

#670 How Laser-Guided Stem Cells Find Exactly Where You Need Healing | Ian Mitchell

Dr. Wendy Myers

Welcome to the Myers Detox podcast. I'm Dr. Wendy Myers, and on this show, we talk about everything related to heavy metal and chemical toxicity, the health issues caused by toxins, and more advanced topics in health than you'll hear on other podcasts. Today, we have Ian Mitchell on the show. He is a brilliant inventor who's focused his super high IQ on the health industry and creating supplements, and he has done all kinds of interesting projects he's going to explain on the show today. This is a must-listen. Ian has a tremendous amount of knowledge about bioenergetics, about the human body and healing.

He's got a stem cell clinic in Tulsa, Oklahoma, and in Miami where you can go to. He's doing absolutely amazing things with stem cells and using the lasers to guide the stem cells exactly where people need healing. This is a treatment I had done with Dr. Todd Ovokaitys, who passed away last year. I'm going to go see Ian at his clinic for sure in Miami at some point soon. He also has an incredible supplement line called Wizard Sciences, and one of the products is called Quanta. So these products are bar none. They have bioenergetic frequencies imprinted in them, and they're just designed to have super high bioavailability.

He's got one called Neural that's amazing for just charging up the brain and cleaning the brain. He's going to talk about all the exact mechanisms why. He's got another product that helps to clean and rev up the mitochondria. That one's called MitoBlue, and he talks about the methylene blue in it and the mechanisms for that. He also

created a water called Inhale that has got just super high concentration of oxygen in it that really helps to light up your brain. So a really interesting show today, and will really kind of change your perception of what's possible in healing. That's how good this show is.

Ian, thanks so much for joining us on the show.

Ian Mitchell

Happy to be here, Wendy.

Dr. Wendy Myers

Why don't you tell us a little bit about yourself? We're going to talk about a lot of the vast array of projects that you work on, but I heard that you have consulted with Elon Musk, or rather, he's consulted with you on projects.

Ian Mitchell

No, that's not really true.

Dr. Wendy Myers

Oh, it's not?

Ian Mitchell

No, it's not. It's one of those telephone game things. There's some tech that I have that SpaceX will likely be using or purchasing. Although I've done work with NASA, I developed a gamma ray shielding technology for space travel that's arguably the belle of the ball right now as it's cheap and lightweight. It's much more lightweight than anything anybody has currently, and relatively inexpensive. And truly, if you're going to do space travel and go outside of the happy protective barrier around the planet the human genome has a tendency to basically get eviscerated. Since nobody really wants that and everybody doesn't want astronauts to be on Wheaties boxes filled with cancer I think that's going to be kind of a thing in the near future.

Dr. Wendy Myers

So you've taken your expertise, your intelligence and focused it on health. Can you tell us the different projects that you're working on in health?

Ian Mitchell

I have the supplements that I make, which are all under Wizard Sciences, and that's kind of my passion project because I get to do all of the super nerdy stuff like combine nanoparticles, NAD precursors, antioxidants and adaptogens. Anything that I think will really move the needle beneficially in one way or another, I get to play with it. That is where I am right now in my lab in Oklahoma. I have a vast array of crazy toys to do, different sorts of recombinatory chemistry things here and play with that.

So Wizard Sciences is like a home base for me. It's sort of my most fun thing, and I have a great team of people, and we do really interesting things. We'll pick a problem, basically. Like, every product for the most part is the result of somebody coming and saying, "Hey, you know, this is our issue. Can you help?" In some cases, it's not really something debilitating. Like Neural RX, that was originally designed for Alzheimer's patients, and so it has all kinds of cognitive enhancement benefits and is a phenomenal nootropic if you don't have some sort of mass cognitive deficit.

But then I have the Olympix, which is basically to upregulate physical performance, and that was literally a result of Olympic athletes asking me to do something to increase their performance. It's called Olympix with an X because the Olympic Committee threatened to sue me. When I asked my attorney about it, he said, "No, no, they will in fact crush you." Come to find out they in fact sued Olympic Pizza for being called Olympic Pizza, and they were on Olympic Avenue. So I thought, "Okay, well fair enough. Pick your battles." That's why I have something called Olympix. I promise it's not because I can't actually spell.

Dr. Wendy Myers

It's probably a good business decision.

Ian Mitchell

Yeah.

Dr. Wendy Myers

You also have a clinic as well, correct?

Ian Mitchell

Yeah, I do. I have a clinic here in Oklahoma and a clinic in Miami, and we do stem cells in Miami, primarily. We typically work with very small embryonic-like stem cells, and my partner's an orthopedic surgeon down there. That's actually incredibly fun. We treat all sorts of things. Like this past weekend, we were able to help three little girls who had Type 1 diabetes and based on their numbers, as of today, two of them don't appear to be Type 1 diabetic anymore. They're eating normal food and their blood sugar is completely regulated, and they are not taking any insulin. So that's kind of fun.

Dr. Wendy Myers

That's amazing.

Ian Mitchell

That's the thing. I think internally I have a bit of a problem when people say, "Oh, you know, it's incurable. You're going to have this disease for the remainder of your life." That's very shortsighted. One of the things when I was a kid, my dad used to ask me these, super bizarre questions about different things. In retrospect, it was because he was kind of trying to hone my mind. He'd ask me some questions and go, "Can you solve this?" I'd go, "No." He'd go, "Okay, project yourself into the future 500 years. Has it been solved?" if I would do that, sometimes I'd go, "No," and then he'd go, "Okay, go 1,000 years." There was never a point where I got past 1,000 years. But he'd go, "Okay, if you can do it in 1,000 years, see how it was done, and then take that back and just explain it to me."

When you're a little kid, it's like that Einstein bit of which is more important, imagination or knowledge; imagination because it tells you what can be and knowledge tells you what is. So I like the idea of being able to kind of use your creativity to project yourself forward and look at problems in a different aspect. Sometimes it's just temporality. You're just thinking about 100 years from now, what kind of technology will they likely have access to? arguably, these days with the change of pace seemingly accelerating, it's actually hard to get a bead on it, but I still run that as an exercise to see how things are moving. So I'll do that.

Dr. Wendy Myers

I love that you say that. If someone says something is incurable, it's just totally shortsighted because it just depends on who you're talking to. You don't ever want to just take the death sentence or you've got two years to live or whatever the message is being sent to you. There's always something that you can do. It's just the person you're talking to doesn't know about it or hasn't heard of it. You have to seek the answers. There's people out there doing unbelievable things and healing, like yourself.

Ian Mitchell

I have a lot of friends and colleagues that I've been lucky enough to be colleagues with that I think are just brilliant. You know, I was having an issue in my family with mold toxicity, and I had tried a bunch of stuff and wasn't really getting much of the result. So I called a friend of mine named Chris Roberts who's a really great functional med doc and said, "What are you doing?" And he said, "Oh, I've got this great protocol."

So he told me to put him on glucomannan, which is basically just a konjac. It will literally detoxify the system of all but basically one mold toxin, and that stuff works like a champ. The person went from having headaches every day to being functional again. That's just a fiber or something. It's an insoluble fiber (B-). We can't process it, but mold can, and hence the toxins actually bind. So you end up with this mass exodus of all the mycotoxicity in a person's body just by virtue of having the right thing. I didn't know that, but somebody else did. So to your point, 100% true. There's almost always somebody that has the missing piece of the puzzle or the magic like, "Oh, I just happen to have this magic golden coin".

I try to go into things with an open mindset, especially in the areas where I'm looking to learn. I love being the slow guy in the room. So I try pointedly to put myself in places where I am the slow guy in the room. Like today I've got my NFIM shirt on and that's Peter Dimitri, who was the Assistant Surgeon General of the Air Force, a fighter test pilot, Harvard-trained MD, a brilliant guy, really good human trying to push things forward. When I'm working with Pete, I love it because (a lot of the times) he's in his 70s and just sharp as damn tack. I am by far and away the slow guy in the room, and it's great because I get to ask questions and draw on a body of experience that's decades in the future of where I'm at. I try and keep doing that.

Dr. Wendy Myers

You're using bioenergetics in your clinic as well, correct?

Ian Mitchell

Yeah, all the time. This is one of the frameworks that I use as just kind of sort of the base of everything I approach. To me, I don't think of the body as a static construct. I don't even really think of it as a physical construct. Which is humorous for somebody who taught biochemistry. But I actually think of it as a coalescing of energetic strands. So my particular take is that your body is effectively a slow light and it's held together by your consciousness. Because of that, it allows bioenergetics to be one of the most pivotal things. I work with lasers all the time, but I have my multiple wave oscillator back here that I use to charge cells. It's like any other lock. If you're trying to solve a puzzle or crack a lock, you have to use the appropriate pick at the appropriate moment.

Not one thing is going to be the solution. There's no card so high and wild you never have to play another. So sometimes I use electromagnetic work. Like right over there I have a pulse center coil. I was in a really bad motorcycle wreck and just destroyed my leg. My femur ended up inside of my tibia, literally, and it split it six inches down. I have tons of quantum gear, energy gear, lasers and all that stuff. I think the single biggest mover was PEMF (just the pulsed electromagnetic fields). Because I couple that with the very small embryonic-like stem cells, the VSEL procedures. I did seven VSEL procedures on myself over six weeks, and then I did PEMF in alternating cycles for the two areas that were broken, and my clavicle on my right side blew in half upon impact. Then my femur was pinned inside of my tibia.

I rehabbed myself without any surgery and can walk, trot and do all those happy things now, as opposed to what the prognosis was. They said, "You're going to be in traction for 12 weeks with pins, plates, screws, and bone filler." I didn't want to go down that very path because I've seen the results of that, and it's always the same. That is technically standard of care, but I think care can be done more effectively. So with the PEMF, which is just great bioenergetics, the pulsation actually triggers a compression, and the compression triggers osteoblastic formation. Osteoblasts are what actually starts to form your bone.

For me, it was a matter of putting in enough stem cells that I could perfuse the region with all of the base materials that were necessary, then trigger enough osteoblastic formation that I could actually give all the fuel, fertilizer, and everything that was necessary to rebuild the area. So as opposed to 12 weeks in traction, I was up with a fully reformed bone with an all clear from the orthopedic surgeon with no need for physical rehab after traction. Nine weeks in, I was done. I had a new bone. There was no evidence of a cleft, and I literally had a one-inch divot where the femoral condyle had punched directly into the top of the tibial condyle. So I had a big fat crater in my bone, and after nine weeks it was gone.

Dr. Wendy Myers

Now, what PEMF were you using?

Ian Mitchell

Pulse Centers. So I used the Pulse Center

Dr. Wendy Myers

Okay.

Ian Mitchell

I have purchased a pulse center now because I thought it was such a good system, but at the time I leased one from a veterinarian who was working on racehorses, and because I needed something that was large that could really do it, and when I kind of did my checking, that was the system that had enough oomph. There are a couple of other really good systems on the market, but back in the day, that was four years ago, that was the one that seemingly had enough juice to actually trigger what I needed to trigger inside the bone.

Dr. Wendy Myers

Right. Yeah, and...

Ian Mitchell

Oh, go ahead.

Dr. Wendy Myers

I was going to say you sent me a video earlier of a girl who you recovered her eyesight. Can you talk about that?

Ian Mitchell

Yeah. So, sweet girl, and you're welcome to post that if you'd like. It's kind of interesting because she gave me express permission to do so. She came in legally blind, so she had 20/200 vision. She could only read the big E on the top of the eye chart. We did very small embryonic-like stem cells as drops in her eye, and just a very quick treatment, it took about 40 minutes or so, and when she had 20/10 vision. She was able to read the 20/10 line without glasses or any surgery or anything.

Again, part of my ethos about the whole thing is the body is an amazing system and it wants to be well. It wants to heal. It wants to be in the right homeostasis and homeostatic balance. All you have to do are give it the tools that it needs and then get out of the way. In the case of physical stuff where you're trying to do some additive reconstruction, there is a reason to work with the type of stem cells I do. Most people when they talk about stem cells, they're talking about mesenchymal stem cells

Mesenchymal stem cells are multipotent, meaning they can become some things but not all things. They're mature, so whatever age you are. So if you pull a 40-year-old stem cells, you get a 40-year-old output from a 40-year-old person. They're also very large. The morphology, like the actual structure, is that they're 15 to 20 microns, so they're pretty big.

Then you've got MUSE cells, the multilineage-differentiating stress-enduring cells, and they're kind of like the median step, so they're a little smaller. They're 10 to 12 microns and pluripotent, which is great because they can become anything. You can use those to become anything in a body. But they also are mature, so if you pull them from a 40-year-old guy, you get 40-year-old stem cells.

Then the ones that I think are the sweet spot are the very small embryonic-like stem cells because they're pluripotent, they can become anything. They are five to seven microns, so you can get them to roll right past the blood-brain barrier and into pretty much any spot in the body so you can trigger differentiation into neurons, astrocytes,

glial cells or whatever you need to repair somebody's brain. And the big thing is they're day zero, so they have been dormant in your system.

In my process, you use cryogenic shock to wake up a particular fraction, then you use photonic shock to wake up another fraction, then you use vibratory shock to wake up another fraction. To your point, all of that is bioenergetics because you're isolating specific frequencies to yield a specific effect in a biological system.

It's kind of like the analogy of the lock. You can't trigger all of them with just one mechanism. You have to wake up some with light, some with temperature, some with sound, and you need to know what those particular things are. Then in our setup, I actually lock them into a specific frequency at a specific pulse rate, and then you just re-inject them, and they go directly through a person's system, and you use the lasers to actually target where they're going.

So in the case of like the kids with Type 1 diabetics, all you do is you basically target it into the islets of Langerhans in the pancreas, which is the locus for all of the beta cells to trigger insulin production. This is important for people who've been Type 1 diabetic or diagnosed with Type 1 diabetes. I shouldn't say have been, because it's not a static thing. It's no more static than a haircut. Your hair is going to grow and things are going to change and your body is always reforming and building. But if you say, "Oh, this is my pathology, I'm never going to get away from this, it's incurable," you stop trying. I think that's a critical misstep.

Unfortunately, people defer to the guys in the white coats. A lot of times, the guys in the white coats, (and sadly, I have one of those things, and people defer to those) I think the interest is in doing what you know is going to be the case and what other people have done, and it's not really focused so much on the patient. People often treat a pathology, not a patient. Like, "Oh, this is what I do for X pathology. This is their problem. I'm just going to put them on insulin. This is what I'm going to do." As opposed to going, "Okay, well, you got a 13-year-old kid here who's only been diabetic for a couple of years." More likely than not, they probably have some islet cells that are still humming along. They've got some beta cells in there. Maybe if you increase the energetics in the system, maybe you can do something. As it turns out, that is in fact the case. Even if they've been shut down for a long time.

I think the patient that I treated that had been a diabetic the longest was 33 years. That's quite a while. Now, I will say it's much harder with someone who's been diabetic for a long time in that case, because their body has gone through multiple complete cell cycles where they've got full cellular turnover and every cell in their body is effectively new, and that system has evolved without the benefit of having their pancreas in line. So with those guys, sometimes you have to do multiple passes, and you have to really modulate things and push press with insulin and long-acting and fast-acting. Younger kids, cakewalk. It's beautifully easy. But again, I address that as what frequency works for what component.

You have to unlock the lock and then get in and do that, and the way to do that is with different bioenergetic frequencies. You have to understand how the different components of your physiology work, because every mitochondrion in your body communicates with little femtosecond pulses of light. So if you go in and you use a coherent form of light, you're providing a tremendously loud signal telling certain cells to do certain behaviors. So when you have kind of the knowledge of how that works, you start to look at: how do they interact? What signal do I have to get across?

The other reason that I work on VSELs is because allogenic cells, in my opinion, are a mistake. Everybody knows that the younger cells have more potency, so people go get umbilical cells or placental cells or something like that. The reality is genetics are a tuned system, and they're very specific to you. In my experience, what I've seen is when a person does some sort of allogenic thing where they're getting it from someone else and not an autologous one where you pull it from yourself, the genetics are actually tuned to something else, and that's kind of dangerous.

It's not really any different than what you'd get if you had organ rejection. It's just at a smaller scale. So that's going to trigger some autoimmune responses, but it's not really autoimmune. It's a properly working immune response. There's a group right now that's doing a trial for Type 1 diabetics. And pharmaceutical companies, I think, love this because they're basically taking donor islet cells and so they're all autologous or allogenic from other people, and then they inject them into the liver. Then the liver starts to produce insulin, which is great, takes them off of insulin.

What it doesn't really convey to people, I think, is that they will have to get an IV of anti-rejection meds every three weeks forever. So rather than the cost of 6,500 bucks

for insulin in a year, it's going to be 50 to $70,000 a year for anti-rejection meds. To me, that doesn't seem like a solution. With all the supplements and things, I don't want people to take stuff forever, I want people to take something to address a specific thing and then walk away free. So that they have their own liberty and can do their own things without having to be tethered to, "Oh, I've got to make sure I make it to a hospital in the next three weeks to get an IV." That's kind of trading one bad situation for another, and at a huge financial deficit, if I might. I'm going to catch hell for actually even saying that. But that's the way I see it, so.

Dr. Wendy Myers

Well, let's talk about your oxygen water. A big issue that people have is lack of oxygen in the body, and people don't realize it's reducing their vitality. Why don't you talk about INHALE, the water that you developed?

Ads 21:21
So I've tried everything out there as far as skincare is concerned. I have tried beauty nutrients. I've tried all kinds of different things, but one thing that I'm sticking with is my Bon Charge red light face mask. This is a fantastic tool to get dramatic results that you can actually see, and the benefits accumulate over time.
It's really comfortable and easy to use wherever and whenever you want. You can take it with you when traveling. It's cordless. I wear my red light face mask for just 10 minutes a day. It's just a super easy part of my routine to integrate. It uses optimal wavelengths of red and near-infrared light to support your skin's texture, tone, and elasticity, and it's suitable for all skin types.
I've seen a reduction in fine lines using it. I've seen an improvement in the texture and the tone of my skin. I feel like I have really good skin because I've taken care of it my whole life, but I've really seen a big, dramatic improvement in results using this red light face mask on a regular basis.
Bon Charge's premium products are grounded in science, and they're driven by purpose. Some are actually HSA/FSA eligible, giving you tax-free savings of up to 30% on it, so you can have even more savings. So I want you to start a skincare habit that you can stick with. Get your red light face mask today.
For a limited time, my listeners get 15% off when you order from boncharge.com and use my exclusive promo code WENDY at checkout. You'll also get free shipping and a

12-month warranty. So go now to get this exclusive offer at boncharge.com with promo code WENDY to get 15% off.

Ian Mitchell

Water that I develop and I drink all the time. So yeah, my purpose for it is a little different. The idea there originally was kind of, “what kind of enhancements can we get neurologically? What can we do in terms of oxygen saturation?” But the big place that I see it used, a lot of athletes use it, but the bigger place to me is cancer.

In my estimation, hyperbaric therapy is brilliant, and it should be like a frontline therapy for cancer, but it's a huge pain in the ass to get people into a hyperbaric chamber. The thing that's great there is not only do you increase the static load of oxygen in somebody's body, but you also change the way that the oxygen moves with their blood. If you look at a picture of red blood cells in most people's bodies under a dark field microscope, they form these little rouleaux chains, which are these long strands. Most of your microvasculature is set up to receive happy, individuated little eight micron wide red blood cells that are delivering oxygen everywhere.

The problem is if you're in the presence of an EM field, just about anything, even your cell phones will do it, it clogs that up. It triggers a shift, and you end up with this clustering. Since almost all of your microvasculature is designed to receive packets the way they were intended to work before we had, EMFs floating around everywhere, they can't get it. So you can't get the oxygen there. Even if you have it attached to the hemoglobin, you can't deliver it because it's trying to park a semi in a compact park-parking space. You’ve got this 55-micron long string, and you're trying to get it into an eight-micron wide packet. It's not going to happen.

One of the deceptive things is if you look at somebody's pulse ox, you can read out like 98% pulse ox. That's great. I mean, that sounds like an ideal saturation. However, just because it's there doesn't mean it can be delivered. So you really have to change the hemodynamics. You want the blood to actually flow through a person's system. When you hammer back a can of this, (and we did a full IRB clinical trial that validated all this stuff) it ionically diffuses in your blood, and so you end up with a separation. So you have all these beautiful little eight-micron individuated packets happily going about and delivering oxygen the way they were intended.

Now, this kind of stuff honestly wouldn't be necessary, but we're all living in this EMF soup right now, and without that, you don't feel as good. So for cancer patients specifically, if you increase the static load of oxygen in your body, you decrease the proliferative rate of the cancer's anaerobic process. So more oxygen, less growth. That's why hyperbaric should be a frontline thing, but it's a huge pain in the ass to get people into a hyperbaric chamber, and it's costly. My thought was like, "Well, get them in the can or get the can in them," and this seemed to be a more elegant way to do it, and you can get it out to more people.

The other benefits are just in terms of muscular output, you're better off because you can actually oxygenate everything. In the clinical trial, we showed very clearly that your heart rate decreases and your blood oxygen saturation levels go up. Actually, it was kind of interesting. One of the things that we did early on with this is I brought a bunch to several athletes, and we would do testing with the athletes. The one that kind of threw me was the number one girls' soccer team in the country. They got on the treadmills, as opposed to me, if I got on a treadmill and tried to run this fast, I'd die. But they got on the treadmill, and they just booked it, and they were just running like 13 miles an hour, sprinting on the treadmill. They got off, they drank a can and my thought was, "Oh, their pulse ox is going to go up." Their pulse ox was already like 97 after doing sprints. But what did happen is it changed their respiration rate, which I thought was brilliant because it just told me, wow, the body being as amazingly adaptive as it is has a couple of different mechanisms.

So if you need the oxygen, it bumps up your oxygen. If you don't need it, then it simply reduces the amount that you have to respire because you're already flushed with oxygen. For me, one of the kickoff things where I noticed something was definitively different is I had just finished working out, and I was panting, just truly panting. I happened to have a can, and this was before I really knew it was going to go in that particular direction. I downed the can because I was just thinking, I've got my oxygen water here. I downed it, and I was breathing. Then literally mid-respiration I went and it stopped. Thought, "What the hell? That's really bizarre." I had never felt anything like that, but it was because my body had hit the point, the set point for oxygenation. So after it went through a couple of seconds, it was maybe like 45, 50 seconds, I had enough reperfusion everywhere that the oxygen sat where it was supposed to be, and my body turned off the respiration.

It was just wild because I had never felt anything like that, and I certainly wasn't expecting it, so it caught me off guard. But it's phenomenal for athletic performance. Then the other thing is cognitive performance, because I basically spend my day trying to push my brain to do new, cool and fun things. I also try to do probably at least an hour every day of just cognitive puzzles trying to push my brain, because I think like any other system, if you don't put it under load, it's not going to adapt and develop. If you constantly put it under load and try to make yourself uncomfortable, you're going to get smarter because you will adapt. At least it's been my experience thus far.

So with this stuff, because your brain weighs 2% effectively of your body mass but sucks down 20% of your oxygen, this is like a lifeline for me. The brain is by far and away the most resource-consumptive part of your body, so physiologically, if I hammer this thing back, the lights come on and I feel good. I do my neural serum, because luckily I don't really have any cognitive deficits of which I'm currently aware, so it just acts as a really handy nootropic and it triggers glymphatic cycling so I can clean my brain and keep everything humming, hopefully for a long time.

Dr. Wendy Myers

Yeah, I agree. I don't think you're suffering from any cognitive deficits.

Ian Mitchell

For sure. Thank you.

Dr. Wendy Myers

So tell us, there's lots of oxygen waters on the market. How is yours different? I talked to your friend Todd, and he had said something like, "There's 200% more diffused oxygen than any other product on the market." Is that the case?

Ian Mitchell

Yeah. I don't know if it's 200%, but there's a tremendous amount more. So the difference with mine, there are a couple. I actually have tested literally everything that I could find on the planet. I ordered everything before creating mine. Because if something already exists that does the thing, I'm not going to bother with it. Like, there are plenty of places where I can focus my mind and try to solve a puzzle that

actually needs to be solved. Sadly, this wasn't one of them. So if I look at the ones that I thought were really the best, like most of them did nothing. They were just like normal water.

Water typically has five to eight parts per million oxygen, and that's what your body runs on. If you go to some beautiful mountain stream in Colorado, you're probably going to get 8 to 10%, but typically it's five to eight. So if you just take kind of the midpoint there, I looked at all the ones around the planet, most of them were five to eight. There were two (and shout out to those guys) that had a fair amount, so they were at 31 and 32 parts per million respectively, and that was good. But they are also in squishy plastic bottles, which is kind of shooting yourself in the foot, in my opinion, because in Boyle's gas law, everything is going to equilibrate to a particular pressure given the space. Diatomic oxygen, the little O2 that's floating around, it's a very tiny molecule. So if you have a little air space at the top, it may as well be a superhighway for oxygen molecules to flee. The way I set things up is I crack the molecules down so that they're nanoscopic. So the water seems like flat water. There's no fizz or bubble or anything like that to it.

Then I overcame a thing called zeta potential, which means that they don't cluster together and then start to express buoyancy and float up. So when I do this, it's at 180 parts per million and therefore exceedingly high. But I do it at that kind of crazy high rate, and you do have to do all kinds of bizarre technical things to deal with. Dissolved gases will not stay in water at that concentration. You have to do some kind of magical thing. But again, if you say, well, water is a liquid at a specific temperature, then beyond a certain threshold, it becomes ice. Beyond another threshold, it becomes water vapor. So you have to address all the different components. I pulled back, looked at it and thought, "Okay, well, how do I do this?" So I went through all this stuff and rigged up these 1,000-gallon tanks and things like that where we actually put this together. Rigged up a system so I could increase the pressure of the gas, decrease the size of the particles, and then when it's canned, it goes into a can and it's overfilled so that when the lids go down on the machine and they seal it shut, it actually creates a vacuum. Because it holds it in place.

Again, if you even left a little tiny air space, the pressure is going to equilibrate and it's going to balance out and you're going to lose it. So when you crack the can open, you’re cracking it open and it's somewhere upwards of 100. But if you let it sit there, it's

still at about 60 parts per million over an hour, which is great. Now, for the biggest bang, crack the thing and it's therapeutic shotgunning. I think you know, that's the one time where you're like, "Ah, the best, the best method to do this would be to get it in your system as fast as possible." And you do. You actually feel it. It triggers a head rush and the lights go on.

That's why it's a little different because even after sitting, there's still somewhere between seven and 10 times as much oxygen in it as there would be in normal water after you've left it open for an hour. We actually just tested a can that we had sitting for two years because I wanted to see how much this has degraded over the past couple years. So we saved one can and in August we crossed the two-year threshold. We rigged everything up with the oxygen sensors and cracked it open and voila, it was still sitting at upwards of 60, which was great.

Dr. Wendy Myers

Oh, amazing.

Ian Mitchell

Yeah, it was good. I'm not recommending that everybody hoard cans of water, but it seemingly works. If you get it fresh and cold, you are better off. One of the nice things about being close to where it's manufactured is I kind of go over like a little piggy and grab cans of gloriously super cold, yummy water and keep myself going throughout the day. Honestly, a lot of the things that I do are for other people's issues, and some of them are to scratch my own itch. Like if there's something that I want, I'll sit down and try to figure it out and just see if I can come up with something. Like when I was in a really bad accident, I didn't get upset about it. I thought, well, I'm always prattling on about all this kind of stuff. Proof's in the pudding. I either can or cannot accelerate the healing cycle. So I tried it, and luckily I walked really well and you'd never know I was in a really bad accident. I'm lucky that I have access to all the crazy tech around here.

Dr. Wendy Myers

Yeah, I feel very fortunate as well. I have all the tools I need no matter what's going on with me. Tell us about the skin cream that you developed, because I saw this on your

website. You guys sent me a few products to try, and then I went on Wizard Sciences and I saw the skin cream. I'm like, "Wait a second, like that looks really...

Ian Mitchell

Yeah. So...

Dr. Wendy Myers

I'm sure it's really good.

Ian Mitchell

Yeah, it is. Actually I made that for literally four years for one patient, and it was for eczema and psoriasis. That was the express purpose. It wasn't for rejuvenation or anything like that. It was literally just to treat eczema and psoriasis because that particular person had been on corticosteroids and reached the point where they weren't working. I'm sure you've seen that a lot, and that's a really slippery slope because a lot of times, things in allopathic medicine are palliative. They're just addressing the symptoms and how the symptoms express themselves. So you're blanketing stuff on, we'll make the pain go away. We'll make the swelling stop. But if you don't address the underlying causation, you're hosed at a certain point because it's going to express and all the things that you've done to hide it effectively just won't hide it anymore. So that was for a particular patient, but it's phenomenal for the skin.

The cream triggers an upregulation in the mitochondria in the skin, knocks out the inflammatory response, and basically balances out the potential in the cells. So for that it's great. But I have tinkered with the idea because I'd love to take the time and do it on myself, coming up with something that's actually more of an aesthetic thing for triggering collagenesis and that actually does upregulate collagen, fibronectin, and fibrin, and elastin, and all that stuff.

Dr. Wendy Myers

You're speaking our language now.

Ian Mitchell

Well, you can tell. Your complexion is perfect, Myers. Mine is weathered from spending too much time outside. So I actually would love to do something like that at some

point, but that's really more like if a person has shingles or something like that, it's phenomenal. Almost an instant cessation of the pain for shingles, which is great. Also, if they have eczema or psoriasis Not that I would ever intend to treat or cure or anything like that, but I might humbly suggest that if somebody is dealing with one of those things, they might want to try to help support the body's own mechanisms to negate that.

Dr. Wendy Myers

So you also came up with this magnesium. Can you talk a little about that? And I love the logo with the flower of life on it. That's my favorite symbol.

Ian Mitchell

Oh, thanks. So they're called Quanta. The whole line is Quanta, and one of the companies where I'm the chief science advisor is a company called Leela Quantum. Leela is fantastic, and it's seemingly a little bit woo because it's dealing with quantum function, and then it's actually with a National Foundation for Integrative Medicine. I'm their quantum biology guy. I think that's a euphemism for it's reproducible, but it's still weird and seems strange. So we just call it quantum biology and try to ascribe different things to it.

But with Leela, they're actually modulating things with a quantum field effect. Those particular vitamins have a much higher uptake and a much higher hit per unit than you normally would. So we ran a bunch of spectral analysis on the compounds, and then we'd run redox potential, which is just reduction-oxidation potential. It's like a scale of how much they express in a body. Side by side, if you take zinc and run it, it expresses one line. If you don't quantum charge it, the lines are perfectly overlaid. You can't see a separation. If you quantum charge one and then compare it to the other, they function as if they're two entirely different molecules.

Actually the coolest part about it is if you're trying to work on say zinc, magnesium, vitamin C or vitamin D and K, they don't all move in the same direction. When you quantum charge them, they move in the direction of whatever is more beneficial biologically without any external input from us, which I think is amazing. What it tells me is that the system or the universe is fundamentally self-aware. It effectively knows which way to nudge things for the biggest benefit. And so I just wanted to be

able to have supplements so that people can have a really high yield, but without a really expensive price tag.

On the magnesium, there's a company called BioOptimizers that I thought did a bang-up job. Like, before I made that, that's what I would recommend to people. I still actually recommend it to people a lot of times because it's a really well-thought-through product. Unfortunately, there aren't enough of those. Half the time when people write in, the guys in support will recommend other products. I'm kind of agnostic to it too. Not every technology is going to be appropriate for everything, and when people reach out for help, they just need help. They don't need a sales pitch about a specific product. I'd rather see people get the right thing.

We don't make any red lights or anything like that. So a lot of the time, you're talking to somebody and what they need is red and infrared light. You just send them down the berry path, and usually for that, I recommend EMR Tech. Those are the ones that I buy, I just buy them. It's not like they give them to me. I actually buy them because I think they're good products and I want to support them. That’s kind of my MO with things is there are so many things. Like the QuantaLine is genuinely there and it really works, not just sort of works.

If you take the vitamin B, the B complex, it has such a small amount of non-flushing niacin, but if you take that, it will trigger a niacin flush because it is so much more bioavailable that it functions as if you're having multiples of the same concentration. That's kind of a funny thing because a couple months ago, the guys in the back, they all kept their bottles of everything, and they each took one of those to check and see. We all experiment with different kinds of things. Like, we have a new thing that we're going to produce shortly called Shilajit Flux, which is shilajit and then a bunch of other stuff to upregulate things. Again, this is something I want because that's something I'm a big believer in, shilajit and the beneficial effects, especially if you address it the right way.

So scratching my own itch, but the guys pop them and one person was like 15 minutes in just cherry red. And again, it's such a small concentration, but it's not about how much there is, it's about how much you actually use. Like, how much can you get into the cell? It's kind of a lot of times with junky supplements, people are

chained at a buffet table and they can't reach the food. Yeah, it's there. But if you can't get it into the cell, it may as well not be there. It does you no good.

Dr. Wendy Myers

That's a really nice visual.

Ian Mitchell

Yeah. It's totally accurate.

Dr. Wendy Myers

That's the case for a lot of people. A lot of people eat healthy food and they can't absorb it, they can't digest it.

Ian Mitchell

Yeah. And the same goes for supplements. You were commenting on MitoBlue. When I was working on that, I wanted people to be able to get access to methylene blue, but I also mainly wanted to trigger mitophagy. I wanted the mitochondria to get purged and to start cycling that. It's got fisetin in there, but then it's got methylene blue in there. The methylene blue causes a transient shift in nitric oxide. So you end up with a deficit. I put compounds in to buffer for that so that you wouldn't end up with a deficit, so your baseline effectiveness actually goes up.

Those are the things where I have fun because you don't just look at this and go, "Oh, the body's doing this. Take this." You go, "Okay, well, how does it actually play out?" Like, what are all the billiard ball shots that the body's going to do? Then it's this beautiful thing where you see the painting come together and look at how the line actually moves through the body. So you see that and then you anticipate, "Okay, well, this is the path. Well, if I want to do this, what do I do? I upregulate this, downregulate this." That's where it's fun for me, looking at supplements as a way to really elicit a change in somebody, but do it in an elegant fashion. Any moron can just wedge compounds in a bottle. I think the thing is, finding the elegant solution so that you can get the highest yield and the person gets the biggest benefit with the fewest moving parts.

Ads: 43:33

Now a word for one of our sponsors. So I'm a huge, huge fan of Tru Energy Skincare. This is a bioenergetic skincare line that I've been using for almost two years now, and it's what I use exclusively. It's so good. They have a new product out called the Bio Adaptive Hydration Oil. This is really, really key for protecting your skin from dry winter weather because when you have cold weather plus wind, plus indoor heating, that's gonna equal dry, irritated skin. So hydration is really, really key to protect your skin barrier and, you know, preserve your skin.

Why does this matter? It's because dehydrated skin can look dull, tight, and have more fine lines and wrinkles. Supporting your skin during winter helps it stay resilient and healthy. As I mentioned, I love Tru Energy Skincare, and they have this bio-adaptive formulation designed to boost hydration and nourish the skin. It's a bioactive, nourishing skin oil, and so it's infused with frequencies. There are dozens and dozens of frequencies imprinted on their energy-optimized blue bead that's in all of their products. It's imprinted, actually, with not hundreds, but thousands of frequencies to support cellular repair, improve collagen production, and increase regeneration of your skin.

This is what I'm using at 53 to get the best skin that I can possibly get. This is one of the secret weapons that I personally use. This bio-adaptive hydration oil uses nutrient-rich skin-supportive and clean ingredients as well. All you do is add one to two drops to your face cream or Tru Energy products like their serums or their lotion, and it just increases that hydration. I also use it 'cause I do face yoga every night. I use hydration oil. I put it all over my skin, and massage, and I'll do guha and other things. It's part of my nightly routine. So there are a lot of different uses for it, including increasing the hydration and the effectiveness of the products you already have. Try it for yourself. Go to trytruenergy.com/wendy5

Dr. Wendy Myers

Tell us about one of your other products, too. You have one for the brain too.

Ian Mitchell

Oh, yeah, Neural RX. I made that for people with Alzheimer's, and so it's a couple of different components

Dr. Wendy Myers

No, I can use that.

Ian Mitchell

Yeah, everybody can use that. Like I said, for me, I take it for just cognitive enhancement as a nootropic. But I also take it because I know that in our environment, we are constantly under assault. So whether it's something outside of us or inside of us, if you've got teeth, and pretty much most people do, you're going to develop gingivalis at some point. You're going to have a little bacterium floating around, and that stuff, when it moves into the brain, your brain is going to wrap it in tau proteins or beta amyloids and pack it around your brain. Because that's the brain's protective mechanism.

So if you look at the physical analogy to that, there's a band around everybody's midsection called the omentum. It's supposed to be this very thin little lacy band, but for most people in our country, it's big, fatty, thick and yellow. It's all poofed up because it's where we sequester anything that's too acidic. Since people in the West have such a high carb load, most things cascade as too acidic, so we pack it on. That's why everybody has that kind of visceral adipose tissue region where they're all poofy around there. Because if your body's pH changes in the blood more than two-tenths, three-tenths of a point, you die.

It's really critical for your body to keep everything at bay, so it sequesters everything to keep it in a balance, and that ends up usually leaving you kind of like with a fatty midsection. The brain, of course, has a similar mechanism, so it just wraps things in tau proteins and beta amyloid plaques and packs them on. So for that, I thought, okay, people with Alzheimer's have genetic expression; they have these tau proteins, but nobody was able to make a complete correlation between like it is this thing. I think oftentimes that's a problem is the pharmaceutical world and the medical world, they're looking for one thing.

With people, it's very rarely just one factor. Like it's a multivariate system. Unfortunately, humans, we suck at doing multivariate assessment of different systems because it takes a lot of time to figure out how things are balancing out. So I couldn't come up with a single thing that would really fix the brain. But I thought, what is happening? With somebody expressing Alzheimer's or dementia or something

that's a really neurocognitive deficit. I thought, okay, their brain needs to be cleaned because you've got all this stuff packed on. As you get older, the pressure system, it's called your glymphatics. The glymphatic system is what actually uses interstitial fluid and cerebrospinal fluid to clean your brain. It gets weaker. It's a hydrostatic pump so it squeezes fluid in, opens up and cycles things out. The channels expand a little bit, so it can move through, detoxify the system and rinse waste out.

It gets weaker over time, so my thought was, well, I'll upregulate the pressure in the glymphatic system. But then you're still trying to move out these really large chunks, and they're sticky. They stick like protein. So then I thought, "Okay, got to break that down." Then I put in a thing called serrapeptidase, which is a proteolytic enzyme from silkworms. That particular type of tissue in sclerotic tissue, like scar tissue, the proteins are incredibly similar to a silkworm cocoon. When a silkworm wants to emerge from chrysalis, it actually excretes this and it breaks down. So this protease breaks down this compound. I thought, "Okay." There was a bunch of Japanese research on using this particular enzyme to break down plaques in the brain because it'll pass the blood-brain barrier. I put that in, kind of combined it a different way. Then you need new neurons. So I put in some things that upregulate neurogenesis, and they outpace BDNF and NGF1 at almost two to three to one. So you end up with a bumper crop of new neurons that are morphologically different. They have a longer span. I always joke that it's like a patch cord operator where if you can't get through, you kind of boink, plug the cord around it, and so you can get the signal to fire around the area of occlusion. Then the other components just bump it up.

When we actually tested this stuff, it increased by more than a factor of two the evoked neural potential, like how much firing power your neurons actually have. It’s profound. You feel it. And it's so for people with a big cognitive deficit it's like the lights come back on. But the benefit there is that over a couple of months of doing it, it actually goes in and helps your body remodel its own system. So you take out the trash, then you start to build it back. Then you take out the trash, then you start to build it back. So the thought was to try and leave people after a couple of months with a functioning brain that was remodeled in a way that they could keep it going.

Now, the one caveat there I will say is the people that have done this for like Alzheimer's, a lot of times once they're back, they stop, and that's not ideal. You

should go at least a couple months past that because at the point at which you realize function is back, that means you've just hit the tipping point where things level off. Where you're right at the tipping point. It took a long time to reach that point to go over because basically when people express with a cognitive deficit, it's because the degradation has outpaced the repair and the processing. You can't take the trash out quickly enough and you can't handle the damage that you're accruing fast enough to keep your brain functioning.

So when you get back to that midpoint where you're like, "Ha, I'm there," you're really not. You're just at the fulcrum. What you need to do is actually keep it moving in retrograde enough that you can put time back on the clock. The other thing is the more you do that, the faster the repair process goes, because it's like you're trying to melt an ice cube and if you're melting this giant ice cube, it's going to take a long time. If you break it into little tiny pieces, it goes very rapidly. So when you get to that repair point, just keep going because then you can keep doing more and more, and then your cognitive processes get better and better. That's really what you want.

I mean, I want everybody to be smart, happy and healthy. It's funny because I work in longevity a lot and I think we can extend the lifespan as compared to what it is massively, but my particular personal bias is that I think when it's time for your ticket to get punched, it gets punched. I don't think there's some requirement that says you have to be unhealthy on the way. I don't want my 80s to be the same as most of the people I see in their 80s.

Dr. Wendy Myers

Oh, hell no. That's what I'm signing up for. I'm not going to end up like a lot of family members or my father, infirm, sick and just in that revolving door in medicine, and that's why I'm doing this.

Ian Mitchell

Well, that's kind of my take too. I would much rather be really robust in doing a great job and humming along. I'm sure you've done this too, you talk to people who are in their 80s or 90s, a lot of times the steam is just not there anymore. They've lost it, and it's because of the biological pain. Cognitively, a lot of times they're sharp as tacks, but their body is not cooperating. I don't think that's necessary. I think we can actually

biologically revive ourselves, whether it's perfusion with new very young stem cells or taking chemical compounds that roll back our epigenetics or Yamanaka factors or whatever sort of thing. There's a whole host of things that we can do right now that help so I'm looking forward to aging hopefully kind of gracefully or fighting it tooth and nail, one of the two.

Dr. Wendy Myers

Yeah, I'm definitely fighting. I'm coming out punching, swinging, for sure. So your supplement Neural that you were just talking about, it also contains C8 and C60. Can you talk about that? Obviously, that's part of the brain detox.

Ian Mitchell

Sure. So the Carbon 8 is just octanoic acids or caprylic acid. It's a specific fraction of medium-chain triglycerides. We derive ours from organic coconut oil. And the reason for the utilization of that specific fraction is it's got the highest uptake in the body, and it converts to ketone bodies. So in that particular formula, when it converts to the ketone bodies, you have these little abducted nanoparticles, and the ketone bodies don't go through the normal digestive process. They actually go to the liver, they break down, they're fractionated, and they go from the liver up to the brain. So I use that as a delivery mechanism.

Similarly with the Olympics, which is an oleic acid and derived from olive oil. The body already has all these mechanisms where when you eat a fat or a protein, it doesn't do the exact same thing with every one of them. It does, based on what they are, different things. So in the case of the C8, it hits the liver, fractionates, becomes ketone bodies, bumps up a bunch of beta-hydroxybutyrate. That moves into your brain and provides fuel for that. If you eat a long-chain fatty acid, it's going to go to most of your skeletal muscle and break down. They go to different places.

So my thought with that was the body already has a system. I am damn sure not going to overwrite millions of years of evolution in an afternoon. I'll just use the system that it put in place. I spent probably, maybe six or eight months working on just lipid dynamics, figuring out, okay, if you eat this lipid, where does it go? What does this do? How does this work? And then, I combine that with nanoparticles to the Carbon 60 because Carbon 60 is really, it's this brilliant molecule, and it's a truncated

icosahedron, also lovingly termed the soccer ball. It's an allotropic form of carbon, which just means that it's made entirely of carbon atoms clustered in a different form. So you've got an allotrope, something like diamonds, graphene. Those are all carbon allotropes. They're structurally different but w- made of all the same parts. All carbon atoms.

In this case, it can do all these kinds of amazing things. It can accept electrons. It can donate electrons, and that gives it this beautiful capacity to be almost like an adaptogen, like a nanoscopic adaptogen. So when you combine it with different things, you can move it into different membranes. If you combine it with oleic acid, it breaks down and moves into the mitochondrial membrane through most of your cells. What that does is it acts as a buffer for oxidative stress load, so it rebalances the electron transport chain. Because in the mitochondria when things move through the electron transport chain, if you have too much, it will damage it. If you have too little, it will damage it. You're looking for the optimum tuning.

The reason I put those things in there was to get the optimum tuning in the brain. I wanted to be able to move those particles into the brain, and the best way to do that was to couple them with the carbonate, caprylic acid. You can't actually get that particular compound. It's very hydrophobic. So if something is an aqueous solution, it's not going to bond. You can put in as much water, blend it as much as you want, put it through high-speed mechanical shearing, it doesn't bind. It's completely hydrophobic. But if you bind it to a lipid, then you can get it to move right in through the cell membrane. So a lot of it is just leveraging the body's own dynamics and trying to give the right little nudge. It's nonlinear dynamics, you're trying to find the one place where you can exert a little bit of influence biologically that has the biggest yield. So that's the reasoning behind that; I'm not going to rewrite the body, I'm just going to use what it already does. If you take that nanoparticle, mix it with caprylic acid, you can get it delivered handily by the body's postal system directly to the brain.

Dr. Wendy Myers

The neural product, it also has the precursors to NAD. So you added NMN and PQQ. Can you talk about that?

Ian Mitchell

Sure. So the PQQ, you're able to upregulate the mitochondria so much that they will express a lot. And then when you put the NAD in, you get this systemic dip in cytokines. So inflammation goes away, and which you want the inflammation to dip in early. The inflammation dips, but then you put the NAD precursors in there, and you've got nicotinamide mononucleotide. It gets broken down to become fuel for that electron transport chain, so you can start pumping out energy, which then converts to ATP. Then the PQtriggers mitochondrial biogenesis.

My thought was, okay, I want this system really humming, and I want all the energetics, but if you put too much energy into those systems, you exceed that balance point, which is a mistake. So rather than try and get a four-cylinder Yaris to run at 600 horsepower, I thought, "You know, I think I should add more cylinders to the motor." So if you trigger mitochondrial biogenesis, you don't have to have this crazy output distributed between just a few mitochondria. You can actually bump a ton of them into the cells, upregulating the quantity. Per unit, your cells are literally stronger because they actually have more energy production systems, and so the output power goes up.

When you take CoQ10, PQQ, NMN, and even the C60, what you're doing is you're basically addressing every little point on the electron transport chain, or transport chain. You're buffering the places where it gets pinched, and you're upregulating the places where it needs flow. So at the end of the day, if you do that and then you multiply that and you get more of those systems, you have these very finely tuned systems that have a tremendous amount of output power, and it allows you to be literally physically stronger, faster.

In the case of the Olympics product, it does the same thing, but it helps your skeletal muscle. One of the fellows who takes it is a pro athlete, and he hit a record this year that was just kind of an unbelievably good record, and literally texted me, "Olympics for the win." Because, he knew very definitively that that really made a huge difference in him being able to do that. It was a degree of output that wouldn't normally be done.

One of the other guys that's on that particular thing, and he talks about it, is a guy named Blaine McConnell. Blaine broke a record. In the NFL Combine, they do these speed tests. They have a 40-yard dash kind of thing, and the fastest runtime at the

NFL Combine was 4.23 seconds, and that was set two years ago. Well, Blaine ran it and broke it. He ran it in 4.15 seconds. The difference being Blaine is now in his 40s.

Dr. Wendy Myers

Oh my gosh.

Ian Mitchell

To be able to outpace these guys 20 years younger and to have that kind of muscular output, that's impressive. Like, seriously impressive.

Ads 1:00:59

And now a word from one of our sponsors. So you guys know I've been talking for years about taking nutrients that support your beauty from within, and one of the things that I've been taking recently to support beauty is these Organifi Beauty Gummies. I love this company 'cause all the ingredients that they use are organic and super high quality.

They created these gummies to give you lots of nutrients to support your skin hydration and collagen production as well. I know a lot of you guys are using all kinds of serums and skincare and things like that, but Organifi also wants you to start thinking about beauty from within, like inside out, and the nutrients that you take and how those support your skin health. These beauty gummies contain what are called Cerulok rice ceramides, and these really help to support hydration and a healthy skin barrier. They also contain organic acerola, which gives you natural vitamin C to help support collagen production.

I take vitamin C every single day to maximize the amount of collagen production that my body can produce. They also contain organic pomegranate to help give you some antioxidant support as well. In one study, they found that 23.7% of women taking rice ceramides every single day had a dramatic improvement in their skin hydration.

So this is a really good habit to take every day. It only takes one gummy a day to help improve your hydration, smoother skin, and more beautiful skin. So if you wanna go to organifi.com/myersdetox and use code MyersDetox to get a special discount for my listeners only. So again, go to organifi.com/myersdetox, and use coupon code

MyersDetox to get your special discount on your beauty gummies and their whole range of products.

Dr. Wendy Myers

Wow. Tell us about the Anti-MX.

Ian Mitchell

So the Anti-MX is literally designed to support the body for people who have cancer

Ian Mitchell

Cancer exhibits a lot of odd properties. Your healthy somatic cells throughout your body function one way and cancer cells function another. So cancer cells lack contact inhibition, which is why they're problematic. It means they don't stop when they hit another tissue organ system. So your liver knows where your liver is, and it doesn't grow into your kidney. Cancerous cells, if they're in the liver, they don't know. They can grow straight in. So that's one of the problems with cancer. Another one is its nutrient primal, so it eats first. If people have carbohydrates in their system, if it's one of the main types of cancer, it sucks down the sugars and takes it out of your system before anything else will because it's trying to promote growth. Then it's unchecked.

Cancer cells are immortalized and transformed, just meaning that they will continue to cycle. For normal cells, you hit a thing called the Hayflick limit, where your cells can't replicate anymore. They stop replicating at a certain point. Cancer cells are immortal. They just keep churning out copies. They don't have that same sort of telomeric degradation where the little strands at the end of the DNA keep clipping off, and then it just stops. It just keeps pumping out compounds or pumping out new cells, which is why it's bad.

So the Anti-MX leverages a bunch of those properties to just help your body, and this is one of those places where you have to tread lightly. It helps your body bolster itself. There is a time and a place for chemotherapeutics and for radiation, but in my opinion, not nearly as much of a time as we seem to make it out. There are a lot of times when if you look at a cell, it can't really express cancer unless it's energetically deficient. A healthy cell is going to buffer it, it's going to protect itself, and it won't express itself as a cancerous cell. When you go below a certain threshold, like a

healthy cell is -70 to -90 millivolts, and if you start to decrease that and get back towards the 0 point or even pass it and you run into the positive, you can start to express cancerous formation. If you keep it at -70 to -90, it's not going to become cancerous.

The problem with chemotherapeutics and radiation is they hammer our system, and that sort of chemotoxicity and radiation stress actually break down the mechanisms inside the cell whereby it can produce energy and keep itself healthy. So even if you use them, (and you can negate the cancer) the reason there's a two and five-year survivability table is because you can pretty much say it's a race to the bottom. Does it die before you do? Can you kill all the cancerous cells before you've done so much damage to your own normal somatic cells that you're not functional?

When I was looking at it, I thought that was kind of, what's that scientific term? Stupid approach. I know. My thought was, well, why not go a different direction with the assignment and try to make the cells so much healthier that you do two things at once? You cleave the cells that are already cancerous, and then you bump up the cell function in the other cells so that instead of beating them down, falling towards the bottom, you try to elevate everything so the body can protect itself.

Dr. Wendy Myers

What a concept.

Ian Mitchell

I know. It's a radical idea. Normally when people die from cancer, they die from metastasis. That's why it's anti-MX. It's anti-metastatic. So the goal there is to keep everything locked down in situ so it can't spread and move to other positions, because then you can use targeted chemo or focused radiation. We are very good at destroying things in the West. Like, we've got lots of systems for just going in and blowing stuff up that work incredibly well. But if you go in and you biopsy something, the moment you break the capsule, you're getting cancer cells to spread. So if you can put something on board that locks that down and sequesters the ability for them to spread, great, do that, because then you can go in and figure out what's going on.

If you can get something to go in and take those cells and make them trigger autophagy, fine, do that. Because you can trigger autophagy in a cancer cell.

Fundamentally, it's a pretty easy gig. If a cancer cell can't replicate in about 24-ish hours, it will trigger apoptosis, blow itself apart and effectively get gobbled up. So you can send the signal to run a program cell death cycle and get it to become apoptotic, and then autophagically just go in and gobble everything up and break it down. Those are all things that are very doable that we have the tech to do. Fundamentally, I don't know why we don't do that.

Two years ago I got nominated to be the director of the National Cancer Institute, and it came down to, I think, myself and two other guys. I knew one of the guys. But the person that they went with was singing the same old, "It's a genetic disease, and we're going to deal with chemo and radiation." It's absolutely not a genetic disease. It's not. That might occur in maybe 1% to 2% of the cases. Everybody has genetic weak points. Maybe if you meet somebody who has wings, floating and has golden light coming from them, they may not have genetic weak points. Pretty much everybody else they've got genetic weak points, and whether it expresses as some sort of a cancer or some other pathology, that's up for grabs. But cancer just means you have cell dysregulation in one area, and it's almost always metabolic. So the cell does have transcription errors, but that occurs subsequent to the metabolic dysregulation.

I think it's a little bit disingenuous to tell people that it's a genetic disease because it's this genetic aberration. It is, but that's after things have gone off the rails already. So unfortunately, people don't like to be responsible for their own state. It’s much easier to, I think, offload that to somebody else and say, "Oh, there was nothing I could do.it was genetic. Now I have to deal with a pharmaceutical company." Actually, as it turns out, most of the time you can mitigate those factors. The cells are going to become aberrant after they epigenetically switch themselves in a detrimental fashion for years and years. And if you are out there and you're doing everything right, you absolutely may still get something, but that's going to be the statistical outlier, not what we see in our culture now. I mean, things have gone downhill. The age of the people that I see expressing cancer now is disturbing. The types of cancers that I see, disturbing. You should never be seeing the types of cancers that I'm seeing in people under 20. It's insane.

Dr. Wendy Myers

I love that you're applying your brain, your IQ to all of these supplements. Because we need that. People need supplements, and they need ones that actually work and actually absorb. You created another one called Elixir X. What is that one?

Ian Mitchell

Elixir is actually just the caprylic acid mixed with the nanoparticles. I use that as a kind of broad-spectrum neural anti-inflammatory. Before I put people on Neural RX, I have them use the elixir because the first thing you want to do if you're dealing with a TBI or even dementia or Alzheimer's, the very first thing you do is you take out the inflammation. You put the fire out before you start the remodel. No construction crew is going to run into a five-alarm fire and try to start rebuilding. You actually have to address the issue, quell the fire, then you start to rehab it.

So the first thing to take out is you want to suppress cytokine expression, knock out the inflammation, and get things back to a good homeostasis, and then you start the repair. Fundamentally, if you put too much energy into a system when it's not capable of handling it, it is like a fire. It's just chaos. So the elixir is basically to quell that, and the correlate physiologically is Evolve, which is another product, and it's basically the same thing but for the remainder of the body. It's a broad-spectrum systemic anti-inflammatory, and when people have autoimmune responses, I put them on Evolve first because that does the same thing in the remainder of your body that elixir does in the brain.

Takes out the rapid inflammatory response, and it upregulates the mitochondria, which actually in autoimmune conditions is clutch. You really have to do that because a lot of times when people are expressing something that's autoimmune, it's sort of autoimmune, but really not exactly. There's a couple of reasons that can happen. You've got different balances in hydroxyl groups and things that can also trigger it. But a lot of times when people are expressing autoimmunity, what's going on is inside of your mitochondria that's in every cell, you have cyclic DNA. That's from our ancient bacteria and two billion years ago when archaea cells subsumed this little mitochondria so it could handle energy production from oxygen, it didn't change out the DNA.

So you still have this little segment, multiple of them, there are little organelles all over your cell that have bacterial DNA. The inner and outer membrane are like an

electric dog fence. They hold these sixteen thousand five hundred and sixty-nine different little segments in there floating around in each one of those that when the voltage drops, and that can happen on the outer membrane of the mitochondria from being hit chemically, electromagnetically, it can be getting hit physically. Anything that triggers a drop in the gating potential allows for genetic spillage. When that cyclic DNA hits the system, your body says, "Oh, no, bacterial incursion," and it attacks it. When it attacks it, it causes a dip in all of the proximate cells because it triggers an inflammatory response and it cascades. It starts at one point, and then it just goes unchecked and rolls.

The only way to stop that I've seen is you have to do two things with complete simultaneity, is you have to suppress the cytokines, get the fire down, and then bump up the gating potential in the mitochondria, and then you can lock the DNA in position. Otherwise the macrophages just go out and they clean up the mess outside it. But that holds it in stasis and it gets back to a balance point. If you do that, I've seen Hashimoto's, rheumatoid arthritis, hereditary angioedema, all of these different pathologies that express because of that function just go away. It's not some magical thing. It's actually just looking at the biology of it and going, "Okay, what's really going on here?"

I always joke that Henry David Thoreau said this thing, "For every thousand hacking at the branches of evil, there's one hacking at the root." Be that dude. Actually figure out what's going on. Don't just spray paint something, glittery on top and go, "You're good." Actually figure out what's going on. So a lot of times, everybody has a genetic weak point. If your genetic weak point is your thyroid and then you get in an accident or you get under a lot of emotional stress, what's going to crack on your body? Your thyroid. What do we call it? Hashimoto's. If it's chondrocytic tissues, you're going to get rheumatoid arthritis. If it's your gut hereditary angioedema. There's all these different conditions that are just like when pressure is put in a system, where does it pop? That's where genetics, in my opinion, comes into play.

A lot of times, if you just handle the fundamental things and go back to basics, like fundamentally, what is the physics of this? Okay, I've got a gating potential. There's a difference in electron and proton gradients. Balance it, seal it, put out the fire, then the system seeks homeostasis on its own, and you're good to go. It doesn't matter what the particular pathology is because that's just how it expresses itself in that

particular patient. What are you really doing to address the underlying cause? That's what I'm trying to do, just hit the basics.

Dr. Wendy Myers

You also have oracle ozonated hemp oil. Can you tell us about that and how it's different?

Ian Mitchell

I do. That is mostly for things like SIBO and Candida albicans, Candida krusei, glabrata, things that are pretty insidious internally. The ozone is about the third most reactive molecular species, and it's great for cleaning things up because it's why nature uses it. It's kind of like nature's cleaning system. You can't really block things from getting ripped apart at the subatomic level, and ozone strips away electrons. So when you put that into someone's gut, you can get this very high concentration if you ozonate hemp oil. Now, there's no hemp left in it because after you run that through a couple of passes, you've actually structurally broken it down.

Everybody just calls it ozonated hemp oil because that was the starting oil. But really, all of the degradation products after you break it down, there's no actual hemp left. It's a couple of different lipid chains that are polarized, and they're very reactive. I have a slightly different process to do it so that it makes them, again, much more reactive pound for pound than you would normally get. If somebody has SIBO or something like that going on in their gut, that's one of those products that I recommend people take and use as needed, because it hits pretty hard. But it serves a purpose.

Dr. Wendy Myers

You also have a vitamin C supplement as well. How is that different from other vitamin Cs on the market?

Ian Mitchell

Honestly, if you take a really good liposomal vitamin C, it's not that different. It's just-cheaper. If you're taking a standard vitamin C that would be kind of the same cost as that stuff, you're not going to get nearly as much of an effect. So it's not that it's the best product ever, it's just that it's a really great product that has high

bioavailability. That's the thing. I just wanted to offer people something that I knew was safe, that hit the right markers, and hit the right price so that people would take it. That was it.

Dr. Wendy Myers

Okay, great. Then you also have a Vortex-RX for pets.

Ian Mitchell

Oh, yeah.

Dr. Wendy Myers

Can you tell us about that? A lot of people want help for their pets.

Ian Mitchell

Well, that's kind of the same thing. I'm a huge animal guy. I think oftentimes animals have such big hearts, and they don't have the same psychological barriers that people do. People put up all kinds of barriers, and animals are just kind of meh. If you walk into the door and your dog runs up to you, anybody who has that knows that it's just kind of like, "You've come back. Best day ever." They're just big open-hearted critters. So it's the same approach. It's exactly what we're doing for people.

Those systems work on not just mammals. If you have a pet insect, you could help it too. But it's pretty much any mammalian system you can use that sort of stuff in, and it's like magic sauce. For me, some of the things that help people the most are when they're happy, and a lot of times that's linked to our companions. It definitively is for me. That's one of my happy points in life.

Dr. Wendy Myers

Okay. Thank you so much for creating a product for our pets, as I know there's so many dogs and cats suffering. 1 in 1.6 dogs gets cancer, and all the glyphosate in the food, and the vaccines that they're getting, and just all the various toxins in their food.

Ian Mitchell

Right.

Dr. Wendy Myers

The horrifying dog food they're fed. It's just like, ugh.

Ian Mitchell

You're fed bad food, you're running on toxins that are lipophilic, and it's getting sucked into your paws and staying in your body. It's not a good switch. They just need help. You help them, you help the people. It's a win-win-win.

Dr. Wendy Myers

Ian, so tell us, on your website, where people can get all of your supplements.

Ian Mitchell

So that's wizardsciences.com. Then water, inhalehydration.com. And other stuff, MD Biophysics, for the VSELs and the treatment of different things like that. Actually the best place to get me if you want to ask about anything is to do support at Wizard Sciences. The guys there are phenomenal, and they always route everything to me. I used to just tell people to hit me up on Instagram and send me a DM, and I would get back to every person, and I still do.

The unfortunate part is it takes just a ridiculous amount of time because I have so many things. I have literally been in nine states in the past five days, and so my travel schedule has been sort of insane. But it's all with a good end, just trying to move the needle and do it in a beneficial way. If you need anything, anybody out there, if there's something I can help with, just go to support@wizardsciences.com.

Dr. Wendy Myers

Now, what is your Instagram?

Ian Mitchell

IanMitchell1.

Dr. Wendy Myers

Fantastic. Thank you so much for coming on the Myers Detox Podcast. It was so amazing. So if you guys also want to work with you and your medical team, you can go to the clinic. Is it Oklahoma City?

Ian Mitchell

No, it's just north of Tulsa. It's in Tulsa.

Dr. Wendy Myers

Yeah, or Miami. You can get stem cells and other types of treatments for your health issues. I'd highly recommend that. So you said it's MD Biophysics?

Ian Mitchell

Yeah, MD Biophysics. Actually, the MD Biophysics is the company that we train other doctors, teach people and sell laser systems to and things like that. It really is for the clinical stuff, just reach out to the support@wizardsciences. That's really kind of the hub of everything because that is my passion project. I'm very blessed that I have a team of incredible people that I work with. I would not be able to get all of the things done and do all of the things that I'm able to do without the support of everybody else. So, go to those guys. They do most of the things we do better than I do.

Dr. Wendy Myers

Well, Ian, thanks so much for all of your contributions and everything that you're doing to help humanity. It's so appreciated.

Ian Mitchell

Happy to do it. I didn't have anything else to do on a Wednesday.

Dr. Wendy Myers

It's like saving the world. Thank you so much, Ian, and everyone. I'm Dr. Wendy Myers. Thanks so much for tuning into the Myers Detox Podcast where I love bringing guests on like Ian to just really help open your eyes to the possibilities of what is possible for your health and healing. There's always something that you can do. There's always another level. There's always answers to your health issues and complete resolutions beyond what people may try to tell you. So thanks for tuning in

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