



DR. ROBYN BENSON + SELF CARE REVOLUTION PRESENTS
HEALTHY TRAVELER'S GLOBAL SUMMIT
SPEAKER TRANSCRIPT

Dr. Robyn Benson: Hello everyone. Welcome to the Healthy Traveler's Global Summit. My name is Robyn Benson. I'm a doctor of Oriental Medicine for 23 years and I've been really fortunate to travel to over 70 countries so I've walked a lot of this message and honestly I have learned so much from a lot of my colleagues who would have said yes to be part of this summit because they know how important it is that the world needs to travel in a much healthier way. And our topic is super immunity and I have to say of just under this because probably talked about some variation of how do we have, we need to have a super immunity but today we're specifically going to do the deep diving to parasites and learning about bacteria and other bugs. And so I'm joined with...

Kevin Snow: Kevin Snow, Intuitive counselor of Santa Fe Soul. This is an amazing center and you all need to travel to Santa Fe to see us and that's what this message is all about. It is being able to travel healthfully and we really are excited about this message. When you're traveling going to 70 countries, there's some bugs. There's definitely some things that you might pick up and talking to Dr. Glenn today, we're going to really find out. We're going to see some pictures of these bugs so hopefully you had breakfast today and you're ready to roll with us with the bugs.

Dr. Robyn Benson: Thanks Kevin. I have to say that I like to think that I've never had a parasite in my life but that's not the case. I have definitely been tested by Dr. Glenn in all the worked that he does in some other companies as well so I do my best. Honestly a big message also is preparation and prevention so I do a lot to prepare myself for international travel in particular depending on what country I'm going to. But I just want to share couple of things that I always travel with because I happen to be in Toronto, Canada right now and our speaker happens to be from Toronto, Canada, Dr. Glenn Wilcox which is really cool. Kevin you're in New Mexico both you and Renner in New Mexico and here I am in Toronto.

But I just want to again share because this is kind of fun because I really do practice what I share. I love to take these most of you probably know about this spray that has clove oil in it and eucalyptus and a couple of others but when I get on the airplane I spray my seat, I spray my hands, actually sprayed this computer screen but I sprayed my hands. I sniff it in or would just spray it on a Kleenex and this is really excellent just to help. Now if there's any airborne virus or bacteria, this will help boost my immune system. I have to say most travelers by now because often I'm bind two people I don't even know, they kind of love the fact that they have Dr. Robyn Benson next to them or they don't but mostly I have to say I haven't had anybody get too offended by what I share on planes. And often I have

my PMF device right on my lap so I say you know what? What's really cool is I'm protecting myself and you too. I also like to travel with the ACS 200. This is the silver spray this is what Dr. Gary Gordon spoke about so if you haven't heard his interview, you definitely want to hear it.

This is why you want to invest in this whole program because there's just so much information. So I love this, if I have a sinus issue going on or if not if I just spray in my mouth 10 or 15 sprays it will help protect me from any virus, bacteria, and parasite or if I happen to have some low grade infection, this is excellent. And if you that have been a patient of mine over the last 23 years know that my absolute favorite herb, honestly I have like 26 different companies. I'm a big fan of oregano oil. Why? It depends on the form, this happens to be in a emulsified form so you can get it in lots of variations but I think taking it direct is really harsh so don't ever do it. So put it in water, have something to mix it with but it's a great anti-viral, bacterial, it's good for parasites and its good for funguses, molds. We've heard a little bit about molds we'll hear a bit more today but this is an excellent formula. I've mention my Vitamin C powder, again there's so many different types in the market. I just like to have one that's really easy to travel with and one teaspoon of this in water or in some type of... my smoothie even will give me four grams of vitamin C. Sometimes I'll do this up to two or three times a day if I'll stay under the weather. Or I do it preventatively before I travel, even if I'm feeling fantastic. I want it up my vitamin C.

So that's a good amount that I recommend is about four grams. Get a Myers' cocktail. Lot of my patients who travel regularly come and get an infusion of a Myers' cocktail which is essentially vitamin C, B5, B6, Calcium, Magnesium and some other great things that I can actually custom make one for my clients. And also I want to mention Oceans Alive which is a really good phytoplankton, has lots of incredible minerals. Yes I've mentioned before I actually found the inventor of this, Lisa Let. I love it because I'm really particular like a lot of other herbalist. I don't want any additives. I don't want any preservatives. I don't want any artificial anything. I don't want sorbitol. I don't want any artificial sugars so this is the cleanest one I've ever found. So it's really the only one I used before I exercise, before I get in airplane I'll just add it to my water and it's a great multi-vitamin. It also has ... You've heard a lot about anti-oxidants that has super oxide dismutase, CoQ 10, vitamin D3 but super oxide dismutase is a fantastic anti-oxidant and it has a 1,000 IU's of vitamin D3 so many of our speakers I have talked about vitamin D3. It's not something you just take once a week, you need to get on a regular basis and for you, all of you who are listening and traveling around on regular basis to have a super immunity I even say have 5,000 IU of vitamin D3 and make sure you get a blood test to find out what your levels are at because too many people are way too low. If you're under 50, that's too low so you want to build your reserves. You want to get your vitamin D levels above 50, above 75 is even better.

Okay, I had to share that little spiel because I am on the road and I just want to say it helps me so much. I never get sick, I honestly hardly ever.

When I feel myself get a sore throat or something doesn't feel right, I take preventative measures and I can ensure a healthy trip every single time. And for many people it's one of the things that they really care to hear more on this summit is how to build their immune system, how not to get sick.

So let's go into parasites. This I can assure you will be a memorable. I think all of our speakers have given incredible insight in content but you will definitely remember this one by my friend, Dr. Glenn Wilcox. He's originally from Toronto, Canada. He was born and raised here. He's called to a career in Energy Medicine in 1973. He moved to the U.S. in 1974 and has been in the U.S. ever since. He's licensed in Oriental Medicine since 1982. Board Certified in Bioidentical Hormone Therapy, I.V. Therapy and Injection Therapy since 1998 by the Mexico Board of Acupuncture in Oriental Medicine. He continues to study on a regular basis, he trained with Nakazono very, very renowned Acupuncturist Herbalist and he studied traditional Chinese Medicine as well. So welcome. And you've been specializing in treating parasites since 1980.

Glenn Wilcox: Indeed.

Dr. Robyn Benson: How are you, my friend...?

Glenn Wilcox: Good Morning Dr. Robyn. Nice to...

Dr. Robyn Benson: Hey. I bet you wish you were near your hometown here.

Glenn Wilcox: Yes you're there, I'm here, that's great.

Dr. Robyn Benson: I love it.

Glenn Wilcox: I grew up just outside of Toronto. West of Toronto and what's now Mississauga was called to part to town back then. Well, lovely, lovely place to grow up. So enjoy it.

Dr. Robyn Benson: So you get to be ... talk about parasites. What a great interesting topic. I'll have to say so many people that are joining this, this series really want to know about this because they want to go to ... I guess as you will share with us parasites are everywhere. You don't have to get them in parasites, there's parasites in Haiti or India, and they're everywhere. So...

Glenn Wilcox: I'm fond of saying God loves bugs. How do we know? They are everywhere. Okay?

Dr. Robyn Benson: Yes.

Glenn Wilcox: And as we go through this, I think people will realize that this is much more than just an isolated problem in the third world. It's definitely a problem right here in America and all over the world. And I'll certainly get into a little bit details of how prevalent it is and then put together some ideas people can use to prevent getting parasites and other unfriendly bacteria while they're

traveling. Maybe first though, I should just mention how I got inspired beginning to this whole area back in 1980.

Kevin Snow: Yes.

Glenn Wilcox: It's kind of an interesting story. All right, so back in 1980, the short version is I took some natural remedies to eliminate parasites of form like put together. Myself took that formula and out came a living, moving 14 foot long worm. And it certainly surprised me and got my attention. I had no idea I was sick. No idea whatsoever. I was just a healthy young guy and so out comes this giant moving worm. We have a photo of it and a little video too that I'd like to share with you. The worm I got is a tapeworm. I got it from eating fish that have not been cooked enough certainly one of the risks. This shows up from time to time in the people I see. Can I show you a little video right now?

Kevin Snow: Let's see it.

Glenn Wilcox: I'm going to put on my spectacles here so I can make sure I do this correctly. And we're going to go to our presentation here of this worm and let's just ... see here, I'm going to push that one... There are you seeing that? Yes? Can you see the...yes?

Kevin Snow: Yes.

Glenn Wilcox: So that's a fish tapeworm. I fill a bowl through and let him inside of someone's colon during a colonoscopy. Crazy. That's going on in people. Here let me show you something else here. This is a photograph of a dead fish tapeworm that's been taken out of someone or came out of someone. There the gloved hands upper right corner showing it. We're about three quarters and its wide flat like a tape and they suck B12 out of your systems. So definitely something you want to stay away from. Let's go back to... I'm going back to the screen now. There I am. Okay, good. So I know that's kind of graphic, will share a few more even more graphic videos here in just a moment. But that's the idea of what's going on.

Kevin Snow: Well, we definitely have heard, a lot of us don't know a lot about parasites. But this idea that parasites seem normal maybe that makes my immune system healthier. So why would I want to really worry about this or do anything about it. What do you think about that Dr. Glenn?

Glenn Wilcox: Well some people think that everybody has parasites and it's just not so. There are certainly as a significant proportion of the population that do but not everyone has them. However, parasites cause problems. It's not healthy that parasites present in your digestive system. They will result, different ones have different effects. They will result in all kinds of digestive complaints and systemic health complaints. Modification parasites will modify your behavior. There's plenty of research on that. November issue National Geographic had a great article called Mind Suckers about how

parasites alter the behavior of animals including human animals. So for those folks who are a little naive about parasite problems, yes it's not a real issue. Dive in a little deeper and you'll be quite amazed.

Dr. Robyn Benson: Dr. Glenn when I studied in China, I spent time looking at lots of MRI's and CAT scans it was crazy to see people that were infested with parasites in their brain. I mean it freaked me out to even look at it.

Glenn Wilcox: Yes, I mean they commonly get inside the digestive system but they can travel. Some parasites naturally travel around in different bodies, in human bodies. And some parasites don't naturally do that or get lost sometimes and end up tapeworms in brains for example, you wouldn't believe where they show up sometimes. So it's an issue. How much of an issue? Well most people, most doctors think it's not an issue within the United States it's a third world problem. In fact, the last fairly substantial study about parasite problem in the UNESCO was reported in 2002 in the American journal tropical medicine. What they found was one third of Americans have some form of intestinal parasite. Now that's huge, one third having their amazing impact on people's health. But then if you start traveling the world, there are areas in the world where they are very, very prevalent. Some estimates are, and I think this is conservative, 60% of the people on the planet Earth have some kind of parasite. I think we're starting to get into the correct ballpark know on its prevalence on why in some parasites are everywhere. Roundworms, Aspirus Lumbar Colitis, we might just take another look at a video that one of people are in doubt about what happens with these things.

But let me just tell you roundworms, the most common parasite on earth. They estimate that one in four people on earth has round worms. Huge problem around the world and they do show up in America. How do you get them? We'll talk about that in a minute but let me just go again, I'm going to put on my specs here and we'll go over to share a little video about... Let's see, let's go back to... There, there's our worm. I'm just going to scroll through a PowerPoint I did just recently on parasites which we may... There we go. Here's our video. So this is Rose, this is graphic. If you have a sense of stomach right now look away. It appears to play a few moments but for this... Let me just run this video. Here is surgery taking round worms out of someone's intestine. I lost my control, here we go. All right, now. Okay, these roundworms are dead they've given a drug to kill the worms but they were so impacted in the intestines they had to go in and remove them so that the person could have a healthy digestion. So all round worm infestations are not like this. This is kind of a more exceptional one but these aren't just poor, starving, depressed, immune depressed people in third world countries. It's going on in Americas. This is a YouTube video you can see plenty of... There's a YouTube video on of a healthy body builder who complained of loading and they took the same kind of thing out of this healthy American body builder. So this is a problem that goes on. I think you've seen enough of that one but you get the idea. Oh, let me just do this. Okay and I'm back with you. I'm going to technology down here, good. So were you able to see that okay?

Kevin Snow: Yes.

Glenn Wilcox: That video?

Kevin Snow: Better than okay.

Glenn Wilcox: Picture all right?

Dr. Robyn Benson: Okay so Dr. Glenn that is a video...

Glenn Wilcox: What happened here?

Dr. Robyn Benson: Of a say again. That was a, what kind of worm?

Glenn Wilcox: That was *Aspirus Lumbar Colitis* commonly called Roundworm. So you get the idea of what can happen with this from a couple of very graphic videos. And there are plenty of other parasites that people get. As I say the problem is great, roundworms are everywhere how do you get these worms? Let's talk about that for a moment. There are a few ways that parasites are commonly transmitted probably the most common is water. So we in America are led to believe that our water in the municipal systems is safe to drink. But we know when you travel, be careful. In fact, anywhere in America is not safe to drink all of the time. Yes the water's safe to drink, some of the time but if you go to the CDC website, you'll find all of the information there that parasites have various forms especially cysts like *Giardia* *Lambia* are in the water from time to time. So how do you know? Where is it? No one knows. It's a bit of a gamble. So being aware of how to take care of water, we'll talk about that is essential. It is in the water from time to time in America and more so in many other countries.

Next food, we pretend that they get in America, oh our food is safety but anyone who watches the news sees, every year there are several hundred people somewhere getting sick from some bugs on food whether its bacteria or parasites. And so once again, the food safety sometimes but not all the time would present some information on how to take care of that too. Speaking of which, I wrote a little booklet about parasite prevention that would be really helpful for travelers who are watching here, your whole summit here. And I think we want...

Dr. Robyn Benson: I think I've noticed too, I think I've read that, it's like seven, eight pages of great information so for everybody who purchases this whole series will get that copies. I think that's very generous of you because I know you put a lot of your life into that booklet.

Glenn Wilcox: Yes it's kind of just a safe summary of what to look out for, what to be aware by way of transmissions and how to prevent it. And it goes into the some of the products do you use a lot for them that you mentioned earlier and we can get into that although probably the best thing depending on

time would be to just allow people to get this booklet so they have that information as a resource right there with them.

So water, food, how else do we get it? Pets. Pets are commonly backdoors of transmission. Pets get parasites, all animals get parasites. And pets get some parasites that they share with humans. So be careful. Your pet will lick itself everywhere and then it will move its fur and then the parasitic cysts or eggs could be on its fur, you pat the pet and they're on your hands or under your fingernails. So you probably not washing your hands thoroughly, and scrubbing under your fingernails you could get parasites.

Soil. Here's another one to think about. The second most common parasite on earth are hookworms. And hookworms latched on to the wall of your small intestine and suck blood. They cause pain, they cause anemia, and they cause digestive upset all kinds of things. The estimated one on six people on earth has hook worms. How do you get them? Two ways, you can get them on food like we talk about. The eggs of the hook worms on food but here's the other one and it's a little gross. It's kind of unhappy for people who are traveling. Hookworms can get into your feet. They can burrow through the skin of your feet. Hookworms live in the soil in some areas of the world and can roll through the soles of your feet and get into you that way.

So where are these areas on earth? The south east United States is a common place where hookworms exist and there are many other areas in the world where hook worms exists. Some of them have been isolated forever but the thing people need to realize is because people are traveling and moving everywhere, you basically have a global community now and so parasite problems that were once very localized are becoming more global. So we want to really be aware of these bugs. And if anyone's concern about going barefoot, you could check to see if you're in an area where they are prevalent but just know they can be in areas outside of... I know of one nurse practitioners in the cities of New Mexico whose dog got hookworms and that dog has never been outside of New Mexico.

Dr. Robyn Benson: Wow.

Glenn Wilcox: So the range is growing so be aware through the soils. What's another record is the air. In some areas the eggs of the round worms get in to the air and they basically are in fecal matter. The fecal matter dries that gets into the air so you can inhale some parasite's eggs through the air actually.

So summary, where do you get them? Be careful with your hygiene. Literally you can get parasites off of door knobs. I know it sounds like that's a little like any penny in the skies forum, right? But you use good hygiene and common sense when you're in restrooms you do something to grab the door knob. If someone has Giardia at another really common parasite everywhere and especially in New Mexico but it's a real problem, it's a top parasite, microscopic, it's a protozoan parasite. The little microscopic Giardia in immature phase are called cysts and those cysts are in fecal

matter. If someone leaves the restroom and doesn't wash their hands it's highly possible. I have known all the time but it's possible those cysts could be on their hands. They didn't use good hygiene. They didn't wash their hands. You go out the door after them, cysts are on that door knob. You go out to the restaurant and have the rest of your meal. You go to the movies and have some popcorn whatever, boom. You can get them that way.

Dr. Robyn Benson: So Glenn, I'd like to chime in right here. I remember when I got back from India maybe what, seven years ago. I had some chronic pain in my stomach area, my upper intestines and after trying all kinds of things on my own I ended up getting a test with you and I remember getting the results back that I have Giardia. And I thought for sure it had to do with my trip to India and I think you said well gosh you can get it from a door knob. I always remember that thinking wow. And also I'm a pretty healthy person. I'm just kind of surprised that I was shown positive for this so just for what you're sharing, for all of you who travel on a regular basis and you're just traveling on your own, your own home area and you're going to restaurants just to know that you need to practice better hygiene. And so perhaps mention that we walk in around with some healthy wipes or what you recommend?

Glenn Wilcox: Yes so certainly something like that could be useful. Here's the thing that it's hard for people to get. We've all learned that we need to brush our teeth and floss them regularly or they fall out, right? We know we've wash our hands regularly. We would have lost an awareness that these parasites are common and we don't take the necessary precautions in terms of hygiene. We drink water and have ice cubes and eat food as if it's no big deal. But yes wipes, wipe things off when you're going out the restroom door. Or do something to grab the door with, the doorknob with. How far do you go with this? But some of this cysts can survive outside of people for a while. Some of the eggs, it's crazy.

Let me tell you one of the common parasites in the America in children is pinworms, *Enterobius vermicularis*. And pinworms cause anal itching and they... kids get irritable and cranky and whiny and it is also a common problem in adults. And so pinworm females, the reason for the anal itching is the females come out at night and lay eggs and kind of little tiny things like a quarter of an inch small. And the females come out at night, lay their eggs just outside the anal area and the eggs can remain viable for up to three weeks. So the eggs can be in your bedding, in your clothing, in your undergarments, in the carpet, in the dust, okay? So if that's a problem we need to have real impeccable hygiene to eliminate the eggs. Getting rid of pinworms is not so tough, keeping them from coming back is.

So it's time for us to start to educate ourselves about this without getting too hysterical, I'm bringing a message here that makes probably some people go oh my goodness. I don't want to travel ever again. I'm going to hole up in my house and never go out. It's too dangerous out there. No, no, no. Start to educate yourself so you can go out and have fun and limit that exposure. That's the take home message.

So you got Giardia Robyn? You go to the CDC website, in the booklet there will be information about where to find CDC solid science on where this... how prevalent these are? And you'll see right on their website oops. The municipal water filtration and purification techniques that are being used. You don't kill all Giardia, you don't kill it with chlorination, you don't kill it with ultraviolet, you don't kill it with ozone osmosis device and so people are exposed. So what do you do when you're traveling and you want lead, healthy, pure water?

Dr. Robyn Benson: Exactly.

Glenn Wilcox: Shall we talk that for a minute?

Dr. Robyn Benson: Yes first I want to say that a lot of people have concerns about malaria and dysentery. I mean its dengue fever so as you continue on with the talk if you can just, I'm sure you get ever to really talk about how we can prevent this from happening. What are the most important supplements or what can we do on a day to day basis so we don't ever get this in the first place?

Glenn Wilcox: Yes so the booklet that we're going to share with folks has a lot of information about intestinal parasites. There is that a PDF of just the black copy we're going to put that in booklet form so it's easy for people to...

Dr. Robyn Benson: Thank you.

Glenn Wilcox: Okay?

Dr. Robyn Benson: I'm sure everybody that gets this whole series is going to want to read that book from cover to cover as I did last night. Just this is like my second or third time to read but just there's a lot of incredible information here and then some of the supplements that you recommend and some water filters so this is fantastic.

Glenn Wilcox: Yes.

Dr. Robyn Benson: Thank you.

Glenn Wilcox: I think you're wise to break malaria's a huge problem in the world and people traveling to tropical places, some tropical places are going to be vulnerable to getting it. Now malaria is a protozoan parasite that people get in their blood and as it popped on in fact people's blood and fevers and liver and spleen, all kinds of nasty problems where it hurts. What do you do? Let's just talk about that very briefly and then we'll move on. I happened to ... big fortune...

I work with a world class parasite and pathogen experts, Dr. Ahmad Ibrahim. He's an M.D., PhD and he in 2000 started a medical school in Lagos, Nigeria, he used to have a lab in United States. Started a medical school in a hospital was able to start in Lagos, Nigeria and so I actually

presents fast with student in having to take a look at it. You see, he's better than anyone I found at finding parasites. Nigeria is malaria central. For him, malaria is like a little common cold. No big deal, okay? So people should know that there are options there for every treating way but fast is prevention. And so sleep with... Get a little light netting that you take with you. If you're in a malaria area where the mosquitoes carry malaria, definitely take with you a little netting that you can put over your sleeping area to help prevent getting bitten by the mosquitoes that carry malaria. There are other things we can get into further but let's just leave it be at that. Should you take the drugs to prevent malaria when you're traveling? There's two sides to that story. I don't think here's the place to get it into. I think all should find a real knowledgeable holistic integrated doctor who knows about global travel and who knows if you want we can do something specific on that a little further on. Malaria, dengue fever, coarse fever get into the America. People do pick up malaria occasionally in Central America. So it's around.

Now, shall we talk about water now?

Dr. Robyn Benson: Sure.

Glenn Wilcox: How to get good water for travel. So I'm going to use Giardia as an example, Robyn you had an experience with it. The reason I'm going to use it is because it's probably the toughest protozoan parasite to get rid of and so if you're getting rid of Giardia, you're going to take care of the rest of them in terms of water, okay? So water containing Giardiasis is occurring from time to time all over America and certainly in the world and Giardiasis are really tiny like on average down to around five microns in size, microscopic. But immature ones can be under one micron down to a half a microns.

So water filters that people are commonly using for camping and whatnot are useful. Don't let me try and indicate that don't ever take water filters. It's better than nothing but be realistic. Those water filters are taking and home water filters same thing. I'm using home water filters, counter top water filters, they're removing around 99.9% of cysts of Giardia or another parasite that's found on America per plus radiance, okay? What does that mean? That means that for every thousand bugs, one is getting through. Now those aren't good odds. If we were talking HIV or hepatitis C, I don't think anybody would, "Oh yeah, one getting through out of a thousand good with me, uh ah." So unfortunately many water filters are not good.

The CDC says okay you can boil water and that'll kill everything, okay. Giardia, for Giardia they recommend boiling water for one minute but behind an altitude you go like 6,500 feet like Santa Fe three minutes. So boiling water will work. In a pinch you could always boil water, okay? And then you put it in your clean sterile bottle and take it with you. But remember you've got to boil it for a while. That's a good way to do it and you can do that at home too. Filtration, reverse osmosis is really with one exception that I'll mention here for travel.

Reverse osmosis is really the only way to go. It will filter small enough to take out any of those cysts including bacteria and viruses okay? So the problem there of course is if you're drinking reverse osmosis water filter all the time, a large part of the minerals are taken out of the water also so you might want to add back in some minerals and trace minerals to the water or take doses of supplement.

With regard to the best recommendation that I would have and this is something Dr. Benson, you introduce me to, is a beautiful device called 'The Life straw'. And Time Magazine gave it the Invention of the Year award back in 2005. It's gotten all kinds of awards. Inexpensive, you can get one for \$20 or \$30, go on Amazon. It will filter, it says on their box down to 99.9999, four nines. 99.9999%.

Dr. Robyn Benson: That is pretty amazing. Yes, I love that filter safe system that you said that internationally. So I loved how the beautiful message of this company is that when they sell one or two then they give one of their straws, they send it to different countries in Africa and in other parts of the world to help because it's one of the biggest issues, right?

Glenn Wilcox: Yes.

Dr. Robyn Benson: In developing nations is water.

Glenn Wilcox: Huge so with this thing you can literally suck water through the life straw out of the muddy puddle.

Dr. Robyn Benson: Right.

Glenn Wilcox: Fish out all the bad bugs in the mud, okay. [Crosstalk [00:33:49.02]

Dr. Robyn Benson: Fantastic. Yes and the company does make a... because it's such a... just for travel good show it's really great to see that they have a BPA free bottle with their filter in it. You can get like what? Three hundred gallons worth of water so that's an excellent choice as well, just know that in my healthy travelers book I have that all information there for you and so again we're really thrilled to be mentioning this.

Glenn Wilcox: Yes.

Dr. Robyn Benson: Again with this whole series, The Healthy Traveler's Global Summit and certainly all the information that I've researched in my book for several years I mean we're really, really bringing to you the best products at the companies that we really love their philosophy and their mission and their wealth care, the genuine care. And that's what help ... We so loved all of you, we want you to know that you can travel in a whole new healthy way no matter what country you're traveling to.

Glenn Wilcox: Yes absolutely.

Kevin Snow: Speaking of preference I think it's interesting that Glenn is from Canada and you are in Canada and I have a very pressing question about Candada or Candida?

Dr. Robyn Benson: What?

Kevin Snow: And do all of this, have this? Is there's something that's natural with this in the body it's a passing problems for us and just your thoughts on this kind of growing concern about this.

Glenn Wilcox: Yes so certainly over the last couple of decades the attention being made the Candida Albicans a yeast, a pathological yeast has grown and more and more people are concerned about it and having a very difficult time eliminating it. I see a lot of patients in my practice with the problem. And there are some tips I can give about it so does everyone have it? No. Well let me back that up. The yeast is opportunistic. It's everywhere. Candida is everywhere. It's in you, it's in me, it's in the room rooms we're in but it only becomes active and problematic in humans and others when certain things occur. One the local environment gets upset by unfriendly parasites or bugs of other sorts, unfriendly bacteria or if all of the friendly bacteria than normally keep things in check are limited by antibiotics.

So a good example on what I'm talking about the environment is women commonly get vaginal yeast infections after taking antibiotics. Why is that? The antibiotics kill off not just the bad bugs, the bad bacteria but also the good bacteria that are keeping the terrain, the environment in the vagina in good shape. So that those good bugs are gone and then the yeast goes hey we can thrive here. Now that happens in many areas in the body. It can be in the intestines, it can be in the sinuses, the lungs, the throat, the skin, systemically in the blood and so how do you get rid of that stuff? Well I tell you, I see so many people who'd been trying the yeast free diet and they're doing this and doing that procedure and that products. If my experiences is this and I say I have been doing this since 1980. If you don't get rid of the underlying parasites in and friendly bacteria then you will be constantly rolling that boulder uphill, trying to get rid of the yeast. It's just not possible.

You've got to start at the foundation. Get rid of the grosser, larger more problematic bugs and parasites then start to go after the yeast while being aware that in many cases people's immune systems have been depleted and you have to also broke the immune systems so that when you eliminate the Candida Albicans the good environment, the good terrain is there to be able to prevent it from re-establishing and sometimes it takes a few rounds of treatment and building the immune system, building the vitality to get there. So does that help to answer some of your questions?

Kevin Snow: Oh absolutely. And I think where you mentioned that's so important is this the idea that the environment. I have got to get rid some of this other things that are destabilizing our internal environment, so such an important message.

Glenn Wilcox: And there's a couple of other components you're just quickly to mention with regards up to this, plus there's a little more. One, the presence of probiotics in the system so people take probiotics all the time with the understanding that they're good and helpful and beneficial it can help bump out the bad bugs. I have not seen that theoretically. Unfortunately, most probiotics, they can eliminate some minor bacteria but I've not seen probiotics which are strong enough to eliminate parasites, unfriendly bacteria or yeast. So if you're taking probiotics oftentimes what happens is a little war ensues in the local environment. The good bugs and the bad bugs go to war overturn, over terrain. And so people go ooh that's just aggravating my symptoms. I got more bloating, more gas, I felt more fuzzy headed and so the probiotics are very useful once you've eliminated the parasites, bacteria and yeast then that's the time to take the probiotics. Okay?

Dr. Robyn Benson: What else are preventative like if you don't even know if you have parasites. Do you think it's a good thing like a couple weeks support traveling to be taking probiotics? Or for some people just to take them on a regular basis.

Glenn Wilcox: It could be useful but all I'm saying is if you are one of those people who takes probiotics and finds that they're not helping and they're even aggravating your symptoms, that happens with some people then you start to suspect. Uh-oh something else is going on in there. There's a little battle happening, okay? So just a clarity there for people.

Dr. Robyn Benson: One more question about probiotics. There are so many in the market, what you recommend? Lot of my patients say that I eat yogurt on a regular basis so what do you recommend?

Glenn Wilcox: Especially for travelers like there's a whole spectrum of probiotic products that are available and many of them have to be refrigerated to maintain theirs...though the impotency. And that's not always an option for travelers. You showed a product earlier on ADP which is the...

Dr. Robyn Benson: Emulsified Oregano Oil.

Glenn Wilcox: Yes exact. Beautiful product highly recommended. It's made by company Biotics Research. I love their products. I'll make a plug for them because they're the only supplement company out there that has both a pharmaceutical license and their own in-house lab. I really trust their products to be what they say they are and to be clean and pure. And they make a couple of probiotics, Biodoph that have in the capsule or tablet the foods necessary to keep the probiotic cultures growing in and alive. So they have a long shelf life outside of refrigeration. So they're great for travel.

Dr. Robyn Benson: What's the name of that one? Can you say that again?

Glenn Wilcox: In the...

Dr. Robyn Benson: In your booklet okay.

Glenn Wilcox: In the booklet but I'll just... If you go to the...

Dr. Robyn Benson: I know they have a suikermais.

Glenn Wilcox: Biodoph Seven Plus is one and they have another one Biodophilus-FOS which is kind of, the main one I was uses Biodoph seven plus but you can add in Biodophilus-FOS and then you got a great powerful broad spectrum probiotic that you can use for travel.

Dr. Robyn Benson: What's you're telling on food sources of natural probiotics? Fermented foods and...

Glenn Wilcox: I love. It's great you brought that up. We as a society have left behind real fermented foods that was once a major part of our diets in many cultures. And so I eat them all the time. But what are they? What are we talking about? Sauerkraut, beautiful. But most sauerkraut you buy nowadays is not fermented they just add some vinegar and salt to cabbage and it taste like sauerkraut. Real sauerkraut you take cabbage you shred it up you add some salt you put a little pressure on it and it starts to ferment. And you got all this rich beautiful little organisms in there that are so good for helping digestion, helping your immune system. Even for nutrients that in order to create the nutrients in your intestines you need this good beneficial bacteria. So sauerkraut, real dill pickles made with brine not vinegar dill pickles, real dill pickles there's plenty of great Japanese products Umeboshi plums, fermented Japanese plums, I can go on and on but yes it's for the ones you like and definitely include those in your diet. Great idea.

Dr. Robyn Benson: I'm really glad we're talking about this once again because we opened up our whole summit with Donna Gates, the body ecology. The author of body ecology and she has also done a great service to the world to educate us all on the importance of fermented food so I'm glad we're talking about that again.

Glenn Wilcox: Yes, yes. And just so some people know you can do, you can create your own fermented foods at home. It's very easy to do, you can go online, Google that, find out how to do it easily.

Dr. Robyn Benson: And then travel with them?

Glenn Wilcox: Well travel with them that's suppose they have and they're then as you travel into we're gone this day. I want you bringing food into the [Inaudible 00:43:53.27].

Dr. Robyn Benson: That's right, that's right.

Glenn Wilcox: You have to be careful. You got to build yourself before you hit the road. So, okay?

Dr. Robyn Benson: Okay.

Glenn Wilcox: So we talk about water. I think people are sorting through enough. Careful not just in America, everybody knows you go to Mexico, don't drink the water don't have ice. Ice, ice, ice. So don't have ice on your drinks or whatever that you include unless you know which drinks... water.

Dr. Robyn Benson: So your alcoholic beverages.

Glenn Wilcox: That's right... your alcoholic beverages or your juices. Oh soon there'll be bugs and exist frozen for a period of time. So ice is not safe and must you put some cup of water. And here's another one. That kind of people don't read about your sun blazed tropical or you've got the load for health spa and they're beautiful fresh drinks use vegetable juice or fruit juice. What is on those vegetables that they drink water? In Auckland there are thousands instructions on how to dope your food in a dilute hydrogen peroxide or if you don't have hydrogen peroxide [Inaudible 00:45:13.25]. And that will eliminate any bugs... on so in the book... it's not supplement all to do, difficult to do while traveling but at home for sure so soak those vegetables. When you're traveling, you're going to have to be careful. And if you do beside I'm going to eat the raw food then have back up... there are products mentioned in the booklet that you can use. Prevent parasites establishing and exposed. They're not main products... well established case in parasites. I used to work... products. They're not... They're not realistic troubles but there are products you can take regularly when you're eating out or when you're traveling that will kill off the bugs before they get a chance to get established. And shall we talk a little bit about one of our favorite topics? I think Dr. Benson, Hydrochloric acid. Yes.

Kevin Snow: Yes.

Glenn Wilcox: Hydrochloric Acid. Go ahead Kevin.

Kevin Snow: No that's a... absolutely. Definitely you want to touch on that and the importance of it and maybe the lack of it in a lot of people, right?

Glenn Wilcox: Exactly. Robyn... [Crosstalk 00:46:39.07]

Dr. Robyn Benson: [Crosstalk 00:46:42.09]

Glenn Wilcox: Back from you and so you got muted for a minute or something.

Dr. Robyn Benson: Oh okay. I'm just going to say when I gave you my super immunity overview here in my hotel room. I always carry a little package in my purse or in my backpack of digestive enzymes we put Hydrochloric acid for this very matter so I'm glad we're talking about this.

Glenn Wilcox: Yes.

Dr. Robyn Benson: Very important.

Glenn Wilcox:

Yes so Hydrochloric acid. One would think given all the advertisements in America for antacid that everybody in America got too much acid on them or something. And it's just nonsense, okay? Most people in America do not produce enough hydrochloric acid. Why is it important? So the stomach produces hydrochloric acid which breaks down proteins so you eat some kind of complex protein and the hydrochloric acid starts to break it down into amino acids, very important or what everything. Neurotransmitters are made out of amino acids.

So if you don't have enough hydrochloric acid you're not getting good protein breakdown and you're also not getting good mineral breakdown. So one of the worst things people can do is take anti-acids for any extended period of time. They are all at the airport for short term use a couple of weeks in an acute situation but not longer than that because if you take them longer than that, it will have long-term consequences you're up that are terrible. So I highly recommend if you're on those long-term, find a doctor who can help you get off them and start with that. Then are you making enough Hydrochloric acid in your stomach? Chances are you're not. Why is it important? Well the hydrochloric acid breaks down proteins. What are the cysts in parasite eggs made out of? Protein. So and other things but the Hydrochloric acid can start to help breakdown these cysts and eggs before they get out of your stomach and a chance to establish on your intestines.

So it's really important to make sure you have enough hydrochloric acid and that will be a first line defense... Some people, it's the same old story as two people can be exposed to the flu virus and one gets sick and one doesn't. Why is that? Well there are factors and the same thing goes with parasites. Two people can eat the exact same meal, one gets sick, and one doesn't. Well probably hydrochloric acid is a huge part of why that occurs.

So how do you improve hydrochloric acid? There are products out there. We mentioned Biotics Research, they got a great one and they have different products of different strengths. What I do with people in my practice is first make sure they're not on antacids. Get them off that first and they don't have H pylori bacteria which is a bacteria that lives in the stomach that can cause gastritis or ulcers. So if they have that bacteria and they take hydrochloric acid it could make them feel really bad so you want to rule that out first. And then you take one tablet or capsule of Hydrochloric acid in the middle of every meal. Make sure you've taken some food before and food after to get that tabular capsule down through the esophagus. You don't want it stuck in your esophagus for a while because it'll burn, its acid. And so you take one in the middle of every meal for three days. Then you increase it. Take two in the middle of every meal for three days. And you keep going up until you get a warm feeling in your solar plexus in your stomach right below your rib cage. And then back down one. And that's how you find the lovely you need. Now some people they just need one. Some people need like 12, okay? So tablets or capsules. So depending on the strength of it. So some people have huge need but that's a great way.

Once you find that then up you go traveling and taking your hydrochloric acid, great first line of defense for any of the bugs from getting in. Great question. Glad we got into that. So...

Dr. Robyn Benson: Go ahead.

Glenn Wilcox: Yes. I'm not paying attention to time here so please give me some direction.

Dr. Robyn Benson: We have a limited more time about five more minutes.

Glenn Wilcox: Okay.

Dr. Robyn Benson: And I know we have about five more out of content we could hear from you so we will have to bring you on to healthy traveler's global summit year two.

Glenn Wilcox: Yes, that's really good.

Kevin Snow: You know Glennn when I was young I was diagnosed with Valley fever or something that happens in Arizona, I grew up in Arizona...

Glenn Wilcox: Yes.

Kevin Snow: This, they even ran commercials on TV about it because you talk a little about what that is first of all and is it out of my system? Is it something that causes some damage?

Glenn Wilcox: It's certainly is possible that it is still in your system so valley fever is a fungal infection caused by *Coccidioides immitis* which is a fungus that exists in the soil. And it's predominant in areas where there are north south river valleys running. I suspect probably originally it was some kind of bird fungus that migratory birds going up and down river valley, they got it into the soil. So when the soil was disturbed by winds and there's dust in the air then the valley fever fungus gets into the air and people inhale it, breathe it and it affects them.

Now, some people get exposed and get over very easily and other people who get exposed and get serious consequences. Valley fever can literally destroy someone's lungs. The most common symptom would be lung symptoms. People get some kind of chronic bronchitis or chronic lung infection that nothings taking able to take care of.

So unfortunately, the awareness of Valley fever in to Mexico is poor. Its better in Colorado, it also exists in Southern California. Those are some and a little bit in Texas. Those are some of the main areas where it exists. So the New Mexico Department of Health along with the CDC did a video, you can see it on YouTube, just Google that. One moment here I'm going to stop and take a sip. I'm getting all dry, I'm getting parched talking about dust going around.

There so the fungus can cause lung issues but it can travel all over your body and cause nodules or problems in all kinds of various. So if you want to learn more you can watch the video but yes, to answer your bottom line question there you were exposed, who knows what they did to eliminate it or if you just kind of work through it in and learned your immune system learned to live with it but it's something that can be tested and it would be probably a good thing to test. I certainly see it and treat it in my practice. Once again however, you will be undermine and your ability to get rid of valley fever if you don't first get rid of the intestinal parasites and bacteria and yeast because a huge part of your immune system, estimates are around 80% of your immune system comes from your intestines, okay? So you got to get that solid foundation established and then you go act the valley fever elsewhere. Okay?

Dr. Robyn Benson: Awesome.

Glenn Wilcox: Yes and how prevalent is it? It's around in other parts of the world. There's a case of a guy buying a car. He's up in Minnesota, he buys a car from Arizona there's dust in the car. He's up in the north and he gets valley fever from the dust in the car so it's not just localized it's starting to move up and around but where it exists is fairly localized in the Southwest here. Hopefully that helps.

Dr. Robyn Benson: Hopefully it's out of your body Kevin after all these years.

Kevin Snow: Absolutely but I definitely will get the test.

Glenn Wilcox: Yes. [Crosstalk 0:55:01.08] If you're traveling in the air, here's the thing, okay it's there. What are you going to do? Well if you're traveling in an area where it exists and the wind comes up and there's dust and dirt in the air, put a scarf over your face. Wear a scarf and put it over your face. Wear a mask. Be aware that this is an issue. It's not being hysterical to take precautions in those kinds of cases because if you get valley fever, you don't want to have it for sure.

Dr. Robyn Benson: I just want to mention this, I've read Suzanne Somers book on cancer and the opening of the book is from her own experience being in a hospital in L.A. where is she diagnosed with cancer and she had this about people looked at all for labs and all these doctors agreed that she had systemic cancer and it turns out that her step-daughter did some research and realized that she'd been in New Mexico and had all the symptoms of valley fever. So this was the case for Suzanne Somers. She did not have cancer, she had valley fever. And this is what show up in the body.

Glenn Wilcox: It such a great story. I'm glad you brought that up because it makes chills go up and down my spine, call me weird but when I start reading your book a number of years ago when it first came out and she started talking about what was going on and I went oh my God, she has valley fever before she even says they finally figure it out in the book I went oh my God, look at this symptoms. I bet she doesn't have cancer she just got valley fever. And the

thing about it was she had little tumors all over her body. She went into the hospital for an acute situation, they did this, a whole body scan and went oh my goodness, she got cancer all over her body and five heads of departments at a major hospital in L.A. said we're going to have to put you on chemo and she went no, no, no. Finally convinced one of them to do a biopsy and it turned out it was valley fever. So in her case the valley fever manifested as this little nodules, this little tumors all over her body. She was able to resolve it with medication and on she goes but yes, it's one of those things that's not paid attention to and the CDC and Department of Health in Mexico are trying to get people to become aware that it's a real problem in New Mexico probably as much so as it is in Arizona.

Dr. Robyn Benson: Wow.

Glenn Wilcox: So and I see it. I see it in my practice and I see it with people who come in and say you know, I can't figure it out what's wrong. And their doctors have never even thought to check if they have valley fever. It turns out to be that. So...

Kevin Snow: Fungus. What do we do about fungus? Is it a different kind of treatment than working with the parasites?

Glenn Wilcox: In terms of treating fungus, once again you start by establishing a good foundation by making sure the intestines are clear and strong and good, no bugs, okay? And I use the term bugs to mean all the stuff parasites, bacteria, yeast all that stuff. You get that established and then there are different approaches you can take to treating valley fever. There are medications, pharmaceutical drugs that you can take to treat it. I prefer not to and I had great success with the therapies that I do. Some of them are plant juice remedies actually from Equatorial Africa that I use for parasites or bacteria or yeast and they will go after the valley fever. And I also augment that with I.V. therapies there are some real powerful natural I.V. therapies using ozone, using autologous blood to boost the immune system. So I've had amazing success using those and in some cases there was people who did not have success with standard drug therapy. So there is hope there are ways to go after it.

Dr. Robyn Benson: My goodness we have just a few more minutes with you Dr. Glenn. This has been a very insightful interview. My goodness I'm sure a lot of you again you'll never forget those videos and just your vast knowledge and all you're sharing has been enviable. But we like to ask all of our speakers this one question, if there is one thing that you could change about the travel industry, what would it be? And we could we know a lot of people in travel industry are watching us so what can we say? What's your advice? Or what's your idea?

Glenn Wilcox: I think certainly overarching everything is something that I heard you bring up which is whether you're traveling to an exotic destination for work or for pleasure or you're just traveling through your life down the stream over at Starbucks whatever the attitude you have, the consciousness you have as

you travel, travel can be so stressful for people, to have the consciousness of having these tools that you're bringing to the world available to you and have it about using them properly so that you can travel feeling confident that you're safe and good no matter where you go and in really enjoy your travel. So that's a huge piece I think that has to be there for everyone that they have the consciousness of I feel good. I feel good in myself. I'm going out into the world and it can be dangerous but I'm prepared.

The other final piece is much more pragmatic and that is water. I can't stressed it enough, it's the emerging issue I think on our planet whether we have enough water and then next how pure is the water and as I've indicated we don't have that a 100% down in America and its way worse in other countries. So that Life straw, great tool. I didn't mentioned Steripens but I should probably, Steripens are great travel devices, ultraviolet devices that will kill bugs but ultraviolet does not kill all Giardia so you got once again this 99.99% thing. You're getting some of it but not all of it. You want to have a belt and suspenders? Okay use a Steripens which is a little tiny device, several inches long, an inch in diameter that emits all bright light. You can put that in your glass of water at the restaurant, it kills the bugs you take out your Life straw and suck back that water or pour it in your bottle with the Life straw on it and you're set to go. You don't have to worry about your source of water. So there's my final call.

Dr. Robyn Benson: Thank you so much really appreciate you Dr. Glenn Wilcox and really one of the most important messages of this whole summit is how to have a super immunity. How to prevent these bugs and certainly what to do about it if you happen to get them?

Glenn Wilcox: Yes.

Dr. Robyn Benson: So, great. Thank you very much.

Glenn Wilcox: Thank you for having me Kevin. Thank you very much I've really enjoyed this.

Dr. Robyn Benson: And we're very much looking forward to our other speakers with this and this topic Dr. Gregory Hyde for one... and so we'll have him next. Thank you all and have a great day. And to safe travels to all of you.