brain, you know. One thing we didn't talk about, but surely we talked about in the reset is our mind how much our mind plays into health. And now we know that there's a you know, a mind body connection. That's talked about routinely. We know that the brain is directly related to the digestive system. It's also related to every other organ system. That we have in general. So

224

01:00:47.310 --> 01:00:51.600

Dick Thom: The reset is the best.

225

01:00:51.920 --> 01:01:07.560

Jessica Frank (she/her): that's great, that's great. And just very quickly, before we run out of our time here for an intermittent fasting like time, where you're not eating. What do you recommend for that span morning to the next day? Or how do you approach intermittent fasting

226

01:01:07.630 --> 01:01:19.609

Dick Thom: so ideally? And Henry, man passing isn't for everybody. It's, you know, ideally, they say physiologically, you should rest that system for 18 h, so you would have a 6 h window.

227

01:01:19.720 --> 01:01:45.049

Dick Thom: So 12 to 6, 11 to 5, you know, whatever appropriate is would be is the I ideal. Now, 18 h is not feasible for many people because of health issues. So 16 h is reasonable. Even 12 h is is better than not doing it in general, or the minimum would be overnight. So from dinner time to the next breakfast. So you eat dinner at

228

01:01:45.160 --> 01:02:09.809

Dick Thom: 6 or 7, and you're not eating till the next morning at 7. You've got 12 h, so that's even. That's a a bonus. So in other words, we're not snacking just before we go to bed, because we shouldn't be eating for at least 3 h before bedtime as a goal. So you go to bed at 10. You should stop eating. By eating. You can drink, just not eat something after 7 Pm.

229

01:02:10.240 --> 01:02:11.429

Dick Thom: This is going

230

01:02:12.460 --> 01:02:35.899

Jessica Frank (she/her): awesome. Well, we are about out of time, but we really have some important events to tell you about, not just our 21 day reset. But

those are the emails that you can get daily during the 21 day reset on Wednesday, January tenth, at 4 Pm. We'll have Desiree Despong. She's the founder of lymph flowpresso. It's a lymphatic therapy system. She's joining us all the way from New Zealand.

231

01:02:36.090 --> 01:02:39.359

Jessica Frank (she/her): So please. Stay tuned for that registration information.

232

01:02:39.420 --> 01:02:57.649

Jessica Frank (she/her): And then, after the reset, if you are, happen if you happen to be local, we're in Marion, Massachusetts. So if you're near Marion, Massachusetts. We have our wim Hof methods, fundamentals called lighting your inner fire, or would be doing 4 h, 3 h worth of breath work and training and meditation, and then

233

01:02:57.650 --> 01:03:14.829

Jessica Frank (she/her): actually going out into the ocean to submerge our bodies into a cool plunge. Kind of an experience. So please look for that information. That's January 20, seventh from 11 to 3, and that's going to be right around the corner from where we are in Massachusetts

234

01:03:14.880 --> 01:03:22.210

Jessica Frank (she/her): and then our bio bites for February. That's right. There was one more I'll drop that into the chat, too.

235

01:03:23.280 --> 01:03:27.389

Jessica Frank (she/her): Anything else you need to talk talk about or invite people to Liz.

236

01:03:30.900 --> 01:03:31.980

Jessica Frank (she/her): How you're muted.

237

01:03:33.980 --> 01:03:39.499

Liz Wiley (she/her): No, I think you got it all. I'm just dropping the bio bytes for February into the chat. And

238

01:03:39.610 --> 01:03:40.759

Liz Wiley (she/her): think we're good.

239

01:03:41.140 --> 01:03:44.619

Jessica Frank (she/her): Okay, I'm going to stop the recording right now. So if anybody does want to unmute.

Thanks everyone!