



#594 Plasma Exchange Therapy Removes All Toxins to Reverse Chronic Illness With Paul Savage

Dr. Wendy Myers

Hello, welcome to the Myers Detox Podcast. I'm Dr. Wendy Myers. On this podcast, we talk about everything related to toxins, heavy metals, chemicals, and the health conditions that they cause. We give you a lot of alternatives to conventional medical treatment and things they are not telling you when you go to your doctor that are causing your health issues. We also talk about anti-aging and bioenergetics. On today's show, we're gonna be talking about plasma exchange therapy and how this is the only therapy to remove all toxins, everything that you can imagine that is causing your health issues, to reverse chronic health conditions and inflammation. So, it is a really good show today. This is a very important podcast to watch until the end.

Dr. Savage, who we're having on the show today, is an expert in this field. He's a pioneer in the field and in research on plasma exchange therapy. He has one clinic right now in Chicago. He's gonna be opening 25 more plasma exchange clinics called MD Lifespan by the end of 2025. He is opening one here in Houston as well, where I am. I'm really excited. I've been wanting to do this therapy for a while, and finally, it's gonna be more readily available in the United States.

Here are the key takeaways from the show today. The plasma exchange therapy is like doing an oil change for the body, and it can remove virtually all toxins, including heavy metals, pesticides, plastics, mold, pathogens, biotoxins, PFAS, forever

chemicals, and many more. This toxin accumulation is linked to many chronic health issues. Removing toxins that can reverse or improve conditions like autoimmune disease, cognitive decline, and all types of dementia that have toxins as an underlying root cause. It can improve diabetes, heart disease, mast cell activation syndrome, and other chronic inflammatory and immune conditions. One should really consider plasma exchange therapy if you have chronic health issues not resolved through conventional means.

The most problematic toxins contributing to so many health issues include glyphosate, BP, heavy metals, mold toxins, and forever chemicals. Those are the top five causing the most problems that are health day. The hardest to remove are the forever chemicals and pesticides. They get to our fat cells, and they just don't wanna come out. Dr. Savage's MD Lifespan protocol combines plasma exchange with supplements, medications, avoidance education, and much more. It is very comprehensive, and the results speak for themselves. The plasma exchange causes a 70 to 95% improvement in most biomarkers and 80 to 90% toxin reduction within three months, that's if you're doing it every month. Those are pretty impressive results. The plasma exchange is currently available at MD Lifespan Clinics in Chicago with plans to expand to 25 cities by the end of 2025, including Orlando, Houston, Detroit, Tampa Bay, and more.

Our guest today, Dr. Savage, was 270 pounds at 37. He was a very unhealthy ER physician who rejected medications for lifestyle changes instead. Now, 25 years later, he's an advocate for integrating traditional and precision medicine and treating clients as partners. Detoxification plasma exchange plays a huge role in his protocols. With multiple board certifications and having built over 50 clinics nationwide, his recent mission is MD Lifespan with a focus on reducing toxins to improve overall health and wellness. To learn more and take a comprehensive toxin test and learn how to get plasma exchange, you can go to mdlifespan.com/myersdetox. Well, Paul, thank you so much for joining the show.

Dr. Paul Savage

You're welcome.

Dr. Wendy Myers

Why don't you tell us a little bit about your background and your history?

Dr. Paul Savage

Oh man, I have had one of the most dramatic, traumatic, interesting, exciting, depressing, scary lives of anybody who could ever have a life. By the time I was 17, I had gotten myself through medical school in a very short time. I was one of the doctors at the largest trauma center in the world. I worked at that trauma center for about 10 years until the age of 38. I'm about 300 pounds and I have heart disease, diabetes, and cholesterol problems. In my family, every guy dies by 60 from heart disease. I went to my doctor. He said, "You're not gonna make 60. You'll be lucky if you make 45."

Dr. Wendy Myers

Don't you love it when doctors predict you're gonna die soon?

Dr. Paul Savage

Well, it worked for me because I knew he was right. When I started ER medicine, I was 150. 10 years later, I was almost 300. I had all sorts of medical issues, and it was putting me on my seventh pill. I was like, there has to be a better way than just taking these pills because they're not making me better at all. That's how I got started on my path of health and wellness. Now, for the last 30 years, I've been a national expert in anti-aging and longevity. I built 70 clinics called Body Logic MD. I built software that had millions of users on it before I took over that one. Then I came back and built 27 more clinics that had to do with longevity medicine. I retired in 2022. I was sitting on the balcony three weeks after I retired, figuring out what I gonna do next.

I read an article about a gentleman in California who had used a process called plasma exchange and reversed the biomarkers of aging. I'm a longevity doctor. We've been watching these studies come along, and his conclusion was that it removed the excess of metabolism. I realized that what he had done was actually removing the toxins, not some of the toxins. I had a very strong inclination that we had removed all of the toxins. My background is in mathematics, statistics, and physics, before I became a doctor. So I was like, oh my, in the world of medicine, it's

been a holy grail because we know chronic inflammation. We know inflammation, especially when it becomes chronic, is the cause of everything bad that happens to you after 40.

What people don't realize, and I have a very different perspective on it, because for 30 years I've been measuring toxins. I've been seeing them increase over 30 years. And as they increase, I'm watching the chronic inflammation increase. I'm watching cancer and Alzheimer's coming at an early age, and kids getting autism and ADHD. I'm watching these toxins build and build and build in the population. I'm realizing that the toxins are now the main driver of chronic inflammation, which is the main driver of death. So, this idea occurred to me, I think I can remove toxins. What I've actually done is I've cured chronic inflammation.

Dr. Wendy Myers

Talk to us about plasma exchange because this is something that is really available to a lot of people. Tell us what plasma exchange is exactly.

Dr. Paul Savage

Plasma exchange is a medical process that's been around for 50 years. We used to use it in the emergency room for overdoses because we could remove drugs that were in the plasma and almost everything was in the plasma at one point to a certain degree. It's been used in 167 disease states over 50 years. There are major companies that make these machines. The reason people don't know too much about it is because it's not frontline therapy for anything. It's third line and fourth line therapy, but it treats everything from long COVID to beret, to autoimmune diseases to cancer.

It's been used in so many different things because there's a phrase in medicine we've used for over 50 years when in doubt for resetting. What is plasmapheresis? It's an oil change. That is what it is. If you think of us as a machine and you think of our blood as being the oil, the plasma exchange is basically taking out plasma, which is the liquid part of your blood and giving you back albumin. Now, the difference between a plasma donation and the plasma exchange is in the plasma donation, I'm not giving you any fluids in return because I'm not taking out a lot of your plasma. I'm taking

about 500 ccs, and then I can give it to the company and they can go make frozen plasma or all sorts of products out of it.

When you're doing a plasma exchange though, instead of 500 ccs, I'm taking out maybe two and a half to three liters of plasma each time. Now that's about 70% of your plasma. Because I'm taking out such a big volume of liquid, I have to give you some volume back. Now, there's many different types of plasma exchange, depending on what the exchange fluid is, what the replacement fluid is, you can replace it with plasma. Now, that's what Brian Johnson did when he took his son's plasma and he gave it to himself, and then he took his plasma and gave it to his dad. Now, the problem with exchanging plasma is it's a blood product, and because it's a blood product, you can have transfusion reactions and transfusion reactions can be very serious, including death. That's why he did it with his son and his father.

In general, plasma exchange, when people read about it and they don't realize what the reading is with plasma. It has a 26% adverse reaction rate, including death. Now, another way you can exchange the plasma is to exchange it for human albumin, which is a simple protein that we have. It's the most common protein in our blood. It basically holds fluid in the vascular system. So, when we take out this much plasma and we give you back albumin, it's basically a space holder to hold open your vascular system because within a day your body has made new, fresh, non-toxic, non-cancer, pure plasmas baby fresh plasma. You replace that in about 24 hours. So, the major difference between a donation and an exchange is the donation is a small volume. Plasma change is a big volume. Donations don't give you any fluids. Plasma change gives you fluid. It could be saline, it could be albumin, it could be plasma, and they all have different side effect profiles.

The other thing with plasma donations, you could do that twice a week for the American Red Cross Plasma Exchange. If you're doing it frequently, it always has to be under the care of a physician. But the more frequently you do it, the more likely you're to get into trouble because when you're doing the plasma change with that larger volume, your plasma holds everything good, bad, and ugly. You're taking out all your nutrients. You're taking out all your electrolytes. You're taking all your hormones. You're taking all your sugar and the viruses and the cancers and

everything. So, if you do too quickly in a row, you can deplete the body of some very important things.

When we're using plasma exchange to remove toxins, which is something that our team discovered that we can remove chronic toxins, not only do we remove some of them, we can remove every toxin. That's what we've proved. Whether it's a mycotoxin, heavy metal pesticide, forever chemicals, plastic, we remove virtually all of them, which is an amazing thing. For the first time in medicine, we have a way of getting you clean. Those are the differences.

Dr. Wendy Myers

That's amazing and it's so needed. There are so many chronically ill people out there who are not getting better through conventional medical care. There are no answers.

Dr. Paul Savage

That's why the toxins have increased exponentially since the 1960s. We are now putting into our environment in the United States 250 billion tons of chemicals every year.

Dr. Wendy Myers

It boggles the mind. I can't even imagine. You can't see it or smell it or taste it. It's everywhere

Dr. Paul Savage

20 years ago, I would do a toxin test on somebody with a hundred different toxins. It would be rare, Wendy, if I had anything to show up. And if I did, well there's mercury, or there's lead, or there's a pesticide, or there's a gas product. We pretty much knew what we were looking for. That's why we did the test. because the person said, I got poisoned by X, Y, and Z and we would have certain protocols that we can use to take out mercury, pesticides, and volatile chemicals. But then about 10 years ago, what we started seeing was people had a number of different toxins.

And then five years ago, a higher number of toxins. This past year when we tested over 500 people, half men, half women, between the age of 45 and 65 on a hundred of the most common toxins. The average number of toxins per healthy person was 13. The high critical ranges. People are like, well, that person has a lot of toxins and they're sick, and that person doesn't. Why? Because it's the toxins that interact with your genes. It's the connection between the two. If you have bad genes, those toxins are gonna take those bad genes and make them worse. So that's what makes people susceptible. People who don't have the genes that readily detox the system, or they have the genes that are susceptible to cancer or Alzheimer's or diabetes or name your chronic inflammatory disease.

What the toxins do is trigger it sooner in those people. Maybe this year it's not high enough to trigger those bad genes in you, but we're increasing toxins at such a rapid rate in less than 10 years. We're gonna double what we're seeing today. If you're not watching the news lately, where kids in their fifties are, I'm in my mid sixties, but kids in their fifties and forties are getting cancer at an alarming rate. Alzheimer's is 400% higher in the 30 euros than it was even four years ago. Autism and ADHD in the kids. I remember them saying back in 1960, it was one in 2200 autistic kids. Now it's one in 33. And they're saying, well that's because we're diagnosing it better. I'm sorry. I'm calling bullshit on that one. That's not because you're diagnosing it better, it's because the kids are being poisoned in utero.

The most vulnerable human in the world is the unborn child who is developing and they're being exposed to massive amounts of toxins. These kids are being born with higher rates of birth defects, autism and ADHD and everything else, including childhood obesity. You can link everything to the toxins and we've been raising the flags. But the problem is it was hard to get any traction because, okay, we agree this is a problem, toxin is our problem. What are we gonna do about it? We don't have a solution. Well, we do.

Ads 16:02

If you're taking protein powder, you need to stop and listen to this. The Clean Label Project recently tested 160 of the top-selling protein powders in the US. They tested 83% of the market, which is 70 different brands, and 40% of the products tested

exceeded Prop 65 safety thresholds for lead. 21% had more than two times the Prop 65 safety thresholds for other heavy metals and toxins. 65% of chocolate protein powders tested over the Prop 65 safety thresholds, and 77% of plant-based protein powders tested above these thresholds as well. That's definitely not what you want from products that are supposed to support your health, particularly. It's something that you're consuming daily.

What the study found was that Puori PW1 protein powder was awarded the number one cleanest protein powder out of 130 different brands. The choice is clear. That's why I love Puori's PW1 Wave protein powder. Every batch is third-party tested against 200-plus contaminants. They don't sell any product unless it passes these tests, and they make all of their third-party tests available via a QR code. You can scan this QR code and see exactly what is in this product and what this batch is tested for. No other brand is doing that because they won't pass the test. Each serving gives you 21 grams of minimally processed, clean, high-quality whey protein powder from pasture-raised cow's milk. So, no hormones, no GMOs, no pesticides, nothing to worry about. I personally love the bourbon vanilla flavor. You get real vanilla seeds from bourbon, vanilla from Madagascar, which is known as the best vanilla in the world. It's high quality. It tastes amazing. Even my daughter mentioned how she loves the vanilla flavor in it.

I worked with Puori on an amazing deal for you. You can get 20% off, or if you choose the already discounted subscription, you get almost a third off the price. But you're only gonna get this deal if you visit my exclusive link at puori.com/wendy and use coupon code Wendy to get 20% off this amazing deal of the highest quality whey protein powder that's been tested for 200-plus contaminants. You can bet on this for quality. This is my number one recommendation for protein powder because the results are in. Puori is the number one cleanest testing protein powder on the market.

Dr. Wendy Myers

Let's talk about that. Talk about your clinics and where people can get plasma exchange.

Dr. Paul Savage

Right now, we have a clinic in Chicago. Within the next two weeks, we're launching in Orlando, Florida, and we're launching in Detroit, Michigan. About three weeks after that, we're launching in Tampa Bay, Houston, and just outside Manhattan. This year we plan on launching over 25 clinics. By the end of this year, we're pretty aggressive, but we're not setting up clinics. What we're doing is setting up a service. We're going to put it into different locations so that you can go in and get your plasma changed because we'll be running the program for you.

Now, the program takes a while. This isn't something you can do in one shot because what we did, which was patentable, was we took plasma change and we wrapped it around everything else that you should do to keep yourself clean. So, we added supplements that we know help detoxify the body. We added avoidance education, like let's teach everybody, and this is what I wanna get mostly to your readers, so they understand if you don't have to have plasma machines, but you do have to clean up your environment. That is the ultimate. You must do that now for you and your kids, and we're gonna show you how to do it in three easy steps. But we also added in medications, and then what we started doing, we're like, okay, now we got all these toxins on people. Let's start looking at specific diseases.

We have taken people with cognitive issues and we've made them significantly better. We've taken people with early cancer markers and we've made those disappear. We've taken people with heart disease and we've reversed their soft plaque when nothing else was reversing it. We've taken women who are getting ready to get pregnant, and when they're pregnant now, they have such a low toxin level. The kids have a low toxin level. There are things that we can do here to not only help people save themselves, but to save the future as well.

Dr. Wendy Myers

This is so important for anyone listening or who has a loved one with chronic illness and they just can't get a handle on it. Nothing is working. Nobody knows what's going on, or the doctor doesn't know what's causing it or what have you. Toxins are a huge underlying root cause. It's shocking when you look at all the research and you really see all the causal links between heavy metals and the chemicals and chronic disease.

Dr. Paul Savage

It's everything. You asked this question before we got on the show here, what is the myth that pisses me off the most? That people think that they have a toxin that's giving them problems. I have mold toxins and that's what's giving me all my problems. I have mercury toxins or gadolinium toxins, and that's what's giving me my problems. That is a myth. Everybody has multiple toxins. That's the problem. I tell the moms all the time, is the mercury in the vaccines causing the autism? Yes and no. The mercury in the vaccine, I do believe is causing the autism problem, but it's not just the mercury in the vaccines. It's everything that's in the kit already, plus, the mercury and the vaccine.

Dr. Wendy Myers

And the toxins are destroying our gut microbiome, which is so essential.

Dr. Paul Savage

Oh, I think they destroy everything and weaken us

Dr. Wendy Myers

Yes, weakening all of our organs and their functioning and it just compounds

Dr. Paul Savage

They're toxins because they do everything bad to the body. They act as hormone disruptors. They act as hormone receptor disruptors. They act as inflammatory provocateurs. They act as oxidation. So, they burn everything. They break your DNA, but you wanna know what the worst thing about the toxins is? They break down the mechanism that gets rid of toxins.

Dr. Wendy Myers

Yeah, and they are more and more and more toxic.

Dr. Paul Savage

It just catch 22, so you age at a faster rate. Our body is not built to get rid of these chemicals that we've invented. The body is not very good at doing that. That's why we call them forever chemicals. The PFAS, when they're in your body, it's incredibly hard to get them out. But our protocols were throughout, we're over 50 to 60% removal of the PFAS. We're about 90% on the microplastics and we're looking at microplastics as the cause of Alzheimer's and heart disease.

How about the article that appeared in the Atlantic last week where adults are now having spontaneous genetic mutations? These people are coming up with these sudden genetic diseases at 60 that you should have been born with, and they're like, what happened? Because there's so many toxins and they ask, what's causing all these? The toxins are breaking the DNA and the adulthood and bringing on these genetic diseases that we only see in childhood. If everybody's not getting their attention yet to realize you can be healthy today and very sick tomorrow because the toxins have broken your DNA. They've destroyed your gut. They've suppressed your immune system. They've destroyed the arteries of your heart. They burned all the neurons in your head. This is what they are doing right now to you, and you don't yet feel it.

Dr. Wendy Myers

Yeah, and that's why it's so important to get a hold on this, and that's why I do this show, to bring awareness to people. You wanna get this stuff out of your body before you get sick, before there's all this permanent physical damage. It is not always permanent, but can be very difficult to reverse once it reaches an advanced stage or once you're exhibiting symptoms.

Dr. Paul Savage

You said it exactly right. I always tell people the easiest way to age well is to keep what you got, not try to regain what you lost. That's how you do it. Get rid of the toxins now before they destroy the tissues that you need. You don't even know they're destroying it until you're about 85% of the way through. And then suddenly everything starts falling apart. It's not linear down the hill, it goes along just fine and then it drops off a cliff. That's how it is always, whether it's the gut or your immune system or any of these things, your neurons, brain and heart. You're doing just fine until you reach that

critical mass at about 85% and then all of a sudden, your function goes down the hill very, very quickly.

It's a function curve as we call it in medicine. That's why 15% of my kidneys are working, that's enough. But 14 is a lot less than 15 and 13 is a lot less than 14. And it goes down the hill really fast. You got to start taking care of these things today. One of the things people are like, do I need TPE plasma machines? The protocol that we've made, which is embellished and proves hundreds of times better by doing avoidance and supplements and nutrients that we have around this whole program. But there are things in it that you may not need. Plasma exchange is for people who have an incredible amount of toxins and they know they have bad genes or they're with people who already have chronic inflammation that they can't get rid of, or they have a chronic inflammatory disease. Alzheimer's is hard. You don't have time to mess around. You gotta get those toxins out.

Now, that's what plasma exchange is for, but for everybody that's like, I'm feeling good. You are the person I'm talking to. You are the person that needs to listen right now. You need to start cleaning up your environment. You need to filter your water, filter your air, clean your food, clean your shelter, get rid of all the consumer products, and understand which ones are poisoning you and when which ones are not, and you need to do that now.

Dr. Wendy Myers

This is very fundamentally different from, say, chelation therapy, where you're taking amino acids to remove metals, which is great, but it's not addressing all the other classifications of toxins. This is why I've never been a big advocate for it or really recommended it, unless you have pretty severe metal poisoning. You can definitely get it out fast. But this is more complex.

Dr. Paul Savage

I've been a doctor for 40 years. I used to see people with mercury poisoning and that was chelation. That would be that mercury. But we don't have that anymore. We don't have people with isolated mercury toxicity. There are 150,000 toxins in you at one each. That's a huge load. We used to have just 15 of mercury or 30 of lead. Now you

have one of 150,000. That's what we call the toxic burden. That's why they don't even show up on some of these tests. But you have so many of them and that load is killing your body so much.

Dr. Wendy Myers

There isn't even testing for a lot of the chemicals in our, in our body,

Dr. Paul Savage

We can test for 1000th of a percent of the chemicals that we have in the universe. We can test for about a hundred chemicals easily of the 150,000.

Dr. Wendy Myers

Yeah, and that's why it's so important for people to be doing this stuff. Testing is great, but you have toxins. You don't necessarily have to do testing though. It's nice to get people motivated and see their progress.

Dr. Paul Savage

Oh, it's a huge thing. I recommend toxin testing. We actually have on our website at mdlifespan.com, the ability to free people to order a toxin test right from our website. You do it at home. It's a urine test. The results come back. You'll meet with one of our providers. We'll go over that result with you because you don't know what you don't measure. But we're measuring mold, toxins, heavy metals, PFAS, herbicides and pesticides. So, we can give you a good idea of where you fall in the realm of you got a problem or you got a real big problem, one or the other. Everybody has a problem. There's nobody that's toxic free anymore, that just doesn't exist. Just a question of, are you toxic or are you laden with toxins? Which is one of the reasons that we may go more aggressive on somebody who's laden with toxins because the body is at that point incapable because all the toxins have broken the detox pathway at that point.

Ads 29:18

Are you taking collagen supplements? Well, check this out. Our friends at Organifi have sourced the best collagen on the planet, and you can get it with 20% off savings today too. So, what is collagen? It's the most abundant protein in our body. It's everywhere. It's in your muscles, joints, hair, skin, fingernails, everywhere. It's one of the fundamental building blocks of life. Your body uses collagen constantly to keep itself refreshed and repaired. But as you get older, especially as women that are going into menopause, you can lose 30% of your collagen within the first five years of menopause, and that starts in perimenopause as well. Your body just stops making as much of it and you start losing it, especially as your estrogen levels come down. That's why consuming collagen is such a great idea every single day. It gives your body a fresh supply to keep working at its best.

It's not only good for your hair, skin, and nails, but it helps to support your gut and metabolic health, immune system, cardiovascular strength, and all of your muscles and moving parts too. Collagen is nothing new. It's one of the oldest supplements out there. Collagen supplements have been around for quite a while now. But what makes Organifi so special is it's all about the quality. The non-organic collagen scare 16 me. They're really problematic because they can be full of glyphosate, pesticides and other chemicals that you do not wanna be taking on a daily basis. Not all collagens are the same. It can come from many different sources and the source can drastically impact its potency and effectiveness as well.

Some manufacturers just go with the cheapest stuff that they can find and then add fillers and artificial flavors and they still charge you a lot of money for that. Organifi always goes the extra mile to ensure their quality is the best. They blend five collagen types from four different sources, and they taste and test until it's perfect. And then they go even further to test for things like glyphosate residue and other sneaky toxins that can get into the mix. After passing through all of these goalposts, it finally gets the Organifi seal of approval so you can rest assured it's the highest quality and non-toxic. I love that this company is a company that I can trust that their products will be safe and effective exactly as they say they will be.

In the supplement world these days, that kind of honesty and transparency is getting harder to come by. So, if you've never tried collagen, now is a great time to start. And if you're already taking it, now is a great time to switch to a better brand. Upgrade

what you're doing right now so you and your entire body is gonna love Organifi Collagen. It is something that I take on a daily basis. It's been a part of my supplement routine for the past five years, since I went into menopause, and so I can't recommend it highly enough. Now let's talk about saving you some cash as well. Here's what you do. Go to organifi.com/myersdetox and put in coupon code Myers detox to get 20% off. Go to organifi.com/myersdetox and don't forget the Myers detox coupon code as well. You'll save an extra 20% off by putting in my special coupon code Myers detox.

So, like I said, collagen's one of those things that I take every single day. It's one of the most important parts of my anti-aging protocol, the things I'm doing to fight off the clock. So for me, taking clean collagen is really important. It's hard to find, so I highly, highly recommend Organifi collagen.

Dr. Wendy Myers

Can you talk about what your protocol looks like? Say someone comes into your clinic, how many plasma exchanges do they typically need? I assume they probably need to do maintenance, like every once in a while, they'll need to do this again. We're constantly exposed to toxins, no matter how much we control it. They're really difficult to avoid.

Dr. Paul Savage

Let's go through that. There are a couple things that I thought were the same things we found out differently. So first off, I wanna explain to everybody, you can come to our website, you can schedule a call with me, I will talk to you for half an hour at no charge about what this means for you. We just want to educate you as to what you need to do, or you can buy a toxin test and we'll go over those toxin tests while you're at it. We want to educate you on what you can do once you go through the evaluation process and we believe that just avoiding toxics and doing the avoidance program, maybe avoidance program with some supplements, or you have to get the plasma exchange. If you need to do the plasma exchange, then we're trying to walk through which protocol do we need to do? Are we doing the toxin removal, which they all have or are we also doing it because you have cognitive issues? Are we doing it because you have heart issues, immunity issues, or infection issues?

You've been immunosuppressed. So now you have all these infections running around, getting those toxins out, brings your immune system back online and gives you a fighting chance against Lys and Epstein-Barr and all these things that have been overriding our system. So, if we determine that you need a plasma protocol, then the first thing you're gonna do is we're gonna get some testing done. We wanna see how strong is your immune system or how suppressed is it? What are your antibodies doing? What is your inflammation, oxidation? How many toxins do you have? so that we can approach this scientifically. Then you can almost immediately start with a plasma exchange.

We have plenty of YouTube videos of patients getting the plasma exchange, but it's very simple. You come to the office, we make sure you've eaten, we get you measured your weights. We check your hematocrit. We put an IV in one arm, we put an IV in the other arm, your blood goes out, it separates, we throw the plasma away, we give you back albumin. You're in the chair for about four hours, and then when you're done, we send you home. In the meantime, between the four-week interval, you're learning how to avoid toxins. You're learning how to get them outta your house. You're taking the supplements. There may be some medications that you do, and then you come back and you do a second one about four weeks later, and you might do a third one four weeks after that.

At that point, some people we know are hyper, super toxic, or they're in for already established chronic inflammatories. They may need four and five plasma exchanges, but I'd say most general patients we're looking at four to get them clean, to get the toxins out. And that's not too bad.

Dr. Wendy Myers

That's not a bad deal at all

Dr. Paul Savage

I was the first patient for three or four months. I did three plasma changes. I had 18 out of a hundred toxins when I started, after I was done with the three procedures, six weeks after I had six of them left. Now I didn't do any more plasma exchange. A year later I'm down to two because I'm just now what we did. The whole thing is we

probably have to come back for maintenance. It does not appear to be so at this time. If you continue to do the supplements for six months afterwards, if you continue to do plasma donation every four months, because everybody should give plasma, but this is a nice way of taking a little bit off the top. And if you do the avoidance, what we're seeing is once you get the system unloaded, it can actually start detoxing. Now with my case, the last two are forever chemicals, so I'm gonna end up with one more plasma exchange, which I'm gonna do tomorrow.

I actually have my IV already established today, so I can get it first thing tomorrow, and then that should take care of those final two. I feel great. A lot of people say, do you feel different after the plasma exchange? It depends if you're not, if you're toxic, but you don't, you're not sick. Typically, people do not feel much difference. If you're sick, like you have chronic fatigue, fibromyalgia, multiple infections, autoimmune problems, you have things that are driving you tired, generally, after the first and almost always after the second, you have a reaction. It's like your immune system is waking up and it's waking up and it's pissed because it's all of a sudden seeing everything around.

So, people are getting fevers and headaches. They get rashes, they're like, it feels like a rheumatoid flare, everything feels bad. I'm like, it's okay. We just use magnesium baths, Tylenol, and lots of fluid. Your immune system is waking up for the first time maybe in 20 years, and it's going, I got work to do and it goes to town. So, these people can actually feel worse in the first and second. We've moderated that to a big degree by using low dose naltrexone on those people before we get started. So, the immune system, when it wakes up, we give it a little bit of a sedative. Like, okay, just calm yourself down. Don't come out of the box swinging like a tiger.

Some people actually feel better after the plasma change. They feel lighter, they feel their body's like, I can breathe again. The side effect ratio from plasma exchange, it's very safe, it's minimally invasive. It's very effective. We don't do patients in our locations that are sick, that is you have to be able to walk. You have to be able to follow commands. You have to be able to sit in the chair and do what we want. We are in the process of opening up a couple advanced centers, one in Houston, probably within six months, where we date people who are not mobile, who have

advanced ALS or Alzheimer's, where we need someone there to help hold them because they don't understand what's going on.

But right now, we're dealing with people with early cognitive issues, heart issues, autoimmune issues, chronic fatigue issues, and mold toxicities. It's wonderful that when you start looking at our numbers, we're in the seventies to 90 fives and almost virtually every one of the molds within about three months.

Dr. Wendy Myers

That's absolutely incredible. This plasma exchange also crosses the blood-brain barrier, correct?

Dr. Paul Savage

Well, the plasma does. I always say it, I'm 60, mid sixties, let's just put it that way. I grew up in the country. So, when you find an old car, you bring it in, you put it up on the skids, you drain the oil. Then you put new oil in, you'd run it around the block, about three, four weeks, change the oil again, it comes out dirty again. The second time you plug it back up, put new oil in it, run it around the block for three more weeks. Do it again. Now the oil keeps getting less and less dirty every time you change it. Finally, it's not terribly dirty. Then you can go in and start doing everything else to the car repair. What you've done is clean the car out. This is what plasma exchange is doing. So, every time you take plasma out of the body, the toxins that are in the brain see the differential, like now the plasma's clean.

It's called osmosis where the chemicals diffuse. It fills up the plasma again with more toxins over four weeks, which is why we do not recommend people get plasma exchange in series 1, 2, 3, 4, 5 days in a row. You have to give the body a chance for these toxins that come out of the fat cells to come out of the brain to get into the plasma and to ac equate. It's about 3, 2, 2 and a half to three weeks. We usually do four weeks, and people in their memory are like, oh, I every four weeks, every once a month. And it kinda makes sense to them that way.

Dr. Wendy Myers

How is this different from IBU?

Dr. Paul Savage

This is kind of similar, where you're cleansing the blood of inflammatory proteins, heavy bowels, ozone, and all these other therapies. There are actually therapies that actually kill things in the blood, and toxins aren't alive. They're not alive. The interesting thing about plasma exchanges, we will take out toxins, whether they're organic or inorganic. So, if you have LYS, we will down regulate how many Lyme we have because we're taking it out with the plasma. I look at Lyme and viruses and all these pathogens just as another toxin. They're an organic toxin, but the body still treats them the same way it does as it does the chemical toxins. So, either way, the plasma change is reducing those loads.

Dr. Wendy Myers

It seems to be very hopeful for people with spike proteins as well.

Dr. Paul Savage

Well, we've used it on the long COVID patients with a great amount of success. What you're doing is because the immune system is so agitated and revved up because of all the COVID, the vaccine, and all these things that happened, the plasma change, downregulates all the cytokines and the COVID virus at the same time, which allows the immune system to wake up and get stronger. Now you have a better chance against the COVID because they're weakened and you're strengthened. That's why it's been shown to reset long COVID.

Dr. Wendy Myers

You said to remove the cytokines. It seems like it'd be very hopeful for people that have mast cell activation syndrome, which is just incredibly difficult to get a hold on in reverse.

Dr. Paul Savage

It's because the question is what causes mast cell activation syndrome toxins. That's what starts it. So, when you get rid of the thing that's poking the bear, the bear stops getting mad.

Dr. Wendy Myers

So, what would be the cost involved in just being in a ballpark in doing plasma exchange?

Dr. Paul Savage

In the United States, a ballpark for one plasma change is between 8,000 and 10,000 each procedure. It's not covered by insurance for almost anything. It's just nothing that insurance has stepped up with. It's not terribly surprising to do that. Our protocol uses plasma change avoidance, supplements, in some cases like low-dose naltrexone, and in some cases low-dose chelation. In some cases, we use Colchicine or other medicines in the short term because, although we like to do things naturally, we're not opposed to using medications when augments in the short term what we're doing. So, our protocols for three plasma exchanges and five plasma exchanges are about 10,000 each, but our protocols include all the medications, all the supplements, all the labs, and all the doctor visits.

The plasma has changed itself and is much lower in cost. We've already lowered our prices over 30% just because of the volume we're doing and the deals we've been able to make. Our team's goal is to make plasma change in these protocols readily available to everybody in America. We are going to drive this towards Medicare, um, and which is what's gonna happen because everybody's gonna need this. Every neurologist is gonna have NAIS center, every cardiologist is gonna have NAIS center, every obstetrics doctor before you have a baby. It's gonna have an apheresis center for the patients who are super toxic so that the babies aren't born super toxic. We're just leading the field because we discovered how to make it even more effective than plasma exchange alone.

Dr. Wendy Myers

This is not really available in the United States right now. Correct? I was gonna go to a clinic in Switzerland, oh, actually over the Christmas break, and they're doing the Inus Pheresis there, and they were saying that it's not available in the United States yet. I wasn't sure about the validity of that statement, but is that true?

Dr. Paul Savage

There are a lot of different pheresis programs and they're all a little bit different though. It's not that apheresis is not available in the United States. It's just not been widely available because the insurance doesn't pay for it. It's expensive, but it is available and it's been available, but just not widely still. We're gonna change that. We're changing that within the next few years because at this point people are gonna start realizing it. It sounds expensive and I'm not disagreeing that it is, but if you really want to think, how can I give myself the next best step towards health and longevity, you can't do it filled with toxins.

Ads 45:19

This episode is brought to you by Chef's Foundry. They've got a fantastic line of cookware called P600. It's totally non-toxic. I think people don't realize that when they're cooking, most people's cookware is adding toxins to their healthy food. People spend so much money on healthy organic food and then cook it in toxic cookware. That includes cast iron, which I do not recommend. It adds way too much iron in a form that we can't absorb. People use aluminum cookware, which is very inexpensive, but it's used in most restaurants, giving us tons of aluminum. People are also using ceramic cookware, which can leach toxins into your food, and not to mention, the non-stick cookware that has many PFAS or PFOS, that is so toxic. It's one of the forever chemicals. So, you really have to pay attention to what you're cooking in.

That's why I recommend the P600 line by Chef's Foundry so that you can have peace of mind when you're cooking and you're not getting any nasty chemicals like lead or cadmium or nickel, or PFAS in your healthy food. You can get a special discount for my listeners by going to bit.ly/myersdetox to get an exclusive discount, just for my listeners. I want you to be thinking about what you're cooking your food in, and I highly recommend the P600 line by Chefs Foundry.

Dr. Wendy Myers

It's also very expensive to be sick and not be able to work. You have to look at the cost benefit analysis.

Dr. Paul Savage

Yes, it sounds expensive, but so are all of your out-of-pocket expenses for your insurance and things that are not covered there for your illness. In the last year and just the last a little over a year, we've done over 300 of these in our offices. And every single patient has given us a high rating. There's not a single patient that regretted spending the money and having this done, whether they were healthy and just wanted to clean it up because they wanted to be around for their kids or whether they already had some chronic inflammation and they were worried because they have Alzheimer's in their history or FA or cancer or heart disease in their family wanted to get rid of this, or whether they already started having cognitive decline, heart issues, and they wanted to see what they could slow it down with. There's not a single patient that we've done yet so far out of all of them that we've done that hasn't given us a high rating because they're like, that was worth it.

Dr. Wendy Myers

Can you give us some turnaround stories of some of your patients?

Dr. Paul Savage

Which one do you want? On the website we have testimonials, we have stories, and we're getting more testimonials up there every day. Some of my favorite ones are, we have a patient who has HIV, who's been stable on his medicine for 25 years, doing very, very well. But the CD4 count is what we watch on HIV patients. You don't want it to go under 400. When it goes under 200, you have aids. When you're under 400, you're insufficiency. So, we always want you above 400. He started bopping down under 400 and he came to me and he said, what if I do this instead? They wanna take me off my meds. I go off that med. I wanna stay on this med. It's the one I've used. Do you think this would help? I said I think so, because I've always had a problem with this viral resistance to these meds after all these decades, that people have been on. I think there's a toxic component here.

He underwent the plasma machine program just for three sessions and when we were done. The CD four count was 800 and it stayed there. It's been there ever since. We have now more people who have borderline HIV numbers and they're all doing

great. I have a patient who came in who had Lyme's disease and have had Lyme disease for a very long time. We did a protocol with her and then we did five with her because she had so many toxins. We got all the toxins out. Her immune system improved 140%. Her titers and inflammation and cytokines went down significantly. We were then able to treat her with what's called small oligonucleotide therapy, which is specific for the type of line she had, and it was completely eradicated for the first time in 20 years.

Now, the interesting thing about her story is we also did some cancer markers on her, and she had some pre-cancer markers that were positive and they also reverted back to normal by the time we were done. Cancer exists in a toxic environment. Clean up the environment. It doesn't exist. Now, I'm not saying we can treat cancer. I'm saying people who had pre-cancer markers, a lot of those liquid biopsy tests that we're doing, that's showing some of these markers in your blood before you actually have the cancer. That's what we've been able to reverse out of patients. Six out of six so far.

Dr. Wendy Myers

I was gonna say, sorry, but if you have cancer, detox does need to be a part of your protocol, especially if you've had it in the past, you're not outta the woods just because you're cancer free. No, you are not outta the woods.

Dr. Paul Savage

I tell people that all the time. Just because a traditional doctor says you're cancer free if you have the cells in your blood, which you do almost in 96% of those cases, you're not cancer free yet. Those cells are being propagated by the toxic environment that gave you the first cancer in the first place. Cancer is caused by damage that occurs to the DNA because of radiation, a virus or a carcinogen. But in any case, as the damage that occurred because of a toxic environment and the system of the toxic environment prevents that DNA from healing in which case then you go on to become a cancer. So, get rid of the toxic environment, and that's what we're doing here. If you have a family history that's very strong in cancer, you really want to make sure that your body is as clean and toxic free as possible because that's what's going to precipitate the initiation of the cancer.

Dr. Wendy Myers

What I love about having conversations like this and doing this podcast is the simple message that there is hope. You are not a victim of your genetics. You don't have to live in fear of what's gonna happen to you or being a sitting duck waiting to get the same diagnosis as your parents, your grandparents. You have a lot of power and control over your body and that's why I don't want to give people answers on the show. Nothing to me seems more exciting and holds promise for so many people who are living with chronic health issues or worries. In the future, something is happening. I'm getting chronic issues, right? The plasma exchange seems like it holds the most promise.

Dr. Paul Savage

Again, it's the plasma change protocol, what we call the MDL toxin. That is really the game changer because we took plasma change and we wrapped it around. We have a software program that teaches you, we have supplements that improve things. We use medications where it's indicated. Then we have another phase for people who have the toxins that caused damage to the tissue, what we call a wellness regeneration. So, we may be using umbilical cord products. We may be using other things to stimulate healing of those tissues, because there's a great study that was done in 2020, by Gris Fall that took 500 Alzheimer's patients.

They did plasma exchange in the series of five of them, and then they watched these patients. And for 14 months, the vast majority of these people had no progression in their disease. We don't have a drug, Wendy, that stalls Alzheimer's. The disease started returning at 14 months because they never did anything else in between the meantime. They didn't change their diet or their lifestyle or they didn't change anything. We changed the plans. That's why in our protocol, when we do avoidance and we do nutrition and we do supplements and we do all these things adding to it, and we keep you actively engaged. Our numbers on memory improvements are in the forties, 40% better and they stay there.

What we see in the patients that we were following and we're two years out now is these people continuing to get better. Now part of it is because they're doing all the right stuff and you do the right stuff and your body can heal and it will heal. But the

other thing that's important is they got the toxins out first because everything up to this point in medicine, Wendy, has been impossible to get all the toxins out. What I tell people all the time, 20 years ago, the forest was one tree. It was one toxin and that was enough. But now, the whole forest is on fire and taking out a couple trees, a couple toxins isn't gonna change the forest fire. You have to go in and take out all the trees, all the toxins. You're not getting them all out of the body. It's just not enough anymore.

Once you get all the toxins out, the immune system comes back online, your metabolism comes back online, and your detox systems come back online. It actually operates well again. That's why with all these other things, you can continue to improve some of the greatest fun. I've another patient story. I've been doing this for 27 years. In my first year, one of the very nicest ladies I've ever met came into my office, sat down and said, I'm the most toxic person you've ever met. I thought she meant personality wise. I didn't know anything about toxins in the environment.

I came from the ER. I never heard of it. I didn't worry about pesticides. I didn't worry about oil and all these different things. She showed me her mold testing and I was like, that's pretty interesting. But mold's common. I didn't realize then that it's also dangerous. 27 years we tried to get this person better. She's one of those people who is so hypersensitive. Every time you try to give her something, she reacts negatively. Do you know who I'm talking about?

Dr. Wendy Myers

Yes, we all have places like that. A lot of people come to us also.

Dr. Paul Savage

For seven years we've been trying to get her a sauna. She's gone to Switzerland, she's done the heat therapy. I mean, she's done everything that she did, the cold plunge with the vin, everything and just everything and nothing ever worked. When we started doing this, she came back, she took eight plasma changes, but for the first time, I remember texting her after the first one and she never got up before noon, and she was always in bed by six o'clock. It was one of those patients, like six hours

maybe was a good day for her. I was texting her at eight o'clock in the morning to tell her to call me, because this is after her first exchange.

I wanted her to give me a call when she wakes up, and she's like, Hey, doc Savage. I was like, Barb, what are you doing awake? She goes, I feel good. I was like, so now you know. She's up for about 14 hours a day, and she still has her rocky parts. We're just not there all the way yet but the level of quality of her life that has returned after 27 years of basically up at noon, down by six, it's amazing.

Dr. Wendy Myers

I think there's a growing population of people that are chronically ill, chronically fatigued, even more so after the pandemic. There's a lot of disability that I think just it's not talked about. There are a lot of people that desperately need help, and are not getting it through the conventional medical system. They're just not able to get any answers or any solutions.

Dr. Paul Savage

I have a lot of traditional friends, doctors, and they all understand that toxins are a problem, but they're not to the point of being, oh, it's gonna be a problem at some point. I point out to them that Stephen Hawking, who a month before he died, when asked what's the existential threat to mankind, is it war? No. Is it climate change? No. Is it a population explosion? No. What was it? Pollution, he said, and our stupidity because we passed that billboard 10 years ago, and he said that a couple years ago. In other words, he knew that we already passed that toxic level where everybody's toxic now 10 years ago. So, it's not something that's coming in the future. It's here today. Look at the evidence, it's around you. And if you don't think you've ever been impacted by this yet, your number just hasn't come up yet

Dr. Wendy Myers

I 100% agree with you. That's why I applaud everyone listening to the show that's trying to get a hold on this and get some information about it and what to do. What about diabetes? 'Dialysis centers are growing exponentially and it's a huge problem.

And then people that are diabetic, there's that correlation there with it destroying their kidneys. Can you talk a little about that in plasma exchange?

Dr. Paul Savage

I do believe that the obesity epidemic mirrors the toxic increase over the years. People say it's our food that's become different. It's become toxic. It has been because we lace it with chemicals and that's the toxic part. It's not the food, it's what we've put in the food that's made it toxic. There's very good research out there that a lot of the toxins actually cause diabetes and obesity, and diabetes is a chronic inflammatory disease as well. So, we have a lot of different things we've not yet seen where we see significant weight loss in our patients. After we've got the toxins out, it may just be some more time that it needs to go on. The body may need to heal for longer. We may not make the final connections, but I do believe in a very real way that the toxins are having a significant effect, especially on the kids, because they're gonna be exposed to all these toxins in utero.

But then also on the adults, this morbid obesity that we're seeing is something that's never been seen before in the human race. The only thing that's different now than it was 400 years ago, 300 years ago to it, is the level of toxins that we have in our environment.

Dr. Wendy Myers

Yeah, absolutely. Can you talk a little bit about fertility? I'd love that you mentioned earlier about pre-pregnancy planning because one in six couples is having fertility issues and I think that obviously our numbers, if you look at the population numbers they're going down, the birth rates are going down. It's not just decisions of families not to have children. There are problems with people conceiving. Talk about using plasma exchange to help with that.

Dr. Paul Savage

That's a really good question. I don't have the answer to it yet, but the evidence is relatively clear. When you look at it men's testosterone level is one, a 40-year-old level today is half of what it was in a 40-year-old, 40 years ago. That level of

testosterone drop probably correlates a lot to the hormone disruptors, things like BPA, but also correlates a lot because the chemicals from birth control are in our water supply too, and they're estrogens and that negatively impacts the guy too, which also negatively impacts the sperm count, which is going down. So there is a very good reason, an explanation on the effect of the toxins on male testosterone and male sperm counts. The same has to be sent for the women. Even if you're not on birth control pills, you're being exposed to the chemicals. We can find them in Lake Michigan. We find them in the rivers, the streams and aquifers.

We see all these synthetic chemicals that we use in women. Plus, there are a lot of toxins like BPA ole, which act as an estrogen hormone receptor, that's impacting their toxicity as well. Everybody's saying, well, Dr. Savage, you're a hammer and everything you see is a nail. No, everything around us is impacted by the toxins and they are at such a significant level. They are impacting every single layer of your health, your wellness and environment every day with the forest fires going outta control, with the climate cake that's making these chemicals worse because these chemicals that they're putting on the fires, the things that are being burned and releasing the atmosphere.

One of the things that we always talk about people when we're talking about getting your home clean, everybody knows about all the chemicals under the sink and the chemicals in, but it's the fabrics in your jeans. It's the fabrics in your couch. It's the fabrics in your drapes. These are real chemical problems that are basically saturating the air inside your house with all these bad phthalates and PFAS. That's exactly what's being burned in the fires and going up to smoke and going out into the universe itself, where we used to be able to tell you, hey, you have mercury toxicity, so avoid fish now. Oh, hey, you have mercury toxic filters in your water filter or air because it's everywhere. That's the problem.

The solution at the same time with the toxins is they're everywhere. So, you have to do everything. The nice thing is you don't have to do anything specific for any specific toxin because nobody's a toxin. Everybody's just a bunch of toxins. I have women come in and men come in like, oh look, I have all these, I have mold toxicity. They're so focused on that that they're not understanding it's all the other toxics

that're important. I'm not saying they don't have a lot of mold toxins, but they also have a lot of other toxins too.

Ads 1:02:48

For anyone listening who really wants to detox their body, go to heavymetalsquiz.com. I created a quiz for you. It only takes a couple of seconds and it's based on some lifestyle questions. You can get your toxicity score and get a free video series that answers all of your frequently asked questions about how to detox your body. Check it out at heavymetalsquiz.com.

Dr. Wendy Myers

We're all exposed to mold. It is just that some people don't have the immune system to be able to combat it because it's been taken offline by other toxins.

Dr. Paul Savage

Let's be clear, what people are being made sick by are the mold toxins, not necessarily the mold. It's the chemicals that the mold releases that makes people sick. Those are the mycotoxins. They're very hard to destroy. The other problem with that is most of the mold toxicity comes from the grain store because now we put grains in these big buildings, these silos. We left them there for 20 years. We bring them out, wash them, kill them with mold medicine, but that doesn't kill the toxins. So, we have this huge increase of mycotoxins and the food supply.

Dr. Wendy Myers

So what are some of the hardest toxins to remove? We all have so many different toxins

Dr. Paul Savage

That's the easy one. Pesticides and PFAS, those are the two that we're better at than we were two years ago on getting them out. We're learning how to induce lipolysis on

some of these patients a little bit better. But yeah, pesticides, remember you probably are too young, but DDT was one in the seventies. We finally got banned.

Dr. Wendy Myers

Yeah, we got banned.

Dr. Paul Savage

We got DDT banned, but we got all the sisters and brothers of DDT that never did. You have DDA, you have D-M-D-T-P, and these are all organic phosphates. They all burn the cells. They're all oxidative metabolizers. They all break the DNA and cause all sorts of cancer and it's everywhere. Those are very hard to get out because they get into the fat cells and they don't like to leave the fat cells. Same thing with the forever chemicals. We're at 35 to 50% removal of forever chemicals, a substance that the government readily admits on their website are impossible to remove.

Well, we're up to 50% already, which is a good start considering not only are we getting 50% of the forever chemicals out, but we're able to get all the other chemicals out at the same time. If you can only get this much, then you better clean up everything else around it to give the body and which is what we're doing as well. Our goal is still to get those numbers on the PFAS and the pesticides higher.

Dr. Wendy Myers

Any other ones that are tough to get out?

Dr. Paul Savage

I would switch that around if I could save a little bit of money. The ones I most worry about are glyphosate, BF, BPH, lead, mercury and arsenic. They're still in the top five. And number six, by the way, is mold. The okra toxins and FB ones, all of those FBS. There are just horrible carcinogens. When I start looking at people's lab tests, I'm not only looking at which ones are in the high critical ranges, I'm also looking at the general overall gestalt, because you'll have a lot of them that just didn't quite crossover, that 75% marker. But they're all up to the line. And so when you start looking at people and their face's like, oh, that page is pretty full, and that page is

pretty full. And that page, it doesn't matter how many critical toxins you have, you have a lot of toxins.

Dr. Wendy Myers

Well, Dr. Salvage, thank you so much for coming on the show. This is very eye-opening, such an important show for people to listen to. I'm really excited you're opening a clinic in Houston because that's where I am and I'm definitely gonna be coming in to do this procedure. I've been looking into doing plasma donation. It's great because you can get paid to do that in addition to getting rid of your toxic load. They pay I think like 60 to a hundred dollars per session.

Dr. Paul Savage

One thing I should talk about plasma donations is a little misconception. Plasma donations, even if you do them repeatedly, are not enough removal to change the toxic load in the body. They're good. What we're seeing is they're good to keep it down once it's down, but it doesn't remove it. The only time that it ever moved in any of the studies was when we looked at one toxin, which was the PFAS and firemen who had super high levels and they did plasma donation compared to the person who did nothing and they came down at a quicker rate. That's to kind of be expected at that point, but doing plasma exchange too, because when you're high on the list and you're coming down, it's when you start going on that curve. That's when it gets harder and harder to get out. So bringing them down is not the biggest or hard part when they're in the upper 25%. It's in the lower 25% getting down the rest of the way.

That's a hard thing to do. Plasma donation hasn't really satisfied me that you can do it repeatedly and get the same result with plasma change. You simply cannot. That whole thing with, oh, I don't need to do plasma change. I can just do plasma with donations and I can get all my levels back. Not in any reasonable timeframe would that ever happen with anybody, unless you're gonna be one of those people that go in twice a week for the next year. But who has time to do that?

Dr. Wendy Myers

Yeah, it's two to three hours for every session. It's been a long time. Well, thank you so much for making that distinction. It was really important for people to hear. Dr. Savage, again, thanks so much for coming on the show. Where can we find you, work with you, call you or get a hold of you?

Dr. Paul Savage

The best thing I want people to do is go to MD Lifespan, that's mdlifespan.com/myersdetox. They can download our PPE guide and give them all the different things. There are also a lot of downloads on the page on how to clean your water, how to clean your food, and how to clean your shelter. These are things you can take actionable steps on now. There's also the ability to buy a toxin test for \$88.95. You can go on and get a hundred different toxins if you test with a urine test. Plus, one of our providers will go through that test with you to answer any of your questions. There are a lot of things that your listeners can do, and I hope that they do

Dr. Wendy Myers

Okay. Fantastic. Well, Dr. Savage, again, thanks so much for coming on the show. Everyone, I'm Dr. Wendy Myers. Thank you so much for tuning in every week to the Myers Detox podcast. I love doing this show. My goal with this show is to give you the answers that you're so desperately seeking for you and your loved ones to reverse your chronic health issues and dramatically improve your health, because you do deserve to feel good, and you need to be incorporating detoxification into your health regime in order to do that. Thanks for tuning in.

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