



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

Dr. Robyn Benson: Hello everyone! Welcome to the Healthy Travelers' Summit. We are on quite a travel journey. We've learned so much from so many speakers and we love to share in this great message with you. Your travelling will never be the same after listening to these incredible voices and messages. So, my name is Robyn Benson. I'm a doctor of [Inaudible 00:01:00.00] medicine, actually for twenty three years, also the Founder of Santa Fe Soul Center for Optimal Health and Co-Founder of the Self-Care Revolution which is an online program/a global program that we've running for two years. We've interviewed over a hundred and sixty experts sharing their best self-care message with each and every one of you. And I'm joined with my dear friend, Kevin Snow.

Kevin Snow: It's been a pleasure to be a co-host of this amazing summit and Self-Care Revolution as well. My name is Kevin Snow and I am The Desert Shaman and I'm an intuitive counselor at Santa Fe Soul. It's been quite journey to work with all the amazing people that we've worked with there at Santa Fe Soul. And to really hone in on this particular message of travel and how important it is for us to be maintaining our health so that we can enjoy the travel that we're actually doing. And I'm just really excited to have Doctor Gordon on the line with us today to share some amazing information about this incredible stuff that he does and we're going to be talking about cells, I think -- maybe some [Inaudible 00:02:09.25] talk and some other cool stuff.

Dr. Robyn Benson: Well, let me just tell you. We're so grateful to have you here with us Doctor Garry Gordon. Thank you so much.

Dr. Garry Gordon: My pleasure entirely. I'm excited to share healthy travel.

Kevin Snow: Excellent.

Dr. Robyn Benson: I just want to mention that Dr. Garry and I were just together in Dallas with three hundred amazing medical doctors: naturopathic doctors, chiropractors, osteopathic doctors. You name it. It was super exciting. I think, I just want to say that future health is looking really good when you bring all these disciplines together for people who really care to make the healthcare system a much better... prettier picture and this whole conference has something to do with ozone therapy. It was called American Academy of Ozone Therapy. Really need-- I'm just so touched. All the doctors that I met that they've been in practice 20-30 years and are more excited about being in practice now than ever because they are utilizing the use of ozone in medicine; that's rehabbing joints that's incredible for dentistry, for saving teeth, for really cleaning out infection

out of your body. It's fascinating. It's a big part of what I do in my practice and I couldn't be more excited to be joined with colleague Dr. Garry who is really a hero in many ways in the medical profession. He's known as the "Father" of chelation. And, it's just I don't forget, he maybe got the longest bios and maybe I've got twenty pages of information on this amazing guy. And, he travels the world. He could be in Japan. He could be in Malaysia. You got to know where Dr. Garry is but he is at every medical conference. He's presenting. He's sharing his greatest knowledge and he's always got the best new supplement and he'll be sharing some of that with you today.

So, Garry Gordon, MDDO, MDH received his doctor of osteopathy in 1958 in the Chicago College of Osteopathy in Illinois. He received his M.D. from the University of California and for many years, he was the Medical Director of Amino Lab in California -- a leading laboratory for trace mineral analysis worldwide. Recognized as the father of oral chelation therapy. Dr. Gordon is an expert on nutrition, mineral metabolism and longevity. He serves as full-time consultant for Longevity Plus, a nutritional supplement company based in Payson, Arizona where he is responsible for designing effective, natural, non-toxic alternative supplements for the treatment of every disease known to man. He lectures extensively on the endobypass surgery, his insight and so much more, but let's just bring you here live, because we want to get into this your mind of yours that has travelled the world and to help. Everyone is listening. I mean, literally, we are having people signing up from all over the world, nationally and internationally. Pilots, flight attendants, truck drivers, bus drivers. People who just love to travel and want to do it in a much better, healthier vibrant ways. So, welcome.

Dr. Garry Gordon: Thank you very much. It's exciting to share the message for safe travel.

Dr. Robyn Benson: Okay. So, tell us bit about your background and about how you travel healthy and how you educate your patients in everyday life.

Dr. Garry Gordon: Well, I'm only eighty years young and I've been practicing medicine fifty seven years. And as a kid, I knew that I wanted to be a physician. My father was a physician. I loved what he was doing. So, I sent my application in to the osteopathic college when I was fourteen years of age and I don't know what was coming. So, I knew I had to be a doctor. And, it turns out, that I was lucky, because I was born with several significant health challenges. For example, in medical school, I could not go up for five steps without going into heart failure. So, it was good to be a doctor, because then I could have a guinea pig to work on. So, I'm my best guinea pig and it's allowed made you see that at age eighty, nobody needs these health problems, but all of us struggle to find out what is the answer? How do I solve my challenge? Somebody's got cancer. Somebody's got migraine. Somebody's going in the multiple sclerosis. Whatever the challenge is we're all scratching our head, because we all need somebody that have something. We always know the next person tried that same something that might not have worked.

So, I developed an acronym to help people grasp with the challenge of staying healthy on a toxic planet. Living on the under the stress that we all manage to put ourselves under. So, I came up with an acronym, "Fight for your health." And, the acronym is F-I-G-H-T where there's fight could be part of it, but it's the food that is poisoning us. For complex reasons, many of us can become sensitive to any food, the best food that's partly tied to what probiotic you get. And, now we know that if I get the right probiotic for your particular gene type, you won't be sensitive to foods. What is going beyond that is also the need for positive focus. Then, if we go F-I-G-H-T, the "I" could be for infection. And since we're all talking about travel, we are worried about what's the person in the chair that's next to us whose obviously looks like they're dying of Ebola. How much of their infection are they giving us?

So, we have F.I., then, we have "G" for genetics, because obviously we have differences as to what's going to work and what doesn't.

And then, you get over to the "H". And then, when we get over to the H, you got heavy metals. And since you are kind enough to mention that I'm the father of oral chelation, we now know that you cannot exist about an average of one to two thousand times too much lead in your bone the day you were born. You came out of your mom's body and you were a wastebasket for your mother helping her get rid of lead and mercury which is concentrated in the baby's body. So, we have heavy metals and then we have the other "H" which is hormones. Of course, we all have these issues about do a man need testosterone? Do you need estrogen? No. We have a safe alternative -- an herb Pueraria Mirificathat takes care of the estrogen problem for any woman.

And then, you get over to the "T" which is the toughest part. The "T" stands for toxins. And, as the revolution in health starts to take hold, our iPhone will soon have an attachment that will be able to spit into the attachment and it will do the thousand dollars that will test on us for ten bucks. Because right now, to know how many dioxins and PCBs and [Inaudible 00:09:16.05] and other toxins in your body, many labs charge you one to five thousand dollars so when cost comes down everybody that was listening to us now will go back and get this recording from today. You cannot be alive without having a problem with lead and mercury in this [fetal and dioxymy 00:09:12]. So all of us have these challenges but until we get the cost of the test down, you can spit and get your reading for ten bucks. People are going to get confuse what's my biggest challenge?

Because as I just said, fighting for your health means multifactorial and it rapidly went from "F" focus on food because food is killing you. The food wouldn't kill you if you have the right internal probiotic but we are struggling and only in Taiwan. So, if you travel to Taiwan, I will send you to a lab and we will give you the exact probiotic and you will not be sensitive to pollens or food anymore. Of course, it can't have all night in

American because the FDA protects us. We would not want all these different probiotics suddenly be available to our health and soul. So, as we look at Fight For Your Health is going to change dramatically because the future is going to be that you'll going to be in charge of your health because this cellphone is going to give you the power to know what are the choices that I can do if I'm really am worried about Ebola. Or if I've got cancer. What are my choices? Because today, because of our health insurance, most people think there's maybe just chemo and [radio 00:10:31] surgery for their cancer. Once you get fully aware of what we're doing cancer in Germany, what we we're doing in Japan or what we we're in Mexico. You'll say, "Oh, there's a lot of other choices." And that empowering of information is going to change the face of medicine so I at the age of eighty and really looking and what the Bible says, "I should be facing a hundred and twenty years active life." It took me eighty years to start to learn something. So, this is not the good time to be proud of you to slow down.

Kevin Snow: That's awesome.

Dr. Garry Gordon: So, the big picture that I want to share to all of our viewers is that we have safe, natural things that we can do that help in each and every one of those areas. What can you do for infection? When obviously, I am close friend when he was a line of [Inaudible 00:11:49.09]. He was my mentor and I wanted to be like him when I grow up. And so, I have everybody taking extra vitamin C. But the problem is then with vitamin C that I who was born very sensitive to things if you gave me a more than one thousand milligrams of vitamin C, I was with stomach pain and diarrhea in the bathroom. So, it took me ten years to solve that problem and put together a vitamin C that anybody can mouth easily. Take four thousand volume. Four thousand a night and just get tougher and live more efficiently on a poisoned planet where the toxins are in all of us. But as travellers, we are all going to know what's that story about infection and I can make it easy because we are all hearing about lime and we are all hearing about problems that are unsolvable with many medications but amazingly enough we now have silver product that can help with any infections so well, that we now have this week from the University of Utah, a report that rhinovirus -- the cause of colds, actually, is able to be killed with a simple little silver that can anybody can carry in their purse. Legally, they can take it in the plane because it's under four ounces and they can *sniff* and they put silver and they now proved that if you get the right silver and there's tremendous difference from one silver to the next. This one in the laboratory at Provo, Utah, at BYU is roughly a million time more effective than the next silver next to it. So, a lot of people have tried things and they didn't quite work. It was because we always know, there's a need to improve all the things we do.

So, it's really exciting to share with our audience that I came up with a name ACS. I though it may be a good sense. ACS stands for Advanced Cellular Silver because anything I'm involved in, I want it to be advanced. So, when I was working with the results on the laboratory in Provo that was the name I came up with. And, we now have silver as a gel which

you can put on a wound that nothing seems who want to save it. And, I have dramatic pictures now of a foot that had actual diabetic ulcer all the way down to the bottom and by using a couple of simple things that anybody can do while they're seeing a doctor. They can go online and learn on how I saved a lady's leg that was scheduled for -- her foot was scheduled for amputation. Well, it's exciting to have more and more power in our hands because our doctor colleagues. I go to every meeting which is [Inaudible 00:14:50.05] to point out. I live on airplanes. I'm always as you point out. In a conference in Europe or one in Asia. And, it does help me. There's so much to learn that none of us can know at all. And so I never can take the attitude when you come up and say have you heard of this? No one can hear of everything. The best thing is that we as consumers, we're the ones that are worried about our daughter who's got MS or our brother who's got prostate cancer. We can always be listening and hearing about the newest things. And, the new things, of course, are not going to get covered by our insurance? So, the newest thing that are going to come out of your pocket and that's going to be an impediment to the widespread application but I can state unequivocally, I don't care if the diagnosis is autism or ADHT I don't care what diagnosis is, my program F-I-G-H-T always applies. So, if you have a friend that's scheduled to die in 2 weeks with heart disease or cancer, always know that we need to get out the book, we call it the owner's manual. And, the owner's manual's going to be which food I might design to run on and we all know that food is not quite safely made. But it's gotten more complicated because largely, when you look at me, you see Garry Gordon and I'm so many cells you might say quite a few trillion cells. The other guys that live on me, the little and the little floral, the little buggers that live on me, outnumber me ten to one. And so, when we have some idea that if your bug will [Inaudible 00:16:32.07] you might need a different pro-biotic than the next person, because the pro-biotic is the one designed to re-establish inside of me, the healthy good guys that were meant to work with me. So, I could live to a hundred and twenty. Whether than having the yeast that we're all worried about the candy, all the bad things we heard that living inside of us.

So, we have an interesting challenge, we now the ability with good, safe products like we were mentioning a minute ago that we we're at the ozone conference. You cannot imagine how many people's lives can be changed by ozone. We're all worried about the ozone in the air on a smoggy day in L.A. with it, ozone's going to kill, but ozone actually is a key what we would call, and "Redox Signaling Molecule" forget the big word RSM. The point is that ozone is essential for life and when we were at this conference we were hearing people with advance disease of every kind. There is no infection, there is nothing wrong that you can't help if the patient is lucky enough to get some ozone. Then they can have ozone in the ears. They can have ozone in the rectum. They can have ozone in the blood, but the problem is once you kill the bad guys or help the body overcome the bad guys, then we're always interested in how do we get back the good guys?

Now, what's fascinating is that we now know that the silver that I'm telling you about is shown that it will provably, as much as a million times more effectively than any antibiotic mind at the store, we'll get rid of the bad guys, but it's not getting rid of all the good guys inside of us, that's an amazing world. Because we are totally depending on the good guys inside of us who actually processed much the food that we eat. So I love to travel and when I travel, I'm going to eat the food that's famous from that town. I'm always going to love to have adventures in eating, but you always to think about how come everybody else is worried about getting [Inaudible 00:18:47.11], diarrhea and all those things. Well, one of the tricks that you can learn about is going back to my F-I-G-H-T when you think about it. We may need not only to travel with silver that we can put in our nose, but we actually have silver that you can spray, you can gargle and I bring that up, because it was so exciting that at the ozone conference to see that if you look carefully at every patient, really carefully as a trained dentist might, you're going to find around each tooth, a little bit of pocket and some of those pockets that have little bugs growing in, we call it periodontal disease. How many people who are listening to use right now probably have periodontal disease? Roughly 80% at least. Now, why is that important? Well, because we're talking about ozone and silver and guess what? You could actually brush your teeth with the same silver that I put on the lady's foot that is ready to be amputated and then I put on addition to that, I put stable ozone in a gel and we have a good name for it, "renew". The reason we like it called "renew", it's because it gives you a brand new face in 48 days. And so what we play with these things like silver and ozone, they're actually synergistic and the combined effect is that any bad guys are going to be eliminated. So when you be are told the bad news is you got "Zutsugamushi Disease " you really don't care what the name of the disease is, because our ozone doctors can do magic. We may take a little blood out of your arm. We may ozone in it and put it back in and that is the start of the treatment, but then when you go home you don't have to wait to get back to the doctor, because you may be travelling and can't get back for a week, because you are a flight attendant. So, we can have you learn about how you can take silver at home and use it not just to use the silver alone is going to stop most periodontal disease and the ozone in gel is going to help and if you really have periodontal disease, I'll use both and if you have an infection driving you crazy -- you're crazy on your face, I can put a little silver and let it dry and then I could put the ozone. So, I have so much fun taking people to my website and showing them a typical face in one month looks 10 to 15 years younger and you know when you look younger, guess what? People are willing to take better care of their body, because when they're proud of themselves. They are willing to spend a little more money and buy some vitamin C and take and be in to a diet and then, because if you don't like what you see in the mirror, you kind of start that life's not so exciting, I'm a little depressed, it's too much trouble. So, it's exciting when you can make everybody have... We have a lady, her necklace she was schedule [Inaudible 00:21:47.05]. She didn't want to see in public, she has choosing to renew without even... See let's get it clear the silver and the ozone in gel or water each one do a great job themselves, but if you have

a really tough case like the lady's going to have her foot amputated, then you might cheat and use both of the thing. And I'm trying to give our travelers some tricks that they can buy online and they can own and have it on the shelf at home and have a small quantities so they can take it with them, because when these colds are going around... When you really got down, then you get every cold, because your immune system [Inaudible 00:22:28.04] chance to get jacked back up and I need to have [Crosstalk 00:22:31.13].

Dr. Robyn Benson: Let me just [interrupt 00:21:49] there. I mean I know there are a lot of silver products on the market and when I was really wonderful to see Dr. Roan, Dr. Harper they've done some research on your product [Inaudible 00:22:39.20] and it was by far number one. So, you might be friends with them, but they completely did this one study that was awesome to see. So, just have you all know they are listening and Garry has brought up a lot of amazing points from food to infection, to geopathic stress, the hormone piece, the toxin piece these are all the major issues that we have thought about in everyday travel and to know that. I mean I know you study [Inaudible 00:23:01.01] or everything in your years of being in medicine, I know what your excited about the fact that you really landed on the silver, especially when I ask you and I said "What I want you to bring Gary, Dr. Gary to these people all other people there listening to you right now. What's a number one thing that you have to offer because people don't have a lot of time to go shopping and didn't want twenty different things to travel what they want one to ensure their health, so it's good to know you've got as product and that he is offering a special just to our Healthy Travelers Summit people, we're really way to, will showcase this for you so you know you're getting one of the best offers does he cares to get this message out in the world with us and so yes.

Kevin Snow: Isn't Dr. Gordon a great example of this vitality that we're talking about?

Dr. Robyn Benson: I know really. That's the number one complaint right? It's energy. You're not lacking in energy at age eighty. You're going strong and of course you're going strong for one twenty. I'm right there with you Gary.

Dr. Garry Gordon: That was eighty years to know enough to be useful. So, I glad to stick around now.

Kevin Snow: That's awesome. You know, I have an interesting question. I was dealing with this one of the client a while back and we're talking the appendix and you've mentioned the probiotics and specific probiotics. I wonder if you could talk a little bit about the particular function of the appendix in it, maybe not being the useless thing that we have in our body.

Dr. Garry Gordon: It's just amazing isn't it that everything... Look at all the damage we do it all of these women we tell them you don't need that gallbladder.

Kevin Snow: Right.

Dr. Garry Gordon: Without at that gallbladder they are not going to have a necessary remedy to deal with fats like vitamin A, D, K. And so, I mean it's so pathetic that we pretended with the best answer is take something out, when it doubt cut it out, that was when I was in medical school fifty six years ago. There's a lot of money in cutting things out, but it cost on those days, you want every thinking that you might be living to eighty or a hundred and twenty. And when you have a little more time to look at things, we can start to see associations with how the immune system is fulfilling. You were beginning to understand is the appendix does have a function, like everything in the body, not that I won't do surgery, because I have to do what the patient wants, but it's my job to make it a full a fully informed and consenting patient, but informed means they need to know that even though this is covered by insurance and we could give you some chemo-radiation instead of for your cancer, the bottom line is in 2 years, you're going to be gone and we have patients who choose to go outside of the system and pay their own money and do these other things that are widely talked about. What do you talked about? Infections, cancer, MS or Parkinson's, I mean you've got the dramatic picture of a doctor-friend of ours that's David [Inaudible 00:26:10.02] on television and we can go to the internet and watch and see Parkinson's plus glutathione and how they inject it in the vain. A patient who can't understandably talk and has to walk with a walker ten minutes later gets up and walks clear. So, it wakes you up to what I'm telling my friends today that if we could make more of the body's own detoxifier which is glutathione, super oxide [Inaudible 00:26:40.25] you don't need to remember the big names, but if anybody goes online and checks Parkinson's plus glutathione, they'll see that putting a hundred or two hundred dollars in the vein will give you a complete change of life for a few hours. What I try to get people to understand is that I'm looking at how I could do that orally at home. So, that's why I now have people buying a sea of water and a sea of water is a gift that was given to us, I truly believe by God, because how can you have in water the ability to have the body's suddenly all its powerful detoxification 500% water effectonally and it was before you drink the water. So, we did something to the water, it was nothing but salt and water and now, the body says, "I need to make glutathione and [Inaudible 00:27:34.05]" and now all of a sudden, a person can drink half a bottle, cost him fifteen dollars, but what can they see? Children who couldn't function in school in ten years and are untreatable who go to John Hopkins's Children's Hospital in Florida. And they should seek their [Inaudible 00:27:57.15] nothing can be done. Four months later, the kids go to the top of the class in school by simply having the mother give this child four ounces, three times a day of salt water, called Asia's [ph.]. So, it's amazing because that gives us signals to the body to make its own detoxification and it's really funny, because all of us have worshiped anti-oxidant, "I need an anti-oxidant, give an anti-oxidant and now, everybody is taking an oxidant." In other words, people think I've gone a little crazy. Would you drink the sea of water, it absolutely is the opposite of what you thought you needed about the body and its wisdom knows exactly what to do and it turns around and makes a better anti-oxidant that is actually

doing about what you did when you put the glutathione in the guy's vein. It started them two hundred bucks and gave him a good six hours. I'm talking about having a good life, because you're going to need these things. So, it's amazing when we can start to look at the underlying problem, food, infection, genetic, heavy metals, hormones, toxins and I want to make this message very clear to our ... and this is, because a lot of women today are flight attendants and their living longer and they're still flying when they're sixty and sixty five and I need to get this message across that as an expert having studied extensively in Malaysia, we find that when I'm in Thailand, in Bangkok that there is a university called [Inaudible 00:29:29.23] which is their Harvard Medical School. And there's a lady doctor saying, [Inaudible 00:29:33.26] who is the head of biology and she's had fourteen years to study one natural product from Northern Thailand called "Pueraria Mirifica" that means, miracle herb. And we found it, because of one thing, World Health Organization tells you how many people die of cancer and what area around the world. And we saw such a low instance of breast cancer in Northern Thailand, Chiang Mai, we said, "What are they eating?" and at first it was not out yet, we started this project over fifteen years ago, but now today, my good friend Christiane Northrup had a O-B-G-Y-N at University of Vermont, her new book is coming out this week and anybody who gets her book and [Inaudible 00:30:21.20] last book sold 2 million copies, Women's Body, Women's Wisdom, she is so in love with Pueraria Mirifica that we put it as a cream and we can put it on the labia and bring the vaginal health back to where it was 15 years ago and safely, I as a man, can take this exact same herb which I get my women patients and the reason I want is, because our research showed that it wasn't just help cut down breast cancer, there are virtually no broken bones in anybody who eats this food and the terrible side effect is almost no cases of dementia. Wouldn't that be terrible to have all your faculties when you're a hundred? And it's so neuroprotective that at this point, the Harvard of all of Thailand in Bangkok has nine post-docs working full time and they're planning to do a primate colony, because we really think that we have not just the ability to stop dementia and broken bones and keep the vaginal track healthy and lower breast cancer, we think in addition to it, it may be the strongest Telomerase activator we have found and that means there is one in the market, T-A-sixty five, it's got some interesting research, wealthy people take it, but this is affordable for all of us and it isn't just an anti-aging, it's cutting down breast cancer, it's preventing dementia, preventing broken bones. So, we're pretty much happy that Pueraria Mirifica and see you could remember it, I just quote it "HRT" herbal remedy from Thailand. And so, if you can remember the name, you can talk about something that is going to mean, a lot of us are going to living healthier, a lot longer and we really believe that as a natural herbal substance, the good Lord has gave this to us. And it sounds normally you'd think, this is something just for the women, well, the women are going to be really happy, because I've been involved now with the Thailand Research Council, because they don't want to participate in fraud. They won't want their country abused by somebody saying, "well, there's something from Bangkok, but it's all ..." So, there is a total research council with MB PhDs and many of them are trained in Harvard, the heads and I meet with them to be sure that we

have the data, to be sure we have the reliable, because it's not simple, it grows in one area the world from complex reasons, but you've been [Crosstalk 00:32:53.27] standardized it.

Dr. Robyn Benson: I want to ask you question, because I've researched and there's a lot from my book the Healthy Traveler's Guide. A man, pilots in particular and bus drivers and truck drivers, people travel on regular basis which has a higher incidence of prostate issues. So, can you speak to that? To the men that are listening to this. Honestly, every day in my practice, I'm treating men with prostate cancer, prostate hypertrophy. It's a massive issue. So, how can you speak to that and for some of these people that are in this electoral polluted areas that make them more susceptible?

Dr. Garry Gordon: Well, let's just start out with the facts, that I started age eighty, eighty percent of all men have prostate cancer.

Dr. Robyn Benson: eighty percent?

Dr. Garry Gordon: Eightypercent80%. It's fifty percent at age fifty and eighty percent at age eighty so I'm eighty. So, therefore I must by those numbers have prostate cancer. So, where were at with prostate cancer is I've been involved in all type of cancer therapy for enough years to tell you that if you have a friend who's schedule to die next week and the cancer's in the brain, the lungs, the bones, the liver and they're going to be dead meat and there living in morphine. If there healthy they call me and I give them alternative that they didn't know about. We can drop them in [Inaudible 00:34:03.29] jet, ambulance to Munich drive them over to the hyperthermia unit, in Klink St- Georg in Bad Aibling and Dr. Frederick Dallas will cook you at a forty one point five centigrade. And the next day, you're off the morphine, you're open walking and you have a big appetite and you were supposed to be dead. So, I don't get too worried about the breast -- and about the prostate. In fact today I really have a good friend who's got an ALS problem it seems to becoming epidemic in our area. And so it's pretty frightening and so he's being told well even though he's got wasting and losing all his strength that he should live with his low level testosterone because we don't want to bother your prostate. Then, I tell him I don't mind bothering your prostate because there is a prostate that we can, prostate cancer is one of the easiest things that I ever had to treat and it starts out as I just made the example with hypothermia and who needs hypothermia?

Anybody today that wants to live a long time needs to sometime have some kind of sauna in their life. [Inaudible 00:35:10.16] for red would be nice, the ones were your head is sticking out so I can do just your body because your head sticking out then I can put ozone in there while you're sweating. And the terrible side affected I have a young man who's got AIDS and he did this greater plate and now he's AIDS test is showing negative, we hate the side effect but just using [Inaudible 00:35:35.22] and ozone. So, as we start playing the game there's so many good things that you can do -- that I want people optimizing their health. So, you want

to live and the thing they take the fear that we have about prostate cancer.

Because I repeat it is the most amazing disease to treat, there is going to be the rare form which will be a challenge and I have never been encounter one of them but certainly for -- many forms of prostate cancer that maybe down in my knowledge based, but I have never seen one. But it's always very easy using the things that we do another we begin to understand the concept of how ozone is working and when you begin to say I just examined that ozone is going to help us deal with the toxins there isn't anybody in the planet that can go to Mt. Sinai school of medicine in New York city and take up 20 tubes of blood and pass the test, everybody is sort with dioxin, PCB, [Inaudible 00:36:36.14] you cannot be alive without being filthy. And so as the point Dr. Phillip Landrigan the head of the department. He says "I hate talk to your 4,900 bucks "He says "What are you going to learn?" Well what you will learn is interesting which I do electronically when I do EAB kind of testing, I can identify which of this toxin soil can get the patient more focus because it doesn't help you for me to tell you that you got this [Inaudible 00:37:07.20] because you don't know what to do. And, I have develop what I call my detox drink, with the fiber and the grain and the [Inaudible 00:37:15.04] I do what, because I know what's our bodies. Most are not --it's too inconvenient to do all this stuff and so what I'm excited about is that our cellphone is going to be making it this test will become so cheap. That if you don't know how old I really am-- look at, if I'm a baby I have almost 100% utilization of oxygen you put a little oxygen mass in my face then I breath oxygen guess what? A lot of it goes out unchanged because I'm not efficiently using oxygen at age eighty, what we can provably change that with the things that I teach. So, my anti-aging program is based on fact, if I can have everybody use oxygen as efficiently as a baby and that is... And so all of us will understand and that's any like Dr. Frank Shallenberger who's running the AAOT, the American Association of Ozone Therapy. He and I studied ozone together in Germany thirty five years ago. So, he went on and kept with it which is great because somebody has to champion ozone like I tried to champion chelation. The reason I so much interested about chelation is I was born sick, I was sick all my life, couldn't go up those flight of steps in medical school after the eight IV chelation, I could run up the side of a mountain in wear out a two year old Irish setter. So, I turned into Superman because I got the lead out.

So, each one of us it's nice if you know what is a poison, it's nice if you know the name of your infection but try to understand, it's all kind of none sense if you understand that Harvard is publish the paper. that everybody on the planet if you check there bone led, it's a minimum of one to two thousand times what it should be. Everybody there's no body exception. No placing, if live you living Antarctic it's still coming in there, you are a lead poison. Now, you don't know that and your doctor doesn't understand all this stuff and according to Harvard Medical School, if you want to find out what kind of infection you don't have to worry do I have lime or do I have some... You have to know that they find ninety six

percent of people have active Cytomegalovirus right now in your body CMV. And, it's living in the worlds of the arteries of our body and it's giving you low-level inflammation, we all know low-level inflammation brings on some of the aging and other disease as we are worried about.

So, it's astonishing that we now have data to tell everybody you have some infection if go to one of our ozone doctors and we take some blood out and put it back in and ozonate it and then especially if we follow with ultra-violet blood, the irradiation giving extra energy because today when the age of energy medicine. And so, energy medicine you cannot talk about light emitting diode just spread lights. Bright lights which are being sold on television, I don't own the company. That company is called WillowCurve.com and this company [Inaudible 00:40:30.22] is five hundred dollars and they give your money back if three months, your wrist is not brand new or your shoulder is not brand new. The guy that they use at the top known athlete who was scheduled for knee replacement. So, he puts the little five hundred dollar device and put's the energy. So, if I combine light emitting diode and micro current like Dr. Tennant teaches and then I combined that with pulsed -electromagnetic field which there's a wonderful IMRS device that everybody needs to know that we find low-level magnetic therapy is helping people use the nutrients we swallow, because the Earth has at its core this liquid iron and it generates a field that we call a magnetic field. The reason you and I aren't moving next week to Mars. It's not very crowd up there. Real estate's pretty cheap. But they have no magnetic field and so you could die unless you have with you your own Holt's magnetic field and so the people who learn about IMRS and have their own pad at home are regenerating what we had on this planet when the magnetic field was much stronger, when it was really strong we had Dinosaurs. Don't worry we won't have any Dinosaur -- the energy field that heat generates from the earth is weak, but we can make up for it and Doctors get a very powerful device that cost them 25,000 but they can take and do a miracle, I can take a patient that has an accident falling is to get off the airplane and they break their pelvis. And they talked to the orthopedic surgeon and he says, "Well, I think you're going to have a bed rest for three months and you're not around to go the toilet, we're going to put a bed pan under you for three months". They call me and I get them on a pulse magnet device and in three days, they're in shopping in the store. So, we [Inaudible 00:42:31.07] that I can accelerate the healing of the body with pulse magnet. So, when we talk about [Crosstalk 00:42:36.13].

Dr. Robyn Benson: It's so fantastic Garry. You were speaking about so many incredible bio-hacks. We have quite a few speakers that are going to be sharing some of their great strategy. PMF, Pulsed Magnetic Field that Doctor Garry's talking about is fantastic. It's something that I've used in my center over the last six years and in fact, Doctor John Gray introduced it to me. It's changed my life. I sleep, I know I'm going to be 50 in a couple of months. I'm doing pretty good. [Inaudible 00:43:05.01] life, looking at the food, looking at low-grade infection, we all have low-grade infection to some degree in our body, the geopathic stress, balancing your hormones. So, you could have given a solution to just everything, even toxins.

So, this is just as we travel through life, not just in the air or by train and subway and all those ways, but how we're travelling in everyday life is so vitally important that we're staying on top of our health and our health choices. And I'd love this self-care message that you're bringing to light so well and the sense of excitement of about our future. Knowing that we'll have even more control with our cellphones to be able to find out if we're blood sugar's low and we're in the Masai Marain Kenya or Iceland, in the middle of winter that we have ways to find out what's going on with our body and to take care of it. And also, the big message here to help each other is you don't want to be sick in the first place. You don't want to be stressed out, you want to go on each and every trip following these great tools that Doctor Garry is sharing with you, so you can ensure healthy travel each and every day.

Dr. Garry Gordon:

I want to go back for one minute, because we are travelling. We are breathing lots of fumes from lots of cars, so try to understand. The reason I love oral chelation is I want to everybody to know, I took everything I knew about nutrition and I put it in one packet and when you take out one packet of ten pills, it's got essential [Inaudible 00:44:31.29] acids, but it's got 10 million of dollars of the research and we cancel bypass. We cancel stents, we cancel amputations on all patients, because oral chelation works, but it's slow. So, thank heavens I have doctors that do intravenous chelation and I didn't know that we can do it orally. When I started, I did everything intravenously and I took over 200 intravenous and it, as I said, it changed my life. After the eighth chelation I could run up to side of the mountains. So, getting the lead out is basic then when I teach you that I have to do something about the infections that everybody's got, I'm taking you to the next level. Then when I repeat Pueraria Mirifica means you don't care if you're eighty or ninety, you're still going to have strong bones and a bright mind and then when we talk about looking attractive, the company renewed twenty eight is just put into a gel ozone. And by putting it into a gel, you swab it on your face and if you need a faster result, you put the silver gel. So, between the silver gel and remember, the silver is a spray that you can take and on the plane, they have it on 2 ounce bars so you can take it on the plane, but when you're home, you may be feeling really sick, or feeling sorry -- if you're really sick this is 4 ounces, you could use up that whole bottle in four days. If you are thinking you're going to be dead, but some people that get sick, but some people they ... One day I left Bangkok and I was in a long flight and there was not an empty seat on the plane and they sat me next to a somebody who was really, really sick. You didn't know if he was going to be alive when you got off the plane. So, thank heavens, I added two ounce bottles of my silver with me in the bag. And so I did mention, because most people understand vitamin C and I said that when I fixed vitamin C so that it doesn't give you diarrhea or cramps, you too can do what Linus [Inaudible 00:46:29.18]. He was always taking sixteen to twenty grams a day. I've cut it down to just eight grams, because we do other things, one teaspoon twice a day. And I want to make clear to everybody that we are all facing challenges to our health whether or not we travel, you just increase the risk when you're travelling, because you are exposed to things you're not

used to. So, I want to mention one more time, it's nice that the leading virology lab in the country says that this actual silver, this week in their lab actually kills a rhino virus and you're not getting any cold. So, you put in [Inaudible 00:47:11.25]. So, I've got to armorize those of us who are the travelling and you don't know who you're sitting next to. I have to make it clear that you can be healthy and all that of us are designed to live a lot longer than any of us dreamed. And when I mentioned to you, it's a thousand times too much lead in your bone, please understand that if I took two hundred chelation in my arms that doesn't mean I have all the lead out, because the most take 15 years to be made new which is why I had to develop the oral chelation so people could stay on it for 15 years, because it takes 15. As your bones are breaking down rapidly when you're in menopause, women get hyper tension, because the bones are releasing lead even faster, but you're always releasing lead as you make new bone. So avoid it, because the bone is where the ... You see, the mother's body knows too much to get rid of the lead and mercury, so she puts all the poisons into the baby. So, this is all documented, I'm not dreaming this up. So, if you call me and you say, I need a healthy baby, I'd like to you 2 months before you plan to get --to conceive, because it makes a lot easier, because I can be more aggressive on helping you detox even before you conceive, but it's exciting to know that at least we begin to know what we've done to our planet and the challenges that we face, but none of these challenges are impossible, they're all solvable and it's really thrilling that I'm going to be talking to a lot more doctors getting them to take their own face and slap on their own face a little silver gel lightly and a little bit of the ozone gel and then take a picture one month later and they put that on the wall of their office, their patients are going to want to have the ozone and water that they can drink, because they can't be in the office every day getting another ozone. And so, if it's making my face that was younger, it must be doing something inside and that's pretty exciting.

Dr. Robyn Benson: You're looking great Doctor Garry. I [Inaudible 00:49:20.01] to you mom more questions now we have to wrap up. This has been fantastic.

Kevin Snow: Well, I've got about 15 of them when we talk. We don't actually.

Dr. Robyn Benson: 25 hours.

Kevin Snow: Just going back to the food thing when you travel what kind of food do you take, what [Inaudible 00:49:36.09] kind of food do you eat?

Dr. Garry Gordon: Okay, I eat first of all, I believe in the school that we've all been told the wrong message and I eat as much fat I can get then I so I eat every food that is right in front of me. And the thing at all times I'm always using my grapes so that I just take my powder which I repeat was the zeolite, the vitamin C, the green and the [Inaudible 00:49:59.10] and these are all just things that help me by. In by the time you add my beyond fiber which has gone the ability provably [Inaudible 00:50:10.24]. So, I take that powder with me and that way I never worried about how many toxins I'm getting

in my food. Because you're breathing and your stop breathing if you're not going to take toxins. So as long as I can push them up fast so I call it my power drink but it's [Inaudible 00:50:28.14] the green and the fiber and the C and the zeolite. And so the big factor is ideally we all need to know the fiber is what feeds in the probiotic. Probiotic technically, I told you there maybe pathogens in your body. So I told you the sober is going to get rid of the bad guys. But it doesn't kill the good guys that need to be there and so I am stuck -- I don't have in America the ultimate pro-biotic that I've not been able to find it. And then none of us can afford going to Taiwan unless you travel a lot. If you are in Taiwan go and have the blood test pay a thousand that includes one year of the ultimate probiotic for your gene type, and of course that you won't have any sensitivities to food or colon and the net result is guess what? Your stage 4 cancer starts going away because your body is not fighting the pollens and the foods and did what. So, when you have your body not having not having to fight it can really get nasty on the pro-cancer.

Dr. Robyn Benson: Yes, can you place just think about hydration we had a previous speaker talk about how chocolate is a dehydrating experience which we all know, with all felt the effects of dehydration with air trouble [Inaudible 00:51:41.26]. Can you talk about the solution you have?

Dr. Garry Gordon: Well, in our country we do have a company called PENTA, P-E-N-T-A in black water actually has the ability to go into cells dramatically. I actually have patients who if we get the PENTAwater – they're wealthy and they get it deliver to her place. If they get it they don't have to live on oxygen inhaler it's that powerful. That most of us don't get that, when I went to Budapest to swim in the special waters, but we have the kaqunin Europe, kaqun... K-A-Q-U-N. It's in twenty six hundred pharmacies because it's doing some magic to help your body more efficiently utilize water and that's one of the tricks that I have. So, I'm less worried about how many ounces of water I more interested in the cells functioning and to have the cells functioning as you were nice enough to mention and I started this whole life works in the area mineral metabolism. So, it's the laboratory we have offices around the world I've looked at several hundred thousand hair, blood and urine test and so I always look at what are you deficient on, I find virtually nobody has enough magnesium and then you hear about the [Inaudible 00:52:57.14] but I'm always looking at what can I probably put into you it's going to make you tougher. So, does your body is working more efficiently and so if we look at the prime of dehydration, yes but it's not just a question of the quality of water becomes really important and so I'm very excited because I don't need to make it if putting this on your face makes your face in one month look 10 years younger. Obviously, my next job is to put this affordable there's in bath tubs and you'll come to spas and you'll be swimming in the incredible renew water which I repeat was nothing but ozone in water, but it's got some sophisticated thing like it stable because when you ozonate water it's gone in two hours but it's good for two years. So, what these tricks that I'm sharing with you I am sure that the kaqun water people fry there they stay there for three weeks, home for two week come for three. And

thermal cancer patients completely... So water's a big deal. So I want to make it clear.

Dr. Robyn Benson: Big deal.

Dr. Garry Gordon: So I want to make it clear, but it's kind of slow because people don't have 3 weeks come home for two week go back stay for three weeks. You're in the tub for two hours it's a long bath but when you see where on taking of this. I'm going to take that concept and I'm going to be putting together a new program so will have specialized tubs that will put that kind of energy, it's not just the oxygen it's the entire energy because we are in the age of energy. So, I love the micro occurrence, I love the light emitting diode, I love the hypothermia a cat live a little magnetic boost and so we need the low part magnet. It's exciting when you put it all together you can all feel that's good as right.

Dr. Robyn Benson: So, you are closing connection with Dr. Linus [Inaudible 00:54:48.17] calling pretty amazing, Dr. Batmanghelidj I think he wrote the book Your Body's Many Cries for Water, you're not sick. [Crosstalk 00:55:00.22]

Kevin Snow: Thirsty to Batmanghelidj.

Dr. Robyn Benson: Batmanghelidj thank you!

Dr. Garry Gordon: But he didn't think [Inaudible 00:55:04.29] he ...Because remember I go to every meeting in every country.

Dr. Robyn Benson: Right.

Dr. Garry Gordon: And I just... Because he taught the water is ...The form of the water was unimportant he thought all waters are the same, I couldn't save him. We've lost him, you know he died very young.

Dr. Robyn Benson: Now I know. Pretty Bad. Wait a minute.

Dr. Garry Gordon: Because was more of the message the problem is if you get into a field, please be prepared to know whatever your thought when you went into it you are probably wrong, but if you're staying with the field you might change people lives because there's always another piece of the story that wasn't obvious at first.

Kevin Snow: That's excellent.

Dr. Robyn Benson: Thank you so much of spending a wow, wow... Always with you I mean I was on something new and I just read my passion, you're going strong at eighty my goodness, what's going to happen in the next what...forty years? You got a lot planned I know... Not one day is...

Dr. Garry Gordon: All the things we are doing is coming together so people

Dr. Robyn Benson: That's cool

Dr. Garry Gordon: If they had any... I mean we haven't even talk about the tricks I know are coming. So if we just get people enthusiastic... 'cause a lot of people. It's a lot of trouble where we are at... I do... it cost me a lot I take a lot of supplement I got to do a lot of things. It's going to get a lot easier it's going to be --

Dr. Robyn Benson: That's awesome!

Dr. Garry Gordon: --pretty exciting.

Dr. Robyn Benson: Thanks again for joining the Healthy Traveler's Summit sponsored by the Self-Care Revolution. We appreciate all of you being here with Dr. Garry Gordon. Thank you Kevin! And, we have more goodness coming your way on the Healthy Traveler's Summit. So, stay tuned. Thank you!

Kevin Snow: Thank you!

Dr. Garry Gordon: Thank you!