Dietrich K.: What we're doing right now is of course a mix of things. One of the things that we're focusing more on, it's not so important anymore to do systemic detox. That means I don't need to necessarily detox my brain, my thyroid. Those are two target places of the glycoside. I need to detox at first the microbes in my gut. They need to be unburdened. You do that with a peat extract, peat moss where the [inaudible 00:00:30] that's fermented plant material for couple of million years and that contains [fumic 00:00:36] acid [folbic 00:00:38] acid.

Dietrich K.: There's published ... there's only animal studies on that, but there are good studies that shows when you consume this stuff, it extracts out of the microbes in the gut, the glycoside, and liberates them so they can function again. That's a huge tool. Then in terms of detoxing glycoside that has reached the [pioneer 00:01:01] gland, that's one of the target places, it combines with aluminum and fluoride to reach the pioneer glad that's [inaudible 00:01:02].

Dietrich K.: One of the most vulnerable places also is the thyroid. A big epidemic of thyroid disorders seems to be clearly linked to that. So to get that out, we use hypothermia. So we use sauna therapy as one of the tools, and the important thing with sauna therapy is that we load people with Chlorella before, with an algae that binds mobilized toxins, and then stick people in the sauna. Good news with that is that the first five minutes where you actually break out in a sweat, that's where over 90% of the fat soluble toxins are mobilized and come out. So the sauna therapy doesn't have to be hours every day like it used to be.

Dietrich K.: People are encouraged to have their own sauna, go in there after work in the evening and do some exercise before so they're already warm, go in there, sweat and after five, 10 minutes, they can go out. Then the important thing is to have a cold shower afterwards so that the pores in the skin close immediately because the stuff is highly [lipothellic 00:02:23]. That means it wants to back in. So it ... glycoside is water soluble, but it travels with a lot of fat soluble things that come out of those. So when you do a warm shower after sauna, the pores open up and you're reabsorbing a lot of the stuff. So important sauna, keeping it fairly short and then doing the cold shower afterwards.

Jeffrey Smith: When you do the cold shower, two questions. Does it have to be complete cold so that you're really freezing? Second, can you switch to hot after you've washed the [crosstalk 00:03:00] off the skin?

Dietrich K.: Yeah. 60 degrees is the word that's out. So it's still pretty warm, almost lukewarm, 60 degrees. So that's enough to do the thing. Yes, you can have a warm shower afterwards, but when you have the colder shower, you should lather yourself down with a good bar of soap because it binds a lot of toxic stuff and get it into the ...

Dietrich K.: That's one part. The other part is oil pulling. That's the old version treatment from Dr. [Korag 00:03:33] where you take a tablespoon of olive oil or sunflower

oil, and you chew on it. You munch on it for 15 minutes and then spit it out and clean your teeth. This [crosstalk 00:03:50]-

Jeffrey Smith: For the oil pulling ... let's stay there for a minute. I heard different descriptions, like rushing it between the teeth back and forth, or you talking about chewing. How much action does it have to ... happen? It's also part of [inaudible 00:04:04] medicine, but what's the exact instructions of how much movement has to happen for it to do its effect, and what is the effect?

Dietrich K.: First of all, this is really not direct relevant to glycoside, because glycoside is a water-soluble molecule. This is when you mobilize toxins in any form or shape, for example, with sauna therapy, you mobilize both water and fat soluble things. The fat soluble ones are the ones difficult to get out. That's achieved by the oil pulling. You have in 15 minutes the whole blood volume circulates through the oil mucosis several times, and exchanges ... the fat soluble stuff in the blood exchanges into the oil that's in your mouth.

Dietrich K.: We always say it should be chewing movements, chewing and swishing, and it should be pretty active because you want to circulate the oil that touches the membranes. The same oil gets very quickly saturated if you just hold it still, so you want to move the oil around so new oil that's not loaded with pesticides yet can get in contact with the mucus membrane.

Jeffrey Smith: So what happens is there's the oil actually absorbs the toxins from the tissues as the blood passes by, and it acts as a sponge? Then you spit it out and you just done a detox?

Dietrich K.: Exactly, yeah. Exactly. It's simple. You use the mucus membranes as an ion exchange membrane where you have a high load in the blood. Especially when you do it ... oil pulling should be done after exercise or during exercise, after you've mobilized it, or after sauna. So my instructions is you go interesting he sauna with the thing in your mouth. You do some exercise before so it doesn't take half an hour before you start sweating. You do some exercise so your body's already warm. You go in with the oil, and you do combined ... I'm like you. Life is short, and to take care of your health, there's a limited amount of time. So you want to always double up that ...

Dietrich K.: In the sauna, there is no need to talk so it's the ideal time to do the oil swishing. 15 minutes it usually what people do in the sauna, the first round, so we combine that. So go in the sauna, you take Chlorella nearly four hours before because it takes you an hour and a half to pass into the small intensive. You load the gut with Chlorella and then you go in the sauna. Then you do the oil swishing while you're sitting in there instead of being bored. You're busy doing oil thing. Then yes, you spit it out afterwards and then you can do another round in the sauna if you want to.

Dietrich K.: But usually on the first round, most people get their five minutes of sweating in already, and you're done. You can get on with your ... usually people do that after work in the evening, and that's good, but ...