



Supporting the Science of Self-Healing

November 1, 2023

Issue 41 BRMI E-Journal

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- Book Recommendations:
 - ***The Healing Code*** | Author Alex Loyd , PhD, ND (with Ben Johnson, MD, DO, NMD)
 - ***Imagine You Are An Aluminum Atom*** | Author Christopher Exley, PhD, FRSB
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- Featured Podcast:

- **Memory Boost: Science-Based Tips for a Sharper Mind** | James Odell, OMD, ND, LAc
- Featured Botanical
 - Rhodiola rosea

Dear Friend,

Welcome to our 41th BRMI E-Journal!

Knowledge is Power When Put Into Practice

There are so many events taking place all over the planet that we must open our lens wider to view them all. Knowledge is power; however, knowledge alone isn't enough. It is of no value unless we put it into practice. We must know how to use what is learned to effectively guide our daily wellness and spiritual path. It is vital to learn how to protect ourselves from the onslaught of environmental toxins from air, water, food, and negative thoughts and media. These are a few personal strategies I use to stay healthy and support self-healing.

Water

First and foremost is drinking pure water and plenty of it daily. I prefer quality spring water, but know that there are also excellent water filtration devices that reduce fluoride and all the per-and polyfluoroalkyl substances (forever chemicals) that now contaminate public water supplies. When selecting bottled water, it's best to purchase it in glass bottles from either spring or artesian sources. The pH of drinking water should ideally be above seven. Catch our next podcast on ***The Dangers of Bio-Plastics and How to Avoid and Eliminate***

Them.

Food

Secondly, eating organic produce and sourcing food from local farms is a great way to reduce the toxic load of insecticides, fungicides, and glyphosate-tainted grains and vegetables.

Air

It is also important to have adequate home and office air filtration. MERV 13 filters are more efficient at removing large particles from the air, while HEPA filters are more efficient at removing small particles. MERV 13 filters can remove up to 99.97% of particles from the air, while HEPA filters can remove up to 99.99% of particles from the air. Thus, both can be used.

EMF's

I also attempt to reduce electro smog by turning off my WIFI at night and reducing my computer and cell phone screen time, particularly before sleep. Consider using EMF shielding products when possible, such as EMF-blocking curtains, blankets, smart meter covers, or Faraday fabric to reduce your exposure to EMF radiation. These products are designed to absorb or deflect EMF radiation and can be used in areas where electronic devices are frequently used.

Staying Active

Walking, swimming, biking, playing sports, dancing, practicing pilates, and or yoga are all good ways of improving our physical and mental health. Walking outside barefoot on the earth (earthing) can restore a weakened bio energy field.

Light

Sunlight is healing and should be cherished on sunny days. And speaking of light, avoiding excessive blue light from LEDs, flatscreen TVs, computer screens, and cell phone screens when possible – this will help keep your eyes (retina) healthy. I benefit from using a red night light to increase melatonin at night.

Mindfulness and Faith

Reading spiritual literature, practicing positive mindfulness, and keeping a compassionate attitude go a long way in helping us stay hopeful, and faithful during dark times. In these tough times, keeping faith can make a significant difference.

Remember when it rains, look for rainbows, when it's dark look for stars

BRMI Conference 2024

One of the largest reasons for us hosting in-person conferences is the need for personal connection and networking. Meanwhile, conferences are probably one of the most financially risky decisions for an organization to make, especially during uncertain times. We've analyzed this equation and decided for 2024 to create a comprehensive virtual symposium on fundamentals of Bioregulatory Medicine. Stay tuned for more updates!

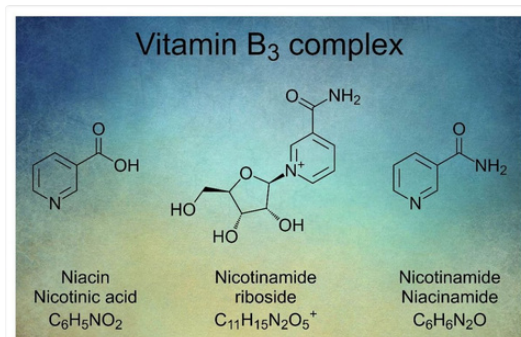
Uncensored Information

Because BRMI is a non-commercial, non-profit institute, this empowers us to present an uncensored, open forum of information and referenced commentaries, and in turn, enlighten our viewers to more than one health and wellness 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 evidence-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. If you have resources, articles, or videos to share, our virtual library is always open.

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



Why Niacinamide is Essential for Good Health: Healthy Skin, Better Aging, and So Much More

James Odell, OMD, ND, LAc

Niacinamide, also known as nicotinamide, is a form of vitamin B3 that plays an important role in energy metabolism and cellular health. It has been shown to offer benefits related to skincare, and certain cancers (particularly skin cancers), chronic kidney disease, inflammatory conditions, and dementia.

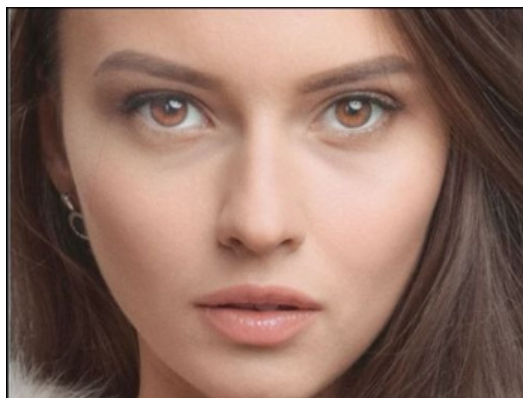
[Read more>>](#)

There's Toxic Sh*t in Your Beauty Products

Jennifer Margulis, PhD

If you're not a tree-hugging underarm-hair embracing hippie chick, there's a 95% chance that you're slathering toxic chemicals all over your hair and body. **Every. Single. Day.**

[Read more>>](#)



Is Your Tap Water Safe to Drink? Here's How to Find Out — and What To Do About It

The Bioregulatory Medicine Institute A few years ago, I relocated to rural New Hampshire with high expectations of having amazing drinking water. The area I now call home boasts pristine surroundings characterized by minimal industrial history, as the land was primarily used for farming and logging.

[Read more>>](#)

CLINICIANS' CORNER

What Does It Take To Be Tolerant?

Wolfgang A. Haas

Our world today is becoming more and more polarized, with increasingly irreconcilable differences of opinions, and this is precisely why understanding tolerance is more urgent than ever in our society.

[Read more>>](#)



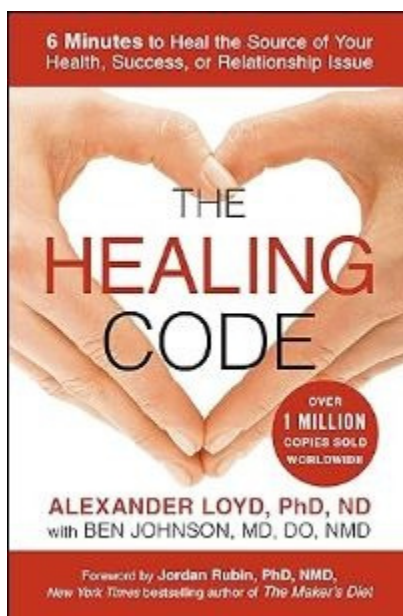
Usnea: The Medicinal Lichen with Many Healing Properties

The Bioregulatory Medicine Institute Have

you ever looked up in the trees and wondered what the mossy, fringy, clumps hanging from the branches are? Usnea, also known as "Old Man's Beard" or "Tree Moss", is a genus of lichen that is commonly found growing on tree branches and bark in many areas of the world.

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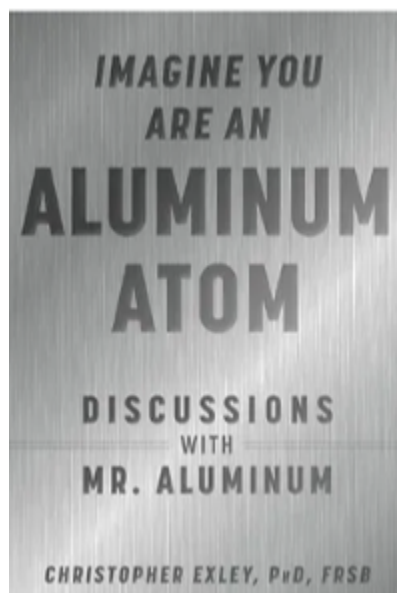
BOOK REVIEWS



The Healing Code: 6 Minutes to Heal the Source of Your Health, Success, or Relationship Issue

by Alexander Loyd PhD ND (Author), Ben Johnson MD DO ND | Review by The Bioregulatory Medicine Institute

"The Hidden Messages in Water" by Masaru Emoto is a captivating and



Book Review: Imagine You Are An Aluminum Atom

by Christopher Exley, PhD, FRSB

"If you care about the future health of the human species, you should read this absorbing book by the world-renowned expert on aluminum, Dr. Christopher Exley, who has published over 200 peer-

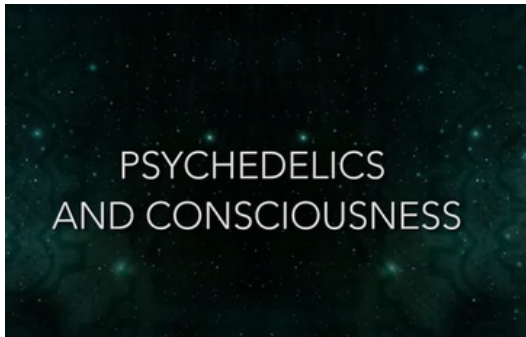
thought-provoking exploration into the connection between water, consciousness, and the power of intention. Emoto, a Japanese researcher and author, presents a unique perspective on how the molecular structure of water can be influenced by human emotions, thoughts, and intentions.

[Read more>>](#)

reviewed papers on the subject. Jennifer Walters, host of Solari's Health Series, selected Exley for her first interview in 2022. After reading this book, we understand why."

[Read more>>](#)

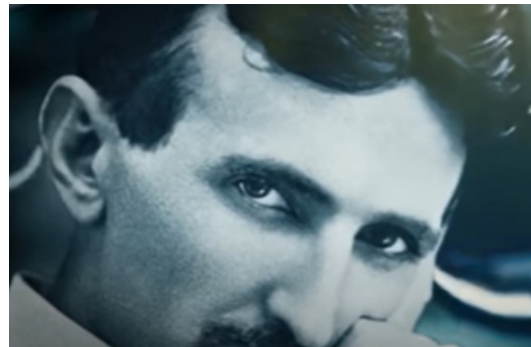
VIDEO RECOMMENDATIONS



Psychedelics and Consciousness

In this ground-breaking original series, experts explore the history and use of psychedelic plants including political ambitions, the perceived shadow side and the proper environment to experience these substances. From the origins of Shamanism to the spiritual expression of modern awakenings, discover the role of sacred medicine as a gateway to expanded consciousness, and its continued influence on humanity.

[Watch here >>](#)

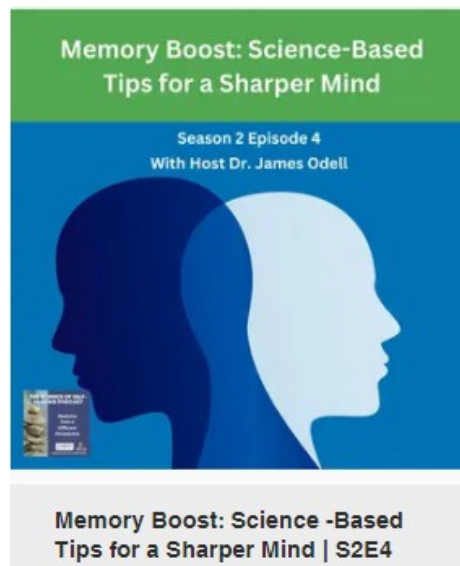


Nikola Tesla: "You Will VIBRATE Differently"

Nikola Tesla asserted that everything is energy, frequency, and vibration. In this video by "Be Inspired" it covers Tesla's love of quartz crystals the energy they possess. He did hundreds of experiments unraveling the amazing potential of crystal technology as power for every day use, healing, and energy.

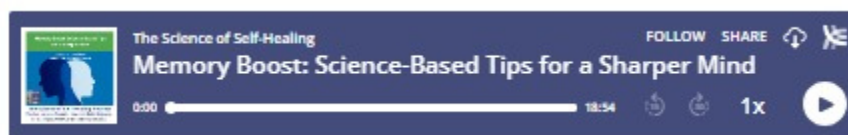
[Watch here>>](#)

FEATURED PODCAST





Join Dr. James Odell as he unlocks the secrets to optimizing your memory and cognitive performance. In this podcast, discover strategies to overcome memory challenges and enhance your cognitive abilities for better adaptation and regulation in our fast-paced world. Learn about cognitive enhancers like herbs, fats, vitamins, and supplements, and gain valuable everyday tips for peak brain function. Tune in and empower your mind for success in our complex lives.



FEATURED BOTANICAL

Rhodiola rosea



For centuries, Rhodiola has been used in the traditional medicine of Tibet, Russia, Scandinavia, and numerous other countries. Between 1748 and 1961 various medicinal applications of Rhodiola rosea appeared in the scientific literature of Sweden, Norway, France, Germany, the Soviet Union, and Iceland.

[Read more>>](#)

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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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