

## Radical Remedy - Ian Mitchell Transcript

0:00:01 - Chloe

Hey guys, it's Dr Chloe and you're listening to the Radical Remedy Podcast. Today's guest is my dear friend, Ian Mitchell, and I know I say this a lot, but, holy shit, this man is brilliant. Ian is a wizard behind wizard sciences. He is a polymath and genuinely one of the kindest human beings I have ever had the pleasure of talking to. Today's conversation really focuses around his formulas with wizard sciences, because I'm personally obsessed with his one formula, Neural RX, so Remy and I both take it every single day. So this formula was developed for those with Alzheimer's, but I really think that it has tremendous potential, not only for those with neurodegenerative disorders but for those with neuro developmental disorders. So I really had to pick his brain on it. We did a really deep dive. It was really fun and I know I'll be back to talk about quantum physics and structured water and all sorts of other nerdy stuff. But I hope you guys enjoy this conversation. If you're looking to try any of the products, check the link in the show notes and that will take you right there.

Please also like, share and follow this podcast so I can continue doing this. I'm having so much fun running the podcast and I'm hoping that I'm bringing some value to you. Also, please let me know how I can support you on your healing journey, for you and your family. And, yes, enjoy the conversation. Have a wonderful day. Please know I'm sending you a ton of love. I am Mitchell. It is such an honor to have you here. I am not only in awe of your many contributions to various fields of science, but possibly more impressive your curious, kind and unencumbered spirit. So thank you so much for joining me.

0:01:39 - Ian

I am super, super, super happy to be here. This is a legit joy for me, as is evidenced by the fact that when we first tried to do this, all we did was hang out for an hour and a half and just talk.

0:01:51 - Chloe

Oh.

0:01:53 - Ian

Yeah, so this is awesome. I'm happy to be here.

0:01:55 - Chloe

It has been an iron-filled week, and I'm most certainly not complaining. I'm so excited to dive into a lot of your work, though.

0:02:03 - Ian

Yeah. So I saw the pages of notes there it was kind of like, oh Jesus, that's a lot of stuff.

0:02:08 - Chloe

Okay, I just can't even know You're working on so many different things. I mean, you truly are a polymath, so it's like I was listening to all of your podcasts that you've done already, and there's so many different parts of these things that are so fascinating to me that I'm like shit if I'm getting iron and I'm stealing his brain for a little while. I'm not going to waste that time when I can learn about it.

0:02:32 - Ian

No, I mean all that stuff like if you, because luckily I do get to cover a lot of turf and work on all sorts of crazy stuff. I love it, though I always joke that polymath is the term that you give to somebody who's really successful, if they have ADD. Yes, yeah, so that's it. So that's basically it. I've got a nutshell. I've got ADD and ADHD, but I'm really good at a lot of different stuff, so polymath.

0:03:02 - Chloe

Hey, it's works, I think. I mean, I know for me it helps working on different things, because I feel like it helps strengthen my brain in different ways and I can work on different projects with one part of my brain while I'm working with something else. I know you're a jazz musician, so I'm sure that that is helping training your brain and giving you space for other things to come in as you're working on them.

0:03:22 - Ian

Yeah, a hundred percent diffuse focus, right. So there are a lot of times if you try and approach something head on at least my experience has been like I'll get locked into a pattern and I'll be trying to approach something and it's very difficult. But then if I can pull back and just shift entirely to some diffuse focus, like pick up my sax and play or do something or my guitar or just whatever you know, to kind of break the train of thought, my head is still kind of worrying and buzzing away at solving everything.

And it's usually in those moments of kind of calm but diffuse focus on other things where there's a snap and the spark of inspiration I'll go oh oh, my God got it, you know, and then run out, which is great, because for the rest of my staff they don't see how many things that I screw up all the time. It very much is like the Wizard of Oz, you know, like, yeah, pay no attention to the man behind the curtain. You know, like I'd blow more stuff Actually, like literally this shirt, the safety third T shirt.

Oh, I love that, yeah, it's this one. It exists, because I actually blew up the lab in the process of making one of the one of the things this hyper oxygenated water that we have, and so I literally blew up the lab.

0:04:39 - Chloe

I like it. Yeah, was anybody injured?

0:04:43 - Ian

It worked. The experiment worked though.

0:04:46 - Chloe

How do you hyper? So I've heard of this wizard water. Why don't we start there then? How do you guys, hyper, oxygenate the water and what have you seen the effects today?

0:04:56 - Ian

Well, I'll start with the effects. So two things. It's a super easy task, right? You just put a pulse ox emitter on your finger and one of two things I've noticed happens. Either person's pulse will drop radically or their pulse ox will go to 100. So it from an athletic perspective, it increases your VO2 max, right, you have more capacity, and normally water only accounts for like, or oxygen, and water rather only accounts for about 8%. So you've you've got a rather eight PPM. Excuse me, you don't really have that high a concentration.

So I was looking at it and trying to figure out what to do to up that. Because there are a couple of other companies that do things like that, I wanted to do something in excess of what they had been able to pull off and then figure out how to actually stabilize it and overcome this thing called Zeta potential. So like, when you're drinking a carbonated beverage, all the bubbles aggregate and they form big macroscopic bubbles and they float up to the top and they're buoyant, and if you break things down, you can overcome that. So everything is stable and stays in stasis in whatever position it's in inside the water. And so I just for me how I did that, and I won't get into the specifics, but I looked at like huh, what compresses things the best in the whole universe and I thought, oh, black holes. You know, black holes work.

0:06:18 - Chloe  
Obviously.

0:06:20 - Ian  
Yeah, so. So I, I came up with a rig that would kind of approximate sort of a similar process, not by altering gravitation. Luckily that was an entirely different experiment, which literally actually was an entirely different experiment, and the result of that experiment was how I figured out how to take deuterium out of water. So yeah, but the with the hyper oxygenation, basically it was just mimicking a compression force in nature and torsion and compression and it worked really really incredibly well, except I am very often like the, the poor kid who will build like the rocket ship out of spare pinball parts.

So in order to make this, this particular unit, I took, you know, some motors and a couple of vessels and gauges and rigged everything together. Unfortunately, the pressure vessel I used was an older pressure vessel that we picked up at a garage sale and, shockingly, once it went up to many atmospheres of pressure in this case it wasn't actually I had already done the oxygen and it worked like a champ. I was trying to do it again with hydrogen and when I was doing hydrogen it exploded and blew out the wall in the ceiling of the lab. So you know it happens. Okay, remember it was a success until it wasn't.

0:07:43 - Chloe  
Have you guys rebuilt it?

0:07:45 - Ian  
Oh, yeah, yeah, yeah, we did it. What was what was funny is like there was a giant hole in the wall and I had the guys come in and they patched everything up, and we had some people coming to the lab like later that week, and so we moved equipment.

0:08:02 - Chloe  
Nothing to see here, people. Nothing to see.

0:08:05 - Ian  
He lose. There's nothing to see here. Yeah, it was very much exactly that, like a big giant vacuum up in front of it. These aren't the droids you're looking for. Just keep walking, so yeah.

0:08:17 - Chloe  
Fascinating. We were able to work with the molecular hydrogen. Were you doing molecular hydrogen, trying to stabilize that as well?

0:08:24 - Ian  
Yeah, I eventually figured out how to stabilize that too, which was so much harder just because of the size. Right, it was very, very difficult because that stuff just kind of the pain in the ass because it wants to free itself up and you know, just kind of the moment there's a gradient differential of the pressure, it just wants to shoot out of the top. So to stabilize it was much harder. So it's doable, but it was just a lot harder, you know, because there were. There was actually a drink that I liked, that Joe Mercola made for a while and he may still do it, but you had to. You'd pop the can and it was. It was actually a beet juice thing for nitric oxide, but it was sort of similar because they had, they had trapped everything in there and you like, you pop it and if you you shaking it at all, it just explodes. The same thing with anything that has hydrogen in it. Now it's kind of people like and then you have to drink it in exactly 3.2 seconds.

0:09:17 - Chloe  
Yeah, you know. Now it's like you gotta check that right away.

0:09:22 - Ian  
And that's basically it.

0:09:24 - Chloe  
Interesting, so what? So what do you think is going on with the wizard water, and why is it activating people? Is it working sort of as for mesis, or is it sort of just giving the body what it needs?

0:09:38 - Ian  
It's quite literally just upping the fuel supply to the electron transport chain, so you just have, you know, a hundred parts per million oxygen instead of eight parts per million oxygen. So you have a much greater supply of everything you need and because of the way it actually perfuses in the body, it's very available, like I can, from my personal experience, if I'm completely winded and exhausted, like if I've just done a sprint or worked out or whatever, and I can barely move, if I hammer back a can of that, almost instantly I can breathe and I feel fine, which is which is really kind of strange, because I had never experienced it like that before. It's kind of a cool sensation where you're kind of dying and you're like well, oh my god, I feel good again. It's like it's literally. It's like someone takes the fatigue switch and just turns it off.

It's a bizarre sensation because you know I mean, we're all accustomed to you work out really diligently, you do something that's a lot of physical exertion and you feel it. Right, that's how we like oh, I'm feeling it, I'm sore, and that literally goes from I'm super sore to wait, it's all gone, I feel perfectly fine, I'm not winded, I can breathe, my muscles feel fine. It's actually. It's a strange sensation.

0:10:53 - Chloe  
Yeah, no, that's interesting. I mean I have a we were just talking. I have a hyperbaric also, and so I use that a lot for recovery or if I didn't sleep well the night before, and so that's sort of how I feel when I get out of the chamber a lot of times. Also stack it with, like some methylene blue or some Neural RX or my brain tap or whatever. So those all help and work synergistically, but it definitely changes the recovery pretty quickly, although that's a whole hour in a chamber as opposed to just drinking something.

0:11:24 - Ian  
If you could do the same sort of effect that you'd get in, like yours is like what? 1.4 atmospheres, precisely, yeah. So if you could hit 1.4 atmospheres, but hit it rather than taking an hour to get that, if you did it in a couple of seconds, you know, in terms of the rate of perfusion just moving through your body and how you actually feel. It is an equivalent feeling to doing hyperbaric, but it just happens in a few seconds and that's why it's so bizarre, is it just feels. It's not a sensation I had ever experienced with anything before. It was just weird Like tea instantly drops and goes away. So it's strange.

0:12:01 - Chloe  
Very cool. So yeah, are you guys going to put this out on the market at some point, or is this just for the lab?

0:12:10 - Ian  
Yeah, because I'm maniacal about performance. No one Hard work equals freedom. Faster yeah, no, it's. Yeah, we'll definitely put it out for people, you know it's. But right now it's great to have like a fridge stock of the stuff, because we're all kind of junkies for that. Like, there are a couple of things that I love having a lab, because we have what we call wizard coffee or brain coffee, and so it's a really hardcore new tropic coffee and we all have that, and then we have wizard water and you know, it's like there's some things that well, and things that you probably

wouldn't get, like matcha cheesecakes with you know C, 60 of them, which are literally delicious. So all the kind of stuff. If you see our Instagram feed, there's some really great food here, like the pizza of immortality.

0:13:04 - Chloe

Pizza of? Is that carbon 60 also?

0:13:06 - Ian

Yeah, it's a bunch of carbon 16 inside the pizza and it's so good, it's just ridiculous, Like, yeah, Well, I mean, at a certain point, you know I've been taking that stuff for well over 10 years and you know you want to get it into your system, but I still do not like the taste of C 16 olive oil. So at this point I'm like what can I hide it in?

0:13:27 - Chloe

You know, oh, that's funny. I don't mind any of them at all. I just I, literally, and I probably shouldn't, but I just take it up and I just take a swig of each bottle. I'm just like.

0:13:38 - Ian

I think I'm just kind of a you know kind of a little bit of a lightweight on it, because almost everybody does that like neural. I have no issues with whatsoever. But the Olympic Cinarum, that one I still take with, you know kind of a hot citrus tea or something, yeah, or put it in pizza or put it in salad. It's actually phenomenal in salads too.

0:13:59 - Chloe

Oh I'm sure. Yeah, that makes sense.

0:14:00 - Ian

Yeah, and mural on sushi. Oh, it's like it is the best thing, yeah.

0:14:06 - Chloe

Yeah, yeah, I love MCT, okay, so then let's let's go into carbon 60. Since, since we're on that topic, tell us a little bit about what carbon 60 is, what some of the research is. I mean, there's some fascinating research that you replicated in your lab in terms of longevity, and then you created some really interesting products that I'm pretty obsessed with and I'm using with Remy as well and I think has a lot of potential, especially, I mean, my focus is always kids with special needs and neuro developmental disorders, because I think that's a massive epidemic and I'm very concerned about the situation and also epilepsy. So I think that these products have great potential for that. But also, as a mom who's slightly overtaxed and overworked, they've been really helpful for keeping my brain a little bit sharper and giving my workouts a little bit more of a boost. So let's, let's dive into carbon 60.

0:15:00 - Ian

So carbon 60 is? It's literally, it's a molecule, that is, 60 carbon atoms that would imply plus together an atrunkated icosic E-geng, also lovingly known as a soccer ball. So see, you've got basically a nanoscopic soccer ball, that's, you know, 1.2 nanometers wide kind of a thing, or 1.1 nanometers wide, so a very, very small soccer ball for small soccer teams or people who want great health, and it's it actually. Historically it was only discovered in 85, I believe, and the three guys who discovered it at the Nobel Prize for it and I only knew one of them and he was this really sweet old professor from Rice University in Houston. He was like a legitimately super nice guy who, despite all the stuff I was always tinkering with I think the only thing that I ever did with carbon 60 that he thought was even remotely interesting was some stuff I made for bees to protect them from colony collapse disorder, everything else he was kind of like whatever, but that bee thing, that's kind of cool Anyway. So carbon 60. Normally it's it's hydrophobic, so people didn't really think it was going to be something that was biologically

available. But if you bind it to a lipid, suddenly it has bioavailability and you can take it and when you ingest it, it actually moves through the cell membranes and gets inside the cell and localized around the mitochondria and it has an interesting benefit of being an electron or receptor, so it knocks out oxidative stress at the mitochondria. So, like at the, at the point where you're actually generating ATP adenosine triphosphate for energy, it allows you to knock out oxidative stress which literally just from blocking the system loss at the kind of the custom electron transport chain there we showed that we were getting 18 to 58.3 percent jumps and increases in ATP production, which is remarked. Yeah, I mean, it's really it's a profound shift.

And that was that was kind of at the first blush when I was doing this, you know, over a decade ago just blocking system loss. So since then, you know, instead of just looking at one side of the curve, I thought, okay, well, if I can get this much benefit for people just by blocking loss, what else can I do, right? So then I started adding in things like NMN and resveratrol and you know some of the other things like NMN and gencicides and things like that, because you get different output profiles and performance. Like, if you do NMN, which is just an AD precursor, it boosts part of the electron transport Chain. But if you couple it with resveratrol you get like a 1.52 percent jump over what you would if you just did NMN. And if you bundle it with something like a ginger side or a genicinicide, rather from gencine, you get like a 1.97 percent boost. So, yeah, so there's there's lots of things like that that you know I was thinking well, how can I optimize this? What can I do for people? You know what? What can I stimulate? And so I blocked the loss.

But then I added on the other side, and so it gives you this really robust energetic profile where you're looking at all the different complexes of the electron transport chain and you say, ok, I'm going to tweak this one a little bit, this one a little bit, this one a little bit. And when you start looking at all of this very subtle stuff, all of those little things create a ripple and in the aggregate of those, building on one another, it's it's like creating a rope, right, you start with just little bitty fibers, but over time, when you weave them all together, you end up with something that has much more strength collectively than it does individually. And so that was kind of the idea is to take something and figure out how do I manipulate these things so that I can make them more effective. You know what? What would have been the minimum effective dose? I can take a fraction of that now and make it the minimum effective dose because I block oxidative stress in the stomach and buffer things against stomach acid, like we showed in the lab. We showed that we were inhibiting denaturation of proteins at you know stomach acids, kind of rates, like you know, of two, ph, of like two and three, and then at 80 degrees Celsius, right. So the blocking saturation in those conditions was pretty profound. And so those sorts of things, when, when I take those components and I stack them together to do different things, like some are for the body overall and for muscle or performance, where you're trying to affect skeletal muscle and you know contractile rates of sarcomeres and things like that, and then others are for, like, the caprylic acid that's bound to a fullerene, so that type of lipofullerene hits your liver, fractionates and goes to your brain and you end up pulling a lot of nanoparticles into your brain, which is, I know, the one that that you take. I take them all as well, but the neural RX really it does profoundly shift things right and you can feel it because everyone's brain is actually under assault.

I always tell people this. I developed it for people with Alzheimer's and the idea was how does Alzheimer's work as a disease? And after I really looked at it I thought we're wrong. It's not a disease. It's a protective mechanism. It's the body doing what the body does best and it's trying to buffer itself against you know threats, whether they're, you know, p gingivalis in your mouth and it's some endogenous thing that's going to get you, or it's glyphosate or EMFs or whatever. The exogenous threat is. All those stressors hit your brain every day. And if we were in a perfectly pristine environment, you know, 800 years ago, living in the south of France on the river, we probably wouldn't need any of this stuff. But you know, our environment is pretty, pretty difficult now and we're always under assault. So I started looking at that and figuring out

okay, what do I need to do to handle this component of this disease and what do I need to do? And once I was done, it works surprisingly well for that.

But if you don't have some massive cognitive deficit, it's about the best in the tropic that I've seen yet and you end up with a lot of energy. Also, that the big, probably biggest, benefit of it is every day your body pumps out new neurons, right? So there's hippocampal production of new neurons every day and that neurogenesis happens at a fixed rate. But this outpaces that rate at two to three to one. So you start producing all these new. You know neuroide outgrowth, outcroppings of neurons.

But your body is very wise and that it's always looking for kind of the best homeostatic balance and neurons are insanely resource-consulted, right? So your brain weighs what 2 to 2 and a half percent of your body mass but consumes 20 to 25 percent of all of your available oxygen. So so every day your body goes through this process called synaptic pruning, so you kick out these new neurons. But if your body isn't going to use them for something like if you're not under a cognitive load and there's not a necessity to maintain that new neural capacity, it literally kills them through synaptic pruning every day. So, despite the fact that you're producing two or three times as many, it doesn't really matter, unless you put yourself under cognitive load, which is what I always tell people.

You know, week three after you start taking the role RX, put yourself under some really intense new cognitive demand, whether it's you know, learning how to juggle, learning a new language, learning a new instrument, learning to build kites or model planes or whatever, just as long as it's something that's truly novel, that you haven't done before, because your brain will pick a pathway that's already used and send the energy down that pathway because it's less resource-consumptive, unless it's something entirely new in which it goes oh, we need more processing power, let's come up with a new route. And then it cements those neurons into place and from that point on you have more neural density and hence literally kind of a bigger brain, if you will, and you can do more and more with it.

0:23:07 - Chloe

Interesting. Well, I do know that you are a rapper now as part of your brain training, and so the mic is yours Actually that's totally true.

0:23:19 - Ian

That was one of those things. Unfortunately, I think I probably have oppositional defiance disorder, because my kids said there is no way in the world that you're not going to be able to pull that off. So I was like, well, what is the most difficult rap thing you could find? Until they found this song. That was absolutely insane. I was like, sure, got that. And yeah, it took a little bit but I did it, you know, because it was entirely new and it really did Like at first. Now when I hear something like that, it's actually surprisingly easy for me to break it apart, and I'm sure it's because I now have a cognitive pathway that allows me to process things like that. But at first I was going like, oh my God, how you know? Because there's a component of kind of the tonality and rhythm and vocabulary and all of that stuff kind of thrown into the mix together. It was, I felt, like a deer in headlights for the first month. So, yeah, very difficult actually.

0:24:15 - Chloe

Oh, I have no doubt I'm you know, I'm born and raised in Brooklyn, very, very Brooklyn proud and I have listened to rap my whole life and there is no way. I mean I've certainly drunk and they tried to freestyle and it does not go well, but I would assume so interesting. So with the neurogenesis in the hippocampus. The hippocampus stores memories, if I'm not correct. So I know that with CBD, CBD increases neurogenesis in the hippocampus also. So that's one of the ways that it seems that CBD is helpful with things like PTSD also, because it's sort of

creating those narrow pathways, sort of around some of the areas of trauma and clearing out some of those.

0:25:00 - Ian

Some mushrooms do too. Yeah, there's. You know, cordyceps is pretty good for that. There are a couple of mushrooms that actually stimulate, you know, new neurogenesis at kind of an enhanced rate, and there's also a lot of study about mushrooms and PTSD showing a lot of good things too. And then there's the MAPS program doing, you know not to digress too much, but the MAPS program working with MDMA and having just insanely successful rates of taking people out of really harsh conditions where they have very bad PTSD and they're making big benefits.

0:25:35 - Chloe

So it's incredible. I have a good friend, this guy Lane, who's a green beret down in Colorado Springs, and he's been doing a ton of work with veterans using different plant medicines, whether it's mushrooms or San Pedro. Maybe I shouldn't be mentioning this on the internet, I have no idea. Anyway, that's what they're doing and they're seeing really great results for a lot of these veterans who are dealing with a tremendous amount of psychological stress and trauma.

0:26:03 - Ian

I was joking. I was actually I was working on a project with a new group that I'm advising called Subtury Neuro, and we were joking at the MAPS program. I think they're just finishing up their Phase 3s, so their clinical trials for Phase 3. And I jokingly said I think they had to stop because they ran out of glow sticks. So that's actually the rate limiting factor for a Phase 3 clinical trial for MDMA is no more glow sticks, no more glow sticks and hopefully it goes back to, like the 90s, rave days.

0:26:39 - Chloe

that would make me very happy, I mean, the clothing is back, the DJ quit.

0:26:43 - Ian

so the Phase 3 clinical trial ended.

0:26:48 - Chloe

I love it. So the neuro, I think, is just super fascinating. One of the things that it also activates is the lymphatic system, which is sort of the brain's waste system, which normally cycles through, mainly at night while you're asleep. Is there any like have you? Do you ever recommend that people take it before bed, or is that not necessary?

0:27:08 - Ian

No, actually a lot of people take it before bed and I think it's good to do that because it's a you know, the restorative cycle. So if you're trying to kind of help and heal and remodel the noggin, having the add and energy right before you sack out is really good. In my experience it doesn't actually keep me up. I've heard some people say that, but I think there's kind of an adaptation period where you kind of have to detoxify your brain a little bit. Once you're over that curve, then your body starts to take the energy and use it to do restorative, repairing sorts of things. But before that, I think a lot of people, when they're running in a huge deficit, they'll take it sometimes and they'll feel a little wired. But yeah, in general triggering the lymphatic system, which is you know, we've only known about it for what? Three years now and it's this little, very small subset of the brain, that kind of in the lymphatic system, that opens up a channel and allows interstitial fluid and sort of spinal fluid to come in and actually wash the brain. And so it's a pressure system really, and if you have not enough pressure in the system because you don't have enough energy, then it's literally like trying to wash away boulders with a garden hose it is



never going to work, you know. So this allows you to increase the static pressure, if you will, so that you're able to cycle it in and out more effectively, and also because of the proteolytic enzymes in there it actually breaks down. You know tau proteins and beta amyloid plaque and things like that that your body uses to trap different exogenous threats, and sometimes it does too, but usually things like mercury or glyphosate, something that's coming in from the outside, that's going to create a problem. Well, your body and we know this because you have a kind of a lacy banner in your midsection called the Omentum OMENTUM, and anytime your pH is going to get skewed, which will kill you, your body sequesters whatever sort of the offending agent is, and in the West it's usually some sort of sugar, you know, because we're far too acidic in the West and so it kind of wraps those in little fat packets and pops them around the midsection, which is why everybody generally has kind of the poofy midsection in the West, because we eat too many things that have lots of little sugars and things like that. Well, you know, our body has that, so of course our brain has a similar system and it just uses, you know, sticky proteins and things like that to wrap around those offending members of you know kind of the neural society, and then it just wedges them on the side of something and sticks them there.

So the proteolytic enzymes go past the blood-brain barrier because they're very small and there was some really good research out in Japan that I kind of copped to use as the basis for why to put these particular enzymes there, thank you. And so it goes past the blood brain barrier and starts breaking them down into small components. And the thing is at night, when you're sleeping and your glymphatic system triggers, it's capable of removing very small media, but it's very difficult to remove very large sticky media. So once those things break them down and they they literally the proteolytic enzymes are actually eating them. They're broken down into small components, so your glymphatic system is able to process them out. So every day as you sleep, you literally remodel your brain. That's that's why I like that is most things that are classes like nitropics or something like that. They provide you even caffeine, right, they provide you with a quick boost, but it's not something that's going to have long-term benefit and I always wanted to make products for people that don't, you know, don't have just kind of a flash in the pan effect. They're something that's consistently beneficial over time. You know whether it's, you know, the C 60 kind of for the remainder of your body that knocks out the oxidative stress load and and helps regenerate things.

And you know you had alluded to, like my experiment that I. I recreated this one experiment from the University of Paris at leaving the south of France, and Fafi Moussa was the lead author of the study and in his experiment they got a 90% extension in the lifespan of their lab animals. And I remember when I read that in 2012, I thought that can't possibly be right. That just seems like total BS. But, yeah, I was open minded, I thought, all right, you know what? What the hell, I'll try it. So I did the same experiment, but I did it with P 53 knockout mice because they have a very they're for those of you who were not in oncology, they're they're kind of the unfortunate mice that have tumors.

They develop idiopathic presentation of tumors, so they just spontaneously have all these little tumors that pop up and that's what kills them. But because they are so widely used in oncology research, they have an incredibly well defined mortality curve. So you know that a wild type mouse is going to live this long, a heterozygous is going to live this long and a homozygous is going to live this long, homozygous being the shortest. Where they have a knockout, knockout, and so that's what I use is a negative, negative homozygous. And so they they should have lived just a few months and they all, on average, lived 93% longer and they didn't die of tumors. And which was remarkable, I mean it was, it was such a profound. Yeah, it's one of those things when you see it, sometimes you go what, how the hell does that work? You know, and it's, I mean, to me right.

Being a scientist, you kind of you have to be sort of agnostic about things, and because you'll see data, sometimes that makes absolutely no sense and in a lot of times it's because you squirreled something you, you screwed it up, you did the experiment wrong, you missed, missed something, you didn't factor for something, you did it improperly. But if you eliminate those variables and you go back and you run it and you check it and you test it and you go okay, I actually did it right, the setup was right, the data is just super weird. Well then, it's kind of incumbent upon you to go. I totally don't understand this. Let's, let's pull the thread and see what's going on.

And so that that's kind of what I did, is it was such a bizarre result, I was like, well, holy shit, it actually seems to work, because a 90% increase in lifespan at a 93% they're so close that that's obviously not some statistical anomaly. It was something definitive that was happening and I understand the mechanisms for it now, more than a decade later, after working on it all this time. But it was just. It was such a remarkably profound thing where you kind of look at it and go, wow, okay. And for me personally, you know, knowing that that was the effect in mice, I thought, god, by the time I run this through, and you know, if we actually take this the FDA route and do clinical trials and all that sort of stuff, I'll be in my 70s by the time this thing gets approved and there's no way I'm doing that. So I knew the safety profile was really good, so I just started making it and taking it myself, and I was, I was like guinea pig alpha.

So I started doing them myself first, and then I did it on one of my dogs who had had problems and dogs are fantastic because there is no placebo effect, right. So I had a great Pyrenees golden retriever mix and he literally couldn't get on the bed with me anymore, like he used to just run up and jump up on the bed and he was like a 2xl golden retriever, the happiest dog ever, even though he was like almost 100 pounds, like you know. Knock you over. So I get on the bed and he would come up and this was so depressing. He would come up, he would hop up and put his paws up and then he would kind of like slink up and that was bad. But when he would get down he would put his front paws on the ground and he would pull himself forward until his hind legs would just plop on the ground. It was so horribly depressing and so I gave the what is basically now like the Olympic zero, the Olympics I actually far better. I wish I had had it then.

But I gave him kind of what was you know three or four generations back and after like two, three weeks he was running and jumping up on the bed again. I was like, oh my God, this is remarkable and it was because I felt it too, but it's just. It's kind of neat when you see it with an animal, because there really isn't an equal CBO. So they're just, if they can hop up, they hop up. If they can run, they run. If they can't, they're. You know, they're not making any bones about it or trying to lose sleep over it, they're just they're going to be there and lay with, logically.

And the same thing applied to horses. I remember the first time I tried to give this to horses that yeah, I'm a pretty big guy, you know, I'm almost 300 pounds, and so I was given this big thoroughbred and it was about a 1500 pound horse, and day one it was a little reluctant. Day two it came up, and day three I was trying to pour the serum on the oats and it just wanted me the hell out of the way. So it took its head and went and literally, literally, just like that's mine.

Yeah, it actually was one of those moments where I was kind of like, huh, and I see what it is like to be the small creature in the room.

Yeah, because it's, you know, there's so just with its head, you know there is so strong. And it was at that point that I was like, oh, okay, well, they obviously made the connection that this is something healthy, because there was actually a big corral with a bunch of horses and that one was just probably the most aggressive, but they all wanted the stuff, you know. And the same thing way back when I was working on a canine serum, I remember the woman, alyssa, who

was proctoring the trial, called me on the second day of the study and I said, hey, how's it going? And she said, Well, it's kind of weird. I said, how's that? She said Well, yesterday the dogs were all reluctant and they had them two to append at this research facility in Pennsylvania and I said Well, okay, and she goes. Well, today they are trying to lick it out of one another's mouths and I, yeah, I was thinking, well, your dogs are just very amorous, they just we had just fell in love overnight.

Obviously Parisian dogs, they're very amorous, you know, but yeah, but that was the thing, and so you know there is no placebo. They just knew that it had such an effect that they wanted that feeling. And it's true. I mean, I still do it all these years later because, like as I said, I don't like the taste at all, but the benefit is incontrovertible at this point. So I'm like you know, I'm going to keep doing what I'm doing.

0:37:31 - Chloe

Yeah Well, and it's certainly not hurting. Your brain is clearly functioning Fairly well.

0:37:37 - Ian

Yeah, well, and physically. I've taken some hits in the past couple years, with COVID a couple times and some things like that, but and also a really horrific motorcycle wreck a couple of months ago.

0:37:48 - Chloe

Yeah, just a little one right.

0:37:50 - Ian

Yeah, they continued at 65 miles an hour. Was was less than thrilling, but amazingly was not concussed, did not lose consciousness, and that despite the fact that my femur ended up inside of my tibia, that for those of you not in the medical field, that's the big giant bone on the upper part of your leg ended up inside of the large bone in the lower portion of my leg and actually split it six inches down like a log. Yeah, and I opted to not have surgery or not be put back together with pins or plates or screws, but to just dismiss myself and get transferred to my own laboratory and my own care and just regenerated everything over the span of a couple weeks so I shouldn't say a couple weeks, it was before I had the all clear, it was nine weeks.

0:38:39 - Chloe

So that's that's considering you refuse the surgery. You know that's very much like the proof is in the pudding and like I believe in what I'm doing and I know that you use a lot of PEMF and the V cells and a lot of, I'm sure, a ton of carbon 60. Yeah, I did.

0:38:57 - Ian

I did every modality that I knew how to do. So I did like the, the V cells, the carbon 60 pulse electromagnetic fields, lasers, just general red light therapy, I think. Actually, of everything I did, I would say the pimp was probably the most affected, right? So I got one of the pulse centers coils, one of the big giant coils, and for anybody who hasn't used those, you know you have these very large magnetic coils and people who say, like you can't tell magnets don't really do anything, yeah, they do, because you can literally put it on your arm and your arm will actually oh, it's insane.

Firing. Yeah, you'll trigger neuromuscular firing, so you start flopping back and forth. So for that I I alternated. I put the coils on my leg and then on my collarbone, which was split in half as well. I put it on those and alternate every day, do four cycles of 40 to 45 minutes of pop, sometimes a little bit longer. Usually I didn't really exceed an hour, but I just alternate back and forth and I would do that. And I did seven V cell procedures over six weeks.

And for those of you who don't know, that's very small, embryonic, like stem cells, which personally I'm a huge fan of. So it's kind of like a stem cell. But instead of, you know, like for somebody like myself in my 50s, if I take stem cells out, they're 50 year old stem cells as opposed to B cells which are basically day zero. So there's no telomeric degradation. So a little repeating strands of the on the end of your DNA, the repeating sequence. Normally you lose them about 25 to 250 base pairs every time.

Your cells replicate. Well, the V cells, there's no degradation. So they literally are kind of akin to if you had the forethought to know when you were born, like, hey, I'm going to bank all of my stem cells, which nobody in my generation actually know. It wasn't even a thing. So yeah, so that was incredibly helpful, and I know that the way I do it is a little different, because I actually use lasers and entangle them and then use the lasers to direct where they actually go in the body, and that's that's kind of a nifty feature.

0:41:13 - Chloe

I think, yeah, there's I think. I think his name is Greg Echoll. I think he's an acupuncturist who's up in the Northwest somewhere.

0:41:22 - Ian

Greg's.

0:41:22 - Chloe

Yeah, and he uses a bunch of B cells in his work with neurodegenerative disorders. I called their clinic to see if I could get Remy in and they were like we don't treat children. I was like I have a kid with a neurodegenerative disorder and they're like we don't treat children. And I was like we finally got so pissed off. So luckily they didn't get my full full Brooklyn attitude at them, but it's so playing that I've been wanting to study more because it sounds like they're having really interesting results. What else have you used it?

0:41:54 - Ian

for. So let's see people with blindness, people whose backs have been injured, nasal problems, all sorts of things, cardiac issues, just general, general things where you know it's seemingly applicable to something that would benefit from a big, whopping dose of stem cells and we've had truly, just remarkable results. I think that that particular area of regenerative medicine, I think, is going to be huge in the future. I think if it isn't, you know, kibosh, I mean there's always. There's always in the industry when things work really well, there's a very high likelihood that they just get squished.

0:42:39 - Chloe

Now, yes, certainly seeing that happen with many supplements and products and different things on the market.

0:42:47 - Ian

Well, that's kind of. I mean, I used to be naive enough to think that you know, you build the better mousetrap and the world beats the path to your door, when, in fact, you build the better mousetrap and the people who have the lame incumbent mousetrap decide that they're going to spend a large portion of their budget to stop you from getting your better mousetrap to market, or buy it and shelve it because they don't want to retrain their sales staff on how to shelve the better mousetrap. I mean it's, it's, it's ludicrous, but that really is like how it actually it's. Also, it really doesn't work as a quick saying. You know, build a better mousetrap, the world beats path. You're dork, it's kind of concise, you know. If you say the other one, it's a a long drawn out actually and, though more accurate, it's really people just don't hang on to this. So well.

0:43:33 - Chloe

Yeah, it's a little trickier. It could be helpful after three weeks of the Neural Rx you can work on some of these stuff, but it's um one of the things going back to the neuro again because I really am just so fascinated with this. So one of the reasons I fell in love with this product is because Remy's disorder and a lot of these rare genetic disorders are mutations that affect certain proteins in the body. So, like Remy's disorders, syntax and binding protein and so that protein helps the neurons communicate and basically he not only does it make enough of this protein, but then it misfolds and aggregates in the brain, can cause some of these children to regress and ultimately pass away in their teens and twenties clearly something I would like to avoid with my child and honestly, not something I'm particularly concerned with for him, because there are so many other products and so many different ways, like B cells and Neural Rx and so many different things that I found out there that are super interesting in terms of clearing out sort of plaques from the brains.

Um, do you ever? So? Two questions one um, have you seen this used a lot with children and obviously you can't make any recommendations or medical claims. We all know this, but anecdotally, um, what have you seen? And then also, do you ever, do you ever pair it with like gamma frequencies, which have also been shown to sort of break down some of these plaques in the brain? Because that seems like a yes a fun little experiment to play with.

0:45:03 - Ian

Yeah, I've seen some remarkable changes in kids with things like pandas. Um, you know, literally you know kids who walk on their toes and they haven't touched their feet, you know their heels to the ground in a year and within three days of being on neural they're, you know, they're putting their heels on the ground and walking. That was actually some of those things are just remarkably cool to me, you know. I mean, that's why I do this stuff right is to help, and and when you see stuff like that, it it just kind of drives it home because we all have different needs for things. So, yeah, on the note of you know, have I seen benefit for kids? Yeah, remarkable benefits, like huge, profound shifts.

Um, I did it with my own kids again anecdotal, but you know, my son, when he was 14 or so, started having you know what, what were the pings of really kind of issues with ADHD and ADD and stuff like that. And so, as it turns out, a lot of those issues aren't protein binding issues the way that we've all thought they were for a long time. They really have more to do with energy potentiation and mitochondrial benefits in the brain and if you and it's honestly, it's not that shocking, right, the body wants to repair itself and it wants to function, but if it doesn't have enough energetic capacity to do that and to repair itself, it's not going to. It'd be like repairing a wound without the energy to be able to repair the wound. Well, you're pretty much hosed right out of the gate. If you don't have the energetics to do it, it's not going to happen. You're going to end up with some weird jagged scarring and you know dips and your tissue and things like that and energetics in the brain are very similar. If you provide enough of a boost, then the brain will auto-regulate and figure out what kind of homeostatic balance it needs to be in what you know compounds it needs to produce, at what rate and actually do that. No, that's not a hundred percent, obviously I mean they're, they're always. You know lots of variation, but in my experience, people want to be well and their bodies know that. You know you have a profile for what you should do and how you should function. If and given enough resources, it actually balances itself out.

So, um, he still literally come. He was in the lab earlier today. Um, he comes in, you know, almost four years later. He'll be 18 next week and he still comes in and gets the the neural all the time every month. You know he uses a big bottle or more every month like clockwork and you know anybody who has a teenage kid knows that if your teenage kid comes to you and asks you for anything for their benefit, it means it's working, because otherwise there's no way in hell that they would come deal with their very uncool parent and ask him that's good for

anything at all. So yeah, so that's been good. And then with the kids, with pandas, I noticed huge shifts and that was that was very cool, made me quite happy to see, to see that function really quickly. And yeah, I mean I can't make any claims for kids, but I can tell you what I would do with my own kids and did and with people who are good friends that I would recommend things to you know who.

I would just as soon harm my kids as their kids. And yeah, I'd well, and you, you know, I mean I, I think it's a great benefit. I've seen it have a lot of effect for things that would normally push kids towards epileptic fits. It negates a lot of that very, very rapidly. Um, yeah, and in terms of coupling it with other things, uh, yeah, there's there's quite a few things that I actually couple it with to get really pronounced benefits. Um, that's probably a whole, a whole different list. You know, and I always tell people and this is not just a platitude, I mean people can reach out to me because I am genuinely here to help. So, like, it takes me a while to get back, because if you saw my you know feed, you'd realize how many people reach out. There are a lot of them. But I kind of feel like if you have a specific skill set, it's sort of incumbent upon you to help, right and for what?

it's worth. You know, I do have kind of an odd skill set and I can usually kind of suss out, hey, this might help or this might not help. And if not the Nellis, I can at least give people some advice or bounce ideas. So you know, people hit me up all the time asking about different things. I respond to literally every single one of them, um, albeit, it takes a while now because there's so many, but uh, it's worth it, because when you can do that, you know, I fundamentally believe we are here to help one another.

0:49:51 - Chloe

So a thousand percent. I have one thing I think you and I are very similar in that I doubt that I get quite as many emails as you do. But, um, especially with Chinese medicine people, it's very confusing. A there are tremendous limitations on what I can say on my website, particularly since I have a CBD, since I have CBD and a lot of our products, um. But B, chinese medicine is a little confusing.

I try and make the products as easy as possible for people to take off of the shelf and whatnot. But what I've started doing, um, which you might consider um, is I block off two hours a week where people can schedule 15 minute calls with me, because for me that's just easier sometimes that it's just super helpful, but it's. It's amazing, you know, and a lot of times nobody schedules and I'll have one person and I'll just talk to them for the full hour, like it's always. I'm always like not medical advice, but I'll do a full intake on people because I'm just like I just care and if I can help you like I don't care if it's my products or somebody else's, like I know a lot about a lot of weird shit if I can point you in a direction that's going to help you on your path and like I have the ability to do that, like I'm more than happy to do so you know yeah, there.

0:51:00 - Ian

Actually, there are a lot of times where people will ask me like, will this help? I don't know. Not at all, you know. But what you need is this, because there are. I mean, it's hard for people who aren't in the health and wellness space or research scientists to keep up with all the new data that comes out like it's damn near impossible. I read it a stupid pace and it's still really difficult to keep up with everything that's going on. Yeah, I mean quite literally research papers I was going through yesterday. This is, yeah, hundreds of pages of stuff and you know it was all stuff that I need to know. But the average person, no way in health. They're 100% not going to be able to keep up, nor should they really have to. That's why there are people like us, so that they can reach out to as a resource and say oh what do I do?

0:51:50 - Chloe

you know yeah, well on it's. I mean, I think so much of it is. So many people are so disillusioned with the western medical system.

0:51:58 - Ian

Very understandably, because it's a piss or yeah, I don't know what you're talking about what do you mean?

0:52:03 - Chloe

it's fantastic, it's flowing good, just rolling but it's just I always say I'm like you know, let's build a health care system around building and growing in health as opposed to responding to disease, like we just have to switch that paradigm because if we are taking steps in the direction of health, you're avoiding disease or disarmament, or disarmament or whatever, as opposed to once you're in that disease state and then you have to try and whale it back with pharmaceuticals that often you know are very toxic, with multiple side effects and aren't studied for long-term use and yada yada there's no way you're getting your check from monsanto this week.

Just saying I'm just trust me, I know I interviewed Stephanie Senup, who's like the leading researcher on it. I like, if you, if you think your notes, my notes for your a podcast are intense, just like I showed up with like 12 images of notes. I was like, hi, I followed your research for a decade.

0:53:03 - Ian

I'm so excited yeah, stephanie said it's awesome, actually from MIT, and but you know, I keep wanting to reach out to her and tell her like hey, there's a way to detox. I'm sure she knows that there is a way to detox glyphosate in your system.

0:53:16 - Chloe

So and how does one do that? Is that, do they got this carbon-16 take? Well?

0:53:21 - Ian

it does, but you don't need it. You don't actually need that is so it's a combination of using it. It's sort of like the humic-folvic stuff that you see a lot of places like. Beam minerals is a really great brand for, for you know, humic and folvic shout out to Dan. But I would say the best thing that I've seen is I think the research came out maybe four and a half years ago and it was a bovine study, but they were detoxifying their systems and taking glyphosate out and they were using a combination of full thick acid and sourcrop juice, which sounds like the most abysmal thing you could heard about that, yeah but yeah, the there was something about the, the actual, you know, the active live probiotic cultures and the full thick that was detoxifying and pulling glyphosate out of the system.

So interesting.

0:54:17 - Chloe

Yeah, she always recommends some, the raw apple cider vinegar, and she's like I'm not sure, but I think this helps. But yeah, well, if you ever want a connection, I'm happy to introduce you to her. She's, she was lovely nothing else.

0:54:29 - Ian

I'd just like to tell her like, hey, this seems to work and it actually it seems to work a little better with the you know, nanoscopic carbon, you know, and I don't macroscopic stuff, like you know. Activated charcoal is cool too, but if you can get really, really teen icy stuff, like you know, nanoparticles, they they get into a lot of places that other things don't. And then the probiotics. Probiotics in general are pretty freaking fantastic, but if you use it like that not not

that I'd ever really want to drink it like ooh, sauerkraut and activated charcoal, that sounds awesome. You know, with a little full, thick mix, stand sounds kind of gross. But you know, if you've got glyphosate in your system, it dysregulates so many things. I mean, so many diseases can actually be traced back to that, that one thing, that one thing, of course, being the most widely produced compound on the planet. Chemically, it's absolutely terrifying a few years.

Yeah, that's just insane to me. I mean that that is, as a culture and a species, that's shooting ourselves in the foot.

0:55:30 - Chloe

It's just unbelievable that we actually do that it's kind of funny because I don't think that there's been one podcast that I've recorded so far from my podcast where we haven't ultimately started talking about glyphosate, because it's just that big of an issue that ties into like every health issue at every aspect of health, whether it's the environment or the health of our bodies, and it's just mind-boggling you can't get them in now?

0:56:00 - Ian

well, I mean, it's in the rain in the rain, it's you know in two years ago they found that in over 98% of umbilical stem cells from cord blood right, that's spooky as hell, right cord blood from newborn babies. Over 98% of them had it in their umbilical cord blood.

0:56:20 - Chloe

I'm not surprised.

0:56:22 - Ian

Yeah, I'm not surprised at all yeah, but it's just, you know we're not, we're not doing ourselves any favors in terms of creating an environment for humans to thrive. You know, I mean, the world really doesn't care. I think you know the earth will survive, right? The only thing we're doing is we're damaging the human habitat. You know, and I sometimes I feel like I'm spinning my wheels because I'm, you know, a hauling ass in one direction, trying to fix as many different things like and that will create a nice environment for humanity.

But, uh, I don't know that, I don't know that one, it's being met with open arms from a lot of people because some, some of this stuff. Just, you know, people, they say a lot of things, but I don't know that everybody's really committed to the idea of like, oh, let's fix the climate, let's fix the pollutants, let's fix the water. You know, everybody says that. But what do you really think?

The likelihood is that, with the you know, 196, 98 countries in the world, or so you know, depending on how it fluctuates, that they're all gonna get together and sing kumbaya and get those, get those issues worked out. I mean, if that were the case, we should have eliminated, you know, people's need for clean water decades ago it. It would literally cost less than we spend every year on Christmas in the US to do that, and yet there are still. There are still, you know well over a billion people who don't access have access to clean water. I'm, I'm sure, in the spirit of Christmas, though it's really far more poor than that we buy stuff, so all of our children need more plastic to what.

0:57:55 - Chloe

I uh, well, I mean, that's a that's a lot of my idea. Behind this podcast is and you know, my bachelor's was ecology and evolutionary biology and I got my doctorate in Chinese medicine and it's really this idea that you know, what we're doing to the ecology of the planet is driving disease and causing catastrophic harm to us as well as the planet. So how can we, as individuals, take control, start taking control of these factors within our families and with our



homes and hopefully start circling it out that way, because, yeah, I don't. I mean, you know, we can't trust any of the politicians, so that's.

0:58:34 - Ian

That's. The thing is like it's kind of like I always joke about it's like being in the water and being like oh, the shark's wearing blue. No, the shark's wearing red. Dude, doesn't matter, you're still in open water with a big shark. It doesn't matter what the symbol is, you know it's driven by the same thing. So you know whether it's a necessity to eat you or whether it's monetary, it's kind of the same thing in the, in the grand scheme, right, and your approach of what can I control? That's.

People ask me that sometimes, like what can you do? Whatever you can personally do, you know, literally put a pin down, see what your sugar of influence is. Change that, right, like I may not make a difference for a ton of people, but I do at least get to impact the people that I come into contact, right, like every day. You know, to think that you don't actually have an impact is naive, right? Whether it's literally smiling at the guys that you see when you're walking out of your building in the morning, you know, saying hi to somebody, like that stuff, it, everything propagates a ripple. I mean, I can, I can nerd out in back of the physics behind it, but the reality is. All of those things set up a wave and people are far more connected than they think they are. Right, everything, everything tells you that you're the solid creature and that you're separate from everything else. That's, frankly, it's all bullshit. You know, you're absolutely not solid creatures, though you express solidity and, as Einstein pointed out, you know, reality is an illusion, albeit a persistent one.

That's that's kind of true, right, you, you, you recreate the way that holds yourself together based on your consciousness, and you do that billions of times a second. You know, there is sort of a refresh rate to reality and the idea that you are, in fact, separate from everyone else is just silly and at a certain point, that's that's the standpoint that you come from, is that's where you're really dialed in and that's the standpoint, I think, where you hit that you go. Oh wow, uh turns out, if I help everybody else, I'm helping myself.

1:00:36 - Chloe

Cool, you know totally, and you see that in nature also. You know, like you can feel that when you're in nature and being respectful and loving towards nature and in turn I've found, when you're eating foods and you know, taking herbs and whatnot that are that are grown respectfully, regeneratively, organically, and also the purchasing of those organic or regenerative foods is showing people where we're going to put our dollars, which is also important in the long run as well, because a lot of these companies are just looking to make money. So if we're saying that we're not going to buy foods that are made with glyphosate, they're going to stop making food super again with glyphosate.

1:01:19 - Ian

That's entirely true. Yeah, where you exercise your dollars, that will. That will probably move things more profoundly than damn near anything else, because people, companies, respond to that. I mean, they respond very quickly to that. So, yeah, that's it for me. Just, you know, kind of localized influence, because the guys in my lab I mean luckily we have kind of a really tight knit sort of family environment here, but but I've worked with all these guys for a long time and I feel very lucky and honored that they, they actually still show up and all want to do all the craziness and don't mind my ADD squirrel brain and in fact not only do they not mind that, they all support it and help me. Do you know all the kind of the craziness and the cool stuff I get to do? And frankly I'm like legit happy that I get to show up and do this kind of crazy stuff and still shock that I get paid to do it.

1:02:13 - Chloe

It's pretty fantastic as a kid yeah you know I agree, especially that you get to blow up stuff. I don't get to do that. I'll talk to my extractor, though Warren's pretty crazy. You'll get it, you're gonna love them. So I want to go back to carbon-60 a little bit. I have so many other questions, but I want to bring it back. So with carbon-60,. So so many of the disorders that we're seeing today come back to mitochondrial dysfunction, lack of energy, and there's so many assaults on the mitochondria. How is carbon-60 helping clear some of these assaults? Like, is it helping with EMFs? What is it doing with glyphosate? Does it actually detoxify the body? How does some of that work?

1:03:01 - Ian

Well, I don't think it's really doing anything in and of itself. With glyphosate, with EMFs, I can definitely say yes, it will block EMFs. Not only will it block EMFs, it will block some of the more intense versions on the electromagnetic spectrum too. That you know, I've done here in the lab, you know, all the way up to gamma and you can get some really pronounced benefits. Yeah, the kind of stuff like that would normally just absolutely kill you. How does it do that? So once you take it, if it's bound to a lipid, it moves through the cell membrane and then usually the lipid pulls apart and it kind of cleaves itself off and the fullerene moves towards the mitochondrial membrane and embeds on the surface of the mitochondrial membrane, on the outer mitochondrial membrane, and so it acts as an oxidative stress buffer.

But in the event that you can do something like, I've been tinkering a lot with the urolithin A because I wanted to figure out after having COVID it dinged up my heart a bit, so I was trying to figure out well, how do I repair those tissues? And the way to do that, since your heart produces most of its energy via beta oxidation, was to trigger mitophagy and actually back the infected mitochondria, because what we seemingly have found is that after that particular viral incursion and it probably has been like this for a long time with other viruses too, I just don't think anybody focused on it enough it doesn't actually seemingly go away. It stays wedged in the mitochondria. And that's kind of a bitch, because if you look at the sort of like the long-haul things that people are having problems with, most of those you can trace back to points of higher mitochondrial density. So in humans, across the board, it's hard brain and eyes.

In women it's ovaries, hard brain and eyes, in that order. And so your ovaries have roughly 20 times. You've got like 100,000 mitochondria per cell, as opposed to cardiac tissue which has about 5,000 or so. So you've got, for a woman, 20 times the mitochondrial density in your ovaries. So if you have something that is a mitochondrally oriented viral load that's going to compete for protons and that's what seems to be happening here is you end up with a sort of deprotonation, and when you have a deprotonation inside the mitochondria you literally just can't produce the same amount of energy.

So what would be the outcroppings of a drop in energy production in your ovaries? Well, your ovaries are linked to everything in your integrin system, right for a woman. So you're going to see things like dysregulation of skin and periods and hair, you know people would start to lose hair. And then, across the board you see people having issues with cardiac function, with their vision, brain fog, and it's all, in my opinion, because of the correlation between points of highest mitochondrial density and simply impinging protons inside this mitochondria. So I've been playing a lot with urolithin A because it triggers mitophagy. Right, because in my case and sadly I know this firsthand I came up with a couple of different things that I was going to use to try and whack the infected mitochondria and then replace them and then kind of bait them the thing called 2-deoxydeglucose, which is a non-metabolizable sugar that breaks down by rubate and then can't be used in the electron transport chain to make energy, and so if you have too many cells that are infected, you don't want to trigger autophagy.

1:06:42 - Chloe

No.

1:06:43 - Ian

Because if you have, say, maybe two percent of your cardiac cells are infected and you trigger autophagy and 52 percent of your cardiac cells, there's a what's that term? Death right.

1:06:56 - Chloe

You just unalived yourself.

1:06:58 - Ian

Yeah, I accidentally unalived myself, yeah, so that's kind of the bad way. But then I thought, well, okay, but if I trigger mitophagy and lieu of autophagy I keep the cells, but I just start swapping out the mitochondria, that's viable. So I started taking urolithin A in high concentrations to trigger mitophagy and then coupling that with some of the 2-DG to kind of do the baiting thing. And then it says your body looks for energy output inside the mitochondria and when mitophagy gets triggered it's basically you release macrophages, they go in, they break down the mitochondria and then they use the parts and rebuild new mitochondria. Right, so you go through mitochondrial biogenesis. But in the process of breaking those things down, you know your body looks for which of these guys are producing energy.

The right way, which is also if something has been affected by a viral load, kind of de facto way of saying which of these things is still kind of presenting with a viral load. Well, the energy output of these is low, the energy output of these is high. So I'm going to trigger mitophagy and affect these mitochondria and destroy those. So what I would do is I would take the 2-Doxy-D glucose and ingest that so that there would be a bigger gradient so your body can go oh, these things aren't producing anything, and these guys are still able to produce a little bit, so there's a bigger disparity. So we're going to whack these guys. And so that was kind of my thought, which is quite literally why I keep 2-DG and your Le Thnay in my drawer, because I'm going after them like popcorn. But it makes a difference, right. So that was one of kind of my approaches to fixing things mitochondrally, and then having the C60 in there serves as a really great buffer because the mitochondria that are still there, they're able to produce a lot more and their energy output is able to go up.

So if you know full well that you're going to be whacking a bunch of mitochondria, well, you got two options you can either replace them at the same rate, which you may or may not be able to do, and the quinolones like PQQ, pyrrole, quinoling Quinolone that's pretty good. You can take that and I do every day to buffer the rates. So you increase the rate of mitochondrial biogenesis and you get new ones. But if you know you're going to lose a certain amount of a population and your energy output has to be this number, well then you simply increase the output of the remaining mitochondria, and that's what C60 is so good for. So you bathe yourselves and that stuff so you get all these happy, healthy, functioning mitochondria. Then you kind of ghost it energetically with the 2D Oxidic Glucose. The levels drop. And then you take the Urolithin A to trigger my topogen and balances things out and at the end of the day you actually do start feeling better, which I can attest to personally.

1:09:53 - Chloe

That's amazing. That's so interesting. I love the way that your brain looks at the pathways and that sort of way like oh well, if we just knock this down and bring the energy up over here, we can scoot around the back door.

1:10:07 - Ian

Yeah, yeah, well, I mean it seems to be working for better or worse. It definitely. It's not completely, I wouldn't say, fixed, but in the process of fixing, and it's hard when you deal with anything that's it's subcellular. You've got so many, you know literally trillions of things going on inside your body that it anybody who looks at the body and isn't just in awe of how beautifully

complex and amazing and miraculous it is, isn't paying attention Because it's it's just the most remarkable thing. I mean I'm lucky.

I felt like I've developed some cool stuff and built some cool stuff, but nothing, not even like maybe like, oh, look a fingernail. I mean that's kind of the comparison. It's like it's nothing. The body is so amazing that when you start playing with it, there are so many different pathways and routes I mean you know this from from TCM, right, Chinese medicine They've been doing things for quite literally thousands of years that that people in the West, you know, only recently came to like one of my favorite things with Acupuncture Meridians. They're like, oh, it's a little bullshit, it doesn't exist. And then suddenly they have a machine that images and they go, oh, look at that, there's subtle things there, turns out it does work. You know like, until you have a machine that actually tells you it's there.

1:11:31 - Chloe

Oh, it happens all the time. I mean there's I will constantly see research come out that'll verify something from Chinese medicine for thousands of years ago and I'm like I'm equally like baffled by Western medicine and just sort of like banging my head on the wall. I like, come on, people catch up. And then also like how the fuck did they figure all of this out? And like the system of Chinese medicine just blows me away in such things.

1:11:57 - Ian

Yeah, like holy shit. Those are remarkable they're. They're both just truly brilliant systems. They're so elegant. I've never seen systems I mean, granted, they're five and six thousand years old respectively, so they've had a little time on the clock to do some stuff.

1:12:15 - Chloe

But meanwhile everybody's like is this safe? I always love it. I'm like, well, you could take, you could take the farms, or you could try this. You know, like an in Chinese medicine, I always tell my patients I'm like, you know, let's start with diet and lifestyle, let's start with acupuncture and energy work, and then you know, then you move to herbs. Then you know, if you need to, we can look into Western medicine. But you know, diet and lifestyle are going to address most of these things. And then, if we have, you know, solid herbs and supplements, we can support the pathways that we need to give you the boost while your body is doing the healing work on its own.

1:12:54 - Ian

I remember the first time I actually went to see someone who was doing acupuncture. It was remarkable to me. And then the first time I had it done likewise was the same thing. I went in because I was having a problem with my feet. I would wake up and my feet were really sore and kind of numb when I touched down in the mornings and I went to an acupuncturist who you know had a really good reputation and she literally just looked at me and said ah, there's your issue. And I said what are you talking about? She goes you got a problem in your calf muscle. I'm like no, I don't. She looked oh yeah, you do. No, I don't, just lay down for a second. And she literally took her finger and went and I went, you know just about Daner jumped off the table because it was so excruciating.

I was like, oh, I guess I have a problem with my calf muscle. You know well it was. It was a good reminder that. You know, myopia affects us all, right, just because you know right person doesn't mean you, you understand how all of the systems work. You know I would go to a specialist. You know I still, I still don't do all. I can work on cars and do engines pretty well, but I still go to a mechanic because they're better, you know. And the same thing applies Like I would come see you as opposed to trying to self-diagnose everything, because go to a person who's a specialist in what they do, you know it. Just, it was the.

The kind of the acupuncture thing was remarkable to me because it was so quick, too right. I didn't even know what the issue was. I was looking at one thing. She knew that the, the issue was something that was a precursor to what was actually the affect of it. And you know she was looking at what was affecting it to trigger the effect. And I was still just looking at the, the effect of it on my tootsies, thinking, oh, it's a problem with my feet. No, and literally within you know one session of just popping needles against you know different meridians and points. I was fixed. I thought damn, this is this is legit. Like this is this is truly brilliant science. Like whoever worked this system out, high five, you know, they crushed it.

1:15:02 - Chloe

Oh it's. It's totally mind boggling. Good acupuncturists I mean. Some are better than others. I'm a very good herbalist, or I'd like to consider myself pretty solid herbalist. That's my, like, main focus. I was always more interested in that because it satiates the left to right side of my brain. I can look at the Western pharmacological actions of the herbs and I can look at the Eastern energetics of the herbs, and so I get both and it's very satisfying for me and it's like customizable pharmaceuticals that are super safe and effective. But I'm a solid acupuncturist. But but some people out there are just absolutely incredible and I always recommend that people give it a try, even if they're somewhat curious of it.

1:15:44 - Ian

You know, seeing when you're, when you're talking about the idea of looking at both the pharmacological action and the energetic action. That's always intriguing to me, especially as a late, because I've been doing so much research on quantum biology and doing a lot of testing and we've done, you know, blinded studies, double blinded studies, and we've been getting data that is just bizarre, you know, actually, 20% jumps and ATP output remotely, just from you know, actively thinking about something with Lila quantum is one of the companies I work with and the data is so strange. I mean it's we've done the experiments in triplicate at this point and we run all the cell lines in quadruplicate and so everything has been factored through and we're not screwing up the process. But the data is so weird. You know, like literally from from a distance, totally being able to increase ATP output over 20% against a control. That's in an blinded experiment, and do it consistently.

Every time it just tells me that there's so much more going on like the energetics of things that in the West we never even looked at. You know, it's like you can, you can take the same molecule. Actually, in terms of running an experiment, I did the thing where we quantum chart something and then we ran the redox potential on. It was vitamin C actually, and we took it out of the jar, ran the redox potential. Everything follows exactly the same curve. Like the images are overlapped and you can barely see any discrepancy between them. Then we quantum charge one which in this case was putting it in a quantum block for 15 minutes and then ran it again. And they literally, in terms of redox potential, respond as if they are two entirely separate molecules.

And it's just. If you run the spectral analysis after that, you know, hplc or GCMS, it says it's exactly the same molecule, no differentiation between the two molecules. But then when you look at their energetic interaction, they're chemically entirely different. And it's just funny because we're at that, that junction point where a lot of the things that were, you know, energetic and spiritual, and now we're starting to quantify it and say, okay, look, our technology tells us we have a box. The box is this shape. Right, this molecule is this big and it's this shape and this is the mass. Cool. What it doesn't tell us is what's inside it. How is it moving? What is the mass of the thing inside it? You know, it just is a metaphor, but it's just remarkable to be kind of alive at a point in science where we're kind of going what the hell is this? How does this work?

You know, I always joke that there's this far-sighted cartoon with these two sharks swimming and all these people running up on the beach and one of the sharks is looking over at the other one and he goes dude, your dorsal fin's sticking up. How long has that been screwing things up for us, you know, and it's kind of like I feel like we have that same sort of approach a lot of times and it's so applicable. I cite that cartoon all the time because it cracks me up, because it's so true. Like we take so many things for granted and we just assume like water, you know, like, oh, I understand water, but do you, you know water? I mean anybody. One of the required reading books from my class used to be the Fourth Phase of Water, Gerald Pollack's book. Because you think you understand how it works because you're exposed to it all the time, it doesn't mean you really understand it, you know. It's like thinking you understand cars because you go driving.

1:19:12 - Chloe

No, you probably don't.

1:19:13 - Ian

You know, and I always thought that I understood water, and then I read some stuff and was like, oh wow, that's entirely different.

1:19:20 - Chloe

Oh, it's so fascinating. Yeah, the Fourth Phase of Water is something I love.

1:19:25 - Ian

Yeah, it's a fantastic book.

1:19:28 - Chloe

It's so much fun to dive into that research and that world and start opening your mind in that sort of way. I can tell you, Remy was absolutely sort of my teacher in opening me up to the quantum realm. Because, again, I sort of gravitated towards the ural side of Chinese medicine because it's more tangible. You know, here are the herbs, you take them. It fits in like our Western paradigm in a lot of ways, right, as opposed to acupuncture which is still a little woo-woo. I'm still from New York, you know, very science-minded, so I gravitated towards the herbs.

But then when Remy was born and he was so delayed, like so very delayed, he didn't even crawl till he was almost three, I think, didn't walk till six, still nonverbal, yada, yada. But once he was like a year, year and a half, and it was clear that there was something serious going on, I started taking him to doctor to doctor, to doctor to specialist, to cranial, sacral, everybody. You know we've seen everyone and just his energetics with the doctors. I just started making my decisions that way because the doctors that he liked he would put his little chubby hand on their face, thank you. And the doctors that he didn't like he would just shut down, like he just would not respond to them whatsoever, and I was like there's something there.

And then like I would watch some people do energy work on him and like you know he, I would see a different. Oh, we did. We did Psyche K, Bruce Lipton's like Kinesio psychology stuff. So it's like clearing psychological blockages through Kinesio testing. I forget I haven't looked at it in so long, but we did one Psyche K session, so you're clearing the subconscious beliefs of a significantly disabled two or three year old. And 30 minutes later Remy pulled to stand for the first time and I was like why, what so?

he definitely, and with the Lila stuff I got one of the quantum necklaces, one of the the heal capsules, the heal capsules and so I had it when I came home from Mother Nirvana.

I had it underneath my sweatshirt or something, and I walk in the house and Remy just immediately ran to me, pulled it out from under my sweatshirt, broke the chain. I bought like four chains for this thing, cause he just keeps grabbing it so I've got to get him one and put it on the. I'm going to put it on the back of his wheelchair or his like adaptive stroller, cause I'm like shit, the kid seems to need it, so I'm good to put it on him, but it's, it's so fascinating.

1:21:58 - Ian

Well that my son. I had the data showing the effects on the EMF from the heal capsules, right. You can look at the blood and dark filled microscopy and people have. You know, the coin rolls where your, your red blood cells are all stacked and they they shouldn't be, they should be kind of free floating and moving, and in lieu of that they have all aggregated together and there's clumping, so they're not flowing well and you have this kind of like, you know, in peripheral areas, like microvascular coagulopathy, where everything starts to clump together in the little channels and that's really bad. But when you put on a heal capsule, after a couple of minutes they just disperse.

And I and I showed my oldest son, who was studying the bonding and molecular genetics, and I showed him and he goes wait a second, let me get this right. So you got this necklace and it does a thing and the thing allows your red blood cells to shift and not coagulate the same way. And I said, yeah, that's right, and he goes. So you've got this necklace and it's a magical property that I can't see that's doing something. I said, yeah, effectively, yes, that's right, and he goes. So you're giving me a talisman. I said, yeah, okay, basically, you know, kind of by definition yeah, I guess that is the thing you know like we don't have the tools yet to describe quantum energy in the same way that we can describe things in the EMF spectra. We just we don't have it yet. You know, it doesn't mean it's not there, it just means we're not able to show it. You know, because I can do the experiment and get the same result over and over and over again, which tells me, yes, there is a function. That function is solid, it's happening. I have real data on it. It's, you know, done in a blind situation and a controlled situation. Yeah, I can prove that, that's there. Can I define exactly how it's working? No, but that's the cool part of science, right, like, and I may fail miserably, I may never be able to do that, right? So what? You know, I'll pass the reins onto some younger, sharper cat who's gonna come along and maybe he or she will figure out, like, how that all works and describe all this stuff Badass. That's how we progress as a species, right, you know?

I mean, like, if nobody ever, if nobody ever pulled the thread on something when they didn't understand how it worked, you know, faraday damn sure wouldn't have been doing anything with electromagnetism, because back in the day, playing with electromagnetism, you wanna talk about some weird stuff. If you go back and you read Faraday's notes and look at all that, that must have been like the same kind of thing. For me, dealing with quantum now is like wait a second, it's invisible and it does a thing you know, like you know, playing with fields of different things. I actually think that similar in fact, we'll probably have the same sort of outcropping of data and research Once we figure out what's really going on kind of in the quantum biological realm. Once we figure that stuff out, 100 years from now there's probably gonna be just a litany of things that are conditions that we find intractable, that we can't solve. That will be a no brainer. They'll go oh, you just do a you know and plug in a quantum function, like what you were saying with Remy. If he could just like run up and go and he doesn't even see it, but he knows that there's some sort of field effect going on. Well, it's obvious that there is something there and we can't necessarily see it, but I see that all the time that you know.

You've probably seen that research where they took chlorophyll derivative drops and put it in people's eyes and suddenly they were able to see in the infrared range, right. So they could see at night like a cat, and normally you only see between 400 and 700 nanometers that's the visible bandwidth of light, but they were going up, you know, to like the 900 range, right. So they're seeing all this stuff that you only see at night if you're a cat. And then there was another

research group that took retinol A derivative drops and did the same thing, but on the ultraviolet, into the spectrum, and so they were seeing auras and things like an insect would see. You know, they'd look at a plant and see all the beautiful patterns around it.

So we have the hardware to do that. We're just not energetically able to do it right. So if you provide the compounds, we already have all the hardware. We just don't have the energetics or the amylases to break things down or some other component like that. But we're built to actually see a lot more than we're seeing and perceive a lot more than we're able to perceive normally. So I would probably posit that a lot of kids that might be special needs are actually tooled in such a way that they are more adept at seeing things that we don't typically. You know, they, you know, feel like synaptic pruning, right? We used to think that little kids got smarter as they got older and their field of perception increased. Holy backwards, right. They're born and it's completely fanned out, synapses open wide and they're taken in everything, and then it just starts paring down reality, and so you end up with this very narrow bound or band of what is the reality that you have, remaining Totally different than what you see. As little that he did.

1:27:01 - Chloe

It's so fascinating. Yeah, and I definitely agree with you on that. I can tell you these children that I know and that I have the absolute pleasure of you know calling friends. You know friends and friends of fremmies. They're just absolute teachers. I mean, the way that they look at the world, the way that they engage in things is just so beautiful and so different, and so it's always interesting to me to see everybody's horror and grief for me when I talk about Remy and his disabilities. And I'm like to me, I'm just at such a level of acceptance with it that I'm just like he is exactly who he's supposed to be, like you know, like, yeah, we're gonna keep trying to push the needle and help him heal and be as independent as possible for him. But you know, he's wonderful. That kid is chilling, he's living his best life.

He's having a party all the time.

1:27:51 - Ian

You know that's huge, right, like having a big, open heart way the hell better than being the smartest guy in the world. You know it's so much better to just have a big, fat, open heart. My favorite feature of my kids and they're I lucked out and hit kind of the kid lotto and they're all very bright, but my favorite part is that they're hilarious and they have giant hearts. That's where it's at, you know. The rest of it Oftentimes, I think that sometimes kids who are special needs, they're almost kind of like an evolutionary jump, you know, because they're so based around their heart.

Such a heart-centric experience, like if you look at some of the kids that have, you know, trichromocene 21, right Like Down syndrome. I don't recall seeing any of them that have a scowl. You know their hearts are fanned open and you could feel it when you come around them. You just there's this pervasive wash of loving and kind, kind of in beneficial thoughts and feelings. That's beautiful, I mean, to me at least it's just, you know it's far more. It's more the takeaway than any sort of degradation on a biological level or any sort of impinging thing. Or, you know, like they don't really have a lot of impediments that most people have. I mean sure, nearly something might be different, but in terms of their emotion they've got it in spades over so many people I meet on the daily.

1:29:24 - Chloe

Oh yeah, yeah, it's such a different experience and you can, you know, being around Remy like it's palpable, it's infectious. You know, like people, you know, and I think people are always surprised at how much funny it is and how excited they are to be around him, because I think not many people have experience with children with significant disabilities. So a lot of people



you know I live in Boulder, many of my friends live in other places of the world, so they'll come and visit and they'll get to hang out with Remy and I can tell that they're a little bit nervous about, you know, how it's gonna go or what's gonna happen. They have no idea. And then, like within like a minute, they're just glowing and they're just like, whoa, oh cool, this is so much fun. I'm like, yeah, it is a lot of fun.

1:30:07 - Ian

Well, there's no. There's no auspices or screenings or anything put up, they're just like genuinely happy to be there and open.

1:30:15 - Chloe

Yeah.

1:30:16 - Ian

Yeah, compared to most people, that's remarkable.

1:30:19 - Chloe

Exactly. All right, I have already taken so much of your time this week. I have so many other questions, so I'm gonna Before I die. You're supposed to bump your head over on the podcast. I am Boom explosion.

1:30:39 - Ian

We'll have to regroup and do a second round.

1:30:43 - Chloe

We're gonna have to regroup and do a second round. I would just like to, for anybody listening on I am's itinerary for what she's like to work worth the show in his lifetime includes global warming, which he has created, a carbon negatives concrete for, which is fucking very cool. Aging, which he's made significant strud swords, cancer, clean water, free energy and super luminal travel. So we only got to touch like a very small portion of the work that he is doing and you've made incredible progress with cancer. That's super fascinating. So we'll definitely do this again very soon and get some more information out to people, because I do think that the work that you're doing is not only super fascinating but incredibly important and really exciting for people to hear about and hear and get some hope around, especially when we're talking about cancer. Cancer is another one that's just out, absolutely devastating and the rates are increasing at such dramatic speeds and anything that people can do.

1:31:48 - Ian

Yeah, I mean, there genuinely are reasons to have hope. So you know, it's the system, the way it's structured, and you know this better than just about anybody. It's difficult because of the regulatory things that you have to jump through and what you can and cannot say, and the average cost of getting a drug out, you know, is 1.125 billion with a B dollars. So it's very difficult and the structure is set up so, basically, like somebody like myself may crack the code on something and figure it out, but it's gonna be about a decade or a decade and a half before people actually get to utilize it. And it won't be coming from me, because I literally don't have the capacity to actually push it all the way through.

It's structured so that you have to hand off to one of the larger conglomerates and kind of international biopharma companies to get anything pushed through, and that's just. You know. That's the way the FDA is basically set things up. You know, to get in and file for an investigation of new drug filing, it's over half a million bucks Just to have them review your paperwork and put you in the system and then to get through, just you know, phase one is probably like 50 million bucks. So it's a chunk but A little bit of money.

Yeah, it is a little bit of money. You know, probably, unless you're like the big powerball winner, you're probably not going to be able to pull it off, but the way things are structured, it's still there's a lot to be really happy about. That's coming down the pike. Some of the stuff that I, you know, have done, I'm happy to share and talk about and there is there's reason for hope. You know a lot of it actually and you know, and there are a lot of really cool people that are working on a lot of stuff, that are making good strides and I think, luckily, I get to meet a lot of those people and talk to them through some of the groups that I work with. And, yeah, we should definitely circle back for a round two, because I'm happy to spread the, spread the love and kind of share the insights of you know, like, yeah, we're not, we're not all totally doomed, you know, otherwise I'd probably be on an island somewhere by myself sobbing, so Sobbing.

1:33:58 - Chloe

Is that what you'd be like? Oh my God, yeah, I think in Fiji. Just like I would literally be in Fiji drinking cola in my ties, like kayaking around. She doesn't sound bad, Maybe a vacation, oh yeah.

1:34:14 - Ian

Anakin Republic. There you go yeah.

1:34:18 - Chloe

Yeah, all right. Well, we will chat again soon. Thank you so much for your time and wisdom.