Lee Cowden: Yeah well, I'm a big believer in detoxification. If you got a body full of toxins and you just add some more nutrients, it's probably not gonna fix it. You probably need to do a more aggressive detoxification. So I am a believer in infrared therapies for heat deprivation to release toxins from the body. Some skeptics say, “Oh, it doesn't work at all because you can't find that many toxins in the sweat.” But they haven't analyzed also at the same time the toxins that come out of the urine, the toxins that come out in the liver, and the gallbladder, and the bowel, and by other routes. The toxins that you even breathe out of your lungs, the fat-soluble toxins and the low electrolyte toxins that you breathe out of your lungs when you do infrared therapy. So heat deprivation is a very valuable tool to get some of the toxins out.

Jeffrey Smith: So when you say infrared therapy, I'm aware of infrared saunas. Is that typically what you are talking about?

Lee Cowden: Yeah, yeah. There's a variety of things. If you go and lay out on the beach with very little clothing on, you're getting infrared therapy that way.

Jeffrey Smith: That's from the sunlight coming in?

Lee Cowden: Right.

Jeffrey Smith: From above, not necessarily from lying on the sand.

Lee Cowden: No, no. It's just that you're getting infrared light from the sun, that penetrates several inches into the body and shakes loose from your cells the toxins that are there. We know that infrared therapy stimulates the production of nitric oxide. Nitric oxide is a blood vessel dilator, so if you dilate the blood vessels right next to a tissue that's really toxic, then you're bringing fresh oxygenated blood in, fresh nutrients in, fresh fluid in to neutralize the toxins. And you're dilating the veins that carry the toxins away, all at the same time, so that's just one mechanism that infrared helps improve the detoxification pathways.

Jeffrey Smith: I mentioned the thing about the beach sand because I've been to these Korean saunas, Korean spas, where they have you lie on certain rocks that are heated up, and the rocks actually create infrared influence. So, there's far infrared saunas and there's full spectrum infrared saunas. I heard, I was talking to Dr. Mercola at a conference, who was all excited about the full spectrum because it can help the mitochondria as well the normal [inaudible 00:02:22]. What is your flavor of infrared?

Lee Cowden: Well yeah. I like the full spectrum infrared as well, and, you know, any infrared's going to help, but if you get full spectrum, you're going to get more benefit than if you do just near infrared only or far infrared only.

Jeffrey Smith: Alright, so my homework again for this list, I will find the good full spectrum infrared sauna, and let you know while I clean up your water and give you an

opportunity to shower for a longer time without feeling like you're going to be bathing in dirty water.

Lee Cowden: Yeah, yeah.

Jeffrey Smith: When you're doing the sauna, is there a protocol for taking the sauna? I mean because you say that it opens up the blood vessels so that the toxins can go out. Are metabolic pathways sufficient enough to do the detoxing, or do you want to drink something before or take something after? Is there any way to enhance the sauna's effectiveness so that you're really using it to it's max?

Lee Cowden: Yeah, I know, I think that you do have to take the supplemental nutrients prior to going into the sauna because you are going to release a bunch of stuff, and you'll wanna be able to have some nutrients that will quench the free radicals and will provide the mineral co-factors for your own androgynous antitoxin pathways. And then I think that, at the same time, that you need to do something after you take the sauna to flush toxins out. For example, about maybe 15, 20 years ago they dug up a man in the glacier in the Alps that was presumably about 5,000 years old. And they analyzed the bacteria in his gut, and he had over 20,000 species of friendly bacteria in his gut. The average American now has less than 500 species, according to research by The Mayo Clinic.

Lee Cowden: And so, that means that we're hugely deficient in the friendly bacteria that can chew up the toxins that are in our gut, and escort them into the toilet. So if we don't have those friendly bacteria in the gut, what happens? Those toxins that get cleared through the liver and the gallbladder and dumped into the bowel, get reabsorbed and that poisons our system again, and again, and again. So we need to be putting friendly bacteria in the gut, and so that means eating fermented foods. You know if you take a probiotic from the health food store, you're going to get maybe anywhere from 1 to 25 species of friendly bacteria. But if you need 20,000 species, how much difference does that make, right? So the fermented foods like kimchi and sauerkraut and those kinds of things have anywhere from 400 to 500 species of friendly bacteria per serving. Kimchi, for example, has 10 trillion microbes per serving and close to 500 species. That can make a difference if you do enough of that.

Jeffrey Smith: One of our speakers in this series is a chef who's developed a very easy way to create your own fermented vegetables. So it's exciting to be able to eat healthy, delicious food and become more like the 5,000 year old man.

Lee Cowden: Exactly. But one of the things we're missing, because of lack of those friendly bacteria, is the production of molecular hydrogen in our guts. Presumably the caveman, 5,000 years ago, was making plenty of molecular hydrogen in his gut to quench the hydroxyl radicals that are in his body, but now we don't have those same friendly bacteria to produce the molecular hydrogen. So now we're molecular hydrogen deficient, and can't quench the hydroxyl radicals. The

hydroxyl radicals are pretty long lasting radicals that do a lot of damage. So, I usually have patients take the molecular hydrogen after they come out of the sauna. They take lymph-drainage substances before they go into the sauna. They do some lymphatic work after they take their shower and they do some lymphatic work again after the shower, so that they can get some of those toxins to move around and clear the body.

Lee Cowden: So many people that take a sauna, don't take a shower afterward, or they go out on the beach, they lay there, and they don't take a shower after. And so they're re-absorbing those toxins that did come out through the skin on the surface, and they're not getting ahead very much.

Jeffrey Smith: So let me see if I got this right. Before the sauna, you want lymph-drainage supplements. You want minerals so that the detoxification pathways can [inaudible 00:06:50]. You want a regular influx of probiotics so that the diversity can escort the toxins out of the body. And then afterwards, you want to take lymphatic- What was the thing you wanted to take afterwards?

Lee Cowden: After you do your shower, you would do more lymphatic works. So you lay on the Chi Machine. I love the less expensive, variable speed Chi machines that you can buy online because you buy those for about $100.00. But basically, it's a box about the size of a large toaster oven, and you put it on the floor. You lay down on the floor, you put your ankles up on the plastic cradles that are there on top of this thing, and turn the thing on and it moves you ankles side to side, and it moves your body like a fish on the floor. So you get rhythmic contractual relaxation of the skeletal muscles around the lymphatic vessels, and it literally milks the toxic lymph fluid out of the lymph vessels and moves those back toward the central circulation. So the toxins that were moved along are no longer backing up into the cells, so now the cells can dump their toxins into the space around the cells, and into the lymph vessels, to be carried away next cycle. So the lymphatic work for the body, I use the Chi Machine, or a cheaper variant of that.

Jeffrey Smith: So supplementation, sauna, shower, Chi Machine.

Lee Cowden: Yeah. One of those group of supplements that you didn't mention a moment ago, was the antioxidants like-

Jeffrey Smith: Right, afterwards. That was a [inaudible 00:08:25].

Lee Cowden: Well, yeah, yeah. So, you know, I like to do some antioxidants before and some antioxidants after, really quench the free radicals for going to be mobilized. So you want to quench those as they're happening, not after the fact.

Jeffrey Smith: And before we go, remind me, I want to get some details on what those are. What the lymph drainage is, what the antioxidants are, and so we'll do it at the end, so if people have their pens, they can get it all together.

Lee Cowden: Yeah.

Jeffrey Smith: So I heard that jumping on trampolines is good for the lymph as well. And is that going to be something that you do, in some cases, instead of or in addition to the Chi Machine? And is it also after the shower and the morning after the [crosstalk 00:09:04]

Lee Cowden: Yeah, yeah. Yeah. Yeah, typically you do the sauna, you do the shower, bath, get the toxins off the skin. You do the Chi Machine next, and then you do the bouncing on the Rebounder last. The Rebounder, or if you don't have a Rebounder, pretend that you're jumping a rope, so you're bouncing up and down on the soles of your feet, the balls of your feet. And the Rebounder will help to mobilize the toxins out of the brain, and head and neck, much better than the Chi Machine. But the Chi Machine is much better at getting it out of the rest of the body. So you do both. Okay? [crosstalk 00:09:42]

Lee Cowden: If some people listening have zero income, zero money to buy things with, instead of a Chi Machine, they can do what I call a poor man's Chi Machine effect. So lay on the back, on the bed, they put one leg up in the air, and they pretend that they're pedaling that leg. They're pretending they're pedaling a one-legged, or a one-wheeled, one-pedal bicycle. And every time their knee extends, their ankles extends. Every time their knee comes back, their ankle goes back. And when that leg gets tired, they put it down and then they put the other leg up and do the same thing. And they go back and forth between legs.

Jeffrey Smith: So pointed, back. Pointed, back. Pointed back.

Lee Cowden: Yeah exactly. And so they keep doing that until they have enough of the toxins removed from their lower extremities. The contraction of the muscles in the lower extremities is gonna put pressure on the contents of the lymphatic vessels, and the pelvis, and the abdomen, and the chest, and push that back into the central circulation. The lymphatics of the entire body enter the venous system again, up your right and left collar bones, deep in the chest. And so you want to keep moving that lymphatic along.

Lee Cowden: Now the other thing that screws up the lymphatics is the food choices that we make. The most lymph congesting of all foods is dairy products, and we have a love affair with dairy products in the United States because most dairy products have a natural substance in it called k-fuel morphone, so you can tell from the name that says some morphine-like substance, a heroin-like substance that creates the addiction of the dairy products. And those dairy products make, like a thick, sticky, mucoid material, kind of like the snot in somebody's nose that clogs up the lymphatic system, clogs up the gut, and so then, that's a huge problem.

Lee Cowden: The next most lymph-congesting of all foods is wheat and some of the other gluten grains. Wheat has in it a substance called gluteomorphone, so you can

tell what that does, as far as the chemistry of the body. So if we can just get rid of dairy and wheat, we have a huge improvement in our lymphatic function and in our ability to detoxify.

Jeffrey Smith: Alright, so now you said to do that pedaling motion until your body has enough time to get rid of it. So, I don't know how the body's going to communicate that. Let's talk about times here. So the amount of time in the sauna. If you have a Chi Machine, the amount of time the Chi Machine. If you have a trampoline, or you're going to go out and jump rope, amount of time there. And if you don't have a Chi Machine, the pedaling. Give us a little, a routine, and how often do you do the routine.

Jeffrey Smith: Go ahead.

Lee Cowden: So the sauna, depends on the type of sauna you have, but typically, if somebody's never been in the sauna before, they start with a low number of minutes. Maybe even ten minutes to start with, but they're eventually going to build up to maybe 30 or 40 minutes of time in the sauna. And they're going to start with a low temperature and build up, over time, to a higher and higher temperature. And some people that have a walk-in sauna say, "Oh I can't stand it. It feels like I'm being smothered in there." So they may need to switch to either a sit-down sauna, where the head sticks out, or a lie-down sauna where their head sticks out.

Jeffrey Smith: Mm-hmm (affirmative).

Lee Cowden: But, you know, there's a variety of different saunas on the market for people to use.

Lee Cowden: The shower doesn't have to be long, as I said, probably that needs to be 30 to 60 seconds long to get the toxins off. But make sure you lather up the body with soap because some of the toxins that come out through the skin are fat-soluble. You don't want to wash those down the drain.

Jeffrey Smith: If you don't use soap- You want to use soap over the whole body.

Lee Cowden: Yes, soap over the whole body.

Jeffrey Smith: Now the thing is, we've also heard that the microbiome on the skin is important to maintain, but if we [inaudible 00:13:24], we might also be stripping the microbiome. Is there a certain type of soap, or we don't have to worry about that?

Lee Cowden: Well no, I use a glycerin soap. Some of the other soaps are not the right pH for the skin, you know, some of the alkali soaps, I call them the white bars.

Jeffrey Smith: Mm-hmm (affirmative).

Lee Cowden: Those are alkaline soaps and they're not the right pH for the skin, the pH should be slightly acidic. But you're not going to kill the friendly bacteria that are down in the sweat glands, or in the sebaceous glands, they can't be reached in significant amount by the soap, so you're not going to kill them there. I'm vehemently opposed to using what they call the bactericidal solutions on the skin, like that are commonly used in hospitals and stuff, because that does typically select out the good bugs and kills them off, but then select out the bad bugs and leaves them on the skin.

Jeffrey Smith: Really? I don't know anyone in the medical community that is in favor of those antibacterial soaps, but I had no idea that they're selective. And it's interesting that glyphosate is also selective in its bacterial massacre, it kills the beneficials and not the nasty stuff.