

Welcome to Radical Remedy - Dr Maria Gabriela Pinzone

0:00:01 - Chloe

Hey guys, it's Dr Chloe and I am so excited to share today's conversation with you. So today's guest is my dear friend, Dr Maria Gabriela Pinzon. She is a brilliant integrative practitioner in Panama. Her and I actually met in the waiting room when we were both taking our sons to a neurological clinic in Guayaquil, Ecuador, with Dr Roberto Tumayo. It was a very fortuitous Saturday morning and her and I have been wonderful friends ever since. She is a huge source of inspiration to me as a mother, as a doctor and as a human. I think you guys are gonna absolutely love this conversation. Please make sure to listen till the end, where she talks about the product that we have at Radical Roots called AV9. That is her formulation. I use it all of the time and, yeah, I hope you enjoy her as much as I do.

0:00:54 - Maria

Hi Chloe, I'm so happy to be here, I'm able to talk to you and record all this beautiful information for all your beautiful listeners.

0:01:05 - Chloe

Awesome, let's dive right in. So this is gonna be an interesting conversation. Maria and I, as I said, are very good friends. We've shared a lot of interesting experiences taking our sons down to Ecuador and traversing the world of sort of unknown diseases and disorders with our children as well, as you know, being female doctors and entrepreneurs and health advocates and so I'm very curious to see what twists and turns this conversation takes, so I think it'll be pretty fun. So why don't you start with telling us a little bit about how you got into medicine and sort of a little bit about how your practice has evolved over the years?

0:01:43 - Maria

Sure. So when you ask that question, I think I've been sitting in this chair for almost 20 years and it's like, wow, where did that time go? And it's been amazing. You know, I'm sure you feel the same. I absolutely love what I do. This is my passion, this is what I use with my family and it's so wonderful to have a practice where you you develop this kind of relationship like familiar relationship with with the patients and I get to know them from their kids and growing up through life. So it's great.

I always knew I wanted to be a doctor and it sounds kind of cliché, you know, I wanted to help people and my mom is a doctor and my dad's also physician. He's an obstetrician, so he was bringing children into the world for a long, long time. So this is what I knew and they were kind of worried that because this was all that I knew that I wanted to be a doctor and they tried to like they got me to go meet with engineers and architects and other types of professionals. But I said you know what I want to be a doctor and when I apply to medical school here in Panama which is like very hard to get in, like the public medical school. You could write down three different options instead. You didn't get your first option, but you know I just had one option and that was a medical school. So when we were fit, when I was finishing medical school, I must say that some, some, some things didn't stick with me, like the antibiotics and the medication. I just learned them, got through with the test and then, I don't know, they didn't stick with me.

And then, when I was almost finishing medical school here in Panama, my dad, who's a wonderful physician, human being, like a healer, naturally a healer he got in touch with this doctor who ended up being the person who taught us like the basics of the medicine that we practice today. And my dad being an obstetrician, like really well known here in Panama, with his life already made, I mean like a. He was old, not not old, but he was like into his careful go, into his like medical career. He was like all set, you know, and we met dr Arturo and he's from Colombia, and my dad said you know, this is very interesting, I'm gonna try it on myself and I

would like to learn more. And my daughter is almost finishing medical school, also half her over come to Colombia so she can see what we're doing here at our clinic.

So I did go to and when I I saw this beautiful Institute, I said this is what I want to do, this is what I really want to do, but I'm I'm gonna go back to my country and finish what I need to do in order to have my license, which is like work two years for the government in the city and then in the countryside, and then I'll come back.

So that's what I did and in the meantime, my dad closed his his clinic and he moved to California for Colombia for three months to learn from Arturo what in those days was called homotoxicology and biological medicine, which is like the beginner, like the original way of thinking of functional medicine today and integrative medicine. So when I finished the things that I had to do here in Panama, I moved to Colombia, and there is where I first got in touch with this wonderful type of thinking, because you need to think differently in order to understand how homeopathy or neural therapy or wide-ranging, is important. It was like you need to teach your patients to go back to those basic things that you were not even talked about in medical school. You know, they don't say they medical school. They tell you that people need to go poop every day and that is so basic.

0:06:06 - Chloe

I mean, I can't tell you how many patients I have who, like, have no idea how often they go to the bathroom. They don't. They don't go to the bathroom regularly, or same with their cycles, especially with women. They'll be like, oh, I get my period every two months, like it's great. And you're like, well, no, no, like it might be great in some ways we all agree, but, like you know, this is a clear sign. But yeah, no, it's. It's amazing.

I remember learning about homotoxicology in Chinese medicine school from one of my favorite teachers and I like I, just when I was in school, I would just do like a crazy deep dive of things where I would learn about something and I'd just go like two weeks just like hard studying everything. But but I love that you got pulled into that and you're in your dad's practice is so fascinating to me. I'd love it. Tell me a little bit more about like so what is the foundations of homotoxicology? I know that there are different phases and sort of. So how do you look at the body in terms of how do you find the foundational source of an ailment when you're working with a patient?

0:07:10 - Maria

so homotoxicology is. It was developed by this German doctor who was a toxicologist and he was a pathologist also, so he knew the way the cell worked, like really a cellular level, you know, like enzymes and and the matrix that's where our cells are, like floating, and he knew also a lot about homeopathy. So he wanted to get these two together. Like how could a regular, normal when I say this, I say that then I'm not a normal doctor so how could a normal doctors learn homeopathy and understand the basis of this type of thinking, which is the terrain. What is going on in the terrain of your body is like we are terrain and instead of working on the cell, we want to work first on what's outside the cell. That's like the living matrix. The living matrix lets things go into the cell like nutrients and then take toxins out of the cells, you know. But if the matrix is not working well, it's toxic and it's like frozen. This communication doesn't take place. So basically is working on on the terrain of the body and look at taking a look at the toxins that the body is exposed to. So when someone comes into our clinic here in Panama, we take a long time to talk about concepts, basic concepts that are being left behind and people want. Well, people know what they're gonna get when they most people know what they're gonna get when they come to see us. Right, because it's like word of mouth, it's been wonderful, like, but some people are like okay, so I want to know, like it's a regular consultation of a doctor, like 15 minutes long, you know, like so what I'm and I can see them in their eyes, like I'm like, can you give me a second, not a second, and I need at least 45 minutes so we can

talk about why you're feeling the way you're feeling, why you are where you are right now, so you can do something about it. Because if you keep on living the way, that, the way and taking decisions and the way that got you sick, if you keep on living like this, you're gonna be still sick and not in balance, you know. And then give me 10 minutes. At the end I'll let you know what not to eat, what to take, what supplements that we've talked in 10 minutes I can do that, but let's talk about why you are where you are. So I start telling them that the reasons that they're here are because there's some type of unbalance and the diagnosis that you receive or the doctors give you, are your toxic and inflammatory manifestations, and I need them to understand that if you come in because you are not having your period and your blood pressure is high and you have headaches, those three names are the same inflammation and toxicity but they're coming out in different places in your body and getting different names, but it's one terrain popping up with different manifestations.

Okay, so I go in and I tell them please, let's look at the toxicity that you've been exposed to throughout your life and that's another concept, chloe time. Things didn't, you know, things don't come up two days before something manifests or comes up. No, you need to look at your life. What have you been exposed yourself to? Like toxicity, so they go like. So what is toxicity? I'm okay.

The world that we live in is so toxic. It's so toxic we could go crazy. Right, it's like let's move out of the planet. Well, that's not possible, and I will take time to say right here that it's very important for me also that we all of us make and take our decisions from a peaceful place, because if you are at peace when you take a decision, it's gonna be the perfect decision for you, but if you're not at peace, it's probably not gonna be the best, you know. So, and I don't want to make people more, I don't want to stress people more, because when you start, when you start to work on, go into people's lives, how they live their life, what they're eating, how they're sleeping, how they're reacting, those things are hard to change, but that's like where the that's where the healing comes through, you know. So I try to go very softly and very like I don't want you to get stressed. You don't have to do all the changes at once, but any change is positive.

So, with toxicity, I say it's so toxic that I think we need to be strategic on what you are getting yourself exposed to. For example, people come in eating like using fake sugars or fake anything or fake food. I say you need to take that away, like that's being strategic, take it out and that's something less that you're being exposed to. Okay, so be strategic with toxicity. And then I think you also need to do periodically detoxifications, like you take your car to the shop every six months, you know to get how do you say that in English? When you take the car To tune up, to tune up. Yeah, so you take it to a tune up. So you need to take your body to a tune up at least once a year. At least once a year. And people then say, okay, so once a year, and then do I do it again. I'm like, if you do it once and you feel better and then you go back to live in life that got you sick and then your manifestations come back again, it's time to do another one. So what are you going to do on a daily basis to keep yourself healthy? Maybe it's not going to be perfect every day, but it's going to be pro health. You know so.

And then I tell people so toxicity is not only, maybe, what's coming through your mouth or what you're eating, but what's on your skin, what you're looking at, what you're eating, but what's on your skin, what you're looking at, what you're listening to, if you're sleeping well or not. How many surgeries have you had throughout your life? How many medications are you taking? How are you reacting to your life? How's the stress in your life? How are you feeling? So, yeah, so I tell them. It's not only tangible, physical, it's also biochemical, and it's also emotional and invisible and energetic. So you need to take a look at everything, because it's not only at a cellular level, like in your body, but it's also where you are at right. So that's toxicity. That's what I explained to them. So let's try to be the less inflamed.

And then I say let's talk a little bit about inflammation. And I really think we need to understand that inflammation is the normal physiological way of our body to regain equilibrium. Like if you are exposed to something that's going to harm you, your immune system is going to release these types of molecules that are going to initiate an inflammatory response that can be fever, or can be mucus, or can be a rash, or can be like feeling a little bit of your heart racing and then, when this thing that comes to harm you goes away like a virus, then all these inflammatory molecules should go down in your body, in your blood. But it doesn't go down because we are reacting to everything every day. So it's like mounting an inflammatory response over another one over another one. So your glass is filling up throughout your life, taking care of these wonderful kids also.

So it's inflammation inflammation, inflammation inflammation and then the glass is full. So when you go and you face something that's going to inflame you a little bit, if your glass is full, it's going to overflow.

0:15:44 - Chloe

No, totally Well, I was thinking as you were talking about just you know, when it comes to toxins, that accumulation of multiple toxins over time, including the emotional toxins and the traumas that we experienced throughout life those are all playing massive roles in our bodies, in how our bodies are functioning and in our brains and how we're reacting to things. There's so many different paths. I wanna go down with this. But so, tell me, one of the big things for this podcast that I really wanna stress is empowering people. So, like one of the things that I joke about being my tag line which may sort of be my tag line is like something is better than nothing, and my girl, serena, hates that line.

But like I'm always like, look, I'm booked, I'm stressed, I got you know. Like, from the moment I get up, I got stuff going on, you know, but how I've been able to get healthier and happier over time while still being in the fire has been taking little, small steps over time in the direction of health, and so that's something that I really wanna promote, because a lot of the things I'm gonna be talking about on this podcast are like are these toxins? And like are these emotional traumas and are these things that are, you know, and how they're affecting our bodies and our environment. But I want people to feel like okay, like how can I take some small steps in my day today? So how do you help patients sort of step through that and feel empowered about actually taking control of their health, instead of giving it away to an outside power or doctor Sure?

0:17:26 - Maria

people. You know you are a doctor. Well, sure, people come in. And this part, chloe, and sharing this information for me is so important because I get so excited, because it's I think it's so powerful, and it's not because I'm saying it, I've seen it and I'm trying to convince not convince people here, but I do tell them. You know, listen to me just for a second.

Can you go back to your life and say, yes, toxins are everywhere, and I say, yes, I can do that. So I say, okay, can we change what you're putting into your mouth for one week? So we were talking about toxicity and going through them. You know, telling them and just helping them realize how toxic the world is. And where could they start making changes? So food is one. We're gonna talk about that right now, in a little minute.

Then we're talking also about inflammation. So we need to be the less inflamed that we can be, even though we live in a world that keeps us inflamed all the time. And there's what I need them to understand that all their diagnosis when they come in are the inflammatory process is going in their body, you know. So I tell them. I want you to think about the word itis, like cystitis or gastritis or arthritis. This is telling us that the mucus part of that body, like the mucus membrane, which is just one cell next to the next one, next to the next one, then you have your

skin and in every part of your body, goes into, like in your mouth, in your anus, in your nose, in your eyes, and this mucus membrane is throughout your body and the immune system is communicating them. So people there start understanding that their amygdalitis and their dermatitis are the same thing and like, okay, so you got it. And then your bronchitis also. So the next thing that I tell them is that 80% of the immune system is linked to the mucus membrane of our gut. So 80% of those cells are there and those cells decide if you're gonna have an inflammatory response or not, because they have the capacity of producing inflammatory mediators or molecules or non-inflammatory molecules. From your gut this goes to your blood and your blood goes throughout your body.

So what is it gonna take for the immune system to produce an inflammatory or a non-inflammatory molecule? One, what lives in your gut? What lives in your gut? The type of microbes, the flora, the intestinal flora. Two, what gets to your gut, what you're taking or what you are not eating. And this is a place where I tell them everybody should be eating a lot of cruciferous vegetables, and Google that cruciferous vegetables are broccoli, cauliflower, brussel sprouts, cabbage, arugula, water chest, no water crust, water crust and et cetera, to like really feed the good bacteria. So who lives in your gut? What gets to your gut? Any of you have a leaky gut or not. Are there three things that are going to make your immune system produce an inflammatory molecule, or not? So that's how I empower patients and I give them. This isn't Spanish. I'm gonna have to make this in English soon, but this is like the, not resume like the when you make it's like a roadmap to health.

This is like the roadmap talk so you come in and then outside this body, you write down all your inflammatory processes going on and I tell my patients I want you to look at this. And then look at this part of the equation where it says toxic load your liver function is. It is your liver function well, it hasn't been overloaded till you poop every day. That's the first thing you need to get in touch if you're to help your liver be better. And who lives in your gut, what gets to your gut and if you have a leaky gut is going to activate your immune system or not. And then you get your health.

And you can cause all the inflammation. So that's it, yeah, and it's so simple. And people are like, oh, maybe if I forget, what, if I'm forgetting something, I it's okay, you just write it down here. You need to work on this, no matter what the name of the diagnosis is. I mean, sometimes the names on this side are very scary, you know, sometimes they're not very scary, but you, there's always something that you can do to help your body.

0:22:20 - Chloe

Just a segue, just not to segue, but just for anybody who's just listening and not watching the video. Maria was just showing up a chart that she's created for her patients. That's really brilliant and it sort of shows a picture of the body where you're listing out the different ailments that you have, the different, the different inflammations, all of these crazy diagnoses that we have for patients coming in with and then sort of breaking down the different toxicities and how the immune system is working. It's a really simple and beautiful chart and we can probably get that translated into English and get it up on the website somehow so that people can check it out both in English and in Spanish for whoever wants to, if Maria is so generous to share with us.

0:23:02 - Maria

Definitely, definitely yes, because I think really this is the most powerful part of what I can share with people and thinking with them. You know, sitting down with them here and going through this with them is the most important. And if you have a genetically proven disease, if you have just an allergy in your skin, it's okay. It doesn't matter what you put on that side of the equation, it's like let's work. On this other side, there's something always that you can do, and I

get so excited when they come in and they're like feeling really bad or everything hurts or like, and they say oh, are you pooping? No.

Do you eat veggies? No. Do you drink water? No. Are you sleeping? No. Are you sleeping well? No. Do you move your body? No. Are you stressed? Yes, yes, we have so much to do and it's so powerful and I tell them, any change is going to be like exponentially, like the results going to be. It's and it sounds so basic, you know are you drinking water? No, you need to drink water. It's so basic. Your body is going to find its way to health because that's where it gravitates to If you get out of the way.

0:24:27 - Chloe

I love it. I always love how you look at it and the breakdown, and I think that that's one of the most important things that I'm trying to figure out how to do it on social media, but helping people think like a doctor, like I have this inflammation, where could it be coming from and how can I start taking you know again, imperfect steps in that direction. Cool, so you can't cut out everything of your diet that you love, fine, can you add two glasses of water a day? Can you take out that, you know, ice cream and switch it with some berries and like whatever? Like what are the steps that you can and are willing to take today? And then, you know, let's keep adding on those over time, you know, but I love the way you look at it.

0:25:08 - Maria

I have. I would like also give you the list that I give to my patients and we can talk about that now at the end. And but I would like also to say two other important things, like because this is what I think it's important the thinking part and you said thinking like a doctor, and I'm not so sure if that's the way to put it, you know, maybe thinking like a healer or like someone who's in touch with their body again and the way their body works. So, for example, this is a very important concept for me the, the, the Muko, so Muko, which is the inner lining, you know, just one cell next to the other, the Muko also has an excretory function and you can think about Muko having an excretory function, like in your gut, like when you're pooping right, or when the woman has vaginal discharge that's, the mucus coming out from the vaginal Muko or when you have like a sinusitis or renytes or like an eye bug, or how do you say that?

0:26:11 - Chloe

Is it an eye bug or yes, that's what it is, so technical term.

0:26:20 - Maria

Muko's membranes also have this excretory function. So I also tell my patients that I like to. Let's think about something. When they come in and they say I get sick, my kid gets sick every month and they're on antibiotics every month and they're taking the antihistamines and the okay and the steroids, I'm like, okay, so you've done it. How many times? Seven times, is it helping? No, he's back sick again. I'm not so sure.

People that come in and say that they're sick all the time, I'm not sure they're really sick, because it depends. Let's talk about definition of being sick. Oh no, he got a fever. Or no, no, he all has mucus in there, like mucus coming out of his nose. I'm like, okay, so mucus membranes are excretory, they have this function. Also.

Let's think is it possible that because the liver is so overloaded, just because we live on this planet, because your kid is not pooping right, Because he's taking antibiotics and the gut flora is not like really healthy and he's eating a lot of pro inflammatory and mucus generating food, maybe, just maybe, there's a point where the liver says, oh my God, I cannot handle this, so mucus membranes become solitary. Is that the mucus membrane of your nose says, oh my God, I need to go help the liver and the God, because things cannot go out that way, because it's too much and you start excreting through another mucus, membrane or mucus, but you

cannot excrete through the usual one, and then you get a rash or you get, you know, your throat swollen or your nose full of, or you get bronchitis. So think about it next time. Is it a possibility that you're not sick and that you're excreting through another mucus but you cannot excrete through the usual one? That's one, and the other one is when you augment your toxic load because you ate really bad for a week or you were so stressed you didn't sleep, whatever. When you look at the chart, if you modify this side of the chart, it's either way you're going to see changes here.

So if you are sick all of a sudden, check out have you been eating, have you been sleeping, have you taken up your toxic load? You say yes. So what do you need to do? You need to go in and help your liver and help your body get out of the blood, clear out that blood of whatever is generating this inflammatory process. So when you have a headache or you have a rash, I tell my patients. Let's help the liver with what? Okay, you have wonderful products in radical roots for liver cleansing.

Or then, when people are ready, I go into coffee enemas and they're like what?

Coffee enemas I'm like, yes, why. Or homeopathy, like Nux, vomica or any other type of the thing. Is Chloe to look at this and say how can I support the liver? And there are thousands of ways, right, but the concept so if I'm inflamed, if my inflammation is up, if my toxicity is, if there's something new in my body going on, how can I help my liver and my lymphatic and my gut, take it out of the circulation so I can feel better? But that is going to take maybe two or three days and we want immediate responses. So this is what we need to go through this teaching, this information, this education. So then people go in and say give yourself a coffee enema, take your water, come in for an IV, maybe we can do some vitamin C or anything else, and people get better. Or take the homeopathics to clear out your blood and bring down those molecules in your blood so you can feel better. So that's another very important concept for me to tell people Absolutely.

0:30:33 - Chloe

I think, and I think what you hit on in terms of there being so many different ways to address it is really important. Also, there are so many different ways to the top of the mountain, if you will, but it's like. Homeopathy is a brilliant medical model, so is the model of homotoxicology, and both of those interplay very beautifully with Chinese medicine and how we work. And even Western medicine has some things to add to the conversation. It's slowly catching up in certain ways. But, yeah, I think it's important not to get so caught up in one dogma and I think that it's always fun to be able to learn more and find different ways that we can support people so that you can do things that you're comfortable with.

So if somebody's not comfortable with a coffee enema, fairly understandable, but maybe give it a shot. I haven't done it yet, so maybe I'll try and do it before this comes out and I'll let you all know how it goes. But maybe dry skin brushing, I find for me it's like trying to find the things that patients can do more regularly to work into their day-to-day routine, so that it's sort of that you might want to do like a bit of a cleanse once a year, as you said, or from time to time, but really looking into ways that you can help your body detoxify naturally day-to-day through diet, through exercise and sweating move.

0:32:04 - Maria

Yes, it's like what you're doing every day and I would like to say something now that you touched a little bit about Western allopathic, drug-based medicine. I think it's wonderful Part of the story with me and what Camilo, my male child, teaches me all the time is that everything is okay if it comes from a place of peace. Decisions need to be really peaceful when you're making them, and Camilo has taught me that everything is medicine. The thing is when you

have a five-year-old who's been on antibiotics seven times and who takes antihistamines for six months. I'm not against medication. I think it's got like surgery saved Camilo's life.

Medication was needed after his surgery. Sometimes you have a lot of pain. You can do that. I think it's okay. I think the thing is when you the only way out for someone is medication. There's something else behind this call of your body, this your body screaming out something. I just wanted to make that clear that I think it's wonderful. I mean, drugs are needed, medication is needed, but not forever and ever. Like, what are you doing every day to contribute to this?

0:33:34 - Chloe
Exactly.

I look at pharmaceuticals often depending on the circumstance but say I'm working with somebody with anxiety and some people have such severe anxiety and there's good cause for that in today's society.

In many ways it's like OK, so cool, you want to get out on SSRI, you're having these acute symptoms and you're having a challenging time.

I totally respect that decision that you're making with your doctor and that's up to you. But in the meanwhile, while you're doing that, hopefully those pharmaceuticals can give you a little bit of space so that you can start enacting some of these changes in your day-to-day life, like working on the detoxification both of environmental toxins and physical toxins, but also the emotional toxins that are built up in your bodies, and trying to learn more coping skills in ways that you can manage your stress and your triggers and prepare so that you do have a more well-rounded diet, as opposed to just grabbing whole fast food while you're running through driving somewhere to work or blah, blah, blah. So it's like I look at pharmaceuticals as OK, it might be something that we need short term, but really there's not much long-term research on many of the pharmaceuticals and there's so much that can be done for addressing these very basic concepts of finding the root of the inflammation and listening to the body as to why that inflammation is here and addressing that.

0:35:15 - Maria

Yeah, there's also something that's like coming out from this conversation right now. This part of the conversation is that it's interesting because people come in and they've been taking a drug, for medication, pharmaceutical, for 15 years and then I'd say, well, be nice for you to take some magnesium. And they're like so how long should I take magnesium? I'm like we don't stop to think about this, but it's like you've been taking this drug that you're taking, this pharmaceutical that you're taking. It's also robbing you from energy, depleting you from minerals and nutrients, because they're needed to be metabolized, and maybe your thyroid or your brain or your left knee is not getting the nutrient that it needs. And then, 20 years later, boom. That's a very important concept, and I just thought about another important concept right now that I want to share, if I may.

So it's like the period of time that goes in between when you get a diagnosis and the doctor says, ok, so come back, I'll see you in six months or I'll see you back in a year, and they don't tell you how to change the lifestyle that generated the problem and you go back to the same lifestyle. So what do you think is going to happen when you come back in six years, or in six months or in a year? Probably the disease is going to progress the way that it has been described in the books, obviously because people don't go back and they don't change what caused the problem. They go back and they live the life the same way. So, yes, it is finding, Chloe, the formula for everyone, for each one, for you, for me, for the patient who comes in the door.

What are those changes that you're going to make? How are you going to change the way you're feeding yourself and your family, the way you're living your life? Are you connecting to nature? Are you walking on the grass or are you always surrounded by cement and all the electromagnetic fields? So it's really easy. Once you stop, I say go back to basics, go think, go live the way your great grandma used to live and bring that back here. Just one thing or two things.

0:37:40 - Chloe

So yes, Step by step. Well, like Dr Tamayo used to say, poco poco it's just, it's little by little. It is that imperfect action that leads us in the direction of health. And I think that so often in our society we're looking for these immediate shifts and these overnight changes, and that's the whole New Year's resolution thing, and that shit doesn't work. You do it for a week and you're all going home and then you have an off day and you're like, meh, I'm going to just have pizza and not go to the gym or whatever.

Whereas if you implement little things and work them in habit, stack or whatever works for you, that can be longstanding change. Which is what's necessary is us to really start shifting how we're living day to day with our families. So tell me a little bit if you don't mind. Oh, actually, let's segue into it. You are someone who has taught me a lot about the importance of minerals, especially while detoxifying, and mineral deficiency is a huge thing in our society and also something that's really plaguing our children. I feel like, why do you feel like minerals are so important, especially when it's being tied into detoxification?

0:39:09 - Maria

So minerals are so important because they're basic for the cell to work and the enzymes to work and you should be able to generate energy and the way that we live today. Minerals are not in our soil anymore. Minerals are not in what we're eating and we are taking and living away. That takes away a lot of those minerals, depletes those minerals, and they're very, very important for cellular metabolism. So there are a bunch of products out there that are really, really, really great. But also I give my patients. I like to give options.

So I tell them you know what, if you can't get this, just go ahead and take a liter of water and just put one or two tablespoons of apple cider vinegar and then just a pinch of sea salt or Himalayan salt and then half a lemon and take them during the day. People love it. Oh my god, I feel so good. Cell food is wonderful. I love it. Also. That's a wonderful product and once you give that to people, like their metabolism, it's like oh my god, thank you, thank you so much. So it's just not free water and that's very important also for the water to go into the cell. So you need the minerals to go into the cell, the minerals for the water to go into the cell, and then the water. That's where everything that's like the magic inside our cells and our mitochondria, which are the places where energy is produced.

0:40:40 - Chloe

So that's, very important.

Yeah, water is such an interesting topic and so many ways. I need to do a whole show on the fourth phase of water. That's on my to-do list because I've just been wanting to do a deep dive on that for so long and I know that that's what makes up a lot of the intracellular fluid is structured water. So it's sort of fascinating to me. But we'll do that for another one. But tell me a little bit. So since you brought up cell food we, you created this product, AV9. And it's something that I'm super fortunate enough to have released under radical roots because I was hoping to help you get this out to more people.

I love, love, love this product. So I remember back in Ecuador when I first met you, you had given me a bottle of it and Remy had gotten melascom on his knees, which I've tried to treat

with herbs before for some kiddos and it's like these viral warts that children get from time to time and it was just a pain in the ass when I've treated it with other kids. It took a long time. It was like a lot of detoxification and sort of looking at underlying weaknesses within their systems while clearing out the heat and the toxins. You gave me the AV9. I sprayed it on his knee and the damn melascom was gone in like 30 minutes and I was like what the hell is going on here, woman? So I love it. I use it for everything. I use it any time I'm traveling or feeling sick. It's super easy for Remy, because I just sprayed it in his mouth when I feel like he's sort of been exposed to something or looks like. You know Remy's un verbal, as you well know, and so sometimes, if he's sort of just looking a bit off, you know when in doubt, I spray it on him.

Oh my god, I don't even know if I told you, remy also has a very severe reaction to beastings, and last spring I was putting him to bed and I saw that his ankle was swollen up like crazy and I was like, oh shit, he must have gotten a bee sting. He's going to have like a week's worth of seizures. And I was just like terrified because I was like, oh god, I mean like that's never a good thing, but I was just super stressed and so I was like what do I do? What do I do? And I was like 89. And so for the next three hours I would come in and just spray his ankle with the AV9 every 30 minutes. I kept an eye on him. He woke up in the morning, had no seizures and all of the swelling was completely gone.

Like it just blows me away. So like, what is in there? Why does it work so well? What is the synergy between the cell food and the colloidal silver? But I mean, it's just what is this magical product? Because, like, truly, I'm still kind of dumbfounded by it and I just am obsessed with it.

0:43:32 - Maria

Oh great, I love it. You had to tell me that story. That's amazing, right? And you?

0:43:37 - Chloe

know, what.

0:43:38 - Maria

Sometimes it does work like that. We were talking about time and then I said you know what? Sometimes it's like it's magical, sometimes it is. Sometimes I get blown away by the results from patients. It's like I never felt this good in my life and it's been like 10 days. And he's like, yes, so that's also possible.

So AV9, it's one of those tools. And here also comes a concept that we were talking about knowing. People need to know what's out there, and then you need to make it your own and you understand how your body works and then you can apply it with no fear. Have no fear if you are responsible, if you study, if you read, if you take health into your own hands. So that's very important. So AV9 is one of those beautiful tools that works on almost everything, and then it's kind of like wait.

We are used to getting like if I'm depressed, I get an anti-depressant, but if I am, I'm not depressed. If I have pain, then I take anti-inflammatory medication, right, it's like very lineal and very like one thing for this thing and it's very hard to comprehend that something can work on everything. Amazing, but yeah. So we got this wonderful formula almost 20 years ago and we've been using it on our patients and it's wonderful. It's a liquid, magical potion liquid and it's got colloidal silver in very specific concentrations and this is the part where colloidal silver helps you fight off infections. It's like antimicrobial and antiviral and also for fungi works really well.

And then it's got another component which I really love and I think everything everyone should be taking that and it's MSM, which is a sulphur salt, msm and it's got sulphur. So sulphur helps you get your gluosothione levels up and this is like the best way to detox you know the enzyme

that detoxifies our body and MSM is also a cellular nutrient. Sulphur is very important for that matrix, the part like for the cell membrane and the way and the where the cell is sitting in that space in our body. So sulphur also. It's a very potent nutrient for yourselves, but also for everything that's on your skin, like for skin and hair and nail. It's wonderful and it's a very powerful anti-inflammatory.

When you buy MSM like to take in capsules, they almost always sell it for joint support and yes, because there's also mucosa in the joints, you get arthritis, right, but it's so. This is what you need to think and say if I have mucosa also in my stomach and in my eye and in my skin, then MSM works on all that mucosa right, not only on the. So it's got colloidal silver, I'm sorry.

0:46:45 - Chloe

I said it only works on the left knee.

0:46:48 - Maria

Only on the left knee, yes, so it's got colloidal silver, so it's antimicrobial, anti fungal and antiviral and it's got MSM, so it's anti-inflammatory, pro-glucothion synthesis, and it's got cell food, which is it oxygenates you and it gives you minerals and amino acids and it works. This is like for another podcast, but it helps regulate also, like the charges, like the conductivity conductivity of the solution and we are electrical, so that's like wow. So it's in a spray form and you can spray it anywhere, like on your skin, up your nose. If you put it on your, if you get a congenitivitis and you put it on your eye, it's gonna sting like for two seconds, but it's amazing the way it works, you know it's amazing. And then on your throat, under the tongue and the back of your throat, if you have like throat problems. You can even put it up your vagina if you have. Yeah, and it works really good. Our patients do it.

0:47:56 - Chloe

So I've explained why it's so important. What do they use it for that for? For UTIs or for, like B, bacterial vaginosis when they have like?

0:48:07 - Maria

discharges, yeah, or candida or yeah, and the way to use it. You need to get your mind into it, because if you have like the fever up or you're really like nasty, nasty inflammation, you could use it every 15 minutes and then you can spread it out like every 30 and then every hour and then every three hours, but if you get the fever back, then you need to use it again. Yeah, so it's really really. Yeah, so it's really like amazing. Av9 is wonderful for all type of inflammation. I think it's something that everybody should have like in their medical cabinet at home and travel with it. And, yes, inflammation can be your throat hurting, or it can be your knee hurting, or it can be a B sting or a red eye or a cough or just oh, and also can be a stomach flu. You can take it. I mean, you take it orally, you know. So, yes, av9 is, it's a wonderful tool.

0:49:27 - Chloe

I love it. I mean it's really an honor to have it in our product line and it's just like, honestly, it was just it's just more of a relief for me to have like an unlimited supply of it. Like that's like my secret motive behind like most of the products I make. I'm like I just need this right now, like I'm starting to play with doing like a women's line and I'm like we just need more hormone balancing. My pre-period day of rage is getting a little expensive and my flow state is great, but I'm like let's get more of a balance and make this a little bit more of a system for women. But I absolutely love it. Is it something that you do? Take AV9 every day? I don't normally take it every day, but I sort of feel like there would be benefit in just sort of taking it regularly.

0:50:15 - Maria

So it's something that I don't take it every day. I recommend it, like to my young patients, like kids, when they come in. Why? Because it's a way for me to give them MSM because they can't take the capsule.

So, I gave them. I give them AV9. And also when school is starting and you know moms are like, can you give me something so my kid won't get sick? Or now that we went through all the crazy things that we went through the last two years and like people were taking it like a preventively and it worked great, so yeah.

0:50:54 - Chloe

Yeah, Well, it's interesting because I mean, one of the ways it's funny all my podcasts keep tying in together in different waves. But like looking at Stephanie Seneff's work with Glaphasate and one of her main pathways that she's saying that it's impeding is the sulphur pathway and they're seeing that a lot of children who are on the spectrum have issues with sulphur, which is essential for brain function. So that's pretty interesting in terms of how that might be able to support that. And I've definitely heard of MSM being used for kids on the spectrum. I think I bought some years ago. I don't know that I ever use it much with REM, but it's just sort of interesting to make those connections.

0:51:41 - Maria

Yeah, it's sulphur. So maybe to start to leave some type of like practical information for our listeners to start making the changes. I have no problem for me if I can leave them, like the list of the foods that I say take away three weeks of this and then you can eat all of this. So I made two lists, the no's and the yes, because people get that.

0:52:04 - Chloe

They're like oh my.

0:52:05 - Maria

God, this is a lot of medium like okay, that's why you feel so bad. And so that's the first part. And then, most of the time, I give them three supplements. I give them MSM because it also helps you poop, so if you're not pooping I give them more, and so it's supporting the liver, also, the detoxification. So I give them MSM and some type of herbal like oregano oil or black walnut, like for parasites and candida and just shifting the flora a little bit. And then some type of supplement for leaky gut.

I love sack bush and I love iron gut. So people are buying it and bringing it to Panama. You know it's. I wish they could sell it like he would come to Panama also and sell it here. It will be great. But I think it's a wonderful product.

So it's like the way I think is that I started them off supporting the liver. So you go back to this and it's supporting the liver, changing who lives in there, changing what gets to your, changing who lives in your gut, changing what gets to your gut and working on the mucosa of your gut, and then changing your toxic load, changing what you're eating. And when you start doing this, this is where this is for me like step one, like the physical, you know. But when, when you go through the physical and you start feeling well, I get so, so happy when people say I feel so well, I'm like I did, my work is done, go, go, go, live your life. You know what you can do and how you can feel. You know.

The thing is also, chloe, that people are. The program is not that the program is different. The program is that the body cannot heal itself and that you need something from the outside to make you feel better. But once you get to that sweet spot where people feel different, where us moms that we are going through so much with our kids, who are here to teach us so much about ourselves and so much about what we can do and how wonderful we are and how

powerful we are, when you're at that place where you have peace and you can care for that child differently and you find the strength to keep on going, that for me is the best feeling and I cannot tell you how that feels. You need to feel it. That's why I tell people just keep yourself a chance to feel differently. You know Totally.

0:54:46 - Chloe

It blows me away how, how many people have never really felt healthy and how much moms, you know, turn over our entire lives for others and forget that, in order for our kids to be healthy and happy, that we need to set that model for them. And I think that you know, especially as a special needs mom, I remember early in the journey people would always be like, oh, you got to put your oxygen mask on first and I'd be like I'm going to slice your throat. You know, like I'm like I got to figure out what the hell is going on with my kid and get in whatever supports possible, like that's what has to happen. And you know, obviously I've evolved a lot around that and I think you know we were talking about this before and I think it's an important conversation for parents. But moms in general is just, you know, this idea of just you know we're busy, we're busy, we're running around, we're doing everything for everybody else and like not taking that space for ourselves. And for me, I've been sort of triggered by it recently, because everybody keeps telling me how busy they are and I'm like, yeah, you know, like I get it, I'm super busy. You know, I've got a ton of things that are going on, but I've just worked so hard on shifting my paradigm from the challenges that I have to looking at the blessings that I have, and it's been something that I've worked on for decades now, honestly, but particularly the past couple of years, in realizing that, you know, if Remy doesn't have a happy, healthy mom, then none of the other things that I do for him matter whatsoever.

How do you, what do you look at that? Like, like what? How do we shift that paradigm of like? I feel like, especially as moms, a lot of times we get our validation from what we do for other people as opposed to who we are Like. How do we start to shift that in other, in other people? I mean, I guess we can only shift that in ourselves. But what does that look like for you? I know you and I have both been on some epic journeys with our boys. So, like, how has that journey been for you in terms of going from like I'm going to do everything to my son, for my son and do everything to help heal him to sort of like like his healing will also be reflected in my healing. And you know how? How do you show up for Camilo these days?

0:57:19 - Maria

That's a wonderful question, I think. So I'm showing up for him with the best version of me and that's what he's teaching me all the time. I think we all need, well, something that you can grab onto or like really gets you hooked on, that makes you feel different. And I mean, this has been a journey, everything I can go, I can look back to everything that has happened in my life and I can say right now, thank you. And there's some very scary things there, you know, but it's like thank you so much because they're making me who I am today and the journey keeps on going.

That's another thing I don't think I'm going to get. I don't think we're going to get somewhere. You know, I don't think it's that like that. There's always something I mean we decided to be mothers, we wanted all our decisions that we have made, you know, and so that's a little bit of. For me, that's very important. So when Camilo looks at me, I'm like okay, so how can I be? Thank you for showing me what I need to do better so I can be better for me first and then for you.

But you know, right now, something that has maybe has gotten me a little bit not hooked Maybe that's not the word, but inspired is finding something that I can bring into my daily life and that, for me, has been the work of Joe Dispensa and his meditations, but also the way he speaks and the way he teaches the universal information. Because, chloe, it's out there, it's the same things. Some people say it one way and some people say it another way. So when the

challenge is here and I wanna react the way I'm used to reacting, and then I remember what I've been listening to or studying and I can do it differently and I can shift that. I think that's wonderful. But you know, I think that to get to that place, I start with my patients and I started with myself from the physical level and then the physical really changes, the biochemical, and then there's like this space for all of this other conversation to come into and we talk about everything physical, energetic, emotional. So, yeah, I think I'm showing up for all my kids, because they're all there, always trying to be better.

And you know what I need to be at peace, because if I'm not at peace with myself, then I'll react impatient and what you're saying like everybody's busy, busy, busy. I think also you need to get your priorities organized. You know, right now I am a mother, but I'm also a person who needs to carry enough for, and I wanna make time for health and for peace and for love and for sharing with my boys, because they're growing, we're all growing and life changes. You know that's also. Life is about change, and change sometimes changes hard. For people, and for me also, change is hard. So, yeah, that's what I want for patients that come in and for everybody who's listening to for you guys to find something that really inspires you, to find peace inside of you, so you can share that and bring it to the world.

1:00:58 - Chloe

I love that. I think it's you know. To me it sort of comes down to creating the space not only for healing, but the space to respond instead of react. And you know, working with that within yourself and like working on your triggers and your perspective so that you're able to show up and be centered with your family, because there's always gonna be things pulling.

Like I always tell my patients and my friends of, like you know, life is not gonna get less stressful, you know, but it's sort of. But you can learn how to manage the stress much better and to be less affected by it and to be more proactive about it. And I love how much you adore Joe Dispensa. Also, I've been on a massive Bob Proctor kick, which is very interesting. I like, I think I have an affinity for these old men lecturing about like old manifestation things.

But you know, I think I feel like I've just gotten to such a point in my life where I just, you know, I obviously have my days, I have my moments, but for the most part it's like okay, like everything's either you know anything that's coming up that's not what I anticipated or what I wanted you know or was looking for. It's either a lesson or a redirection, and you know, and that can be harder with certain things. But you know, the more that you sort of trust that I feel, the easier life is for me at least. That's beautiful, yes. Well, I think we're gonna wrap it up for today, but I will. I would love to have you back at some point so we can nerd out some more. Is there anything else that you'd like to leave anybody with, with you know, sort of just day-to-day tips or anything you felt like I didn't touch on today that you wanted to talk about?

1:03:01 - Maria

I think we covered everything. I'm so happy with this conversation.

1:03:05 - Chloe

Yes, awesome, I've had a blast. I will thank you so much and truly. I'm really just so grateful to be your friend and to have you here and to share your wisdom. You're so brilliant and it's really remarkable, so thank you.

1:03:22 - Maria

Thank you, Chloe. It's been wonderful and I'm so thankful that Remy and Camilo brought us together.