
Robert J. Marshall: New Frontier of Integrative Medicine

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Moderator: Dr. Marshall was formally trained in mathematics and chemistry. He began his career in operations research for a chemical company tasked to optimize production. However, he took ill with a parasitic infection which altered the direction of his career. He was driven to use his training in nutrition in order to try to heal from the parasitic infection. As you well know, here in America, in the US, parasites don't exist. They stopped at the Mexican border, at the Canadian border, and they stopped somewhere 30,000 feet above us. When you came back from Africa, they just died up there.

He obviously couldn't get help with the medical profession, so he figured it out himself. It took years, but he not only found a cure, he also gained extraordinary knowledge about how the body works and how to heal it. Along the way he developed Nutrition, Health, and Activity Profile, which is a computerized service for practitioners. In turn, they began sending all of their most difficult clients to Dr. Marshall so he could learn more. It continues to this day. Now Dr. Marshall has a six-month waiting list, along with a career as a PhD certified nutritional consultant and a ... I don't know what that DACBN is.

Dr. Marshall: That's a Diplomat of the American Board of Chiropractic Nutrition. The other one is I'm a past president of the International American Association of Clinical Nutritionists.

Moderator: There you go. Did you catch that? Along with his career, he was poisoned by that genetically modified tryptophan. Remember when tryptophan was taken off the market? It wasn't because tryptophan was bad. It was because they had made the tryptophan using a genetic modification which then made the tryptophan highly, highly toxic. That's why it killed some people. He was the only survivor of 128 people who experienced eosinophilia ...

Dr. Marshall: Eosinophilia-myalgia syndrome.

Moderator: ... syndrome, which was caused by that toxic tryptophan. It took 20 years before the FDA allowed tryptophan back on the market, because they didn't do their research right. Again, it wasn't the tryptophan. He was the only survivor of 128 people who experienced this syndrome as a result of the genetically modified tryptophan poisoning, which affects the lungs in particular. You can imagine, when your lungs get compromised, your oxygen level gets compromised, which means everything gets compromised.

Female: [inaudible 00:03:02]

Moderator: Of the syndrome? Eosinophilia-myalgia.

Dr. Marshall: Eosinophilia-myalgia syndrome. EMS.

Moderator: Myalgia. It's misspelled here. Doesn't matter. Please give a warm hand to Dr. Marshall.

Dr. Marshall: Thank you. Have we got this working? Is this on? This is on, so I don't need this. Wonderful. Good. That lets me move around. I like that. Are we lucky? We have this thing working?

Male: Yes.

Dr. Marshall: It's a definite maybe.

Male: It's a maybe.

Male: There it is.

Dr. Marshall: Wonderful. You don't have a clicker to advance it? No, there's no worries. I think I get it here. Thank you all for having me. Welcome to my world for just a little while. I'm obviously English, with my horse face. The English love a difficult puzzle. Of course, in Scotland Yard, they'll work on a murder case for 20, 25, 30 years, and still get the guy. In that regard, I think there's some gene that does that. You know how the cat when he catches the mouse brings it to show you that he's got it before he eats it? I think we all have a little bit of this. I just have to do what I do. I love figuring out how it works. That's my world.

I actually came here because I want to make sure that each of you have choices that are really not available normally. They're not available. Tonight, if you're interested, I'm going to give you some choices that could dramatically change your life. I'm going to show you where the problems are in the everyday, when you eat, every single day, and how to change that. I hope you'll enjoy it. Before I start, I want to tell you that I had a life-changing experience besides being poisoned with eosinophilia-myalgia syndrome and going at least 14 years in misery, with night sweats and not being able to walk for 10 minutes, really a fun experience. I almost died three times. The first two times I was just really angry, really pissed.

Then, the third time, I got it. I'm a little slow. The third time I got it. Your life's a gift. It's a gift. You've got nothing coming. Now I feel like I'm a guy who's got a credit card I can run as high as I want and I don't have to pay for it. I'm way ahead of the game. Actually, each of you are too, because nobody owed you a life. We need to start just being simply saying thank you for whatever you've got. One other thing you've got to say when something looks bad, like you could die, or you could lose a loved one, or you could lose your house, or something really important. You've got to tell yourself, that little guy inside, you've got to tell him: whatever it is, it is. In other words, you're saying you're not in control.

The lie of our country is you're in control, you're in charge, and boy it's your fault. Try any of our religious teaching. It's definitely your fault, and you're the bad guy. You aren't the bad guy, and you aren't in control. Once you get this, you can have a joy in your life. Somebody hit your car, somebody steals something.

Instead of being all upset, you say thank you. Then you deal with it. If you do this, you're going to have a level of happiness you've never had. People are going to love being with you. They're going to just love it. Instead of somebody bitching and moaning, "Some bastard stole my car," or whatever, what good does that do? Does that get the car back? It doesn't do any good at all. Make a change, and I think you'll have a joy.

I had a life-changing experience about two years ago. I was doing my YouTube thing. YouTube is a super new, addictive toy. It's actually scary, because I don't smoke cigarettes, I didn't think I had any addictions until YouTube came along. Now I'm addicted. The way I can tell is I'm sitting there and I have to go to the bathroom. I'm thinking, why would I have to go to the bathroom? I've only been here 20 minutes. It's five hours I've been watching YouTube. Now I set a timer to try to limit my addiction. In this transit, I found videos of a purported 163-year-old man. I take a look at this, and here's this guy that really doesn't know the difference between his elbow and his ass. He is living to 163. Do you think any of us with our advanced knowledge of biochemistry or nutrition or anything we know are going to come close to that? Not even close. Not even close.

I've got to put my pride and my wounded ego aside for a moment and study the heck out of what is this guy doing. We get to look at his house. It's a shack. There's no stove. There's no refrigerator. On the counter is kefir. How the heck did he do it? It's cold in the Caucasus Mountains. How'd he do it? I must have watched that video 20 times or more. Slowly I figured it out. Blew the picture up a whole bunch, got a special screen, and I could see specks in the kefir. Then I read about the Caucasus people. They have two herbs they love. One of them is agrimony, so I set out to make kefir with agrimony. No other starting culture, and reusing raw milk.

What we do today, we don't even think about it, but what we do today is take milk that might even be raw and pasteurize it or heat it way up to boiling so we induce heat shock protein, cross-link proteins, damage sugars, and damage fats. Then we put a little culture in it, and so now you've got a little great culture along with all the damaged garbage you're just about to eat. This jerk who doesn't know any biochemistry, doesn't know you've got to boil the milk, has got this fantastic product that lets him live to 163. Wow. What else did this guy have? He had another awesome thing. He had something called snow rose. Snow rose is *Rhododendron caucasicum*.

I thought, I get it. It's fantastic. I get some plants of *Rhododendron caucasicum* and I'm really excited. Then I think, we're going to get thousands of kilos of this. We're going to really make this as a product available for everybody. Then my lab chemist and myself start studying *Rhododendron caucasicum*. We learn that there's 31 varieties of *Rhododendron*. 30 of them are deadly poisonous, and one is the snow rose. You think you're ever going to have this one? The odds of some jerk collecting the wrong one is about 100%. We're going to be bringing *Rhododendron caucasicum* any time soon.

Agrimony, on the other hand, is available. It can be used to make a raw kefir. When you make it, it makes a whole different set of Lactobacillus and Bifido organisms than we've been told are the ones to use. I've isolated these and I've begun cultures with these. A coincident with this, I learned from an English firm that Acidophilus and Bifido, which we're all told is what we need, are actually transient organisms. They really don't belong in the gut. They're there for an accommodation to cook damaged food. Dumbo has been cooking his food and giving his body this second-class thing that makes him look old, shriveled up, lose his hair, overweight, all these things, and it tastes good. That's the trick, though. It tastes good. Mom gave it to you, so it's got to be good. No. It's not good.

We're going to see a revolution because we've got a new science: epigenetics. It says, oh my god, when you cook this food all these terrible things happen. Just look in the mirror. A person who's lived 50, 60, 70 years, he doesn't look beat and wiped out because he's lived 50, 60, 70 years. He looks beat and wiped out because every time the body wanted to do a repair job you gave it something crappy. Wow. This guy really brought this message home to me about two years ago. What do we do? Stay tuned. I'm going to show you what we do. Now we're going to have some fun. Can we get it back to life? Then just get to the first slide. Advance it one, please. This is good. It should advance, right? Merci. I think I'm going to have to do this from memory. Okay, here we go. Good. You got it. Wonderful.

I know Susan has been delightful to pick me up and do several things. She's told me you guys are pretty sharp tacks on the board when it comes to nutrition. I won't spend a lot of time on the constituents of food, but I do think it's important to realize that the primary constituents of food are being damaged by your cooking. Protein, as I mentioned, will be cross-linked or heat shocked. The sugars can be cross-linked, forming AGEs, which makes you ladies really ugly with these black spots you hate. You want to bleach them off. Why not not eat something that would give you any?

The fats, of course, we have really been abusive as a culture when it comes to fat. We've tried to ram down your throat trans fats. Whole Foods believes that we should all eat canola oil. I've written them many times. I've blogged them. I've done everything, and they just delete my stuff. That canola oil that's over there is rapeseed oil. If you were a wooden desk, that would be really good oil for you. If you're a human, the rapeseed oil stinks. To deodorize it they treat it, and it forms small amounts of trans fat. Some lawyers got it, so they don't have to say it's got trans fat in it. Isn't that great? Their lawyers are just wonderful.

They want to sell you this crap oil, and it's in so much stuff, and it's so cheap, and you really need to stay away from it. You desperately need to stay away from anything that's a trans fat. You're going to find that they got a new thing to get you. They got high-pressure sterilization, which damages the DNA in your orange juice. Now they don't have to say it's been pasteurized. Boy, is that good. That's

not the end. They've got some new unesterification technology. Of course, to get it out in the marketplace without the FDA saying, "Hey, what the hell is this?" Why don't you guys do a safety study and prove to me that this is okay? No. It's coming right out. You're going to have to read labels and avoid it.

Of course, my unfavorite of all, we're having GMOs rammed down our throat. Fortunately, though, there is a rescue for GMOs. There's a form of clay, calcium aluminosilicate. Not sodium aluminosilicate, it won't work. There's a guy who spent 20 years of his life, Dr. Tim Phillips, and you can look that up on PubMed dot org. This guy has shown, of course all the work was originally done in animals because humans aren't that valuable. As an afterthought, kind of like onset, as an afterthought, we're going to make some for you guys. This clay was used to clear mycotoxicosis in animals. It was also used because when they fed crappy corn to the cow he produced crappy milk. What an amazing coincidence, that was high in mycotoxin.

The FDA requires you monitor mycotoxin, so now the poor guy can't sell the milk. This is now serious. Now they got to fix it. We give them this clay until not prophylactically, until the level comes down low enough so they can sell it. They're still feeding them the garbage. Then they get the idea, after 15, 20 years of taking care of the animal, maybe we ought to do something for a human. The first study that examines cancer in mycotoxicosis was done November 2013. It would be funny, except millions of people are suffering in misery unnecessarily. If you've been a big peanut butter fan, you've probably got a lot of aflatoxin, one of the many mycotoxins. The two super bad guys are corn and peanuts. Boy, corn chips, man, do they taste good, and corn tortillas.

Of course, the corn boys are very clever. They add some lime. Now if you test for mycotoxin it tests okay. You eat it, the lime is separated, and the mycotoxin goes nuts. It's a trick. The only thing you should be eating is high-quality corn, which would have very low mycotoxin. We'll get to that in a little bit. How could you tell you have a high ... I'll do it now, and I'll just skip over this slide. How can you tell that you've got a really good quality corn where you don't have to worry about mycotoxin? You get a \$100 device called the Brix device. You prick the corn, put it on the screen, and see what the Brix reading is. If it's a good reading, eat the corn. If it's a low reading, don't buy the corn.

They love it when you're in the market poking holes in things, by the way. They make crap, so we have to have a way to screen the crap. This is a cheap way to find out if it's crap or something you can eat. It's a great way to find out if a \$5-a-pound organic tomato is worth \$5 a pound, or you might as well buy the \$2 crappy one because they have the same Brix reading. What the heck is the point is spending \$5 for one? Yeah?

Male: Brix, and don't quote me on this, I thought the Brix scale was 0-10. You're saying [crosstalk 00:18:43]

Dr. Marshall:

No. Of course not. I use it all the time. I don't want to spend time on that, but if you want to know all about it, you want to go to an outfit called Acres USA. They have the chart of what ideal Brix levels would be. They have lots of information on it. You can buy a \$1,000 one from the Germans, which is a tenth of a Brix, or you can buy an el-cheapo Chinese for it's accurate to about 1 Brix. As far as I'm concerned, that's great. A cheap one, if you lose it, you buy another one. It's not bad. We've got to have a way to monitor the load. If you're eating peanut butter for 20 years and you stop, 20 years ago and you stop now, and you ate it 20 years ago, your level of mycotoxins is going to be literally unchanged or greater today than when you stopped.

This is why these calcium aluminosilicate clays are so important, because they'll slowly, over a year or two, clear the mycotoxic burden in the body. By the way, they also trap dicarbonyl groups. I promise to keep this very low biochemistry, but that is my bag. It's my bias. The calcium aluminosilicate traps all dicarbonyl groups. It should nail glyphosate. You take a little of this clay, about 500 milligrams according to Tim Phillips, you put it in six, eight ounces of water, and you mix it up and drink it while you're eating. Now it transits the gut with the crappy food you just ate. As the glyphosate is liberated, as other persistent organic pollutants, POPs, are liberated, it traps up to 98% of all of them. Finally, you've got an antidote to the trash food that's being rammed down your throat because you can't buy anything else. This is one of the great solutions, but is it going to help you if you cook the p out of your food? No, it's not.

What you're going to find is that in 1990 and again in 1993 the Swiss studied what happens when you cook food. Boy, this went over like a lead balloon. What they showed is you cook anything over the boiling point, 212 Fahrenheit, and it elicits a massive leukocytosis response in the blood. What they did was create a leukocytosis index and they rated the foods. Of course, the worst one of all was sausage, so of course the Germans or the Swiss would like to kill the guy who did the study. However, the study was repeated in '93 and it was even worse than the one done in 1990, because there's better equipment and better testing. The moral of the story is you sure don't want to eat anything cooked over the boiling point, unless you like to be old, weak, and feeble. If you do, then you shouldn't be here tonight, because I'm going to really irritate you.

One of our choices here, with regard to carbohydrates, is high-fructose corn syrup. This is one that's loaded with mycotoxin, worse than table sugar. This is the super bad guy, and it's in literally all frozen TV dinners. What are they doing in nursing homes? Frozen TV dinners. It's like an execution meal. That's the worst. The next worst is actually refined sugar, especially in America, because in America our refined sugar has to be super white, because we're the best. Just ask any of us. We're the best. If you go outside this country and ask anybody, you're going to get a completely different answer, but we're the best. How do we get that sugar so white? I'm so glad you asked me. You know how we do it? 2,4,5-T. Gee, what's that? That's a close relative to the one we're not allowed to

use anymore, the D-word, dioxin. They tweak it and they make sugar with it. That's why American white sugar is like a curse.

If you're dumb enough to use sugar in something, at least get organic dehydrated cane juice. That would be dumb, but you can do that. You can see these primary nutrients have a lot of issues. Let's advance the slides. I'm going to come back to minerals, water, and other nutrients. Obviously, one of my favorite persistent organic pollutants. Keep going. Of course, you may realize that over the last 25 years we have an exponential increase in persistent organic pollutants in the food. We have a 50% decline, as measured by four different studies, in antioxidant nutriture of American food, 1980-2005. 50% reduction. You've got less protection and way more poison. Keep going. I'm going to have to get past some of this.

I just want to give you a little history of the deceptions that have gone on. Back in the early '20s, the best science said, "Hey, we need a high-fat, low-carbohydrate, and moderate-protein diet." That's what we're back to now. Next slide. Then we started moving along and we started doing marketing. Pretty soon, we thought at that point simple carbohydrate-like sugar was four pounds a year. Today it's 2,500% increased, because we've told you you've got to be eating lots of carbs. Ain't so. Ain't so. Definitely wrong. Let's go to another one. In the 1970s, actually in 1961 on the bottom of this slide, Ancel Keys comes along and he wants to be famous. He's good looking, and he's a great speaker. He makes up stuff. He makes up stuff. This is really scary. He makes up the fact that he studied Europeans, and the really healthy ones have a low-fat diet. He makes this up. He tells people.

Then along comes Nathan Pritikin. He tells you, "Man, you don't need any fat. Let's go to the no-fat-at-all diet." Back then, I was working with a guy. I loved him. He worked in Pasadena, California. He was a medical doctor. He went on this Pritikin diet without telling me. He was on it for months. He started to develop a tremor. He comes to me one day and he says, "What do you think this is?" He's only 50-something. I said, "My god, it looks like either an injury or fatty acid problem." "Fatty acid?" He says, "Well, I've been on the Pritikin diet." I said, "What? How long you been on this?" We get him off it. We didn't have fancy stuff like we've got today, and we didn't have mud packs. He had to quit work because the tremor was so bad.

Nathan Pritikin, in fact I was on a TV show with this guy. He emotionally believed in the no-fat diet, despite the fact that studies show fats are essential for life. We get this almost religion coming in, and it sweeps the nation. It's amazing. It's in the face of science. As you can see here, go to the next slide, we had by 1976 we had all the major research facilities in the US agreeing with these jerks that this was the diet you should have. Very scary to me. In that time, I had to be very careful. The diet I'm going to show you, I used to affectionately tell patients was my closet diet. Why was it the closet diet? Because I'm president of an organization that we teach and test that you should have 50-65% complex

carbohydrate, 30% or less fat, and 12-15% protein, and I can't get a single person back to their ideal weight on that diet. Not a single person.

I have my closet diet, which is high-fat, super low-carbohydrate, moderate-protein. Now I got a new name for it. I've tweaked it up a little bit, and I call it the Bio-Field Diet. Really fancy name, but it's basically my closet diet that worked for 10,000 out of about 12,000 patients. They got their weight down and they kept their weight down. They didn't yo-yo up and down like the crazy diets. You're going to see this in a little bit. This was complete bogus. Next slide. What this did to us, as a country, and what it is continuing to do to us is make us a nation of overweight people, a nation that's far more susceptible to cancer, far weaker, far more susceptible to literally every chronic illness. Why is that?

In 2011, we learned that if you're just one pound overweight, and this is really tough to take, guys, even one pound ... They got a crap study to support this, which really hurts. I'd love to rip this study apart, but I looked at it. It's a pretty good study. One crap pound overweight is low-grade chronic inflammation, which will lead to infection, which can then lead to cancer. One crap pound. That's hard to take. If you've got 20 of those pounds, every 10 pounds of fat is seven miles of blood vessels. If you pick up 20, now you're going to blow your heart and give you cancer. Where's this coming from? Some idiot has told you that you should have a lot of carbs. You get up in the morning and you've got this syrup garbage, you've got some other crap garbage. It's all sweet. It's just amazing what crap it is, and you're eating it in the morning.

In 2011, they did a study. This study is just a mind-blower. It totally vindicated my closet diet. In this study they took police officers who ate donuts. Coca-Cola sponsored it. You can see, evil with evil. It screwed up. They really came out with something neat. The guys are eating donuts, and they're all overweight. What a coincidence. What they do in the study is they give them the same number of donuts, but they have to eat them after 3:00. They do an eight-week study, and there's a 28% drop in body fat. What they've shown is that when you get up in the morning, whether you're eight or 80, you're in maximum insulin resistance. You eat sugar, it goes to fat. What do we feed you? Sugar, sugar, sugar, sugar.

If you get up at about 7:00, you need about seven hours, and now you're at maximum insulin sensitivity. You eat the same carbohydrate and it goes to your muscle. No wonder that closet diet worked, because I didn't let you eat any from seven to 12. We had a really tough time doing it. The reason they had a tough time doing it was that they're not able to easily go to ketosis. The older you are, the harder it is to be ketotic. Harder and harder. Many times it would take five days to five weeks to be able to go five hours and drink a quart or two of water. You couldn't make it. If you can't make it, you're going low glycemic fruit until you can make it.

What they gave us by lying and deception is a nation that's overweight, sick, way more cancer, way more heart disease, and misery, so that some guy, Ancil Keys

and a bunch of other cronies, could be famous. You can read this. Keep going, and I think it will get to ... There's another bad guy, Walt, and the trans fats. Now the new guy is interesterification. Oh boy. You guys are going to be the grand experiment again. Isn't that great? Aren't you lucky. Yeah?

Male: Quick question. What was the name of that 2011 study?

Dr. Marshall: If you want any of the studies, you can tell her and I'll email you the study. I've got all the studies. This was the expose. This is a masterful book written by Nina Teicholz. It's called "The Big Fat Surprise". It gives a chronology of all these things that have happened. It's really, I think, a great story to read, so that when somebody's telling you something about food you want to check it out. You don't just go on some kook diet. We are just not responsible here. We're not presenting science. It's very, very sad. Next slide. This is her book cover. Heck of a nice job. She's actually a New York Times writer, so she writes in a very entertaining way. It's not a difficult book to read. Next slide.

As we move to talk about food, we've talked about what food, we've talked a little bit about what the percentage of the food should be. It should be higher-fat, moderate-protein, and low-carbohydrate. If you've achieved ideal weight, you get to eat pretty much anything you like any time of day. If that weight's going away and you're gaining unnecessary body fat, now you restrict yourself in the morning and give yourself a literal five-hour fast. The way I want you to think about this diet, I want you to think about this diet as a diet holiday. In other words, it's going to be fun. You know who's going to have the most fun? This body you're trapped in is going to be ecstatic. It's going to be a holiday.

Change the oh my god I'm giving up something. Get out of that mindset. You're not giving up anything. What you tell yourself if you've got 20, 30, 40 pounds to lose, is I'm not ever going to break this diet till I'm at ideal weight. When I'm at ideal weight, once a week I can have any damn thing I want, and it is a damn thing if it's off this diet. If you tell your mind this, you get out of this suffering, sacrificing, punished, bad situation which kills every diet. I don't know how many people have come to me. I did a comedian many years ago who's passed away now. He told me he had lost 2,000 pounds in his lifetime. He said, "Do you want to know how I feel about being here? I feel rage. I feel quiet rage." His wife was in the bathroom. His wife is 30 years younger. Before she gets back he says, "I'm only here because she'll leave me if I don't lose this weight." That's why he's here.

I start talking to him about what I want him to do. He says, "You know, I've tried everything." I said, "Okay. If you've tried this, it's a freebie today. Go home, no charge. You don't have to do anything." The wife comes back, and he looks at the diet, and he says, "I don't really see a lot of change." I said, "Well, you can go with no charge then. We don't have to keep working." She says, "My god. This sounds like it might work. What do you mean you're going to go home?" She keeps him on a diet. He never was off ideal weight the rest of his life. Never.

My best case was a 726-pound prison chaplain, 6'8", ideal weight about probably 300. Huge man. Huge man. He comes in my office, and I've just remodeled. He sits in one of my chairs and crushes the chair. He moves to the other chair. I said, "Hey, look, could you not move too much, because I've already lost one chair." He goes to get up, crushes the other chair. If you ever come to my office, I've got chairs that handle 750 pounds. They've got five legs. I don't care how big you are, you can't ruin my chair. When I got those chairs and he came in and sat in it, he was still about 600. He sat in the chair. He said, "My god, this is a comfortable chair." I said, "Yeah, and you can't break it." It took me three, four years. We got him to 295 pounds, and he stayed there for more than 20 years. It's doable. I tell you this story because you get a little weight and you just can't quite get it off.

Let me tell you, if you've got particular weight, like abdominal weight or hip weight, or you've got weight hanging off your arms, each of these means something different, energetically. This is your pancreas. This is your gonads, whether it's ovaries or uterus. This could be adrenals, it could be late eating, it could be digestion, it could be a serious interference field here. We know how to get rid of it all. The technology is here now. You don't have to be fat. Is it going to be simple? You're going to go on this diet and everything is going to be fixed immediately? No. That's naïve nonsense. The diet will put you to a metabolism where the body can control itself and maintain an ideal weight. We've never had that before. We're now out of this nonsense, this series of lies that have taken us away from the truth about what we need to eat. Next slide.

We've got this serious thing now, though, with processing. You've got this high-pressure sterilization. You've got homogenization. You've got pasteurization. We need to have a little bit of a revolt. Imagine with the technology we have in biochemistry today, we are still pasteurizing our milk. I don't know how many of you are familiar with the Weston Price Foundation, but it's a wonderful group. Weston Price, Price and Pottenger, but Weston Price with at least eight times took a cow that had two calves, and took one calf and fed it pasteurized milk, not even homogenized, and the other calf was fed directly from the mother. In 100% of the cases, the calf that got the pasteurized milk was dead in 30 days. We don't want to hear this.

We're going to feed you this crap, second-class milk. We've got the technology to quickly scan the milk to see if it's got brucellosis, which is why supposedly we pasteurize the milk. At least that's what I read in a history book. Today you mean we're so dumb and so retarded we couldn't do a brucellosis screen and sell raw milk to everybody? Not just you guys. You guys, you have money, you have power. There's organic pastures down the road. Great. You can have good milk. You represent this much of the population. Here's the rest of the population thinking that pasteurized homogenized trash is food. It's not food. We need to do something to get back to real food. Yeah?

Moderator: Of course we know that pasteurized milk is virtually illegal here. I just want to point out in the Czech Republic.

Male: You mean raw.

Female: You mean non-pasteurized.

Moderator: Raw milk, excuse me, is virtually illegal. In the Czech Republic you can buy raw milk from vending machines that are refrigerated. I have a picture on my Facebook.

Dr. Marshall: That's fantastic.

Moderator: I know! I was like, what? This is so cool. People just bring their bottles and get their raw milk at a vending machine. They're all around town. The farmers come in and dump the milk in every day.

Dr. Marshall: What a difference. Yes?

Female: [In France all 00:38:47] the cheese are not pasteurized.

Dr. Marshall: Cheese may or may not be pasteurized. Yes, it's possible if the cheese is aged long enough that it will kill everything, even brucellosis if it was in there. That's why they allow raw milk cheeses. Whole Foods has stopped selling them completely because in Texas and in a few other states they've been sued for selling any raw milk product. In Texas you're only allowed to sell raw milk if you are a farmer. It's a really interesting law. Basically, we have this nonsense processing that we're doing that's really making the food not worthy to be eaten. Yeah?

Female: We cannot have pizza because you were speaking about [crosstalk 00:39:31]

Dr. Marshall: We cannot have what?

Female: Pizza, because the cheese was heated in the oven. It was in the high temperature. Pizza.

Male: Pizza.

Dr. Marshall: I can't understand what you're saying.

Female: Cannot have pizza.

Female: You can't have pizza with cheese on it because it's heated to a high temperature.

Dr. Marshall: You can eat it, but it's going to hurt you bad. Actually, the cheese there where it's typically melted is not heated to as high a temperature as fried food or many

other things. No. Pizza is too much milk. Way out-of-balance food, because to make one pound of cheese, one pound, it takes 10 pounds of milk. Now you're sitting there and you're eating a quarter to a half pound of cheese. Are you out of your mind? What's the purpose of milk? The purpose of milk is to make a calf grow six times its weight in less than a year. If you need to be six times your weight in less than a year, I think it's a great thing to do. Let's eat lots of pizza. It's idiotic.

Pizza, and cheese, and things like this are flavor-enhancing things for salads. You put a little bit in. You don't eat an elephant dose. Your body type, 100% of Asians and African Americans cannot digest lactose. When you take that milk and you heat the p out of it, the lactose now becomes a real challenge for you to digest. If you're not taking an enzyme that's got lactase, that's going to create chaos in your gut. You may not even feel anything, but it's going to product leukocytes. It's going to ultimately make you tired. It's going to just turn your immune system like a madman. Cheese in general, unless it's aged cheese, more than a year or so, is not a food for you. Next slide.

What about the foods? I gave this talk this afternoon. I didn't hit enough on the vegetarian folks. I was a strict vegetarian for 11 years. I can tell you, living in this country, our production of vegetables is just second-class. It's horrible. It's produced with N-P-K synthetic fertilizers. Just garbage. Complete garbage. If you try to be a vegetarian here, you're probably going to be very ill. If you do want to be successful, you'll need to learn how to grow your food. No N-P-K. How to fix the soil, how to really do it right. Even if you do everything perfect, you're still going to be challenged with B12. You can now buy a methylcobalamin supplement and you can cover that. You're talking about really swimming against the tide.

About 15 years ago I had a family come to me from Guatemala, and he was a diplomat. This man was a fruitarian and a quite a soccer player. Very strong. They'd come to this country because he had met someone in the diplomatic delegation from the US that was a patient of mine years before. One of the big problems they had was their teeth. We got their teeth fixed perfectly. He had come to America with his family to get his teeth fixed. Here he comes over. I said, "Whatever you do, you can't be a fruitarian here. The fruit is garbage and you'll be sick as a dog." "No, no, no. I can do that." I said, "No. You can't." After about a month and a half, long before he got his teeth fixed, he had to go home sick as a dog with all of his family. If you'd like to be a vegetarian or a fruitarian, I think Guatemala's a great spot. Go ahead and move, and now I think you can do it.

You can try to work with someone who can raise us world-class food. This is one of the things we're working on right now. It's not trivial. The electromagnetic fields from cellphone towers, from electrical lines, these things impact the plant just as well as humans and other animals. You need to have ways to create an environment for that plant so it can grow super strong and healthy. Then, eating

that, you could definitely be a vegetarian. It's my fantasy to go back to that, but I'm not going to do it and make myself sick, weak, and feeble. Can we do food combining and get a protein? We can do all that, but you're going to see there's lots of anti-nutrients and weird things that are in these vegetables and fruits and nuts and seeds that you really have to work on. Next slide.

We clearly see cooking as an issue. Obviously 212 is the triple x-rated food. It shouldn't be consumed. If you would ferment food, up to about 120 degrees. I know can get an argument over that, but I know 120 degrees the enzymes are still there because I've tested for it. I don't care what anybody says. If we're willing to ferment food, we can take a rock-hard form of broccoli and ferment it so it tastes just like you cooked it. I can serve you a warm soup that's never gone over 120 degrees, and now this is super nutrition. If you choose to cook the p out of the broccoli, guess what happens? You liberate nanobacteria from the fiber that would never get out otherwise. Gee, what's that do? Let's see. Circulatory disease, heart disease, kidney failure, diabetes. Boy, that sounds good, doesn't it? Can't wait to have that soup with broccoli with the p cooked out of it.

If I eat that, how come some people don't get cancer, don't get all these bad things? It's simple. They have hydrochloric acid, which is the antidote. It's what kills those little buggers. You would never want to eat a cooked-food meal without taking some hydrochloric acid if you're over about 30 years of age. Move on to the next slide. Fermented foods, to me, is the vista. My fantasy is I can travel to a city and sit down at a restaurant and have food that I would fix in my own home there, and not be poisoned or have to eat some second-class garbage. I think it's coming. I think we're going to wake up. Next, thank you.

We've got to take a look at the source of this food, the way it's prepared. What we have done with the USDA and all these other people is we've just confusingly mixed these things so they're inextricably confounded. You really can't tell, is this really a well-grown food? Is this a raw food? Is this a cooked food? What is this thing? There's no delineation. It's completely ignoring this. The bible of the clinical nutritionist is a book called Goodhart and Shils' "Modern Nutrition in Health and Disease". When I got it, it was one volume in the beginning. Now it's two volumes. There's not a word about cooked food or raw food. Not a word. No. No word at all. Is there a word about hydrochloric acid? Zero. Zero. Great book, huh?

These guys are okay dying at 60, or 70, or 80 with every kind of disease. They never saw that 163-year-old guy that doesn't know anything that's in those two volumes. He knows nothing. It doesn't bother you guys, but I spent my whole life on it. It bothers me a lot. I am working on, thank you. It's a real tough thank you. How do we fix all this? This is my answer to that: the Bio-Field Diet. Here's the guide to it. It's very, very simple. I'm not going to beat through every detail, but you can have a free copy. You can email me, we'll email you back a free copy. This is 40 years of research. This is backed by lots of people who are success one after another after another after another. This is not something I dreamed up in

the back room and I'm going to try on you. This is something that really works. It's nutrition that really works.

The goal of this diet is to keep the body predominantly in a easy state of ketosis where it can use fat as fuel. You want it to use fat as fuel. You don't want it to suck off carbohydrate and store fat. That's its goal. If you're at ideal weight, you've got a lot of leeway. If you start to gain weight, you want to take action.

Female: Several times you've referred to ideal weight.

Dr. Marshall: I have.

Female: Several times. In fact, what is it? Can you just give me a parameter that I could ... I used to say 5'0" for 100 pounds, and for every inch another five pounds. What are you using for a criterion?

Dr. Marshall: I don't use that as a Mickey Mouse method. My gold standard is if I could weigh you in water and I look at your percent body fat. I don't even like that, because I can take a woman who's very cardiovascularly fit and she will have as much body fat as someone else who is very unfit. Really, you need to take a look at yourself in the altogether. If you have fat where you shouldn't have it, such as your hips or your abdomen, or if you have fat hanging off your arms. You ladies, if you gained breast weight this is super bad because this is white fat. This is directly correlated to heart disease. You don't want your breasts to get bigger as you get older. That is a disaster, no matter what this country thinks.

Female: You don't have a scale to offer, necessarily.

Dr. Marshall: Absolutely not. Absolutely not. What I do like is when we work on somebody that we work on them, I love to do conditioning. This is one of my favorite things. Why do I like conditioning? I'm so glad you asked me that. I love it because the major thing that happens as you age normally is you lose mitochondria in the cell. You become weaker and weaker and weaker. If I train you and you become fit, it's the single most potent way to raise mitochondrial biogenesis, the single most. We hate it. We treat the e-word with more revile than the f-word. We need to make a change, even if you just take a walk or you ride a bike. You need to get your butt out and do something with it.

I got to tell you, it was interesting. I have a friend in England. He can't run, so he became a biker. He does about two hours four or five times a week. He has just melted the body fat off him, because I kept beating on him to do some exercise. His butt is as hard as my bicep. I saw that and I thought, my god, I've got to do some of that bike riding. It's really impressive, and it's pleasant. If you could find an exercise you really enjoy, and living where you live here, if the water is clean, the best thing I ever did was swimming. It may not be possible anymore because it seems like there's way more shark stuff going on, and a whole bunch of stuff

that's pretty scary, but you might be able to find a saltwater pool where you could swim or make a saltwater pool.

I'm just moving onto to a compound of land, and I'm going to build myself about 100-, 150-foot long, four-foot deep saltwater pool so I can go back to swimming, because I think of all the exercises nothing is better than swimming. The goal is to get control and just see your body re-contour. That's what we're talking about. Do you have a question?

Male: Yeah, I do. You mentioned ketosis a few times already. My question is how do you stay in ketosis? Because while you're in ketosis diet it actually helps to burn fat. How do you stay in that state without having sugar cravings, and snacks, and whatnot?

Dr. Marshall: He's ahead. Usually only you women are ahead of me, but he's ahead of me. The answer is that there has to be carbohydrate, but the carbohydrate has to come when you're at maximum insulin sensitivity. That means we don't eat heavy-duty carbs until about 3:00 and we do it till about 7:30. You could have wine at that time. You could have rice. You could have a number of starches. You could have fruit. You can have a whole bunch of things, whatever it is you like. That's the time, not first thing in the morning. The ketosis, it's very funny. I did a whole bunch of these fitness guys that couldn't get the rest of the body fat off. In fact, they're carrying, this young kid, and he's carrying half an inch to an inch of body fat almost all over his body. You can pick it up all over his body. It's really creepy.

He says, "This diet's not putting me in ketosis." I said, "Wait a second, we can only pick up a quarter inch and you're way more fit. When we weighed you, you're way less body fat. How could you do that if you were not in ketosis?" You are in ketosis, but the idea is you're training the body by getting up at 7:00 or 8:00 and going till 12:00 or 1:00 without carbohydrate. You force the body to begin to burn fat. You force it. Granted, you're old, you're weak, you're feeble. The forcing is going to take a long time. You feel miserable, so you give them a low-glycemic fruit, blueberries, blackberries, strawberries, something like that, and you don't get any other sweet. That's it. Is it fun the first five days to five weeks? No. I'm not going to tell you it's fun. It's a pain in the ass, but it works. It works really good.

After you get to it, it's nothing. You could go the whole day without eating because your glycogen is stored in the muscle. That's what you're asking me. I had that carbohydrate late in the day, and you guys just saw me. I had to eat garbage, but I ate carb garbage so I can load in the muscle. I can go tomorrow and I don't need to eat anything. I can go a long, long time without eating. That's the way we're engineered. When we were primitive, you would go two, three days sometimes without protein. Amino acid pool only has to be repleted once every three days unless you're infected. Let's move on.

The secret is in the morning we're going to give the body a lot of really good water. Water is a really challenging thing. There's all kinds of stuff. There's alkaline water. The people are going to tell you this water's good. I don't find any of that true. Let me tell you, when you get purified water, you get rid of the pesticides, you get rid of all this junk, but the waters got a signature, a homeopathic signature, that it's garbage. Your body has to overcome that. What you can do if you've got a couple of bucks to rub together, you can buy a water purification device and then feed the water into a distillation unit. Now you have water of the gods.

Is it expensive? Is it a nuisance? Absolutely. It's perfect water. You've got a couple of bucks, you want the best, that's the \$20,000 stereo. Short of that, you could drink some Arrowhead Distilled Water. It might have some pesticides from time to time. It's going to have some of the phthalates from the plastic. If you got good sulfur-based amino acids you can clear it in 24 hours. Is it ideal? Definitely not. It's like the \$30 boom box. You're going to hear the music. It's not going to be perfect, but you're going to hear the music. Yeah?

Male: What I do is in the morning I mix a teaspoon or a couple of teaspoons of a Himalayan pink salt in about 32 ounces of water. I mix that first thing in the morning. I feel like it helps me.

Dr. Marshall: Salt is essential to life. Many people that exercise heavily get in very deep trouble for a lack of salt. They become achlorhydric or hypochlorhydric. They may get all kinds of infections, and everything else. The best way to deal with that is to taste your perspiration at the upper outer part of the shoulder. It should be slightly salty. If it isn't, increase the salt. This is very critical to athletes, people your age who are doing a lot of exercise. I don't happen to be a fan of Himalayan pink salt because they grind the salt. To grind the salt, they have to use a high-nickel stainless steel grinding screen. If you like nickel, a nice carcinogen, that's the one you want to get.

Male: Shit.

Dr. Marshall: Since I don't like, I don't want any salt that's ground. What you want is air-dried sea salt. That's the player, and it's cheap. You don't need to spend lots of money on anything here. You want a really pure water. The salt doesn't purify the water. Next slide. The sweets we've covered. Next slide. The goal if you want to ...

Female: Go back. We didn't even get to read that.

Dr. Marshall: You don't need to. We covered it. The goal, if you guys who want to just get by ... You want to see that slide? I'll put it back up. Put the slide back up.

Moderator: [inaudible 00:57:43] up at the top, and then we're open for question and answer.

Dr. Marshall: I've got to watch out. How am I doing on time? How are we doing here?

Moderator: How many more minutes? We'll give you five more minutes.

Dr. Marshall: Five more minutes.

Moderator: Go to about quarter to nine.

Dr. Marshall: If you want to just get by, guys, you want at least 50% of your food to be raw. It can't be some salad. It's got to be something that's got protein. It's got to be something that's got good fat. It's got to be something that's got good carbohydrate. You don't win by eating your raw salad, and now everything's good. It's each of these categories you have to have some raw food. This wonderful machine that you've been granted, when it's faced with a garbage, damaged, cooked fat or carbohydrate or protein, when it's faced with that, and a good one, a 2007 shows that 100% of the time it chooses the good oil, the good carbohydrate, the good protein. If you can do that, even if you get junk, you're okay. You get by, folks. This is how you get by.

I'm not going to spend a lot of time on the diet. I've covered a little bit of it. The basic thing is the morning, if you're at ideal weight, you're going to be able to have fruit or whatever else you would like. If you're not, you're going to fast for five hours and you're going to have one or two quarts of water. At lunch you're going to have high-fat, high-protein. It's up to you to choose what you would like. If you're a strict vegetarian, you can have various types of nuts. If you're a strict vegetarian, one of the most important things to eat is figs. Remember, every seed is a complete protein. If you load figs, you can't lose.

For the meat, I really favor lamb, because all these others have so many problems and they lie about the way they make them. It's just really, really very sad. If you can get bison, that's really good. If you can get venison, great. These are hard to come by. You're not going to go down to the store and buy it. That would be the main meal. You would have protein at night only if you're infected. How do you know you're infected? You get a little roll of pH paper. You have one of those to show them? You want the one that goes from 5.5 to 8 in steps of two tenths of a pH, except the first step. Let me show everybody this. Thank you.

This is a roll of pH paper. This is your best friend. I raised two children who never spent a day sick in bed, never saw a cavity, and don't know pain the way all of us know pain. I did it by checking the pH. When their pH was good for two weeks straight, it held 6.4 to 7.0, I began checking once a month. I would check the last Sunday of the month, I'd measure the kids. If they grew more than a half inch, I knew the pH would be acid. I'd have to up the minerals. My son is 6'4", so there was a lot of half-inch episodes. When we did this, not only strong, but when they play sports they don't get injured. It's such a different environment.

For you, this is your window to pre-pathology. What's that mean? That means before you have x, y, or z disease you know you're in trouble, because the first morning urine pH is acid. If you can't get the darn thing into the alkaline zone, 6.4 to 7.0, you need a practitioner. You need somebody to help you. You really need someone who does chronic illness, not acute care. Our medicine is the best acute care on the planet, but it's not addressing chronic illness. What you can do, you can get the names of some of the people who've mastered quantum reflex analysis, such as yourself, and these people know how to fix this. Most of them are holding that morning urine pH. That is one of my favorite tools.

America in the last 10 years, the American Laboratory Association has said the first morning urine pH has gone from 5.5 to 6.0 down to 5.0 to 5.5. It's a logarithmic scale. It means a 50-fold reduction in tissue oxygen in the last 10 years for the average American. You've got to take a mineral to get this into control. You really need to supplement with digestive enzymes, and especially HCl. This HCl is the ultimate methyl donor. I'm almost done. You're going to learn from the Human Genome Project that your gene deck is 35% virus and cancer genes. When you demethylate, it expresses those cancer genes or virus genes. The most important single thing you can do to protect against cancer and the chronic viral infection is to make sure you never eat another cooked-food meal without taking hydrochloric acid and pepsin and digestive enzyme.

I will stop at that point. I was going to go through a few things that you need that this diet won't cover, such as your vision, your need to take extra zeaxanthin and lutein. You need to eat some Brazil nuts to be sure you have selenium. There's a few things you've got to cover so that this diet is still not going to lead to any disease. It's not enough because of our food here. I'll stop at that point.

Moderator: I will mention that ... is this working?

Male: Turn it on. Turn the switch on, please.

Male: It's not on.

Male: There we go.

Dr. Marshall: You can kill the slides. There you go. Now it's light.

Moderator: That I haven't found anyone who doesn't have to continuously mineralize their body because of our environment.

Dr. Marshall: You mean with a supplement.

Moderator: With supplements, not just with food. It's impossible. We breathe in too many toxins every day that have to get processed. We go through tons of minerals to process those toxins, let alone what we need to digest our food and everything else. To keep your pH in the right zone, regardless of your diet, I have yet to find

somebody who doesn't have to supplement both mostly the microminerals and the trace minerals.

Dr. Marshall: I think you mean the macrominerals, like magnesium and calcium, right?

Moderator: What did you say?

Dr. Marshall: You mean the macro, like calcium and magnesium.

Moderator: No. I mean the microminerals.

Dr. Marshall: As well.

Moderator: And the trace minerals. Through diet, I find that a lot of people get enough calcium but maybe not enough magnesium.

Dr. Marshall: True enough.

Moderator: If you were here at the ... There was a talk, Death by Calcium talk, here, at Smart Life. We know that we overmineralize the big vitamins, and we don't have enough of those trace minerals that will help us get our pH up here in the right zone. Yes?

Female: Do you recommend sparking mineral water?

Male: Give her the mic.

Male: The mic has to be so everybody's toward the video.

Moderator: You don't talk before.

Male: Yeah.

Female: Do you recommend sparkling mineral water, in addition to other things?

Moderator: The only mineral water I recommend is Gerolsteiner. It's a German one. It's bottled in glass only. It has a high mineral content. Your opinion?

Dr. Marshall: In order to digest complex sugars, like beans, the body ... I don't need this. I've got this. You can hold this. The body needs carbonates. If you have exhausted your digestive reserve, you're 40 or 50, some carbonated water may assist you in digesting kidney beans, pinto beans, black beans, or any heavy-duty complex carbohydrate, even potatoes.

Male: There are no methyl groups in HCl. How is it a methyl donor?

Dr. Marshall: What are you talking about? It's trimethylglycine, the ultimate methyl donor.

Male: HCl I thought you said.

Dr. Marshall: I did. It's Betaine Hydrochloride. We just abbreviate it HCl.

Male: Hydrochloric acid.

Dr. Marshall: You're talking hydrochloric acid. It's just abbreviated for convenience.

Moderator: By the way, one of the reasons New Zealand lamb is okay, it doesn't have to be organic, I've been there. You see little white dots over all of these green mountains. They're all grass fed. I've been to a farm way up in the mountains, a ranch way up in the mountains. They don't need to give their animals poisons for them to thrive in New Zealand. You don't need to worry about whether it's organic from New Zealand. At Trader Joe's you can get some raw organic cheese from New Zealand.

Male: In the morning the first thing you're going to drink water, is that right? No food.

Dr. Marshall: A big man like you, two quarts minimum. Yes. No food.

Moderator: Be near a toilet.

Male: One of the things I've said to people is that when you go to the store and you see all of the nutrients listed on the top, there, food, the vegetables that you eat, are only as good as the soil they're coming out of.

Dr. Marshall: Absolutely.

Male: What I take, I take humic acid is what I take.

Dr. Marshall: For what? What are you taking humic acid for?

Male: It has minerals in it.

Dr. Marshall: Humic acid, the organs and glands actually have a reserve of organic acids of which humate would be one, fumarate, there's others. By eating white flour and white sugar, you quickly deplete those things. I like humate, but it wouldn't assist in the digestion itself. It would assist in the vitality of the organ or gland.

Moderator: The depleted soil is why we need to mineralize.

Dr. Marshall: Exactly.

Moderator: We can't make up for no minerals in the soil, that means no minerals in the vegetables, which means no minerals in you, which means without minerals in

you you can't retain your oxygen that you breathe and you can't retain, so you have no energy.

Male: Regarding going into ketosis, I was a competitive bodybuilder back in the '70s and '80s, so I've done that. As bodybuilders, we're very familiar with ketosis. I experienced, and I hear what you're saying, but I know the important thing is to do it correctly. If someone is trying to maintain or put on a lot of muscle tissue, what do you recommend to someone who is trying to maintain or put on a lot of muscle tissue and still go into the ketosis?

Dr. Marshall: I think that if you want the ultimate rippled muscles and the best-looking body, you want to be able to achieve ketosis, but you also have to load carb to the muscle when it's time, when it's ready, when insulin's available. You can always high sign somebody who's got a problem with insulin. There's lots of extra weight here off the arm at the tricep. That's a high sign you're in deep trouble. The thing to remember about the pancreas, too, is if you've got silver fillings and then you've got crowns and other mixed metal in your mouth, you're going to have this mercury in the silver filling coming out 80 times faster than if you'd only had one type of restoration.

What we're seeing now is that electroplates the pancreas and dramatically diminishes the ability to produce insulin. You can just watch hemoglobin A1C rise. Then as you detox these heavy metals you can just watch it come back down. There is a lot of factors that make it hard to hold ketosis or even to do ketosis. I've given you an oversimplification. I apologize for that, but at least you have the basics.

Female: Can you comment about what the ratio for sports performance would be, in terms of food?

Dr. Marshall: I don't understand the question.

Female: You gave an ideal diet so people could lose weight. What if you want an ideal diet so you could perform better in your sports, not get injured?

Dr. Marshall: The same diet, but you may be eating ... People have asked, how much protein do you need? The maximum protein you need is one gram per kilogram of body weight. If you're in high performance, you're doing heavy cardio, you're doing intensity training, which is my favorite thing to really get the muscles up, if you're doing that, you've got to have protein within an hour of doing it. Your maximum for the day would be one gram per kilogram of body weight.

Moderator: More questions.

Female: What email address do we write to to get a copy of the full diet?

Dr. Marshall: Here. I'll give you a card. If you like, just take a card. They'll be able to do it. Whoever wants one, you're welcome to a card. I'll put them on a table. You guys can just grab them. Go head.

Male: Can you make a recommendation to someone who survived polio but experiencing weakness and fatigue, please?

Dr. Marshall: I can tell you right now, I've known a lot of polio people. You've got severe interference fields. You've got ones that are progressing and you're getting weaker. The areas that were affected are weaker and weaker with every passing year until it will totally cripple you, unless you learn how to do mud packs. The way this game goes is the old dog who doesn't want to learn the new trick is destroyed. That's how the game goes.

Moderator: Remember, the ancients used water therapies and mud packs and the herbs around them, and they created amazing cures. We lost all that when we discovered antibiotics. We threw out everything else that we used to know and use, including the medicine in the early 1900s, which was phenomenal.

Dr. Marshall: Many of the best books were also burned, so it was very hard to know. That's one of the real tragedies of the last 200 years. When Hitler came along stealing the artwork, it was not uncommon just to burn the building down. It was really a rape of our intellectual heritage, a very serious one.

Moderator: One more question. Actually, we can take two more questions.

Male: Eggs. I have something to say about eggs that you didn't say, if you'll give me a chance. When chickens, that is not pasture chickens, chickens that aren't penned up are fed flax they can turn the ALA into EPA and DHA, like fish oil. That's one thing. Then, I noticed at Trader Joe's ... I want to make this comment about fertile eggs. Fertile eggs, of course, come from happier chickens. Happier chickens. Less cortisol. Also, there's a substance called follistatin in fertile eggs which fights myostatin, which increases the size of muscles. If you go to websites for bodybuilders, you find that they go for fertile eggs. I think that's happier chickens, follistatin, and flax-fed. Trader Joe's has omega-3 eggs that have been fed flax. They can turn the ALA into EPA and DHA. We can't.

Moderator: Thank you.

Dr. Marshall: Actually we can, because we have desaturase enzymes. If we have a trans fat, it interferes with desaturation and makes it very difficult to do.

Female: You mentioned no carbohydrates in the morning. What do you think about protein powders without adding fruits and carbohydrates?

Dr. Marshall: Protein powders I think would be fine if you've done hard cardio exercise. You did something hard, within an hour you need protein and fat, or you're going to muscle catabolism.

Moderator: To rebuild the muscle.

Dr. Marshall: You're going to tear down the muscle. If you haven't done that, if you're doing it after 3:00, now you can just eat carbs. You can have whatever you want. For many of the bodybuilders who do really intense high-interval training or intensity training, it's better to do it later so that you can take carb with the protein.

Moderator: I'm sorry. We don't have any more time for questions. We need to take a 15-minute break.

Moderator: Dr. Marshall was formally trained in mathematics and chemistry. He began his career in operations research for a chemical company tasked to optimize production. However, he took ill with a parasitic infection which altered the direction of his career. He was driven to use his training in nutrition in order to try to heal from the parasitic infection. As you well know, here in America, in the US, parasites don't exist. They stopped at the Mexican border, at the Canadian border, and they stopped somewhere 30,000 feet above us. When you came back from Africa, they just died up there.

He obviously couldn't get help with the medical profession, so he figured it out himself. It took years, but he not only found a cure, he also gained extraordinary knowledge about how the body works and how to heal it. Along the way he developed Nutrition, Health, and Activity Profile, which is a computerized service for practitioners. In turn, they began sending all of their most difficult clients to Dr. Marshall so he could learn more. It continues to this day. Now Dr. Marshall has a six-month waiting list, along with a career as a PhD certified nutritional consultant and a ... I don't know what that DACBN is.

Dr. Marshall: That's a Diplomat of the American Board of Chiropractic Nutrition. The other one is I'm a past president of the International American Association of Clinical Nutritionists.

Moderator: There you go. Did you catch that? Along with his career, he was poisoned by that genetically modified tryptophan. Remember when tryptophan was taken off the market? It wasn't because tryptophan was bad. It was because they had made the tryptophan using a genetic modification which then made the tryptophan highly, highly toxic. That's why it killed some people. He was the only survivor of 128 people who experienced eosinophilia ...

Dr. Marshall: Eosinophilia-myalgia syndrome.

Moderator: ... syndrome, which was caused by that toxic tryptophan. It took 20 years before the FDA allowed tryptophan back on the market, because they didn't do their

research right. Again, it wasn't the tryptophan. He was the only survivor of 128 people who experienced this syndrome as a result of the genetically modified tryptophan poisoning, which affects the lungs in particular. You can imagine, when your lungs get compromised, your oxygen level gets compromised, which means everything gets compromised.

Female: [inaudible 00:03:02]

Moderator: Of the syndrome? Eosinophilia-myalgia.

Dr. Marshall: Eosinophilia-myalgia syndrome. EMS.

Moderator: Myalgia. It's misspelled here. Doesn't matter. Please give a warm hand to Dr. Marshall.

Dr. Marshall: Thank you. Have we got this working? Is this on? This is on, so I don't need this. Wonderful. Good. That lets me move around. I like that. Are we lucky? We have this thing working?

Male: Yes.

Dr. Marshall: It's a definite maybe.

Male: It's a maybe.

Male: There it is.

Dr. Marshall: Wonderful. You don't have a clicker to advance it? No, there's no worries. I think I get it here. Thank you all for having me. Welcome to my world for just a little while. I'm obviously English, with my horse face. The English love a difficult puzzle. Of course, in Scotland Yard, they'll work on a murder case for 20, 25, 30 years, and still get the guy. In that regard, I think there's some gene that does that. You know how the cat when he catches the mouse brings it to show you that he's got it before he eats it? I think we all have a little bit of this. I just have to do what I do. I love figuring out how it works. That's my world.

I actually came here because I want to make sure that each of you have choices that are really not available normally. They're not available. Tonight, if you're interested, I'm going to give you some choices that could dramatically change your life. I'm going to show you where the problems are in the everyday, when you eat, every single day, and how to change that. I hope you'll enjoy it. Before I start, I want to tell you that I had a life-changing experience besides being poisoned with eosinophilia-myalgia syndrome and going at least 14 years in misery, with night sweats and not being able to walk for 10 minutes, really a fun experience. I almost died three times. The first two times I was just really angry, really pissed.

Then, the third time, I got it. I'm a little slow. The third time I got it. Your life's a gift. It's a gift. You've got nothing coming. Now I feel like I'm a guy who's got a credit card I can run as high as I want and I don't have to pay for it. I'm way ahead of the game. Actually, each of you are too, because nobody owed you a life. We need to start just being simply saying thank you for whatever you've got. One other thing you've got to say when something looks bad, like you could die, or you could lose a loved one, or you could lose your house, or something really important. You've got to tell yourself, that little guy inside, you've got to tell him: whatever it is, it is. In other words, you're saying you're not in control.

The lie of our country is you're in control, you're in charge, and boy it's your fault. Try any of our religious teaching. It's definitely your fault, and you're the bad guy. You aren't the bad guy, and you aren't in control. Once you get this, you can have a joy in your life. Somebody hit your car, somebody steals something. Instead of being all upset, you say thank you. Then you deal with it. If you do this, you're going to have a level of happiness you've never had. People are going to love being with you. They're going to just love it. Instead of somebody bitching and moaning, "Some bastard stole my car," or whatever, what good does that do? Does that get the car back? It doesn't do any good at all. Make a change, and I think you'll have a joy.

I had a life-changing experience about two years ago. I was doing my YouTube thing. YouTube is a super new, addictive toy. It's actually scary, because I don't smoke cigarettes, I didn't think I had any addictions until YouTube came along. Now I'm addicted. The way I can tell is I'm sitting there and I have to go to the bathroom. I'm thinking, why would I have to go to the bathroom? I've only been here 20 minutes. It's five hours I've been watching YouTube. Now I set a timer to try to limit my addiction. In this transit, I found videos of a purported 163-year-old man. I take a look at this, and here's this guy that really doesn't know the difference between his elbow and his ass. He is living to 163. Do you think any of us with our advanced knowledge of biochemistry or nutrition or anything we know are going to come close to that? Not even close. Not even close.

I've got to put my pride and my wounded ego aside for a moment and study the heck out of what is this guy doing. We get to look at his house. It's a shack. There's no stove. There's no refrigerator. On the counter is kefir. How the heck did he do it? It's cold in the Caucasus Mountains. How'd he do it? I must have watched that video 20 times or more. Slowly I figured it out. Blew the picture up a whole bunch, got a special screen, and I could see specks in the kefir. Then I read about the Caucasus people. They have two herbs they love. One of them is agrimony, so I set out to make kefir with agrimony. No other starting culture, and reusing raw milk.

What we do today, we don't even think about it, but what we do today is take milk that might even be raw and pasteurize it or heat it way up to boiling so we induce heat shock protein, cross-link proteins, damage sugars, and damage fats. Then we put a little culture in it, and so now you've got a little great culture

along with all the damaged garbage you're just about to eat. This jerk who doesn't know any biochemistry, doesn't know you've got to boil the milk, has got this fantastic product that lets him live to 163. Wow. What else did this guy have? He had another awesome thing. He had something called snow rose. Snow rose is *Rhododendron caucasicum*.

I thought, I get it. It's fantastic. I get some plants of *Rhododendron caucasicum* and I'm really excited. Then I think, we're going to get thousands of kilos of this. We're going to really make this as a product available for everybody. Then my lab chemist and myself start studying *Rhododendron caucasicum*. We learn that there's 31 varieties of *Rhododendron*. 30 of them are deadly poisonous, and one is the snow rose. You think you're ever going to have this one? The odds of some jerk collecting the wrong one is about 100%. We're going to be bringing *Rhododendron caucasicum* any time soon.

Agrimony, on the other hand, is available. It can be used to make a raw kefir. When you make it, it makes a whole different set of *Lactobacillus* and *Bifido* organisms than we've been told are the ones to use. I've isolated these and I've begun cultures with these. A coincident with this, I learned from an English firm that *Acidophilus* and *Bifido*, which we're all told is what we need, are actually transient organisms. They really don't belong in the gut. They're there for an accommodation to cook damaged food. Dumbo has been cooking his food and giving his body this second-class thing that makes him look old, shriveled up, lose his hair, overweight, all these things, and it tastes good. That's the trick, though. It tastes good. Mom gave it to you, so it's got to be good. No. It's not good.

We're going to see a revolution because we've got a new science: epigenetics. It says, oh my god, when you cook this food all these terrible things happen. Just look in the mirror. A person who's lived 50, 60, 70 years, he doesn't look beat and wiped out because he's lived 50, 60, 70 years. He looks beat and wiped out because every time the body wanted to do a repair job you gave it something crappy. Wow. This guy really brought this message home to me about two years ago. What do we do? Stay tuned. I'm going to show you what we do. Now we're going to have some fun. Can we get it back to life? Then just get to the first slide. Advance it one, please. This is good. It should advance, right? Merci. I think I'm going to have to do this from memory. Okay, here we go. Good. You got it. Wonderful.

I know Susan has been delightful to pick me up and do several things. She's told me you guys are pretty sharp tacks on the board when it comes to nutrition. I won't spend a lot of time on the constituents of food, but I do think it's important to realize that the primary constituents of food are being damaged by your cooking. Protein, as I mentioned, will be cross-linked or heat shocked. The sugars can be cross-linked, forming AGEs, which makes you ladies really ugly with these black spots you hate. You want to bleach them off. Why not not eat something that would give you any?

The fats, of course, we have really been abusive as a culture when it comes to fat. We've tried to ram down your throat trans fats. Whole Foods believes that we should all eat canola oil. I've written them many times. I've blogged them. I've done everything, and they just delete my stuff. That canola oil that's over there is rapeseed oil. If you were a wooden desk, that would be really good oil for you. If you're a human, the rapeseed oil stinks. To deodorize it they treat it, and it forms small amounts of trans fat. Some lawyers got it, so they don't have to say it's got trans fat in it. Isn't that great? Their lawyers are just wonderful.

They want to sell you this crap oil, and it's in so much stuff, and it's so cheap, and you really need to stay away from it. You desperately need to stay away from anything that's a trans fat. You're going to find that they got a new thing to get you. They got high-pressure sterilization, which damages the DNA in your orange juice. Now they don't have to say it's been pasteurized. Boy, is that good. That's not the end. They've got some new unesterification technology. Of course, to get it out in the marketplace without the FDA saying, "Hey, what the hell is this?" Why don't you guys do a safety study and prove to me that this is okay? No. It's coming right out. You're going to have to read labels and avoid it.

Of course, my unfavorite of all, we're having GMOs rammed down our throat. Fortunately, though, there is a rescue for GMOs. There's a form of clay, calcium aluminosilicate. Not sodium aluminosilicate, it won't work. There's a guy who spent 20 years of his life, Dr. Tim Phillips, and you can look that up on PubMed dot org. This guy has shown, of course all the work was originally done in animals because humans aren't that valuable. As an afterthought, kind of like onset, as an afterthought, we're going to make some for you guys. This clay was used to clear mycotoxicosis in animals. It was also used because when they fed crappy corn to the cow he produced crappy milk. What an amazing coincidence, that was high in mycotoxin.

The FDA requires you monitor mycotoxin, so now the poor guy can't sell the milk. This is now serious. Now they got to fix it. We give them this clay until not prophylactically, until the level comes down low enough so they can sell it. They're still feeding them the garbage. Then they get the idea, after 15, 20 years of taking care of the animal, maybe we ought to do something for a human. The first study that examines cancer in mycotoxicosis was done November 2013. It would be funny, except millions of people are suffering in misery unnecessarily. If you've been a big peanut butter fan, you've probably got a lot of aflatoxin, one of the many mycotoxins. The two super bad guys are corn and peanuts. Boy, corn chips, man, do they taste good, and corn tortillas.

Of course, the corn boys are very clever. They add some lime. Now if you test for mycotoxin it tests okay. You eat it, the lime is separated, and the mycotoxin goes nuts. It's a trick. The only thing you should be eating is high-quality corn, which would have very low mycotoxin. We'll get to that in a little bit. How could you tell you have a high ... I'll do it now, and I'll just skip over this slide. How can you tell that you've got a really good quality corn where you don't have to worry about

mycotoxin? You get a \$100 device called the Brix device. You prick the corn, put it on the screen, and see what the Brix reading is. If it's a good reading, eat the corn. If it's a low reading, don't buy the corn.

They love it when you're in the market poking holes in things, by the way. They make crap, so we have to have a way to screen the crap. This is a cheap way to find out if it's crap or something you can eat. It's a great way to find out if a \$5-a-pound organic tomato is worth \$5 a pound, or you might as well buy the \$2 crappy one because they have the same Brix reading. What the heck is the point is spending \$5 for one? Yeah?

Male: Brix, and don't quote me on this, I thought the Brix scale was 0-10. You're saying [crosstalk 00:18:43]

Dr. Marshall: No. Of course not. I use it all the time. I don't want to spend time on that, but if you want to know all about it, you want to go to an outfit called Acres USA. They have the chart of what ideal Brix levels would be. They have lots of information on it. You can buy a \$1,000 one from the Germans, which is a tenth of a Brix, or you can buy an el-cheapo Chinese for it's accurate to about 1 Brix. As far as I'm concerned, that's great. A cheap one, if you lose it, you buy another one. It's not bad. We've got to have a way to monitor the load. If you're eating peanut butter for 20 years and you stop, 20 years ago and you stop now, and you ate it 20 years ago, your level of mycotoxins is going to be literally unchanged or greater today than when you stopped.

This is why these calcium aluminosilicate clays are so important, because they'll slowly, over a year or two, clear the mycotoxic burden in the body. By the way, they also trap dicarbonyl groups. I promise to keep this very low biochemistry, but that is my bag. It's my bias. The calcium aluminosilicate traps all dicarbonyl groups. It should nail glyphosate. You take a little of this clay, about 500 milligrams according to Tim Phillips, you put it in six, eight ounces of water, and you mix it up and drink it while you're eating. Now it transits the gut with the crappy food you just ate. As the glyphosate is liberated, as other persistent organic pollutants, POPs, are liberated, it traps up to 98% of all of them. Finally, you've got an antidote to the trash food that's being rammed down your throat because you can't buy anything else. This is one of the great solutions, but is it going to help you if you cook the p out of your food? No, it's not.

What you're going to find is that in 1990 and again in 1993 the Swiss studied what happens when you cook food. Boy, this went over like a lead balloon. What they showed is you cook anything over the boiling point, 212 Fahrenheit, and it elicits a massive leukocytosis response in the blood. What they did was create a leukocytosis index and they rated the foods. Of course, the worst one of all was sausage, so of course the Germans or the Swiss would like to kill the guy who did the study. However, the study was repeated in '93 and it was even worse than the one done in 1990, because there's better equipment and better testing. The moral of the story is you sure don't want to eat anything cooked over the boiling

point, unless you like to be old, weak, and feeble. If you do, then you shouldn't be here tonight, because I'm going to really irritate you.

One of our choices here, with regard to carbohydrates, is high-fructose corn syrup. This is one that's loaded with mycotoxin, worse than table sugar. This is the super bad guy, and it's in literally all frozen TV dinners. What are they doing in nursing homes? Frozen TV dinners. It's like an execution meal. That's the worst. The next worst is actually refined sugar, especially in America, because in America our refined sugar has to be super white, because we're the best. Just ask any of us. We're the best. If you go outside this country and ask anybody, you're going to get a completely different answer, but we're the best. How do we get that sugar so white? I'm so glad you asked me. You know how we do it? 2,4,5-T. Gee, what's that? That's a close relative to the one we're not allowed to use anymore, the D-word, dioxin. They tweak it and they make sugar with it. That's why American white sugar is like a curse.

If you're dumb enough to use sugar in something, at least get organic dehydrated cane juice. That would be dumb, but you can do that. You can see these primary nutrients have a lot of issues. Let's advance the slides. I'm going to come back to minerals, water, and other nutrients. Obviously, one of my favorite persistent organic pollutants. Keep going. Of course, you may realize that over the last 25 years we have an exponential increase in persistent organic pollutants in the food. We have a 50% decline, as measured by four different studies, in antioxidant nutriture of American food, 1980-2005. 50% reduction. You've got less protection and way more poison. Keep going. I'm going to have to get past some of this.

I just want to give you a little history of the deceptions that have gone on. Back in the early '20s, the best science said, "Hey, we need a high-fat, low-carbohydrate, and moderate-protein diet." That's what we're back to now. Next slide. Then we started moving along and we started doing marketing. Pretty soon, we thought at that point simple carbohydrate-like sugar was four pounds a year. Today it's 2,500% increased, because we've told you you've got to be eating lots of carbs. Ain't so. Ain't so. Definitely wrong. Let's go to another one. In the 1970s, actually in 1961 on the bottom of this slide, Ancel Keys comes along and he wants to be famous. He's good looking, and he's a great speaker. He makes up stuff. He makes up stuff. This is really scary. He makes up the fact that he studied Europeans, and the really healthy ones have a low-fat diet. He makes this up. He tells people.

Then along comes Nathan Pritikin. He tells you, "Man, you don't need any fat. Let's go to the no-fat-at-all diet." Back then, I was working with a guy. I loved him. He worked in Pasadena, California. He was a medical doctor. He went on this Pritikin diet without telling me. He was on it for months. He started to develop a tremor. He comes to me one day and he says, "What do you think this is?" He's only 50-something. I said, "My god, it looks like either an injury or fatty acid problem." "Fatty acid?" He says, "Well, I've been on the Pritikin diet." I said,

"What? How long you been on this?" We get him off it. We didn't have fancy stuff like we've got today, and we didn't have mud packs. He had to quit work because the tremor was so bad.

Nathan Pritikin, in fact I was on a TV show with this guy. He emotionally believed in the no-fat diet, despite the fact that studies show fats are essential for life. We get this almost religion coming in, and it sweeps the nation. It's amazing. It's in the face of science. As you can see here, go to the next slide, we had by 1976 we had all the major research facilities in the US agreeing with these jerks that this was the diet you should have. Very scary to me. In that time, I had to be very careful. The diet I'm going to show you, I used to affectionately tell patients was my closet diet. Why was it the closet diet? Because I'm president of an organization that we teach and test that you should have 50-65% complex carbohydrate, 30% or less fat, and 12-15% protein, and I can't get a single person back to their ideal weight on that diet. Not a single person.

I have my closet diet, which is high-fat, super low-carbohydrate, moderate-protein. Now I got a new name for it. I've tweaked it up a little bit, and I call it the Bio-Field Diet. Really fancy name, but it's basically my closet diet that worked for 10,000 out of about 12,000 patients. They got their weight down and they kept their weight down. They didn't yo-yo up and down like the crazy diets. You're going to see this in a little bit. This was complete bogus. Next slide. What this did to us, as a country, and what it is continuing to do to us is make us a nation of overweight people, a nation that's far more susceptible to cancer, far weaker, far more susceptible to literally every chronic illness. Why is that?

In 2011, we learned that if you're just one pound overweight, and this is really tough to take, guys, even one pound ... They got a crap study to support this, which really hurts. I'd love to rip this study apart, but I looked at it. It's a pretty good study. One crap pound overweight is low-grade chronic inflammation, which will lead to infection, which can then lead to cancer. One crap pound. That's hard to take. If you've got 20 of those pounds, every 10 pounds of fat is seven miles of blood vessels. If you pick up 20, now you're going to blow your heart and give you cancer. Where's this coming from? Some idiot has told you that you should have a lot of carbs. You get up in the morning and you've got this syrup garbage, you've got some other crap garbage. It's all sweet. It's just amazing what crap it is, and you're eating it in the morning.

In 2011, they did a study. This study is just a mind-blower. It totally vindicated my closet diet. In this study they took police officers who ate donuts. Coca-Cola sponsored it. You can see, evil with evil. It screwed up. They really came out with something neat. The guys are eating donuts, and they're all overweight. What a coincidence. What they do in the study is they give them the same number of donuts, but they have to eat them after 3:00. They do an eight-week study, and there's a 28% drop in body fat. What they've shown is that when you get up in the morning, whether you're eight or 80, you're in maximum insulin resistance. You eat sugar, it goes to fat. What do we feed you? Sugar, sugar, sugar, sugar.

If you get up at about 7:00, you need about seven hours, and now you're at maximum insulin sensitivity. You eat the same carbohydrate and it goes to your muscle. No wonder that closet diet worked, because I didn't let you eat any from seven to 12. We had a really tough time doing it. The reason they had a tough time doing it was that they're not able to easily go to ketosis. The older you are, the harder it is to be ketotic. Harder and harder. Many times it would take five days to five weeks to be able to go five hours and drink a quart or two of water. You couldn't make it. If you can't make it, you're going low glycemic fruit until you can make it.

What they gave us by lying and deception is a nation that's overweight, sick, way more cancer, way more heart disease, and misery, so that some guy, Ancil Keys and a bunch of other cronies, could be famous. You can read this. Keep going, and I think it will get to ... There's another bad guy, Walt, and the trans fats. Now the new guy is interesterification. Oh boy. You guys are going to be the grand experiment again. Isn't that great? Aren't you lucky. Yeah?

Male:

Quick question. What was the name of that 2011 study?