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The Exciting Emergence of Regenerative Medicine

Analysis by Dr. Joseph Mercola Fact Checked

May 29, 2022

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STORY AT-A-GLANCE

- Tony Robbins' new book, "Life Force," details breakthroughs in precision medicine that can transform the quality of your life
- Breakthroughs include stem cell therapies, novel NAD supplements with superior effectiveness, incisionless brain surgery for Parkinson's disease, audio implants for deaf people and much more
- CCTA testing can predict a heart attack up to five years in advance; Release uses ultrasound to scan your body for connective tissue that has tightened or hardened around nerves or blood vessels. A fluid is then injected into the affected area, instantly releasing that restriction
- Fountain Life, a health care company founded by Robbins, works with doctors around the world to provide testing and regenerative and peak performance medicine
- A Stanford clinical research study of Robbins' "Date With Destiny" program found 100% of participants with clinical depression were symptom-free 30 days after completion of the five-and-a-half-day course

I recently had the opportunity to interview Tony Robbins — likely the most successful personal development coach in modern history — about what he's been up to during the last couple of years, and the release of his new book, "Life Force: How New Breakthroughs in Precision Medicine Can Transform the Quality of Your Life and Those You Love."

During his career, Robbins has coached more than 10 million people through group events, and more than 100 million digitally. Pre-COVID, he would visit, on average, 125 cities in more than a dozen countries each year. The pandemic put a firm stop to all those mass gatherings so, in the end, he innovated and developed virtual interactive multiday seminars that reached millions of people around the world during the global pandemic.

> *"I'm used to a stadium, and the energy,"* Robbins says. *"So, I said, 'This is what we're going to do. We're going to build a studio with 50-foot ceilings, 20-foot LEDs, .67 highest resolution ...*
>
> *I'm going to go to the guys at Zoom and see if I can get them to go from 1,000 to 25,000,' (now 200,0000), and then [we] made software so that people could communicate — like clapping, [by] shaking their phone. If one person does it, you don't hear it, but when 10,000 people do it, its thunderous. It's like being at a real event.*
>
> *I would normally go see a quarter of a million people over most years, some years a million people, but now, we had one the other day for six days; 800,000 people signed up, and then there are people joining them because it's in their home.*
>
> *We had over a million people for this one program. Technology has allowed us to touch people's lives when they need it most. I'm just grateful that we found a way to adapt to make it happen."*

Robbins Impact

When asked what drives him to maintain such a rigorous schedule, all while being more than successful, so much so that he doesn't actually need to work, Robbins replies:

> *"I've been driven by impact my whole life. I don't have to work, fortunately, but you feel a sense of responsibility when you know what's available. That's why I was so frustrated at the beginning [of the pandemic], because if there was ever a time people needed help, it was during this [pandemic].*
>
> *Stanford studied my work and that study just came out in a psychiatric journal. It's mind-boggling. The most you ever see when they do meta studies on depression, in people who get treated, about 40% improve, 60% don't.*
>
> *They approached me because, using drugs and everything else, that's the best they've seen. There was one study done by Johns Hopkins two years ago where they used hallucinogenics, magic mushrooms, along with therapy, and they had a four times greater result than anything they'd ever seen, meaning 53% of the people, four weeks later, had no symptoms whatsoever of depression.*
>
> *They put people through one of my five-and-a-half day 'Date With Destiny' programs. People can see it if they go to Netflix — a version of one. 'Tony Robbins: I'm Not Your Guru,' compresses it. It's an hour and 45 minutes. But they followed up with the people. At the end, 30 days later, zero people had any symptoms of clinical depression.*
>
> *Now I'm working on being able to expand, and none of this would have happened except so many people got depressed over COVID and Stanford said, 'We got to find some better solutions.' I'm really grateful for the researchers there and it's opening up all kinds of doors to help people in a new way.*
>
> *I'm driven by impact. I'm driven to see people's lives change. What else are you going to do with your life? Sit around and do nothing? I'm a kid. I'm 62 years old. I got a lot of life in me."*

Overcoming Injury and Pain

His latest book, "Life Force," grew out of his experience with a physical injury, a severely torn rotator cuff. It was so severe he thought his career might be over. He was also diagnosed with spinal stenosis. Four different doctors told him surgery was the only option, but Robbins was curious about stem cells. Might that help?

> *"I work with some of the greatest athletes in the world and I remember Cristiano Ronaldo, the greatest soccer player, he was supposed to be out three months. He did stem cells [and was] back in three weeks,"* Robbins says.

His doctors said no, but Robbins got hooked up with Dr. Bob Hariri, a neuroscientist and stem cell specialist. Hariri explained that the key to stem cells is using four-day old stem cells, as they contain the "life force." Fetal (embryonic) stem cells are commercially outlawed in most places, and were out of the question from an ethical perspective.

But these stem cells can also be derived from the placenta and umbilical cord. So, Robbins received intravenous stem cells at a clinic in Panama, three days in a row. "I woke up the third morning with no pain in my shoulder, the MRI is perfect, and no pain in my spine for the first time in 14 years. That made me an evangelist," he says.

The Stem Cell Phenomenon

This experience inspired Robbins to learn all he could about stem cells, and the book is the product of interviews with numerous experts in the field. Interestingly, Pope Francis invited Robbins to speak at his biannual regenerative medicine conference, which is the largest in the world. There, he met experts and patients alike.

> *"I met a kid that was supposed to die at 5. He got his sister's stem cells and he's now 11 and totally healthy. I met the greatest golfer of all time, Jack Nicklaus, and he said he couldn't stand for 10 minutes, he was in such pain.*
>
> *They were going to fuse his spine, which works about 50% of the time and even then, it restricts you. He did stem cells instead and he's now 82 playing golf and playing tennis ... I met this kid who was on America's Got Talent. He was blind and he's had gene therapy and he can see now. I mean, things that sound like science fiction [are] now happening ...*
>
> *I did a book on finance where I interviewed 50 of the smartest financial people in the world ... I thought, what if I did this with 100 or 150 of the greatest scientists, Nobel Laureates, greatest regenerative medicine doctors? It was a three-year project in the middle of COVID, and it was a passion project. It all came together."*

There are many different types of stem cells and some are more effective than others. Robbins is particularly impressed with the research from a group called Biosplice, which is working on WNT stem cells.

However, my favorite stem cells are Vsels (very small embryonic stem cells), which are taken from your own peripheral blood rather than your bone marrow or fat. Since they are your own cells, they have virtually no chance of causing long term complications to you. They are very similar to PRP (platelet rich plasma) only profoundly more effective.

Your DNA Is Not Your Destiny

While your genes were for a time believed to be the final determinant of your health, we now know this simply isn't true. As noted by Robbins, "DNA is not destiny." Epigenetic factors are far more important.

"Think of it as your DNA or your genome is the keyboard on a piano. The epigenome, epi being above, is the player turning on or off the keys, and that's what makes the music of your life.

What most people don't understand is that epigenome could be affected by diet, exercise — all the things you teach and that I teach. They're so simple and critical, they don't cost anything, and then there's exposure to radiation, chemicals and things of that nature.

All that plays a role, but in order for us to have that epigenome function at its ideal, there are seven master genes called sirtuins. They do four things, primarily. No. 1, they help the epigenome turn off the right genes. If they don't do that, you start to break down, your body starts to age, you can have disease.

Secondly, they reduce inflammation, which is the basis of most breakdown in the body. The third thing they do is they affect the mitochondria's ability to produce ATP, which is the source of energy for everything. Then, the fourth thing they do, is they clean up our DNA, because as we live longer, we get exposed to more radiation, more exposures, and that DNA starts to break down.

The problem is, all this needs a source of fuel for work ... Some people do infusions of NAD, but there's no solid research that I can find that those large molecules are fully absorbed. You can feel like it for a while but it doesn't seem to be sustainable. The better approach is to give the precursor for [NAD], which is NMN."

How to Boost Your NAD Level

According to Robbins, NMN has been shown to be very effective in mice, and effects appear to be even greater in humans. The problem is that NMN is highly perishable, and tests have shown most commercially available products have no NMN in them at all.

MIB 626 or NAD3, a product that is still under development, contains a more stable form of NAD, along with coenzymes that act as catalysts to activate more of the NAD in your body. NAD3 is currently on the fast-track to approval thanks to the fact that the U.S. military wants it.

"Imagine you can go to your doctor and get prescribed something that used to be in your body anyway, or at least a co-enzyme of it, and suddenly have all those four things working your best," Robbins says.

"The more energy your cells can have throughout the whole body means the organ systems, everything will work better, the cleanup of your DNA, the right genes turning on and off, and inflammation reducing. To me, that's the part that excites me about where things are going. Everything in the book is either now or within 36 months, so you're prepared for it."

That said, you can also raise your NAD level naturally. The enzyme for forming NAD is NAMPT, and you can radically upregulate NAMPT through exercise, time-restricted eating (which mimics the effects of calorie restriction) and sauna. NAMPT basically converts nicotinamide — the breakdown product of NAD — into NMN, which in turn reforms into NAD. You can also add 50 mg (1/64 of a teaspoon) of niacinamide powder three times a day for even greater improvement.

Start With the Fundamentals

So, what are the best interventions Robbins has come across in his search for optimal health?

"I think the first thing you have to do is [start] where you are. I can plot a course where I want to go, but if I have a map and I don't know where I am, it's worthless. So, you need to do some of the most fundamental blood tests. You've got to do heavy metals testing. You can do a hormone test.

If your hormones are off, your body is off ... Today, hormone optimization therapy is available with smaller inserts and huge changes, in men and in women. Once you know where you are and you know what your issues are, then you measure those things. You don't have to measure everything, because you have a base to know where you stand.

Now what are the interventions? For me, you've got to include some form of exercise, and for some people, that's just beyond their scope. That's why the sauna is so valuable, because I can put somebody in a sauna for 20 minutes ... and you're going to see these heat shock proteins in your body.

There's a transformation that occurs. Studies show 50% reduction in heart attacks, 60% reduction in stroke, and overall reduction of death at early age is down by 70%.

Then what happens is people feel better and now they can do some simple exercises ... I believe in cold also. I use cryotherapy ... I think that's a place to start for people. The other thing I tell people to do is cut 300 calories [a day]. Cut one bagel, and research shows that over two years, a person will usually lose between 17 and 20 pounds, if they're overweight ...

Supplementing, obviously, with the right supplements, to me, is critical. So, figure out where you are, decide where you want to go. Once you know where you are, address what's there. It might be diabetes, it might be weight loss; whatever it is, address it.

Get yourself the core nutrients, and have a diet that matches your metabolism and a place for your body to have a little bit of a rest with intermittent fasting or the equivalent of intermittent fasting. To me, those are fundamentals."

For more information on the benefits of sauna, be sure to listen to the full interview. For additional details, you can also review my previous article, "**The Stunning Health Benefits of Sauna Therapy**."

More Information

To go along with the book, "Life Force," Robbins has co-founded two companies to help make precision medicine breakthroughs available to the public. The first one is Fountain Life, which works with doctors around the world to provide testing and regenerative and peak performance medicine.

This includes CCTA testing, which can predict a heart attack up to five years in advance, and Release, which uses ultrasound to scan your body for connective tissue that has tightened or hardened around nerves or blood vessels. A fluid is then injected into the affected area, instantly releasing that restriction.

At present, Fountain Life has nine health centers located in Florida, New York, Pennsylvania, Texas, California, the United Arab Emirates, India and Canada. "About 12% to 14% of people find something through the scans that's serious, and they're able to deal with it," Robbins says. The second company is MyLifeForce.com, from which you can also order a variety of tests at minimal cost.

> *"What normally costs about $700 ... they'll do it for $350. We make no money on the tests,"* Robbins says. *"Then it gives you products like the NAD3 — it can recommend what's available ...*
>
> *So, I have both those groups. One is so you can have basically telemedicine, the other is if you want to do something direct; like the CCAT test, you can order it, your doctor can order it."*

And, last but certainly not least, to learn about the breakthroughs in precision medicine that are already available, or soon will be, be sure to pick up a copy of "Life Force: How New Breakthroughs in Precision Medicine Can Transform the Quality of Your Life and Those You Love."

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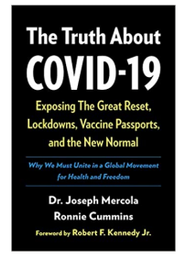

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forbiddenhealing

Joined On 2/21/2011 9:51:43 AM

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Robbins is a great showman and moneymaker...like so many others..over-complicating basic biology/chemistry...and the fact that we are electrical and disease stems from oxidative stress (inflammation) that is a lack of e- electrons..chi/life force/life energy...Adding different words does not a "breakthrough" make! Though tests can point you in the right direction, basically if ill it's inflammation whether mental or physical or reflexively....So he started franchising a knockoff pharmaceutical approach using the NAD buzzword...and those high-tech seekers of complex answers will undoubtedly pay for and probably benefit....Having invested thousands in his new now branded approach, they will "believe" and follow; which in itself will constitute placebo healing. Facts I offer for free can't satisfy those who wish to pay-large and keep digging.....zx4.bc9.myftpupload.com/forum-comments

Reply | Mark as Spam | Posted On 5/15/2022 8:02:46 AM

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katndognco
Joined On 1/1/2011 2:56:59 PM
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When my health collapsed back in the mid/late 90's I was the owner/operator of a successful but small company. I lost everything and everyone close to me they thought I was nuts. I became allergic and repulsed by food, common products such as shampoo, hairspray, fabric softener etc. I couldn't let friends and family in my home bc they stunk of chemicals which made me dizzy, weak, cause skin eruptions, nose bleeds etc. I'm currently functional but I wouldn't dare claim optimal. When people become ill, especially self employed, uninsured, single moms there is no hundreds of dollars available for testing let alone on going treatment(s).

So many "healers" claim they have a passion for and a RESPONSIBILITY to share their most effective, up to the minute modalities with the world all for a shiny penny that most sick people cannot afford. The sick are generally broke bc they chased the AMA, then alternative guru's, they are physically and emotionally weak, frightened, confused and terrified at the thought of not recovering and spending the rest of their lives in pain and sickness. Thank you FORBIDDEN HEALING for sharing your knowledge for FREE.

I believe the cure should be given first. After the sick recover allow them the opportunity to repay their healer. How much more would they earn? I believe at minimum double but I imagine much, much more. Over theses 2 1/2 decades I've paid out enough in health chasing costs to have bought 1-2 homes and though very grateful to be where I am health wise it's not enough- I've recently moved into the metaphysical aspects of healing whereby reprogramming my subconscious mind, very exciting stuff. Thank you so much for offering repeatedly your support to the community!

Mark as Spam | Posted On 5/15/2022 8:44:24 AM
Like Dislike

MysticTuba
Joined On 5/28/2009 10:48:57 AM
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I'll read your site, which I had not heard of before. What you and I have in common as healers is we are not focused on getting rich off it. I get so damn sick of the "wonderful people" offering "wonderful healing" to people who are "wonderfully rich." I am a sales rep for a hydroxyl machine that can and does make living spaces safe for those who are susceptible to toxic mold contamination. The manufacturer provides a hefty commission for a sale of one of those machines, and there are people out there making a LOT of money selling them. However, I return the hefty commission to the buyer once they are past the trial use date, because the point of what I do is to help people, not get rich off them.

It is, I think, a matter of soul age: when young souls are still near the beginning of their learning process, they are still competing with other parts of themselves, and have no idea what they are up to. As we become older souls and realize what we are and what kind of adventure we're on here, the desire changes to be one of helping the other parts of ourselves that are struggling here. THAT is what it is all about. It can take many lifetimes to realize that.

Mark as Spam | Posted On 5/15/2022 9:28:38 AM
Like Dislike

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forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
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Kat, Yes, pricey disease treatments are a leading cause of bankruptcy and huge load on those paying for insurance. Mystic...I agree...and Toxic molds are also treated by tenting and fumigating houses with chlorine dioxide..an option in redox med known as MMS chlorite that destroys all pathogens.

Mark as Spam | Posted On 5/15/2022 9:42:40 AM
Like Dislike

Dordee
Joined On 5/22/2012 12:47:41 PM
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Yes, I made it to 81 using common sense, vitamins, organic foods. Will keep following common sense, my own research, deciding what does and oes not work for me and then doing it. I learned from an old doctor my mother worked for, do not use drugs not on market 10 years. You do not know what they really can do FOR YOU OR TO YOU!

Mark as Spam | Posted On 5/15/2022 12:42:13 PM
Like Dislike

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fyldeherbman
Joined On 2/9/2021 11:51:07 PM
Add as Friend | Send Message

Quite! Well said.

Mark as Spam | Posted On 5/29/2022 2:39:53 AM
Like Dislike

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janelee3130
Joined On 9/20/2013 7:36:08 PM
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I think white background colour is easier to read. The brown colour happens to be the colour I really don't like.

Mark as Spam | Posted On 5/29/2022 9:05:33 AM
Like Dislike

mammywitch
Joined On 11/19/2010 8:00:17 AM
Add as Friend | Send Message

forbiddenhealing-IMHO you are doing more for those who need it than Tony Robins ever will/can do! Keep up your good work!

Mark as Spam | Posted On 5/29/2022 9:40:44 AM

Like Dislike

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mirandola
Joined On 6/27/2014 7:00:58 AM
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It is so exciting to hear about healing by natural medicine, again and again. Based on multiples of personal experiences, I really believe in this very deeply. Thank you Dr Mercola for this heartening report! The only thing that concerns me, is that I am increasingly (in various circles) reading about use of hallucinogenic mushrooms as therapy. On the one hand, if according to this article, really 100% of the people within 30 days responded with zero depression where it existed previously, one surely does not want to argue with that. The other side of it is the question, what longterm liver and nervous system toxicity might result from ongoing use of hallucinogens, and how might this affect depression and other mind states over the longterm?

I also have a concern that where there is a mentally addicting substance, that people hide out from life with it, increasingly unable to cope with life on life's terms. That is the recipe created by addiction, and the end product may not be so happy or healthy. Just mentioning. (The evil going on in the world right now might drive some people to not even want to deal with life on life's terms). For myself, I am incredibly lucky that I see beauty everywhere I go. I am never depressed, no matter what may be happening in the world.

Spirit is there in everything we see in life. We can absorb the beauty and the joy, and if we do things we love and nurture our soul, I believe that the chances are less and less that there will be depression. However, it also requires good body chemistry and surely, if it is "off", then that in itself can mess up a person's happiness. Similarly, inflammation and autoimmunity can trigger many mind states, I am sure. And these are largely (maybe not entirely) controllable through environment (inner and outer), supplements and diet, all alike. Health and physical harmony are key alongside seeing greatness in life and living it up.

Reply | Mark as Spam | Posted On 5/15/2022 3:29:07 AM

Like Dislike

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skupe59
Joined On 5/2/2009 7:28:21 AM
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I agree with all you are saying. Half or more of the issue most of the time is that you have to know WHO and WHO not to listen to and why they are saying this. You can't listen to mainstream sources ever. I'd bold and double underline WHO in the above sentence. Be a total George (Carlin) from now on and learn that something else is coming down the line and could be ready to go at any time -- Marburg. It can be turned on from the shots people have already taken using 5G.

Mark as Spam | Posted On 5/15/2022 5:02:29 AM

Like Dislike

Sunsetgirl
Joined On 11/1/2015 6:34:41 PM
Add as Friend | Send Message

Mirandola, Beautifully said. Love it. Thank you!

Mark as Spam | Posted On 5/15/2022 6:41:11 AM

Like Dislike

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katndognco
Joined On 1/1/2011 2:56:59 PM
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The mushrooms only had a 53% effect, his 5 1/2 day program had the 100%. Regardless, hallucinogens are overly hyped as a panacea but are a terrible lie. I was in the drug community as a young teen into adulthood. I took a lot of LSD over 50 hits, often multiples at a single time and most of that 14-16 years of age. I saw people become mentally ill from taking it back then. Two years ago I met a boy who cried with me that he believed mushrooms were safe but now he's lost and can't get his mind together again. He was 17, fried and regretful. To many like Joe Rogan promote psychedelics that are destroying peoples minds. Some of

us survive the chemical manipulation of our mind but many don't. Why chance it? Meditation is just as wild as any drug; natural or chemical I've ever experienced and it doesn't kill your brain or liver-

Mark as Spam | Posted On 5/15/2022 9:09:30 AM

Like Dislike

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mirandola

Joined On 6/27/2014 7:00:58 AM

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Sunsetgirl, thank you! Skupe, sorry but I believe in positive thinking. We interface in life and in society with light and dark alike, let's be real about that, but spirit is the true reality of life, and spirit is beautiful. Where shall we place our focus? KatnDognCO, I too saw someone whose mental health was destroyed by drugs (longterm). How tragic, to see a really good and very creative soul go down! I am glad you stepped forward to share your experience, thank you for this KatNDogNCo! I think having activities in life that fill our soul is part of the key, as is good physical health and chemistry, as said. Things like music, horseback riding, star gazing, nature hikes, science, anything that fills a person's own passion, these things can uplift and bring joy and meaning to life. Where life has purpose and depth, there will more rarely be depression, unless it has a physiological root. My two cents.

Mark as Spam | Posted On 5/15/2022 12:48:34 PM

Like Dislike

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badboy2

Joined On 11/15/2010 5:08:52 AM

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The amino acid L-theanine can be helpful for stress along with brain and nervous system health. Vitamin B3 can be very helpful for depression and in higher doses for schizophrenia, according to Dr. Abram Hoffner, biochemist, physician, and psychiatrist. I find this to be true for depression especially in conjunction with the full B complex. Some studies are showing that B3 is helpful for a longer healthy life. Just an FYI.

Reply | Mark as Spam | Posted On 5/15/2022 10:34:25 AM

Like Dislike

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purenaturecures

Joined On 10/9/2016 4:16:11 PM

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Thank you for the tip, I haven't heard about L-theanine. My son suffers from anxiety and depression plus poor sleep. I have just bought it. It will be interesting to see if it helps him. :)

Mark as Spam | Posted On 5/15/2022 4:59:03 PM

Like Dislike

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katndognco

Joined On 1/1/2011 2:56:59 PM

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Health has become a luxury of the rich- If you are fortunate enough to maintain your health without a breakdown you are blessed! Keep it basic; eat pure, whole food, daily exercise, good sleep, gratitude, friendship, share with others.

Reply | Mark as Spam | Posted On 5/15/2022 8:51:29 AM

Like Dislike

Dordee

Joined On 5/22/2012 12:47:41 PM

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Agree!

Mark as Spam | Posted On 5/15/2022 12:55:34 PM

Like Dislike

Almond

Joined On 2/26/2008 4:23:33 PM

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Actually holding them accountable? We will see BOOM: Fauci, Biden, Psaki Sued in Major Big Tech Collusion Lawsuit!
patriotalerts.com/2022/05/boom-fauci-biden-psaki-sued-in-major-big-tec..

Reply | Mark as Spam | Posted On 5/15/2022 11:24:10 AM

Like Dislike

Dordee

Joined On 5/22/2012 12:47:41 PM

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wHY ISN'T gATES INCLUDED IN THIS?

Mark as Spam | Posted On 5/15/2022 1:10:20 PM

Like Dislike

Brian_TWM1958

Joined On 4/10/2022 6:20:20 AM

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It's all very interesting, but at the moment I'm struggling to pay the rent and bills and even feed myself, let alone pay for these treatments.

Reply | Mark as Spam | Posted On 5/15/2022 3:57:33 AM

Like Dislike

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purpler

Joined On 8/28/2021 10:17:26 AM

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Appreciate this interview, which was more like two friends discussing stuff. I think sometimes people think that what people like Tony Robbins have to share is the end all. He himself would probably say it isn't. Remember his documentary is titled, "I am not your Guru." We have a persistent tendency to set other people on pedestals. We should really try to get over this in my opinion. Respect for others is needed, but cult of personality is getting old. Wonderful discussion however covering some great points on health, related science and lifestyle advice. I appreciate the reference to seasons of life, but feel that we can't oversimplify what's happening in the world currently based on analysis we find in books or patterns we've found in human civilization.

Why? Because we've never been faced with the prospect of AI converging with an unelected ruling class (Schwab, Yuval Noah Harari, Gates et cetera) who are literally hell bent on controlling and destroying humanity. We've never faced this. Not any war in history can compare. Your discussion is useful, but naturally it's somewhat of a bubble that doesn't address the greater evil we, humanity, are currently being forced to navigate. Can we science it all away? Can we philanthropy it all away? We need to talk about it.

Reply | Mark as Spam | Posted On 5/15/2022 11:14:13 AM

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Dordee

Joined On 5/22/2012 12:47:41 PM

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WWII came close, we should have been paying more attention beginning then. They simply used Hitler's tactics as a starting point to work from. He proved Force, fear and indoctrination work. They simply have improved on his methods. In a sense, we have brought it upon ourselves, wanting everything the elite have, shorter working hours, more pay, more time to play, enjoy the good things in life. They give us frozen mashed potatoes, boiled eggs already cooked and peeled. We go to the dr and say give me a pill to make it go away, do not ask what can i do to help myself.

Mark as Spam | Posted On 5/15/2022 1:19:33 PM

Like Dislike

CMT367

Joined On 10/16/2018 8:46:43 AM

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Purpler, you say "Can we science it... away? Can we philanthropy it ...away? We need to talk about it" I hate to say this publicly, but evidence suggests that the time for talk is over. Why? too many guns, mass shootings, ...we will have more presidents who goad a crowd on "election certification day" to break and enter the certification room (US Congress) to look to lynch a vice-president that the outgoing pres does not like anymore. That outgoing pres was calling for his VP to be found and hanged. The gallows was set up outside the bldg.

If a top Democrat could be found instead, hang that person. It does not help that Fauci will NEVER be indicted for failing to register as a foreign agent of China's biohazard labs. Yeah, I hate to say it this way, but PMs on Mercola dont seem to have much effect, Meanwhile, I stand far off from a rally where people shout "USA, USA,...." Which USA do they want? Not the type where rational ppl have the humility to listen to each other. Btw, Robbins is mostly a huckster. Maybe he's helped some people who need his type of encouragement, but not me.

Mark as Spam | Posted On 5/29/2022 7:14:44 AM

Like Dislike

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tan2582

Joined On 3/19/2015 10:40:19 PM

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Great interview . . I feel like I am fighting with windmills... Low BP, no energy, and heat make things worse.... I have been taking NAD + for 2 month... did not feel any difference, but my TSH shoot through the roof , from 1.5 to 4... all I want is curl up like a wounded dog in the dog house... plus pollution got so bad that this year I was rewarded with allergies..... All this technology is great, but for those who can afford it.. And I am happy for those who can. I would not wish even to my worse enemy everything I went through in the past 30 years... And now with so much new knowledge and discoveries, I know no one will. Science is not a dogma it is moving progress, always in action . Btw, I stopped taking pain killers after surgeries long time ago, I did notice that I recover and heal faster

Reply | Mark as Spam | Posted On 5/15/2022 9:52:12 AM

Like Dislike

Dordee
Joined On 5/22/2012 12:47:41 PM
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Pain pills do not cure the illness, just the symptoms. Better to go after the root cause. Other than what they gave me during TAVR proceedure for aortic valve replacemenr, I took no pain pills. Never when fell and broke left arm or when a year later broke right wrist. BTW, falls were not due to fainting, etc. but to stupidity, did not look where my feet were going. My health greatly improved when I went organic, keto diet. Now almost off metformin and insulin, using herbs.

Mark as Spam | Posted On 5/15/2022 1:25:03 PM
Like Dislike

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marymaisonlaroque.c
Joined On 1/27/2010 7:34:29 AM
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A few weeks ago I listened to a talk between Tony Robbins and another 'guru' It was one of the most subtly unpleasant talk i have heard for a long time. Chatting about some of the latest medical self improvement techniques you could practically hear them rubbing their hands as they congratulated each other on the treatments they could have. It was a discussion on what money could buy rather than a discussion on what was available and how the one could adapt life styles to encompass at least some of the benefits attributed to the procedures. I have been to a Tony Robbins meeting and seen and felt the power of his oratory.. listen, then go home and realise how easily one can loose ones personal sense of direction and become too easily led.

Reply | Mark as Spam | Posted On 5/30/2022 2:42:25 AM
Like Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
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The food system is collapsing. Whether due coincidence or by design, the outcome is the same. Many people ask me what commercial foods they should buy to stock their pantries. I ask them what they will do after they run out of these foods when their cupboard is bare and give me a deer in the headlights look. How long will a sack of beans last a family of 4 when there are 1100 meals per person a year? Food must be continuously renewed, stored and preserved, seasonally, on the cycle of the nature year. It has always been so—just that people no longer understand because they believe food comes from the supermarket.

Now, we see what happens when foods are no longer available year around or imported. Many people can no longer afford beef. Poultry shortages (Avian Flu). Eggs. Pork shortages (Porcine Flu). Herds and flocks being slaughtered due to feed shortages and no foreseeable profit under current economic conditions. Meat and dairy shortages. Govt regulations prevent more fishing boats from leaving ports plus the cost of diesel, parts shortages, etc. Peanut butter recalls—and, it's not just peanut butter.

Open the links to see the entire 2022 food recall list. www.westernjournal.com/peanut-butter-recall-rapidly-expands-not-just-j.. Tractors stuck in fields due to wet spring and mud. Fields cannot be planted until soil dries. Late planting means fewer growing days, less crops maturing and smaller harvests. Wheat planting at only 48% in South Dakota. Many other growing areas similarly affected. Global shortages of wheat and rice. Fewer sugar exports from producing countries. Shortages of fresh fruits and vegetables. Salmonella found in some precut packaged fruits. -continued-

Reply | Mark as Spam | Posted On 5/29/2022 2:37:01 PM
Like Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
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-continued- Shortages and high prices of imported food items—coffee, cocoa, spices. Food manufacturing plants, distributers and recyclers burning down. Recyclers provide materials for food packaging—metal cans, plastic containers. Shortages of canning lids. Many of these problems and market imbalances have been caused by big ag. The solution requires more individual responsibility and the decentralization of farming. More local markets. More gardens. More specialty shops—butchers, bakers and candlestick makers—where a merchant provides quality to protect his reputation.

This would improve job prospects for young people and improve the national health. Just think how it would change the world if every person with a few acres of land were given some sort of tax incentive to produce food (or other natural resources) instead of constantly taxing, penalizing and overregulating them. American people know how to be productive, but are unwilling to do so if there is no profit in it, just a bureaucratic nightmare.

For example, I had to deal with planning and zoning when I erected a deer fence around my garden! This is an example of extreme regulation. I also received a penalty charge for a $2 underpayment on taxes where they claimed I was in error—as if I did not already pay enough. Govt should not have the resources to harass people over this kind of thing. (Prob due to my husband's political involvement?) It is a waste of taxpayers money. When things get too big, they grow beyond our control.

Mark as Spam | Posted On 5/29/2022 2:38:47 PM
Like Dislike

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versatile
Joined On 10/16/2007 4:23:09 PM
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For all the splash of new technologies like regenerative medicine, we need to be aware that most illnesses and their causes are trivial and well understood. The problem is not medicine, it is a failure of medicine. We know the cure for obesity. We just can't make it work. We know that the causes of obesity also lead to diabetes, heart disease, hypertension, gout,.. the list goes on... But the cures are ignored. We might want to regenerate the organs destroyed by disease - but at the same time we don't want the work it takes to cure the disease. Curing obesity, diabetes, hypertension, gout, isn't flashy, not newsworthy. It's much more prestigious to develop a drug that "moves the patient towards a cure" - research funds are waiting in the wing. But if we actually cure someone? The disease is gone - nothing to see here.. to your health, tracy

Reply | Mark as Spam | Posted On 5/29/2022 9:05:15 AM

Like Dislike

CharlotteRuse

Joined On 6/24/2021 4:49:39 AM

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Caveat Emptor Precision Medicine. www.bitchute.com/.../DxUN3UXXahfk

Reply | Mark as Spam | Posted On 5/29/2022 7:35:08 AM

Like Dislike

JerryNowacki

Joined On 1/31/2010 9:23:28 AM

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Tony creates unprecedented value for people, therefore, he'll always be on the cutting edge of success.

Reply | Mark as Spam | Posted On 5/29/2022 4:01:41 AM

Like Dislike

PPHparker

Joined On 5/10/2011 7:01:51 PM

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Great interview. Just finished book Life Force. A must read, so much info on advancements in the world of medicine.

Reply | Mark as Spam | Posted On 5/16/2022 8:24:54 PM

Like Dislike

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awakendlight

Joined On 5/16/2022 7:52:24 PM

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THANK YOU THANK YOU THANK YOU !!!! AWESOME INFORMATION!! WISH DR MERCOLA WAS BACK HERE IN THE LAND OF LEAVIN :)

Reply | Mark as Spam | Posted On 5/16/2022 7:54:20 PM

Like Dislike

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os00

Joined On 8/18/2010 3:11:24 PM

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Looked at the blood tests on his site and they aren't particularly impressive. Also he promoted NAD which Dr Mercola has helped us see can be supported with cheaper precursors

Reply | Mark as Spam | Posted On 5/16/2022 3:15:55 PM

Like Dislike

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deb5157

Joined On 9/19/2017 10:40:15 PM

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I bought one of Tony Robbins books back in 1988 when I was trying to quit smoking. When he explained how it took time, about 3 years, for the neural pathways to disconnect of the smoking habit. This helped me get through the cravings as there was a reason for the cravings and not just a lack of self discipline. I successfully quit smoking in 1988 at the age of 28 and attribute my success to Tony Robbins. Which was also the beginning of leading a healthy lifestyle that continues today at the age of 62. Thank you so much Tony!

Reply | Mark as Spam | Posted On 5/16/2022 2:25:49 PM

Like Dislike

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jwags

Joined On 6/19/2006 10:17:32 AM

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Amazing interview!! I have been following Dr. Mercola for about 20 years uninterrupted. I've followed Tony Robbins on & off for about 25 years. I recently did a UPW, and joined Tony's Inner Circle. I have the book Life Force, but watching this interview will make reading the book much more exciting!! Thank you!!

Reply | Mark as Spam | Posted On 5/15/2022 3:11:59 PM

Like Dislike

ElizabethHope
Joined On 8/12/2016 8:50:43 AM
Add as Friend | Send Message

THANK YOU, ANTHONY ROBBINS!!!

Reply | Mark as Spam | Posted On 5/15/2022 9:37:19 AM
Like Dislike

MoMac46
Joined On 3/8/2021 3:24:35 PM
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Thank you Dr Mercola for this article, very interesting listening to your interview with Tony - so many wonderful treatments, and new procedures. i wish we had those in Scotland. Our doctors just push prescriptions. No doubt the elites and billionaires have access to them all to keep them healthy and live long lives. However i will follow Dr. Mercola's advice on health and other methods, unfortunately we do not have the much sunshine for our VitD here in Scotland.

Reply | Mark as Spam | Posted On 5/15/2022 5:40:39 AM
Like Dislike

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saames
Joined On 1/11/2019 7:53:47 AM
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Sorry, but I HAVE to say this: You may not have very much Vit D (at least the supplements are affordable) but you have—OUTLANDER!

Mark as Spam | Posted On 5/29/2022 5:15:25 PM
Like Dislike

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edelsull
Joined On 5/15/2022 2:37:24 AM
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For over 30 years I have followed and applied Tony's work. Thanks for this most beneficial interview, Dr. Joe. To you and your team, keep up your good work!

Reply | Mark as Spam | Posted On 5/15/2022 2:41:43 AM
Like Dislike

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etSetera
Joined On 1/24/2021 11:38:26 AM
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The following excerpts from this article are troubling: "Robbins got hooked up with Dr. Bob Hariri, a neuroscientist and stem cell specialist. Hariri explained that the key to stem cells is using four-day old stem cells, as they contain the “life force.” " "Interestingly, Pope Francis invited Robbins to speak at his biannual regenerative medicine conference, which is the largest in the world. There, he met experts and patients alike.!" Bearing in mind what Archbishop Vigano says of the pope, "knowing Fetal (embryonic) stem cells are commercially outlawed in most places, and were out of the question from an ethical perspective" is hardly reassuring. It's one thing using your own body to get stem cells from, for those who can afford it - but where are the placental and umbilical cord ones derived from?

Reply | Mark as Spam | Posted On 5/29/2022 11:29:19 PM
Like Dislike

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tiprtst
Joined On 3/31/2012 5:10:11 PM
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Really skeptical here...how is this different than (or is this the beginning of) what the New World Order or World Economic Forum is trying to introduce? My miraculous body doesn't need anything but to have ALL the poisons removed from my air, water, soil, food, clothing, beauty products, cleaning products, furniture and building construction products...not to mention 5G!!

Reply | Mark as Spam | Posted On 5/29/2022 12:06:14 PM
Like Dislike

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mammywitch
Joined On 11/19/2010 8:00:17 AM
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Sorry to be a wet blanket--but the very first time I heard Tony Robbins speak I thought of a snake oil peddler. I never thought what he was saying was important enough to listen any further, still don't. Just going with my first "gut feeling" on this one. And maybe he is honestly trying to help--but how come he's got a "new book" offer included in this article. I mean, some of the people who really need help can't even afford one of his books!!!

Reply | Mark as Spam | Posted On 5/29/2022 9:07:39 AM

Like Dislike

florist

Joined On 4/23/2010 11:35:39 AM

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Dr Reg McDaniel on YouTube proved stabilized aloe regenerates stem cells 10,000 times faster than injections and since there is only one company who holds the patent ambrotose by mannatech we have been stabilizing by processing and freezing as anyone can afford 2.69 leaf. My daughter was first in nation to have surgeons give her in icu and the 4 cm cut in her espionage grew back documented. When it comes to internal scar tissue issue with my husband getting off of trache due to vent damage it took fulvic acid. The other item God showed me was the mushrooms and yes all three is what is bringing children out of autism. My daughters cancer didn't disappear until her teeth was fixed. I think the main item in detoxing the shots is the stabilized aloe and the fda stopped shipments for a time saying skued number on containers.

Reply | Mark as Spam | Posted On 5/29/2022 7:36:32 AM

Like Dislike

fyldeherbman

Joined On 2/9/2021 11:51:07 PM

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SOUNDS like he knows what he is talking about and is enthusiastic but then so are pyramid salesmen. The general advice re: exercise, diet etc. is great but nothing new and certainly has a sound basis and stands the test of time. I hope the therapy he is promoting is all he suggests but will reserve my judgement for now. There is so much to question here! Strange how we question the clot shot re: lack of long term research, efficacy data etc., but are prepared to accept something which fits our view of the world based mainly on anecdote! But, great if it works! I hope research demonstrates its efficacy and safety.

Reply | Mark as Spam | Posted On 5/29/2022 2:32:21 AM

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