



## Supporting the Science of Self-Healing

March 1, 2023

Issue 37 BRMI E-Journal

- Upcoming Events:

Join us in Sayulita, Mexico for ***Claim Your Terrain***, Conference/Retreat Neural Therapy Workshop and Public Lecture: Dr. Ralf Oettmeier, MD is coming to the HUH Institute March 9-11th

- ***Therapeutic Effects of the Solfeggio Frequency Scale and Binaural Beats*** by James Odell, OMD, ND, LAc

- ***"Mamas, YOUR Microbes May Affect Your Children's Health"*** by Jennifer Margulis, PhD

- ***Review of Agaricus bisporus: White Button, Creminis, and Portobello Mushrooms*** by Dr. James Odell, OMD, ND, L.Ac

- ***Exercise: Physical and Mental Wellbeing is a Family Affair*** by Dr. Marlene Siegel, DVM

- ***How COVID Vaccines Cause Cancer*** by Colleen Huber, NMD

- ***Sleep and Heal*** by Ian Kennedy, *True Wellness*

- In the News:

***In the News...A Developing Story: Palestine, Ohio Norfolk Southern Train Derailment Update*** by Dr. James Odell, OMD, ND, L.Ac

Book Recommendations:

***BEGIN AGAIN, Trauma, Disease and Healing with the Brain Protocol and Biological Medicine*** by Dr. Dickson Thom, DDS, ND  
***Profiles of the Vaccine-Injured*** by Children's Health Defense, Foreword by Robert F. Kennedy, Jr.

Featured Videos:

***All 7 Chakras Solfeggio Frequencies.***  
***The Secrets of the Pineal Gland***

Featured Podcast:

***The Amazing Health Benefits of Modified Citrus Pectin and Why You Need It for Good Health*** with Dr. Isaac Eliaz, MD, MS, L.Ac

Dear Friend, Welcome to our 37th BRMI E-Journal Over the last two years, the public has been exposed to both untrue and misguided information pieced together with fragments of facts surrounding the "world pandemic". Fortunately, after the dust has settled, we now have a better understanding of what is true and what is false or misguided. Many scientific studies have now illuminated the path of truth about the COVID-19 mRNA biological injections. Unfortunately, the CDC, NIH, FDA, and various government officials, as well as mainstream media continue to promote the false claim that these inoculations prevent hospitalizations and severe disease and are as such "safe and effective". This deceitful claim originates from the now-admitted reality that the COVID-19 mRNA biological injections do not prevent SARS-CoV-2 infection or its transmission. Initially, the public was told COVID-19 mRNA injections would reduce the risk of COVID-19 infection and transmission, yet Pfizer submitted data to the FDA stating the opposite of what was propagated. We now know the risk for COVID-19 infection and disease transmission does not decrease with mRNA injections but in fact, increases over time, particularly with booster doses of the mRNA biological injection. We now have two groups to observe, those inoculated and those who were not. Observation of these two groups reveals that inoculated individuals are being hospitalized and dying suddenly at an alarming rate that is unprecedented compared to those who were not injected. Common sense tells us that if a "vaccine" cannot reduce the risk of a viral infection, or its transmission, then it certainly cannot reduce the risk of the severe disease that is caused by that viral infection. But as the adage goes "common sense isn't so common". Furthermore, an ineffective and impotent COVID-19 mRNA inoculation that exposes a human's immune system to a part of a virus (the spike protein), but then does not stimulate the neutralizing antibodies required to protect against future viral infections increases the risk for severe respiratory disease due to the well-known, harmful biological response known as vaccine-associated enhanced respiratory disease (VAERD). The FDA approval documents state that VAERD is an important potential risk for both the Pfizer and Moderna mRNA injections (because the injections increase the risk for both COVID-19 infection and severe disease). Even more troubling is that, as noted in Pfizer's [biological license application](#), the EUA 'vaccine' lots varied in mRNA sequencing. This means that depending on which 'vaccine' lot a person was injected with that person would produce different viral spike proteins than someone who received the mRNA for the 'wild type' SARS-CoV-2, thereby creating the new 'variants' in the US civilian population. If you look at the formulations posted on [clinicaltrials.gov](#) on April 30, 2020, there are five (5) different mRNA sequences that

were part of the Phase 3 trials and EUA 'vaccines' meaning that the EUA vaccines created 5 'variants' in the US population; BNT162b1 RBD (wild type), BNT162b1 S-2P, BNT162b2 RBD, BNT162b2 S-2P, and BNT162b2SA (South African variant). Injected individuals are then able to infect or "shed" others with what most people are calling 'SARS-CoV-2 spike proteins' and/or 'variants' -Delta, Omicron. An honest appraisal is that during the initial months of the COVID-19 'pandemic' due to lockdowns and only essential surgeries performed, hospitals were half-empty across most of America and parts of Europe. Healthcare workers were being furloughed because there were no patients to treat. Children did not contract COVID-19 and most healthy adults described COVID-19 as a bad cold or the flu. Miraculously and mysteriously influenza cases disappeared. The ones that were hospitalized were mostly those with preexisting conditions – diabetes, pulmonary or heart disease, obesity - and were treated with nephrotoxic Remdesivir and not allowed other more effective, safer available treatments. Many of those treated with these ineffective, toxic therapies unfortunately died. Hospitals were incentivized to diagnose COVID and place patients on ventilators and even given more funds for the tragic deaths that occurred. Well, this rabbit hole runs much deeper than this e-journal introduction can tell, but over the last two years, we have witnessed children and healthy adults suffering from heart inflammation, blood clotting, neurological dysfunction, pulmonary embolisms, and even sudden cardiac arrest after being inoculated. Hospitals are now being filled with fully 'vaxxed' children and adults who allegedly have 'COVID-19 breakthroughs or sudden cardiac events. The truth is these hospitalizations are not due to 'COVID-19 breakthrough' infections or 'unknown causes' of sudden cardiac death. The increases in severe disease, illnesses, hospitalizations, and death are the direct clinical outcomes of COVID-19 inoculations. Pfizer, Moderna, and the NIH created and continue to fuel the COVID-19 pandemic by turning the cells of innocent adults and children into toxic spike protein/mRNA factories by injecting the mRNA material directly into the bloodstream under the guise of 'safe and effective vaccines.' Thousands of doctors and scientists now have come forth and testified that it is time to stop the inoculation harm and recognize that these COVID-19 injections are not safe and effective, nor are they 'vaccines', but dangerous genetic material filled with toxic lipid nanoparticles. In response to the many who are becoming ill related to the injections, doctors have developed effective treatment protocols. The ones that work most effectively are based on treating the biological terrain. This involves a wide range of therapies such as nutritional approaches, food supplementation, herbal and homeopathic remedies, and wave- frequency therapies - to name a few. This is a developing field and as with any therapy must be tailored or personalized to the individual. The good news is people are recovering with terrain therapy. 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 on our website, 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 that you would like to share, please [contact me](#). We sincerely thank all our viewers for their continued support, comments, and article submissions, and for liking us on our social media, weekly podcasts, and YouTube channel. BRMI is a 501c3 non-profit private foundation. We provide FREE non-commercial information to the public and are entirely funded through the kind and tax-deductible donations of our readers. We accept no advertisements. If you feel so inclined, please donate so that we can continue our FREE public programs. Donors can tax-deduct contributions they make to BRMI under IRC Section 170. We also ask that you introduce

BRMI to at least two or more friends and have them sign up for this e-journal and our podcasts. We partnered with the [Metabolic Terrain Institute \(MTIH\)](#) to present [Claim Your Terrain](#), workshop/retreat. Located in beautiful [Sayulita, Mexico](#) this will be the perfect balance of intellectual stimulation and self-care. This is a great opportunity to collect your tribe and share an airbnb or villa as there are numerous lodging options for every budget! We wanted to experiment and make this conference/retreat more interactive, so we have woven in 12 "Ted-Talk" slots and can add in more if needed. Our keynote speakers are myself, Dr. Sharon Stills, and Dr. Nasha Winters. We look forward to seeing you there! One of our Board Advisors, Dr. Oettmeier of the Alpstein Clinic, Switzerland, is coming to the [Human Universal Health Institute \(HUH Institute\)](#) in Denver 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. BRMI is a proud sponsor of this event. Limited spots are available, so register now if you can squeeze this once-in-a-lifetime opportunity to be trained by expert Dr. Ralf Oettmeier. Please stay tuned to the ongoing weekly BRMI podcasts hosted by Dr. Sharon Stills, NMD. Dr. Stills has now completed over 100 exciting and informative podcast interviews! These are all archived on our [website](#). Upcoming Events:

Join us in Sayulita, Mexico for [Claim Your Terrain](#), Conference/Retreat  
[Neural Therapy Workshop and Public Lecture](#): Dr. Ralf Oettmeier, MD is coming to the HUH Institute March 9-11th

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by James Odell, OMD, ND, L.AC

**["Mamas, YOUR Microbes May Affect Your Children's Health"](#)** by Jennifer Margulis, PhD

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**["Exercise: Physical and Mental Wellbeing is a Family](#)**

**[Affair"](#)** by Dr. Marlene Siegel, DVM

**["Sleep and Heal"](#)** by Ian Kennedy, *True Wellness*

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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 a YouTube channel, [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](#). Feel free to interact with us via social media - or contact me directly at [jpmodell@brmi.online](mailto:jpmodell@brmi.online).

We thank you for your interest in Bioregulatory Medicine.

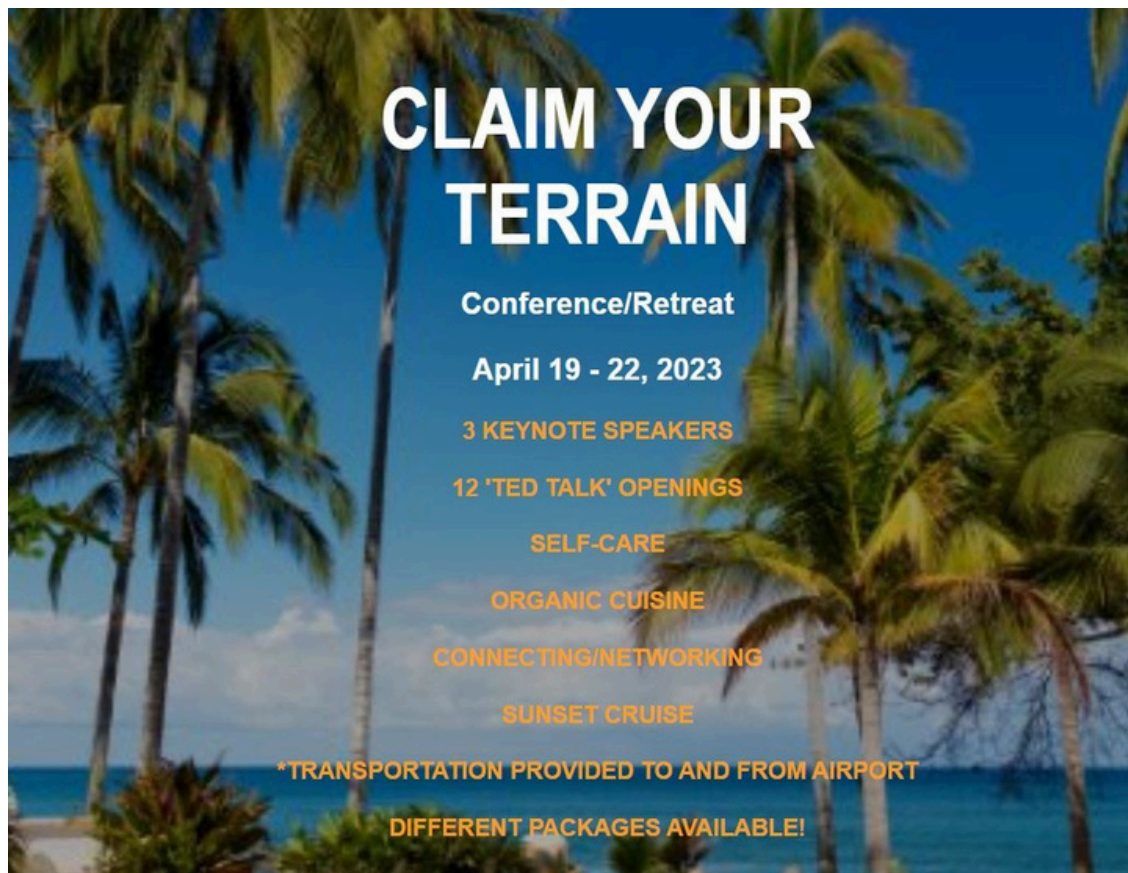
James Odell, ND, OMD, L.Ac.

BRMI Executive/Medical Director

[jpmodell@brmi.online](mailto:jpmodell@brmi.online)

*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 in seeking medical advice because of something you have read in this BRMI e-Journal.*

## UPCOMING EVENTS



**CLAIM YOUR TERRAIN**

Conference/Retreat

April 19 - 22, 2023

3 KEYNOTE SPEAKERS

12 'TED TALK' OPENINGS

SELF-CARE

ORGANIC CUISINE

CONNECTING/NETWORKING

SUNSET CRUISE

\*TRANSPORTATION PROVIDED TO AND FROM AIRPORT

DIFFERENT PACKAGES AVAILABLE!

## Come Join Us!

BRMI and MTIH

The conference/retreat is a perfect balance of learning and self-care. Please click here for our schedule. Each afternoon there will be time set aside for self-care. Our included self-care options encompass attending a three-hour spiritual Temescal (sweat lodge) ceremony; exploring the local jungle and sea on a guided eco hike, learning how to Latin dance, and more! You will also have the option of swimming in the brand-new pool, or scheduling a low-cost massage during the self-care portion of the conference. We think there is something for everyone in Sayulita - unless you like cold, snow, and rain!

For More Information and to Register Click Here!

## LECTURE AND NEURAL THERAPY WORKSHOP

UNDERSTANDING TOXICITY & NEURAL THERAPY TRAINING

WITH DR. RALF OETTMEIER

PUBLIC TALK	PROFESSIONAL TRAINING
MARCH 9	MARCH 10-11
- PUBLIC LECTURE ON TOXICITY - LEARN ABOUT HARMONIZATION	- 2-DAY NEURAL THERAPY INJECTION TRAINING - LEARN TO ORGANIZE YOUR PRACTICE AS A PMA
\$35	\$1100

THE HUH INSTITUTE  
455 S. HUDSON ST.  
DENVER, CO

EVENT DETAILS, UPDATES, AND REGISTRATION AT:  
[HUHINSTITUTE.COM/EVENTS](http://HUHINSTITUTE.COM/EVENTS)

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HUMAN UNIVERSAL HEALTH INSTITUTE ALPSTEIN CLINIC BRMI

This two-day, hands-on, intensive course on Neural Therapy (March 10 - 11, 2023) is a once-in-a-lifetime opportunity! One of the most skilled practitioners in Neural Therapy, Dr. Ralf Oettmeier is traveling from his Alpstein Clinic in Switzerland to the HUH Institute in Denver, Colorado to teach this high level course. There are many added bonuses included: information on how to set up a Private Membership Association (PMA) with HUH Institute's Allyson Baker, and an hour of training on Thermography Diagnostics with Sharon Krahn of K6wellness. There are a few remaining \$100 discounts offered by BRMI. (Use the code BRMI100). Lastly, there is also a special offering of an evening public lecture on March 9, 2023, on Understanding Toxicity & Harmonization. BRMI is a sponsor and will be there--we would love for you to join us!

Limited Spaces: Register NOW!

## FEATURED ARTICLES



### Therapeutic Effects of the Solfeggio Frequency Scale and Binaural Beats

James Odell, OMD, ND, L.Ac.

The Solfeggio tones or frequencies have a history that dates back centuries. Early in the 11th century, an Italian Benedictine monk, Guido of Arezzo, was looking for ways to teach melodies and harmonies to monastic choirs. One of his methods was a mnemonic tool, called the "Guidonian Hand." Notes were associated with places on the fingers and palms. Once mastered, a choirmaster could point to his hand to inform singers of the next note. This was a new way to teach music — but Brother Guido continued to innovate.

[Read more>>](#)

### Mamas, YOUR Microbes May Affect Your Children's Health

Jennifer Margulis, Ph.D.

It turns out that the microbial makeup of a baby's internal microbiome greatly influences their immune system, which is why some experts call the human microbiome the body's "other immune system." The microbiome may be especially crucial during the first year of life, while the infant's acquired immune system is still coming online. But infants' microbiomes also affect a variety of other systems' development, including the infant's metabolism and even cognitive development.

[Read more>>](#)



### Review of Agaricus Bisporus: White Button, Creminis, and Portobello Mushrooms

James Odell, OMD, ND, L.Ac.

Edible mushrooms are one of the most valuable and least expensive sources of beneficial nutrients, and medicinal compounds in the world. More than 2000 species of mushrooms exist in nature; however, less than 25 species are widely accepted as foods.

[Read more>>](#)

## CLINICIANS' CORNER

### How COVID Vaccines Cause Cancer

Colleen Huber, NMD

Cancer remains a mega-problem of DNA damage, immune distraction, disrupted cell signaling, frenzied growth, lack of apoptosis, weakened tissues, angiogenesis, and metabolic derangement, as the principal features of an entity that feeds itself at the expense and to the detriment of the organ and the organism.

[Read more>>](#)



### Exercise: Physical and Mental Wellbeing Is a Family Affair

Dr. Marlene Siegel, DVM

Lack of proper exercise has a negative effect on the body, mind and spirit of pets too! Up to 50% of dogs and cats in the United States are overweight and many are obese.

Overweight animals suffer from the same diseases that people do, such as diabetes, allergies, arthritis, lung and heart disease. Cancer and cognitive decline are at epidemic levels.

[Read more>>](#)



### Sleep and Heal

Ian Kennedy, *True Wellness* When addressing and restoring health in a bioregulatory way, a person's sleep is always investigated. Sleep is an essential need for the body and mind to function optimally. The Mayo Clinic recommends that infants four months to 12 months require up to 16 hours daily, including naps. At one to two years, 11 to 14 hours are recommended. From 13 to 18 years old, 8 to 10 hours; and adults need 7 hours or more.

[Read more>>](#)

**SLEEP HYGIENE TIPS**

Dim your bedroom lights or turn them off. Bright lights because they can hinder the production of melatonin, a hormone that the body creates to facilitate sleep.	Block out light - use heavy curtains or an eye mask to prevent light from interrupting your sleep.	Down out noise -either use ear plugs or use white noise machine to minimize bothersome sounds.	Don't dine late - eat dinner at least 3 hours before bed. Avoid caffeine, alcohol and drinking a lot of fluid for several hours before bedtime.
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Go to bed and wake up at the same time every day, even on weekends.

Turn off your home Wi-Fi!

Don't overdo it with naps - they can throw off sleep at night!

**SLEEP TO HEAL**

Try a relaxation strategy before bed that incorporates mindfulness, deep breathing, or meditation, all of which boost sleep time and quality.	Unplug from electronics(At least 30-60-minute pre-bed). The blue light emitted can throw off your body's internal clock, so avoid them before bedtime.	Take a hot bath or shower to relax prior to bed. Going from warm water to a cooler bedroom will cause your body temperature to drop, making you feel sleepy..	Exercise! Exercise is a great stress reliever and has been shown to improve the quality of sleep, get your workouts in at least three hours before you turn in.
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Click [here](#) for a printable pdf on these sleep hygiene tips!

## IN THE NEWS





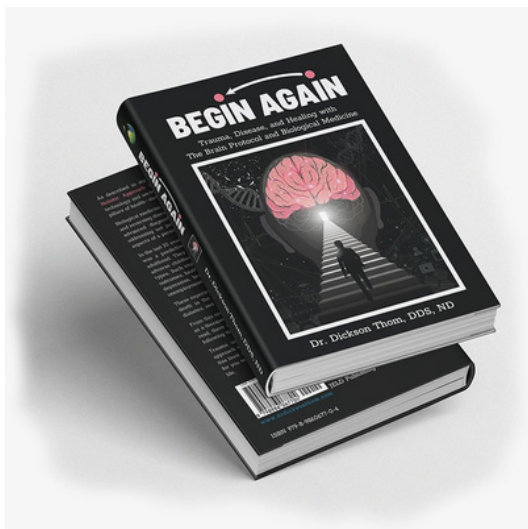
### In the News...A Developing Story: Palestine, Ohio Norfolk Southern Train Derailment Update

James Odell, OMD, ND, L.Ac.

On Feb. 3, 2023 just before 9 p.m. ET, a Norfolk Southern train derailed near East Palestine, Ohio, a town of about 4,800 people near the border with Pennsylvania. The train's 150 rail cars were carrying various cargo - cement, steel, and frozen vegetables – but 20 cars contained hazardous materials. About three dozen cars derailed overall, 11 of which were carrying hazardous material. Five of the derailed cars were carrying vinyl chloride, a man made substance that is a starting material for polyvinyl chloride (PVC), the world's third most widely used plastic.

[Read more>>](#)

## BOOK REVIEWS

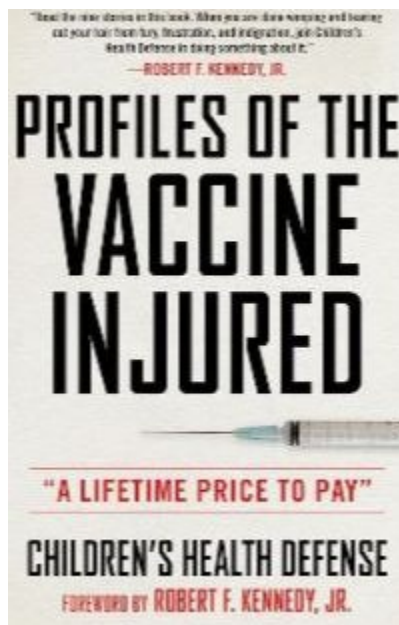


### BEGIN AGAIN, Trauma, Disease and Healing with the Brain Protocol and Biological Medicine

by Dr. Dickson Thom, DDS, ND

After 4 years of writing and 20+ years of patient experiences, this book reveals my search for a cure for chronic disease. Past traumas, even transgenerational, result in learned perceptions that one carries with them hidden deep in their subconscious. This book may help you uncover some of your hidden traumas and allow you to understand why you experience your present health circumstances.

[Read more>>](#)



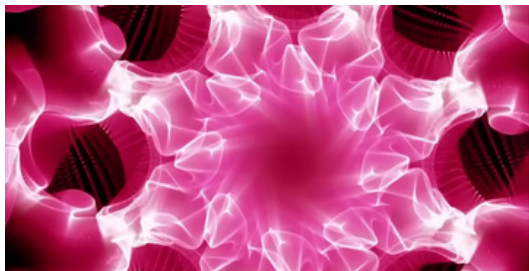
### Profiles of the Vaccine-Injured

by Children's Health Defense, Foreword by Robert F. Kennedy, Jr.  
Review by Catherine Austin Fitts

"This is a critically important and sobering contribution to our understanding of the dangers resulting from injecting or ingesting poison masquerading as medicine and doing so without full and fair disclosure of the potential consequences."

[Read more>>](#)

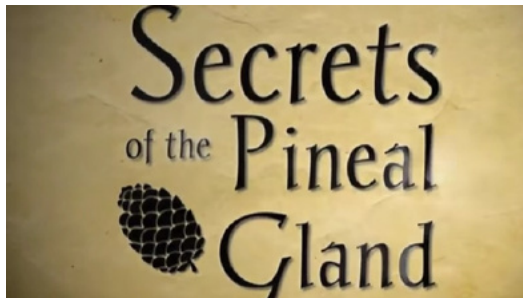
## VIDEO RECOMMENDATIONS



All 7 Chakras Solfeggio Frequencies, Full Body Energy Cleanse, Aura Cleanse, Chakra Balancing

In this video all solfeggio chakras tracks lasts 26 minutes. You can use these for a long meditation to rebalance all the chakras.

Namaste [00:00:00](#)  
Root Chakra 396Hz [00:26:08](#)  
Sacral Chakra 417Hz [00:52:16](#)  
Solar Plexus Chakra 528Hz [01:18:24](#)  
Heart Chakra 639Hz [01:44:32](#)  
Throat Chakra 741Hz [02:10:40](#)  
Third Eye Chakra 852Hz [02:36:48](#)  
Crown Chakra [963Hz](#)



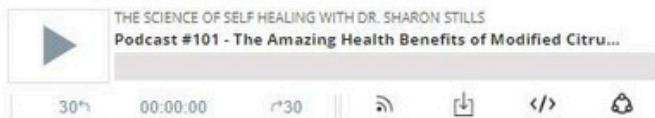
The pineal gland is a small, pea-sized gland located in the center of the brain and is associated with spirituality and consciousness. Sometimes referred to as the “third eye” or the “seat of the soul,” it is believed to be the center of spiritual activity, and is often thought to be the link between the physical and spiritual worlds. Its activation is thought to be essential for spiritual growth. Activating the pineal gland is said to bring a greater awareness of the spiritual aspect of our being.

## FEATURED PODCAST



Podcast #101 - The Amazing Health Benefits of Modified Citrus Pectin and Why You Need It for Good Health | Dr. Isaac Eliaz, MD,MS, LAc

The Science of Self-Healing Hosted by  
Dr. Sharon Stills With Dr. Isaac Eliaz,  
MD,MS, LAc



Dr. Sharon Stills interviews Dr. Isaac Eliaz, MD, MS, LAc, a leading expert in the field of integrative medicine - specializing in cancer, detoxification, immunity, and complex conditions - about the incredible benefits of modified citrus pectin. Dr. Eliaz delves into galectin-3's role in inflammation and how modified citrus pectin is able to block it. He also explains how modified citrus pectin can treat many different conditions including cardiovascular disease, kidney disease, liver disease, lung conditions, neuroinflammation, cancer, autoimmunity, and detoxification of pesticides such as glyphosate. In addition, Dr. Eliaz shares how he and his team have pioneered the use of the blood filtration treatment, therapeutic apheresis, as a groundbreaking clinical procedure for cancer, chronic kidney disease, Lyme disease, and other inflammatory conditions.

## FIND US ON SOCIAL MEDIA!



Feel free to email us! And we now have a [Linktree!](#)



BRMI is a non-profit 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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