

Heather Paulson: [00:04](#) Hi there, I'm Dr Heather Paulson and welcome to the connecting health summit, breaking the link between cancer and autoimmunity. I'm so grateful for our next Gen [inaudible] who is joining us, Dr Tom O'bryan. He is a wealth of information on autoimmunity and we're really blessed to have you Dr O'bryan on this at the summit with us and sharing your information on autoimmunity.

Tom O'Bryan: [00:32](#) It's really a pleasure. You know, many of us have heard the healthcare statistics, but just wanting to give one that is that the World Health Organization consistently ranked the United States, number one in the world in health technology where concept every year ranked number one. I know the last seven years, it's been that way every year and for the last seven years we've been ranked in the bottom five in healthcare effectiveness. So we've got the most expensive, the most sophisticated technology and we've got the worst results and s and we've heard that in one form or another. Some people have by the, uh, that information is kept buried in general. That's why it's so important of summits like yours is that you have experts coming on who can talk about some of the specific information and people listening to say, well, that just makes sense. How come I haven't heard this before? And that's why it's a pleasure to be here is because it's so important to get this information out to people.

Heather Paulson: [01:32](#) How did you first get interested in autoimmunity and such a big topic and you really dove deep into it and provide a lot of information for people to read and to consume and watch. How did you plan your ideas as like, this is what I want to talk about. This is how I want to impact the health of the world.

Tom O'Bryan: [01:55](#) Uh, because it's the bigger picture. Uh, we all think cardiovascular disease is the number one cause of getting sick and dying. No, it's not. It's the number one a result of a mechanism of getting sick and dying. And that mechanism is an auto immune mechanism that [inaudible] patient. If you pull at a chain, it always breaks at the weakest link. It's at one end, the middle, the other end. It's your heart, your brain, your liver, your kidneys, wherever your weak link is, that's where the change is going to break and for so many people, the vast majority of the people, it's their cardiovascular system is the weak link that eventually breaks first and there are others going on, but that's the one that breaks first and so they think your father died of a heart attack while your father died of an immune mechanism pulling on the chain and the weakest link in his chain was his cardiovascular system, so it manifested as a heart attack for someone else.

- Tom O'Bryan: [02:57](#) The weakest link in the chain is their brain. They get Alzheimer's for someone else, the weakest link in the chain of their skin, they get psoriasis or vitiligo or other auto immune diseases, but the mechanism, the main mechanism behind all degenerative disease, as far as I know now, all degenerative diseases. The mechanism is your immune system trying to protect you and we've often. We've always thought that's an immune system that's gone wild. You don't like girls gone wild. The Ols bit videos from younger days, you know, like the immune system's gone wild and that's the way that it's been thought of for uh, years and years and years. But now we know that's not true. It's not that your immune system has gone haywire, out of control is that your immune system has been activated and activate it again and again and again and again, and it's trying to protect you.
- Tom O'Bryan: [03:52](#) So the big question is what to try to protect you from. And if that's what's pulling on the chain and it may manifest in your cardiovascular system, it may manifest as cancers. It may manifest as autoimmune diseases like ms or rheumatoid. And that's determined by your genetics and what's called your antecedents, how you've lived your life. You have a whole lot of mercury in your body. Your brain's going to be much more vulnerable to being a weak link in your chain. And so if you've been eating tuna fish year, whole life, and most people have heard too inefficient, got mercury in it, now all tuna fish does except one, all but one, they all have mercury in them. And so you eat tuna fish regularly, you have mercury, and if your body is not efficient at breaking down and getting rid of that mercury, that's called detox vacation. That's why doing genetic tests sometimes are so helpful because if you've got the genes to be vulnerable to not breaking down mercury very well, then you're likely to have mercury accumulating in your body. And so those are the people you test them. Do. You have too much mercury in your body because you've got the jeans here where you don't break down and heavy metals very well. Right? And so you want to identify the weak link in the chain and that's so true in cancer or the genetic vulnerabilities to cancers.
- Heather Paulson: [05:09](#) I love that concept of an immune mechanism because that is. That is why we're talking about these two things together. Right? There is this underlying foundation that is not just part of autoimmunity and cancer, although there is a direct link there, but also all of these other illnesses and disease processes that you've mentioned. So it really affects a hundred percent of us.
- Tom O'Bryan: [05:34](#) You did it exactly right. You know it's indisputable when when you read the sign that this is not my idea. When you read the

science, we just haven't thought about it outside the box. We think of the bucks of cardiovascular disease and you go to a cardiologist for cardiovascular disease. I call that life jacket medicine because when when you go to a doctor with symptoms, it's kind of like you've fallen over a waterfall and you've crashed into the pond below. You know when you swim up to the surface, you spit out the water, right, and you're trying to stay afloat in this pond of diabetes symptoms or this pond of skin problem symptoms or this pond of arthritis like symptoms are brain symptoms. You get these symptoms, you're in this pond, but the waterfall keeps falling into the water, so it's really turbulent water and it's hard to stay afloat.

Tom O'Bryan:

[06:28](#)

Meaning you're living the same lifestyle that's causing the problems. So it's turbulent water and so you want a life jacket to. So to stay a float, right? That's the first thing. You don't drown in the symptoms and life jackets are really good and you try for the natural life jackets, first ones with the least side effects possible, and if they don't work, you take the drugs. Don't be foolish about this. You're in the pod. You need to take the drugs if that's, if the natural protocols don't work for a short period of time, but once you're a float and you've got a life jacket on, you're taking the drugs in your stable with Hashimoto's thyroid or diabetes or psoriasis or Lupus or a skin cancer, you know, whatever it is. Once you get a float and you're stable for the moment, you have to swim over to the side of the pond.

Tom O'Bryan:

[07:22](#)

Get out of the water, walk up the hill, walk back up the river to figure out what the heck fell in the river. They carry you downstream and made you crash into the pond of diabetes. What is it that happened to you? And you've got to fix that. That's called going back upstream. And that's the, the platform, um, guidelines for functional medicine. Functional medicine is not a treatment approach, will our life jackets better than integrative medicine? That's not the case. Rather functional medicine is how do you see the big picture and then with your training doctors or patients when you go to your doctors, their training in specific life jackets, we can be target specific to where the problem came from, right? But it's going back upstream to figure out what the heck happened to me. That's such a key component, especially when you've been diagnosed with a disease like an auto immune disease or a cancer, so you want the life jackets always do, and it might be chemotherapy, it might be radiation, but you got to figure out why did this happen to my body, and of course the oncologists don't know. Very few oncologists think this way. They think about trying to keep you alive, which is critically important and is a a full time a

dialed in focus in itself. You know, using the life jackets that will have the least side effects for you depending on what the condition is. Once again, you need the drugs, you take them, you take them while you're figuring out while you're going upstream to see what happened

Heather Paulson: [09:03](#)

and how do we walk. What's the path to going back upstream? What do you see as the mile markers or the, the. This is the, this is where x marks the spot as we're moving back upstream, how do we tell? I probably I could probably make eight hours have it.

Tom O'Bryan: [09:26](#)

Uh, but, but the big picture overview is, um, how do you walk upstream of the first place you start? This is what we teach at the Institute for Functional Medicine in the first place you start is with what's called the living matrix. And the living matrix is like a new patient questionnaire. When you go into a doctor's office, it's a new patient questionnaire. You Go, no, no, no, no, no. You know, most people do that. The living matrix is online and for the doctors that are watching this and it used to be 75 bucks a month for your entire office by patients or 50 patients. It doesn't matter. Now might be a little bit more, you know, because uh, it might be, might be 100, I don't know what the price is, but it's extremely reasonable. And the paint, you give them a code, the patients go online, they fill this out.

Tom O'Bryan: [10:13](#)

Anyone that wants to do it can go to my web site and access it there if you want to. And then you'll get the print outs and all that. And um, it, it says OK, what's your complaints? Great. Now tell us about your mother's pregnancy with you. Did she have that? Did that, did that, did that? Yes. No. Yes. No. Yes. No. And then comments. Tell us what you remember from hearing the stories when you were, when your mom was pregnant, tell us about the birth process. Natural childbirth or c-section. Were you breastfed? How long were you breastfed for? When did you have your first infection? Did you get antibiotics? And then you go through the whole history of a person and they print it out. That's what's so beautiful. Living Matrix. They print out what's called the timeline and the timeline is your life on one page.

Tom O'Bryan: [11:04](#)

So graph, here's a birth here, six months, one year, two years, three years, 20 years, 25, 30 years, 44. And here's the 44 year old woman that's came in, presenting with a ulcerative Colitis, right? And so here she is, but when you look at this, you see, ah, this woman was born by c-section. So she didn't come through the birth canal. What's the critical importance of that? When baby comes through the birth canal in the last month of pregnancy, moms environmental, the birth canal completely changes that the microbiome of the birth canal, the bacteria in

the birth canal completely changes. It becomes very high. And what's called Prevotella, where usually in a woman's a birth canal, there's very little can be identified. It becomes dominant. Uh, some studies saying the last, last quarter, some say saving the last month, but it becomes dominant. Why prep baby comes down the canal smothered in all this bacteria in mom's birth canal?

Tom O'Bryan: [12:10](#)

Well, that bacteria gets into the eyes and gets into the nose that gives them the mouth. It's all over babies skin and that bacteria carries the messages. Here's the code, here's the secret code of the Mammal. It's going to be feeding you, and so let's get the digestive system ready to go to breakdown this food that's about to come in called breastmilk, this food. So here's the code, and then it turns on baby's genes after birth, so baby now starts building the the inner environment for all of that normal bacteria that's in mom's birth canal, and here's the code of your lineage for your own gut, the microbiome in your gut. Maybe here's the types of bacteria that you have to set up the house that you have to build a subdivision in the gut to house these types of bacteria because the microbiome is passed on by the mother generation to generation to generation, and so baby gets the microbiome of mother, grandmother, Great Grandmother, and it goes back and back and back.

Tom O'Bryan: [13:18](#)

That microbiome, if baby is not born by natural childbirth for whatever reasons, but if it happens, the bacteria that get into baby is the bacteria in the operating room or in the birthing room, and we know in sterile hospitals that that's Klebsiella and that's eco-line. That's campylobacter and it's all these, these what are pathogenic bacteria that are in the air, in the room. That's what baby gets into baby. And that's the message that goes down to baby's gut and baby's genes. Let's build a subdivision for campylobacter. Let's build a subdivision for Klebsiella. So baby's gut thinks it's normal to have the wrong type of bacteria which sets baby off and becomes a colicky baby. Baby's got colic in the first six months, like screaming. It's bloody head off because something's not right. And there are many reasons for it, but this is one of them.

Tom O'Bryan: [14:19](#)

And then baby has first ear infection it, um, at one year old. And then there's 14 prescriptions that the 44 year old woman who's filling in your office can remember a best. She remembers 14 prescriptions for antibiotics in the first 10 years of life. So every year, couple times a year or sinus infection, same thing. And so every time you take an antibiotic, you wipe out more of the good bacteria in your gut and you get more of the bad bacteria there. So now, uh, the 10 year old is coming into teenage years

and has constipation and because the guts not working right because the microbiome is not good and the constipation because the gut is not working right, creates us, opens an environment for acne. It's Kinda like you back your car into a snowbank. The exhaust pipe goes into the snowbank, the smoke comes back into the car, right when you're really constipated, the toxins come back into your body.

Tom O'Bryan: [15:15](#)

So now, uh, of the 44 year old woman is talking about her teenage years where they gave her more antibiotics to put the acne under control and then now she comes into her twenties and she's got abdominal pains diagnosed as irritable bowel syndrome and they try a number of drugs for that. It helps, but not very much. And it just continues now by 44, there's been such a disruption there and so much inflammation. Inflammation is an itis. She's finally diagnosed with colitis and ulcerative colitis. And so, but it all started back in birth. That's why. So you asked, where do you start with all this? You start with the living matrix. You go way back upstream to figure out what the heck happened to this person and it takes a doctor some training to look at all this stuff, but when they do, you know, it might take you three to six months to really get this down because everybody's so busy today or Mrs Patient.

Tom O'Bryan: [16:11](#)

It's going to take you a few months to really grasp these big picture concepts. You know, when I wrote this book, the autoimmune fix, shameless plug, shameless plugs when I bought, when I wrote this book, this is 35 years of my life reading the research studies and the goal of the book is to give you that big picture that you have to go upstream. What does it mean to go upstream and how do you go upstream and one of the questions to ask of your doctor. That's why the book won the National Book Award is because it's just a, uh, I'm very proud that, you know, it's a score. I mean, we nailed it and um, tens of thousands of people have written and said, thank you so much, this thing you've changed my life and is because they now know the questions to ask. But in answer to your question, how do you start this process? You do the living matrix and then you see on one page, this is what happened. Oh Man. Wow. Thank God I'm still here. You know? But when you see the big picture, it's like, oh my God, how did I ever make it? You know, the human body is so remarkable that a, it'll survive through almost anything until he just can't anymore.

Heather Paulson: [17:21](#)

And when you talk about this in the autoimmune fix, you definitely go into the micro biome, which were just kind of summarizing in this going back up the stream, but you also talk about genetics and diet. You kind of a reference to genetics at

the very beginning of our conversation. Can you give us some information on how genetics may play a role in our journey upstream or downstream? Whichever direction

Tom O'Bryan: [17:50](#)

are headed. When you have a gene for a particular disease, it doesn't mean you're going to get that disease almost all the time. It doesn't mean that there are a few exceptions, but it means you're vulnerable to getting that disease. It means that's the weak link in your chain, like the breast cancer genes or the Alzheimer's genes. If it was, you're going to get that disease than 100 percent of the people with that gene. We get the disease. That's not the case. There is a certain percentage of them if they have the gene. So let's talk about the Alzheimer's gene. There's a gene called Apoe, he apo capital letter e, and there's three versions of it. You get one from your mother and one from your father. You can be a two, three or four. So you get, you're either an [inaudible] means you've got a two from your mother or two from your father to three. You got two from one and three from the other, uh, two, four, three, three, three, four or four for. That's the only option for that particular jeep.

Tom O'Bryan: [19:00](#)

When I got my ged test back and I, I noticed that I was concerned this was in the 19 nineties, we didn't know as much as we know now and when I opened the envelope and I look, I, I'm an [inaudible], which means that's the most common one. If you're a three, three, 50 percent of those people will develop Alzheimer's. If they reach the age of 50 percent of them, that's the science. That's what do they say? If you're a three, four means you've got a three from your mother or three of four from your father or vice versa, but if you're a three for 90 percent will get Alzheimer's. If you reach the age of eighty five, if you're a four for 90 percent will get Alzheimer's by the age of 65. So that's the genes and that's the statistics. What that means is that's the weak link in your chain, but every one of those people that they check the genes on who developed Alzheimer's kept falling over the waterfall, living the lifestyle, pulling on the chain.

Tom O'Bryan: [20:12](#)

You keep pulling on the chain by living the lifestyle that links probably gonna break or it's very vulnerable to break and the greatest example of that was Alzheimer's is my friend Dr Dale Bredesen, Dr Bredesen at Ucla and he runs the Buck Institute for research and that's the Alzheimer's Research Center. He published in 2014 reversing completely reversing cognitive decline. That means brain dysfunction and Alzheimer's. In nine out of 10 people completely reversing it. Diagnosed card, Mri show all the lesions, the cognitive tests say they're not in good shape at all. They can't function, they can't work, they can't live

on their own. Just different stages, but they had all the evidence of it. Nine out of 10 of them completely reverse took five years because there's 37 things on the checklist when you go back up stream, do they have a gluten sensitivity? That's number one. Yes. Good. Get it out of there.

Tom O'Bryan: [21:11](#)

Do they have dairy sensitivity? Is there mold in the house? All these different things. You know, we now know there's um, um, there has been more than one pharmaceutical industry, a pharmaceutical companies that have closed down their Alzheimer's research departments. They've laid off the scientists, transfer them to some other areas, in some cases laid off others because they finally realized after the hundreds of millions of dollars they've spent on resources, they'll never get a drug that's going to stop Alzheimer's, they're not going to do it. And there are profit driven organization. So they just closed down the department and Dr Bredesen has proved why now Dr Bredesen published his book last March, the end of Alzheimer's, and it's a New York Times best seller. He has over a hundred cases now completely reversing. If you can reverse Alzheimer's, you can reverse anything, but you have to go upstream to do it. And that's what his books about his going upstream. He doesn't call it a life jacket medicine, but just saying that's the concept. Yep. Go back upstream. Yeah. To do that.

Heather Paulson: [22:14](#)

And you mentioned these weak links and how they connect together, or were they break and one of the things that we were talking about before our conversation started recording his comorbidities and where are these links might get weak and how that could affect multiple illnesses or multiple systems such as cancer and auto. What do you think is the cause of co-morbidities?

Tom O'Bryan: [22:42](#)

Really good question. And it's really exciting when you read the science on this, you know, I'm, I'm a geek. I like to read this stuff you just do when you read the science on it, of course, that makes perfect sense that no diagnosed disease that they've ever looked at is a disease of one chemical pathway going haywire. There was hundreds of pathways. They go haywire, you know that aren't working quite right. They're out of balance. Hundreds. That's why if you're diagnosed with diabetes, you're in very high risk of developing cardiovascular disease. Excuse me. You're a very high risk of developing a loss of brain function. That's called diabetes type three because it affects your brain. In other words, it's affecting your blood vessels and your cardiovascular system. It's affecting your nerves and your brain because there's hundreds of pathways out of balance. Those just the first link in the chain that broke



his blood sugar regulation, so you got the diagnosis of diabetes, but when you see the charts in the medical studies that if your diagnosis, a beautiful chart, if you're diagnosed with [inaudible] disease, you see the lines that go to all the other diseases that are directly associated with that disease and then you look at the next disease, all the connections that occur and it looks like a kaleidoscope in there almost because there are so many connections and they make the connections with different colors.

Tom O'Bryan: [24:09](#)

So the first on this disease will be blue and all the Blue Line's going to different diseases and next one's read. All the red line's going to different diseases that you see this. This thing looks like a kaleidoscope. That there's hundreds of pathways that are out of balance and where are those pathways originate? What controls almost all, not all, but almost all those pathways, the microbiome in your gut, the bacteria in your gut. We now know for every one message from the brain going down to the gut, there are nine messages from the gut going up to the brain that the gut tells the brain how much hormone to make called neuro-transmitters brain hormones. How much Melatonin, Serotonin, uh, uh, a pituitary guidelines I pulled down this guidelines. The messages are coming from the bacteria in the gut for all of that. So if there's only one system of the body that you're going to work on and just dial in and we'll talk about how, how do you do that? But it's the gut you, you work on. All right, I want to get the best possible gut for me and my family. How do I do that? How do I help my children have the strongest? I'm a resistance and a resilience to all of the toxins that we're exposed to today is by having a really healthy gut. That's how you do it.

Heather Paulson: [25:32](#)

Well, that's a perfect lead into my next question for you, which is, what are some of your favorite life jackets? And it seems to me, based on what you were just saying, some of your life jackets would have something to do with gut health.

Tom O'Bryan: [25:49](#)

We now know that almost every degenerative disease, almost all of them, cancers, autoimmune, uh, almost all of them are diseases of inflammation at the cell level. The cell is always on fire. So the first rule of thumb is stop throwing gasoline on the fire. Yeah, right. You think, you know, w which means stop pulling on the chain so hard. And how do you, how do you live in anti inflammatory lifestyle? It, I mean, that's, that's the checkmark. Um, anything you want to do in your life, is this going to cause more inflammation or less inflammation in your body or in your children's bodies? So being mindful of that concept. Am I throwing more gasoline on the fire or putting

more of the fire out in everything you do and the most inflammatory, a trigger for almost every one that quite, but almost everyone, the most inflammatory triggers.

Tom O'Bryan: [26:48](#)

What's on the end of your fork, what you're putting in your mouth. That's where you're getting more inflammation triggers than almost anywhere else. The exception to that, Dr Bredesen now says that he, he has seen clinically that you know there are five types of Alzheimer's and he talks about it in the book and inhalation. Alzheimers is the most common of them. That means what you breathe that goes right through your lungs, into your bloodstream, straight up to your brain that that's the pull on the chain that triggers all the inflammation in the brain. And so, so many people now are breathing mold a because their homes, you know, you had a flood or a. something's growing on the wall. It's not too bad. You know, there's a little black in the shower, you know the grout in the shower. You know how some of the grout gets dark after awhile while well, it's just aging.

Tom O'Bryan: [27:41](#)

Well, no, it was aging. All the growth, we get dark. That's stuff that's dark there. That's likely mode. So every time you get in the shower you look like, oh my God, that's mold. What you would want to do is test, accurately, test to see am I exposing my family to mold here in this house? Because you can't tell. You can't smell it most of the time. If you can smell it, that's really bad. Mrs. Patient, when you go on vacation and you come home, when you come back in the house, did you have to open the windows in the air, the house out for a little while? They will go. You got mold, right? And so you know it's just smell stale. Well, that's wold most often, so you just have to check and see. But for most people, the most common trigger for the inflammation is what we eat.

Tom O'Bryan: [28:28](#)

So that means you check foods and my sensitive to wheat and my sensitive to dairy. What other foods might, but I'd be sensitive to and then what we breathe. I know how bad it is in Mexico City, in the 19 nineties, every dog they did autopsies on. Every dog had evidence of Alzheimer's. Every dog in the mid two thousands and into late two thousands, 2008 [inaudible]. The papers that are coming out, every child they checked had evidence of brain inflammation and early Alzheimer's mechanisms already. Every child they checked because the air pollution is so bad. You want to know how bad the air pollution is, where you say, oh, it's not bounded smelling thing. Here is fine. Take your car to a car. Wash, a really nice car wash. What were the guys? Have the water bottle on their hip. You know they walk around, they strike, they wipe down the car so it's squeaky clean.

Tom O'Bryan: [29:25](#) Take your car to the carwash taking home. Leave it. Sit outside your house for four hours. Go outside, run your hand across the windshield. That's what you're breathing all day. Every day is that particulate matter. Can't smell it, can't taste it, but it gets into your lungs can get right through. You've heard of leaky gut where there's also leaky lungs and there's leaky brain and that stuff gets right through the lungs, into the bloodstream, straight up to the brain, and here comes the inflammation, the inflammatory cascade. That's why Dr Bredesen says, inhalation Alzheimer's is the most common type. Now, because he's been going upstream for years to look at where in the heck is this coming from?

Heather Paulson: [30:04](#) So,

Tom O'Bryan: [30:05](#) so the most common trigger is the food that we're eating and you don't know be the lucky people are the ones when they eat the food, their gut gets bad. They get gut pain, they get diarrhea, they get constipation, but they can tell if I eat this, I'm going to feel like that. The unlucky ones are the ones [inaudible]. For every one person where wheat causes gut problems. There are eight people where it doesn't most common areas of the brain. You wake up the next day, you just got brain fog and you're just not focusing very well. He said, Oh man, I'm just not on today. You never associate it was the sandwich that you ate yesterday. The bread that triggered this. You don't associate it. So those are the unlucky ones. The lucky ones or the ones that have gut problems when they eat a particular food.

Heather Paulson: [30:53](#) Not that great reframe because one of the jokes in our household is that the cleaner our diet gets a sicker we get when we eat normal food. Um, but that's a, that's a great encouragement that we're just getting clearer signals from what our diet.

Tom O'Bryan: [31:11](#) Yeah, yeah, yeah. We're, we're, we're getting pure. Let's listen. You take, you take a Lamborghini, a high end car, and you drive a Lamborghini. You put cheap gas in a Lamborghini. It's not going to run very well. You'll be able to tell right away. You P, you put cheap gas in an old Volkswagen, it runs the same no matter what. You can't tell the difference when your body's all beat up and toxic, know you can't tell that if you eat something that's not good for you, but you get your body performing better, I'll, you know, I feel better. My energy is, oh, I'm sleeping better. You know, I'd lost a little weight and all of a sudden you go back and eat a pizza or something and you just feel bad. It's not that you're more sensitive is that you're more acutely aware

of what's not good for you because your body is functioning at a higher level. So you're right, it is a reframe. So now you're getting more sensitive is getting your cleaner, you're preparing more as opposed to being an old jalopy going down the road, junk, junk, junk, junk, junk, you know, with our bodies that can't walk up a couple flights of stairs without huffing and puffing. You're not a jalopy anymore. Now you're taking those two flights of stairs, double step and you feel great. Then you go eat a sandwich and the next day your man that these shares are hard today. What's going on? Right? So you're right, it's a reframe.

Heather Paulson: [32:29](#)

And I love that you brought up air pollution cause we've been talking to a lot of doctors and experts on autoimmunity and cancer and you're really the person that I've interviewed to talk about air pollution. And I was trying really hard not to laugh out loud because I grew up in Los Angeles and uh, my friends from northern California used to make fun of southern California or La for the smog. And I was like, there's no, there's no smog in La. I don't see it. I thought growing up there that the gray color was the ocean haze, that's what we would call it, right, right. The, I thought it was like fog kind of, but it was not fog. And I didn't recognize that until I moved to Goshen, Indiana, which is amish country. So there's not a lot of um, pollution locally, although, you know, it's not too far from Chicago. But I, then I went home and I was like, oh my gosh, what is, what does that color in the sky? And I finally had this Aha moment that, that was not ocean hayes.

Tom O'Bryan: [33:37](#)

Yes, yes. We have a, uh, a epidemic today of being overweight. It's an epidemic and it's really a problem because it creates something called Metabolic Syndrome, a lot of inflammation. When we carry extra weight around our midsection, you know you carry a spare tire around your midsection, that particular type of fat there produces 17 hormones and 15 of them are inflammatory hormones, so you get more inflammation in your body, right? As a result, but after the age of two, maybe three, you don't get more fat cells or less fat cells. They just get bigger and smaller and what are they getting bigger and smaller width. It's the toxins that we can detox and break breakdown and get out of our body that the brain says, get this out of the bloodstream, your bloodstreams just a highway. It's just a trap. A lot of traffic, and there was no lanes of traffic, but the brain says, get this away from me, so these toxins get stored in your fat cells.

Tom O'Bryan: [34:40](#)

That's why in Norway there was a commission for three years and just recently they came to a conclusion for three years they

were looking at the science and seriously looking to say, should we recommend that women in a first pregnancy not breastfeed? It's like, why? Why? Why would you not breastfeed Norway? There's these fjords, uh, on, uh, one of the boundaries of the country, these long, deep water, lots of fish in there and Norwegians eat a lot of fish. There was just good for you, but be the 40 and 50 years of the farmers spraying their fields with all of the chemicals that they've used to, uh, insecticides and pesticides and growth enhancers, whatever they're using, that stuff runs down in the rain, runs down into the fjords. So the fish in those fjords have higher concentrations of pcb chemicals that are called endocrine disrupting chemicals.

Tom O'Bryan:

[35:53](#)

They disrupt your hormones. So you eat a fish from the fjord and there is a minor amount of pcb eggs in it and you know, and the sign said, oh, it's just some minor about nothing at all. I mean, it wouldn't harm a fly, let alone a human. And that may be true. However, if your detox pathways aren't working very well, those chemicals get stored in your endocrine loving cells. Those are the cells that are estrogen loving cells and testosterone loving cells. So they get stored in a, m and you eat a lot of fish. The fish has a little bit of toxic chemicals in it. The toxic chemicals get stored in your fat cells of the hormone loving cells, and that's your breasts and the reproductive system for men, the testicles and the result is 25 years. You have a young woman, you know, she's in her mid twenties.

Tom O'Bryan:

[36:48](#)

She gets married, you know, it's a really happy and looking forward to their lives together. She is pregnant, has a healthy pregnancy. Now she has a delivery, a healthy delivery. Now her body is saying, OK, let's start making milk care lactate, those lactation, so I'll just start, get going. And so where does the raw material to make milk come from? It comes from the fat cells of the breast. That's why a woman's breasts get a little bit larger during pregnancy. They're getting ready to make more milk, right? But the fat cells of the breast are stored with 25 years of PCB, minor amounts of PCB. So the breast milk that comes out in a first pregnancy, it has high concentrations of pcb going into this newborn baby who doesn't have a detoxification system set up to deal with all this stuff, and many of these chemicals are neuro toxins, brain toxins.

Tom O'Bryan:

[37:43](#)

This is one of the reasons why now the incidence of autism is so high. When I came into practice 35 years ago, it was one child out of every 4,800 and something. Now's Dr Stephanie Seneff and the end of my mit, a biostatistician. She runs the numbers. She says within the next 10 years it's going to be one child in to one child and two in the autism spectrum and it's not just

breastfeeding this doing that, but that's a major component. So this, this commission in Norway looked at this and they said, no. After three years they said it's more important to breastfeed that not breastfeed. And I think that's true, but I have a different take on it. My recommendation is every child or every woman of child-bearing age detoxes her breasts. She learns the protocols to spend six months to a year before she gets pregnant, flushing this toxic crud that's accumulated out of her body, and when you read the autoimmune fix, all this studies that identify the incredible increase in toxic crud that we all are exposed to every single day.

Tom O'Bryan: [38:54](#)

Are you kidding me? How many cases have you heard of people whose lives have been saved by sleeping under flame retardant bedding, right? But we use these comforters that have flame retardant chemicals on them and these sheets that have flame retardant chemicals that out gas and you keep smelling this stuff and it doesn't wash out. It keeps outgassing as long as you're using them and we take close to the cleaner cleaner is, unless they're agreeing cleaners and we're breathing this stuff. That's why you read. Sometimes people say, well, you bring it home to the cleaners. Take take them out of the plastic and hang them outside to air out a little bit. Well, that's what you're trying to get rid of. The toxic chemicals. We're exposed to so much of this stuff every single day. That's why autoimmunity has gone like this in the last 30 years.

Tom O'Bryan: [39:44](#)

That's why cancer is going like this in the last 30 years. Our bodies are so toxic and our immune systems are trying to protect us from all these toxins. And then there's collateral damage when you know, the immune system fires a bazooka to get rid of Pc b's or lead or whatever it should be. There's collateral damage around the tissue. Here comes the whole auto immune mechanism as a result. So that's a whole lot of, oh my God, that I just gave you. I understand. My goal is that, you know, that just kind makes sense. I wanted to learn a little more about that. And so one of the things I recommend, and this is, this is what I recommend to everyone, you know, when they say, what's the one or two things that you [inaudible] you told me beforehand that you were gonna ask me this.

Tom O'Bryan: [40:33](#)

So, um, what's the one or two things that you would recommend that everyone consider? What are the health tips? So this is the health tip that I think is the most potent of all. And that is you allocate one hour a week, one hour a week, you choose the time, Tuesday nights after dinner, Sunday morning after church or before church, whenever it is, but one hour a week, that's your health time. And every week at that time the

alarm goes off. You just sit down and you read another chapter or you go on and listen to another interview from this summit. Go back and listen to one of those interviews again, but every week, just one hour a week, one hour a week, because the concept is base hits win the ballgame. If you keep learning a little bit and applying a little bit of a principal just another little bit next week and you're gonna fall down sometimes on this stuff, you know you're going to try and do a gluten-free pizza. It's going to tank. Your kids are going to go, oh, that was just the most awful thing. Well, you know, have backup, have frozen pizzas in the freezer or something that you can thaw and give them something quick, you know, but so you'll fall down sometimes. So you just pick yourself up. All right. You know that one crash, let's try another one next time. If you have that attitude where you know that just a little bit, one hour a week, within six months you've got this down. I mean you've really got it down.

Heather Paulson: [42:11](#)

I don't know about you listening, but I have this craving to sit in a sauna. All of a sudden after listening to, um, to that for this interview,

Tom O'Bryan: [42:20](#)

very healthy, very healthy to do Saunas, lots of studies on that, lots of studies, but because what you're doing is you're flushing out some of the toxins. Just make sure when you do saunas that you're also, that you drink a lot of water and take extra minerals afterwards, but you also take something to go to an Indian gut and act as a sponge. Just soak up the toxins that are being flushed out of your tissue. That can be charcoal. That was one thing. My more like Bentonite. There's a number of products that can do that, but just to make sure you're taking a detox sponge to absorb the crud that's being released in Saunas.

Heather Paulson: [42:53](#)

Not that great tip for great information and you've been so generous to share this information with people all over the world with your autoimmune fix book, but you also did this docu series called betrayal and I know that one of our co-hosts, holly, she was so excited that you are going to be part of this summit because she texted me and said, make sure you tell Dr O'bryan that his docu-series betrayal literally changed my life. I'm getting chills just saying it right now. So can you share with our audience about this docu-series betrayal?

Tom O'Bryan: [43:35](#)

You Bet with pleasure. Thank you. My wife and I traveled the world and we, uh, sometimes we did it ourselves. Uh, uh, sometimes we hired a videographer to meet us in Leipzig, Germany or Lisbon, Portugal. And sometimes my wife operated the cameras herself. And I interviewed. I'm 80th five of the

world leaders in auto immunity. 80 five, a professor Yehuda Shoenfeld is Tel Aviv University in Israel, the godfather of autoimmunity. To give you a sense of this guy, 29 of the Phd students who earn their PHD studying under him. There are many more than that, but 29 of them now chair departments of immunology in Med schools and hospitals around the world. They're his students. This is the godfather and when you listen to him, because I him about vaccines and autoimmunity, and his response was Dr O'bryan, we very much support the use of vaccines that have saved millions and millions of lives.

Tom O'Bryan: [44:43](#)

However, if a person care, this is adults also not just children. If a person carries the gene [inaudible], La, D, R, b, one and 30 percent of the population does. Caution is advised because these people are more sensitive to the Edw bunked in the vaccine. Edu bunks are aluminum and mercury. Something that really irritates and wakes up your immune system. These are the people who, uh, are more sensitive to having a reaction. And it usually is a brain or neurological reaction and you listen to that. And so caution is advised means if a parent chooses to get vaccines for their children, then you don't give them six vaccines at once. If they're an HR lady, r [inaudible] or anyone in general, my recommendation, but certainly if they're an [inaudible], you prepare them for a week or two ahead of time, give him a little extra vitamin C, some immune enhancing herbs maybe and nutrients and then you give them one vaccine, you wait a couple of weeks and then you give them another one and you just be careful with this.

Tom O'Bryan: [45:54](#)

I just spoke to my wife this morning. She's in Switzerland right now and when I called, she had tears in her eyes. Honey, what's wrong? That's fine. And um, she had just talked to a woman who's 16 year old daughter was given the Jarvis Hill vaccine for hpv and the girl was given the vaccine and they went home and uh, uh, the next morning she didn't come downstairs. So mom went upstairs and found her daughter dead. And the autopsy said there was no reason for her death. It was natural causes. That was the autopsy report. There is no such thing as natural causes for a 16 year old. There is no such thing and that's not an isolated case, but that just happened this morning, you know, so it's a little fresh and sensitive in my mind right now. Uh, uh, so cautionary advice. Anyway, I interviewed all these experts.

Tom O'Bryan: [46:51](#)

Then I interviewed the clinicians, the doctors who were using the information from these world experts. They had read some of the research papers that they heard about certain things. So I interviewed them and then I interviewed the patients of the doctors who were complying with the doctor's



recommendations and they reversed their Ms. they reversed their rheumatoid, they reversed their psoriasis, they reversed their autism and you see this again and again and again. You know, this one, I'll never forget her. This was in London, 44, 46 year old woman and she came and said, you know, I took the tube to come here. That's the underground train. I took the tube and it's a seven block walk from the Tube station to here. She said it's not a big deal, but then she got really teary eyed and she said, but it is OK two years ago.

Tom O'Bryan: [47:50](#)

And then you see the picture on the screen, she was in a wheelchair and she couldn't walk. She had eight lesions on her brain today, she has two lesions on her brain and she has no symptoms. And so you see that again and again and again, and you go, oh my God, wow. And uh, because it's all about going back upstream and figure out what the heck happened. There's no magical pill to reverse them. You have to figure out what the heck happened to this person and dial it down. And so that's betrayal. Um, the autoimmune disease solution. They're not telling you

Heather Paulson: [48:28](#)

fantastic and you're being very generous with our audience that's listening today and I'm giving them some access to betrayal and we are going to put the link so that you can access this life changing documentary at any time. You can just click on this link and were just so full of gratitude for you sharing this wealth of knowledge with us, Dr O'bryan. Yeah, I mean that is just mind blowing and so transformative for so many people. So thank you. So we're gonna we're gonna wrap things up here. You already, uh, talked about your number one health tip or two health tips. What is your personal favorite thing that you do for your own health?

Tom O'Bryan: [49:20](#)

Make myself of how I feel I make myself when I wake up in the morning. Everyone wants to go to the bathroom when they first wake up, right? So you go to the bathroom. The very next thing is I walk out into the kitchen and I drink two big glasses of water and one I put 4,000 units of vitamin C in it. And so magnesium and the other ones just to wash it all down right where you drink two big glasses of water right away. Now I'm really going to date myself here, but it used to be in cars. You would check the gas, check the oil before driving on a trip. And you also had checked the water in the radiator. Uh, and the water in the battery used to be able to pull the caps off and you check the water. But it's not good.

Tom O'Bryan: [50:08](#)

You put water in the battery. Why? Because water is the medium within which the electricity occurs in a battery, right?

So water is the medium in which the electricity occurs in your body that's called your nervous system, and when you force to drink two glasses of water, just force yourself to do that. Then you go take a shower, do whatever you're gonna do you just realize, wow, he just kind of woke up, you know, it's like your, your day has started, the light lights are on bright, you know the dimmer switches all the way up and you're ready to go. So every day people need to do that. We, we are a dehydrated society while they drink a little orange shoes. Really? Where, where do you see coming out of the mountains of stream of orange juice, right? Yeah. It's not what we're designed. We're designed to drink water, just water, so half pounds per pound body weight is the goal daily, but certainly start the day with two big glasses and you'll notice within three, four days you're looking forward to it. You know, it may be a little groggy from not enough sleep or whatever, but as soon as you get that down every day, no matter what, every day you do that and you'll find it is, um, a beneficial habit to do.

Heather Paulson: [51:27](#)

Found this whole interview, very encouraging and talking about the root causes of illness and comorbidities and how to go upstream, but if you were to offer some last words of encouragement to somebody who is currently walking upstream or maybe they're not even upstream yet, they're still on the pond and trying to find their way to the edge of the pond with cancer, autoimmunity or some other type of illness, or maybe they're watching their loved one or family member struggle in the pond. What words of encouragement would you give that person?

Tom O'Bryan: [52:06](#)

There's a word in the Tibetan language, and I'm not sure I'll say it properly. I don't know if I'm pronouncing it correctly, but my tree m, a I T R I my. It means loving kindness and an unconditional friendship with one's self. That means be kind to yourself and know that you're doing your best and you're going to fall down. You're going to make mistakes, you know, but if you allocate one hour a week and you do it from a loving kind place, knowing that you're learning a little bit more, you just got a base hit. You just learned a little bit more. Wow. That really makes sense. To take my shoes off when I come in the house and it's not a zen Buddhist thing. It's that when you walked home, you walked past your neighbor's place. He sprayed the sidewalk yesterday with roundup to kill the dandelions. Now there's roundup on your shoes. You walk through the House with roundup. Now there's roundup on the carpet. Your infant child or your toddler or your teenage girl is on the carpet doing her homework on her computer. Now there's round roundup on her arms and her hands and it gets into her body. You know, so

the little base hits at one hour a week while you're being kind to yourself and keep a big picture overview. You're gonna win the ballgame.

Tom O'Bryan: [53:25](#)

That's

Heather Paulson: [53:26](#)

the best odds to win the ballgame irrespective of what the current diagnosis is you currently have hits me right in the heart. That is a great message because it's so easy to get down on ourselves when, when we're still trying to fight the good fight or get it to the next level of health or even when you see those improvements, you can say, oh, but I'm still not here.

Tom O'Bryan: [53:58](#)

I'm supposed to be. Unfortunately, that's the training that most of us got growing up and we all think we're supposed to be a [inaudible]. You know, we're all supposed to be perfect. Anything less than that, it's unacceptable and too many of us beat ourselves up. That's where my tree comes in. Loving kindness in an unconditional friendship with oneself.

Heather Paulson: [54:22](#)

Yeah. Beautiful. Beautifully said. Well, thank you so much Dr. O'bryan for joining us today and we will have in this speaker page all of the links to continue to connect with Dr O'bryan to watch betrayal and use that as your hour of learning if you choose, and also how to connect with the autoimmune fix his book and how so much more conversation with him. And, um, really we are so grateful for your wealth of information. Thanks for joining us and we look forward to continuing connecting with you. As you're watching this, we want to hear your Aha moments. We want to hear your questions and so you can chat right under this video and we'll be happy to answer any questions that pop up or, um, get them to the speakers so that we can really get you the information that you're looking for. Um, your road to health. Thanks for joining us. OK, yeah.