



Supporting the Science of Self-Healing

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Issue 43 BRMI E-Journal

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you to delve deeper into the various aspects of Bioregulatory Medicine at your own pace. You don't have to watch it all in one weekend, and we will have occasional encore presentations. Our aim is to enable all our followers to explore a wide range of informative and engaging topics at their convenience. Stay tuned for the release date in the next E-Journal!

Expanding BRMI's Presence

BRMI has experienced positive transformations recently. Our social media presence, especially on Instagram and Facebook, has seen significant growth in viewership, and our podcast and E-Journal are also expanding rapidly. While we are thrilled with our progress and achievements, we believe your support as "ambassadors" is crucial in spreading information about BRMI and encouraging others to learn about the free programs of our institute.

BRMI Welcomes A New Advisor!

Richard Flook is a globally recognized author, speaker, and healer, known for his books *Why Am I Sick?* and *How Can I Heal?* As a Hay House author, he has pioneered Advanced Clearing Energetics, guiding individuals to heal by addressing energetic shocks that trigger illness. Flook's holistic approach emphasizes the interconnectedness of emotional well-being, mental health, and physical wellness, offering a transformative pathway to healing. Read more about Richard Flook [here](#).

We're Grateful For Our Tribe!

We are grateful for all the support of you, our tribe, in promoting bioregulatory medicine. Our goal is to make bioregulatory medicine a household word and discussion. To achieve this, we will be adding a curriculum of informational modules to our website for those who want to learn more about bioregulatory medicine topics. Of course, it will be free to all viewers. Please look at the bottom of this E-Journal to read about the principles that guide us and how much your support means to us! We thank you for your interest in Bioregulatory Medicine and are so grateful to have you as part of our tribe! James Odell, ND, OMD, LAc
BRMI Executive/Medical Director jpmmodell@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.



Lingering Safety Concerns Reveal the mRNA COVID-19 Inoculations Could Have Altered Your Genome

James Odell, OMD, ND, LAc

The mRNA COVID-19 inoculations have been the subject of safety concerns and several controversies since their inception. Among the many safety concerns, and one of the most concerning, was their potential to be incorporated into the human genome or alter human DNA (elicit genotoxicity).

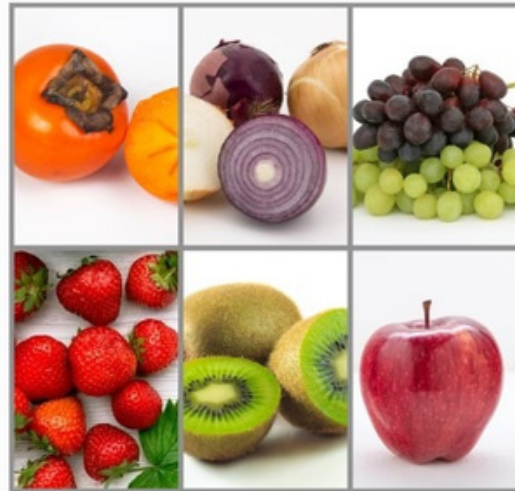
[Read more>>](#)

Fisetin: A Game-Changing Phytonutrient for Optimal Health and Longevity

The Bioregulatory Medicine Institute

Have you heard of fisetin? It's got quite the reputation for being a powerhouse supplement with tons of benefits. It's an antioxidant, neuroprotective, anti-inflammatory, anti-cancer, and even senolytic - it can selectively zap dysfunctional cells.

[Read more>>](#)



Amygdalin / Laetrile / Vitamin B 17: An Almost Forgotten Cancer Treatment

James Odell, OMD, ND, LAc

Amygdalin is a type of chemical found in the pits of various fruits and in several plants from the Rosaceae family, like peaches, apricots, and bitter almonds. It falls into the category of cyanogenic glycosides, which are defense chemicals in plants. These compounds are widespread in the plant kingdom, including many plants that people commonly eat.

[Read more>>](#)

CLINICIANS' CORNER

Deficiencies and Toxicities in Our Pets

Marlene Siegel, DVM

In my 40 years of clinical veterinary practice, I am seeing unprecedented levels of dis-ease in dogs and cats. I passionately believe, based on testing, that many of these diseases could have been prevented had the early imbalances been detected and corrected.

[Read more>>](#)



Ida, Pingala, and the Breath

Ian Kennedy of True Wellness

Breathing perhaps more than any other function shows the interconnectedness of breath and the different aspects of who we are as living beings. What we think, experience, and how we feel all engage breathing regardless of our awareness of it being so.

[Read more>>](#)

An Unexpected Cure for Waking Up on the Wrong Side of the Bed

Jennifer Margulis

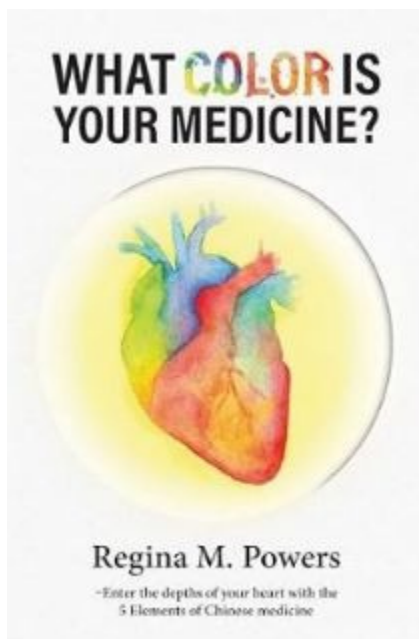
In my own defense, I was having a hard week. My false left eye hadn't been fitting right. Just a few days before, I'd had to drive nine hours roundtrip to my ophthalmologist to get it resized.

He's an amazing artist but not the gentlest of clinicians. In order to fix it, he had to yank the falsie out. More than once. Then stuff it back into my empty eye socket. It hurt. And it also made me queasy.

[Read more>>](#)



BOOK REVIEWS

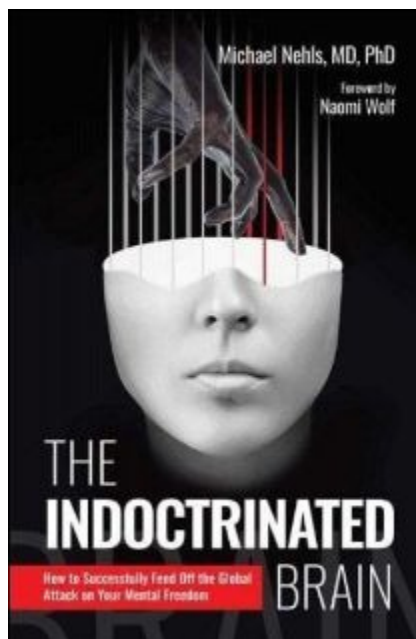


Book Review: What Color is Your Medicine?

Author Regina Powers, review by The Bioregulatory Medicine Institute

Author Regina Powers takes readers on a profound journey of self-discovery in *What Color is Your Medicine?* Through poignant storytelling, she navigates us through loss, trials, and triumphs, accumulating wisdom and insights that resonate deeply. Powers' raw honesty and inspiration shine through as she unveils the layers of separation between us and our divine essence and how energy medicine can be a powerful path to healing.

[Read more>>](#)



Book Review: The Indoctrinated Brain

Author Michael Nehls, review by James Odell, OMD, ND LAc

Throughout the world, mental capacity is declining, especially among young people, while depression rates are rising dramatically. Meanwhile, one in forty men and women suffers from Alzheimer's, and the age of onset is falling rapidly. But the causes are not being eliminated, quite the opposite. Can this just be a coincidence?

The Indoctrinated Brain introduces a largely unknown, powerful neurobiological mechanism whose externally induced dysfunction underlies these catastrophic developments.

[Read more>>](#)

VIDEO RECOMMENDATIONS



The Disappearing Male |

Marc De Guerre

"The Disappearing Male" is a stark warning of the potential dangers lurking in our everyday products. This groundbreaking documentary investigates the alarming rise in male reproductive issues, including genital deformities, low sperm count, sperm abnormalities, and testicular cancer.

[Watch here >>](#)

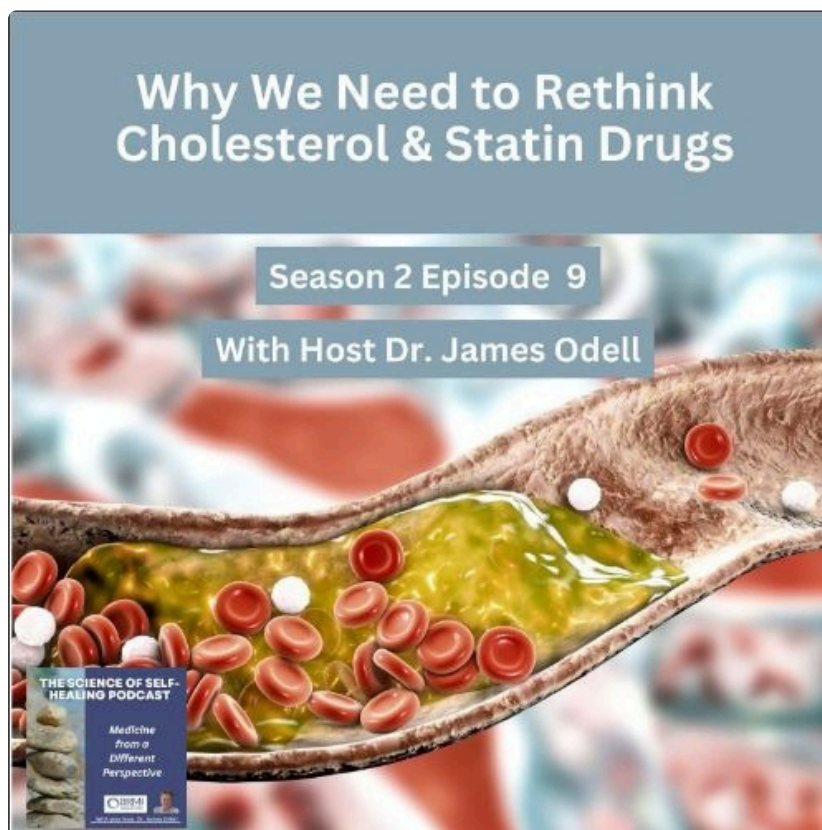
11 Crops to Grow To Survive Difficult Times! | Health And Homestead

What would you grow if you did not have a ton of space? What crops have the highest yield? What have the most nutrition?

This video distills what could arguably be, the most important (or easiest) crops to grow to help sustain your family.

[Watch here>>](#)

FEATURED PODCAST



In this episode, Dr. Odell emphasizes the crucial role of cholesterol in the human body while questioning the precision of current cholesterol measurement methods for assessing cardiovascular risks.

He argues that the real concern regarding cardiovascular health arises when the cholesterol molecule becomes oxidized and corrupted. Instead of the current cholesterol measurement methods, he proposes using enhanced biomarker tests, which are better

Dr. Odell then delves into the many potential risks linked to statin use. The episode provides a comprehensive perspective on managing cardiovascular health and concludes with practical tips to naturally lower oxidized cholesterol levels.



BRMI's PRINCIPLES

BRMI's Principles

BRMI is a non-commercial, non-profit institute with no political or corporate affiliation. The perspective we uphold acknowledges healthcare freedom and free speech. Over the last three years, censorship in the media, social media, and many online medical platforms has created a veil of darkness over healthcare information. We have consistently condemned the censorship and punishment of individuals who question the established narrative on COVID-19, its treatments, lockdowns, masks, and inoculations. Science is about open inquiry. Despite experiencing social media censorship, BRMI is committed to maintaining an open forum for information with referenced commentaries.

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 modalities of bioregulatory medicine. We understand there is no such thing as unbiased news in mainstream media. Because hidden media bias misleads, manipulates, and divides us, everyone should learn how to spot media bias.

In our news forum, we continue to endeavor to be a trusted and informed source of factual science-based information for our readers. This allows you to identify different perspectives so you can get the full picture and think for yourself. 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 join me for *The Science of Self-Healing Podcasts* I host every two weeks; all episodes are available on our website archives. The updated format is tailored to distill the latest and most valuable information into a brief 20-minute session, presented through a bioregulatory lens.

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.

YOUR SUPPORT OF BRMI

Your Support of BRMI

We sincerely thank all our viewers for their continued support, comments, and article submissions, and for liking us on our social media, bi-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, if possible, you introduce BRMI to at least two or more friends and have them sign up for this free E-Journal and our podcasts.

We maintain a YouTube channel, [Facebook](#) page, [LinkedIn](#), and [Instagram](#) 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 jpmmodell@brmi.online.

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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