

Wendy Myers:

Hello, everyone. Welcome to the podcast. My name is Wendy Myers of MyersDetox.com. I love doing this podcast because I want to teach you everything about detoxification, the dangers of metals and chemicals in our environment, and what you can do about it to take control of your health and take your life and your health back through the power of detox. I love doing these podcasts every week.

This week, I have my friend Ronnie Landis on the show. He's such a great guy. He's so educated. He's so well spoken. He's going to be talking to us today about how mental clarity, neurotransmitters and hormones are affected by gut health, by the gut microbiome, how to detox glyphosate. There's not a lot of information on the internet about how to detox glyphosate. I did a podcast with Dr. Stephanie Seneff about this, one of the top researchers on glyphosate.

Glyphosate pervades our existence and our environment. Our neighbors are spraying it on their weeds. It's called Roundup Ready Weed Killer. It's sprayed on all the non-organic vegetables. It's still sprayed on some organic vegetables, if they just happen to be in the pathway next to a farm that's spraying glyphosate. It's sprayed in all our city parks, and so it's just pervasive in our environment and in our body's tissues. We need to be aware of it and how to detox it from our body. Ronnie provides a great explanation of what to do in today's podcast. He also talks about a revolutionary product shown to reduce glyphosate levels in your gut by over 70%, so a really, really interesting show today.

I'm so excited to bring you my supplement line, the Myers Detox Supplement line, most notably the Mitochondria Detox. This is something I've been talking about for years that I have done research in conjunction with Dr. Bruce Jones about specific metals that affect our energy levels, that affect our mitochondria's ability to produce energy. Our mitochondria, those little powerhouses in our cells that make our ATP, or our energy.

There are certain metals like arsenic, aluminum, tin, thallium and cesium that interfere in various ways, and the enzymes that bring nutrients into our mitochondria so that they can then produce ATP. A lot of these metals are pervasive in our environment and our food, our air, food and water. They get into our tissues and they build up slowly over time. People might not be acutely toxic in them, but they have these chronic levels, these low levels in our body, that are interfering in their body's energy production.

It's one of the reasons everyone's addicted to coffee and so many people are tired, so many people are depressed, they can't heal their body, they become more susceptible to illness, they don't have the energy to sleep, the energy to heal their body. It's this huge, huge problem, and it's something that after working with thousands of people, I realize the number one complaint is fatigue. It was my number one complaint. I want to really focus in on what is causing that for people, and that's why I developed the mitochondria detox

three-step simple system, to help to address fatigue and remove these toxins that are contributing to fatigue and, for sure, chronic fatigue syndrome. Check that out at [MitochondriaDetox.com](http://MitochondriaDetox.com) for more information.

My guest today, Ronnie Landis, he is a leading expert in holistic health, natural nutrition and human potential. He helps people all the way from driven entrepreneurs, athletes, visionary artists, actors and actresses, intuitive healers, all the way to stay-at-home moms and dads to perform their best mentally, emotionally, and physically.

Ronnie's work ranges from exploring the fringes of cutting edge health sciences, food-based nutrition, innovative supplementation strategies, and a deep passion for helping people overcome long-held mental and emotional roadblocks so they can experience every area of their life at their full potential. Ronnie is a public speaker and teacher, a published author of multiple books, host of two popular podcasts, a transformation and peak performance coach, and above all else, a man who deeply values life and has devoted his life to uplifting and inspiring the lives of as many people as he can reach through his mission, his work and his passion. I can attest to that. He's a fantastic guy.

Ronnie, thanks so much for coming on the show. Ronnie, thank you so much for joining us on the podcast.

Ronnie Landis: My pleasure. Thanks for having me back.

Wendy Myers: Yeah. I hung out with you at the Bulletproof Conference last year and I've been on your podcast. I consider you a really good friend. We had a lot of fun at the Bulletproof Conference. We were hanging out with Robert Marking that makes the Pure Harmony Pendants. Tell us your story. You're in the health world. You're an amazing speaker, an amazing writer about health. Tell us your story and how you got into health.

Ronnie Landis: Okay, awesome. Basically, I know we did an interview a while back. I talked definitely a little bit about my story, so I'll keep it short. I basically was a longtime athlete, elite athlete, martial artist, basketball player. I had paralleling potential careers in both of those sports. I basically had a knee injury when I was 18 years old, which was my first introduction into this idea that my body wasn't going to last forever.

In terms of the performance and how I had accustomed myself to my concept of health, I didn't really know the difference between health and fitness and performance. I realized there's a fundamental difference. Just because you're really fit and you can perform at a high level physically, it doesn't actually mean you're healthy, and at some point the straw will break, the final straw that breaks the camel's back. That's kind of what started to happen to me. I had a lot of wear and tear and scar tissue and inflammation, and through getting my knee operated on, I had to go into rehabilitation and corrective rehab.

That really is what introduced me into a more holistic health model. Then eventually I got into natural food and natural nutrition because I realized that what I put in my mouth probably is effecting my body in some way. That makes some kind of sense. I just started getting deeper into it, and one thing led to another over the course of a couple of years. I started to heal my knees. I started to feel like this chronic nagging, inflammation and joint issues and muscular discomfort from all the over training, the lack of recovery. It just kind of took a life of its own.

Then at some point, I really realized that this was going to become something really, really important in my life, not just for my own benefit, but there was some kind of inspiration coming through me that because I had my own breakthrough, my own awareness around it, I started to realize that most people are walking around with some kind of discomfort, some kind of physical immobility, some kind of digestive issue, some kind of hormone imbalance, some kind of potentially degenerative neurological condition that's like a time bomb just waiting to strike. I just got sobered up about the reality of the world we live in and our agricultural system, the contamination of our food supply, factory farming, GMOs, et cetera, et cetera.

That just led me down a never-ending corridor of possibilities in terms of what are the possibilities for me if I start to actually treat myself like I love myself. Meaning that if I had a child and I loved my child and I want to be a true paternal figure, then I'm probably going to do everything I can to ensure that the development of my child is intact, that they have the best opportunity possible, that they are putting the right things, or I'm putting the right things, into their body.

I started to realize, I probably need to do the same thing with myself. I probably need to have a paternal aspect of my own being because I can't rely on my parents or my grandparents or the authorities around me to take care of it for me. Obviously, that's not happening anyway, so I really realized it's up to me to take care of myself and actually organize a lifestyle that reflects that I actually love myself, that I respect myself, that I have enough self esteem to invest in organic food, to actually take my health seriously, because I realize that if I break down and if my health breaks down, then I'm really of no earthly good to anybody really.

That's when I started to notice in the spiritual community, because I had been in the personal development field for many, many years, I feel like I was almost raised in that industry kind of indirectly. As I started to wake up and start to look at health as a focus, then I realized, wow, there's a lot of inspiring people out there, but a lot of them are really unhealthy. They're kind of masking this personal development thing and this transformation thing. They're using it as a masker or a bypass to bypass their own body and to continue doing things and creating little habits and cravings and patterns that aren't necessarily in alignment with what they're teaching. However, the transformational talk, as

amazing as it is, it was like I just realized that, whoa, we have some serious misalignments here. I wanted to lend myself to that industry.

In the beginning, it was actually about creating more of a holistic and real transformation through integrating nutrition and lifestyle into the personal development industry. Then after that, I just realized, wow, this is for everybody. I want to reach everybody I can with this message. That was about maybe ten years ago that I started out on this path as a professional nutritionist and an educator. It's definitely taken a life of its own. It's taken me in places I did not ever expect, and collaborating with amazing people like yourself.

It's literally taken me all over the world. I would not have gone to the places I've gone to. I wouldn't know the people that are some of the closest people in my life if I didn't drink that first green juice, because that's what did it for me. It was the first green juice was the thing, and then everything followed from there.

Wendy Myers:

Exactly. For me, it was really starting about detoxification and doing hair mineral analysis and something just clicked in my brain and I wanted to start a website about health. There's a lot of talk these days about the microbiome. That's what we're going to be talking about today on the show and how important the microbiome is for our overall health.

Most people, they only think of it as a balance of beneficial bacteria in their gut and that it may aid digestion, but you speak of it as encompassing the entire human body and affecting all functions of health. Can you explain in detail what exactly the microbiome is and what do people need to know to ensure that they maintain a health biome or healthy gut bacteria?

Ronnie Landis:

Yeah, absolutely. That's a great opening question. A lot of my work has definitely led into this place where I think a lot of us are, is looking at this idea of the microbiome as a symbiotic kind of function of the body's holistic system. What does that mean? Basically, in microbiome research, most people that are aware of the microbiome are aware of digestion, so they know that, I need probiotics and I need fermented foods, and I need to have a healthy microbiome, because it aids in digestion.

Obviously, that's a huge part of it, but the microbiome, I want people to think about the microbiome as, is something that encompasses the whole system of the body. Basically, what that means is every single function of your body, whether it's your endocrine system, it's your cardiovascular system, it's your detoxification pathways, it's your nervous system and your immune system, and it's your joints and your ligaments and all that kind of stuff. All of that is largely, what we're finding is, it's largely affected and influenced by what we call the microbiome.

The easiest way to explain that is the, what's called a biosis or dysbiosis, which a dysbiosis is the imbalance of beneficial to not beneficial bacteria. That's why we have this whole idea of antibiotics, which is a relatively new concept, by the way, in our Western civilization, pharmaceutical antibiotics. It hasn't been

around that long. After World War I, I believe, they started implementing pharmaceutical antibiotics, because they found that colloidal silver, which was the original antibiotic, was so effective as an anti-pathogen and reducing infectious, from wounds and stuff, infections from wounds.

They couldn't patent it, so they basically came in and hijacked that and then told the colloidal silver people that, "Hey, look, we're going to take over now. You are no longer allowed to prescribe this or market it as an antibiotic. It's just a mineral supplement. That's all it is." Then that's how the antibiotic whole thing came in.

This is such an important kind of sobriety, I think, that we all need to come to in our civilization, is that what that has created, and also from the pasteurization. I'm going to go back and bring it up to date. The pasteurization concept from the scientist Louis Pasteur, that's where we get this idea of pasteurization, like pasteurized milk, pasteurized coconut water, pasteurized water really, now with all the different treatment methods and sterilization methods.

All these theories have all come about because of this neurosis and this phobia of microbes. The whole pasteurization concept came because Louis Pasteur was convinced that disease was because of infectious organisms. It was all based in infection. You had to sterilize everything, like, your environment is basically out to get you.

It's interesting. How do I say it? It's like your environment is not symbiotic with your inner environment. Therefore, you need to protect yourself from nature. You need to protect yourself from the environment. What do we do? We box our self in in these boxes called homes, which somehow mimic the natural environment. We have artificial light, which mimics sunlight. We have air conditioning, which is supposed to mimic the atmosphere and actual air. We have a carpet floor, which keeps us ungrounded, right? Then we have artificial heating, which is ... You get where I'm going.

The elements of nature have been replaced by artificial surroundings, and so the human being in modern time is so dislocated from the natural environment, it's actually created a dislocation in their inner ecosystem. That's how I like people to think about this, is that the microbiome is actually, it's your inner ecosystem. It's your biological garden.

When you think about that, it starts to change from just this superficial idea of, "I'm just going to take a probiotic, and then that will solve it." This can be a long drawn-out kind of explanation, but that's not, it's not that simple, because basically we have compromised, through the generations, through generational epigenetic programming, if you will, we've actually in C-sections and antibiotics and the lack of breast feeding and all this stuff that goes on, vaccines, we basically created a compromised microbiome that needs to be re-fertilized. The garden has been damaged.

The good news is that we can repopulate our biological garden with the right nutrients, the right substances, like the fulvic acids and the humic acids and the right strains of probiotics and testicular probiotics stores, that can start to recultivate that garden, and we can water the garden, et cetera, et cetera. I like people to think of it like an inner ecosystem, because as we connect to the outer ecosystem, the sun, the earth, get grounded on bare foot to the earth, breathing in natural air and getting sunlight and getting into bodies of water and things of that nature, tuning up our diet, having more of a natural diet, something interesting happens, is that our inner ecosystem starts to respond biologically to our connection to the outer ecosystem.

When people think, "Oh, I'm just going to be in my normal civilized city environment," that may be the most dangerous place you could find yourself. Realistically, that, and a hospital, because it's so sterilized. You're constantly being, there's constant sterilization. What ends up happening is that the microorganisms that are informing your biology, that are catalyzing hormone signals, hormone communication in neurological and neurotransmitters, that all gets disrupted. There's a fundamental disconnection from our biology, which is connected to the sun. with the lunar cycles of the moon, and the photon signaling of the sun when we're get that sun penetrating our bare skin, et cetera, et cetera.

One of the things that just came up in my mind that I thought was really important that not many people know about is that when you think about your hormones, because this is a huge subject. I think this is what we talked about in our last interview, hormone balance. When you think about hormones, that's a pretty interesting conversation, because what we found out in microbiome research is that there's a subset of your microbiome called the estrobolome. The estrobolome is basically a subset that affects estrogen metabolism based on the strains of bacteria that are present in your body essentially.

We found, and we found through Shawn Stephenson, I think, a mutual friend, I think, and a colleague, he wrote the book, Sleep Smarter. One of the things he brought up is that your quality of sleep is affected and does affect the particular strains of bacteria that are present in your microbiome or not.

Wendy Myers:

Wow.

Ronnie Landis:

When I think of the microbiome, it's almost hard to linearly explain it, because there's so many moving pieces, and I don't want to compartmentalize them too much, but I do want to illuminate this idea that your microbiome is a massive, it's almost its own organism within your physical body.

For example, there's a microbiome on your skin. This is one of the big reasons, again, I'm harping on this getting connected to nature piece, because when you connect to nature, you connect to the sun and those photon rays get impregnated on your skin, it creates this chemical reaction that feeds those organisms, right? The best way to disinfect invasive organisms or harmful

organisms, typically speaking, is actually getting sun. One of the best anti-candida methods going is sunlight. That's a huge just insight right there. We do know candida obviously is a byproduct of having an imbalance, bacterial colony.

If you're sterilizing, typically sterilizing your skin, putting all these sterilizing cosmetic, ointments, or whatever people do. I'm so out of touch actually with all of that that I don't ... The dermatology and cosmetic industry, whatever they're proposing, I'm so out of touch with that, but now I'm like, yeah, this is what most people are doing. Most people are sterilizing their outer environment without realizing that your skin is the largest elimination organ of your body, external to your body. You're basically a skin-covered Petri dish, if you want to think about it that way.

Wendy Myers: Exactly.

Ronnie Landis: Maybe you want to rein me in a little bit and get a little more specific.

Wendy Myers: No, I love hearing you talk. You have so many interesting stories and tangents and things. That's why you have your own podcast. You have a lot of knowledge you want to share.

Let's talk a little bit about the brain and our state of mental clarity and how that's affected by a compromised microbiome. A lot of people suffer from brain fog and they don't really know why. They just think they're getting older or something's going on with them. What's really happening?

Ronnie Landis: Yeah, okay, awesome. One of the things, when we look at neurological health, we look at neurotransmitter balance and imbalances. Again, neurotransmitters are like brain hormones. For example, our dopaminergic, our serotonergic, our cholinergic and our gabanergic system, melatonin and things of this nature, these are all what we call neurotransmitters. They're basically brain hormones. These neurotransmitters require building blocks in order to fire in the brain.

For example, those building blocks are typically amino acids. I think this is something that might come up a little later in the talk. Amino acids are the individual components that make what we call protein. A lot of people are on these high-protein diets, but they don't really understand ... First of all, what is protein even for? Why am I eating gargantuan amounts of protein? What am I doing that for? Then what is it I'm really after?

Really, what you want is amino acids. This is why amino acid therapy has been so powerful. One of the most incredible things for me, just on a side note, has been free-form amino acid therapy. I just want to put that out there, because those are the building blocks for your neurotransmitters. An interesting thing we've also discovered is that certain transmitters like serotonin, the old idea, in psychiatry, the old idea is that it's just a byproduct of the brain, the physical brain. Serotonin is just being stimulated based on what's going on up here.

What we realize now through microbiome research is that 80 to 90 percent, maybe more, of your serotonin production is generated from what we call the ENS, the enteric nervous system, which is categorized as your second brain. If people have heard this idea of the gut brain connection, that's a profound discovery. I think my colleague, Donna Gates, really turned me onto that maybe five or six years ago. It's like, "Do you know about the ENS?" Like, "Oh, yeah." Your enteric nervous system has something like 500 million or something, neuron, or 500 million more neurons than your spinal cord. I have to go back and look at the exact number. I don't think we even really know. How do you come to that number?

Basically, the idea is there's a massive amount of neurological activity that's happening in your gut, far more than what's happening in your traditional nervous system, like the central nervous system or the parasympathetic or sympathetic nervous system. For example, one thing I want to point out is, when we think of things like intuition, when we think of things like gut instinct, there's a term called guttural intelligence. A lot of this has kind of been esoteric. It's been more like, "Listen to your intuition," but people are up in their head listening to their intuition, which is like listening to the voices in your head trying to make a decision about something in your life.

You know what I mean? It's like people are in their head about it. True intuition is a gut instinct. It's not even an emotional instinct. That's a whole different subject. It's actually a feeling that you get in your gut. Why do we do anything? Why do we take big risks in our life? Why do we make big life changes that may not be logical but we get a feeling. We have a gut feeling. I'm going to suggest that the guttural intelligence, which is also, in my opinion, true intuition, is based on microbiotic intelligence.

Wendy Myers:

Yeah.

Ronnie Landis:

It's based on the health of your microbiome. I know this for sure, because when you do look at the nervous system and the compartments of it, if you take the sympathetic stress response, for example, why are people so stressed out? Is it just emotional stress? Is it just psychological stress? Is it just existential kind of like crisis of, "Oh, I had a midlife crisis. I don't know what I'm doing. What's my purpose?" I don't think it's just that. I think it is biological, hormonally and physically driven, and that stress response, that chronic stress response, where people get locked into a hyper sympathetic state and they can't quite get out of it, but they're trying all the willpower and the personal development and the tapping and, "Okay, "I'm not going to be neurotic, although I'm kind of ..." I'm helpless.

I found that when people tune up their diet but not just ... That's kind of general. When people specifically get off the food allergies that are antagonizing the gut lining, creating leaky gut, that are antagonizing the microbiome itself, they start to clean out the certain compounds that are creating agitation. They



get off the five main food allergies, wheat, corn, dairy, soy and refined sugar, and then there's obviously subsets of those.

I found when people, children in particular, when they get off those things, especially the dairy and the corn or the dairy and the soy and the wheat, their entire personality, their entire behavioral issues, the ADD and all that, starts to clear up almost across the board. I find that really interesting. Just coming back to this whole idea of the microbiome, because it's really like our brain chemistry, our ability to focus, our ability to be in that serotonin gabanergic kind of ease and grace that everybody wants to feel, it's very challenging to actually get into that state if you have a compromised nervous system, if you have a compromised microbiome.

I feel like this could go into a number of different tangentials. One more thing I would say about that too in regards to the point I'm making, is that what we found out is that 80 to 90 percent of your immune response is dictated in your microbiome as well. That's really important.

Wendy Myers:

Right.

Ronnie Landis:

Thinking about food allergies, in general, what happens when somebody has, they put something in their body that it creates an allergenic response, right? Then there's certain proteins, leukocytes and cytokine, that are produced, that are basically inflammatory components. They're creating inflammation to protect the body essentially, similar to cancer. Cancer isn't in and of itself the problem. It's actually a response trying to buffer the real problem, which is some form of toxicity or an infection. If it didn't buffer in the form of a cancer, like a protein coating or a tumor, then there would actually create more of a systemic issue, so it's kind of a similar thing.

Anyway, long story short, you can derive from all this that our microbiome, and let's just say our digestive environment, where most of the microbiomes in the small intestine, where it makes the most difference, what we're talking about here, if you get that tuned up and you can start repopulating and re-fertilizing and re-cultivating your biology garden, what's going to happen is that your immune system is going to start coming back online.

The intelligence of your innate immune system and your adaptive immune system is going to start to come back online. You're going to start to notice there's this, you just don't get sick like you used to. If you're getting sick and you're getting the common cold and that kind of thing, I want you to skip over this idea of, "Oh, my immune system's down," and I want you to take another step and think, "Oh, maybe my microbiome is compromised," and start to look a little bit deeper there.

If you have brain fog, we know this with candida. One of the things I talk about is candida consciousness. Basically, that's where almost your consciousness gets pirated by some kind of energy that has incessant cravings and is constantly reaching out of itself to put things in your mouth that you consciously know are

not good for you, like those food allergens. There is a phenomena where people get addicted to food that they're actually allergic to.

I thought for a while, "Why is that? What's that about," and I realized that when we do have a compromised microbiome, when we do have a dysbiosis, the opportunistic organisms like yeast, mold, fungus, parasites, viruses, et cetera, those organisms are actually intelligent sentient beings of themselves. They may be microscopic. They may be nano-sized. However, they are living beings with their own agenda. Their agenda essentially is to use a host as a remote control for their own fuel supplies.

If you're wondering why you have sugar cravings, you're wondering why you have, you have this allergy, this wheat allergy or this dairy allergy, but you can't stop, you have this thing where it's a love-hate relationship with it. I want you to consider that there may be an underlining infection of some sort. Then what we need to do, obviously, I can't prescribe anything, and this is very general. I'm just speaking generally, but you really need to focus on the garden itself, the inner ecosystem, In closing on that thought, it really comes down to terrain modification.

Because if you just think about the traditional Western approach is that, okay, there's an infectious organism, there's a bacterial infection, a viral infection. We need to drop a nuke on that in order to stop the infection, right? That makes sense in linear logic. However, the body is infinitely more dynamic. It's infinitely more complex. I don't need to drill that point too much, but if we only focus on sterilizing, if we only focus on killing the bad guys, killing the bugs, then it actually creates a metabolic problem. It creates a dysregulation of our own biochemistry and ultimately will create a further systemic issue within the microbiome itself.

These infections, you can call it H pylori or nanobacteria, like calcium-forming organisms, lime, borrelia, et cetera, et cetera, all these things. My personal opinion is all of them have a root cause of one form or another, which is a compromised microbiome. If we don't terrain modify our inner ecosystem, meaning that instead of focusing on kill-kill-kill, poison-poison-poison, cut-cut-cut, burn-burn-burn, is a very aggressive hyper-masculine approach, and then we just take care of our self.

We put in the foods that agree with us and serve us right then, right? We take whatever necessary supplements like probiotics or prebiotics. We drink the best quality water. We think the best thoughts ever. We really take care of our heart and our emotions, and we learn to love ourselves. We get out of toxic relationships. We get connected with the biosphere, meaning our outer environment, and we start actually acting like holistic and, what's the word, getting more of a natural human experience is what I'm saying, and getting out into nature and putting your hands in the dirt and getting on the sand. Just doing the things that we loved to do when we were kids and acting like natural human beings.

That whole process is terrain modification. The idea behind that is, as we modify the inner ecosystem, it starts to take care of itself. The immune system's innate intelligence starts to come back online. Your liver, which can actually regenerate itself, hepatogenesis is the term I came across recently, where your liver actually regenerates liver cells. Even if it's down to ten percent functionality, your liver can regenerate itself. It will do so if it works holistically.

Again, I think I'm driving the point a few times that the microbiome in my opinion is the governing system of every other function in the body. If that gets compromised, then it doesn't matter how much we compartmentalize the body in terms of, let me stimulate the immune system, let me do hormone balance, let me focus on the brain. You can't individuate the body as a whole. You actually have to work with it as a harmonic symphony.

Wendy Myers: Yeah, and the microbiome is the foundation. We need to work on that first. One of the biggest threats to our microbiome is glyphosate, GMO, Roundup Ready, Monsanto Monstrosity, known as glyphosate. Can you explain to the listeners what exactly is glyphosate and what are some of the damaging effects that it has on our health. It was created as an antibiotic, correct?

Ronnie Landis: Yeah, absolutely. I'm glad you brought this up. This is something that I've been diving into more seriously over the last six or eight months, really realizing that the silent epidemic toxicologically speaking in our world is glyphosate. Obviously, there's a lot of other things we could talk about, but for me personally, I realize that the glyphosate epidemic is one of the biggest environmental catastrophes of our time. It's something that is unavoidable in our food supply.

First of all, what is glyphosate? Glyphosate is a glycine monomer phosphonomethyl glycine is what it's technically called. Basically, it's a glycine analog. Glycine is one of the essential amino acids, and if your body is deficient in glycine, then there's going to be a receptor site in the body that's void. One of the things that's really important to understand about environmental toxins, this also, we could talk about radioactive iodine, radioactive zinc, radioactive minerals in general and how that affects the thyroid and different things, is that your body has particular receptor sites for certain nutrients, minerals, amino acids, et cetera.

If those receptor sites are unfulfilled, meaning they're not filled with the authentic compound, your body will receive an environmental toxin potentially, like radioactive iodine or chlorine or bromine or fluoride, which are all halogens, and they're very similar to iodine. If your body has a void in that receptor, it will attract and plug in a mimicking compound. This is called the toxic mimic. It will take that in, because it has enough of a frequency and a molecular structure signature to fit into the void. The same thing with glycine and glyphosate.

If you have a glycine or an amino acid deficiency, then what's the next step up? It probably is going to be something that mimics that, like an analog. We've

heard about B12 analogs, for example. It's a compound that essentially will fit into the receptor, but it's going to actually, once it does, it's going to block the authentic compound, being glycine, from actually being received by the body. That's only one thing. That's just one part of it. That's what glyphosate, chemically speaking, is.

What is the danger of glyphosate? If you want to really go deep into that, I recommend you study the work of Doctor Zach Bush. He has the best explanation out there in terms of where did glyphosate come from. What's the story behind it? How did it get into our food supply? Also, what can we do about it? I have also an angle on that as well.

One of the things I want people to understand about this is that our food supply, organic, conventional, all over the board, has been widely contaminated with glyphosate through the genetic modification of our food supply. I'm over here in the eye of the Hawaiian island of Kawaii, and if you go all the way to the south shore, Kawaii's an interesting place because on one end of the island, on the north shore, it's absolutely paradisiacal. It's like ...

Wendy Myers: It's unbelievable. I love it there. It's one of my favorite places on earth, yeah.

Ronnie Landis: Yeah, it's one of the most beautiful places on earth, but as you start to trek on the other side of the island, you get to the south shore, it's very much like a barren wasteland, comparatively speaking. It's actually kind of depressing when you see the contrast. One of the things you'll notice is that on the right side of the road as you go towards the end, there is basically a genetically modified crop, basically growing corn, GMO corn and stuff. The energy there, it's like the energy of death actually, that one particular area.

I just tuned in, when I'm driving by, it was like, "Oh, God, it feels like death here." It literally is. The land has been desolated. There's a mass glyphosate contamination on that particular side of the island and just tons of experiments going on.

Wendy Myers: It's amazing that's allowed to happen. I thought that Kawaii or Hawaii had, I think they had some referendum trying to outlaw GMOs but they evidently lost.

Ronnie Landis: Yeah. This speaks to the just insanity of our whole political system. When you look at the word politics, it really comes down to poly-ticks, which is more than one ticks. That's the situation we're dealing with when it comes to ... Zach Bush, again, really gives a great explanation on that particular side of things as well, which I won't go into, but there's a crazy amount of policies and turning over and returning. Is glyphosate a contaminant or is it a carcinogen?

It's like this never-ending political malarkey. We just go by past that and go right to the research, right to the evidence. Their evidence is showing us that up to 75 percent of our overall food supply is contaminated with glyphosate, so this is a particular subject that is near and dear to my heart, because I realize that this is

unavoidable. It's like radiation. We are not getting out of this that we know of. However, now we need to look at what can we do about it.

One of the things about glyphosate which I think probably intuitively why I went on a little bit of a rant earlier about sterilization and antibiotics is that glyphosate and Monsanto's Roundup Ready herbicide, that is basically a biocide. What a biocide is is it's a compound that is designed to kill anything that is not genetically modified. This is almost disturbing when you really look at it, but that's what a biocide is. It's a biological ...

Anything with "-cide," like rodenticide, insecticide, herbicide, fungicide, they're basically, it's like a homicide. It's like a homicidal, it's a killing agent for that particular thing. A biocide basically means that it's a biological killer. I don't want to go on too much of a rant here, but this is also why it's so important, again, that we focus in on the microbiome. One of the things we do know about glyphosate in rat studies is that it has been shown to absolutely damage the microvilli of the small intestine, and the microvilli are the finger-like protrusions that protrude from the intestinal lining and pull in nutrients into the body.

One thing I realized in this research is that so many of the challenges people are facing in their health are malabsorption issues. They're not able to absorb the amino acids from their protein there, so it gets stored in their kidneys and they can't properly digest or eliminate on mineral deficiencies. Glyphosate actually chelate minerals from the body.

There's actually an endless amount of things that we could talk about. For example, the cytochrome P450 detoxification pathway, phase one, phase two, phase three, detoxification, and that having to do with the aromatization and inhibition of good hormones. Basically, what aromatization is is where certain hormones like our testosterone or progesterone gets converted into bad forms of estrogen. We call that estrogen dominance. A lot of that just has to do with the xenoestrogen pollution in our environment, and the cytochrome P450 detox pathways, just one of the ways that our body protects itself and detoxes these compounds. We know glyphosate messes that up. The shikimate pathway, which is an interesting thing, and has a lot to do with our dopamine production in the adrenals.

Just a side note, one thing we're starting to see with glyphosate contamination is its correlation with Parkinson's, Parkinson's and MS. What's that about? A lot of it is a dopamine disturbance, and the dopamine is actually one of the main compounds that supports in the myelination of our nervous system and the deconstruction of the myelin sheath, which is what coats the nerves from oxidizing and unraveling essentially. Dopamine has a lot to do with that. When that whole process gets disturbed, people's motor function, they start having trembling, and their speech patterns start to fragment, and they start to lose motor function and the stability of their nervous system and their body.

We've definitely seen glyphosate as a huge correlation with that too. All that to say, that this is a major epidemic, and it's a silent epidemic. There are solutions. I'm very happy to say on the end of this, that there are actually solutions. Yes, is it in our environment? Absolutely, but what can we do about it?

Wendy Myers:

Yeah, let's talk about that, because I've had Doctor Stephanie Seneff on the podcast before talking about how to detox glyphosate, and I was researching it before the podcast, and there's really not a lot of information or solutions out there how to detox glyphosate, so that's why I wanted to have you on the show, to talk about what you've discovered. Let's talk about what detox products you've come across that have been shown to safely and effectively remove glyphosate from the body so we can improve our microbiome.

Ronnie Landis:

Absolutely. Yeah, this has become one of my favorite things to talk about, particularly because for a while I actually avoided getting deeper into this issue, because I wasn't aware of any solution to it other than, eat organic or do activated charcoal or chelation therapy or just traditional detoxing. That was the only answer.

There was a product that came on my radar a little while ago that really showed a lot of potential. It was actually a conversation that I heard through Jeffery Smith and another individual, Dave Sandoval. Jeffery Smith of course is the founder of The Institute for Responsible Technology and the lead anti-GMO advocate, behind the movement, largely, the movement of what it's become and the awareness around it. I heard a conversation they had a while back. It was basically about a product called the Biome Medic, and it's basically like a medic for your microbiome. If you don't mind, I have a bottle of it right here just to show people what that looks like.

Basically, what I discovered ... I'm not saying this is the only thing out there. I'm saying this is what I came across and what I personally have been inspired to share with all my clients and people that I talk to. Basically, what inspired me is that I heard that there was a preclinical double-blind placebo controlled study that was conducted to test the efficacy of this particular product. Basically, what they did is they took a group, I believe it was eight people.

It was a preclinical study, a small study, to just gauge, "Our theory is that this is an effective model to essentially detox glyphosate from the body." That was the basic premise they're working with, right? "We want to see obviously the efficacy of this in real time," so what they did is they took this group of individuals, they were all coming from a standard American diet, so that was just probably a one hundred percent GMO type of diet. They insisted that they did not change the diet. They wanted to really see, like, "Okay, how effective is this on its own? What are the test results that we can derive?"

Within six weeks, what they found out through testing them before and then testing them after is, on average, they were able to see a 74 percent reduction in glyphosate independent of the diet that they were on. Now, that to me was

like, I listened to that. I was like, "Whoa. That has to be a mistake. That doesn't even make sense to me." Through digging into it and looking at the ingredients and really, really getting an understanding of the mechanisms behind what was happening, it started to make me understand this whole process a little bit more.

One of the other things that came through in that research study is that there was a 75 percent in CRP, C-reactive protein. They weren't going for that. That was a complete surprise to them. What that indicated, that there was a direct connection between the microbiome in heart disease, cardiovascular health, because CRP is one of the main bio-markers for heart disease or degenerative heart conditions. Also, there's homocysteine, which is a whole different subject, but C-reactive protein is one of the main bio-markers.

One of the things that I had looked at too is this whole thing with root canals and the correlation that heart disease has a lot to do with bacterial infections of the oral cavity. By the way, your microbiome is also in your oral cavity. I forgot to mention that. What they found out is that the majority of people, we're talking about 96 to 97 percent of people that have had heart disease of some form of another, also had root canals. I thought that that was an interesting thing to point out. There's a direct connection to the microbiome and glyphosate contamination in particular and cardiovascular health, which makes all the sense in the world now.

The other thing that they found out in this study is that they were able to help people regenerate microvilli in the small intestine. You remember, I talked a little bit earlier about the microvilli being damaged by glyphosate. Well, there's a particular ingredient in this formula that was figured out I don't know how long ago, predating the Linus Pauling Nobel Prize for synthetic vitamin C. There's an ingredient called fractionated wheat germ extract that helps to rebuild the microvilli in rat studies, but we're finding out that it has the same effect in human beings.

Anyways, I came across this particular product and this whole research study they did. Obviously, we're going to do, they're going to do ... I work with the company now. We're going to be doing much bigger studies to really, in a much broader scale, but very, very exciting discoveries nonetheless.

Wendy Myers:

Yeah, that's amazing that this product can be so effective in removing glyphosate, because there's really not a lot of products out there, if any, that are able, that have studies that show that they absorb glyphosate. One of the number one toxins that is in people's bodies, so people need to wake up and pay attention to this, because it's destroying their health, that foundational microbiome that they need for their hormones to work, their immune system to work, or for everything.

Let's talk a little bit about liquidarianism. Liquidarianism - that's hard to say. I've heard you speak about the future of nutrition, and even our last podcast

you mentioned briefly the concept of liquidarianism, meaning consuming the majority of your food in a liquid form. I'm curious what your perspectives are on the future of food and just what your thoughts are on that.

Ronnie Landis:

That's amazing question. I love that one. I also want to say, maybe we'll provide a link or something that people can get more information on the Biome Medic in particular. They can learn more about it and get that for them self. I don't want to leave people hanging on that.

Anyways, yeah, the future of nutrition, this is something I've been meditating on for at least ten years, because when I got into this field, I got in through the way of raw living food. What comes along with that particular community and that way of eating is a philosophy rooted in spirituality. It's rooted in metaphysics. It's rooted in detoxification. That's one of the greatest things about the raw food movement is that it really is about detoxing and cleansing and rebooting the body and dislodging all these chemicals and all the stuff that builds up from the body. That's what I love about raw food. It's the ultimate cleansing type of diet, not necessarily the best thing to do over a lifetime, but definitely the best way to cleanse your body very quickly.

That's how I got into it. Then eventually I got into this idea of super food nutrition and tonic herbalism and started studying the Taoist masters and the Chinese medicine and trying to trace back in Ayurveda as well and tracing back not just modern Chinese medicine, because Chinese medicine as we know it today, traditional, CCM, is not what Chinese medicine or Taoist herbalism actually was. It's more of a modernized scientifically adopted model of Chinese medicine.

What Chinese medicine originally was, was an, it's wild food intuition, basically, where your nutrition is organized based on an intuitive read of what the natural herbs and foods in your given environment are. Because we're so disconnected from our natural environment, people can't make heads of tails of going into, foraging in a forest or something. You really have to get educated on that kind of thing. Most people, that's not necessarily their journey.

What's been provided to us is, through our accessibility to pretty much everything, we can actually get on board with all the greatest super foods. We can get on board with the greatest tonic herbs and medicinal herbs that the pharaohs and the avatars and the emperors and the sages, they didn't have access to all this. They didn't have it, they could just go online or go to a website or go to a store and actually start doing things like Reishi mushroom and Spirulina and Ashawaghandha and Chlorella and all these things. We actually take for granted how much abundance we have at our fingertip.

Because I recognize that, I realize that I should probably saturate myself early on with all this. I want to see what's going to happen if I saturate myself with living foods, I saturate myself with super foods in the form of fifty-dollar smoothies. No joke. I was literally putting in aloe vera, bell and then Spirulina and Chlorella



and blue-green algae and Marine Phytoplankton. I'm doing a bottle of Marine Phytoplankton from Oceans Alive and manuka and hemp seeds, and all that kind of stuff. That's how I got into it. What started to happen to my body is that I started, something changed metabolically, where I stopped needing physical food. I stopped needing to actually eat for satiation or eat for nourishment, because my body was getting saturated with nutrients that it never had before, just from whole foods.

One of the things that's important to talk about here is that our entire food supply is incredibly deficient. We talk about these kind of things, and we hear about this, but the reality is, and also with the contamination of glyphosate as one of the focuses here, our entire agricultural food supply is, it's almost hard to articulate it, but it's basically not adequate for real nourishment. What we had to start thinking about is, okay, we need to think of alternative sources of nutrition. We need to think of alternative sources of nourishment, because that whole program, just eat real food or whole foods, that's going to be great to get our macro nutrients, our fats, proteins, our carbohydrates, maybe our fiber, but the 80-plus minerals that we need, the trace minerals that we need, the polysaccharides, the prebiotics and probiotics and the Omega-3 fatty acids and different things of that nature that turn on gene expressions that activate dormant genetic blueprints within our body that create a deeper level of self-healing, that creates genius, that activate genius and creativity and things of that nature.

That's not going to be possible just from basic food. I figured that out through my own experimentation. What we have to do is start now taking our attention and start placing it on what is the highest grade nutrition. Basically, what's the nutritional assurance policy? That comes in the form of super food nutrition, which is basically going to be mostly in a liquid form. Green vegetable juicing to get all the alkalinity, to get the life force of the plant into our body, to flush out the acidity in the body, the inflammation, to get our body in a predominately alkaline state, get more life force into the body.

Then the super food nutrition, which basically, the super food smoothie can replace all of the old whey protein type of idea and just upgrading our smoothie to something that's really high-octane and actually covers the building blocks of our physical body. Then we start getting into herbal tonics, like making an herbal tea, like a Yerba Mate or whatever your thing is, green tea, Matcha, and then maybe putting in things like Reishi mushroom or Ashawaghandha or any of these other really cool tonic herbs. Now you're getting a medicinal effect from those, because the tonic herbs are basically our traditional medicine, and we just modernized that, maybe put in some coconut oil in it to make it ketogenic or you put in a little honey or some Luo Han Guo if you don't want to do sugar. It's unbelievable how many options we have to entertain our self with this kind of stuff.

Wendy Myers:

Is there any product in particular you like to use to make smoothies or liquid nutrition?

Ronnie Landis: Yeah. I'll break it down like this. If you're looking to get some amazing tonic herbs and learn about that world, you can go to a website called, the company's called Jing Herbs. I've worked with Jing Herbs for many years. One of the owners of Jing Herbs, Doctor George Lamoureux, he's a colleague and very dear friend of mine, you can go to a website called LifeFoodHerbs.com. That's a private website that they made for me that I could take people directly to. I actually have education videos that I've done on some of the herbs.

When you go to LifeFoodHerbs.com, you'll see some videos of me explaining Reishi mushroom or Eucommia or He Shou Wu, Cordyceps, those kind of cool things. Then if you are really into the super food revolution, maybe we can provide a link with the Biome Medic in the show notes or something. There's a company that I work with closely called Purium, and they provide some of the absolute highest quality verifiably contaminant-free grain super food nutrition in the world. That's actually the company that created the Biome Medic. I work personally with them. I love them. They're doing some amazing work out there in the world. Maybe you can provide some links for that. Those are the companies that I'd recommend right off the bat.

Wendy Myers: I've heard you speak really, really highly of them, and I know you wouldn't get behind anything you don't fully believe in and know the companies are super ethical and providing the top-of-the-line products out there available on the market. I know that you've become so passionate about Purium and their products.

Ronnie Landis: Yeah. One of the things I'm really passionate about them in particular, and I'm not saying they're better than everyone else. I'm saying that there's a particular mission that I'm aligned with with them, because Jeffery Smith, who I mentioned, he actually joined our company because of the Biome Medic and because our focus on the anti-GMO movement and creating more awareness and solutions around the genetic modification of our food supply.

Just think, for anyone listening, I just want you to pause for a second and just think about this. The genetic modification of our food supply, just pause on that for just a second, because this is the biggest, this is the biggest epidemic, because food is the way we relate to life the most. It's the thing that we do most consistently. We're putting things in our mouth constantly, and it's affecting our consciousness. It's affecting our body. It's affecting everything.

The thing I love about Purium is that they've organized their entire product line, and their entire mission and focus is around providing moms and fathers and educators and coaches and wellness entrepreneurs and people all around the world with opportunities to actually create a solution to this problem, which is the alternative form of nutrition, because we don't know where the whole food supply and the whole agricultural reality, we don't know where that's going, but it almost looks like a ship or like a train going off the edge. It's like, we need to get off that train, and we need to get on a train that's going in the other

direction. Purium is one vehicle that I've found to be going in that direction and empowering a lot of people. Yeah.

Wendy Myers: Ronnie, thank you so much for coming on the podcast and informing us about the microbiome and how glyphosate is affecting it and some actual solutions with the Biome Medic for reducing glyphosate in our bodies. Thank you so much.

Ronnie Landis: Yeah, you're absolutely welcome. It's my pleasure. Thanks for coming on. I know I went on, I probably went in a hundred different directions.

Wendy Myers: That's okay. Tell us where we can find you and learn more, learn about your podcast.

Ronnie Landis: Cool. Yeah. You can go to [www.RonnieLandis.net](http://www.RonnieLandis.net). That's my home page with all my information and books and a lot of free educational material. My podcast is also on that website. The podcast is called The Holistic Human Optimization Show. Wendy, you've been on a guest. Robert Marking's been on. Many other amazing human beings out there in the world, pioneering these messages to help people really take their life into their own hands and to optimize their life holistically. Yeah, that's it.

I just reiterate, if you want to know more about this information in terms of how to remove glyphosate and stuff, I don't have a direct link right now, but, like I said, maybe we can provide that in the show notes.

Wendy Myers: Yeah, we'll put it in the show notes for sure.

Ronnie Landis: Okay, good.

Wendy Myers: I highly recommend Ronnie's podcast. I listen to it personally myself. There's a handful of podcasts I listen to and Ronnie's is one of them. I highly recommend it.

Ronnie Landis: Awesome.

Wendy Myers: I just like the [inaudible 01:05:28] and the consciousness aspect of the health. I think it's really nice.

Ronnie Landis: Awesome. I definitely listen to your podcast, so I'm glad to know that you're also listening to mine.

Wendy Myers: Yeah. Well, Ronnie, thanks so much for coming on the show.

Everyone, I'm Wendy Myers. You can learn about me at [MyersDetox.com](http://MyersDetox.com). Have lots of tips and tricks on how to detox your body. I have a free download, that you can go to [DetoxForEnergy.com](http://DetoxForEnergy.com) and download my top ten tips to detox like a pro checklist. That's my top ten tips after working with thousands of clients in how to detox them, just some simple things that you can do at home to get

started detoxing your body of metals and chemicals. Thanks so much for listening, and we will talk to you next week.

(Music Plays)