



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

Dr. Robyn Benson: Hello everyone. Welcome to the Healthy Traveler's Global Summit. We're so excited that we're here on the second day with another amazing speaker, Doctor Joseph Pizorrno. My name is Robyn Benson. I'm a Doctor of Oriental Medicine. I've been practicing for 23 years and I've been very fortunate to travel to literally over 70 countries. So, this topic is near and dear and I have to say, the 30 speakers that we have are bringing you the most amazing cutting edge information to really help you travel in a whole new way. You need to travel healthy every time you get on the plane, a train to know that there's a new way to do it. And I'm joined by my fabulous co-host.

Kevin Snow: Kevin Snow. I'm an intuitive counselor at Santa Fe Soul with Robyn, Dr. Robyn. And what an amazing journey we've had listening to all these incredible speakers, this one is no different, an incredible speaker Dr. Joseph and we really are excited to hear your perspective on travel. We know that you travel quite a bit and we just really are excited to hear your insights into the toxicity and questions like jet lag and really focusing in on this topic about sleep and how we can really truly have the energy that we need. So, welcome.

Joseph Pizorrno: Thank you, I'm delighted to be with you today.

Dr. Robyn Benson: I'm so glad we're catching you right before you jet-set across the world. I hear you're going to Australia for the next month. You are going to be away and the fact that you travel so much, you've got a lot to bring to this conversation. So, Dr. Pizorrno is the father of Evidence Based Functional Medicine, appointed by President Clinton and President Bush to two White House Advisory Commissions. He has served on the advisory committee for the National Institute of Health Office of Dietary Supplements and on the advisory panel on the Safety and Efficacy of Dietary Supplements for the U.S. Congress. Dr. Pizorrno is the founding president of Bastyr University. Dr. Pizorrno has written and co-authored numerous books and publications including The Encyclopedia of Natural Medicine, published in 2012 with over two million books sold. A text book of natural medicine, encyclopedia of healing foods, total wellness and natural medicine for the prevention and treatment of cancer. He's the founding executive editor of Integrative Medicine, a Clinician's journal and is on the editorial board of Alternative Medicine Magazine, in alternative

therapies magazines among others. Amazing. I could just go on and on. I just want to say again, thank you for saying yes to being part of this summit because I know, you much to bring to this topic and I know that it's something that you care to share with our global audience. Literally we have people that have signed up from just about every continent and people just want to hear this message on this time of ... exciting time but a time of great global change. So again, welcome to the summit and thank you for being here.

Joseph Pizorrno: Well, thanks for the invitation. I'm delighted to be with you.

Dr. Robyn Benson: So, what do we hear from in your own words? This is amazing. Your incredible career. How you got into medicine in the first place. And maybe just share your career over the last 30-40 years.

Joseph Pizorrno: Well, thanks for the question. It all started pretty instantly way back in 1970. I was working in research at University of Washington School of Medicine to [Inaudible 00:03:40.03]. And I thought, I left my career at that point would be [Inaudible 00:03:44.29] in medical research. I was always quite interested in medicine and I had been interested in science. Then, a peculiar thing happened; the woman who married my roommate from college would suffer from juvenile rheumatoid arthritis since she was a teenager. I studied for a cure over arthritis. I say I know it's incurable but I'm working with the MDs and the PhDs. literally all over the world and I find the cure for this disease and she was cured. I said, "What happened?" she said, "Well, I happened to meet another doctor". "And so, well, what's that?" And so, because [Inaudible 00:04:21.08], I didn't know there were chiropractors, didn't know it was acupuncture and never heard of [Inaudible 00:04:24.21] and I just thought it was unconventional. So, [Inaudible 00:04:29.27] and I ask them, "So, what did you do for my friend?" He said, "Well, I detoxified her liver and taught her to live properly, eat properly. Wait a minute, what's that got to do with her hands and your knees being swollen." So, that I said to him, "So, may I spend a few days with you. Because you know I was very curious, scientifically inclined." So, I spent a few days with him and I watched him cure incurable patients day after day. So, they're incurable by conventional medicine, but with natural medicine they're curable. And so, I said "I think I'll do this instead of conventional medicine". And there it is.

Dr. Robyn Benson: Wow. What an amazing story. So, that was back ... When was this?

Joseph Pizorrno: 1970.

Dr. Robyn Benson: That's great and then continues on. So, where did you go from there?

Joseph Pizorrno: So, next time I went to listen to a lecture by Dr. John Bastyr, it's about herbal medicine and how to take care of people with herbal medicine. In herbal medicine again, one thing I've heard about herbs was some poor child eating an herb in the backyard and getting poisoned by it, herbs being used for medicine those are quite outlandish. But nonetheless, it [Inaudible 00:05:36.23] turned out that [Inaudible 00:05:38.26] college in all North America happened to be in Seattle. So, in 1971 I enrolled in National College [Inaudible 00:05:46.20] Medicine and went through the 4 year program and graduated in 1975.

Dr. Robyn Benson: That's fantastic. So, when did you actually start Bastyr?

Joseph Pizorrno: So, to not be too hard on my teachers. When I was in school, there are 7 days; there was pretty grim time for [Inaudible 00:06:05.27] medicine. There's always [Inaudible 00:06:08.29]. In case, not high quality because most of the teaching was done by the faculty on a volunteer basis who are Neuropathic Doctors. So, I knew there are medicines, they don't know a lot about [Inaudible 00:06:21.14] physiology and stuff. So, you need to rely too much on the textbooks. So, after graduating, I got myself appointed to the board of trustees of National College of [Inaudible 00:06:29.26] Medicine [Audio Gap 00:06:30.21] years trying to get the [Inaudible 00:06:35.29] which case in the research. In back in those schools. That was kind of outlined statement by a very young man. But, nonetheless I put 2 years on the board of trustees and couldn't get them out of the bunker mentality. So, [Inaudible 00:06:53.07] available to me to start Bastyr. So, with a \$200 donation from a grateful patient of mine. I got together and started Bastyr University on April 1978. My first class was...

Dr. Robyn Benson: [Inaudible 00:07:06.26].

Joseph Pizorrno: My first class was September 1978.

Dr. Robyn Benson: Well, I can say. I have so many of my colleagues have graduated from there, I know people been on that faculty, Bastyr it's got such an incredible reputation. And, wow! When I think about all those graduates and what they're doing in the world, it's really changing the face of medicine, certainly in this country and internationally. So, thank you for that great gift, my goodness.

Joseph Pizorrno: [Inaudible 00:07:29.27].

Dr. Robyn Benson: Yes. So, on this theme of travel and health. Can you just maybe...Just share your experience since you travel on a regular basis, what your concerns are? And some of your solutions?

Joseph Pizzorno: I think that there are many challenges to travelling healthily. So, right now I'm lecturing literally all the world on toxicity and detoxification, probably been out in Australia. In Sydney actually I'm pretty excited about this lecture because, I'll be doing that weekend long with 8 hours of content. Probably [Audio Gap 00:08:08.28]. In Stockholm in September and London in September. And I just got an invitation to speak in Istanbul and Qatar. So, there's a lot of interest, because I think the [Audio Gap 00:08:20.26] doctors [Inaudible 00:08:22.03] the toxicities are really big issues for their patients. So, I'm going to be doing a lot of that. So, that means a lot of airplane travel and that means a lot of changing time zones. So, the airplane travels problematic because you probably know airplanes are pretty toxic environments. So, now you have the [Inaudible 00:08:38.28] and the increased radiation from being above the atmosphere or high in the atmosphere. The airplanes are really [Inaudible 00:08:46.12]. [Inaudible 00:08:47.00] with this long lines of hydraulic lines, electric lines and things like this. So, they have probably insects [Inaudible 00:08:54.07]. And because, fuel cost has gone so high airplanes now recycle their air in the air and the airplane almost entirely so, even though not going [Inaudible 00:09:07.18] they'll get rid of the bad air and replace with good air. Now they just recycle the air. So, of course [Inaudible 00:09:13.24] to clean but the bottom line of this very toxic environment.

Kevin Snow: So, what can we do about this? We definitely have, we have this idea, that we might get sick when we travel. We take some extra vitamin C or something but I definitely think you got some, really good practical advice on, how we can we prepare? And then, how we can be on these flights, these long distances flights and really travel more healthfully.

Joseph Pizzorno: So, there's several strategies to improve our ability to detoxify and, [Inaudible 00:09:56.20] coughing adults and [Inaudible 00:10:04.23] kinds of viruses and bacteria our body destroy these chemical toxins are exposed to is through the liver. Its good people think well of course scare a little work, as often as possible that causes the balance approach. The challenge is that, when the liver gets the most toxins, it dumps them into the gut. And if you don't have enough fiber in your gut, you have what we call interpathic re-circulation. So, we have to throw a lot of these toxins. So, one of the most important strategies is to improve and increase the amount of fiber we have. So, if we look at our fiber consumption in North America now, is typically about 15 grams per day. When the [Inaudible 00:10:42.29] as a species were considering 100-250 grams per day. So, that fiber really important for chemical toxins as well a lot of toxins. Then, there are nutrients like N-Acetyl Cysteine or NAC for short. What NAC does is it increases the amount of glutathione in the body and glutathione

is the most important intracellular, intramitochondrial anti-oxidant. That protects our body from oxidant damage from the chemicals, but also increases the rate which way will give a talk to chemicals. So, glutathione in the liver binds to those chemicals, gets them out into the gut. So, increasing glutathione is a very perfect strategy. Then there's an herbal medicine that is quite helpful, called milk thistle or *Silybum marianum* and milk thistle helps increase the amount of glutathione in the liver and helps your toxins more effectively.

Dr. Robyn Benson: So, I'm glad you mentioned glutathione and many of our speakers have mentioned how important it is to take anti-oxidant. Now, what about the liposome formulas what is you're feeling about those? Do you think that people should just take NAC and that's adequate.

Joseph Pizzorno: Again an excellent question. Clearly I recommend everybody take a good quality multivitamin mineral. And the main reason for that is, one is we're on a more toxic world these days. But, also the way food are grown they have more nutrient content. For example I have a study looking at trace mineral content of food, for the last 50 years. In a little less 50 years nutritional content of food has decreased by about 50%. So, if you're eating real foods, that are [Inaudible 00:12:19.24] grown they don't have nutrient content. Then, also then beautifully to detoxify that's what B vitamins are lack of [Inaudible 00:12:27.16] factors and such all come into play and good quality multivitamin help those things.

Dr. Robyn Benson: Since we haven't have anybody really talk about, detoxification to the extent that it sounds like, this is a big part of what you're speaking about all over the world right now. Can you just explain to people, help them to understand the liver, in what 500-600 different jobs to do. And how we can keep our liver healthy? In a day to day basis.

Joseph Pizzorno: Great question. So, interesting enough a healthy liver starts [Inaudible 00:13:01.15] the reason for that is that the bacteria in our guts, release a lot bacteria [Inaudible 00:13:09.11]. So, from the energy reduction and how they grow cells and release all this chemicals it turns out that about 1 or more [Inaudible 00:13:19.18] molecules of blood come from bacteria in our gut. Now, if you have healthy bacteria like lactobacilli, those are good for B vitamins, if you have unhealthy bacteria like clostridium, it can be a very toxic chemicals. So, these things are called [Inaudible 00:13:31.14], which they take [Inaudible 00:13:34.05] what that means I tell my patient well, think you have a toxic gut, well we're going to measure that is by looking in the urine, see if you have this [Inaudible 00:13:41.17]. And by the way the other name for them is [Inaudible 00:13:45.06]. [Inaudible 00:13:47.14] in your body you get their attention. So, it turns out that a major, major critical role of the liver, is cleaning up the blood as it comes

from the gut. Because it turns out that the portal coming from the gut, is where all the nutrients are in fight. It's also where the toxins as well, first goes to liver. [Inaudible 00:14:08.09] function liver cleaned out the first place. So, decreasing gut toxicity is a great way to protect the liver. Now, once you think that chemicals are in the [Inaudible 00:14:18.18] what's called phase 1 and phase 2 detoxification. So, phase 1 both directly detoxify some chemicals for example, caffeine is directly detoxified by phase 1. And some called [Inaudible 00:14:33.25] 451a2. We don't know need another name of them, but there by [Inaudible 00:14:38.15] and the latter for phase 1. So, they both directly detoxify chemicals. But, for most chemicals particularly things like PAAH comes from the [Inaudible 00:14:49.05], they convert them into [Inaudible 00:14:51.21] that is in very, very chemical reactors. That in phase 2 binds to another molecule makes a more soluble and less toxic. So, for example if you [Inaudible 00:15:01.06]. So, [Inaudible 00:15:03.29]. So, [Inaudible 00:15:04.26] goes into the liver. Phase 1 creates and activate [Inaudible 00:15:08.10] that is then bounce for doing such [Inaudible 00:15:10.21] groups and glutathione is neutralizing [Inaudible 00:15:14.22] by body. So, we have a very, very efficient system for getting rid of toxins in our body. But, unfortunately, if we are low in nutrients, if we have a liver with toxic gut or they drink too much alcohol. [Inaudible 00:15:27.21] too little fiber in the gut then the system starts to fail. And looking at modern disease [Inaudible 00:15:35.04] of the world, [Audio Gap 00:15:40.06].

Dr. Robyn Benson: Did we lose him? Are you there?

Joseph Pizorrno: I could see you fine.

Dr. Robyn Benson: Okay.

Joseph Pizorrno: I could see you fine.

Dr. Robyn Benson: There was a...

Kevin Snow: Just a little gap.

Dr. Robyn Benson: Technology. We love technology Kevin you ready?

Kevin Snow: [Inaudible 00:16:00.05].

Dr. Robyn Benson: We got so many questions for you, go ahead Kevin.

Kevin Snow: One of the questions that I have a curiosity about, looking at this gut bacteria, is the appendix and I've seen some new research on the appendix that it really isn't just something that we don't need, that it

actually is pretty important to our gut health. So, maybe you could talk a little bit about that?

Joseph Pizzorno: Sure. But, [Inaudible 00:16:26.14] research this thing, because I have seen some research but I haven't looked at them lately. What have you seen that grab your attention?

Kevin Snow: Well, it's really. I was looking at it in regards to a patient that I had and thinking that, this is a vestigial organ that isn't really doing anything and this research basically was saying. East-Coast doctor, I don't remember the name right in front of me, but that he's saying that the good gut bacteria is actually produced in the appendix or made there. So, that was really fascinating concept to me. But I have only seen that one report.

Joseph Pizzorno: The last thing, is actually similar to that. And that is the appendix acts like a seat or reservoir for the healthy bacteria in our gut.

Kevin Snow: Okay.

Joseph Pizzorno: So the idea is when we come across things that upset our gut for, like [Inaudible 00:17:17.00] but also, anything time we have a severe gastroenteritis, we have diarrhea and such. It actually washes out a lot of good bacteria to far make sure what is receiving the gut in healthy bacteria. Now my impression is that's one of the key roles that the appendix plays, always making sure we got a safe source of healthy bacteria always been receive into the gut.

Kevin Snow: Excellent.

Dr. Robyn Benson: Great question, that's a forgotten organ we don't think about very much at all.

Kevin Snow: Right.

Dr. Robyn Benson: So, the title here, I love your title of your talk Renewed Energy Secrets of the Healthy Travel, of Healthier Travel. So, can you talk a little bit more? So, we've talked about liver and detoxification but, can you talk about...For you with your amazing 30 years of experience. What are some of those other travel secrets?

Joseph Pizzorno: So the new thing is [Audio Gap 00:18:07.00] [Inaudible 00:18:09.13]. And also in our immune system. I also take extra vitamin A, I actually take a fairly large dosage, and well typically I take about a 100,000 units of vitamin A once before I get on the airplane. And the reason for that is gives your immune system a real strong boots. So, when you're exposed on the bacteria and virus system such, then the immune system has more

protection. Having said that there is a caution and that is when you are in the child bearing age, or pregnant or potentially pregnant, have to be careful high dose of vitamin A. Because in researchers [Inaudible 00:18:40.00] in the developing fetus. Now, I think that's primarily due to the fact that most people are deficient in vitamin D. Because vitamin A and D work together. So, you tend to get vitamin A to toxicity symptoms and people are deficient in vitamin K. So, those are my main things for when in the airplane. Then when I land or one of the things in the airplane, there are number of strategies on how you convert [Inaudible 00:19:06.19]. But, what I personally do, I'm not going to assert this is open for everybody but what works for me. Is that I try to sleep on the airplane when the time zones overlap. So, when the time zone here [Inaudible 00:19:20.16] overlaps with the time zone in Australia that's when I try to sleep on the airplane and across good of [Inaudible 00:19:25.04] time I was [Inaudible 00:19:24.28]. I've great way of melatonin both for more healthy sleeps cycles unlike combination of immediate release and [Inaudible 00:19:34.07] of melatonin. And then, just take it normally at that point. Another big advantage of melatonin is it has some really nice anti-cancer capability and also melatonin surprisingly acts as an anti-oxidant in the brain So some research learned that people that have more melatonin, have less risk of catching Alzheimer's Disease. I'm gratefully very am, melatonin is very useful. There are other strategies but those are the ones that works best for me.

Dr. Robyn Benson: For melatonin can you tell us the dosage that you recommend?

Joseph Pizorrno: So, one milligram of timed release and one to two milligrams of immediately release. So, I know there are some many doctors that make that available for people. So, you can get them both together in one pill. And you can't stand, I prefer timed release.

Dr. Robyn Benson: Okay.

Kevin Snow: I'm just going back to the gut health, for a moment. We definitely always have a concern especially traveling to third world countries. What, how we can keep our gut healthy? What should we eat? What shouldn't we eat? And what can we take to help us.

Joseph Pizorrno: Great, I should have added to that. So, just two really, really important factors here. Number one. Is first a lot of events where we are eating foods that contaminated with bacteria we don't want. It cause gas for stomach. So, one thing people should be careful about is to make sure they have good digestion and stomach acid working properly. Unfortunately, many people take antacid, that [Inaudible 00:21:14.03] block [Inaudible 00:21:15.20] in the stomach. They are called proton

pump inhibitors or PPIs, they are also called [Inaudible 00:21:20.18] blockers. There are bunch of different names for them. Unfortunately that is very, very clear that when people take these acid blockers they have more bad bacteria in your gut like [Inaudible 00:21:30.27]. There is some great research looking at people with the age 65, looking at their gut before and then looking at their gut since PPI was introduced. [Inaudible 00:21:38.13], hate to see we have from [Inaudible 00:21:42.23] rare to not be pretty common, the problem in [Inaudible 00:21:46.04] is that in the gut, producing all kinds of chemicals that are bad for us. So, one is making sure how [Inaudible 00:21:51.29] it's function properly. And if you're on a PPI try to look for another alternative because you need that acid to protect yourself. The 2nd cause is [Inaudible 00:22:01.22] pro-biotic. Lots of person take it every day a pro-biotic, 12 spring pro-biotic [Inaudible 00:22:07.01] live healthy and helpful I take it every day. And the reason for that is it's really, really hard to modern age with [Inaudible 00:22:17.18] they exposed to [Inaudible 00:22:20.05] bacteria, that it's really hard to maintain [Inaudible 00:22:23.21].[Audio Gap 00:22:26.03] [Inaudible 00:22:28.16].

Dr. Robyn Benson: So, all this travel that you do. How do you get around the whole food issue? What are your best suggestions for people?

Joseph Pizorrno: That's a very good question. Because it is really challenging. So, I'm pretty much vegetarian, I guess lots of vegetables [Inaudible 00:22:50.01]. I don't like garlic and I try to eat whole foods, I try to eat organic foods. [Inaudible 00:22:57.28] together it's really hard to get eat on the road. So, I find that for me the best meal of the day typically is breakfast, where I to get some eggs for breakfast, eggs the best, helpful enough just potatoes [Inaudible 00:23:11.07]. And I try the eggs [Inaudible 00:23:12.19] possible because [Inaudible 00:23:14.09] eggs have anti-[Inaudible 00:23:16.27] and microorganism to help protect the body. Rather than that, I try to be aware of which foods have the highest contamination with pesticides and avoid those. And nowadays most vegetable have vegetarian restaurant, they will have restaurants that promote organically grown foods. So, if you work out really hard you got a pretty decent food on the road, that's a challenge. So, I typically take quite a bit of food with me. So, [Inaudible 00:23:50.06] not going to [Inaudible 00:23:54.19] particular product. But there are food bars that are available that are food and other stuff. So, I like food bars. So, [Inaudible 00:24:04.16] I get from Trader Joe's their dried salmon jerky which is wild salmon so it's a nice protein source. And avoid that there's more [Inaudible 00:24:14.18] than I would prefer. [Inaudible 00:24:17.01] proteins [Inaudible 00:24:18.25] for me. And then, like to [Inaudible 00:24:20.17] they're really healthy. And that's what I get.

Dr. Robyn Benson: That's what your suitcase [Crosstalk 00:24:28.28]. Yes, that [Inaudible 00:24:31.04] Kevin I see you, that's like one of your favorite foods and were big on when necessary. Getting the dried salmon jerkies actually, Vital Choice Randy Hartnell was one of our speakers. They do a great job with, put an order into them and they got great healthy cans, we got to make sure the cans that are good sources. So...

Joseph Pizzorno: I know Randy of Vital Choice as well. We have tried the so called water cattle fish broccoli and or [Inaudible 00:25:06.23] and his is always better.

Dr. Robyn Benson: Yes. Honestly, that's where the only seafood that I take on my trips is from there. And I love the fact that they're omega 3 fatty acid tissue in the DHA all those kinds of things are really important. So, anything else that you travel with? That people should know about, what is your suitcase look like besides the Lara bars the dried salmon jerky and that. Anything else? That especially with all this international travel that you do?

Joseph Pizzorno: Actually yes. I also use GABA, oral GABA. The particularly [Inaudible 00:25:45.15] gets [Inaudible 00:25:47.08] work in the research. So, the GABA. You take it orally by, you take it orally... [Inaudible 00:25:54.16] given to the brain and this probably true. What this do is tune down the [Inaudible 00:25:59.15] and by getting some more GABA in the gut and that gut down so they also suit out pretty as well. [Inaudible 00:26:07.00]. That's tofu jerky? That's very useful [Inaudible 00:26:14.07].

Dr. Robyn Benson: Really? Tofu jerky?

Joseph Pizzorno: Tofu jerky yes.

Dr. Robyn Benson: Wow! That's good to know. So, we have a one speaker that's speaking just on GMO Foods which is Jeffrey Smith and then we also have Dr. Tom O Bryan speaking about gluten. So, can you talk about both of those big topics?

Joseph Pizzorno: Very big topics. So, I'm a true believer in natural medicine. And I'm also very evidence focus. So, I have not formed an opinion yet on GMO. I know that may sound radical. But, that's the truth of my life is I have not studied it directly. I [Inaudible 00:26:55.24] talk a couple. So, it's very, very compelling. But I need to see the direct research because I'm not clear at this point [Inaudible 00:27:03.14]. Having said that, I think when we modify our food supply we should be very careful about it. And I would say not a clear [Inaudible 00:27:14.12]. Okay the wheat actually have a lot of opinions about the wheat. Have you ever heard of Alonzo Pisano? Lecture on wheat?

Dr. Robyn Benson: No.

Joseph Pizzorno:

So, he's the guy who discovered [Inaudible 00:27:29.01]. And it's actually pretty interesting. So, I've obviously wondered, why so many of my patients have chronic disease got so much better, when have this wheat because, when I tested them for anti-bodies. They do not have anti-bodies for wheat. So what's going on here. So, what's Pisano's found is quite exciting is that, somehow accidentally the gluten in wheat which is highly enough [Inaudible 00:27:55.05] called Glyden. When Glyden comes in contact with the gut mucosa. It causes increase gut from your blood, it turns out that the body has been using a chemical called [Inaudible 00:28:05.27]. And when we are exposed to really bad microorganism in the gut, the virus is designed [Inaudible 00:28:11.14] maybe lot of water to wash the bacteria out of the gut. It turns out we accidentally activate Glyden when you eat wheat. Now, that's only true in people [Inaudible 00:28:21.12]. Turns out 80% of population where the wheat increase gut ability. So, what's happening is that a gut normal intentionally [Inaudible 00:28:33.08] inside the gut, [Inaudible 00:28:35.10]. So, the immune system is in there the bad bacteria in the gut [Inaudible 00:28:40.23] anti-bodies and white cells to get rid of the bad bacteria. A constant sampling of a small portion of gut content and we do that by opening up space between the cells [Inaudible 00:28:50.29] chemicals that does that. The problem is that we [Inaudible 00:28:54.27] out of the control got increase probability also out of control. Now, we don't [Inaudible 00:29:00.25] as we should, works in the gut what's in the body. So, as this bacteria in your natural cell walls and the [Inaudible 00:29:08.08] it keeps the body, [Inaudible 00:29:10.04] information body, [Inaudible 00:29:12.11] anti-biotic production. So, it turns out that there's a direct correlation between the [Inaudible 00:29:17.11] and the blood and most [Inaudible 00:29:21.02] in particularly of immune disease but also many of the cancers. Because you have many cancer due to [Inaudible 00:29:26.29] chronic inflammation in various parts of the body, that chronic inflammation makes it more likely to develop cancer. So, there's a gene type called ... There's a molecule [Inaudible 00:29:40.12] body called [Inaudible 00:29:43.26]. Is an important molecule because its purpose is to bind iron from blood that's released with the damage. So, if you're bruised or get a cut and you start bleeding that blood will ask a lot of good things like platelets to close off the break. It also release iron, and iron is a very strong oxidant in the body and so, [Inaudible 00:30:08.24]. It turns out that two kinds of [Inaudible 00:30:10.29]. Have to go up in two. [Inaudible 00:30:16.10]. So, people have [Inaudible 00:30:18.15] don't waste iron when they bleed. [Inaudible 00:30:22.26] waste a lot of iron when they bleed, as a matter of fact, it opens up the gut for about 3 hours and [Inaudible[00:30:33.15]. Or it opens up the gut for about 1 hour after you eat. So, basically people have to go [Inaudible 00:30:39.26] should

never eat wheat, and people have type 1 2 can eat wheat but not just very common, they commonly than [Inaudible 00:30:47.18] about this well. So, I have treated a hundred patients out chronic disease, keep them of wheat and [Inaudible 00:30:57.16]. Asthma, Eczema, [Inaudible 00:31:02.12] disease. Schizophrenia, dementia you name it. Many patients have chronic disease [Inaudible 00:31:09.16]. I'm not going to say wheat is bad for us, but if you have the right kind of [Inaudible 00:31:17.15] there are kinds of wheat. [Inaudible 00:31:21.06] about 80% of population.

Kevin Snow: That's great. Definitely, hearing that in conjunction with some of the other stuff we've heard. I really appreciate you sharing that aspect of it because, that brings a whole dimensionality to what we should be looking at. Again, bringing you back to the question of genes and how we can handle certain foods. That you are definitely a proponent of movement and exercise as well. How do we do that when we travel?

Joseph Pizorrno: Okay. So, I have some ideas that I'm not going to assert that they're the best in the world so, two things you can do. One that I always do is I go for a walk in local area. I do that because here on this foreign country muscle check it out. So, I go walk and that works quite well. But, when you think about physical fitness, there's two ways of thinking of physical fitness. One is physical fitness for longevity and one is physical fitness for athletics. I'm an avid basketball player, I play 2 hours full court basketball twice a week, 3 times a week sometimes among the group. So, I'm physical active. So, clearly going for a walk is not going to do as much as basketball. But what it does is keep your heart healthy, if you walk [Inaudible 00:32:38.10] walk 20 minutes every day. You actually can get quite a few benefits for the heart. The other thing that's particularly important is [Inaudible 00:32:48.03] I think it's one of the best ways for people not to get old, that's a great way for people [Inaudible 00:32:54.14] and it's a great way to maintain high levels of energy. Because you have a lot of mitochondria in your muscle, mitochondria produce [Inaudible 00:33:01.21]. And [Inaudible 00:33:04.00] kind of body that [Inaudible 00:33:05.23] to work. So, the more muscle mass you have the more ATP you're producing. Now, the challenge, well some hotels have [Inaudible 00:33:13.17] which I use to [Inaudible 00:33:15.22], need hotels when I'm traveling [Inaudible 00:33:18.02] a lot of motorcycle tour, [Inaudible 00:33:20.14] exercise equipment. Kevin, [Inaudible 00:33:23.06] I can exercise pretty well. And the one is I get a book or something else that [Inaudible 00:33:34.21], higher [Inaudible 00:33:37.01]. And I do a deep leg squat on one foot with my toe on the book. So what I'm doing there is I'm exercising my calves as I extend my hamstring [Inaudible 00:33:51.07] I'm also exercising some muscles in the back in the butt. So, that's a

really good way of strengthening the middle body. And for the upper body, all these hotels have an office chair. And so, basically I curl and lift over my head the office chair. Now, be careful about this because the first time I did, I strained my shoulder. Because it's kind of awkward. But anyway, I do that upper body strengthens as well. So, I'm sure there's, I'm sure if you go to the internet you'll find much more better technologies and ideas and most what I'm doing and they're actually doing well for me.

Dr. Robyn Benson: That's excellent. So, you're doing that a couple times a week?

Joseph Pizorrno: Yes.

Dr. Robyn Benson: So, keeping your body fit on the road. I also understand that you've develop an online, smart tool for personal health. Can you share what that is with our ... All of our listeners?

Joseph Pizorrno: So, [Inaudible 00:34:42.05] the increase of natural medicine and natural by many names comes from this in Chinese medicine [Inaudible 00:34:48.20] chiropractic homeopathic medicine. One of the things we sort treat the person not the disease. Well, that sounds great, and I think that is the right way to go. But it's actually very complex, say when you treat the person what does that mean? What it means to me is improving people's physiological function that means making the immune system as effective as possible, making the detoxification system as strong as it can be. Making the information system, appropriately balanced. So, need information to kill bacteria, to remove damaged tissue. Well, we don't the [Inaudible 00:35:24.09] have to be poor active, because then it can damage itself. I want the digestive system work properly, I want the neurological system to be functioning well. So, as we age we don't [Inaudible 00:35:36.12] I thinks its nature. So, we said that okay, we want that physiological system better. Physiological system lot of [Inaudible 00:35:44.07] systems. To one of our [Inaudible 00:35:46.10] systems really be well as possible. There about 5,000 enzymes it's in the body and about 5,000 molecules in the body ranging from [Inaudible 00:35:55.11] and things like that. [Inaudible 00:35:58.17]. So, that nature to metabolism [Inaudible 00:36:02.28] in uric acid [Inaudible 00:36:04.23] to work properly. So, when we think about that 5,000 enzymes, 5,000 chemicals how do them all interact. [Audio Gap 00:36:12.16]. I hope [Inaudible 00:36:16.09] how well red they are and I look at myself, I'm well [Inaudible 00:36:20.29]. There's no way you keep this is all mine, no way you can make all logical conclusions from this and [Inaudible 00:36:28.00] modern research. So, that's were efficient [Inaudible 00:36:30.13] such a great [Inaudible 00:36:31.04]. I've been working with a team of really smart clinicians and PhD's and MD's etcetera. And keep your probiotics to develop this artificial intelligence system that can interact with by both

consumers and by doctors. To better understand each person's unique physiology. [Inaudible 00:36:49.26] working properly, [Inaudible 00:36:51.14] working properly anti-biotic. So, right now the system has we can [Inaudible 00:36:56.08] big number, system current has 15,000 [Inaudible 00:36:59.25]. All based on research was 30,000 citations in the system. And with 1,500 different questions we ask people. And about 500 different recommendations we can make for them in terms of herbs and [Inaudible 00:37:12.24] and acupuncture and always [Inaudible 00:37:15.29] people.

Dr. Robyn Benson: That's fantastic and I know that you have this free gift, it's a 21 day quick start guide, free IQU online roadmap to your best health. So, people get familiar with that don't understand exactly what you're talking about. Pretty impressive, what you've created here. And you can get your own customized supplement nutrapacks. Ideal for travel. So, there's a special bonus and we'll have that on Dr. Pizorrno's speaker page. So, you can check it out, I've been online we've actually interviewed another wonderful person, Dan Gay. Who's talked about this whole system. So, through the Self-Care Revolution. So, we're really impressed what you've created here.

Joseph Pizorrno: Thank you.

Dr. Robyn Benson: So, we probably have time for just a few more questions. First of all, I mean, these books. I'm aware of your books, the textbook of natural medicine and encyclopedia of healing foods. Amazing, I wonder when you have time first of all to write those, but they're so comprehensive. Is there anything you can tell us about your journey in writing those books? And what was the Ah has!. I mean still us always learning rate. What was most in? What was most impressive in terms of maybe new research or something that you didn't know, that's you've included in these books that we would want to share with people, literally around the globe, that would really help them optimize their health on the cellular level.

Joseph Pizorrno: A great question. So, I'm up to 10 books now. But, I only wrote two books by myself, the others were collaborations. [Inaudible 00:38:46.27] this areas I can't really know who smart is, but I just work, they graduating well obviously they have written books with me to help that out. I think [Audio Gap 00:38:57.19] and what I'm most excited about is, I've been very [Inaudible 00:39:03.11] looking at [Audio Gap 00:39:05.06] because when you look at these guys a hundred years ago, guys and gals I should say, both men and women were the founders of this profession then they would have insights into how to take care people clinically. But they limited by the physiology of the time, but they have this idea about what's going on with the body, and how to help it. So, I've had a chance to go

through look at each of these one by one and it's so remarkable they were always right. So, for example one of the things they said was, if you treat acute disease by only treating symptoms, you'll get more chronic disease. Okay they called, suppress the symptoms rather than deal with the causes Well, they were right, if you look at the instance of chronic disease every chronic disease have increased in every age group for the last hundred years. Because [Inaudible 00:39:48.09] they went away and people with medical profession kind of excuse that by saying increasing chronic disease as you getting older. That is just some of sure [Inaudible 00:39:58.00] people chronic disease, the problem is every age it has more chronic disease. The second thing they said was that one of the best ways [Audio Gap 00:40:05.08] it turns out if you look at toxicity is a primary cause of disease has gotten worst. Unfortunately, the main toxins that we're dealing with a hundred years ago were called the [Inaudible 00:40:18.05] or [Audio Gap 00:40:21.18]. The problem is that now we have to clean up the industries that dump that stuff into the environment. So, now we're getting exposures that were only some industrial people before never seen no more. The third factor today, [Inaudible 00:40:37.04] was in other way we help people whole, eat real fruit. Because most of the environments weren't discovered, and most was discovered. At that time they now know that, each process the nutrients in it and more disease. They're very clear about that. They also talk about being concerned with salt and they were concerned that salt [Inaudible 00:40:58.28] makes you acid. And there was good commercial medicine because [Inaudible 00:41:02.27] person [Inaudible 00:41:04.14] diet and you look at the blood pH it doesn't change. Less through the more research is not able to work on the pH cells and the pH around the cells it turns out that indeed the acid form [Inaudible 00:41:17.21] don't make the cells more acid, you're making more cells acid makes more suffer to cancer, makes you less able to detoxify toxins for example active cells can produce more glutathione on this whole range of problems, as [Inaudible 00:41:31.07] is now the strong preventive of kidney stone, both your [Inaudible 00:41:34.13] stones and blood stones, that will [Inaudible 00:41:38.01] right, right on. I can [Inaudible 00:41:42.04].

Dr. Robyn Benson: Yes, but that thing that was good.

Joseph Pizzorno: They were right on.

Dr. Robyn Benson: Yes. We had one of the pilots, one of our speakers talked about how that's a big increasing concern for pilots, are getting there more and more because they can't get out of their cockpit right? And they end up not drinking enough water. And so, it's just a big, big concern, big issue right now.

Joseph Pizorrno: I could see that.

Dr. Robyn Benson: Yes, yes. So, Kevin do you want to ask one of our final question?

Kevin Snow: Absolutely.

Dr. Robyn Benson: There's probably two more. Two more and then, we know you've got to go.

Kevin Snow: Yes, this idea of travel, you travel a lot what would you change? You've definitely shared a lot of stuff in our interview so far. But one thing that you see is changeable and something that you would change about the travel industry?

Joseph Pizorrno: Clean up the air supply. Please [Inaudible 00:42:37.07]. One of my graduates is involved in a lawsuit against airlines brought by the flight attendants union because the flight attendants are having so much trouble with disease, that's [Inaudible 00:42:48.26]. Unfortunately they lost the suit, because of course I'm quite well into do what the reality what's going on, but the bottom line is you talk to the air and the air asking to a lot of body. No cost more fuel cost to [Inaudible 00:43:07.04]. But please, change the air more frequently [Inaudible 00:43:11.07].

Kevin Snow: Excellent.

Dr. Robyn Benson: And then finally, basic, you've shared a lot of information on different supplements and different ways in which we can deal with jetlag. What would be, based on your amazing history here being in this field, what are the top two or three things, you think is the most important thing for each and every listener to hear? What...

Joseph Pizorrno: Okay. So, [Inaudible 00:43:39.20] clearly, you [Inaudible 00:43:41.16] grow [Inaudible 00:43:42.25] foods.

Dr. Robyn Benson: Organic foods.

Joseph Pizorrno: Probably conventional. 2. Increase the fiber that you're consuming every day, okay? 3 recognize that the most common nutrient deficiency today are vitamin D, Iodine. [Inaudible 00:44:00.07] rest Iodine the far most common nutrition deficiencies today. The vitamin D because [Inaudible 00:44:07.14]. [Inaudible 00:44:09.06] natural medicine tells that great. But telling people were afraid of the sun [Inaudible 00:44:14.08] and so, we have a lot of disease system because the people being afraid of the sun. [Inaudible 00:44:20.19] D levels is equivalent of smoking of 2 packs cigarettes a day. So, it's idea of avoiding the sun, but we involve in the sun. One of the examples they all time natural healers, they also go walk

in the sun, don't get sunburned, after walk in the sun that's how we've [Inaudible 00:44:35.24]. So, I would say if you limit to be [Inaudible 00:44:39.27] 3 or 4 things that it would be.

Dr. Robyn Benson: Excellent. Thank you so much. Wow. A power hour here of great information from you. And secrets of healthy traveling. That's what we've got a lot of ... I really appreciate your time. You all take care and we look forward to taking you on our next journey here with our next fabulous speaker coming right up. Take care. Goodbye.