



Top Takeaways: #306 What Is Deuterium and Why Low Levels Equal Better Health, Better Detox, and Prevent Cancer with Dr. Que Collins and Dr. Anne Cooper

1. Deuterium is a form of hydrogen but with an extra neutron, which makes it twice as big and twice as heavy, and because of its size and weight, can form water.
2. The balance between the hydrogen and the deuterium is essential as far as self physiology goes.
3. Anne makes a comparison between deuterium and thick heavy car oil. If you use heavy oil your car will not function properly. Similarly if there is excess deuterium, or heavy water, our mitochondria will not function at their optimal level.
4. Their clinic offers a 360 lifestyle program that works to dilute the deuterium in your body, and get it to the right levels.
5. At The Center of Deuterium Depletion their focus is to research deuterium enough to have the knowledge to make cancer a choice.
6. Your body can deplete deuterium through the way you eat, the way you sleep, the way you get rid of toxins, metals, and many other factors.
7. They can measure your deuterium and tell you if what your habits work to create the optimal balance in your body.
8. There are trillions of nanomotors inside of your mitochondria in your body, which become much slower when too much deuterium is introduced.
9. 85 to 95% of diseases like obesity, diabetes, Alzheimers, cancer, fatigue, cardiovascular, are a caused by mitochondria dysfunction, which is a result of sluggish nanomotors.
10. It is easier for your body to detox heavy metals and toxins when deuterium isn't disrupting your metabolic processes.
11. Dr. Collins and Cooper have a special mitochondria cleanse that uses deuterium depleted water to help lower deuterium, and exogenous ketones that help bring your carbs and glucose down.
12. The deuterium depleted water, made with water that goes through a process of eliminating deuterium, works by diluting and flushing deuterium from the body.
13. They help patients lower their deuterium by using this water, working on breathing techniques, offering the right diet, using light therapy and sunshine, making sure appropriate movement and exercise is done, and helping create the right mindset.
14. High carb foods, processed foods, GMOs, grains, grain fed meats, and other foods

known to be unhealthy, are high in deuterium.

15. Dr. Collins and Cooper have a special tester for deuterium levels in your body, which is similar to a breathalyzer, and only requires you to blow into it for a small amount of time.
16. You can learn more about their work, The Center for Deuterium Depletion, and book a consultation at ddcenters.com

Wendy Myers: Hello everyone. My name is Wendy Myers. Welcome to the Myers Detox Podcast. I'm so excited about this show because we have an amazing guest. We have Dr. Que Collins and Dr. Anne Cooper talking about deuterium water. What the heck is deuterium water? And what is deuterium, and why low levels in our bodies equal better health, better detoxification, and prevents cancers, and diabetes, and a whole host of other major chronic metabolic diseases plaguing our country today? Essentially, this Podcast talks about how to test for deuterium levels in our body, why we have high deuterium levels, what we can do to lower the level or detox essentially, foods that are high in deuterium, and why all water especially tap water is high in deuterium levels and what we need to do to remove this stuff.

Wendy Myers: And a really, really interesting research that Dr. Que Collins and Dr. Anne Cooper have done in coordination with all the other physicians and researchers at ddcenters.com. This is their website where they do all of their research. And it's interesting they also talked about how carbohydrates in sugar are also high deuterium foods, and that's really the problem with those foods. Not necessarily the carbohydrates but it's the deuterium level. I thought that was really, really interesting as well. I'm going to talk about all these concepts and more on the show today.

Wendy Myers: I know so many of you guys listening are concerned about heavy metal levels, how they are affecting your health, and how to detox them. And so I created a quiz called heavymetalsquiz.com. Takes two minutes to take and that will help to determine the kind of general level of heavy metals you have in your body based on some lifestyle factors that I questioned you about in the quiz. And once you take the quiz we give you the next steps, what you need to do next to start detoxing your body and just gives you a lot of really good information. I'll give you a little free video series masterclasses after you take the heavy metals quiz.

Wendy Myers: If you're wondering about what your metal levels are and how to detox your body, simply go to heavymetalsquiz.com and take the quiz. Our guest today, Dr. Que Collins is a leading Scientist when it comes to developing and applying nutrition and metabolic therapies to treat cancer in people and pets. He has numerous degrees. He has a PhD in Clinical Immunology. He has a Master's in Onco Therapeutics. He has a master's in Experimental Pathology. He's got a Bachelor's Degree in Poverty, Healthcare and Cancer Epidemiology.

Wendy Myers: He's a Co-founder and Principal Investigator at the Center for Deuterium Depletion, the world's first organization to use deuterium and Tracer Technologies in a research clinic setting, to describe and follow the health status of patients with metabolic disorders such as cancer, diabetes, and autoimmune issues. He's a Principal Investigator, Epigenix Foundation. It's a nonprofit organization created by the founders of Quest Nutrition, promoting research to prevent and ameliorate disease, maximize quality of life and improve personal performance.

Wendy Myers: Dr. Anne Cooper who is also in this interview is a native of Australia. Dr. Anne Cooper is a Doctor of Chiropractic and an Acupuncturist. And she earned her Doctor of Chiropractic from the Cleveland Chiropractic College in Los Angeles. And she graduated with honors in 1997 while on the Dean's list. And she also has a growing commitment to total health and innovative healing therapies, which led her to continue on with over 20 years of Postdoctoral experience in Functional Medicine, and a Master's degree in Acupuncture and Traditional Chinese Medicine, graduating with the highest honors in 2011.

Wendy Myers: And early in her career as a Celebrity Aesthetician working with great beauties such as Ava Gabor, she realized that there was much more to beauty and a must be health, and health must be established on a very deep cellular level. And she has a Masters in Acupuncture and Doctor Chiropractic. She's a licensed Aesthetician, has lots of certifications in Clinical Nutrition, Applied Kinesiology, Energy Medicine and Herbal Medicine. At the center for deuterium depletion, Dr. Cooper actively works with patients the Cignature Health Clinic and guides their day to day therapy.

Wendy Myers: She also is a center's Healthcare Professional Liaison, helping other clinicians implement these protocols and services into their practices. Her expertise as both an experienced natural and functional medicine practitioner helps bridge any communication gap between the center's Principal and Chief Scientists, training and allopathic medicine and the training received by chiropractors, naturopaths, acupuncturist, herbalist, nutritionist, and other partners in the medical field. You can learn more about their work and research and solutions at ddcenters.com. Dr. Que and Dr. Cooper, thank you so much for coming on the show.

Dr. Que Collins: Well, thank you Wendy. We're very excited about being here.

Dr. Anne Cooper: Thanks Wendy.

Wendy Myers: Tell us a little about your background, and how you got into doing research on deuterium.

Dr. Que Collins: I'm actually a Clinical Immunologist by training. I have a PhD in that, a PhD in metaphysics, a Master's degree in Epidemiology, a Master's degree in Oncotherapeutics and an Undergraduate degree in Biophysics and Quantum biophysics. And so I've been doing this for a long time. As

far as studying cancer in its relationships to where this molecular biology or whatever else. And about four years ago, one of the conferences that I helped sponsor called Metabolic Therapeutics, which is the first ketogenic conference, it was held in Tampa down with Dominic D'Agostino, and funded by Quest Nutrition, who was funding my research.

Dr. Que Collins: The second year we invited a professor named László Boros from UCLA, and we invited him to come and talk to us about what he does at UCLA. He shows up to UCLA and ... Excuse me to Tampa and he proceeds to grab me by the collar and say, "Hey Doc, I know how your ketogenic diet works." And I laughed like, "Yeah, so do I buddy. No big deal." But he says, "Please come down later that night, and I'll show you something that you don't know." And so that's what happened. He came down, he explained about deuterium depleted water to myself, the head of Quest Nutrition and our contingent people, and blew me away.

Dr. Que Collins: Understanding that after all these years, that this is the way all these things work. Essentially that food turns into this deuterium depleted water, and this deuterium is that what controls the metabolism. And here's 40 papers that I've already published on this subject. And the next day I decided to open a clinic of myself, László Boros, Dr. Gabor Somorji and Dr. Anne Cooper, we opened a clinic the very next day, and decided we're going to bring this to the world.

Wendy Myers: Fantastic. Fantastic. Tell us, what does the average person need to understand about deuterium and how it relates to our mitochondria, which are little cells powerhouses that make our energy, and our health?

Dr. Anne Cooper: Okay. I'm fortunate to be involved with these brilliant scientists. My background is I just started out as an aesthetician, and I realized early on that your skin is a reflection of what's going on inside. And so I went on to get my Doctorate in Chiropractic and Clinical Nutrition. And then I also continued on with a Master's in Acupuncture and Chinese Medicine. And then I was fortunate enough to be introduced to our scientists because I had a lot of background in nutrition. This made a lot of sense to me on a cellular level. And I very quickly was able to explain it to my own patients in a way that was easy for them to understand. I would give them a little bit of introduction as to what deuterium is, it's a form of hydrogen.

Dr. Anne Cooper: The only difference between hydrogen and deuterium is, deuterium is a hydrogen, but with an extra neutron and it makes it twice as big, and twice as heavy. And because of that size and weight, since it's a hydrogen, it can form water. And it's very important if we get an imbalance between the hydrogens and deuteriums in our body as far as cell physiology goes. As much as I had always done a lot of nutrition and functional medicine, I realized, "Wow. This is really working on the subcellular level. Now we can really find out what's going on from the very beginning."

Dr. Anne Cooper: I just easily explain to my patients that all of our cells have a mitochondria, which most of your listeners will know about, some people don't. We just explain very simply that it's the little engines inside of ourselves that makes our cellular energy. And this cellular energy is required for all of the trillions of physical and biochemical reactions that are occurring in our body every second. People caught on pretty quickly, my patients did. That actually makes sense. I would explain it rather simply to patients like this. Imagine your car engine. If it were to get very thick, heavy oil in it, your engine could not go, and you could not get to be where you want to be. What would you do about that?

Dr. Anne Cooper: You would pour very thin oil in to dilute that heavy oil out. I explained it to my patients in relation to deuterium. We need to make sure that there's not an overload of this, what we call heavy water due to excess deuterium accumulating, and we need to dilute that out. And fortunately our scientists have come up with ways to measure deuterium levels and also methods to manage it, deplete it. And we teach patients a whole 360 degree lifestyle program, so that once they've got their deuterium levels in a good position, they know for the rest of their life, having learnt ways how to manage it.

Dr. Anne Cooper: My patients very quickly say, "I want to know what my deuterium levels are." And the next question or comment was, "Well, I know someone with cancer or Alzheimer's or diabetes." We started our own clinic, but we quickly realized we needed to share this with more than just our local clientele. And so our goal now has been to share this information with you, your listeners, and the world in general.

Wendy Myers: And I have so many questions. It was just sounds so interesting and compelling. But let's lay a foundation. What exactly is deuterium depletion? And what methods can be used to deplete deuterium? We know you mentioned water. Just expand a little bit on that.

Dr. Que Collins: When you think of deuterium, it's so very interesting because it sounds so scary, deuterium.

Wendy Myers: Sounds very serious.

Dr. Que Collins: Yeah, it sounds serious. It's everything in the world has to do with hydrogens. We're 66% hydrogen on this planet. And even the big bang that created earth is with simply hydrogens making deuterium. That's what it was. That's the pop that we had. Or I'm that old that I heard it.

Wendy Myers: I have it too.

Dr. Que Collins: That's the pop that we had. It's so funny because if you listen to the story of deuterium, you'll now hear it on Star Trek, and you'll hear it on all these shows since we start talking about it. Because it is consistent with life. That's what I want to tell people. First, it's not that it's a toxin. It exists on this planet. It always has. You can't live without it. The problem is that the

way we live, our lifestyle, the foods we eat now, we're bombarded by it, and our bodies no longer can get rid of it. What do we do?

Dr. Que Collins: At the Center for Deuterium Depletion, and it's a really complex group. It's like we use it as a catch all day because again, there's so many pieces of it. But what we really do is research to prove how it works, and understand that our really mission is to actually have enough knowledge to make cancer a choice. In other words, for everybody to know exactly what they have to do, and to get them the choice to do it or not. And the second thing that we really do is, we go out, and we talk about this all over the world.

Dr. Que Collins: We just opened a Deuterium Depletion Center in Italy. We just opened three in China. But we'll be opening one in Norway. This is going every place and going very, very quickly. Because within five years, what we do in this understanding of basic science, we always say, "We do functional biochemistry," is what we try to tell people. It's not magic. It's just science. It's just basic biochemistry, which we don't have to prove. If it's not right, we're in trouble because this is what all things are based on. Deuterium depletion. We simply have been studying the way your body depletes it. It depletes it via the way you sleep, depletes it via the way you eat, depletes it via the way you get rid of toxins and metals, and all the things that you do.

Dr. Que Collins: All these little thousands and thousands of pieces that we already know about. I'm not telling anybody anything they don't know, it is simply now we can measure it and we can tell you if what you're doing works for you or not. And that's really what the Center for Deuterium Depletion does. And we use everything from deuterium depleted water to light. I'm a Quantum Biophysicist, I always laugh. I go, There's a lot of people that talk about quantum biophysics. My name happens to actually be Que. It actually could be fun.

Dr. Que Collins: But we use light, we use stress, how to decrease your stress, acupuncture, chiropractic, all these things. But the most important thing is, we back it up with tests to say it's real. Because there's too much, my favorite word bullshit, out there right now. But people making claims and wasting people's money and our job, we're great unifier, we're diagnostic, we're agnostic to all these things. And then we'll test it. And Wendy, we'll tell you, "Here is the evidence, here is the truth, use it."

Wendy Myers: Yeah.

Dr. Que Collins: And that's really what we do.

Wendy Myers: You can test for how much deuterium you have, correct? What does this test entail?

Dr. Que Collins: This is a breathy, what we call part of our determinant test. But we always say it's our determinant but it won't back, I'm sorry. It's an agile

for that, I'll just keep doing it. We invented this about three years ago and for the first time. This is the first time in the history of man ... Now, think about this, that someone has been able to measure deuterium within a person's body. The first Nobel Prize for deuterium was given in 1931, or 32?

Wendy Myers: Deuterium was discovered in 1931 and then the Noble Prize was in 1934.

Dr. Que Collins: It was 1934. And then the last Nobel Prize ... Now for this. The last Nobel Prize was given in 2016 for discovery of the nanomotors, which is that important part of the mitochondria.

Wendy Myers: Like turbines?

Dr. Que Collins: Yeah, that's a perfect thing. And normally I tell them what I like to leave with people to understand, you have more of these nanomotors in your body, in your single body. Then there are all the stars in all of the universes. And that alone should impress the freak out of you. It's just that energy from that. That's almost as if ... And just pointed to ... How many are they?

Dr. Anne Cooper: Well, we do know that in average man, there's about 70 trillion cells in adult man. We average it out to 35 trillion cells in your body. And each cell has around about ... Let's average it out a thousand mitochondria. The heart and brain have more, they use a lot of energy, skin and ligaments have less. Let's average a thousand mitochondria in each of these 35 trillion cells. And in each cell there's around about 320,000 nanomotors. Women we have a bunch of [crosstalk 00:19:23]. It's very important to take-

Wendy Myers: Good luck. We want to maximize our nanomotors.

Dr. Que Collins: It's all of your body. The most amazing thing is that all your body. Everything is built around that in your body. And it's just, once you understand that in all of your biochemistry, in all your physiology, and the reason you have three layers of skin, it's all about keeping this deuterium out or ways to limit it. It's all about this, all about exchange them. And it's amazing. For instance, in acts of breathing we talked about, that's a very important part. That's the reason that you can go without food for ... I fasted for 72 days last year. I know you don't have ... Food's much to overrate. You can fast a lot. You can go without water, contrary to to belief for seven or eight days.

Wendy Myers: You became a breath deuterium for 72 days?

Dr. Que Collins: I know it's so funny. I keep asking patients to do things like, "Let me try this." In one week, and two weeks, and three weeks. I must say, it's not true for 72 ... I did have six Brussels sprouts for Christmas. I wasn't really good. But you keep doing these things and ... Oxygen is very important and breathing is so important, because breathing ... Oxygen binds with

hydrogen to make water and it binds with deuterium with more Vivity. In other words, if it sees deuterium, it's going to bind it first, make heavy water.

Dr. Que Collins: Now you can urinate it out, or poop it up, or breathe it up and get rid of it out of your body. We also know that as you get older, you can see how hard it is for people to breathe, because it is getting harder for them to breathe, then they can't remove deuterium. It's what ages you. It's amazing and what makes your deuterium levels are the things that make you stressed, it's the things that make you not as smart, it's the thing that makes you gain weight. And it's just so freaking amazing how we study this, and how we've done so many things. And now we are finding how simple everything is.

Wendy Myers: And so when people have excess deuterium, you said that it ages you. Does it have implications and disease or health conditions? What does someone feel like, or what symptoms do they have if they have too much deuterium?

Dr. Que Collins: Being somebody who studied molecular biology, we now know that almost all of the major diseases that we have, whether that be obesity or diabetes, Alzheimer's which is diabetes 3, cancer, fatigue, you can't name cardiovascular disease. All of these diseases are not genetic diseases. They're metabolic diseases. And they have one thing in common, bad dysfunctional mitochondria, which means bad dysfunctional nanomotors. All of these things are like this. What do you see first? And Dr. Cooper, tell us some of the things that you'll see.

Dr. Anne Cooper: Everybody varies because everybody has their own, let's say, Achilles heel on their weak area, which once that becomes unfunded due to lack of cellular energy, maybe the place that will show up first. People do have variety in cellular dysfunction showing up, and it's said to be about 85 to 95% of all disease are caused by mitochondrial dysfunction. There's many areas where this can show up. Generally people will start to feel a little fatigue and that can lead to weight issues, less motivation to go out and do things which can lead to mood issues. People can get depressed when they don't have this energy to accomplish what they want.

Dr. Anne Cooper: Cognition can go, they don't think as clearly. A lot of time people do start to gain weight also and have the inability to lose it. Deuterium goes along with inflammation so that people can have aches and pains, and eventually down the road as these things build up and less areas are funded properly for your body to have this cellular energy to do what it's supposed to do, which is actually heal issues along the way and repair, it can end up being more serious metabolic conditions such as our doctors really focus on as cancer, and Alzheimer's, and diabetes.

Dr. Anne Cooper: Autoimmunity is very involved. The ability to produce your own hormones and vitamin D is involved. And when you really do think about it, a cell without energy is dead. And every single function that occurs in your body

is related to cellular energy driving that to be able to function properly. We do definitely focus on the cancer, but when I learned about this, I work with the general population just made me go think about everybody, and how could this be happening with them?

Dr. Anne Cooper: This is quite simple common sense, we can make it. Outside just understand that we can make it very, very complicated. But for the general public, in simplistic terms, it's really understanding that do not mess with your words. Don't mess with nanomotors. And it's very important we have so many nanomotors, but it's also very important to know that it's constantly rotating these protons, these hydrogens through them.

Dr. Anne Cooper: I've got numbers here, but there's such big numbers, it gets to be ridiculous. It's just very important to make sure that these nanomotors are protected. And our body is very intelligent, it has many mechanisms in place to keep pushing this between away from nanomotors and in fact we all learnt about the Krebs cycle in chemistry and biochemistry. And that's where we learned about the production of ATP which is our fuel, the energy we make. The impact of this is now we find that as well as producing ATP, it's a cycle of Krebs, and along the way it's recycling of hydrogens. Every time a deuterium comes along we have desired to push that deuterium away and replace it with a regular hydrogen.

Dr. Anne Cooper: And that's why it's going through so many steps through this cycle. We've now learnt that we actually make this own deuterium depleted water inside our own cells. And that's very important because that gives us a lot more control over this situation that has become more out of our control, such as it being more in our environment. That's a little bit out of our control. And we're here to educate people so that they can make better decisions about how much determine they eat and drink and breathe and that they can have control over those things.

Dr. Que Collins: And I think it's really interesting when this is where the intersections with what you do comes into site. Because if your deuterium levels become higher, that's when these aluminum and all these other things become part of who you're. The higher levels breed this type of thing. And so what you do in the detox is get rid of something that your body naturally should be able to do and to be able to hold off, even though there's just deuterium levels have gone up. All of these things that you have to remove metals and things that you have to remove from your body have gone up.

Dr. Que Collins: But again, deuterium levels make things much more difficult, keep you healthier or lower the table of keeping you healthier, because it gives you more energy, and it also gives you the right shape of bowel molecules or enzymes to work. And so it just make you the person you're supposed to be.

Wendy Myers: Yeah. You're saying it makes it easier for body to detox, remove heavy metals and chemicals if you don't have this roadblock, which is higher than normal deuterium levels interfering in that process and other metabolic processes too, correct?

Dr. Que Collins: That's correct. I love what you do because again, it's the same approach that we talk about cancer. And it's not that the standard of care cancer treatments don't work. They work, but they work so much better if your deuterium depletion levels are lower. The same way goes with being able to toxify organs in people. They do work. It's simply with deuterium levels are low where they're supposed to be, they work much better.

Dr. Anne Cooper: Oh, your body is more efficient now at removing toxins because it has the energy to do so. The same way it's more efficient at extracting nutrients out of your food. Your body just becomes more efficient.

Wendy Myers: Yes. And so, tell me about the mitochondria cleanse that you do at your clinic and how that works. What does it entail?

Dr. Que Collins: When you look at the mitochondria cleanse, it's something that we infinity really for the wellness people. We work with a lot of ... Our calling is for really people that are metabolically diseased. But the best way to fight cancer, and to fight diabetes, and fight-

Dr. Anne Cooper: Aging?

Dr. Que Collins: ... Alzheimer's and aging is not to leave a shit at them.

Wendy Myers: Yeah.

Dr. Que Collins: What we did, we decided to look at all of the ways the mitochondria are hit and when you start early. What happens is the deuterium levels get too high, the nanomotors don't work well enough. And like Anne said, the oil gets gluggy gets too thick. We have deuterium depleted water for that part, we use NiD because what we're able to do is once you start up this energy in an animal's stark working better, you need to carry these electrons to act like these electron transport chain. And so we add NiD appropriately because you actually need it. Quite frankly, NiD by itself, makes no sense. But NiD, when you increasing in energy and if energy makes sense, especially if you're not getting enough electrons from going in the sun or going in the stars or-

Dr. Anne Cooper: Nature.

Dr. Que Collins: ... what you're eating. And that's the catch. Again, it's simply a supplement for something that exists naturally. We also have one of the things that I helped create, which are exogenous ketones, which probably one of the things that I helped create. There were other people involved, I'm not saying I'm the only person or even the most important. But these exogenous ketones are great because it feeds your brains and feed your

muscle while you can take your carbs and glucose down, and you're just as powerful.

Dr. Que Collins: You're just as cognitively aware, because this is probably what our ancestors did. They lived off ketones and not glucose. This is natural and we add a new tropic, which allows you to think clear and faster. What that means is every single organ in your body, every single mitochondria body is working better and your mind can stay sharp and focused to use the extra energy that you're making to repair what it needs to do. That's what it truly is the only ... Again, it is a Mitochondria, it's clinically based and that really, really, really works because it's just a science.

Wendy Myers: Yeah. I don't think our ancestors were doing Sunday brunch and eating breakfast, lunch and dinner, snacks. They weren't living off ketones and not carbs like we're.

Dr. Que Collins: In other words, they were usually big lunch and dinner, and not going to lunch and dinner.

Wendy Myers: Yeah, yeah. They were like running, trying to find some meat.

Dr. Que Collins: Well, we just actually published a paper this year, your audience may be very interested is, the way we even became man. That link between that monkey and people was because the group of the of our ancestors who are still walking on all fours, they couldn't hunt. What they would do was to follow mammoths around and then with the tigers and lions and things, kill the mammoth, they would go up, crack the skulls of these animals. They learned to do this with large boulders, cracked their skulls and eat the brains-

Wendy Myers: With the Omega fats.

Dr. Que Collins: Yeah, and a marrow. That's how we became man from this kido. And the paper was just published three weeks ago, we've written them to explain how this works and we're going to call after a new paper. And so then what they did was to take that large mammoth, and pull it into these thing right to the springs that were hot and they started cooking these animals instead of have to break the brains, and we stored it in cartilage.

Dr. Que Collins: And that's what gave us the firms. Then we got the ligaments and things today. That's why this is from a deuterium depleted diet. And it never could have happened at any other time because there's no animal that big anymore. It's just amazing how science goes together and say, "Now you're man," and that's why there's no other condom because it was over as soon as it started. But it did give us who we're today.

Dr. Anne Cooper: Be different.

Wendy Myers: You're saying we should be eating bone broth and mammoth brands?

- Dr. Que Collins:** Yeah, we got to eat bone broth but it was never great.
- Wendy Myers:** Wait, I'm sorry, sorry. Deuterium Depleted water. Let's talk about that. What does that entail? How do you deplete this water of deuterium? And then essentially that pulls the deuterium out of our body, it helps detox it?
- Dr. Que Collins:** One of our founders Gabor Somorjai, he's a person ... And I always kill his name. When he hears this, he's going to laugh at me.
- Dr. Anne Cooper:** Shamali.
- Dr. Que Collins:** Shamali, yeah. His Hungarian name is tough for me. But he's the person that invented ... He built the first deuterium depletion water tower, just for water. And he did that with the Romanian Academy of sciences a long time ago. And he discovered this while I was doing his work in grad school. But anyway, it's a tower that's 70 foot tall under pressure and you deplete water by running it and removing deuterium in its continuous distillation. This is something you cannot do at your house, you cannot. You can buy all the machines ... You cannot, because if you could, we would. And by doing this, Anne always likes to say, "It's not what you put in the water, it's actually for the first time what you take out of it."
- Dr. Que Collins:** And so deuteriums are lowered, and lowered, and lowered. And that's the way it's made. And in this particular, what Gabor has done is taken reuse, here's which is called preventa. We use preventa because again, we work with sick people when people that are very ... It is not a drink, it's almost a drug. And it's already been licensed as a drug for dogs with cancer and cats with cancer, it's already passed. And we've done four clinical trials. It's made of what's called a GMP facility Preventa because the GMP facility means it's drug grade. Every time you drink it, you're knowing you're getting the exact amount you're supposed to get. And with us out there talking about it, there is going to be a deuterium depleted water on every freaking corner suit.
- Dr. Que Collins:** But it's not the same. If I'm going ... I tell people that all the time. I lost a wife and a daughter to cancer and I didn't do it because I didn't want to spend the money, get the right thing, the right tools, do the right job. And so we really believe in using this. And we're doing clinical studies, we're RV to UCLA. This is not a moneymaking thing, this is really a fact finding thing that we do. And so that's the way it's made. Now in the future, maybe we can come up with other ways, but we've been doing it for 30 years and haven't figured a different way yet.
- Wendy Myers:** Oh wow. And so when you drink this water, it helps to attract the deuterium and pull it out of your body?
- Dr. Anne Cooper:** It's actually ... Same way the thick oil. It's like a flushing or a dilution mechanism that's happening in your body. And yes there will be many deuterium depleted waters out of there. But it doesn't mean it's therapeutically valuable that you can say it's extremely depleted, but it

may be such a small amount, but you can still say that. Just be heck proper sure that they check and have someone monitor them along the way properly. And as far as the ... We use the deuterium depleted water initially because it works very quickly and efficiently to lower deuterium levels.

Dr. Anne Cooper: And we know that because between their baseline test and their followup test, which is done in four to six weeks, we see the numbers come down into or close to what we call the desired range, which is fabulous. Most people are underwater for a minimum of three to four months up to more than a year depending on their situation. Everybody has various degrees of health or decline in that range.

Dr. Anne Cooper: We know better once we do their baseline tests and follow up with them. But yes, we use the water, but essentially we use nature, which includes air, which is the breathing techniques. Food, which we discuss and make sure everybody knows which food is high and low in deuteriums, so they can manage that forever. Water, via consuming the DDW but also encouraging your body to make its own deuterium depleted water. Sunshine and light therapy is very important, which is rather a big topic in of itself.

Dr. Anne Cooper: Appropriate movement, we want to make sure people are not overdoing it but also maintaining or building their muscle mass. And also mindset, we want to know where people are at because some people have been through a lot. We have to help people and make sure that they can follow through to be successful. We want to know about their support systems at home and in their families. That's the basics. And then from there on we tailor as on an individual basis.

Wendy Myers: And what foods are high in deuterium just out of curiosity?

Dr. Que Collins: I almost asked you the question. I bet you can tell me what kind, right? The things that we always talk about. High carb foods, processed foods, GMOs, grains, grain fed animals, everything we already know that's not healthy. They're not healthy, not because it's a carb. It's not healthy because the carbs carry deteriorating on them.

Wendy Myers: As the sugar.

Dr. Que Collins: Right. As the sugars or hydrogenated oils. It's not because it's hydrogenate. It's because they're made with tap water and they take these high deuterium important, if you can make a donut that was low deuterium, it's as good as a state. Your body does not care what it eats, it only wants a hide leakage from it. You just want that to have high percentage of hydrogens compared to deuterium. And when I say high, I mean, remember only about 6,000 or 7,000 hydrogens are deuterium out of a million. It's very, very small. It's rare, but it's like having terrorists, you don't need a lot of terrorists to cause damage. You just need a few. And

our body has broken down ... Its defenses has broken down to, "I can't get rid of these terrorists." I guess it's the best way to think about it.

Wendy Myers: And so how does that relate to say, hydrogen supplementation? And do you think that that's beneficial to take hydrogen substances? There's a few coming out on the market, there's a mega hydrate and other ones out there that supposedly feed hydrogen to your body. What are your thoughts on that?

Dr. Que Collins: Well, here's the science, and it's very simple and people can ... And God bless them, but just send me something to prove us wrong. Everything that we've tested, if you make hydrogen supplements from tap water, all you're doing is taking tap water and making it appeal. The deuterium hydrogen ratios are the same. It's not going to help. You can force more hydrogens into a glass of water. Great. If you could force more hydrogens without the deuterium, that would be fantastic. But that's not what happens.

Wendy Myers: Since the body is high in deuterium?

Dr. Que Collins: Yeah. It's high. Now there are some that you can breathe in, they have hydrogen machines, that may work and it may, we're willing to test it because the hydrogen is lighter than deuterium. And so, if you vaporize it and that means the vapor may be low in deuterium. It's not the hydrogen that's doing, it's simply boiling it to making vapor. Get a towel, both and water and put your head over if that's what you want to do, you can save your money. But again, we wish that it were true and it may have other therapeutic advantages. It may indeed, but it has nothing to do with being lower in deuterium.

Wendy Myers: Yeah, yeah, yeah.

Dr. Que Collins: That's all I can tell people.

Wendy Myers: Oh, great. Tell me what it is that you do at the Center for Deuterium Depletion, what resources are available for people interested in testing and managing the Deuterium levels.

Dr. Anne Cooper: Okay, we have a website which is <http://www.ddcenters.com>. That is a good place to start. A lot of people also unfortunately looked at various podcasts and they already come to us very well informed, which is great because the general public are really taking to this and understand it and really want to utilize it. Go to the website and you can get a lot of information on there. You can get a 10 minute free phone consultation with our staff to get a little bit more information and you can also book consultations with our doctors from there. And we will take an intake on those patients and then we'll provide 360 degree program for them, educate them about all these methods that they can utilize, track them and follow them along the way.

Dr. Que Collins: Again, people think that overnight successes have been around for 30 years. We've treated over 10,000 cancer patients along already. We've published over a hundred papers in Peer-Review, not just Peer-Review journals, but top Peer-Review journals. And I will say that both Gabor and Laszlo will win the Nobel prize some day for the work that they've done. I have no doubt about that, I've worked for a few Nobel laureates already. What we really try to do is instead, not only do we do these things, but we work with people like you who have a mission and an understanding of something they're doing to make people healthy and then what we do is come in and try to explain it to see if that, what that relationship is to deteriorate depletion and how can we make what they do better.

Dr. Que Collins: For instance, one of the thing I think would be super neat, would be to do a pseudo clinical trial to where the people that go on your detox, before they do it and they take their deuterium measure when you say it's over and we see if the deuterium levels down. And what we'll most likely find is what we find with all cancer treatments and athletics and hit, that for some people you'll be able to show deuterium levels go down and it's working great for them and others they need to do it longer because their body is still broken. And that's what we come to the table and this is like I said before, it's very simple, we simply take this and all you have to do is blow on it for 10 minutes. Spin to it too. And this is more ... knowing your deuterium levels are more important than knowing your weight to knowing your glucose to knowing-

Dr. Anne Cooper: Cholesterol.

Dr. Que Collins: Cholesterol. Why? Because your deuterium levels determine all those things. You just don't know it yet. Your kids will, but you just don't know that yet. Wendy, I would love to work with you guys and tell your people out there that we want to do this because it's just going to make your life easy. You don't have to drink deuterium depleted water. I believe that what Wendy's doing works. We just want to show scientifically for the first time how it works.

Wendy Myers: Yes. And the deuterium test that you do, is that in person and a clinic or is that something you send to people?

Dr. Que Collins: That's what's really neat. We invented this and we send this around the world and we get-

Wendy Myers: Great.

Dr. Que Collins: ... Kids from China and every day. And it came to us in a dream, it's just hilarious and it's so simple you can't screw it up. Why you can't-

Wendy Myers: Yeah, great. Wait, it sounds very simple.

Dr. Que Collins: ... That many people do it. But it's just breathing. You just breathe in.

Dr. Anne Cooper: Like you do it at home.

Wendy Myers: That's fantastic.

Dr. Que Collins: And you send it back to us. It's so simple.

Wendy Myers: Fantastic. Well, I would love to try it. Obviously, we just said, it sounds so interesting, so compelling. And can someone say, buy the deuterium depleted water without doing the test first? Or do you have to do an assessment first to see whether add before, you'll see prescribed the water?

Dr. Que Collins: Well, here's what we do, we talked about that cleanse for people that are well. People that are well, they can do the cleanse and if you're healthy, do that, go on with their life. If you think you're metabolically challenged, what you need to do as a set up a console. Because while this is not dangerous at all to people, we want to make sure it's done right because that's what's going to make it effective and to set you up to be healthy for the rest of your life and not healthy just while you're doing deuterium depleted water, we're not bandaids, we don't believe in bandaids. We believe in fixing the cause of the disease and not the symptoms of the diseases. Yes, we highly suggest. Matter of fact, don't go further. I don't want you if you don't want to do it right.

Wendy Myers: Yeah.

Dr. Que Collins: Because that's what we do. We're out to prove that this is real. We want people that are compliant and we have so many thankful patients because it really is a life changer. And I'm included in that. And Dr. Cooper is included in that. It's-

Dr. Anne Cooper: Everybody who works there has come here because they've had asked to work with this. They want to be a part of this because they've experienced fabulous results for themselves and they want to be able to share it.

Wendy Myers: And so doing a deuterium cleanse so to speak. Is that something you need to do on a periodic basis or you do maintain your levels by monitoring and then continuing to do the Deuterium Depleted Water on an occasional basis? I'm sure it all depends on your test. But how often does someone just on average have to repeat this?

Dr. Anne Cooper: Once someone is finished with their original program, they can get tested once a year. Sometimes the athletes would like to get tested much more often. Everybody varies. Some people are really interested in checking their own data, but you could do it once a year and then see how you're doing. If you've been doing all of the other 360 degree components, you're probably good to go. But if you've slipped a little bit or had some trouble along the way, then we will advise you on how much water, and which PBM is most appropriate for another month or two, get rechecked

again and then you'll have to go. You could just get checked once a year in general.

Dr. Que Collins: Yeah, it's pretty cool. I think one of the things Dr. Cooper, it's even neat because what we're able to do is take a person that's 60 to their 70 to their 80 their 100 and keep them on the right. Because we know what they need and they can adjust their lifestyle to not only what their physiology can do, but what they want to do. And it's so cool because we see no reason. Actually no reason why a personally can't live now to be 200, we have no doubt about that-

Dr. Anne Cooper: In good shape.

Dr. Que Collins: We have young kids on the snail and we laugh about it because they're going to look 20 years old when they're 60 that's just ... And they look-

Wendy Myers: Where do I sign up?

Dr. Que Collins: You look good already Wendy-

Wendy Myers: I'm joking.

Dr. Que Collins: ... But we'll get you even better. That's why I said ... That's everybody and it's just the way you feel. I know it sounds silly, but again, I'm so happy because my mission of ending cancer is on the way you get to look younger and feel better. And everybody, it's so hard to convince people about preventing cancer, but they seem to want to look better for some reason, that's what they want, "Okay, we'll go with that."

Wendy Myers: Relating to deuterium, where else are we getting this in our environment? You mentioned tap water. You mentioned the bad foods that most people listen to this podcast they should be avoiding. Can we get it in the air that we're breathing? What are some of the other places that people get too much deuterium?

Dr. Que Collins: Yes, it's in our water and not just tap water. And in fact it's very sad, but it's almost impossible to find low deuterium depleted water on planet earth anymore or commercially. That's why the deuterium deplete water is important. However, we don't want to use it as a crutch. And that's why we teach everybody to think every time they put something in their mouth, they're going to be able to make the choice because they're going to know which is high deuterium and which is low in deuterium. The food component is taken care of. And so the air food, water and what was the other part?

Dr. Que Collins: Remember air has humidity in it. That's water. And so you breathe in even when you're asleep, you breathe in a liter and a half of water a night. Yeah, it's every place and it's just so sky high now. EMS, all these things we talk about have an effect on that, not going to sun as an effect on that. As Dr. Cooper always says, not only about what you put in your mouth

and eating, but it's how you fortify your body to get it out of you. And that's the thing. It's fixing this, fixing you and keeping like you already do. Just starting at the cellular level and that cellular level will turn into organs, will turn into DNA, will turn into the new hair on your head, just like you do your air test.

Dr. Que Collins: It's the same thing we're doing working with a group in China, which is awesome. And there we're taking hair samples from the oldest people in the world in China. And we're way into it finding out what the deuterium levels are and what foods have low And why they're living. It's like what we call a blue zone, in China there's no blue zones, because that's a trademark word, which I did not know. We used to say, since they have more people, they also have more people over a hundred and we saw them and they're working at 110 in the fields.

Wendy Myers: Wow.

Dr. Que Collins: It's crazy. It's really crazy. And they know they don't look 110 they look 70 but they don't.. Still It's crazy, it's great. But that's what we're doing, we're measuring the hair, I have no hair. We're measuring the hair samples to see really what the deuterium levels are from their food. And then trying to figure that out.

Wendy Myers: Interesting.

Dr. Anne Cooper: There is a correlation between a lot of these chronic metabolic conditions and where we live, and not that everybody's going to move away from the mountain, but people are higher elevations breathing in less deuterium because it's too heavy to float that high.

Wendy Myers: It's what dries. Awesome.

Dr. Anne Cooper: Well, it's less deuterium that they're taking in. So-

Dr. Que Collins: That's why people in Colorado are healthier. Not because their fats don't smell. But perseverely, they just live in higher places and you top. Yes they do that-

Dr. Anne Cooper: Denver, Colorado have less incidents of high elevators of cancer and diabetes-

Wendy Myers: Interesting.

Dr. Anne Cooper: ... One of our clients have sent tests back from British Columbia. They were all out in the elderly age skiing and doing very well, but they had wanted their baseline levels come back rather low. Now, we can't always all live at the mountain, but we're giving you tools if you don't live there to still be able to manage you to tune levels as if you're living in a low deuterium environment.

Wendy Myers: Damn it. I've always lived by the ocean also.

Dr. Que Collins: Nop, I know.

Dr. Anne Cooper: [crosstalk 00:53:39] We just mentioned great benefits go along with the thing ... We improved the things, that's so great

Dr. Que Collins: Yeah, I think it's very good. And so, we don't want to confuse people. You can live any place, but what's happened is, is that really usually where we live, like the sunlight and we eat the foods that are around there, we can be healthy because it's all-

Dr. Anne Cooper: Natural.

Dr. Que Collins: It's all natural and all set up the right way. But what do we do? We live in LA, we get food from Chile. We get strawberries from Venezuela, we drink wine from Argentina. We're international citizens living in one place. That's what screwing us up. It just that we all know that it's the world ... You pretty know that's not the way it's supposed to be, but it's modern life and modern life's pretty cool.

Dr. Anne Cooper: We don't want to give it up. We just want to enable us to survive in this great technological, modern world by managing our deuterium levels.

Wendy Myers: Fantastic. Tell us where listeners can learn about your work and work with you.

Dr. Anne Cooper: Well you can go to DD Centers, ddcenters.com. And you can read everything about there. You can schedule appointments to talk to us, you can go to any of our seminars, we have courses. We do a lot of things, we travel all over the world doing this. And like I said, Wendy, I want to work with you and we'll talk after here about setting up a study to where we'll invite 50 people and we'll have some decrease prices on the test. And once we finish this paper, you will be one of the officer on the paper.

Wendy Myers: In fact, I would love that. That'd be amazing. I'd love that.

Dr. Anne Cooper: We'll set that up and so they can call us there. We can get started there. But again, what we'll do is help them through you.

Wendy Myers: Fantastic. Well, thank you so much for coming on the show, so, so interesting, and I know you're helping so many people with their chronic health conditions and improving their mitochondrial health and their energy production. We know that mitochondrial dysfunction is the root cause of so many diseases today, and we talk about that a lot on the show. You have to remove every single roadblock that is impeding mitochondrial functioning and deuterium as a piece of that puzzle as well. Thank you so much for coming on the show and everyone, thanks for tuning in to the Myers Detox Podcast, where every week we cover

subjects related to bio hacking, upgrading your health and heavy metal and chemical detoxification and protocols. Thanks for tuning in.