



Transcript: #454 Hope for Reversing ALS and Dementia with Patricia Tamowski and Scott Douglas

Dr. Wendy Myers: Hello, everyone. I'm Dr. Wendy Myers. Welcome to the Myers Detox podcast. We have a very supercharged show, a very inspirational show today, about how to reverse ALS, which is also known as Lou Gehrig's Disease. This is a muscle wasting disease that's... There's an issue with the neurons and getting the messages to the muscles to function, and so people have wasting and deterioration of their muscles, and eventually get complete loss of movement, and then eventually death. And so it's usually termed as a terminal illness. Physicians say there's nothing you can do, this is a terminal illness, you have to go home to die, just make yourself as comfortable as possible. And that's what many of the therapies are designed to do, is just to make someone comfortable.

And there is hope. There is always hope. And so the things we're going to talk about in the show today are different therapies that you can do to reverse ALS, which also pertain to dementia, Parkinson's, Alzheimer's, MS as well. All these different neurological degenerative diseases can be addressed using many of these protocols that we're going to talk about today, all in the show. So really, really good show today.

So our guests today are Patricia Tamowski and also Scott Douglas, and they are a dynamic duo that is really dedicated to helping the ALS community and helping people dramatically improve their lives and reverse ALS. They have so many stories on the show today. And so something also wanted to mention, is on the show they talk about how emotional detox is really key, and reversing emotional trauma is key, to reversing ALS and these other neurodegenerative diseases like dementia. And so in my work, I've been very much interested and very focused on healing emotional trauma, in uncovering these negative stuck emotions that people have that are causing physical health issues. And this is very firmly based in the conventional medical research, that the emotional traumas that we suffer at the hands of our primary caregivers or our parents dramatically increase the

prevalence of disease, of drug addiction, of suicide rates, physical health issues, obesity, smoking. I mean, you name it. The research is clear.

And so it's something that you really need to think about working on and addressing your emotional trauma, if you want to feel your best, but not only free of illness, but on a regular basis feeling joy, peace, and love, and loving yourself. And that's really for me the goal of my program called the Emotional Detox Program, is helping you identify and release emotional trauma. I have a free masterclass on that you can check out at emo-detox.com, E-M-O dash D-E-T-O-X dot com. Check it out.

Our guest today, Patricia Tamowski, is a principal researcher for healing ALS and she has interviewed over 30 ALS reversals and dozens of integrative and conventional medical practitioners. She's a producer for the upcoming documentary series Healing ALS, and she's also the co-author of Healing ALS, which is her upcoming book. And she founded Healing ALS and Healing Advocates along with her partner, Scott Douglas. And Patricia has also interviewed MS, Alzheimer's, and Parkinson's reversals as well, and she is committed to educating the public about the true cause of disease and how to reverse it. Patricia is a cohost of Healing ALS Sunday community meetings, and she's a former software engineer and information technology project manager, and she also created the Healing ALS Registry along with dedicated members of the Healing ALS volunteer team.

And her partner Scott Douglas has worked closely with the Healing ALS community over the last ten years and he also hosts the Sunday community healingals.org meetings. And Scott is also one of the directors of the ALS Wellness Center in Colombia, South America, and you can visit that at alswellnesscenter.org. He is also the creator of the Healing Advocates YouTube channel with over 70 videos and 4,500 subscribers. Scott's work includes being the director of Healing ALS, the documentary series. He's an Emmy award nominee with 30 years experience at NBC, CBS, and ABC as a journalist and photographer. And his work has appeared on PBS, Today Show, 48 Hours, NBC Nightly News, involving interviews with the Dalai Lama, Desmond Tutu, Bill Clinton, and Mikhail Gorbachev. And as a videographer and director of over 30 interviews with those who have successfully reversed ALS, his experience with investigative journalism on Health in Seattle, Washington at NBC Affiliate KING-TV brings a wealth of information for our healing ALS community.

You can learn more about their work at healingalsconference.org and also healingals.org. Patricia and Scott, thank you so much for coming on the show.

Scott Douglas: Thank you.

Patricia Tamowski: Thank you for inviting us. We're very excited to talk to you.

Dr. Wendy Myers: Yeah. So you're experts in ALS, so how did you get interested in ALS, or Lou Gehrig's Disease?

Scott Douglas: Basically it started with Alzheimer's. Tisha's mother was experiencing some Alzheimer's dementia, and she was actually diagnosed with dementia. And so we wanted to know if there was something that we can do.

Patricia Tamowski: Yeah. So it started that way. My mom and my grandmother both passed away from Alzheimer's dementia, and I had actually started to have symptoms even as early as my forties, recognizable, that I could feel. So we were just saying, okay, how can we help Mom? Let's find some... I knew B vitamins, omega-3s, let's just give her some vitamins that might slow it down. And then we found all these people that had reversed Alzheimer's dementia, and then also reversed ALS. So we were guided... I'm going to give you the very short version. We were guided to do ALS.

Patricia Tamowski: So we started out with doing both Alzheimer's and ALS. And then Scott, give us your background because...

Scott Douglas: Well, I said we have to investigate this. I've got 30 years experience in investigative journalism, and a lot of that investigative journalism was on health. And so I said, we have to make sure that these folks are real, because we found out the name and kept reading this book, and it was a book that kept hitting us. It was called Eric Is Winning. And so we ran into Eric Edney, and basically we said, we have to go interview them. So Eric and Glenna, we both went to their home, saw what he was doing, saw the different modalities that he was doing. This is a multi-factoral disease. Many people end up with ALS various different ways, and many people actually reverse their symptoms in various different ways.

Dr. Wendy Myers: Okay, great. And what is ALS exactly? So it's Lou Gehrig's Disease, but what is it, and what are some of the early symptoms that people might want to look for?

Patricia Tamowski: I'm going to answer that question in one minute. I just want to go back to Eric for a second. He was diagnosed at 59, and he lived to be 85, and he died of a stroke and a heart attack. So just to let you know... And he was able to reverse it partially, he didn't reverse it fully, but he said, "You know, if I had started this right at the beginning, I would have been able to reverse it fully." And we believe, because we've had people... So before I get in there, we've had people go from not being able to move... So Mark Manchester is one of the people, and he did a podcast with us and he said, how to have fun when you can't move, eat, breath, or speak. So he was fully dependent on a... He had tracheostomy. He was fully dependent on the mechanical ventilator for breathing. He was fully dependent. He couldn't move, he couldn't even move two fingers to drive his own electric wheelchair. He couldn't speak and he couldn't eat. He had a feeding tube.

Dr. Wendy Myers: It's just so hard to imagine having this affliction, this disease, and having to live life that way, and being trapped alive in your own mind where you can't do anything.

Patricia Tamowski: And yet yes, because it's a progressive, it's a neuromuscular disease. Go ahead. You can talk about the disease and answer her question.

Scott Douglas: It is amyotrophic lateral sclerosis. So you're becoming atrophied with your muscles as you continue in life. You're trying to thrive, but yet you're actually deteriorating. And there's a lot of weight loss involved, there's vesiculations and cramping and it's a tough disease. It's one of the toughest diseases known to mankind.

Patricia Tamowski: So it's a motor neuron disease, so what it effects is the signaling to the muscles. So if you look at the motor neuron cortex or whatever it's called in the brain, those are no longer signaling to the muscles. So it's not there's anything wrong with your muscles, it's that if you're not getting signaling, what happens to the muscles? They just shrink into nothingness. But there was never anything wrong with the muscles. So once you fix the motor neurons, you get to what's... Then the muscles will come back. It's amazing. And Duke University has done these... Has studied reversals. They don't know how to reverse ALS, just to be really clear. Duke and Dr. Bedlack have no clue. They are studying it and they're trying to find out, but they are measuring the reversals.

So what happened is that first people used to tell us, they were misdiagnosed. These people never had ALS, or they never could have reversed. And now I have to acknowledge the courage of... He's an MD PhD, the director of Duke University ALS Clinic, and he had the courage to say, "Wait a minute, guys," to his colleagues, "These guys had motor neuron disease. Look at their records. You go look at their records, and if somebody says these people were misdiagnosed, I dare you to go contact Dr. Bedlack at Duke University and say, 'Show me the records.' Because if you haven't bothered to look at the records, you cannot say that they never had motor neuron disease and they never had ALS."

So the reality is these people had all the ALS symptoms. Mark Manchester was like that for three years. He was doing traditional medicine, just trying clinical trials and doing what people told him to do. He never knew that you could reverse, so he was going to the ALS Clinic every three months. That's what they told him to do. Try getting a couple of trials. He tried a couple of trials with no results. And he was just going downhill until he met Lisa. And Lisa and he ended up getting married, but he met Lisa and Lisa said, "Wait a minute, you've got to do holistic medicine. Look at your diet."

Scott Douglas: Exactly.

Patricia Tamowski: You're deficient in magnesium. You're deficient in... You need to be taking antioxidants. They went to a naturopath.

Scott Douglas: And correcting the nutritional deficiencies is one of the key elements, and correcting gut function to get it corrected, and making sure that you have your open detox pathways, makes all the difference.

Dr. Wendy Myers: Yes.

Patricia Tamowski: And you've got to be able to absorb the nutrients. So if you're not absorbing nutrients, if your gut is messed up, how can you absorb the nutrients that are going to help you heal? And how are you going to improve cellular function so those cells can take in the nutrients and detoxify? So the reality is holistic medicine, functional medicine, integrative medicine, whatever you want to call it, is really the key to reversing any neurodegenerative disease.

Scott Douglas: It's actual science.

Patricia Tamowski: We have Alzheimer's reversals, MS reversals, Parkinson's reversals, and ALS reversals. And autism reversals.

Scott Douglas: And it's amazing how we can now document them through peer reviewed journals. And so I think it's going to be a game changer. And coming to this conference, you're going to be able to talk with and see... I invite all the skeptics, because in our two '19 conference that we put on, I invited skeptics and the skeptics came, and they were actually hugging me after the end of this, when they actually admitted that they came to be a skeptic.

Dr. Wendy Myers: Wow.

Patricia Tamowski: They had no idea.

Dr. Wendy Myers: Those were doctors or researchers?

Scott Douglas: All of the above. And we had different folks from different...

Patricia Tamowski: PALS.

Scott Douglas: Different PALS, and we had folks that were from different countries, medical physicians that came in from Australia, Africa, I think it was 17 different countries.

Patricia Tamowski: We had about 10 countries physically there, and then we had about 25 online were watching the... We were live streaming the conference. So we would encourage people, if there's any way to get there, you arrive the evening of the September 28th, and then the conference is the 29th, 30th, and 31st, and the medical professionals are staying an extra day because they... We're doing an ALS therapeutic think tank, because a lot of these physicians have Lou Gehrig's Disease, ALS, and have had reversals. So they've got reversals, they're sharing with each other, how did you do your reversal? But the idea is to increase that

reversal rate from about 10% to 50% and then to 90%. And understand right now we have maybe a 5% to 10% reversal rate. We have maybe another 10% to 50% that have totally stopped it.

Patricia Tamowski: And another 70% that are slowing it down. So there's about 10% right now. They just haven't found the cause yet. It's not like they can't reverse. It's just that there are so many causes that they haven't been able to reverse it yet.

Scott Douglas: And so many ways people have been able to not only stop the progression of this disease, but turn it around and start gaining in functionality. And it's amazing the different stories and how they've done it. And some have done it without physicians.

Dr. Wendy Myers: Yes. Yes. Amazing.

Patricia Tamowski: They've read online.

Scott Douglas: They've read online on their own. They studied.

Patricia Tamowski: I just heard about another one an hour ago that's living, I think he's living in California, he just jogged a mile.

Dr. Wendy Myers: Oh, wow.

Patricia Tamowski: This is a guy diagnosed with ALS, with drop foot, that there's no way he can jog with a drop foot, and he is now jogging a mile. I mean, you can't beat that.

Dr. Wendy Myers: Wow. Wow. And so you can learn more about your conference at healingalsconference.org. That's where you go to check it out.

Patricia Tamowski: Absolutely.

Dr. Wendy Myers: And I see you have my friend Dr. Lee Cowden is speaking. He is brilliant. You have Jerry Tennant. You have some amazing speakers at this conference.

Patricia Tamowski: And Jerry Tennant, by the way, he's doing a training for both patients, family members, and medical professionals on Thursday evening. So that's like a little bonus session. He's doing a two hour training, and normally you have to pay for that training, and he's doing it for free for the conference attendees. So he's speaking during the day at the conference, but for those who can come, not only is he going to be there and training, all these other medical professionals are going to be there talking in the hallways. That's why you come in person if you possibly can fly there or drive there, just come in person, because we have a diagnostic machine, for example, Dr. Cowden had an ALS patient back in the '90s, and he said that there was... He just couldn't figure out why he hadn't reversed yet, because they'd done this, they'd done that, they'd done that. Then

there's a machine that this is going to be at the conference, it's a diagnostic machine, and they're giving a special of 299 for PALS.

Patricia Tamowski: Yes. And so it takes him about half an hour to scan the person at the conference, and about a half an hour to interpret the results. And he used this particular diagnostic tool in order to... And he found a little... It detects infections anywhere that is sub subclinical that don't show up in the blood test.

Scott Douglas: That don't show up in normal tests.

Patricia Tamowski: Oh, I know I've got an infection, but you don't, because it's subclinical. And also, even if it shows up in the blood work, you don't know where it is. They found it specifically in the jaw. This patient was able to go back to a biological dentist, get it cleaned out, the infection cleaned out, and then that was the last thing he needed before he healed. He reversed it, and lived another 20 years. There's always a cause to your neurodegenerative disease.

Scott Douglas: Our bodies can be full of hidden co-infections all over somewhere that we can't get to. It's like, "Doc, I'm still not feeling well." "Your numbers are just fine." But no, these machines here go beyond the normal testing.

Dr. Wendy Myers: There's so much amazing technology out there to... And we talk on this show about bioenergetic software, we talk about Rife devices that are amazing for infections. There's so much amazing technology out there at our fingertips to address this that you're just not getting in a conventional setting.

Patricia Tamowski: Yeah. We have like seven different frequency machines there, at the conference, so that people can try them out. It's so confusing. Which one do I use? When do I use it? Is this machine doing the same thing as this other machine, or is it complementary? And people will actually, if they come to the conference, they will be able to actually see and try out all of these machines and understand what they do. Some of them are frequency machines directed at particular pathogens, others are frequency machines to actually improve cellular metabolism. They go directly at creating ATP in the cells, healing the cellular membrane, that kind of thing. So it's...

Scott Douglas: I don't know anywhere else in the world you will have this many ALS reversal PALS telling their story, how they did it. You can talk with them. These are real people just like you and I. And I don't know anywhere else where you will have a gathering of this many physicians who have helped their patients, and this many ALS patients who have recovered.

Dr. Wendy Myers: And that's why I like doing shows like this, because I personally believe that every health issue has some methodology of reversing it. It's just that when you're talking to a doctor "There's no cure, there's nothing that you can do," You're just talking about his limited skillset and his limited education. There's amazing things that can be done. You just have to keep searching for answers.

Patricia Tamowski: Absolutely.

Scott Douglas: Yes. And most are not looking for root causes, either.

Patricia Tamowski: But a lot of functional doctors are coming to the conference, because they... This is the problem. If you're a doctor, you have an ALS patient walk in your office maybe once every ten years. So how much experience do you have with ALS? But I wanted to let people know that everything that they learn at this conference is equally applicable to MS, Parkinson's, Alzheimer's, and autism. So that's really important that they understand that. But also our experience with ALS is that it tends to be more complex. So you probably have messed up gut function, which a lot of people do, but they probably have four or five viruses. They probably got a low level infection, they probably have mold, they probably have Lyme, they probably have heavy metal.

Scott Douglas: And then one more thing put them over the edge.

Patricia Tamowski: So it's more than your average bear. And so if you can figure out how to resolve ALS, the other diseases are actually easier. So it's really the last challenge. That's why Dr. Calvin got interested. He says, "You know what? If we can solve ALS, we can solve everything else."

Scott Douglas: He was down to two fingers of movement only. Two fingers only.

Patricia Tamowski: Oh, yeah. McFinn is coming to the conference. He was down to two fingers of movement. But I want to talk about optimal. So one of the things that he did, he goes to his regular doctor.

Patricia Tamowski: And he said, "I really think I was lead poisoned. Because we were living near... I know I was lead poisoned, and I know that I was possibly mercury poisoned," and he knew that there was a source because it was a factory, and he lived in St. Louis, and when he was growing up, it was full of toxins. So he knew that. And he said, "I want you to check my B12." So he gets back from his regular physician and he says, "Your B12 is normal, and we're not showing any problem with it." So that was the end. And then his friends said, "You need to go to a functional doctor. Forget about going..." And so we went to a naturopath. And you need to go to this doctor.

And the doctor... Again, the difference between going to a regular MD...

Scott Douglas: Looked at the same numbers.

Patricia Tamowski: The same exact numbers, brought his test results and said, "Wait a minute. Your lead... We just did a heavy metal test on you. The maximum you should have is 5. You should really have 3 or less, and you have 49. It's your lead level."

Scott Douglas: Right. 49.

Patricia Tamowski: "So you do have lead poisoning." And he checked your blood. Of course the blood is only going to show recent exposure.

Patricia Tamowski: So when he did actually do a challenge test and said, "Wait a minute, this lead is off the charts." And so that was one thing. And then it turned out that again, McFinn's intuition, who was telling him lead and B12, he gets his B12 test. Well ya, you have 211. Because physicians are saying the normal range is 200 to 1,100. But if you want to heal from a neurodegenerative disease, you need to be in the seven or 800 range. You need to be optimal B12, not low B12. Not low normal. That's not going to get any healing done.

And so ever since then, McFinn has been taking B12 shots, and to this day he still takes his B12 shot once a week. Because he's also vegan as well, so that will influence his B12, so he's not getting that B12 because he is vegan. But the reality is, McFinn is climbing mountains now. He was down to two fingers of movement. And this was just a piece of his journey. He did more things. But that's just as an example of a difference between going to a traditional MD and looking at "normal" versus optimal, and then knowing how to test for toxins. We want the neurologists to come to the conference. We want the skeptical neurologist to come and learn this stuff, learn that no, a 211 B12 is not enough to heal a neurodegenerative disease. And that you need to learn other ways of testing for heavy metals, because the standard blood test is not going to pick it up.

Dr. Wendy Myers: Yeah. Can we talk more about that? Go ahead, go ahead.

Scott Douglas: I want to say it's 60% mental and probably 40% with all the physical and supplements and all of that.

Scott Douglas: And one thing about McFinn. The body loves complacency. If you're in a wheelchair and your body's used to being in that wheelchair, your body says, "Okay, fine. This is where you want to be, this is where I'm going to make you comfortable." But if you start optimizing things, optimizing your nutrition, start getting out of the wheelchair, trying to move... McFinn had to lay on the floor when he didn't have any movement, and his therapist said, "Start squirming like a worm. Tell your body you want to move." And it's these things that's going to reverse. You can be complacent and be where you are, and you can live a life, lifelong. If you had all the nutrition you need, you had all the air, the ventilators, the trachs you need, you could live a lifelong disease with ALS. But to optimize, to reverse, you have to make sure that you are working strides and do visualization. Visualize yourself riding that bicycle, visualize yourself walking down the aisle with your loved one. Visualize.

Dr. Wendy Myers: Yeah. That's so powerful, because you know what you believe is what's going to happen. So if you believe you're never going to get better, you're correct. If you

believe that one day you're going to be walking again and get better, you're also potentially correct, depending on maybe how much physical permanent damage you have. But let's talk more about the heavy metals, and how heavy metals that you've found impact the brain, the nervous system, and neurological diseases.

Scott Douglas: A lot of those heavy metals are mercury amalgam fillings. 50% mercury that's slowly leeching, and actually mercury in the vicinity of a neuron actually brings back the neurofibrillary tangles that you actually find in disease.

Patricia Tamowski: It will just destroy the neurons. So we have actually two dentists coming, and that's why it's so important. People don't realize that dental work is so important.

Scott Douglas: Very important.

Patricia Tamowski: And you cannot get them removed by a regular dentist. And in general you don't remove them all at once. So it's just... You've got to...

Scott Douglas: Mercury safe dentists.

Patricia Tamowski: Yeah. So the mercury destroys the gut. It destroys the gut. It allows parasites. It allows...

Scott Douglas: It stops nutrient absorption, which is huge.

Patricia Tamowski: And of course that messes up the liver. There's just so... And the thing is with the fillings, what happens is, if you go to this... There's a video called Smoking Teeth on YouTube. You want to look at that video, and you'll see a 25 year old metal filling. Every single silver filling in your mouth is 50% mercury. And you'll see the smoke, you drink hot coffee, and it's methyl mercury, and it crosses the blood brain barrier. So you've got heavy metals inside your brain. And that's why it's so important to detox it often.

Scott Douglas: And how you detox it.

Patricia Tamowski: Yeah. And often will get it out of your body, but you still have to get it out of your brain. And there are a lot of different methodologies to do that, more complicated than to explain here, but just so that people know that there is absolutely a way to get it out of the brain.

Dr. Wendy Myers: They say that a lot of MS patients are actually mercury poisonings that are misdiagnosed, because it's mercury toxicity primarily.

Scott Douglas: Lots.

Patricia Tamowski: Absolutely. I have a friend, her name is Sally, and she was diagnosed with MS in 2007, and she got her fillings out, and that helped, but she still had dementia.

She still had MS. And then she went on the Wahls diet, Wahls protocol, by Terry Wahls, W-A-H-L-S. And actually that got rid of her dementia and brought her about 85% better. And then about three or four years ago, she switched over to the Medical Medium protocol. So she kind of combined the best of the Wahls and the best of Medical Medium, and she is now 98% better and skiing down black diamonds again.

Dr. Wendy Myers: Wow. I love to hear stories like that because it's amazing the power of intention, the power of getting this information. We've had Dr. Terry Wahls on the show before, and she's so inspirational and amazing. It's so important to use these protocols used by people that have reversed their illnesses. Absolutely.

Scott Douglas: Every story that we have been talking about, you can go to healingals.org and click on Sunday recordings, and you can get them explaining their story themselves. And we have a whole list and group of probably about 60 videos of past folks.

Patricia Tamowski: People, techniques. We have all the different... It's kind of a combination of people who are both sharing their stories, medical professionals sharing reversal stories, and also techniques, like Dr. Cowden, we had him on for two Sundays in a row, and he just said, "If I had ALS, these are the things that I would do." And people were just taking notes like crazy, and then they're listening to the recordings two or three times because there was so much information. And it's free. So you can click on Sunday recordings and go for free. But right now, if you want to get six months' worth of knowledge on how to reverse neurodegenerative disease, I think you're going to get six months of knowledge in three or four days.

On Sunday, by the way, nobody wanted to go home last conference. Our last conference was in 2019. Nobody wanted to go home. So we organized for, while the medical professionals are doing their think tank, we arranged for the people with ALS and their families to go up to snowboard. It's a 20 minute drive on the freeway, a gorgeous ride up the mountain, all wheelchair accessible, and they can actually take the tram up to snowboard. The Oktoberfest is going on, and they have a view from 11,000 feet of the whole valley, and it is gorgeous. So that way they can socialize and keep sharing information on Sunday, and some of them are flying home late Sunday night, and some of them are waiting till the next morning.

Scott Douglas: All wheelchair accessible.

Patricia Tamowski: Yeah. Everything's wheelchair accessible for Monday morning. So it's a way that we can get the people up the mountain, so they don't have to go home right away, because you make this friendship, you bond with the other ALS families, because this is a family disease. It's not just the person with ALS. The entire family is affected.

Scott Douglas: I'd like to bring up how important this is. He did not necessarily want to mention his name, but we have someone who could not speak English. They knew German and they knew Spanish. They were terminal. He was determined to go to Switzerland to commit suicide, because there he could commit suicide legally.

Patricia Tamowski: He lived in Europe.

Scott Douglas: His wife said, "No, I'm not taking you, and nobody's driving you."

Patricia Tamowski: He couldn't drive.

Scott Douglas: So he just couldn't go anywhere else. And he was very, very frustrated. So he went online just looking at various different things, stumbled across our healingals.org website. Did not know English. Had the Google Translate translate it all back into English.

Patricia Tamowski: To Spanish.

Scott Douglas: No, he translated to Spanish.

Patricia Tamowski: Because that was his first language.

Scott Douglas: He speaks German and Spanish. He translated to Spanish, and then started doing some of the modalities that he's learned from these others that were recovering.

Patricia Tamowski: And then on top of that, he did his own research. So he started out with, what did all these people... There were 20 reversals we had listed. Actually we still have 20, but we know of a ton more now. We're doing a new website, so there are many more reversal that are on the website. But he then took it to the next level. He kept doing research and said, "wow, this is science". Really smart guy. And he just researched on his own and added a bunch of modalities and created his own...

Scott Douglas: Came up with his own journey. And we tell people, this is your own personal journey of healing. What works for someone else may not necessarily work for you, but the combination of two or three people with their modalities may work for you.

Dr. Wendy Myers: What role does trauma play in developing a neurodegenerative disease?

Scott Douglas: A lot. Oh, my.

Patricia Tamowski: Huge.

Scott Douglas: We actually have emotional trauma specialist that will be there at the conference also, because let me tell you, when you harbor... I can show you a

picture of a raging lion, and I can show you a picture of a butterfly. So even down to the smallest mitochondrial level in your body, you are in defense mode. And when you are in defense mode and full of fear, you're not accepting nutrients, you're not accepting... Your whole body is in defense mode. But when you get in a meditative state, that parasympathetic just relaxing and enjoying, you're able to absorb nutrients so much better.

Dr. Wendy Myers: Yes.

Patricia Tamowski: So you're either in...

Scott Douglas: You're going to detox better too. You're actually able to sweat better in a sauna when you're not in a stress state.

Patricia Tamowski: I want to tell her Evy's story.

Scott Douglas: Oh, Evy McDonald.

Patricia Tamowski: Every moment of every day, you are either on the positive side of the hill or the negative side. Which means if you're thinking a positive thought in that second, a hopeful thought, a grateful thought, a forgive... Any positive emotions, you are then in healing mode. And every time you are frustrated, anger, you haven't forgiven someone, you're resentful, you're judgemental, you are then in disease mode. And so, do you want to promote your healing, or do you want to promote your disease? And the ALS especially, but all these neurodegenerative diseases, you need to be on the positive side of the map, ideally 99% of the time. And once in a while you can cry. I don't care. But get it over with and then get back over to the positive side.

Dr. Wendy Myers: It's really easy to have a pity party when you can't move, or dementia, you're told...

Patricia Tamowski: Really easy.

Scott Douglas: Really easy to get caught up with others in that pity party.

Dr. Wendy Myers: You're told it's incurable. You're told there's nothing they can do, just go home to die. And so many people believe that. That's the problem. They go to their doctor, they're told that, they believe that there's nothing that they can do. And so...

Scott Douglas: A lot of people don't understand stress. Stress. Constant stress. Stress will actually bring those cortisol levels up, which deteriorate your magnesium and bring them down. And when we see that in ALS patients, all of a sudden their cramping, their vesiculations, all of that goes back when they get stressed.

Patricia Tamowski: And they're breathing. It depletes your Vitamin C, it depletes your magnesium, it depletes your selenium.

Scott Douglas: Oh, my goodness your most vital nutrients. You're depleting them.

Patricia Tamowski: Yeah. So you've got to... I think the stress management to clear emotional blocks... We have several speakers talking about emotions. It's very important. And one of them, Evy McDonald, is actually a reversal. She's actually a PhD. She was a nurse originally. She had her master's in public health, and she was diagnosed at the age of 29. This was back in the '80s. And one of the things that Evy did is, at the first six months, she said she was so in the medical model. She was in the medical model, she ran a department. She was at very... No, I don't know that she ran, but she was very high up in the department. And she just believed everything from medical school and nursing school, and that was it. And she was diagnosed, she was in a wheelchair within four weeks.

Scott Douglas: And planned her funeral, everything.

Patricia Tamowski: And the doctor said, plan to die within a year. And so she planned to die within a year. And at six months in, she was in a wheelchair, and she pretty much couldn't move. And someone basically kidnapped her and said, "You need to look at life here." And she...

Scott Douglas: They kidnapped her, they took her up on a mountain in Tucson, Arizona and said, "Look at this beautiful sunset. You have so much to live for." And it totally changed everything.

Patricia Tamowski: Everything just switched, and you know, get a glass of wine and just relax. Don't focus on dying, focus on living.

Scott Douglas: Focus on living.

Patricia Tamowski: And that was just amazing, that these friends just kidnapped her and did it, and she was kicking and screaming, "Leave me alone, I'm going to die." And they kind of rescued her. But then she rescued herself because she said, "Wow, I have been so focused on dying the past six months, so the next six months, since I'm going to die in a year anyway..." Because her progression was so quick. They said she was going to die anyway. She said, "I am going to live the best six months of my life. And what do I need to do, to do that?"

Scott Douglas: But the key was, she started appreciating and loving herself. She looked in the mirror and said, "This body that I've hated for so long, I love my body now. I'm going to make a difference." And when she started making the small gains, those small gains turned into bigger gains through love, through loving herself.

Patricia Tamowski: And it wasn't easy. It took her months. It was not a fast process, when you hate how you look. So she said, "Let me focus on the positive, because that's what

I've got to do." And she read a bunch of books too from some of these very famous authors that were writing back in the early '80s, and so in the late '70s, so she got a lot of information from there. So she said, "I've got great hair. I don't like the rest of my body, but I've got great hair, so let me focus on my hair."

Scott Douglas: Focus on the positive.

Patricia Tamowski: "I'm going to focus on my hair and I'm going to ignore everything else about my body that I don't like. Let me focus on this gorgeous head of hair that I have." And she was 30 years old, so she had great hair.

Scott Douglas: She can tell her story on healingals.org on Sunday recording. She can tell her story herself.

Patricia Tamowski: We want people to come to the conference. So what she's doing at the conference...

Scott Douglas: And she is going to be here at the conference. You can give her a hug, show up, and she can tell you her story personally.

Patricia Tamowski: But the other thing that I thought was so important about her story is that she realized that, every time she thought of a negative thought, wow, my muscles are now... Look at my muscles just got tight. And every time she thought a positive thought, "you know what, my breathing is better."

Scott Douglas: I can feel now.

Patricia Tamowski: She noticed, every second that she was thinking a negative thought, she noticed it. She just figured it out on her own. We can teach people that, to start noticing it. But she noticed it on her own, and said, "Why would I think a negative thought which makes my body feel worse, when instead I can think a positive thought which makes my body feel better? Why would I endure this cramping..."

Scott Douglas: She figured it out.

Patricia Tamowski: "Why would I endure this cramping when I don't need to? Because the cramping happens every time I think a negative thought. My breathing gets worse every time I think a negative thought. So why would I think a negative thought?" She realized that she had been resentful. Every time she thought a judgemental thought, oops, she would feel it in her body. Wow. I guess I need to stop judging people. And then she hadn't forgiven people. When you're judgemental, you're judgemental on yourself as well. But she was very angry at people.

And one of the things that we teach people is Byron Katie, who says, you've got your business, you've got the other person's business, and there's God's business. And when you think about it, lightning strikes your house and it burns down. Guess what? That's God's business. That has nothing to do with you or

anybody else. How you react to it is your business. Now, if you're mad at this person because you've got ALS and you can't move, and they're not responding quick enough, guess what? How fast they respond is 100% their business, and you can't control it. How you react to them moving a little slower than you would like is your business.

So you can choose to say, "I'm impatient because I'm waiting for my drink of water and I can't move." Or you can choose to be so grateful that this person is getting your drink of water. And even if it takes her five minutes, guess what? Be grateful she's bringing me a glass of water. Be grateful that I'm still living in my own house. Be grateful that she's still here to help take care of me. And that is a whole different bonding.

Scott Douglas: Totally changes, it's paradigm shifts.

Patricia Tamowski: You can live in gratitude and appreciation, or you can live in frustration and anger. And it's a choice, and it's so important to people who want to heal. And the people that are able to make that choice are going to... And Evy McDonald said, she's a very scientific person, an analytic person, is going to be presenting this to the medical doctors and to the patients on... I think she's speaking on Saturday, and she's going to be presenting that. And this is the science behind the emotions. And this is why you cannot ignore emotions. And so we're trying to get neurologists to come on board. We're trying to get practical... A lot of functional medical doctors are not that comfortable dealing with emotions. They're still dealing with the pathogens, the viruses, the infections, the nutrients, the diet, the supplements, but they're ignoring the emotions. And that needs to be part of their practice.

Scott Douglas: It needs to be part of their science.

Patricia Tamowski: In their practice on coaching people with emotions. And so we have some emotional coaches speaking at the conference.

Scott Douglas: We have numbers, we have results, we have... They need to understand this is science and it needs to be a part of their practice. I really think in the short future that basically the paradigm is going to shift and the standard of care for ALS will change. It will change.

Dr. Wendy Myers: It's going to change. Yes.

Patricia Tamowski: It's going to change. And actually on Saturday, you do not want to miss Saturday, the conference, even if you're watching it online. And we encourage people to get there in person. Some people cannot move, they cannot make it, and so we are actually planning to stream it for free online, so people can watch it online, go to healingalsconference.org a few days before the conference. We're not really publicizing it, but your audience, we're publicizing it.

Scott Douglas: We're planning on it. We're trying to get it to work.

Patricia Tamowski: Yeah. Did we create a coupon code for you? If not, we'll do it!

Dr. Wendy Myers: I'm not sure, but just say one and then we'll...

Patricia Tamowski: I think MYERSDETOX, whatever it is.

Dr. Wendy Myers: Okay.

Patricia Tamowski: Is MYERSDETOX okay?

Dr. Wendy Myers: Yes, MYERSDETOX is fine.

Patricia Tamowski: We're going to do MYERSDETOX. It'll be \$50 off. So if anybody wants to come to the conference at the last minute and can figure out a way to get there, use the Myers Detox coupon code and you will get \$50 off.

Dr. Wendy Myers: I have it here now. It's just the word MYERS.

Patricia Tamowski: Oh, MYERS. Is that okay?

Dr. Wendy Myers: Yeah. M-Y-E-R-S. That's what I have.

Patricia Tamowski: Okay. Myers. Maybe I'll create a second one with MYERSDETOX.. both of them will work.

Dr. Wendy Myers: Yeah, just do both. MYERS or MYERSDETOX. That'll get you there.

Patricia Tamowski: MYERS or MYERSDETOX, you will get a coupon code for that.

Dr. Wendy Myers: I want to talk a little bit about Dr. Lee Cowden, because I personally believe he's one of the most brilliant physicians in the U.S. today, or the world. He's fascinating, and I love how his mind works. And so what were some of the resolutions or the things to address ALS that he was discussing?

Scott Douglas: Several.

Patricia Tamowski: I can give you some, but at the conference, I want to tell you, he's going to do one presentation on Lyme, because he's one of the foremost Lyme experts in the world.

Scott Douglas: Most of our PALS have Lyme.

Patricia Tamowski: Yeah. Probably 95% also have Lyme in addition to ALS. So that's one talk.

Patricia Tamowski: But what was really interesting about Dr. Cowden, I said to him, I said, "What would be your favorite topic to speak on, on the conference?" So all of this knowledge that he's been accumulating over the past 40 years, he knows everything about everything, he's amazing. And I said, "What is your number one topic?" He said, "How to heal emotional blockages. The emotional blockage for the healing."

Dr. Wendy Myers: Oh, wow.

Patricia Tamowski: And I was blown away. And I thought, wow.

Scott Douglas: I was like, this is coming from Dr. Lee Cowden himself.

Patricia Tamowski: And he's got all the physical tools on the planet, but he... So when he did that podcast, he talks about correcting vitamin deficiency, he talks about diet, why you don't want to eat gluten and dairy, and most grains, it's inflammatory. He talked about just all these little tiny gems, because to heal ALS, you probably need to do about 30 things.

Scott Douglas: You have to fill your toolbox.

Patricia Tamowski: You've got to do about 30, and you can't do them all at once. So you figure out which... Maybe even 50 things, but you might be doing 10 or 20 things at once. And then you might add a few things and you might... Okay, I'm done with this, I'm going to back off on this and do this.

Scott Douglas: Because you are creating your personal journey of healing. And it's not the same as another PALS that may be on a different protocol. So that's what you're doing. You're actually feeling it out. And science doesn't usually work that way. Science says, eliminate everything else and let's just focus on one thing at a time and try to... You're not going to heal that way with ALS. I don't care how many clinical trials you're doing. I don't care how many... It's going to be tough.

Patricia Tamowski: We had one ALS reversal with this LRA, and a lot of functional doctors are doing the LRA test. It's called the lymphocyte reaction assay. But they're only doing it with 260 things. If you've got ALS, or a neurodegenerative disease, you want to do the whole 512 items. If you're not doing the 512 items, you could be missing something that is interfering with your healing. So basically, this particular person did an LRA with the 512. 39 items he was reacting to, including chicken. Including raspberry who would have ever thought...

Patricia Tamowski: And now he's down to like nine things, because if you stay away from the things for a year, you will not...

Scott Douglas: The body corrects itself. It will correct itself.

Patricia Tamowski: The body will stop reacting to it. So these are not allergic reactions. Allergic reaction, you can tell. You have an allergic reaction, you're going to get a rash, you're going to feel lower energy, your stomach's going to hurt. There's going to be some sort of a reaction. But the assay picks up things you can react between...

Scott Douglas: These are some of your most favorite foods that..

Dr. Wendy Myers: You're eating a lot.

Scott Douglas: You're eating consistently, and your body is actually saying no.

Patricia Tamowski: Yeah. And you can react to that between three hours and ten days. So how, ten days round down the road, are you going to find out that you reacted to something ten days... You're never going to figure out what the food is. So the LRA test, even though it's a pricey test, it's worth doing because it will grab... Turns out, I did one, onions were on my list.

Scott Douglas: Onions! Onions.

Patricia Tamowski: Whoever would have thought? Onions. Are you kidding?

Scott Douglas: I cook with them all the time.

Patricia Tamowski: But certainly not whey, onions. You don't think of that. All dairy. Whoever would have thought? And there were a few other little things...

Scott Douglas: It's what you least expect.

Patricia Tamowski: It's what you least expect? Oh, cane sugar.

Scott Douglas: That's right.

Patricia Tamowski: Cane sugar. I can have honey as a sweetener, I can have maple syrup as a sweetener, I can have xylitol, but I can't have cane sugar.

Scott Douglas: You can have Stevia.

Patricia Tamowski: And Stevia I can have, but no cane sugar. So who would have ever thought about that? And I slowly, I've only been following this diet for about two months now, but I'm going to tell you, I can feel the difference, staying away from these foods.

Scott Douglas: Amazing.

Patricia Tamowski: And since I'm not allergic to anything, I would have never known it. I never would have known.

Dr. Wendy Myers: And it's amazing how many different ways the immune system can go awry with reacting to healthy foods. And also when it becomes so overloaded with Lyme infections and parasites and fungi and candida and whatnot, that it just, like you said, there's one more thing that happens, a stressor or something, and just the whole house of cards fall..

Patricia Tamowski: Oh, and mango. I was doing the Medical Medium mango banana smoothies, and I guess... Obviously I'm not doing those any more, because I am sensitive to mango. So all I had to do is get rid of all mango for a year, and I should be out. They say six months, but I'll tell you, with ALS or any other, just do it a year.

Scott Douglas: Those mango smoothies was one of her favorites.

Patricia Tamowski: I loved my mango smoothies, because you could put greens in them, and I was adding spinach and adding... It was great. I was adding spirulina, all this stuff.

Scott Douglas: But sometimes it's what you do on a regular basis, consistency, and you reach your point to where your body's actually saying no more.

Patricia Tamowski: And then Dr. Cowden says, "Don't eat the same foods every day." Because you can develop a sensitivity. So you know what, eat them every third or fourth day rather than every day. Eat at worst every other day, so you can develop those sensitivities. So that's another piece of advice that I've now been following while I had this food..

Scott Douglas: I know here in the States we are not getting our nutrients from our foods. It's because of the soils. Back in the old days, they used to rotate their crops. They used to have it right. They used to mix up the soils. Now we're pretty much industrialized, doing the same thing on the same soil, year after year after year, and it's depleted of minerals. And so that's why we say you have to have at least a mineral supplement, or making sure that you get the right nutrients, so your body can have those building blocks to heal.

Patricia Tamowski: Yeah. We found one actually, she had been drinking reverse osmosis water, thinking... Because the water is not great where they live, and she said that was fine and I said, "You need to take a mineral supplement." And she actually phoned us within a couple weeks, she said, "I cannot believe how much better I feel." And again, she and her husband were minimal deficient.

Scott Douglas: Because if it's straight reverse osmosis, it's taking the minerals out too.

Dr. Wendy Myers: Yeah. And that's such a huge problem.. very simple issue that so many people have, especially if they're chronically ill, they just don't think about it. It's the simplest, most basic thing. Your body doesn't work without minerals, period.

Patricia Tamowski: Yep. And our soils are mineral depleted. We learned in kindergarten, you rotate your crops, every seventh year you leave it fallow, you never grow the same crop

on the same soil. And now they're doing it all the time, and they're just adding fertilizer so they look really nice. That tomato looks great.

Scott Douglas: But no nutrients.

Patricia Tamowski: But it doesn't have the nutrients that it had 50 to 100 years ago.

Dr. Wendy Myers: Yeah. Yeah.

Dr. Wendy Myers: Anything else that Dr. Lee Cowden recommends?

Scott Douglas: A variety of things.

Patricia Tamowski: Yes. So many things.

Scott Douglas: Definitely he recommends the far infrared sauna. He's talked about that.

Patricia Tamowski: EMF protection. That's a big one.

Scott Douglas: That's a big one. EMF protection, on your phones. There's this thing that's called the safe... What is it called?

Patricia Tamowski: SafeSleeve, I think.

Scott Douglas: SafeSleeve for your phones, because your phones are constantly giving you EMF radiation, in your hands, put it up to your head. It's very important. That was one of the main things that he actually said is a new focus. This is going to be looking into the future.

Patricia Tamowski: And then he...

Scott Douglas: Using a smart meter when you're close to that 5G, when you're close to 5G you can measure where you are. And we traveled 26 states across the United States, visiting PALS, neurologists, medical physicians, and therapists.

Patricia Tamowski: I think we've done about 40 by now. 40 states between all the different trips.

Scott Douglas: Ya about 40? Yeah at least 40 states.

Patricia Tamowski: I think we might have even hit the lower 48, actually.

Scott Douglas: Yes, the whole lower 48.

Patricia Tamowski: We've done it over the years. That last year we did 26.

Scott Douglas: We were finding Wi-Fi units right next to their computers, where they would sit and work for eight hours a day. And that made such a... To remove that away from your body, get a smart meter, test, see what is giving you those radiation effects to your cells. It's amazing what you find out.

Patricia Tamowski: So it's all these little things. It depends on where you are, but he actually sleeps with a EMF tent at night, so at least eight hours a day he is completely EMF free, so no matter what... So these are the things that just all these little things add up.

Dr. Wendy Myers: We need him to sleep in that tent to keep that big brain working.

Scott Douglas: Yes, he's amazing. Isn't he amazing?

Patricia Tamowski: He's so special.

Dr. Wendy Myers: He is. Actually, I was working with Dr. Mercola doing a bioenergetic program called NES Health, and then Dr. Mercola's personal physician is Dr. Lee Cowden, got him interested in that, and they both came to a NES Health bioenergetic conference to do a training. So I met him and hung out with him for a few days, and it was amazing. I love that guy. So what is your biggest challenge...

Patricia Tamowski: We're so lucky to have him, by the way. We do eat for free on Wednesdays. Once you join the Healing ALS community, you've got to find out about this stuff.

Patricia Tamowski: He is now part of our physician's advisory team, and we're working to... Believe me, all these doctors that have reversals are getting together, because their goal is first to get it up to 50% reversal, and then get it up to over 90% reversal. That's the goal.

Dr. Wendy Myers: Wow.

Scott Douglas: Big goal, but it happens. We're actually making strides.

Patricia Tamowski: And a lot of it is belief, too. The physicians that come are going to meet ten people with reversed ALS walking around. Most people have never even met one ALS reversal. Imagine coming to the conference and talking to ten, and finding out what they did, just talking to them one on one. What was your secret? That's an invaluable conversation.

Scott Douglas: That's invaluable in itself. That's invaluable.

Patricia Tamowski: It's the hallway... And the level of belief from both the doctors and the ALS families, when you see this number of people walking around, and then you talk to them, and wait a minute, they're normal people. They're just like me.

Scott Douglas: And you can talk to the caregivers.

Patricia Tamowski: A lot of these people barely graduated from high school, and you're like, wait a minute, they reversed ALS. Others have gone to college, others have advanced degrees. But it's a whole gamut. Regular people are healing from ALS.

Dr. Wendy Myers: Right. And so where can people find you, learn more about your work, and support you and attend the conference?

Patricia Tamowski: I think healingalsconference.org is the best place right now, until after the conference. Once the conference is finished, we will then be redirecting people to our site. But I think right now, focusing on the conference until the conference is over. Also, we have something so special we're going to announce on October 1st. There's a couple things. October 1st is the Healing ALS Registry, and it is going to be officially rolled out. We have about 100 people working on the prototype right now. So nobody's ever been able to prove that functional medicine works. We know, you know it works. All the integrated physicians know it works, but we've never been able to prove it.

Patricia Tamowski: We are actually documenting... There's a way for them to actually put every vitamin they're taking, if they're doing yoga, if they're doing acupuncture, if they're doing meditation every day, they will actually be able to write their entire list of protocols, as well as take these absolute tests like the ALSFRS score has been used for the last 20 years at least, least in measuring progression. So we know that on average the people in our audience, the people that go holistic, are slowing down their progression. There's a percentage reversing, a percentage of stabilized, but we know that 70% of them are slowing down. We've never been able to prove it. So if you do nothing, you're going to lose an ALSFRS 0.1 per month. You're going to lose... And you're going to be down to zero in four years on average. Some people go faster, some people go slower. But on average, we will be able to prove that the average decline in our audience is significantly slower. We don't know how much slower, that maybe it's one point every four months, maybe it's one point, it was six months. Either way it's better than...

Scott Douglas: But it's still so much lower than industry. It's amazing.

Patricia Tamowski: It's better than every clinical trial out there. And we'll be able to prove it by the end of 2023.

Scott Douglas: Every one.

Patricia Tamowski: So our goal is to get 500 to 1,000 people with ALS in the registry by the end of 2022, so that by the end of 2023, researchers, medical professionals, will be able to look at what they're doing, and we will prove that this works.

Scott Douglas: They'll have a guide. They will prove.

Patricia Tamowski: It's a combination of 50 things. You're never going to be able to do a clinical trial on 50 things, because that's not what it takes. And 50 different things for each people.

Scott Douglas: I have no doubt that will be in peer reviewed journal.

Patricia Tamowski: It will be published.

Scott Douglas: It will speak for itself.

Patricia Tamowski: We've got these wonderful medical doctors like Dr. Lee Cowden, and these other medical professionals that are speaking, Dr. Cliff Fetters, we have so many. Go to the conference, and we don't even have them all listed on the website yet.

Scott Douglas: 28 I think that are going to be... 26 that I last saw.

Patricia Tamowski: We have quite a few. I think we have over 30 medical professionals that are going to be at the conference. A lot of them.

Scott Douglas: They keep wanting to jump in.

Patricia Tamowski: They keep jumping in, so maybe we'll get to be 40 or 50 by the time we get to the conference. But it's a big deal, because we want these people to come and learn about what you know how to do. Because again, if you only have an ALS patient walk in your door every ten years and then you get one, you need to learn as much as you can about how to deal with that. And it's going to help you with every single degenerative patient you have.

Scott Douglas: Absolutely. And you're meeting context there at the conference. Now you have someone that you can call, you have someone that you... It's amazing, the talk in the hallways of these conferences, that's a conference in itself. It's just amazing.

Patricia Tamowski: So before we have lunch, you've got an hour over lunch, you've got an hour before, 8:00 to 9:00, all the tables are going to be there with all the machines. Then we've got also an hour or two after we close that people just hang out in the hallways, and then the breaks between. So it's, I think, as important as the actual information at the conference, it's really the hallways that you can't get anywhere else.

Scott Douglas: I know I talked to one that's, yes, I'm coming for the scuttlebutt. I said, "What?"

Patricia Tamowski: Because it's that one thing you talked about. Wow, you did that. It wasn't in any of the talks, but it's the one thing that might turn you around. It might be that last straw, or maybe you'll get three or four or five things that might be your last straws, because everybody has different genetics, different environment, different emotional history.

Scott Douglas: One of the biggest things that touched my heart in our last conference that we put on in 2019 was McFinn going up to an individual in his wheelchair and said, "I remember when I was just like you. Turn this over, make your head over here this way, do this, do that." Just the little things right there on the spot that he was talking to him, that he was so grateful to feel better instantly with the little things that he did. Now, these should be your next step, and your next step, and your next step. I was exactly the way you were and exactly how my wheelchair was.

Patricia Tamowski: And you know what made me cry?

Scott Douglas: It's amazing. Yeah, really that was what was...

Patricia Tamowski: I've got to tell them one more thing.

Scott Douglas: It's so touching.

Patricia Tamowski: Mark Manchester is coming to the conference. And we were at his house, we visited him, because he went from not being able to... He did a Sunday webinar on how to have fun when you can't move, eat, breathe, or speak. And now he's walking a mile each way on the beach. And there's a bubble gum video and we'll put that... Maybe we'll put that one. Maybe put a couple of the videos in your thing, but they should go to healingals.org to get more. But he's coming, and we were at his house last October about a year ago, and we had a bunch of PALS people in the area diagnosed with ALS, and they came, and there was one woman who was leaving, and he said, "Let me take care of it. I can tell you exactly how to help." Went to the car...

Scott Douglas: This is not how you get into a car. You have to... It's all the little things.

Patricia Tamowski: It's all these little things. And here's somebody who healed from ALS, helping someone else who's in the middle of her journey right now get back in a car properly.

Scott Douglas: I was, "Tish, where's my camera phone? I have to take video of this."

Patricia Tamowski: And I just wanted to cry, because here he was, unable to move, and now he's helping someone else get from a wheelchair into the car the correct way, and showing the caregiver, this is how you have to do it because this is what she's feeling right now.

Scott Douglas: And the caregiver going, "Oh my, that's so much easier. I never knew." These are the things that are not taught when you're out... When you have your diagnosis, it's pretty much, you have two to five years to live, go home, make yourself comfortable. Most conferences are about ALS awareness, ALS fundraising, ALS machines and therapies to make your quality of life more comfortable. This is one of the rarest that you will get on actually healing ALS.

Dr. Wendy Myers: Amazing. Amazing.

Dr. Wendy Myers: Fantastic. Guys, thank you so much for coming on the show. And everyone listening, go to healingalsconference.org. That's where you can learn all the information about attending this amazing conference. And I want to thank you guys, you're so passionate about this, and you guys are... It just really shines through. I love your energy and your passion and enthusiasm for helping others in the way that you're doing.

Scott Douglas: We love what you do also.

Dr. Wendy Myers: Thank you.

Patricia Tamowski: So also free Sunday webinars. So every Sunday, believe it or not, we actually do a free webinar on Healing ALS, and we just give free information out to ALS families. And we have families that come every Sunday and they said, "I do this instead of church." We do it in the afternoon so it won't be interfering with church, but he said "I get more out of this, because every single Sunday I feel renewed." Because you are in the company of a couple of hundred PALS, and we're hoping after the conference this will be 1,000 PALS who come on Sundays, because it's free. There's no reason not to. And they are in the company of other people that are still fighting this fight, and they're getting inspired by medical professionals and by people who have succeeded in the fight, and who are succeeding. Hey, guess what? I just finger movement back. Do you know how inspiring that is? Or, I just got rid of my drop foot. Wow. It's huge. Or I can move my head again. Some people just get their neck strength back and so they're not going like this.

Scott Douglas: On our national tours, we visit most of these folks at their homes, and we remember when they were like this. And to see them on a Zoom video waving to us with joy and happiness, some now back driving again.

Patricia Tamowski: Yeah, there's a couple people driving again. It's huge.

Scott Douglas: It's joy. It's joy. And how can we not be passionate when we see these strides like this? We see these gains in functionality that just totally improves their quality of life.

Dr. Wendy Myers: Yeah. That's amazing. Guys, thank you so much for coming on the show. And again guys, check out healingalsconference.org.

Dr. Wendy Myers: Dot org. I'm sorry. Again, thanks for coming on the show. I'm Dr. Wendy Meyers. Thanks for tuning in to this show every week. I just want to inspire you guys to get that little crumb, that little clue that could help meet your health goals. So thanks for tuning in and I'll talk to you guys next week.

Patricia Tamowski: Thanks, Wendy. We appreciate all the work you do as well, getting this information out, because these people would not be getting better if it weren't for people like you. That is how they've got the pieces of the puzzle that they need to heal themselves, so we're very excited about what you do.

Scott Douglas: Thank you so much.

Dr. Wendy Myers: Yes. You're so welcome. Thank you.