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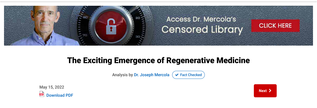

The Exciting Emergence of Regenerative Medicine

Analysis by Dr. Joseph Mercola ✓ Fact Checked

May 15, 2022

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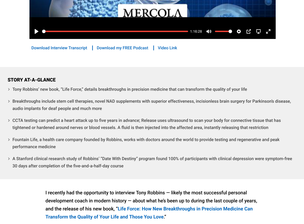

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STORY AT-A-GLANCE

- 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 200,000), and then [we] made software so that people could communicate — like clapping, [by] shaking their phone. If one person does, 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 one-year-out 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 Stanford 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 41 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 Harri, a neuroscientist and stem cell specialist. Harri 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 an 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 Bioeptice, which is working on WNT stem cells.

However, my favorite stem cells are Vivels (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 PBP (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 boss," Robbins says.

"The more energy 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 refores 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 [stare] 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 can 200 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 $150. 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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mirandula
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 happens then and what long-term secondary toxicity might result from ongoing use of hallucinogens, and how might this affect depression and other mind states over the longterm?

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 there are largely (maybe not entirely) controllable through environment (inner and outer), supplements and diet, at either extreme. Spirit is there in everything but we 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 there are largely (maybe not entirely) controllable through environment (inner and outer), supplements and diet, at either extreme.

Reply · Mark as Spam · Posted On: 5/15/2022 3:39:07 AM

Like · Dislike

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skupe59
Joined On 5/10/2009 7:28:21 AM
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I agree with all you are saying. Half 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. - Marilyn. It can be turned on from the shots people have already taken using 5G.

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

Like · Dislike

Susealgirl
Joined On 11/1/2016 6:34:41 PM
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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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katodogsce
Joined On 1/1/2011 2:56:59 PM
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The mushrooms only had a 32% effect, but 5 1/2 day program had the 100%. Regardless, hallucinogens are overly hyped as a panacea but are a terrible fix. 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 14-15 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 felt lost and can't get his mind together again. He was 17, tried 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 experienced and I benefit just fine without pot brain or liver-

Mark as Spam · Posted On: 5/15/2022 9:09:50 AM

Like · Dislike

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mirandola
Joined On 6/27/2014 7:00:58 AM
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Susealgirl, thank you! Shape, 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? KatoDogsCe( ) too saw someone whose mental health was destroyed by drugs (longterm). How tragic, to see a really good and very creative spirit so used up. I don't am glad you stepped forward to share your experience, thank you for this KatoDogsCe( ) 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, sunset watching, 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

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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 it ifs 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-age-branded approach, they will "believe" and follow, which in itself will constitute placebo healing. Facts I offer for free can satisfy those who wish to pay large and long digging.....ask.bcrt.org/fbpupload.com/forum-comments

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

Like · Dislike

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katodogsce
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 for days on end because of my smoke 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 mama 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 for a shiny penny that most sick people cannot afford. The sick are generally broke by they chased the AMA, then alternative gurus, 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 3 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

MystiqTuba
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 hydrosol machine that can and does make living spaces safe for those who are susceptible to toxic mold contamination. The manufacturer provides a tiefty commission for a sale of one of those machines, and there are people out there making a LOT of money selling them. However, I retain 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

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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 Tuba molds are also treated by pricey and fumigating houses with chlorine dioxide. an option in motor-read houses as MMS chlorine that destroys all pathogens.

Mark as Spam · Posted On: 5/15/2022 9:42:40 AM

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Dordee
Joined On 6/23/2012 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 was 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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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 Orthomolecular Medicine biochemists and practitioners. 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 span and PTL.

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

Like · Dislike

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puneetarescures
Joined On 10/6/2016 4:16:11 PM
Add as Friend · Send Message

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 4:59:01 PM

Like · Dislike

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katodogsce
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 6/23/2012 12:47:41 PM
Add as Friend · Send Message

Agree!

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

Like · Dislike

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californiamoman
Joined On 5/5/2010 5:13:51 PM
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There may be some truth to what Tony Robbins has to say, but I would take it all with a grain of salt.

Reply · Mark as Spam · Posted On: 5/15/2022 7:23:20 AM

Like · Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
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Actually nothing them accomplishes! We will see - BOOM! Fauci, Biden, Psaki Gaslit in Major Big Tech Collusion Lawsuit
patriotstems.com/2022/05/fauci-biden-psaki-gaslit-in-major-big-tec...

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

Like · Dislike

Dordee
Joined On 6/23/2012 12:47:41 PM
Add as Friend · Send Message

WHY DIN'T GATES INCLUDED IN THIS?

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

Like · Dislike

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purpler
Joined On 8/28/2021 10:17:36 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 not at personality is getting old. Wonderful discussion between covering some great points on health, related science and lifestyle advice. I appreciate the reference to sessions of life, but feel that we can't overemphasis what's happening in the world currently based on analysis we find in books or patterns we've found in human civilizations.

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 prospect we, humans, 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

Like · Dislike

Dordee
Joined On 6/23/2012 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 meals/ready meals, 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 1:12:39 PM

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 feel like made things worse. . . I have been taking NAD + for 2 months . . 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 5/23/2012 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 procedure for aortic valve replacement, I took no pain pills. Never when fall 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

Brian_TM61958
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 3:07:33 AM

Like · Dislike

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jengs
Joined On 2/16/2006 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 20 years. I recently did a GPS: 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

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Elizabethlope
Joined On 8/12/2016 8:50:43 AM
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THANK YOU, ANTHONY ROBBINS!!!

Reply · Mark as Spam · Posted On: 5/15/2022 9:37:19 AM

Like · Dislike

MoMac46
Joined On 9/5/2021 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 live in hope that the much sunshine for our VitD levels in Scotland.

Reply · Mark as Spam · Posted On: 5/15/2022 8:45:39 AM
Like · Dislike

edwinall
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

sum-mum
Joined On 4/24/2006 10:16:08 PM
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Tony Robbins' Fountain of Life diet.com appears to be related to more brands like his https://www.fountainoo.com/ Fountain OO which delves into being able to launch a Biotech Store that ultimately unites your body and AI with sales and lifestyle and probably your ability to access things such as certain clubs and fundamentally your ability to work (if your employer signs you up for this). It "Boasts" Bryan Johnson's 'Blueprint' of patient journeys, such as a Coronary CTA scan of your heart. Through these storefronts, patients can access otherwise unattainable health, wellness and fitness products and services." You can even 'encourage' "Corporate Wellness" in which employees have tools to 'encourage' healthy living for their workforce.

Living through hell the last 2 years this whole business doesn't look like a great direction moving forward – yet here we are. Is this just good health disguised as moving you into some AI scheme? Looks like it. Probably better to stick to the fundamentals of health and ship out on Tony Robbins' 'Life Force' :/ .

Reply · Mark as Spam · Posted On: 5/15/2022 5:56:42 AM
Like · Dislike

vg07111
Joined On 10/3/2021 7:00:05 PM
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First think I thought of after reading this article was movie "Coma" starring Michael Douglas, 1978. One of the special thanks in credits was given to Raphael among other "companies". Human Genome Project that has been implemented by an "entrepreneur" Dustin Muskovitz and unfolding, according to Dr. Dolenko. "It is costing us $60 a day now, but very soon we hope to bring the cost down to $5.00 a day as we get more patients."

Mark as Spam · Posted On: 5/15/2022 6:19:44 AM
Like · Dislike

brodyebrock12
Joined On 6/19/2008 1:31:51 PM
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My concern as well. The great reconstructing lesson and especially of the last two years plus has been "nature always trumps the ESG of man". KISS principles may be boring, but natural health often is...

Mark as Spam · Posted On: 5/15/2022 7:54:15 AM
Like · Dislike

Dordee
Joined On 6/23/2012 12:47:41 PM
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YES, I understand his train of thought, but cannot afford his tests or treatments on SS. Am 81, with no outside source of money, so will not be able to do his tests. I have done very well with Dr. mercola's advice, vitamins and organic eating. With this knowledge and prayer, I have beaten 4th stage lymposa, 2 broken arms, heart surgery. This is my course of action .

Mark as Spam · Posted On: 5/15/2022 12:53:03 PM
Like · Dislike

Mercola_Fan
Joined On 11/11/2009 12:28:23 AM
Add as Friend · Send Message

I've never been a fan of Robbins. And never will be.

Reply · Mark as Spam · Posted On: 5/15/2022 10:02:08 AM
Like · Dislike

Sharlo
Joined On 4/23/2010 1:50:50 PM
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stevebrock.substack.com/p/do-you-know-someone-who-died-after?fbclid=wy...
stevebrock.substack.com/p/any-i-fixed-the-link-in-article?fbclid=wy...

Reply · Mark as Spam · Posted On: 5/15/2022 8:11:27 PM
Like · Dislike

Almond
Joined On 3/26/2008 4:23:33 PM
Add as Friend · Send Message

BABY FORMULA... I will post this for those who might need it. I recommend omitting the butter oil.
drjockers.com/homemade-baby-formula · I caution about raw milk. Much milk sold as "raw milk" in supermarkets is problematic for many reasons. Know your source. Talk to the dairy about how cattle are raised, what they are fed and if they are medicated. Ask questions. I found that another good test of milk purity was to see if it would make a firm batch of yogurt. If not, there was reason to suspect the presence of antibiotics or glyphosate in the feed, etc. In other words, something toxic was killing the yeast beasties.

Reply · Mark as Spam · Posted On: 5/15/2022 7:27:03 PM
Like · Dislike

veraromo
Joined On 6/29/2010 6:08:25 PM
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Lots of oil in this baby formula. Better to find another one. During world war 2 , mothers fed their infants with coconut water. It tastes like mothers milk, and loaded with . Minerals, vitamins, . The meat can be blended into the coco water.

Mark as Spam · Posted On: 5/16/2022 9:36:08 PM
Like · Dislike

rresilrose
Joined On 11/10/2011 8:59:01 AM
Add as Friend · Send Message

Ha! Was on bitchute earlier looking for the above interview video because I missed some while cleaning (low volume). Found this important interview instead: "The Invisible Rainbow - interview with Arthur Firstenberg" – www.bitchute.com/.../UUbuFTgBpAfh · Yes, we are all energy and its being disrupted at ever increasing rates.

Reply · Mark as Spam · Posted On: 5/15/2022 10:20:34 AM
Like · Dislike

Cabochon
Joined On 10/17/2018 12:45:48 PM
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Thanks once more, maelrose for a great link. I listened to the interview in full as I have a sample of the book downloaded. Have often puzzled over the causes of epidemics of chronic, degenerative diseases - the big three, especially CVD, diabetes and cancers. Should we be adding a fourth - cognitive decline and brain degeneration? Longer life is not necessarily a healthy life. While the standard American diet and environmental toxins play a huge role in the diseases of our age, it may be these are peanuts compared with the effects of messing with the body as an electrical entity. Each new invention brings enormous benefits and convenience but usually at a price to our health and wellbeing.

It seems true in this context that a little knowledge is a dangerous thing. Or is it another psyops adventure/ bio-weapon which depends on public ignorance of the risks vs the benefits? I don't remember being consulted about saturation coverage of the planet with 5G by satellite and it's my planetary home too. I was following the author's argument quite well until he mentioned the false narrative about global warming. Surely a researcher of his calibre would not be taken in by that load of evidence-free b.s.?

Mark as Spam · Posted On: 5/15/2022 2:57:05 AM
Like · Dislike

rresilrose
Joined On 11/10/2011 8:59:01 AM
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Hi Cabochon, There is something of a trap/ easy to forget that we have exposure to a wide variety of topics. Many who go into depth in any one specific topic find the deeper they delve, the less they see of the other aspects around us.

Mark as Spam · Posted On: 5/16/2022 5:37:21 AM
Like · Dislike

lucsin
Joined On 2/17/2012 10:51:17 AM
Add as Friend · Send Message

Why can't a quality NMN be made in USA?

Reply · Mark as Spam · Posted On: 5/16/2022 7:50:42 AM
Like · Dislike

moineau
Joined On 4/23/2011 6:20:23 AM
Add as Friend · Send Message

No thank you. This smacks of tech and soma and money.

Reply · Mark as Spam · Posted On: 5/15/2022 11:24:23 AM
Like · Dislike

sharklson
Joined On 4/18/2007 10:35:07 PM
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Tony & Joe ... Cool my biggest influencers over the last 20 years (20 in the case of Tony). They did miss a simple chance to provide a cheap and easy replacement for sauna through. A hot bath. Raising body temp to 39 Celsius increases interferon by 10X. I'm guessing it's the critical key to cascade a of positive outcomes.

Reply · Mark as Spam · Posted On: 5/15/2022 12:07:02 PM
Like · Dislike

el-graf
Joined On 6/11/2008 11:47:42 PM
Add as Friend · Send Message

I don't subscribe to Tony Robbins' techniques.

Reply · Mark as Spam · Posted On: 5/16/2022 1:11:45 AM
Like · Dislike

Kennedyclan
Joined On 3/3/2021 5:40:06 AM
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I have a serious question, this cell therapy is it in any way derived from the Fetal cells of aborted babies? If so, I will not ever use it, just like I will not get the jab. So tell me upfront what is in these products.

Reply · Mark as Spam · Posted On: 5/15/2022 11:13:46 AM
Like · Dislike

Dordee
Joined On 5/23/2012 12:47:41 PM
Add as Friend · Send Message

My stem cells came from my own big, stem and fat cells. The PRP was my own blood. It took about 1-1/2 hrs to draw them from my hip and inject them into my knees. I walked out, drove myself home 45 miles. It hurt some, the needles are long so you say Damn it that hurt and it works. That was 4 years ago, never have used a cane since. You need to ask questions of th dr at first visit for evaluation.

Mark as Spam · Posted On: 5/15/2022 1:07:55 PM
Like · Dislike

Democra
Joined On 4/27/2022 9:27:08 AM
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At last something worth reading. What about those folk who do not have room for a sauna, and cannot get to a sauna.

Reply · Mark as Spam · Posted On: 5/15/2022 8:46:35 AM
Like · Dislike

BicycleBoy
Joined On 6/26/2007 12:32:23 AM
Add as Friend · Send Message

Most 24hr Fitness have saunas. Join a club with a sauna. Check your med insurance provider for a policy that covers a gym.

Mark as Spam · Posted On: 5/15/2022 11:28:27 AM
Like · Dislike

Dordee
Joined On 6/23/2012 12:47:41 PM
Add as Friend · Send Message

Dr thermomy to travel to his clinics, stay at hotel for duration of treatment, plus cost for treatment? I will stick to Dr Mercola, organic and faith in God. Joe brought me through terminal cancer, heart surgery, 2 falls and depression when loved ones died, will see me through this covid mess.

Mark as Spam · Posted On: 5/15/2022 1:29:32 PM
Like · Dislike

dividingcricker
Joined On 2/25/2012 10:46:20 AM
Add as Friend · Send Message

Barnum once said .....I don't believe anything .....

Reply · Mark as Spam · Posted On: 5/15/2022 12:59:17 PM
Like · Dislike

Dordee
Joined On 6/23/2012 12:47:41 PM
Add as Friend · Send Message

Today, that is the best way to go. PROVE IT TO ME!

Mark as Spam · Posted On: 5/15/2022 1:09:22 PM
Like · Dislike

just547
Joined On 7/1/2011 10:29:31 AM
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It feels like health is only for the rich, I can do all the fundamentals but none of what is suggested in this video

Reply · Mark as Spam · Posted On: 5/16/2022 5:31:34 AM
Like · Dislike

MysticTuba
Joined On 5/28/2009 10:46:57 AM
Add as Friend · Send Message

Another health thing only for the rich.

Reply · Mark as Spam · Posted On: 5/15/2022 9:19:28 AM
Like · Dislike

nothingsound
Joined On 6/13/2016 9:47:47 AM
Add as Friend · Send Message

Money, money, money!!! All this costs money to do. And most people do have health insurance that will allow them to do this. Once more the cure is costly. It is like cauvasous one it for your best. Purchase one. Really? Space and never mind the cost. Does everyone know how many people are a struggling to feed their family? Start a conversation in a Walmart with someone. Oh, yes, many here don't go. But honestly folks the best expensive place to shop is FEED your family. We inform people how to live but never is the cost taken into account. There are scared people out there and not from fear mongering but from what their wallet says.

Reply | Mark as Spam | Posted On 5/15/2022 6:21:28 AM

Like Dislike

Dordee
Joined On 5/22/2012 12:47:41 PM
Add as Friend | Send Message

Actually it is cheaper to eat organic for myself and my 3 rescue cats. when switched to organic, grassfed meats, I find I am not as hungry nor or my cats as hungry. Less to buy, costs less. No overpriced fast foods, processed foods, sodas (try plain water). I can do it on SS easy. Walmaart is part of the problem, their family is among the super rich. They offer less service for more money. We do not need a super, super size burger, fries and soda, smaller will do. But we are told that we are entitled to bigger and believe it. Get some hamburger, make your own.

Mark as Spam | Posted On 5/15/2022 1:36:46 PM

Like Dislike

luccim
Joined On 2/7/2012 10:51:17 AM
Add as Friend | Send Message

What is really expensive is to be sick. A high number of bankruptcies are from medical debt and that's with insurance (USA) not to mention missed opportunities of activities and work due to illness. Be well.

Mark as Spam | Posted On 5/16/2022 6:32:34 AM

Like Dislike

swabiengmail.com
Joined On 6/7/2021 1:42:54 PM
Add as Friend | Send Message

You can control all of your moods and your states of Mind easily by the orientation of where your eyes are. If your eyes are in a fixed Central position and you are taking your attention to the area of the frontal lobe you are going to be in a world of pain. It doesn't even matter what is going on. Just come out of that with the eyes. They are Vehicles that can drag the cranial nerves away from all the stressful areas and literally take you to different territories in your cranium where you can experience love and peace and happiness. Just do not Orient yourself in the frontal lobe, there is so much amplitude there already. Orient yourself deeper in the cranium. You do this with your eyes, they can move in many different directions.

They can influence all of the cranial nerves, and therefore all of the nerves throughout the body. The eyes are very special because they are of the nervous system but they have all the motor nerves and sensory nerves and musculature found within the musculoskeletal system, so they can be used voluntarily and willfully to influence the nervous system, they can literally massage the brain. They can feel gravitational and magnetic pulls to different areas and travel there, like a train car on a monorail. In many ways they are like planets. They are often looking out but they can look In as well, and more importantly look AROUND Within.

Reply | Mark as Spam | Posted On 5/15/2022 8:20:38 AM

Like Dislike

MysticTuba
Joined On 5/28/2009 10:48:57 AM
Add as Friend | Send Message

You offer a solution and then don't say what it is.

Mark as Spam | Posted On 5/15/2022 9:20:46 AM

Like Dislike

swabiengmail.com
Joined On 6/7/2021 1:42:54 PM
Add as Friend | Send Message

Just take your eyes out of the forward-looking narrow eyed frontal Position! Staying within that territory of the mind is Dreadful. You are locking yourself into the territory which is known as fight or flight. So stretch the eyes out to the periphery! Way out to the periphery to the point where you may end up looking into the back of your head, as if you are looking behind you! Put the Eyes in Reverse just like you do your car and look backwards down the nerves rather than having your focus looking outward. Take the eyes up or down or anywhere but looking out straight ahead.

Look down into your sinuses, this is the position of the eyes when the Buddha did his anapana meditation. You can practice this with your eyes closed, but then you will feel a difference when the Eyes Are Open. Computers are locking us into a terrible State of Mind because our eyes are locked into a narrow position that occurs in fight or flight so just come out of it. Does this sound incomprehensible? It is so easy. The answer you are looking for is right in your eyes. Maybe it is too obvious.

Mark as Spam | Posted On 5/15/2022 10:19:48 AM

Like Dislike

Dordee
Joined On 5/22/2012 12:47:41 PM
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I look out my window at the woods, birds, animals, up at the vultures, hawks and eagles soaring in the sky. Enjoy my rescue cats, hold them on my lap, rub their head nd listen to them purr. Then, if that does not work, I pray.

Mark as Spam | Posted On 5/15/2022 1:40:14 PM

Like Dislike

michaelides
Joined On 7/15/2009 5:42:49 AM
Add as Friend | Send Message

Welcome to apartheid health, if you've got the money, you can have it all...

Reply | Mark as Spam | Posted On 5/16/2022 4:36:56 AM

Like Dislike

LCS120763AOL.COM
Joined On 8/9/2021 8:08:43 AM
Add as Friend | Send Message

Clicked on what was supposed to be an article for sauna's? There is not one word mentioned about them here?

Reply | Mark as Spam | Posted On 5/15/2022 7:29:31 PM

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