



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 Summit. My goodness, we have just had an amazing journey here with some of the incredible speakers sharing the best of their entire career. And I have to say, most speaker that is a part of this summit is a world traveler, they've traveled, they travel on a regular basis, some of our speakers actually travel more than 30 weeks a year. And, all the different toxics that we've had, we talked about food, we talked about the importance of movement. We've learned about parasites, we've learned about tropical travel, we learned what to do with high altitude. And today, I'm bringing a speaker to you that I have learned to his work a couple of years ago, Doctor Jerry Tennant, and I read his book, "Healing is Voltage". And I just thought out of, my gosh, I've been in practice for 23 years, by the way, this is your first conversation you're joining us. My name is Robyn Benson and I'm a Doctor of Oriental Medicine for 23 years also the founder of Santa Fe center for Optimal Health, and I'm someone who never stops working. I'm always going to workshops and most reading books. But when you come across a book, like, Dr. Tennant's book, "Healing is Voltage" when you think, it's like such a big like, uh-huh, when you feel like it's just lands on something that's so fundamentally important to everybody's understanding of how our bodies working as to your level, that's what how that book it was transformative for me. And for many people who have read this book and it's really excited that we have the author Dr. Jerry Tennant with us, that we have Dr. Tennant with us. So Kevin, I want to introduce you before I introduce Doctor Jerry Tenant. So, how are you today?

Kevin Snow: I'm doing great. My name is Kevin Snow and I'm your co-host of The Self-Care Revolution. I'm an intuitive counselor and I'm all about helping people create clarity and I think we're definitely going to get some good clarity today. Welcome.

Dr. Robyn Benson: We are definitely going to get us some good clarity. So, Dr. Tennant thanks for joining us, how are you?

Dr. Jerry Tennant: I'm terrific. Thank you for having me on.

Dr. Robyn Benson: I'm just so glad we met just a couple of weeks ago live at Dallas at the American Academy of Ozone Therapy Training where you were one of the keynote speakers. And for all of you, this is your first time hearing of Dr. Tennant, he graduated at the age of 23 and a top 10 of his class in the University of Texas South Western Medical School in 1964 with an M.D degree. He completed a residency at ophthalmology at Parkland Hospital in Dallas and at Harvard Math, Eye and Ear in Boston. He Co-founded the Outpatient Ophthalmology Surgery Society to surgeons around the world to perform outpatient eye surgery, he help developed to refine the techniques for same-day cataract surgery, and was experimental in getting congress to pay for outpatient surgery saving Medicare millions of dollars yearly. He's one of the few surgeons awarded the [Corvoi 00:03:05.04] work for contributions to ophthalmology and the recognition award from the American Academy of Ophthalmology. And there's so much more to say about this man, but he created the "Tennant modulator device" in 2004 to measure cellular voltage into treat the body for pain and other chronic diseases. Signature medical group is the exclusive distributor, the device is available to physicians and patients by prescription, so, we'll learn more about that shortly, Super welcome! We're super glad to have you cart up to The Healthy Traveler's Summit and to share your special message. So, again, welcome for to be here with all of us and love the title, "Keep your voltage of while traveling." I think a lot of us would like to do that. So, first of all, welcome and we'd love to hear a little bit more about your background and how you got to this point in your life who you're talking about voltage.

Dr. Jerry Tennant: Well, thank you very much. As you mentioned, I am trained as an ophthalmologist and did a lot of fun things in ophthalmology. But, one of the fun things I did was a hardy of the research for the laser that's using LASEK surgery. I did most of the research for the chemical and physics, and helped get that approved by the FDA for use. It was a lot of fun, but one of the things we didn't know in those days was that the laser wouldn't kill viruses. And so, as the laser would strike the eye to re-shape it, it would actually release viruses from the cells, and those went up through my mask and into my nose, into my brain and I had felt up encephalitis. So, what happened really was that I got to where I could see a patient and know what was wrong with him, but I couldn't remember how to write a prescription. I also developed spastic movements which doesn't work really well if you're operating the inside of somebody's eyeball. And so, for those another reasons developed to bleeding disorder etcetera, I finally

had to quit working at the end of November in 1995. And the best docs I could find said well, you have three viruses in your brain, we don't know what to do for you, so, good luck. So, I slept 16 hours a day, had two or three hours a day in which I could understand in newspaper and then like a light switch it would go off and I couldn't understand it anymore. So, it became apparent that during that two to three hours that I could think, I had to figure out how to get myself well. So... excuse me.

One of the things that I thought about was If I could figure out how to make 1 cell work, I could make them all work. So, I started reading cellular biology books and which by the way I haven't done for about 30 years. And in each of the books, they would be anywhere from a sentence to a paragraph about the fact that cells have to run, had a PH of 7.35 to 7.45. All I didn't remember a lot about PH except it had something to do with acid base balance. So, I started reading about PH and discover that PH is actually a way to describe the voltage in a solution. So, if we're talking about electrons in a copper wire, then the switch is either on or off, when you're talking about electrons and solution like water or like inside your cell, it can either be an electron donor or electron stiller. And so, one takes a sophisticated volt meter and measures the voltage of the liquid, and then, it will tell you not only the voltage but what there's electron donor or electron stiller.

So, one's I figured out that it was all about the amount of energy in the cell, then, obviously the lights came on and I said, well, obviously, that's got to be important cells have to have energy to work. And that's something of course it's generally ignored in medicine in general except just the concept of ATP which is just part of the picture. So, I discovered that a Japanese fellow named Nakatani had published how to do that in 1951. And so, I bought his "reader rudimentary" equipment, and of course, a 7.35 is a synonym of -20 millivolts symbolic 45 is a synonym of -25 millivolts. So, when I measured my brain it was running to four millivolts, so now I knew why it didn't work. So, it was just a matter of figuring out to get the voltage back up and the next question obviously is why was it low in the first place? So, that's how I began my journey to looking at voltage. And of course I've continue down this road. But one of the fascinating things of course is, one's I restored the voltage in my brain it started working again. And instead of dying as I was predicted to do in the 90s, I'm still working here in 2015. So, that's basically my story.

Kevin Snow:

Wow that is great.

Dr. Jerry Tennant: One of the things that I think might be truthful is to start to divide our conversation into couple of segments because there are a few suggestions that I can give about, people who are traveling and how to do it more safely. And then, after doing those things which are more about dealing with acute situations or current situations, we would might want to go in some conversations that relate more to what happens as far as keeping yourself well chronically. And those, do kind of merge, but if you are agreeable I think it will be fun to just talk about some of the things, that people have to face when they travel and how they can successfully deal with that.

Dr. Robyn Benson: That sounds like a great idea, but first of all just to really help everybody understand. so, what did you decide, what was the... what really happened to you? So, your voltage went so far itself. What did you figure with all that?

Dr. Jerry Tennant: It was all cause by single root canal to within my upper left molar.

Kevin Snow: Wow.

Dr. Robyn Benson: You are kidding, wow. So, just for everyone that's listening to hear that, I mean, that's something that we haven't talk about very much in all of the summit, but how much one tooth can impact your physiology in massive ways, people with cancer too. So, can you just elaborate a little bit more on that so people really understand?

Dr. Jerry Tennant: Yes, I can. First of all, one of the things that has been confusing for over 3,000 years is what is an "Acupuncture Meridian"? Different people have made suggestions but nobody really has come to a solid conclusion. And I think I'd figured that out because of the following things. Every cell in the body, that simple organ in the body has to have ongoing source of voltage already working. And, also, cells in the body wear out, and so, you have to be able to make new ones. So, cells are designed to read at -25 millivolts, but to make a new one requires -50 millivolts. Now sometimes people get confused because if you take a cell at Petri dish and put an electrode inside and another one outside you'll measure -90 millivolts. So, we're not talking about the potential across the cell membrane, we're talking about the environment in which cells work and that's -25 millivolts. The other thing people don't think about is that we're constantly wearing ourselves out. So, you get new cones, in the macula

of your eye every 48 hours, the lining of your guts replaced every three days. The skin you're sitting in today is only six weeks old, your liver is eight weeks old, your nervous system is eight months old and so forth. So, we're constantly wearing ourselves out and having to make new cells. Well, if you lose the ability to make new cells, guess what? You get sick.

So, in traditional medicine and even in alternative medicines, people ignore that fact and try to say well, you have this symptom and you use this drug or you use this herb, or you use this essential oil, or you stick a needle in this acupuncture point, and that's how you get well. But, I suggest that's not really the way we should be thinking about health and disease. In my view, chronic disease only occurs when you lose the ability to make new cells at work. So, I think that's important enough to say it again, chronic disease only occurs when you lose the ability to make new cells that work. So, if you understand and believe that paradigm, then we have to ask the question, well, what's it take to make new cells? Well, first of all as I mentioned, to make a new cell, you have to have -50 millivolts of energy. And then, of course you have to have all of the materials that takes to make a cell and that's where nutrition comes in, and then, you have to deal with any toxins that are hanging around that might kill cells or kill the way they function as fast as you make them and that's where things like, heavy metals like mercury and lead and other toxins come in. So, if you think about my thumb for a minute, it's perfectly good thumb or it's just fine, and then, I hit it with a hammer, obviously I've destroyed some of the cells with my thumb with a hammer.

And so, my thumb immediately goes to -50 millivolts. Well, we're designed that way because we need that extra energy to make cells. But when we go to 50 millivolts, one of the things it does is it dilates the artery capillaries. And the reason we're designed that way is that allow us to dump raw materials to come so to speak so that we have the things there we need to make cells. When our artery capillaries dilate we get all the signs that we know of as inflammation, we get swelling, we get pulsing pain, we get redness, we get heat. And so, all of the things we normally assign to the concept of inflammation happens at -50 millivolts. Then we get busy and start making new cells and we replace all those we damage with the hammer and then our thumb goes back to its normal 20-25 millivolts and we're a happy camper. But the opposite thing can happen in that is you damage cells, but you don't have the 50 millivolts takes to make them, and so, you cannot replace those smash with the hammer, and now your thumb is chronically heal so to speak. So, it becomes kind of pale, it hurts all the time, doesn't work really well. And no matter how

many pills you take or how much surgery you have, you can't get it well, because you don't have the 50 millivolts it takes to make new cells. So, one of the key characteristics of chronic disease is the inability to make new cells because you don't have the voltage to do it. Well, obviously that leads us to the question of why we don't have enough voltage to make new cells.

One of the things that you have to understand is that the human body is a portable electronic device and like all portable electronic devices it requires a battery system if it's going to work directly. So, our muscles are what are called "piezoelectric". So, what does that fancy word mean? If I take a piece of quartz and squeeze it with a pair of pliers it will emit electrons. So, the phenomenon that when you distorted something and it causes that to emit electrons is called "piezoelectricity". So, our muscles are "piezoelectric" which means every time you look them, they generate electrons. Unfortunately for us, our muscles are also re-chargeable batteries. So, simply going for a walk or moving around causes us or allows us to re-charge our portable battery pack which is our muscles. And the second thing part of the puzzle is that every organ in the body has a specific stack of these muscles that create the battery pack for that organ. So, the heart has a different stack of muscles, the liver has a different stack of muscle etcetera. So, every organ has its own stack of muscle batteries in an exactly the same way you have stacks of batteries inside your flashlight. So, the other thing about these muscles is that they are surrounded by a shiny sheet of stuff called "Fascia". Which is something that we always see when we carve our Christmas or Thanksgiving turkey, it's that shiny sheet around the muscles. And one of the interesting things about that sheet is that it's electronic what's called a "semi-conductor". Semiconductor is an arranged amount of molecules in such a way that the electrons can move through them at the speed of light but only in one direction.

So, the Fascia sheet are sort of like a stocking that go around all of our muscles, and those sheet are connected together, all the way from a toe or a finger clear up to whatever organ, the battery pack provides voltage for. And so, these stacks of muscle batteries are what have been known for 3,000 years as acupuncture meridians. So, when the body is functioning the way it should, we have the system inside our cells called ADP and ATP which is a rechargeable battery system, which provides the intracellular voltage and then we had the backup. battery pack which is our acupuncture circuits. So, if something happens to our battery pack, so then it can no longer hold a charge, then obviously we lose the ability to

make new cells because we don't have the 50 millivolts in that organ it takes to make new cells. So, what are the things that will damage your battery packs so that they can no longer hold a charge? Very basic is "thyroid hormone". Thyroid hormone controls the voltage at the cell membrane along with its body, "Fulvic" F-U-L-V-I-C. Fulvic and Thyroid Hormone T3 control the voltage of the cell membrane. Thyroid Hormone T2 controls the voltage of the mitochondria inside the cells, so, we need to have...

Dr. Robyn Benson: Okay. Hey Jerry, since this so important what you're saying, if you could repeat all of that. So, the basis of the voltage is the thyroid, just repeat everything sending it's worth repeating so people really get this, this is so essential to what you're sharing today, okay.

Dr. Jerry Tennant: So, we start back with thyroid or start the way all back?

Dr. Robyn Benson: Yes, with thyroid.

Kevin Snow: Thank you, with thyroid.

Dr. Robyn Benson: With Thyroid, yes.

Dr. Jerry Tennant: Okay. So, Thyroid Hormone along with its buddy Fulvic, F-U-L-V-I-C. control the voltage of the cell membrane and it's specifically the Thyroid Hormone called T3, compared to example but most common thyroid hormone prescribed by most physicians. Is T4. The T4 doesn't work in the body, it has to be converted to the active form of T3. So, a lot of people have normal amounts of T4 and the hormone that makes the thyroid make T4 called "TSH". Those can be perfectly normal but you can be 80% deficient in thyroid hormone at the cell level, if you can't convert T4-T3, and that's a common problem to see that doctors tell you...

Dr. Robyn Benson: Very common.

Dr. Jerry Tennant: ...thyroid's fine but it's not fine, because it can't convert. Because to convert from T4 to T3 you need about eight different things including iodine, selenium, zinc, iron, cortisone, progesterone, etcetera, etcetera. So, one of the things you have to have to have adequate voltage is a

thyroid that works T3 at the cell membrane and T2 at the mitochondria. And the only source we have for T2 is desiccated thyroid we have no other source for it. That's why desiccated power so called armor type thyroid works so much better for most people than any of the synthetics. Well, the other thing is that thyroid hormone doesn't work by itself, it has to have its buddy adrenaline and cortisol to work directly. And so, I like to think of thyroid and adrenaline as to horses pulling a wagon. If either one of those horses starts laying down or not pulling its load, the wagon just goes on a circle. And if either one of the horses lays down and the wagons are not going anywhere. And so, if you become deficient in adrenaline function and thyroid function, your wagons are not going anywhere either. And so.

Dr. Robyn Benson: Wow, you're just speaking about kind of the epidemic worsening and the USA and abroad, right?

Dr. Jerry Tennant: Absolutely.

Dr. Robyn Benson: [Crosstalk [00:20:56.14]. Oh my god, I think it's like every single day.

Dr. Jerry Tennant: And one of the main things. One of the main things that shuts down thyroid function is fluoride. Well, so you have to get thyroid and adrenals correct if you're going to deal with why people can make new cells, and that's sort of the foundation, if you don't get thyroid and adrenaline correct nothing else really works right.

Dr. Robyn Benson: Exactly.

Dr. Jerry Tennant: Well, the next thing that one does when you find that you have something that's not working, let's say a person comes in and they have an engine or they come in, their gall bladder hurts or pick a problem, and you say, what is that problem's power supply? Well, you look at your acupuncture app and you can see where that line goes or you can look at my head list and see the muscles that are involved. And so, you start following that from one end to the other looking for a scar. Because when you put a scar across the "Fascia", it creates a short or a ground and drains off some of the voltage, exactly the same way if you took the top off with your stereo and dropped a piece of copper wire in there, whatever it touch, it would shorted out the ground. So, scars are a common problem that

begins the inability of our batteries to stay charged. So, one of the ways, that you can test that is you can simply hold your arm out straight and have somebody push against and then you'll be strong, and then you take the index and middle finger of your other hand and touch your scar and then press on your arm and if you go weak, it's because when you touch that ground it shorts your whole body out and you go weak.

So you know that scar is actually shorting out that power supply to whatever organ it goes to. And it's easy to fix, we have developed a special oil, an essential oil blend that you put on there, and then use my bio-transducer and put it on there for about three minutes and it realigns the molecules, and now when you touch, you no longer weak anymore. So, again, first thing you fix is thyroid and adrenal is the sixth thing as you look for scars along the circuit that goes or whatever symptom or organ that's malfunctioned. And the next thing you do is you look at the teeth. Every circuit goes through specific teeth. And so, when you get decay or infection in a tooth, it acts like a circuit breaker and simply shuts that circuit down.

So, the most common reason that I see that people are really sick, is dental infection. And of course that was the case for me, one dental infection in one tooth, just put me in bed for seven years and 48 hours after I had that tooth pulled my bleeding disorder was cured and I started getting well. So, of course the worst dental infection of all is a root canal. A root canal tooth is a dead tooth. The way the dentist may do a root canal is they drill a hole at the top of the tooth, stick an ogre down in it and rip out the artery and rip out the nerve and kill the tooth. Well, the dentists are the only physicians that believe you can get away with leaving dead tissue in the body, no other doctor believes that. And the studies have been done at the University of Kentucky and other places that show that the toxins in a dead root canal tooth which is all of them are exactly as toxic as the substance against which whole biological toxins are tested, namely hydrogen sulfide. So, there isn't anything in the body more poisonous than a root canal. So...

Dr. Robyn Benson: Can I just ask because that's such a test issue for so many people, because I have so many clients', patients that are like six or seven root canals, I personally have one in my mouth right now which doesn't too problematic but you say just get them extractive, what is the solution? What do you say to deal to that?

Dr. Jerry Tennant: Well, what would you do if your big toe died?

Dr. Robyn Benson: Would not be very happy.

Dr. Jerry Tennant: You'd amputate it wouldn't you? Because you would die from gangrene.

Kevin Snow: Right.

Dr. Jerry Tennant: What would you do if your appendix died?

Dr. Robyn Benson: Oh yes, you die, you just can't keep that in there right?

Dr. Jerry Tennant: Yes. And the same thing happens with root canals, it's going to kill you it just takes a little longer.

Dr. Robyn Benson: Okay, right. Well, that's very encouraging right? Oh my god, Well, I'm not a big fan of then of course, being a doctor of Chinese Medicine, I know they're an issue, but, my friend and Donna who does each root canal twice to ensure, he said even you don't do the whole thing twice it will not ensure that there's little [Inaudible 00:26:04.05]. Do you think to extract the tooth get rid of it?

Dr. Jerry Tennant: If you go down to the morgue and you keep pumping oxygen into the lungs of all those dead people, how many of them are going to come back to life?

Dr. Robyn Benson: Great. Okay so what about implants? What do you do? What is your solution? This is a really very important thing to discuss in.

Dr. Jerry Tennant: Well, before we go there, let me just say that several years ago I went to an oncologist office and we looked at his cancer patients and what we found was that 70% of his cancer patients have a root canal in the same acupuncture meridian as their primary cancer, and 30% of them had an infected crown in that same meridian. So, in that group of patients we had a 100% of people with cancer had an infected tooth in the same circuit. And in the meantime from the dental procedure of the cancer was seven years. That's basically what I usually see in my office although sometimes

I see a malignancy show up a couple of years after the root canal has been done. So, since I figure this out a number of years ago, I've seen seven patients that I can't find a dental connection to their malignancy. So, there are other things that will do, smoking will do it, pesticides will do it, certain bio chemicals like benzene will do it, asbestos will do it. So, there are other things. But by in large, the majority of cancer patients that I see have an infected tooth and 70% of them are root canals. As far as what to do once the tooth is pulled, first of all, the best things do is never, ever have a root canal done. But if you have them done, then there's nothing one can do to revive a dead tooth except you have to at least extract it.

One of the problems with root canals is that the infection in there will always spread to the bone around it and eventually involve the next door neighbors. So, one of the things you have to do when you have a root canal pull is find the dentist that understands that first of all, you can't just pull the tooth and put a stitch in and quit, you have to pull the tooth and then look or examine the bone around it to see if that bone is infected as well and often it is. And you have to scrape out the mushy infected bone, but because bone is like a sponge it has all of these little tiny cells in there where there are places that bacteria can hide, and so, it's very difficult to kill an infection in the bone with antibiotics. Any orthopedic surgeon will tell you that one of his greatest fears is infected bone because they know it's almost impossible to cure infected bone with antibiotics. So, what you want is a dentist who knows how to use ozone, because ozone is a gas that will kill any bug. So, once the scrape out as much infected bone as they can then they inject ozone in there, that will go back through all the [Inaudible 00:29:11.19] to help kill the infection. They also want the dentist to will use [play that rich fiber in 00:29:17.24].

The body contains a number of healing factors, we've identified more than 50 so far but I'm sure there are something we haven't identified yet. But those factors when you take a two of a patient's blood and spin it down in a centrifuge, those factors will be captured in what's called the Fibrant and you can reach in those tweezers and just pull that fibrant out, cut off a little junk of it and stuff it down into where the tooth was pulled, and those factors will cause healing and it's very rare to get infection in a socket where [flavor-riched [00:29:55.15] fibrant in ozone have been used. So, that's you want to look for a dentist that knows how to use ozone and flavor-riched fibrant. If you find such a dentist, the likelihood is that they have done enough post dental school education that they'll do a good job for you. Yes. So, I tell my patients call your dentist, ask them if they do

those two things, if they say no, go find yourself another dentist. Well, once you got the whole there then the question is, did you have to dig out so much bone that it's too big a hole to screw the screw in for an implant. If it's not, then they can put an implant at the time the tooth is called but commonly, you have to wait for some healing to occur so there is some bone to screw the implant into. And you're much better off with the screw being made out of zirconium because carbon which is the majority of what's in zirconium is electron neutral whereas titanium like all metals are all electron stealers and so they will lower the voltage in the bone around the screw and they are more likely to get infected of with a titanium screw than with a zirconium screw.

Kevin Snow: That's interesting, wow. So, everything is about the voltage and about steeling or adding to. So, I really think, I mean, this is profound, those information that you're sharing with us, how we really have this base level infections that just take too long to kill us but we're definitely creating a lot of suffering in the world.

Dr. Jerry Tennant: Well, one of the interesting things that I found about teeth is basically... if you see a person with arthritis, they've got a dental infection causing it, it's very, unless it's actual trauma. Essentially all arthritis that's not due to just an injury, it's due to a dental infection, and it's in the same acupuncture meridian. So, for example, I met this fellow in Honolulu one time and we were having lunch and he said, he started to pick up his fork and he said "Oh." And he said, "I've got this knuckle right here on my index finger and it's swollen up and getting arthritis and I can barely move that finger that really hurts." And I said, "Yes, you have an infected tooth in the upper premolars or the lower molars on that same left side of your body." He said, "How do you know that?" I said, "Because that's the acupuncture meridian that goes to that joint." And so, that's what's causing the rheumatoid arthritis is the tooth. And so, we come back to where it was convenient to do so and we looked in his mouth and sure enough there's, he's got a root canal in the lower molar on that side. So, obviously when you go in and pull that root canal, the rheumatoid factor blood test goes back to normal and eventually the joint it's quit spinning and playing it so forth.

So, essentially all things that are called auto-immune disease are really caused by dental infections. Because the infections that end up in teeth are bacteria and or a fungus that have lost their cell membranes. So, as voltage drops, oxygen drops, as oxygen drops, bacteria and other

microorganisms in the body lose their cell membranes, and so, they become invisible to the immune system and also you can't culture them. So, if you take the cell all deficient organisms, which by the way have come to be called L-forms, if you take those and try to culture them you cannot culture them unless you had an antibiotics to the culture medium and then they'll grow, otherwise they won't grow. And the immune system can't see them, so you don't get a fever, you don't get a high white counts, you don't get a change in the percentage of different of white blood cells. So basically, all of the signs that we associate with infections are not there and yet, these kinds of bugs are more pathological than the ones that have cell membranes. And so, basically when these bugs are set in there having lunch on your tooth, they put out digestive enzymes and these digestive enzymes are toxins that damage things, and in addition, bugs show up... more bugs show up and the lower the voltage goes, the more the oxygen goes, the more pathological the bugs are. Until eventually, when your voltage flips polarity and changes to +30 millivolts, that's when you get a malignancy.

Dr. Robyn Benson: Wow.

Kevin Snow: Great, we're just been [Inaudible 00:34:39.10] about the conversation. We could talk about travel I think.

Dr. Robyn Benson: Well, it's amazing, I mean, I found the people have big dental issues when they're travelling, right? And it's also interesting that we are going to be talking a little bit about medical terms then, but a lot of people just cannot afford to do dentistry in this country and end up going to, Mexico, going to India, going to different places. But we have a highlight in fact [John Cody 00:35:05.29] is going to be talking about that further. But, it sees they are huge and I'm just so glad Dr. Tennant that you're bringing this to all of our listeners. Literally we have people from all the globe that our listening to this to know how important dental health is. So, maybe you've got this talking segment, so, we're just going to let you take the lead and we'll continue to ask questions.

Dr. Jerry Tennant: Okay. Well, before we leave dental thing, I would just say that it's my opinion that if a person has a chronic disease, not an acute one but a chronic one, they would be much smarter to go to the dentist before they go to their family doctor. Because a dentist is most likely get rid of their chronic disease whereas their family doctor is going to never get them well and tell to get their teeth fixed. How about that?

Kevin Snow: Yes, right, that's...

Dr. Robyn Benson: Yes. I'm just going to say this and I'm sure you agreed with Dr. Tennant since I am well aware of this, I am a doctor who uses ozone and I do a lot of dental stuff myself. Finding somebody, it's not easy. You might find someone who uses ozone but they still believe in doing root canals it's hard, it's not. So, what I'm saying maybe you have a list of doctors that you might be able to send to Kevin and I that we can make sure that our listeners could hear it. Because they are not easy to find, like, not every town, just so you know, not every town is going to have a doctor who's trained in this.

Dr. Jerry Tennant: Well, that's true. And one of the biggest challenges I have in my practice is finding dentists to take care of my patients.

Dr. Robyn Benson: Great.

Dr. Jerry Tennant: And here's also, here's one of the reasons, it's political obviously. So, for example, I was lecturing at a dental convention in Houston, Texas last year, and where I went around that the dean of the dental school in Houston told, called all of the students together and said, there's a dental meeting in town this weekend and, if I found out that any of you go, you will be expelled.

Dr. Robyn Benson: Oh, jeez.

Kevin Snow: Wow!

Dr. Jerry Tennant: So, we have, the dentist have the same problem that physicians are required to follow what's called standard of care medicine. And standard of care medicine means that when a physician makes a diagnosis, he writes down a diagnosis code, and the therapy is out of his hands or her hands, you have to do whatever some committee and society that is the way to treat that diagnosis code. And if you do anything else, then you're guilty of malpractice and often lose your license. So, of course, the only way I can practice medicine is based on Science rather than politics is that all of my patients have to join my private expressive association, and thus, we are private membership only, so I don't treat people who don't

sign up to be a member of my group. Otherwise I wouldn't be able to practice.

Dr. Robyn Benson: Wow!

Kevin Snow: Wow, okay.

Dr. Jerry Tennant: So, let's see, we've got...

Dr. Robyn Benson: Now that we have everybody who's speechless from what you've shared, let's continue this journey.

Dr. Jerry Tennant: So, well. I can't throw in a couple of things about travel. One of them perhaps somebody else has mention as someone of your speakers mentioned nitric oxide?

Dr. Robyn Benson: Yes. Doctor, yes, Doctor Nathan, yes.

Dr. Jerry Tennant: Good. Yes, Nathan Brian of course is...

Dr. Robyn Benson: Exactly.

Dr. Jerry Tennant: ...is in my opinion should have the Nobel Prize and will go down in history of to one of the great scientists of our time because of what he's done with nitric oxide. So certainly, if you're going to get on an airplane, when you get on you should take a Neo 40 tablet, to improve your nitric oxide levels because inside an airplane, that altitude you're going to have deficient oxygenation. And by using the Neo 40, you can help increase your nitric oxide. So, you're much less likely to have a heart attack, stroke or even just a migraine headache from just flying. Another thing you should do I think when you get on an airplane is take some extra iodine. The role of iodine in the body is one of those things that is often ignored in and not understood. There's several things about iodine that are important in the body. First of all, iodine is the truck that moves secretions from inside the cell to outside the cell. So, how many cells in the body secrete something? Almost all of them. So, if you don't have enough iodine in cells you have trouble getting their secretions out and form a

cyst. So, any place you have a cyst in the body it's almost always because you're iodine deficient.

So, where do you get cyst? Well, women get them in their breast, in their ovaries, in their salivary glands, etcetera, etcetera. So, and of course, if you don't have enough iodine you get cyst in your thyroid gland as well. But, iodine is also necessary to make thyroid hormone, so, you got have it for that, and it's also necessary to make stomach acid. So, in a moment we'll talk about if we have anytime will have it. But as far as what iodine does for travel it has to do with infections. The first line of defense for your immune system is iodine. So, if you have adequate amounts of iodine in your system, your body puts 30 times as much in the parts of your body exposed of the outside world as it does in the blood. So, basically you become surrounded by a field of iodine. And obviously the reason the body is designed that way is it keeps infections from getting in.

So, it lies not only your skin, but your nose, your sinuses, your mouth, the lining in your lungs, the lining in your gut. Everything that can get exposed to bugs is shielded if you have adequate iodine. Now, the other thing that goes along with that is often times when we travel and we eat things, we have no idea what they have been well refrigerated, who handle them, etcetera. So, if you happen to get food poisoning and you take four capsules of iodine instead of the usual in a day, but if you take four capsules of iodine, you will get this big slug iodine in your stomach and in your upper intestine, and generally, food poisoning is history within just a few hours by doing that. So, not only take in a little extra iodine when you get on the plane is going to keep you from getting everybody's germs, it's going to also help protect you against getting food poisoning. Of course, iodine... I'm sorry.

Kevin Snow: Is there a specific kind of iodine? We've talked a little about that and some of other any of these, but what do you recommend for the iodine to take?

Dr. Jerry Tennant: Well, there are a variety of types of iodine that people have recommended, but the iodine has been new sense the 1800s is called Lugol's, L-U-G-O-L. Which is a mixture of iodine and potassium iodide. And the body needs both and has trouble converting iodine into potassium iodide. So, I think that the well proven Lugols is the best solution. But, I like to give it in capsule form because it taste bad, and if you put a, drop it on your shoes its permanent stain turn. But, one of the

important things is making stomach acid. You have to have stomach acid if you're going to be healthy or another way of saying it, if you don't have stomach acid you can't possibly be healthy. So, to make stomach acid requires vitamin B1, iodine, zinc, salt and the voltage to make it. So, one of the things that I did in order to solve that problem is that I put together, a blend that has Lugols, plus it also has the B1 and the zinc. But the other thing is that the thyroid gland needs selenium as well as iodine. So, in my preparation, I put the selenium as well, plus Fulvic and Humic. So that you have those, so that they're well absorbed. A lot of people say, well, we have Hashimoto's. Well Hashimoto's occurs when you have something that tends to causes goiters namely iodine deficiency in the presence of selenium deficiency. So, if you have selenium, if you have enough selenium, then you're not likely to get Hashimoto's. So, I put that all together in one package, and so, that's my preference, obviously I am bias because I put it together, but that's why I use it.

Dr. Robyn Benson: Okay. And what is that called? What is that product called because it will be free as if we're doing this interview right now live to key cities provide that like a link for everyone's who's listening to us like to order that, what's the name of it?

Dr. Jerry Tennant: Well, it has my name on it, Tennant Lugol's iodine. And if you go to my website, you could find it it's [www.tennant](http://www.tennant.tennant.com), T-E-N-N-A-N-T institute.com. So, two N's in the middle of my name, T-E-N-N-A-N-T institute.com. And you'll find it there.

Dr. Robyn Benson: Okay. Okay. Before we leave and then we're still talking about this iodine. but, what's the typical dosage that you recommend for people on a day to day basis?

Dr. Jerry Tennant: Twelve and a half milligrams is the recommended doses. And that was put together by Doctor Abraham who look at the average dose of iodine consume by the Japanese who have the least amount of cancer of any group in the world, and also, there's standard dose. Now, there's a lot of argument about how much iodine is correct, and there are couple of things, there was a physician whose name is [Keyushmi 00:46:08.15] moment who put out a bunch of really poorly done can't possibly be correct articles about that, that's way to a bigger dose, but if you look at, what he was saying, it can't be possibly be true. So...

Dr. Robyn Benson: I think it's such an important topic, Doctor Brown Steen, I learned from him initially that he was definitely encouraging higher doses, he's come down a little bit but, I just wanted to say for everyone... all the women listening and men too that I'm almost a 50 year old women and having my late 30s, I had a fibrocystic breast tissue and I had this suspicious area of one breast and I started when I first learned about the importance of iodine, I started taking it,. And then over the years, I had mammography done and it's amazing how much that shifted all the cystic breast tissue I had has diminished significantly by taking iodine. I started in a higher dosage but that's exactly what I take right now, it's 12.5 milligram. So, I'm glad you're talking about this.

Dr. Jerry Tennant: Our poor Canadian friends, the government has made it basically illegal to take more than 400 micrograms which is government sticking their nose into something they don't know what they're talking about but there you have it. So, I feel sorry for our Canadian friends because they can't possible get enough, iodine could be healthy.

Dr. Robyn Benson: No, we still about with the Fukushima disaster and still how that's affecting our environment and the food and the water, and I still think that we need iodine too to protect us from those levels of toxicity among others.

Dr. Jerry Tennant: And remember, iodine only protects the thyroid from radiation, it doesn't protect the rest of you.

Dr. Robyn Benson: That's right.

Dr. Jerry Tennant: If you going to protect the rest of you, you're going to have to do it with Fulvic.

Dr. Robyn Benson: Okay. Okay, some Fulvic acid and Humic acid, okay.

Dr. Jerry Tennant: Yes.

Dr. Robyn Benson: Yes. But just in the way even the toxicity of traveling here taking a little bit of iodine. So, for pilots and flight attendants that are listening to this. Would say still for them about the 12.5 milligrams?

Dr. Jerry Tennant: The interesting thing about iodine is that the body is very efficient in getting rid of iodine it doesn't want.

Dr. Robyn Benson: Right.

Dr. Jerry Tennant: So, you are much better to take more than you need than to have less than you need. And so, I think it's best to air on the side of too much, because iodine is not that expensive and even if you pee out the extracts and not, that's better than the damage that it occur when you don't have enough. But, there are a very few things that will deal with radiation, and, Fulvic appears to be one of those. And so, we have in the something I have called raw materials, it's 80% Humic and 20% Fulvic, but then we have an auxiliary thing that's 400 X concentrated Fulvic, which by the way is what we use to get heavy metals out of cells like a mercury and lead and so forth So, if I were a pilot, I'd probably take dose of the 400 X along with my raw materials before every flight.

Dr. Robyn Benson: Okay. So, say repeat that again, you would have them take?

Dr. Jerry Tennant: Well, I'd take the standard two capsules of raw materials which because...

Dr. Robyn Benson: Okay.

Dr. Jerry Tennant: ...you need the Fulvic to work with... I mean the Humic to work the Fulvic. But in addition, I would take a few drops of the concentrated 400 X concentrated Fulvic along with it. Because the Fulvic is the thing that's best at dealing with radiation as well as heavy metals.

Dr. Robyn Benson: Okay.

Kevin Snow: Yes, we'll take a note, right.

Dr. Robyn Benson: I know. And listen, I'm taking notes here. So, if you could just take your dependent Lugol's solution, right, your product that would, taking couple of dose would be good for just about anybody who travels on a regular

basis, they don't take any additional iodine than what you dose in that in your product?

Dr. Jerry Tennant: Well, our product has 12 and a half milligrams of the iodine...

Dr. Robyn Benson: Okay.

Dr. Jerry Tennant: ...plus the other thing that I mentioned.

Dr. Robyn Benson: Yes, okay.

Dr. Jerry Tennant: But, if I'm traveling, I would take some extra iodine with me because if I start getting a little indigestion I think, uh-oh, I may picked up food poison, I'll take three extra capsules and then I'll wait a couple of hours, and if that didn't go away. I'll take three or four more capsules just because I know that will deal with any food poisoning. And by the way, it also does the same thing with bladder infections. If you take these, if you take four to eight capsules a day of these capsules, the body will dump all of it that it doesn't want into the bladder, and of course, there isn't any bug that iodine will kill and so never much of iodine in your bladder, your cystitis is gone with usually within an hour or 2.

Dr. Robyn Benson: Wow! [Crosstalk [00:51:21.20].

Kevin Snow: This meter that you have, the "bio meter" I'm kind of interested in that, why don't we touch on that before we kind of stop today.

Dr. Jerry Tennant: Well, as I mentioned, every organ in the body has its own battery pack and one of the things you would like to know is, is each one of those battery pack fully charged or is it not, that would be the interesting information, right?

Kevin Snow: Definitely.

Dr. Jerry Tennant: So, the "bio modulator" has a basically we like to think of as a volt meter mode, and you put it on that mode and there are specific terminals on the body, where you can go measure the voltage in every organ and pick up

any better low. If it's low, you witch it over into the re-charge mode and re-charge that battery pack, and you can keep doing the re-charge while you're figuring out why it's not holding the charge in the first place.

Kevin Snow: Okay. Wow, It's fascinating.

Dr. Robyn Benson: "Bio modulator", I have information on that on a second, go ahead.

Dr. Jerry Tennant: I was just going to state that one of the things that I do, is that I teach weekend courses. So, this coming Thursday evening I will start again, we start at seven in the evening and teach about 9:30 and then all day Friday and all day Saturday, and I teach people all the stuff we've been talking about in addition to how to use the "bio modulator". So, for those who are interested in this way of looking at how the body works, you might be interested in coming to take some training.

Dr. Robyn Benson: Yes. Can you imagine Dr. Tennant if we all learn this in medical school, any type of medical school, right? Even the acupuncture school is a little bit better because we're all about energy medicine and chiropractic school and acupuncture. We understand that healing is voltage that we are electrical beings before our biology and our chemistry works efficiently, so that's really the bottom line here. So, I think it's great, I just want to mention I think told this too, but I have a "bio modulator" in my book, The Healthy Traveler's Guide, and I do quote you a couple of times in my book because I just think it's essential for the healthy traveler to really know that if you are going into your regular travel every week for some of you there, 30-40 hours working in the travel industry or even go periodically for just fun travel. You want your voltage, you want your immune system to be as strong as possible, So, I just feel like out of all these interviews this is really one of the most important like a foundation for everything you've learned from every other speaker, is that we need this foundation, you need your voltage optimized. So, this is just valuable.

Dr. Jerry Tennant: I appreciate that and I thank you for having me on, and hoping this has been helpful.

Dr. Robyn Benson: That was fantastic, It's been really, really great. So, just like maybe, let's have a, before we say goodbye to you, I know you're super busy, just like say kind of recap everything that you've said from the dental to the iodine

like just overall. Like, maybe just to synthesize into a couple of sentences of how people can live with vitality each day.

Dr. Jerry Tennant: Well, you can have a brand new Mercedes, but if it doesn't have a battery and then it's not going anywhere and the human body is not so everything. We simply, our part of the system that the universe says that everything in the universe, is all about energy, and either you have it or you don't. And so, my basic premise is that chronic disease only occurs when you lose the ability to make new cells, to replace those that you wear off on a regular basis. And so, to make new cells one of the fundamental things you need in addition to nutrition is you need the voltage to do so because although cells run at 25 millivolts, you have to have 50 millivolts to make a new cell.

And so, you have to look at if you have a symptom, then you have to ask the question well, what's the power supply to that, that involves that symptom? So, if I say well, I have engine, then I'm going to go and look at the power supply do your heart that makes sense? And they will always be low. And then, I have to ask or answer the question, why is the battery pack to the heart not working? And then you go through this thyroid, adrenal, scar, dental infection, poisons like mercury, lead etcetera or other toxins that happen. And we didn't have time to really mention emotions. Emotions are stored in the acupuncture circuits as magnetic fields and can block those and we can erase those about 10 minutes as well. And once you erase the emotion, then the voltage starts flowing in that circuit again. So, basically, when you have a chronic disease, you have to figure out why a person can't make new cells. The only thing people have remember is that if you lose enough cells, you get to replace with a scar. And, I know how to make new cells, but I don't know how to make cell versus scar out of the way. And so, once you're done scarring, then I have minimal ability to help. So, in my field of ophthalmology, I can't reverse macular degeneration in most cases, in less than a week, but if you got a big scar crust in your macula, I can't fix it.

Dr. Robyn Benson: That's why I love looks [Inaudible 00:57:00.04] therapy and injecting with scars, because their interference feels that affect the as if you to do it acupuncture channels, so, yes very. Because it's been...

Dr. Jerry Tennant: But you can do that easier and more permanently in my experience with essential oil and bio transducer. When I see scars, I simply put the oil on there, it takes three minutes of the transducer, and every year when

people come back, I test the scars again, I've only had two or three that I've had to repeat in all of the rest something two or three years out now are still holding just fine.

Dr. Robyn Benson: That's fantastic.

Dr. Jerry Tennant: It's so... than injecting them with something.

Dr. Robyn Benson: Yes. Well, I love to learn, so, I'm going to have to come and take your course someday. Well, thank you once again this has been really valuable information to for everyone to really think about your voltage, "Healing is voltage." And a fantastic work by Dr. Tennant, I highly recommend it. And to hear of your healing journey, I mean, from sleeping how many hours a day? Just being so sick and how many 16?

Dr. Jerry Tennant: Sixteen hours a day, I usually slept.

Dr. Robyn Benson: And to hear a thriving doctor doing amazing things and medical innovations and then to get so sick. And so, many of us do really think about if you have some type of a chronic issue to really think about everything that we've said, and that whole functional medicine explanation to, you've got to get the thyroid in your adrenals, and those are both major areas that are affected deeply by people who travel on a regular basis. So, you want to definitely take care of thyroid adrenal so you can continue to travel in the way that you want to whether you work on the field or you just want to pleasure travel, take care of the adrenal, take care of your thyroid and make sure detoxing too. So again, awesome interview, great, great information, and we wish you all great day, take care.

Dr. Jerry Tennant: Thank you. Bye.

Kevin Snow: Thank you.