

ADDICTION

SUMMIT



Huge Conflicts of Interest in Medicine

Guest: Ty Bollinger

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Dr. Paul Thomas: Welcome to another episode of The Addiction Summit. I'm Dr. Paul, your host. It is my privilege to introduce to you Ty Bollinger. I consider him a friend. He is a man of faith. He is happily married. Your wife just went off screen. That's too bad for everybody else. And he is a father. He is a health freedom advocate. And there we go, nice. Okay, hey, perfect. You should just stay there. No, it's okay, Ty, I don't want to—yeah, it's all good. Sorry about that.

Ty, you were a former bodybuilder. You still look like you're in your bodybuilding outfit today.

Ty Bollinger: I am. It's funny, Dr. Paul. And thanks for having me on the summit. I appreciate it. Yeah, and you've become a great friend of mine since I interviewed you for The Truth about Vaccines. We stayed in touch. And so I really appreciate you inviting me on here.

I am in—so it looks like it might be a bodybuilding outfit. The body underneath is not quite that of a bodybuilder anymore. It used to be. And my wife, Charlene, said that she's thought I should change shirts. But I kept on this one anyway.

Charlene: I have to disagree. He still has the biggest muscles of any man—

Dr. Thomas: Oh, look at that, an adoring wife, too. That's awesome.

So, Ty, I learned about you in The Truth about Cancer series and read your book. And I was just so intrigued with all the research you have done. I mean, you are really a true researcher. And I know you produced other documentaries. You've written *The Quest for the Cures...Cancer: Step Outside the Box*. And then of course over 10 million people, I think, have watched The Truth about Cancer or read your book.

So this is an addiction summit—I'm just curious—do you have any connection with either being obsessed about certain things or addictions yourself?

Ty: It's funny that you open up with that question, Dr. Paul. And then you referenced my former competitive bodybuilder days. I'd have to say that during the time I was bodybuilding, I was addicted to bodybuilding.

Dr. Thomas: Yeah.

Ty: From about 1988 to 1993, about that five year-period, from the time I was a junior in college to several couple years out of college, I body build-ed. I competed in contests all over Texas in the Southern United States. I won a lot of contests. And literally, I think I was probably addicted to bodybuilding. My every day, I was obsessed thinking, "When am I going to train? What am I going to eat? When am I going to get back to the gym?" It was almost like I couldn't even enjoy life because I was so focused on when I was going to get to the gym next or whether what I just ate was going to build muscle or make me fat or whatever.

And I think it was very—it was an unhealthy addiction. Even though you might look at pictures at me back when I actually used to be really big and you'd say, "Man, that guy was really healthy. He had to have been in good shape." And I think I probably wasn't really in good shape as in overall health because I was addicted to what I was doing.

Dr. Thomas: Yeah. No, it's interesting I think common to all addictions—and the word addiction might be a little stretch for bodybuilding—but I think common to all those things is we do it to excess. We usually do it to the point where we're neglecting some other things in our lives that are important. And sometimes we actually start suffering harm whether it's emotional, mental, physical, or spiritual.

I'm just curious about, in your search for the truth, I know you did a lot of research about cancer. I think you had some family history that lead you to want to research that topic. Maybe share a little bit about your journey from being a college student to being a real health freedom advocate and somebody who took your research into health matters quite seriously.

Ty: Yeah, that's a great topic. And it is what spurred me on to do what I'm doing today. It was the history that I had with mom and dad, both being diagnosed with cancer. Dad in the mid-90s, mom in the early 2000's, both of them died of cancer. Both of them as well as five close family members I lost to cancer. And that was really what spurred me on the research and to try to learn why we're not more capable at treating cancer than we are.

Why is the modern medical system, which seems to be pretty advanced in many areas—when we're talking about treating a degenerative disease like cancer, we're falling flat on our face all the time. We're abysmal failures when it comes to treating cancer.

So that was what really got me into researching cancer treatment—what happened with mom and dad. And over the probably 10-year period between the time that died in '96 and I published my first book in 2006, I learned a lot of things about the cancer industry and about the modern big three treatments for cancer, I guess: Chemo, radiation, surgery. Learned a lot that really surprised me. And one of the things that I learned is that there is and there has been an active suppression of natural cancer treatments in the United States.

Now, you might say, "Well, that sounds like a conspiracy theory." Well, do you consider the United States Senate to be a bunch of conspiracy theorists? Because in 1953, the US Senate determined—and it was a Senate investigatory report that was eventually attached as the appendix to the Congressional record; 1953, you can look up Fitzgerald Report—the US Senate determined there was a conspiracy to suppress natural cancer treatments at that time.

So maybe they're conspiracy theorists, too, but that's what they found. In 1989, I believe, it was, Judge Susan Getzendanner, and I think it was the Eleventh Circuit, ruled that there was an active conspiracy in the United States by the American Medical Association to suppress chiropractic. So these conspiracies happen all the time. Some of them real; some of them aren't. But there's clearly an act of conspiracy to suppress cancer treatments in the United States.

Now, what does that mean? Does that mean that there's a bunch of men smoking cigars in black capes and hoods in a dark room somewhere, smoking and saying, "Hey, let's see how we can kill more cancer patients"? No. What I think it means is that we have a lot of multinational, publicly-traded corporations that are making a lot of money, which is their job to return for their shareholders. They're making a lot of money treating cancer with drugs, and it is in their best interest to eliminate competition to those drugs.

And so as a result of their duty to their shareholders to maximize earnings, they put out hit pieces on people that are using naturals and botanicals and any treatment that they're not going to profit of. That's basically what the conspiracy is. It's money taking precedence over people's health.

Dr. Thomas: Yeah. Now, I think you summed that up nicely, Ty. What I see in medicine is a lot of conflicts of interest. And when there's money to be made and you've got companies with shareholders, the whole focus is on making money and return on investment. And the health of the individual is sort of lost in all of that.

So addiction is a chronic disease. And those of you who are watching, some of you are maybe in the throes of this, you're struggling to get free. And you're looking to your doctors for the answer. I happen to be a doctor. I happen to be an addictionologist as well as a pediatrician and an integrative medicine doctor. And what Ty is alluding to here—it is absolutely spot on—is we need to take back our health.

We need to empower ourselves with those things that will bring us from wherever we are in this addiction spectrum to a place of health. And so I thought, maybe Ty, we could sort of move our conversation, because you've done so much research on natural healing and the things that are important. Perhaps, let's start there with what things have you found helped people become healthy again when they have a chronic condition?

Ty: Okay. Yeah, that's a great question. And I did not realize that you are actually a specialist in addiction. I knew that you knew a lot about it. But that's awesome. And yeah, I appreciate you said what you said, that people that—they suffer from addiction. These are people that are really trying their best to get out of these areas.

I don't mean to make light of that when I talk about possibly being addicted to bodybuilding. That was just the best analogy that I could find in my own life to relate to this subject. But I know that it's much, much worse than that for a lot of people. So I did not mean to take that lightly at all.

Dr. Thomas: No, no, no, I absolutely get that. And in my book, *The Addiction Spectrum*, we talk about, of course, the things people think about right away like alcohol, opiates which have gotten all the press, meth, ADD stimulants, but also food and also behavioral addictions.

And it can still be quite devastating to a person's life. Screen addictions are just eating up kids today. In my pediatric practice, I'm seeing kids who are just almost incapacitated by their screen addiction. They get depressed,

anxious, can't even go to school. And they're spending hours and hours and hours on their phones.

The other thing I'm seeing though in my addiction clinic is patients will come. They may have gone to a treatment center, maybe not. If they've seen a doctor, whether it's a psychiatrist or an addiction specialist, or they've been to a treatment center, they'll come to me on a long list of medications. So here's the pharma solution. Here's the doctor's typical solution to your addiction problem is, "What medication can I put you on? Oh wait, I think we need several because you have focus issues. You have anxiety. You also have depression. You have sleep issues." And you may already have a host of other labels. Maybe it's schizophrenia or bipolar. You name it, right? We're good at label and treating. This is what doctors do.

And what I've tried to say in my *Addiction Spectrum* book is, no, you can take your health back. There are some key things that are important. And I know, Ty, you've addressed these in so many of your summits and your books. Perhaps, maybe we can touch on the lifestyle things that you feel are so important in regaining health.

Ty: Yeah, that's a great point. I think the key—maybe the common component between people that have recovered from cancer or maybe diabetes or maybe some kind of digestive disorders or whatever it is, is that they got to the cause. So I think getting to the cause is essential in getting to the cure, right?

Dr. Thomas: Right.

Ty: Because you can treat symptoms all day, which is what—specifically with cancer, which is my field of expertise. We're treating symptoms, and we're not treating causes. And that's why the treatments aren't working.

So just to give you an example, cancer, you're not going to cure cancer by cutting out a tumor and then irradiating your body or pumping chemical poison in the body very often. Sometimes people turn around and they don't have any more cancer after those treatments. But you're not sick with cancer because you have a deficiency in radiation or chemotherapy or because you have too much body parts that they need to cut out some of. So none of those are the causes of cancer.

Cancer is largely a disease that results from lifestyle choices, exposure to toxins that maybe you're not even aware that you're being exposed to, probably 80% to 85% of the time. And that's on the American Cancer Society's website. Only 10% to 15% is what they would call a genetic link to cancer. So the majority of cancer, you need to look at what caused it to reverse it, right?

And then that's why it's so important to find the causes, to know the cause. Then you can fix what went wrong initially.

There was an interview that I read with a medical doctor. It was probably 80 years ago. And I'm trying to think of his name, I can't think of his name. But he said, "With cancer"—and this was like 1940—"We're treating the wrong thing." He said, "How many times have I been surrounded by oncologist or by forensic pathologist at the autopsy of a cancer patient. And they would be thrilled that the cancer—the tumor was almost gone."

Dr. Thomas: But patient was dead.

Ty: And he said, "But the patient is dead."

Dr. Thomas: Yeah.

Ty: So how many times is this going to happen before we have to realize that we're treating the wrong thing? We're treating symptoms instead of causes. So I think that's the key root that we need to get to is, what caused your illness? And if you know the cause, you can turn it around.

Dr. Thomas: Yeah. I would propose for addictions, like most chronic conditions, it's a problem with your immune system not being balanced. And it's a problem of toxins, just like you said, Ty, and perhaps lack of nutrients as well. And the x-factor being stress.

So throughout my book, *The Addiction Spectrum*, I talk about what to eat, getting your nutrients, dealing with stress, sleep, exercise, something called the biome, which I bet you can talk about as well. And then your community and there's also a spiritual piece to all of this.

Maybe, Ty, in your own life, in these various areas, maybe give our viewers sort of your take on what it takes to maintain health, to really be healthy, starting perhaps with diet and nutrition. What are your thoughts there?

Ty: Yeah. I think that's a good point. And as rudimentary or basic as this sounds, that is the key: Clean food, clean water, it's the intakes, right? We've all heard the phrase garbage in, garbage out when it comes to computers and programming and language and a lot of other spectrums when it comes to IT. It's with our body too. We eat good food. We eat clean food. We're going to have a much better chance of being healthy than if we don't.

Now, sometimes it's impossible to control the exposure that you have to certain toxins; to radiation, potentially; to heavy metals at times. Sometimes that's just out of your control. The toxins that we're breathing from the

exhaust of planes and other things that are being sprayed in the air, not much you can do about it.

So that's why the number one, number one that you need to think about, everyone that's watching, is control the things that you can control. And that is food. That is your water. That is what you eat, what you drink. And it even goes to your exercise, your daily routine. These things, you can control.

You mentioned the immune system. You can't have health without the immune system. So if you have a compromised immune system, I believe you're right. It might manifest itself in cancer. But it might manifest itself in autoimmune disease or it might manifest itself in some sort of an addictive-type behavior or it might manifest itself with diabetes potentially.

There's a lot of different ways that the same root causes can manifest in different ways. And I think it's never a bad decision to go back to the immune system to begin with because the immune system is the center of all health.

You mentioned the biome, the microbiome. 70% upwards of our immune system is created in our gut. But what do we do? We vaccinate children on day one with different metals and toxins that will destroy their microbiome. What else do we do? If they're sick, we send them to the doctor to give them a round of antibiotics that do what? They destroy their microbiome. Eventually, your immune system has just fallen flat on its face. It can't keep up with the world of toxicity because we have done this, unknowingly a lot of times, to our own families, to our own children.

I know that we did. We vaccinated our first two children. And we didn't learn about the possible dangers associated with vaccine until the third and fourth children, which are not vaccinated. Not blaming the parents, you only know as much as you know at that given time. But I think it's essential to do what we can to strengthen that immune system and not degrade the immune system because that is the center of where all of our health flows from.

Dr. Thomas: Yeah. Good point. I mean, you want to reduce toxins. You want to maximize nutrients. Just for fun, because I think a lot of times people hear, "Eat good," what's your family's diet look like on an average day? I'm putting you on the spot, Ty. I'm putting you on the spot.

Ty: Good question. And so you're going to get a variety of answers here because we're eating different at this point. Lately, I've been on what we refer to as the ketogenic diet. I don't ever stay on that more than a couple months. But I've been in keto for a couple of months eating large amount of healthy fats. My diet is largely coconut oil, avocados, butter (organic of course),

cheese, sour cream, kale, low-carb or high-density nutrition like in the plant family like kale, herbs that are very low carbohydrate. So that's what I've been eating for the last couple of months.

But aside from that anomaly, what our family's diet usually looks like if I'm not keto is, I drink a lot of bone broth. I will drink a lot of green shakes, a lot of salads. My daughter, Brianna, is a good example of kind of what our diet looks like most of the time, lots of fresh fruits, lots of fresh vegetables, minimally processed foods, as much organic as we possibly can find, very low ingestion of bread, complex carbs like that, not a lot of noodles or wheat or biscuits or anything like that. The closer to nature, the better.

So that's kind of what our diet would look like. And I eat a lot of eggs now. A lot of free-range eggs is what I'm eating now. Even when we're not keto, we eat a lot of eggs for our protein and a lot of clean fish, grass-fed beef. That's kind of what the diet looks like, high on the high-quality meats, high on the high-quality fats, lots of organic fruits and vegetables, very low complex carbs.

Dr. Thomas: Very good. Yeah, on the summit we've had speakers like Dr. Fuhrman who's very big on getting high nutrients, high-nutrient density and less on the fat. But the keto has also been addressed by a couple speakers on our conference here as well on the summit.

Ty: You can think about it Dr. Thomas as this. There's no one diet that is perfect for everybody.

Dr. Thomas: Exactly.

Ty: And so too often I think we get hung up on, well, you're not eating like I eat.

Dr. Thomas: Right.

Ty: We can be healthy eating different diets. Some things work for some people and don't work for other people.

So I think the key is fresh as possible, organic as possible. And eat what makes you thrive.

Dr. Thomas: Absolutely. I was going to give you a slight plug on the keto because you were real honest about what you're doing. And I've done the same, to be honest. That's how I've shed some weight. I've struggled with my weight most of my life since I got out of high school. And this is a way to jumpstart your immune system, actually. So I was at a conference where they

presented type 1 diabetics who are no longer making insulin started making insulin on the keto diet.

What it does is it stimulates your bone marrow to release stem cells. And stem cells can search in the body for where something needs to be fixed. So, oh, arrives at the pancreas. “We’re not making insulin.” Let’s create some islets of Langerhans and start creating insulin. So keto has a huge value. If you look at all the major religions of the world—I know you’re a religious man—there is usually fasting involved. This is a way of getting into ketosis.

Ty: Yeah. And that’s a good point. Ketogenic diet is very healthy in many ways, especially when you look at stem cells. Especially when you look at the fact that many cancer cells or all cancer cells, they ferment sugar, right? That’s their fuel source. So we’re eliminating sugar from the diet best we can when we’re going ketogenic. A lot of health benefits, great from a weight loss perspective as well.

So yeah, I'm glad that you mentioned that. It is a very good diet for a lot of people.

Dr. Thomas: Yeah. So I think with our addiction folks and people who have been watching me on this summit know I’ve shared my own story. We really struggle with stress. I think it’s the x-factor in addiction. I think it’s true for many chronic diseases. And stress can come in the form of toxins like you were sharing, Ty. But there’s stress in a lot of other ways. What have you found in your research, Ty, about things that people might want to think about to reduce stress?

Ty: You’re right, Dr. Thomas. And I’ll get to the ways that you can reduce it. But I just produced a documentary called *The Truth about Pet Cancer*. We released it a few months ago. And one of the men that I interviewed, a veterinarian, referred to a study that they did where they would subject the same group of people to two different types of movies. One movie made them cry. One movie made them laugh. They would draw blood from the people, put it in a Petri dish and look at it.

And they saw, across the board, that when people are laughing and happy, their immune system is working. And then you can see the activity of the immune cells in the blood. Same group of people watches a really horrible ending and they’re crying and they’re so sad and they’re stressed emotionally, immune system is not functioning.

So we can literally see that in the blood and the effect that the stress has on their immune system. So there’s no doubt that that has an effect.

So to get to your question, how can we eliminate stress? How can we get that immune system to function? It might sound stupid, but laugh more. Watch funny movies. Be a ‘glass half full’ kind of person instead of a ‘glass half empty’ kind of person. Look at the bright side. Be happy the best you can.

And I'm not saying that people don't suffer from depression and all sorts of issues like that. I'm not trying to make light of that. Because sometimes if I'm depressed, it's like, “Yeah, you tell me to be happy, but I'm just not right now.” So I'm not trying to advise them that there's an easy solution. But try to make choices when you can to laugh about things. Watch more comedic movies. Quit watching movies that you end up biting your nails at the end and you can't sleep when you go to bed. You just ruined your immune system for the whole night you sleep. Laugh before you go to bed. You only have one life. Enjoy it.

Dr. Thomas: Yeah. Thank you for bringing up laughter. I don't think it's been stressed by any other of our experts. And I truly believe if you could bottle the laughter of people who can just do that gut laugh. So I adopted four kids who lost their parents right when I had five already, so we went from five to nine. But the amazing thing about those kids—they were from Zimbabwe where I grew up—is they had this most beautiful, powerful, whole body laugh.

And I used to tell them, if you could just bottle that up. Here, they just lost their parents. They were going through what had to have been the hardest time—they're teenagers—of their lives. And yet they always found things to laugh about. So thanks for reminding us about laughter, Ty. That's important.

Ty: You bet. You bet. I think it is important. And maybe that's more of a cultural thing down there because I was good buddies with a foreign exchange student in college who is from Kenya, and he belly laughed all the time. I think that might be cultural.

And maybe that's one of the reasons that they're so healthy in situations where maybe we wouldn't thrive.

Dr. Thomas: Yeah. I think you're right. I grew up in Zimbabwe, Rhodesia when I was there. And the culture there was just filled with acceptance, a sense of peace and community, which actually brings me to this whole community aspect of—I know from your cancer research you've probably run across this where, if we're surrounded by nurturing, loving people, we do better. Our immune systems do better. Is that your experience?

Ty: Yeah, there's no doubt. And that's why whenever we get cancer patients that connect with us and they say, “What can I do? I want to go to a clinic, or

should I treat it home?” We always recommend find a good clinic where there are other patients because you do have that sense of community.

One of the most amazing visits that I had touring—it was three years ago now. I can’t believe it was three years ago that I toured Europe and Canada and the United States to film *The Global Quest for the Cures*. Went down to Tijuana, Mexico to the clinic of Dr. Antonio Jimenez. And he’s got a clinic down there called Hope for Cancer.

And one of the things that struck me about that place, totally opposed to what I had seen in conventional oncological wards—where it’s like a death camp at times—is there was a huge group of friends that were there. And they were fellowshiping together and laughing together. And they ate together. And it was like a big happy family. And you’re like, “How can these people be cancer patients? They’re way too happy. They’re thriving. They’re enjoying life.” And you know the reality is, they proved what we’ve been saying for years that cancer isn’t a death sentence.

You’re diagnosed? There are options. You can live with cancer for the rest of your life and that can be 50 years, 60 years. Because what’s wrong with having cancer for the next six decades if you don’t have any symptoms? If you don’t have any side—if there’s no issue, if you just—you have the cancer but you live with it. I mean, people live with diabetes all the time. They live with all kinds of other issues. Why can’t you live with cancer for the next 50 years? There’s no reason.

And so that was one of the things that struck me about the Hope for Cancer clinic down there. And it wasn’t the only clinic that I visited where I felt that community. But that was one that was very stark.

Dr. Thomas: Yeah. No, I think cancer is a chronic disease. Just like addiction, you can be predisposed to it by family history, by other things. And you can be in the throes of severe, end-stage cancer or end-stage addiction. And you can move yourself back to the milder, almost-gone end of that spectrum by doing a number of things that we’re talking about here. So we’ve covered diet, nutrients especially from your diet. Do you take any supplements, by the way, I’m just curious, your family?

Ty: I do. Actually, I take several supplements each day. I’m actually a part-owner in a supplement company called Organixx. We take our own supplements. I take a mushroom blend. I take a turmeric D3 supplement. I take bone broth every day. I take greens every day. I take probiotics, enzymes, iodine. You name it. I take about six or eight supplements every day.

Dr. Thomas: Perfect. You just rattled off, folks, real quick there. You got a list of some key nutrients that are rather difficult to get in enough quantity just from your diet. And so I happen, even though most doctors sort of turn their nose up at supplements, unless you're living in the sun, near the equator with your shirt off, you need vitamin D. It's very hard to get enough phytonutrients. You need to supplement those.

That mushroom thing you were talking about, key for helping in boosting the immune system along with—what were the other—iodine, oh my—

Ty: Iodine, yeah; turmeric, and vitamin D3 together.

Dr. Thomas: Yeah. Those are just really important.

Ty: Probiotics and enzymes, we all need. I take a good, whole food multi. The thing about it is this, if you can get high-quality supplements, they're essential. But don't waste your time on synthetic supplements because it's just a waste of money, right? Your body isn't able to assimilate chemicals. So you're taking whole food based supplements. Our line uses fermented and sprouted to make it more bio-available to the body then that's great. But if you're taking synthetics, if you're taking stuff that \$4.99 on the shelf of some big box store, it's probably a waste \$4.99. I'd go spend it on something else.

Dr. Thomas: Yeah. Completely agree. And folks, we're not pushing any particular supplement. But you want high quality if you're going to do it at all. And obviously, always try to get your nutrients from your food. But this is just something not to many people touch on. And you're struggling with a chronic condition when you have addiction problems. You probably got some mood issues. Your brain just feels foggy, focus issues. Cellular healing is part of your journey back to the mild end, back to recovery. And sometimes you just simply do need to take some supplements. Thanks for bringing that to our viewers' attention, Ty.

Ty: Sure.

Dr. Thomas: So what would you say about sleep?

Ty: Sleep. Wow, sleep is essential. Because what happens to you—I mean, how many times have you been up all night, right? I'm sure that everybody watching this has done an all-nighter at one point. And the next day, you're like this. You're jittery. You can't think. I was supposed to be—actually, believe it or not, right after we finish here, I'm supposed to be doing another interview with someone else. But we're not going to make it, it was going to be a face-to-face interview, not going to make it, because he got caught out in

California at the airport. They delayed his flight until morning. He was up all night. And he left his cellphone plugged into the wall.

Why did that happen? Because he was sleep deprived. You'd do things that are not all that smart when you're sleep deprived because your brain's not functioning. And I feel bad for the guy because we were going to do an interview at my house. Not going to happen right now. But we'll hook it up another time. And all that to say sleep is essential for your brain to function. And so is fat, by the way. Fat's not bad. Brain will not work if you don't have enough good fats. So you got to ingest enough good fats for your brain to function.

But sleep is essential for emotional stability, right? Your immune system will not work. Your body will not function. You will begin to break down. Your hormones will not be manufactured properly in your body without sleep.

Literally, there's a whole cascade of events that happens when you're not getting enough sleep on a daily basis. Now, one all-nighter is not going to do that to you. But if you're consistently sleep deprived over a long period of time, there's a cascade of events that happens that, basically, your body starts to shut down. You can't live in a healthy state for very long without enough sleep.

That's why one of the tortures in several of the wars has been sleep deprivation. It's torture to not get enough sleep. Why? Because your body breaks down, not only mentally but physically. You begin to die.

Dr. Thomas: Yeah. Restorative sleep, folks. If it's fitful sleep, you're really not getting into deep REM sleep, you may not wake up feeling restored. And you may need to actually seek some help from a doctor who's qualified to figure out why it is you're not getting restful sleep. But in general, most people in America, probably in the world, are not getting enough sleep. And it's leaving you depleted and less able to take care of your chronic condition. In this case, we're talking addiction. You simply have to make this a priority.

Those of you who have struggled with meth addiction—so in my addiction clinic, we see mostly opioids and meth, some alcohol—you know! When you're on that run with meth and you might go two, three, four days without sleep, what happens? The body totally breaks down. You sleep for a day or two, and you just are wiped out. We need our restorative sleep.

Ty: And let me throw something in here real quick, Dr. Paul, because you just mentioned meth addiction.

Dr. Thomas: Yes.

Ty: I knew people in college that were addicted to meth. So I'm going to be really controversial here. One of the things that helped them get off meth was smoking grass, okay.

Dr. Thomas: Yup.

Ty: Marijuana, I don't like to call it marijuana because that was a slang term that the DEA threw into our public, into our consciousness to make it sound evil, but it's cannabis. Cannabis has a lot of anti-addictive properties. I knew several people in college that you we hear that, "Well, you shouldn't legalize marijuana because it's a gateway drug and it'll make you do a whole bunch of other bad stuff."

That's not the experience I had in college. I had exactly the opposite. I knew people that were addicted to opioids. I knew people that are addicted to meth. I knew people that were addicted to the cocaine. And literally, marijuana helped them to get off of it.

So I know that may be controversial and people might say that doesn't make sense. But that was my experience.

Dr. Thomas: Yeah. I would just add on the marijuana issue. I have a full chapter of that in my book, *The Addiction Spectrum*. There are both a few negatives you need to be aware of, specifically if you start using very young. It does some permanent changes to the brain. There's also a slight risk of some psychosis that can sometimes be difficult to determine if it was caused by the marijuana or not. But there are also huge health benefits. And that's what you're speaking about.

Ty: Yeah.

Dr. Thomas: Absolutely.

Ty: And I'm glad you threw that in there too. Because I'm not saying, hey, I'm going to go get some marijuana, which I wouldn't even know where to in Tennessee, and then go get my kids to start smoking. I'm not saying that.

Dr. Thomas: Yeah. You probably wouldn't want to do that.

Ty: That's definitely not something I want to do. I wouldn't want to do that. But I just thought, experientially, that it actually helped people. And there are healthy ways, other than smoking it, that you can ingest the cannabinoids in

the cannabis plant to get the health benefits. I'm not saying go out and start smoking away. They happen to have some benefits from smoking.

But the way that you ingest marijuana, you use an oral CBD oil. There are 140-plus cannabinoids in the plant, and only one is psychoactive. That's THC. So it's a very medicinal plant if you use it properly.

Dr. Thomas: Now, the pure CBD, if you've got organic, 100% pure CBD oil, it's not psychoactive at all, has huge benefits for cancer, for your immune system, for pain. Numerous conditions are helped by that. And that's also covered in my book. But yeah, thanks for touching on one of the controversial topics. That's awesome.

Ty: Yeah. I'm not afraid to hit controversy. Believe me.

Dr. Thomas: Yeah. I know that about you. So how about a tricky one, I know you are a spiritual person. And I think that the spiritual side of things does play a role when we're dealing with huge health issues, chronic addiction being one. What's been your experience when you deal with big, chronic health issues with the possible role of spirituality?

Ty: Yeah. I agree. I'm a Christian, and so one of the axioms that we follow is the golden rule, right. "Do unto others as you would have them do unto you." I think that can tremendously improve your health, just following the golden rule. Another thing that Christians live by is, "Forgive others as I have forgiven you." And if we're living in resentment and bitterness and we haven't forgiven someone for something that they did 20 years ago, that they didn't even know they did to us. It's not hurting them. It's hurting us.

I think those were not just spiritual recommendations in the Bible, commandments, whatever you want to call them. They were actually physical too. Because I think that you do that spiritually, you have a physical result from it. And forgiveness can actually—mental forgiveness, spiritual forgiveness to somebody that's wronged you, can actually have a physical healing in your body.

I can't count the number of medical doctors that I've interviewed that have been treating cancer naturally or holistically or maybe even integratively using some of the big three but they integrate some other things. They all integrate emotional healing and spiritual healing, forgiveness.

And that's a key component of all of these protocols that work, is that you've got to get rid of all this baggage of this resentment, this bitterness towards people and just forgive and love them.

How many times have you been mad at somebody and you're mad for years and then like, you meet back up with them after 10 years. And you're like, "You know what? What you did really irritated me." And they're like, "Are you serious? I had no idea that that even bothered you." And for 10 years, you've been holding bitterness and resentment towards them, physically hurting yourself. And they didn't even know they did anything wrong.

Dr. Thomas: Yup. Thank you for bringing those up. Wow. Those are huge, you guys. In the addiction world, if you're in a 12-Step Program or if you're in a counseling relationship and they're working on relapse prevention, you will hear over and over again resentment is the number one offender, the number one factor that's going to cause you to go out and relapse and go back to your substance or behavior that was keeping you in bondage. Resentments are like drinking a poison and waiting for the other person to die. That's just what you said, Ty. People carry these around for a decade. The other person has no clue you're suffering with that resentment.

I do want to make one point of clarification. If you've been abused, somehow severely harmed by another, forgiveness doesn't mean it was okay. Forgiveness doesn't mean you're going to put yourself back in danger. It's just a process to go through so that you become free of that horrible thing that happened as opposed to staying in bondage to it.

Ty: Yeah. That's a good point. That's a good point.

Dr. Thomas: Yeah. So I would like to just—as we get close to wrapping up, Ty—give you an opportunity to just share what's close to your heart. What's on the horizon for you as far as information you want the viewers of this summit to know?

Ty: Yeah. I think that people that are watching—and by the way, I'm suffering from a little bit of jealousy here. I see your background there. And it's a lot more attractive than where I am. So I'm going to have to work on the jealousy thing when we hang up here because—

Dr. Thomas: You don't want the resentment there.

Ty: I'm not going to resent you for that.

Dr. Thomas: You know what happened, Ty, is I've been doing so many of these interviews, I thought, people must be sick and tired of seeing my face so I kind of wanted my face to be dull and give them something better to look at.

Ty: Man, that's a great—I know what you're going to do when we finish this, you're going to go out and get some fresh fish out there in the ocean.

Dr. Thomas: You know it. Swim with the turtles.

Ty: Swim with the fish. Ride on some turtles.

Dr. Thomas: Yeah.

Ty: I think what people should realize and maybe try to keep in mind is, I think that a lot of times the root causes of diseases, as I've already mentioned, are the same. So we're sick because we're not taking in enough nutrition. Our immune system is compromised. We're overly toxic. We're not detoxifying like we should. We haven't even talked about exercise.

I believe everyone should be jumping on a mini trampoline every day to move that lymphatic flow. That's essential. It's not a bodybuilder's exercise. It's not something that'll give you huge muscles. But it is something that will probably be healthier than anything else you could do because your lymphatic system doesn't flow unless you move.

So how many people are stagnant every day? And their lymph is stagnant, and their bodies are toxic. We've got to detox the body. There's a lot of these principles, I think, that are the same no matter what we're suffering from, taking in good nutrition, detoxifying, getting proper exercise. We need to sweat every day. And so we have a sauna. I sit in our sauna every day. And at least for 45 minutes and just sweat, sweat, sweat. We're getting rid of these toxins.

So in light of the fact that I believe that many diseases have a lot of these common causes, there are a lot of things across the board that we should all be doing each day not only to treat a disease if we have it, but actually to prevent any disease from occurring. Because the real thing that cures cancer or that fixes depression or diabetes, is you, right? Your body does the healing.

And that's kind of interesting coming from a guy that's produced a couple of documentaries that were called *The Quest for the Cures*. I don't think there are cures for cancer. And let me clarify what that means, there are dozens, if not hundreds, of natural substances that are here on God's green earth that He's put here, whether they're roots or plants or herbs, that will turn cancer around. But it's not the substance itself. The substance just acts as a fuel for your body and it makes your body work the way the body is supposed to work and the body does the healing.

So I think the key is to put the appropriate inputs into the body, nutrition-wise, water-wise, and get rid of the toxins that are hampering the body. And then what happens? The body runs the way it's supposed to. The body does the healing no matter what disease it is.

It's the same analogy that I use sometimes about a mechanic, a car mechanic. They know that the inputs are important. They know that if you put oil in the gas tank, car won't run. They know that if you put gas in the oil tank, car won't run. They know that you have to clean the filters, detoxify the filters, maybe is a good way that you can use it. So a common car mechanic knows this. And if you went to a car mechanic and they told you, "It don't really matter what you put in this, it's going to run good." You'd say, "Man, I'm going to choose another mechanic because this guy doesn't know what he's talking about."

So when we go to a medical doctor or another doctor, not even a medical doctor, but we go to our health practitioner, and they say, "It don't really matter what you put in your body. Your symptoms are caused by something else. But don't worry about nutrition. It does not have an effect on your disease." We should run from that doctor because, of course, it matters. Even a mechanic knows that.

Dr. Thomas: Yup. That is so key. It's a nice way to wrap this up, Ty. What you said that we're not looking for a cure, because in addiction, I don't truly believe so—alcoholism was one of my problems. I also used to smoke at one point. I'm ashamed to say that. But that was just my journey.

Ty: And you know what, I did too. I used to smoke myself.

Dr. Thomas: There you go. We found one.

Ty: There you go.

Dr. Thomas: But the point is, especially with alcohol, but even with cigarettes, I have to remain vigilant. And I have to do all these health practices that Ty is talking about, getting the nutrients, eating real food, reducing stress, sleep, exercise, which I didn't highlight because—that's great, you saw that I missed that. And you threw it right in there. Fixing the biome that you talked about. Having a loving, nurturing community and taking care of that spiritual thing, those resentments.

These are the things that keep us moving towards the safe end of the spectrum. And we no longer have to be in bondage to those things to which, if you're in it right now, you know you just can't break free. So you've got to start doing these things.

This summit is about empowering you to take charge of your life and your healing. You can get some help from physicians or healthcare practitioners

but chances are, the solution is right between your head. And it's just a matter of getting into action.

So anyway, Ty, any final thoughts you'd like to share with the viewers?

Ty: What I usually end my interviews with is the fact that cancer doesn't have to be a death sentence. Well, not necessarily talking to a cancer audience here. But I want everyone that's watching that if you have an addiction, it doesn't have to be an eternal addiction. You can conquer it. It can be something that you manage, that you live with. But it doesn't have to be something that ruins your life. And so just like I believe that people can live with cancer for decades and have a full life, I think that addiction can be managed and conquered as well.

So I want to encourage you that I think you're in the right place. And I know, Dr. Thomas, he's brilliant. And he knows what he's talking about. And I'm sure he's collected a bunch of experts here that are also brilliant on this topic. And then you're going to glean insights from everyone.

So pull it down. Write it down. Make a note of it. And you can build your own formula for what is going to work for you. Because I guarantee you, you've heard a few things in this interview that have resonated with you. And you'll hear things in the other interviews that resonate with you. And if it resonates with you, that's your inner spirit saying, "I think that's going to work." Because you listen to your intuition.

Dr. Thomas: Absolutely. Addiction is not a death sentence, folks. You have the tools right in your fingertips with this summit and everything else that we're going to bring to you.

Thank you so much, Ty, for sharing your wisdom with our audience and you have a blessed day.

Ty: Thank you, Dr. Paul. I appreciate you. God bless you too.