



Supporting the Science of Self-Healing

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Issue 42 BRMI E-Journal

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 - *The Seed Oil Epidemic: How Everyday Oils Are Harming Your Body*

James Odell, OMD, ND, LAc

Dear Friend, Happy New Year and welcome to our 42nd BRMI E-Journal!

The Year of the Wood Dragon

The 2024 Asian New Year starts on February 10th and will celebrate the Year of the Dragon (specifically the wood dragon). So, hold on to your hats for what is soon to be a wild ride on the dragon! Dragon years are traditionally predicted to be tumultuous and turbulent with many twists and abrupt turns. Dragons, the magnificent creatures of Asian astrology, embody strength, intelligence, and prosperity. Thus, the upcoming year of the dragon will also reflect these positive qualities. As we leave the Year of the Rabbit and crawl out of the deep, dark rabbit hole we have been living in, we are sure to find the dragon year to be very exciting - one of extreme changes, both personally and globally. Positive opportunities will come with this change, but financial markets and environmental vicissitudes may be extreme. So, it is advisable to stay informed and be prepared for abrupt change. The ability to adapt is a tenet of bioregulatory medicine and will be the difference between surviving and thriving in the coming year.

Growing With Your Support! What 2024 Looks Like...

In anticipation and adaptation for 2024, we will be seizing the opportunity to host a virtual symposium. This event aims to provide individuals who have recently discovered bioregulatory medicine and our institute with unrestricted, permanent, and free access to explore the core principles of our medical paradigm. Additionally, for our experienced community, we will feature new, cutting-edge presentations. Keep an eye out for more details in our next E-Journal. BRMI has experienced positive transformations recently. Our social media presence, especially on Instagram, has seen significant growth in viewership, and our podcast and E- Journal are also expanding rapidly. During a health expo this fall, we gained over one thousand new Instagram followers in just one weekend, reflecting the increasing interest in our institute and medical model. Participating in the Documenting Hope conference further strengthened our network by connecting us with like-minded individuals and organizations. 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 our institute. 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.

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

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 an active 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.

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.



Seasonal Affective Disorder: "Shedding Light on Wintertime Blues"

James Odell, OMD, ND, LAc

Seasonal Affective Disorder, also known as SAD, is a type of recurrent major depressive disorder in which episodes of depression occur during the same season each year. This condition is sometimes called the "winter blues," because the most common seasonal pattern is for depressive episodes to appear in the fall or winter and remit in the spring.

[Read more>>](#)

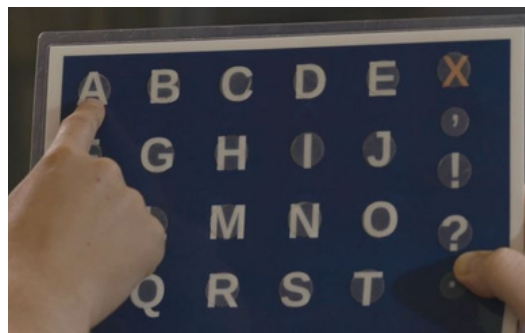
A Controversial New Documentary Gives Non-Verbal Children a Voice

Jennifer Margulis, PhD

It all started in 2013 when speech and language pathologist Elizabeth Vosseller, who specializes in autism, began using assistive technology to help her clients better communicate.

Vosseller developed a way of working that enabled people with no functional speech to communicate with their loved ones—often for the first time in their lives.

[Read more>>](#)



Health Benefits of Ergothioneine: A Pathway to Longevity

James Odell, OMD, ND, LAc Ergothioneine

(EGT) is a naturally occurring amino acid that has potent antioxidant activities and is associated with health and longevity. It is synthesized by a variety of microbes, especially fungi (including in mushroom fruiting bodies), mycobacteria, and cyanobacteria.

[Read more>>](#)

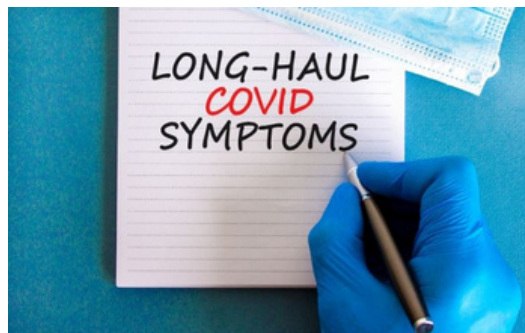
CLINICIANS' CORNER

Loss of Taste and Smell, Tinnitus? Why Nicotine May Be the Answer!

The Bioregulatory Medicine Institute

Operating on a very unique theory about the root cause of COVID, Dr. Bryan Ardis reveals research that demonstrates nicotine to be highly effective in treating adverse symptoms in a litany of complaints following exposure to COVID 19.

[Read more>>](#)





The Truth About Hydroxyapatite and Oral Care: Fads Versus Facts

Gerry Curatola, DDS

Over the past 40 years of my clinical practice of dentistry, I have witnessed many alleged advances in oral care that have turned out to be “fizzling fads” in the quest for innovations in oral health.

[Read more>>](#)

Why You Should Incorporate Fermented Foods Into Your Diet

The Bioregulatory Medicine Institute

Ready to spice up your New Year's resolutions? Why not kick off the year with a delicious twist by adding fermented foods to your daily diet! This isn't just any resolution; it's a flavor-packed journey to a healthier, happier you.

[Read more>>](#)

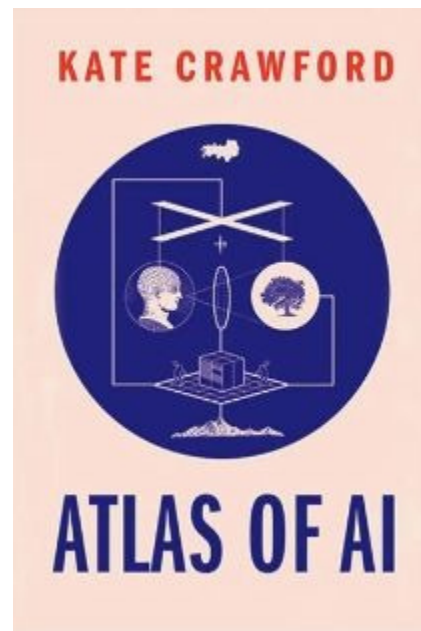


BOOK REVIEWS



Book Review: How Can I Heal?
by Richard Flook

As a follow up to Richard Flook's first book, *Why Am I Sick*, he shifts the focus from the question of why disease happens, to what can be done in *I Heal?* Through each chapter he detangles the root causes of illness patiently and compassionately revealing



Book Review: Atlas of AI
by Kate Crawford

Review by Catherine Austin Fitz – [The Solari Report](#)

In Atlas of AI, published in 2021, Crawford reviews the full AI ecosystem. She starts with a review of the true cost of the telecommunications and IT hardware infrastructure and electrical grid and

the foundations of bioregulatory medicine and the Poasugth I s “Asduveasnced Clearing Energetics (ACE).”

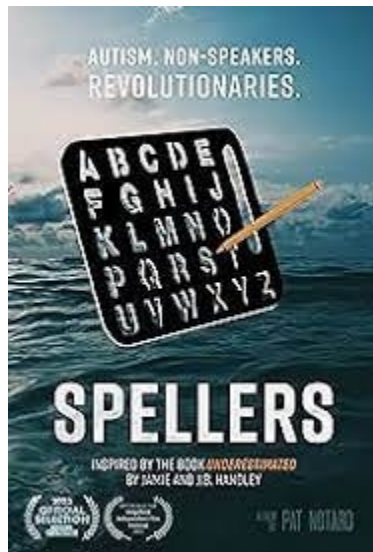
The book acts as a comprehensive guide providing practical insights and strategies for identifying and addressing the underlying issues.

[Read more>>](#)

energy to create and operate the platform that AI requires. The true costs and environmental damage are shocking. If ever there was proof that the U.S. leadership has no concern for the environment, let alone “climate change,” here it is.

[Read more>>](#)

VIDEO RECOMMENDATIONS



Spellers: The Movie

Inspired by the book Underestimated, by Jamie and JB Handley, from Executive Producers Jenny McCarthy-Wahlberg and Donnie Wahlberg, the new full-length documentary SPELLERS challenges conventional wisdom regarding a group relegated to society's margins: nonspeakers with autism, who most “experts” believe are cognitively disabled. As the film opening asks, “What if they'd been wrong...about every single one of them?” to watch the full movie, [click here!](#)
[Watch here for the trailer >>](#)



Exclusive MIT Speech by Steve Kirsch

Steve Kirsch delivers a data drop in his live presentation at the Kirsch auditorium at MIT. Though Kirsch had donated the auditorium to MIT, he was not allowed to speak as no MIT faculty would sponsor him. His invitation was coordinated by a student group who supports Kirsch's right to speak.

According to Dr. Pierre Kory, this lecture has the potential to change the entire narrative on Covid-19 vaccines. The record level data reveals the catastrophic death toll caused by the world-wide vaccine campaign.

[Watch here>>](#)

FEATURED PODCAST



Join Dr. Odell for a quick dive into the alarming rise of seed oils in our diets. The once balanced omega-6 to omega-3 ratio of 1 to 1 has now shifted to a concerning 20-to-1, linked to health conditions like heart disease, cancer, diabetes, and more. Discover the structural differences between saturated and unsaturated fats, the pitfalls of seed oils, and their impact on your well-being. Dr. Odell wraps up with actionable tips on avoiding toxic seed oils for a healthier you!



FIND US ON SOCIAL MEDIA!



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