Link to Chronic Fatigue and Degenerative Diseases

Reversing 10 Major Causes of Illness Can Save Your Life

Part Three

Dr. Smith Live

55th Episode

Part Three: You Will Learn 5 Potential Root Causes:

- **Heavy metal toxicity**
- **EMFs**
- **Nutritional deficiencies**
- **Parasites**
- **Hypoxia**

The Link to Chronic Fatigue and Degenerative Diseases

"IF YOU WANT TO FIND THE SECRETS OF THE UNIVERSE, THINK IN TERMS OF ENERGY, FREQUENCY AND VIBRATION"

— NIKOLA TESLA

General Discussion

Heavy metal poisoning results from the accumulation of heavy metals, in toxic amounts, in the soft tissues of the body. Symptoms and physical findings associated with heavy metal poisoning vary according to the metal accumulated. Many of the heavy metals, such as zinc, copper, chromium, iron and manganese, are essential to body function in very small amounts.

But, if these metals accumulate in the body in concentrations sufficient to cause poisoning, then serious damage may occur. The heavy metals most commonly associated with poisoning of humans are lead, mercury, arsenic, aluminum, nickel, and cadmium. Heavy metal poisoning may occur as a result of industrial exposure, air or water pollution, foods, medicines (vaccines), dentistry (mercury fillings), improperly coated food containers, or the ingestion of lead-based paints.

ARSENIC POISONING

Arsenic is used in the manufacture of pesticides, herbicides, insecticides, and fungicides; it's also present in chicken feed. Arsenic is also found in contaminated water, seafood, and algae.

Overexposure may cause headaches, drowsiness, confusion, seizures, and life-threatening complications. Neurological symptoms include brain damage (encephalopathy), nerve disease of the extremities (peripheral neuropathy), pericapillary hemorrhages within the white matter, and loss or deficiency of the fatty coverings (myelin) around these nerve fibers (demyelination). Skin problems include transverse white bands on the fingernails (mees' lines) and excessive accumulation of fluid in the soft layers of tissue below the skin (edema). Gastrointestinal symptoms include a flu-like illness (gastroenteritis) that is characterized by vomiting; abdominal pain; fever; and diarrhea, which, in some cases, may be bloody. Other symptoms include breakdown of the hemoglobin of red blood cells (hemolysis), a low level of iron in the red blood cells (anemia), and low blood pressure (hypotension). Some individuals may experience a garlic-like odor that may be detectable on the breath.

In cases of chronic poisoning, weakness, muscle aches, chills, and fever may develop. The onset of symptoms in chronic arsenic poisoning is about two to eight weeks after exposure. Skin and nail symptoms include

hardened patches of skin (hyperkeratosis) with unusually deep creases on the palms of the hands and the soles of the feet, unusual darkening of certain areas of the skin (hyperpigmentation), transverse white bands on the fingernails (mees' lines), and a scale like inflammation of the skin (exfoliative dermatitis). Other symptoms include inflammation of sensory and motor nerves (polyneuritis) and the mucose membrane lining the throat.

CADMIUM POISONING

Cadmium poisoning may be caused by ingestion of food (e.g. grains, cereals, and leafy vegetables) and cigarette smoke.

Cadmium is used for many items, including electroplating, storage batteries, vapor from welding, vapor lamps, exhaust fumes, and in some solders. The onset of symptoms may be delayed for two to four hours after exposure. Overexposure may cause fatigue, headaches, nausea, vomiting, abdominal cramps, diarrhea, and fever. In addition, progressive loss of lung function (emphysema), abnormal buildup of fluid within the lungs (pulmonary edema), and breathlessness (dyspnea) may also be present. In some cases, affected individuals may exhibit increased salivation; yellowing of the teeth; an unusually rapid heart beat (tachycardia); low levels of iron within the red blood cells (anemia); bluish discoloration (cyanosis) of the skin and mucous membranes due to insufficient oxygen supply to these tissues; and/or an impaired sense of smell (anosmia). Individuals with cadmium poisoning may also experience improper functioning of the canals with the kidney (renal tubular dysfunction) characterized by excretion of abnormally high levels of protein in the urine (proteinuria), minor changes in liver function, and/or softening of certain bones (osteomalacia).

LEAD POISONING

Small aircraft use leaded gasoline.
Lead is stored in the bones but may affect any organ system. The effects of lead poisoning varies depending on the age of the individual and the amount of exposure.

In children, symptoms vary depending upon the degree of exposure to lead. Some affected individuals may not have any noticeable symptoms. Symptoms usually develop over a three to six week time period. Lead overexposure may cause children to be less playful, clumsier, irritable, and sluggish (lethargic). In some cases, symptoms include headaches, vomiting, abdominal pain, lack of appetite (anorexia), constipation, slurred speech (dysarthria), changes in kidney function, unusually high amounts of protein in the blood (hyperproteinemia), and unusually pale skin (pallor) resulting from a low level of iron in the red blood cells (anemia).

Neurological symptoms associated with lead overexposure include an impaired ability to coordinate voluntary movements (ataxia), brain damage (encephalopathy), seizures, convulsions, swelling of the optic nerve (papilledema), and/or impaired consciousness. Some affected children experience learning or behavioral problems such as mental retardation and selective deficits in language, cognitive function, balance, behavior, and school performance. In some cases, symptoms may be life-threatening.

In adults, overexposure to lead may cause high blood pressure and damage to the reproductive organs. Additional symptoms may include fever, headaches, fatigue, sluggishness (letheragy), vomiting, loss of appetite (anorexia), abdominal pain, constipation, joint pain, loss of recently acquired skills, incoordination, listlessness, difficulty sleeping (insomnia), irritability, altered consciousness, hallucinations, and/or seizures. In addition, affected individuals may experience low levels of iron in the red blood cells (anemia), peripheral neuropathy, and, in some cases, brain

damage (encephalopathy). Some affected individuals experience decreased muscle strength and endurance; kidney disease; wrist drop; and behavioral changes such as hostility, depression, and/or anxiety. In some cases, symptoms may be life-threatening.

Lead is excreted in urine and feces. However, it may also appear in hair, nails, sweat, saliva, and breast milk.

MERCURY POISONING

Mercury is used by dentists, dental assistants and hygienists, and chemical workers. Mercury can affect the lungs, kidneys, brain, and/or skin. Symptoms of mercury poisoning include fatigue, depression, sluggishness (letheragy), irritability, and headaches.

Respiratory symptoms associated with inhalation to mercury vapors include coughing, breathlessness (dyspnea), tightness or burning pain in the chest, and/or respiratory distress. Some affected individuals may experience abnormal buildup of fluid in the lungs (pulmonary edema); pneumonia; and/or abnormal formation of fibrous tissue (fibrosis).

There may be behavioral and neurological changes associated with overexposure to mercury poisoning, such as excitability and quick-tempered behavior, lack of concentration, and loss of memory. Shock and permanent brain damage may also be result from mercury poisoning. Some affected individuals experience mental confusion. A progressive cerebellar syndrome with impaired ability to coordinate voluntary movements (ataxia) of the arms may also be present. Abnormal involuntary movements of the body such as uncontrolled jerky movements combined with slow, writhing movements (choreoathetosis) are common. Additional symptoms include non-inflammatory degenerative disease of the nerves

(polyneuropathy); impaired ability to coordinate voluntary movements (cerebellar ataxia); tremors of the legs and arms and, in some cases, of the tongue and lips; seizures; and/or slurred speech (dysarthria). Changes in mood, behavior, and consciousness may also occur.

In some cases of chronic exposure to inorganic mercury a personality disorder known as erethism or mad hatter syndrome may occur. Symptoms associated with mad hatter syndrome include memory loss, excessive shyness, abnormal excitability, and/or insomnia. This syndrome was described in workers with occupational exposure to mercury in the felt-hat industry.

Many affected individual experience sensory impairments such as visual problems (e.g. constriction of visual fields, tunnel vision, and blindness) as well as hearing loss.

Some individuals may experience skin changes such as painful swelling and pink coloration of the fingers and toes (acrodynia); persistent redness or inflammation of the skin (erythema); extreme sensitivity (hyperesthesia) of the affected areas; and tingling and sensory disturbances.

In some cases, other affected individuals may experience stomach and intestinal disturbances; kidney damage; dehydration; acute renal failure; inflammation of the gums (gingivitis); severe local irritation of the mouth and pharynx, accompanied by vomiting; and/or abdominal cramps with bloody diarrhea.

Mercury is mainly excreted through the urine and feces.

Heavy Metal Chelating Agents

1. IMD (Intesinal Metal Detox): by Quicksilver
2. Platinum Plus: Supernutrients
3. Glutathione: Max GXL, Premier Research, and liposomal by Quicksilver
4. Dental Chord: Energetix
5. Metal Chord: Energetix
6. Clay FX: Premier Research
7. Medi Dental Pak + Neuro ND: Premier Research

EMF Effect on Humans (voltage-gated calcium channel)

1. Hundreds of studies showing microwave changes in calcium fluxes and intracellular calcium Ca2+]i signaling.
2. Non-thermal studies have shown that in most cases pulsed fields are more active than are non-pulsed fields and that exposures within certain intensity windows have much large biological effects than do either lower or higher intensity exposures;
3. **EMFs weakens the cell membranes opening up the blood brain barrier to allow easier passage of toxins and pathogens into the brain.**
4. When the Voltage-gated calcium channels (VGCCs) are activated in the brain they release neurotransmitters and neuroendocrine hormones, and elevated VGCC activity in certain parts of the brain has been shown to produce a variety of neuropsychiatric effects. Among the most common consequences of chronic EMF exposure to the brain are:
5. Anxiety
6. Depression
7. Autism
8. Alzheimer's

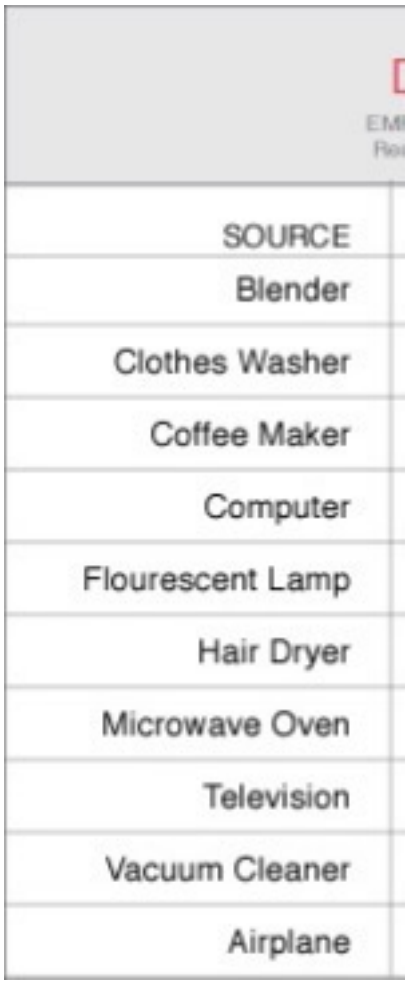
9. Common heart problems linked to EMF exposure include:

A. Cardiac arrhythmias (associated with sudden cardiac death)

B. Atrial fibrillation / atrial flutter

C. Premature atrial contractions (PACs) and premature ventricular contractions (PVCs), also known as heart palpitations

D. Tachycardia (fast heartbeat) and brachycardia (slow heartbeat)



Ten Things NOT To Do

1.Do NOT sleep next to a router!

2. Do NOT hold you smart phone close to you ear.

3. Do NOT use ear buds; they fry your brains bilaterally.

4. Do Not stick your head in the microwave to dry your hair.

5. Do NOT buy a house that is close to major power lines.

6. Do not make love under a large transformer.

7. Do NOT use a cordless phone; 900 MHz; worse than a cell phone.

8. Do NOT charge your phone next to your bed when sleeping.

9. Do NOT use a protective diode on your phone unless you test its effectiveness.

10. Do NOT keep your smart phone in your back pocket.

5G Networtks

4G has a fifty-millisecond delay, 5G data transfer will offer a mere one-millisecond delay–we humans won't notice the difference, but it will permit machines to achieve near-seamless communication.

More bandwidth – more dangers of 5G

- Faster processing speeds require more bandwidth
- Our current frequency bandwidths are quickly becoming saturated.
- The idea behind 5G is to use untapped bandwidth of the extremely high-frequency millimeter wave (MMW), between 30GHz and 300GHz, in addition to some lower and mid-range frequencies.
- High-frequency MMWs travel a short distance. They don't travel well through buildings and tend to be absorbed by rain and plants, leading to signal interference.
- The necessary infrastructure would require many smaller, barely noticeable cell towers situated closer together, with more input and output ports than there are on the much larger, easier to see 4G towers. This would likely result in wireless antennas every few feet, on every lamp post and utility pole in your neighbourhood

As of 2015, there were 308,000 wireless antennas on cell towers and buildings. That's double the 2002 number. 5G would require exponentially more, smaller ones, placed much closer together, with each emitting bursts of radiofrequency radiation (RFR)– at levels much lower than that of today's 4G cell towers–that will be much harder to avoid because these towers will be ubiquitous.

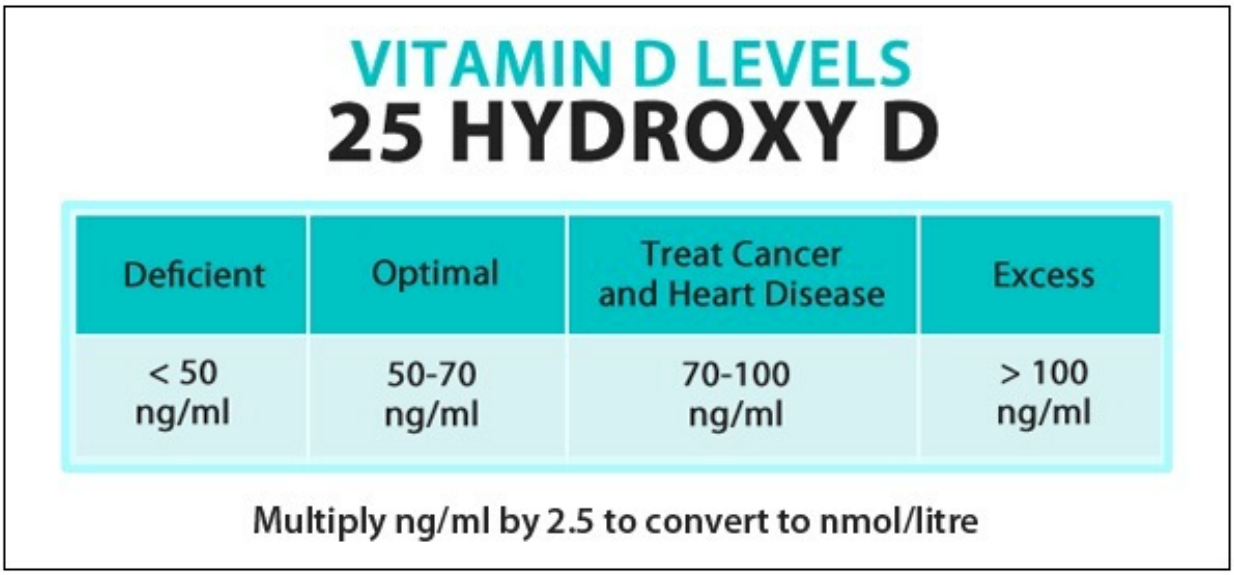
Serious health concerns

in 2011, the World Health Organization's International Agency for Research on Cancer classified RFR as a potential 2B carcinogen and specified that the use of mobile phones could lead to specific forms of brain tumors.

Many studies have associated low-level RFR exposure with a litany of health effects, including:

- DNA single and double-strand breaks (which leads to cancer)

- oxidative damage (which leads to tissue deterioration and premature aging)
- disruption of cell metabolism
- increased blood-brain barrier permeability



- melatonin reduction (leading to insomnia and increasing cancer risks)
- disruption of brain glucose metabolism
- generation of stress proteins (leading to myriad of diseases)

Common Nutritional deficiencies

1. Vitamin D_3:

2. **Zinc:** Zinc can't be stored in the body, so you need to get your daily fix through food or a supplement. I like zinc orotate because it is the way mother's milk supplies minerals. Symptoms of zinc deficiency include:
   a. Impaired growth
   b. Delayed puberty
   c. Erectile dysfunction
   d. Diarrhea
   e. Hair loss
   f. Swollen tongue
   g. Distorted or discolored nails
   h. Decreased immunity

It doesn't take much to fulfill your daily quota.

The maximum intake of zinc depends on your age:

• 0–6 months: 4 mg
• 7–12 months: 5 mg
• 1–3 years: 7 mg
• 4–8 years: 12 mg
• 9–13 years: 23 mg
• 14–18 years: 34 mg
• 19 and older: 40 mg

3. Vitamin C: Must be food based, green buckwheat, Indian Goose Berry, citrus fruits, peppers, tomatoes, and berries.

• Some studies have found that vitamin C may moderately reduce uric acid levels in people who have gout". Normal uric acid levels are 1.5 to 6 mg/dL in women and 2.5 to 7 mg/dL in men, according to a review published in Frontiers in Bioscience.

Recommend dose: 2,000 to 3,000 mg/day.

4. Omega 6 oils: The consuming of typical grocery, vegetable oils undermines and destroys human health (over time). They will age your cells faster. The "unapparent" reason for this is that modern manufacturing methods purposefully alter vegetable oils so that they do not attract, hold and transfer oxygen as well as they would otherwise do. Once they incorporate into cell membranes (oils make up a large part of cell membranes), they resist oxygen transfer from the blood into the cell, adversely affecting cell oxygen content and health. when a person eats adulterated vegetable
oils those oils will incorporate into a person's cell membranes and lower the transfer rate of oxygen going from the blood through cell membranes and into cells… and eventually poor health, especially cancer, is the unintended result.

Recommend dosage: (1 teaspoon per day or four 725 mg. capsules) for about two weeks.

4. **Quercetin** — Quercetin is the most abundant flavonoid in the diet present in many common foods, such as onions, apples, grapes, and berries. A powerful immune booster and broad-spectrum antiviral, quercetin was initially found to provide broad-spectrum protection against SARS coronavirus in the aftermath of the 2003 SARS epidemic.

Recommend dosage: 500–1,000 mg per day

5. **B vitamins** — B vitamins can also influence several COVID-19-specific disease processes, including viral replication and invasion, cytokine storm induction, adaptive immunity and hypercoagulability.

The following symptoms may be a sign that you're not getting enough B vitamins:

- skin rashes
- cracks around the mouth
- scaly skin on the lips
- swollen tongue
- fatigue
- weakness
- anemia
- confusion
- irritability or depression
- nausea
- abdominal cramps
- diarrhea
- constipation
- numbness or tingling in the feet and hands

6. N-acetylcysteine (NAC) — NAC is a precursor to reduced glutathione, which appears to play a crucial role in COVID-19. According to one literature analysis, glutathione deficiency may actually be associated with COVID-19 severity, leading the author to conclude that NAC may be useful both for its prevention and treatment.

Glutathione is a tripeptide amino acid that can be synthesized in all cells of the body. Glutathione is involved in many biological processes such as free radical neutralization, detoxification, transport and storage of cysteine, maintenance of cellular redox (is a balance between the

production of reactive oxygen species (ROS), reactive nitrogen species (RNS), and their removal accomplished through a transfer of electrons from an electron donor (reducing agent) to an electron acceptor (oxidizing agent)), ascorbic acid and vitamin E regeneration, transport of mercury and other heavy metals out of cells and brain, and serving as a coenzyme.

Max GXL (has NAC in it)

Recommended dosage: 1,000 to 3,000 mg/day

7. Indiumease: Indium raises mineral uptake. Indium increases gland mineral absorption for anti-aging and increases longevity.

Recommended dosage: three drops directly on the tongue upon awakening.

8. PH Balance: Ionic form of trace minerals to alkalize the body. Most people are too acidic

Recommended dosage: 1/4 to 1/2 ounce with each meal.

9. Curcumin: anti- inflammation and increases the levels of endogenous antioxidants in the body. Helpful with depression and anxiety, and pain and function in osteoarthritis. A reduction in LDL-cholesterol, blood glucose and blood pressure. Assists the liver in Phase II detoxification.

Curcumin is poorly absorbed and must be taken with piperine (a black pepper extract) or to combine it with lipids (essential oils).

Recommended dosage: 500mg with each meal.

Parasites

Over 50% of the human population has parasites. Some parasites are benficial: Good parasites do exist, but they aren't always very obvious! The nicest parasites are the fungi which you can eat, like mushrooms or food

and drinks made using yeast, like bread and soy sauce. Some fungi are also used in medicine, as antibiotics.

Parasites are believed to be the most common life form on Earth, making up more than 80% of living things. Parasites secrete toxic waste which is poison to your body. Common ways of getting parasites are eating raw fruits and vegetables and sushimi.

How Do You Get Parasites?

Protozoa are especially easy to pick up via the oral route, as all it takes is one cyst to make it into the mouth for infection to occur.

Traveling to countries with underdeveloped sanitation and poor quality drinking water is one way to pick up a parasite, but it isn't the only way. Outside of travel, some of the most common ways you can get parasites are:

Swimming — some parasites thrive in water, and chlorine doesn't kill them all. All it takes is one accidental swallow of water from a public pool, hot tub, or river. Fresh produce in mesh bag

Food — unwashed produce and undercooked seafood are a perfect hiding spot for parasites.

Caring for others — assisting others in personal hygiene like bathing and diaper changes puts you at risk for parasite exposure. That makes daycare centers and nursing homes some of the easiest places to pick up a parasite.

Outdoor activities — you can infect yourself with a parasite if you don't wash your hands after outdoor activities like gardening or horseback riding.

Drinking contaminated water — contamination of public drinking water in the US isn't common, but it does happen. According to the CDC, if you get

your water from a well, you're at a much higher risk. This is especially true after flooding, which can leach contaminated runoff into private wells.

Symptoms of Parasites

Different parasites cause many different symptoms, and some can mimic other infectious diseases. Whether the culprit is a helminth or protozoa, the most recognizable symptoms of a parasite are:

o Digestive issues (constipation or diarrhea)

o Gas or bloating

o Allergies

o Weight loss

o Irritable Bowel Syndrome

o Sleep difficulties

o Itchy ears, nose, or anus

o Teeth Grinding

o Abdominal pain

o Brain fog

o Anxiety/ Depression

o Headaches

o Fatigue

o Skin issues

o Iron Deficiency Anemia

Intestinal parasites are also a known cause of some inflammatory and autoimmune diseases. In fact, many autoimmune diseases can have an

infectious trigger as the root cause, including parasites, bacteria, viruses, or fungi.

Three effective ways of getting rid of parasites:

1. Food Grade Diatomaceous Earth:

- One teaspoon with 8 ounces of water upon arising for one week
- One tablespoon with 12 ounces of water upon arising for 90 days

2. Ivermectin:

- One cc per 100 pounds
- Repeated in two weeks

3. Mimosa Pudica

Uses and benefits of this plant:

o Anti-venom activity

o Wound healing

o Anti-anxiety & anti-depressant

o Anti-inflammatory

o Anti-parasite

o Aids in joint pain, soothes ulcers

o Anti-microbial, anti-fungal, and anti-viral properties

Not everyone sees critters in their stool when taking mimosa pudica seed. You may see the seeds themselves. The sticky gut scrubbers grab onto parasites, biofilm and toxins and pulls them out of your system into the stool. Some may see the larger worms or helminths in their stool, but in reality, about 70% are microscopic. Many parasites release different enzymes that actually dissolve their bodies as they die off. Even though you may not see these things visibly in your stool, does not mean they are not there.

It is recommended continuing taking Mimosa Pudica for at least 3 months. You may also increase your dose as tolerated up to 5 capsules twice daily. It is important to take mimosa pudica seed on an empty stomach about 30-60 minutes before eating. The concept behind this is that the parasites will eat the mimosa pudica instead of your meal helping to remove them.

Mimosa Pudica Seed Challenge

For the first time you do the challenge, you take 2 capsules every hour upon waking with plenty of water while fasting. The goal is to do this for 8 hours. Some may choose to do a shorter time frame if they cannot tolerate this length. Others who have done the challenge previously can take more of the mimosa pudica seed hourly. With any parasite cleanse, it is optimal to try to do this around the full moon when they are most active. The challenge can be a useful tool if you have hit a plateau or you have persistent gut issues that are not improving.

Hypoxia and Hypoxemia

When your body doesn't have enough oxygen, you could get hypoxemia or hypoxia. These are dangerous conditions. Without oxygen, your brain, liver, and other organs can be damaged just minutes after symptoms start.

Hypoxemia (low oxygen in your blood) can cause hypoxia (low oxygen in your tissues) when your blood doesn't carry enough oxygen to your tissues to meet your body's needs. The word hypoxia is sometimes used to describe both problems.

Symptoms

Although they can vary from person to person, the most common hypoxia symptoms are:

- Changes in the color of your skin, ranging from blue to cherry red
- Confusion
- Cough
- Fast heart rate
- Rapid breathing
- Shortness of breath
- Slow heart rate
- Sweating
- Wheezing