



## Supporting the Science of Self-Healing

November 1, 2022

Issue 35 BRMI E-Journal

- ***Carbon-60 - Fullerene and its Health Providing Properties*** by James Odell, OMD, ND, L.Ac.
- ***Helping the Distressed Clinician by Identifying and Treating Burnout*** by Jonathan Prousky, ND, MSc, MA, RP.
- ***Peer-Reviewed: 94 Percent of Vaccinated Patients with Subsequent Health Issues Have Abnormal Blood, Italian Microscopy Finds*** by Jennifer Margulis, PhD.
- ***The Key to Health is in "Communication"*** by Marlene Siegel, DVM
- **Video Recommendations:**
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  - ***Transcend Fear: A Blueprint for Mindful Leadership in Public Health*** by Joseph Ladapo
  - ***The Invisible Rainbow: A History of Electricity and Life*** by Arthur Firstenberg
- ***Podcast: Mineral Shamanism: Getting to the Root of the Problem with Mineral Ratios and Sound Healing*** | Hamid Jabbar
- ***Upcoming Events: Dr. Ralf Oettmeier is coming to the HUH Institute March 9-11th. (More events listed on our BRMI calendar)***

Dear Friend,

Welcome to our 35th BRMI E-Journal.

BRMI recently held its fourth annual conference from October 14th to 16th at the beautiful Sonesta Suites, Scottsdale, AZ. The conference title was ***Clinical Skills for Challenging Times***. This was a three-day event with 3 workshops, 12 amazing presenters, 6 vendors, and filled-to-capacity attendance. It is BRMI's mission to continue periodic conferences to meet eyeball-to-eyeball, share information, and deeply discuss health topics with each other. We are planning another conference for 2023 and will keep everyone in touch as to where and when.

2022 is almost over, as we reflect most of us can honestly say it was a year of awakening. So many topics, issues, and facts surfaced that were previously hidden. This year has allowed us to become more aware of the underbelly workings of the world. As we remain hopeful that humanity will heal from all its social divisiveness, medical mandates, censorship, and economic turmoil, our federal government still has not ended the Emergency Powers Act. Our nation is at a critical crossroads, making it more important than ever for people to become informed and open-minded in the scientific pursuit of truth. Additionally, Biden's "Executive Order on Advancing Biotechnology and Biomanufacturing Innovation for a Sustainable, Safe and Secure American Bioeconomy" establishes a fast-tracked pipeline of mRNA shots and other gene therapies that will further the transhumanist agenda. Thus, we must stay vigilant and help others awaken, be informed, and become actively involved in spreading the truth.

There are still many who feel insecure about the future and experience daily anxiety and fear. The mainstream media continues to feed their fear which can lead to energy burnout and immunological depletion. Prolonged exposure to acute stress and fear has been shown in both animal and human studies to compromise immune function and impair white blood cell function. In short, chronic fear and stress disturb our biological terrain and make us more vulnerable to infectious and degenerative diseases.

The negatives of fear are many:

- it pushes your body into being sympathetic nervous system dominant where your adrenals are forced to pump adrenaline and cortisol, leading to unnecessary stress on your body and eventual immunological burnout.
- it inhibits proper digestion, needed to breakdown, and absorb essential nutrients.
- it keeps you away from the present moment of what is actually happening.
- it prevents you from moving forward, whether it be in your career, relationships, accomplishments, or health progressions.
- it creates confusion, overthinking, and distraction.

Thus, it is now more than ever important to keep our lives balanced with a clean healthy lifestyle, nutritionally rich dietary habits, and develop resilience skills (breathing exercises, meditation, yoga, pilates, or simply daily walking). Also, it is a good reminder that the news media thrives on sensationalist headlines and anxiety-producing stories. It is beneficial to do a 'news fast,' abstaining from the news for a while and seeking out a more positive viewpoint.

Burnout is characterized by feelings of depletion or exhaustion, a sense of distance from or cynicism towards one's job, and reduced professional efficacy. Symptoms of [depression](#), such as poor sleep, loss of enjoyment, trouble concentrating, and low mood, frequently occur alongside burnout. Resiliency can be thought of as the ability to adapt and maintain equilibrium during periods of stress, challenge, or trauma. [Resilience](#) protects against burnout. Within this E-Journal there is an excellent article entitled ***Helping the Distressed Clinician by Identifying and Treating Burnout*** by Jonathan Prousky, ND, MSc, MA, RP.

Resilience, ultimately, is about balance. If we are in balance, we are naturally resilient. If we fall out of balance, we can quickly become sick (mentally, physically, and spiritually). Resilience is strengthened with faith, and this is key to overcoming fear.

Another way of dispelling fear and avoiding burnout is to find daily humor in life. Humor is a powerful healer. In the wise words of Charlie Chaplin, "***A day without humor is a day wasted.***" In

times like these, humor is exactly what we need. Traditionally, humor is believed to have grown from the Latin word for “liquid” or “fluid,” originally referring to the four chief substances that ancient Greeks believed flowed through our bodies: ‘yellow bile, black bile, blood, and phlegm’. In ancient humoral theory, each of these substances was associated with a personality trait, and each person’s unique mixture dictated their disposition.

Satire, viewed as the art of laughter with knives, is one of the most effective forms of humor for social reform. Satire focuses on criticizing human follies and institutional vices using laughter, not destructive in nature, but for its subjects to critically evaluate his/her faults and imperfections to instigate changes through such revelations. Satire is certainly a potent weapon for societal change as it mocks, attacks, criticizes, ridicules, and exposes the follies and anomalies existing in human societies in order to sanitize them.

JP Sears is a comedian who tours the country extensively doing stand-up comedy in satiric form and publishing weekly online videos. His videos have been viewed more than 500 million times. In addition to inspiring laughter in a weird world, JP’s work takes an unapologetic stand for freedom, and free speech, and encourages people to free themselves from fear. Recently, JP distilled a pearl of wisdom that has happened in the world of comedy. He profoundly explained that “comedy to be truly funny needs to have an element of **truth**.” From there a comedian can elaborate and exaggerate, yet the more truthful the message is to our hearts and minds, the comedy finds its resonance. The comedians that propagate a mainstream biased narrative are not as funny as those who speak the raw truth of the matter. Where we have diverged is that much of the humor no longer unveils the truth, but instead carries a false narrative. On the surface, it is good for a quick chuckle, yet it never hits the epicenter of the heart and brain, therefore does not connect with us. If you are not familiar with JP Sears, I highly recommend his comedy. His humor is all about exposing the truth through satire and witty dialogues. He travels and performs in comedy clubs throughout the US and has numerous videos on YouTube. You can find his website [here](#).

Because BRMI is a non-commercial, non-profit institute, this empowers us to present uncensored, open forum information and referenced commentaries, and in turn, enlighten our viewers to more than one medical viewpoint. We continue to update our [News Section](#) which includes an abundant resource of recent articles and videos from around the world on current topics related to medical freedom and preventive and therapeutic bioregulatory health. In our news forum, we continue to strive to be a trusted and informed source of factual science-based information for our readers. If there is newsworthy information relevant to the science of self-healing, do not remain silent, please share, and contact me. Speak up and speak out!

Please stay tuned to the ongoing biweekly BRMI podcasts hosted by Dr. Sharon Stills, NMD. Dr. Stills has now completed more than 91 exciting and informative podcast interviews. These are all [archived](#).

We are honored and pleased to welcome Dr. Nasha Winters, ND, L.Ac., FABNO as a BRMI Board Advisor. Dr. Winters is a nationally certified naturopathic doctor, licensed acupuncturist, and a fellow of the American Board of Naturopathic Oncology. She lectures all over the world training physicians in the application of mistletoe therapy and consulting with researchers on projects involving immune modulation via mistletoe, hyperthermia, and the ketogenic diet. Her profile is [here](#).

This E-Journal features the following JP articles, highlights, and recommendations:

Carbon-60 – Fullerene and its Health Providing Properties By James Odell, OMD, ND, L.Ac.

***Helping the Distressed Clinician by Identifying and Treating Burnout*** by Jonathan Prousky, ND, MSc, MA, RP.

Peer-Reviewed: 94 Percent of Vaccinated Patients with Subsequent Health Issues Have Abnormal Blood, Italian Microscopy Finds by Jennifer Margulis, PhD.

The Key to Health is in "Communication" by Marlene Siegel, DVM

Video Recommendations:

[Uninformed Consent](#) (Full Documentary, Part 1 & 2)

[Chlorine Dioxide \(ClO<sub>2</sub>\) is an Effective and Efficient Disinfectant](#) - (Why Chlorine Dioxide is

one of the most potent and effective treatments against viral and microbial infections)

Book Reviews:

***Transcend Fear: A Blueprint for Mindful Leadership in Public Health*** by Joseph Ladapo

***The Invisible Rainbow: A History of Electricity and Life*** by Arthur Firstenberg

Podcast: ***Mineral Shamanism: Getting to the Root of the Problem with Mineral Ratios and Sound Healing*** | Hamid Jabbar

BRMI is a 501c3 Non-Profit Private Foundation. Donors can deduct contributions they make under IRC Section 170. Please visit our [Donation Page](#) when you feel led to contribute. With your help, BRMI will continue to build an extensive website database, broadcast feature podcasts (***The Science of Self-Healing***), put on conferences and workshops, foster research projects, certify classes, and bring important information to the public, free of charge. This effort is not possible without your generosity. Even small donations are helpful and appreciated. We ask that you introduce BRMI to at least two or more friends and have them sign up for this E-journal and our podcasts.

If you have not signed up to receive our free e-Journal, we invite you to do so. We hope you benefit from our varied resources. Comments and submissions to our e-Journal are always welcome and appreciated.

We maintain an active [YouTubechannel](#), [Facebook](#) page, [LinkedIn](#), [Instagram](#), and [GAB](#) and post evidence-based articles and news events daily. To make it easier, we have also added a [Linktree](#). We sincerely thank all our viewers for their continued support, comments, and article submissions, and for liking us on social media, weekly podcasts, and our YouTube channel. Feel free to interact with us via social media, or contact me directly at [jpmmodell@brmi.online](mailto:jpmmodell@brmi.online).

We thank you for your interest in Bioregulatory Medicine.

James Odell, ND, OMD, L.Ac.

BRMI Executive/Medical Director

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***As with any healthcare newsletter, the information in the BRMI e-Journal is intended for educational purposes only and is not a substitute for the advice or direct care of a qualified health practitioner who oversees and provides unique and individualized diagnostics and care. The information provided here is to broaden our different perspectives and should not be construed as medical advice, diagnosis, or treatment. It is important not to delay seeking medical advice because of something you have read in this BRMI e-Journal.***

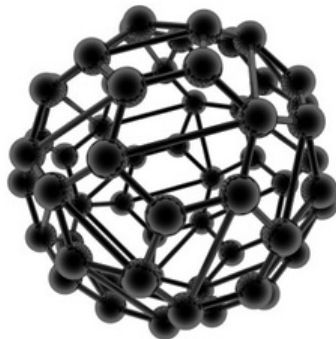
**THANK YOU FOR THE MEMORIES!**  
***Clinical Skills for Challenging Times***  
**was SOLD OUT!**



**Speaker Presentations and Videos will be Uploaded from our Conference Soon!  
Stay tuned...**

### **Carbon-60 – Fullerene and its Health Providing Properties**

*James Odell, OMD, ND, L.Ac.*



C-60 and derivatives have shown successful applications in intensive biomedical research due to their unparalleled physical and chemical properties. Primarily, C-60 is a powerful electron donor that works at the cellular level by lifting the oxidative burden, allowing the mitochondria and other cellular processes to function normally. As an antioxidant, it has the potential of providing numerous health benefits such as reducing inflammation, improving cellular immunity, protecting against harmful ionizing radiation, and providing neurological protection and even regeneration of neurons.

[Read more>>](#)

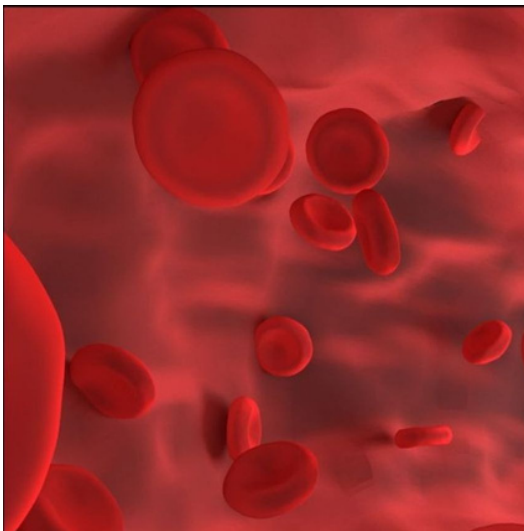
## Helping the Distressed Clinician by Identifying and Treating Burnout

*Jonathan E. Prousky, ND, MSc, MA, RP*

### Abstract

The focus of this article is on clinician burnout, which is characterized by emotional exhaustion, depersonalization, and diminished personal accomplishment. One goal is to provide a comprehensive but brief overview on burnout, including its prevalence among physicians in the United States and Canada, the ways it was impacted by the COVID-19 pandemic, relevant neurobiological and neurochemical associations, its relationship to depression, the known drivers, and diagnosis...

[Read more>>](#)



## Peer-Reviewed: 94 Percent of Vaccinated Patients With Subsequent Health Issues Have Abnormal Blood

*Jennifer Margulis, Ph.D.*

Physicians in Italy who studied patients who had been injected with mRNA COVID-19 vaccines found foreign matter in the patients' blood long after vaccination, a new study shows. The three doctors, all of whom are surgeons — examined freshly drawn blood of more than a thousand patients using direct observation under microscopes to see what was happening in the blood.

[Read more>>](#)

## CLINICIANS' CORNER



## The Key to Health Is In "Communication"

*Marlene Siegel, DVM*

The body communicates with "us" all the time! Symptoms are the most direct communication because they show us that the body is no longer in homeostasis, no longer in "ease", but rather in "Dis-ease". Sadly, modern culture has led us away from our connection with our inner

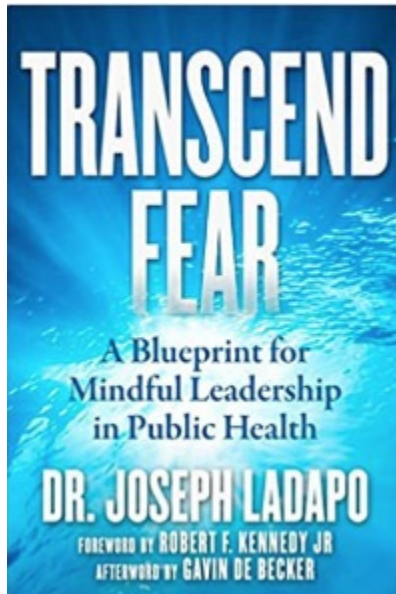
intelligence and higher consciousness. We are not "listening" and responding, but rather we are killing the messenger!

[Read more>>](#)

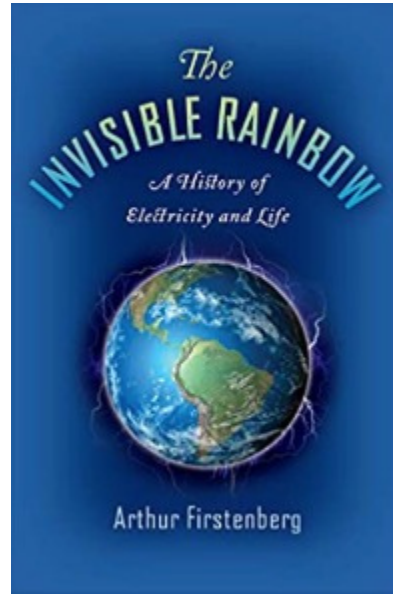
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## BOOK REVIEWS

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Florida Surgeon General Joseph Ladapo shares the inspiring story of how he came to be who he is. After experiencing abuse as a child, Dr. Ladapo was incapable of connecting emotionally with other people. He was dissociated from virtually everything in his life and numbly powered through college, medical school, and residency to become a doctor and university professor. It wasn't until he fell in love with his wife that he was forced to come face-to-face with the enormous emotional and spiritual disruption caused by his deeply buried trauma. Just before the pandemic, Dr. Ladapo worked with a former Navy Seal who used a mix of ancient disciplines and modern techniques to help free him from this trauma—and subsequently, his fear.



Firstenberg has argued that wireless technology is dangerous and that the telecommunications industry has suppressed damaging evidence about the technology since at least 1927.

Firstenberg then founded the Cellular Phone Task Force, which was the lead petitioner in 1997 in a challenge to the Federal Communications Commission's (FCC's) radiofrequency radiation exposure limits.

The 1996 Act helped to usher in a period I now refer to as "the great poisoning." Reading Firstenberg, I am reminded of Utah Phillips when he said, "The earth is not dying, it is being killed.

And the people killing it have names and addresses."

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## VIDEO RECOMMENDATIONS

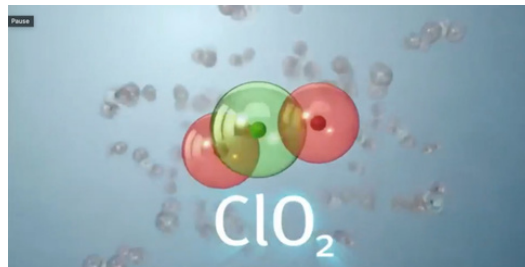
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**Written & Directed by Todd Harris, Matador Films**

An in-depth look into the Covid 19 narrative, who's controlling it, and how it's being used to inject an untested, new technology into almost every person on the planet.

Hear the truth from doctors and scientists not afraid to stand up against Big Pharma and the elite class who profit from mandates.



**Chlorine Dioxide (ClO2) is an Effective and Efficient Disinfectant**

Chlorine dioxide has 2.6 times the oxidizing power of waterborne chlorine (from bleach), giving it a wide spectrum of sanitizing uses and making it extraordinarily effective against a host of bugs. Studies have shown that it produces as high as a 6-log reduction.

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**FEATURED PODCAST**

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**The Science of Self-Healing Hosted by Dr. Sharon Stills With Hamid Jabbar**

Mineral Shamanism: Getting to the Root of the Problem with Mineral Ratios and Sound Healing | Hamid Jabbar

BRMI The Science of Self Healing with Dr. S... FOLLOW SHARE

**Podcast #90 - Mineral Shamanism: G**

0:00 51:01 1x

Dr. Sharon Stills interviews Hamid Jabbar, the "Mineral Shaman" on a wide variety of topics including plant medicine, common approaches to using plant medicines and the missing piece in preparing for these ceremonies which are growing in popularity in the West. Hamid guides us through the labyrinth of mineral ratios, and why imbalances in minerals are the root of much of modern society's health woes. Hamid and Dr. Stills cover how to fix these imbalances, and also delve into sound therapy - and what it actually means. You will learn so much in this episode!

[Click here!](#)

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**UPCOMING EVENTS**





## SAVE THE DATE!

Dr. Oettmeier is coming to the Human Universal Health Institute (HUH Institute) March 9-11th. On March 9th, Dr. Oettmeier will give a public lecture on toxicity and harmonization. On March 10th and 11th he will be providing an intensive workshop on Neural Therapy that kicks off with information provided by the HUH institute on how to organize a practice as a PMA. This event is also being sponsored by BRMI!

Stay tuned for more information by going to [huhinstitute.com/EVENTS](http://huhinstitute.com/EVENTS). Details should be on the website shortly.

[Click here for more events!](#)

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BRMI is a 501c3 Non-Profit Private Foundation, founded to promote the science and art of biological regulatory medicine, and to increase public knowledge of bioregulatory medicine as a holistic and evidence-based medical system.

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