

January 3, 2025 | Issue 48 | BRMI E-Journal

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Featured Podcast:

- ***Why 98% of Us Need More Potassium***

Supporting the Science of Self-Healing

Happy New Year BRMI Tribe!

Welcome to our 48th BRMI E-Journal and Happy New Year! According to the Chinese calendar, January 29th, 2025, will mark the Year of the Wood Snake. As we move away from the energetic, dynamic, and tumultuous Year of the Dragon, 2025 brings the snake's wise and intuitive energy. The snake symbolizes longevity, wisdom, and mystery in Chinese culture. Combining the snake and wood elements means 2025 will be a year of prosperity and pleasant surprises. This year should offer many opportunities for personal growth and change.



Looking back on 2024, we are witnessing a significant increase in public awareness regarding previously obscured, suppressed, and censored information. Hope is renewed that truth will become more revealed and censorship will cease. We should continue to do our due diligence in researching scientific and medical topics by looking at all sides of the issue and not one narrative.

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 regularly update our News Page with abundant resources, including 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 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.

If you have not signed up to receive this 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. Also, please stay tuned to the ongoing bi-weekly BRMI podcast that I host called, *The Science of Self-Healing*.

10 Easy to Implement Tips for New Year Health

- 1.) **Drink more water** - What we eat and drink has an impact on everything, from our energy levels to our concentration and our sleep patterns. Many symptoms of dehydration mimic pain and anxiety, so it's crucial for your well-being and mood to drink enough water.
- 2.) **Find a fitness program that you love** - Exercise is proven to impact our mood, focus, and creativity. Movement is life, so choose something that excites you. It could be walking every day or a high-intensity workout, taking dancing classes, Pilates, or even a virtual yoga class.
- 3.) **Maintain social connections** - Social connection is important for our mental and emotional health. Instead of just thinking of loved ones, make time at least once a week to connect with a friend or family member just to say hi.
- 4.) **Go somewhere new** - If you're looking to challenge yourself professionally, you don't have to create a new role or change where you work to change where you work. Travel can be a personally and professionally invigorating and learning experience.
- 5.) **Cook more at home** - Embrace home cooking as a New Year's resolution to foster a healthier relationship with food and make mindful choices in meal preparation. Consider trying out new recipes and sharing your culinary creations with friends and family.
- 6.) **Practice mindful eating** - Cultivate mindfulness and gratitude in your eating habits in the new year, savoring each bite and paying attention to your body's hunger and fullness cues.
- 7.) **Reduce added sugar intake** - Consciously decrease your consumption of added sugars by making informed choices and prioritizing whole, organic,

nutrient-rich food.

8.) **Practice deep breathing** - Incorporate deep breathing exercises into your routine as a New Year's resolution to manage stress and promote relaxation throughout the day.

9.) **Practice active listening** - Strengthen connections through active listening as a new year's resolution, giving full attention to others and fostering deeper understanding.

10.) **Establish a self-care routine** - Create a personalized self-care routine as part of your New Year's resolution, dedicating time to activities that bring joy and contribute to overall well-being. Document your self-care journey to track how different activities impact your mental and emotional well-being.

[Click for Free Infographics!](#)

We sincerely thank all our viewers for their support, comments, and article submissions, and for liking us on our social media, weekly podcasts, and YouTube. and for your interest in Bioregulatory Medicine.

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

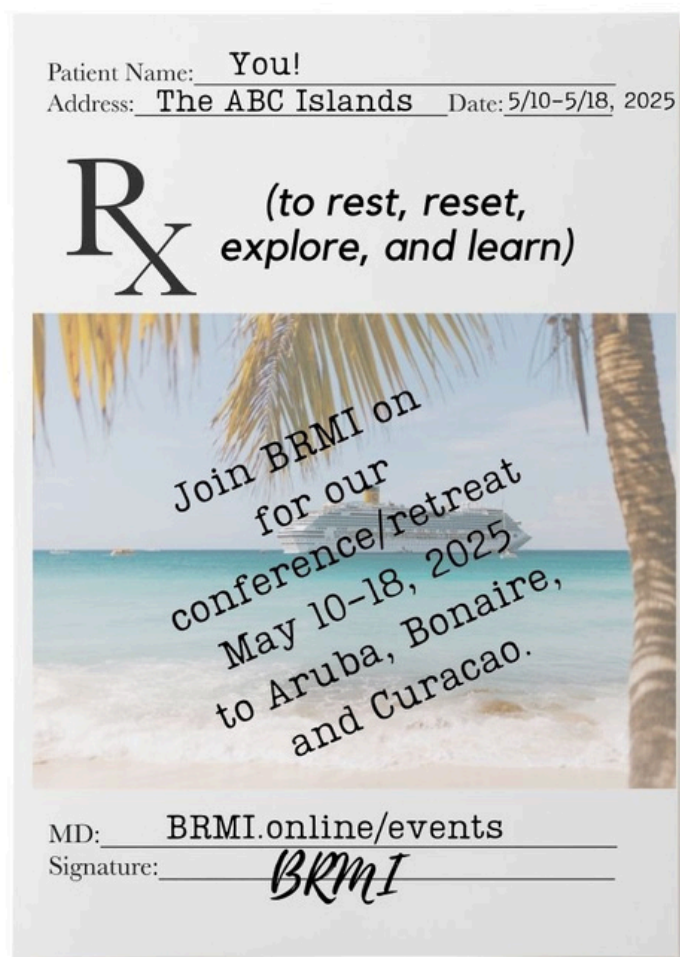
Charting Your Course to Optimal Health

We are thrilled to invite you to join us for BRMI's extraordinary conference/retreat, "Charting Your Course to Optimal Health," from May 10-18, 2025. This eight-night cruise will take you through the stunning ABC Islands—Aruba, Bonaire, and Curacao—departing from Ft. Lauderdale

The ABC Islands (Aruba, Bonaire, and Curacao) of the Lesser Antilles are among some of the most special places on earth!

The travel agent who is working with BRMI secured some of the lowest pricing on the Aqua Class Staterooms and these will not last!

(The price for Aqua class includes clean eating at the Blu dining room, special access to the spa, and a drink and WIFI package.)



Our event welcomes anyone passionate about health and longevity—whether you're a practitioner, inventor, vendor, or simply curious about healthier living.

Enjoy a perfect mix of learning and relaxation while deepening your understanding of bioregulatory medicine. For more details, visit our website at brimi.online. We hope to see you there!

Come join us!

— Dr. James Odell and the BRMI Team!

[Click here to learn more...](#)

[Click here to book your cruise and register!](#)

FEATURED ARTICLES



Nitric Oxide: A Remarkable Molecule That Can Transform Your Health

James Odell, OMD, ND, LAc Nitric

oxide (NO) is a remarkable molecule that plays a pivotal role in human physiology, but is often overlooked despite its extraordinary significance. Far more than just a simple chemical compound, nitric oxide serves as a crucial messenger and regulator within our bodies, interacting with nearly every major physiological system.

[Read more>>](#)

The Healing Power of Frankincense: A Substance More Valuable Than Gold?

The Bioregulatory Medicine Institute

Frankincense was traded and used by numerous ancient civilizations, including: ancient Egypt, Babylon, ancient Rome, ancient Greece and ancient China.

At the peak of the ancient spice trade, frankincense was so valuable that it was often considered more precious than gold.

[Read more>>](#)





Cold and Flu Protocol: The Best Tips for Cold and Flu Season

James Odell, OMD, ND, LAc As we

transition into winter, shorter days and reduced sunlight lead to a natural decrease in Vitamin D levels, a critical nutrient for maintaining optimal immune function. The cold weather, combined with reduced exposure to sunlight, creates the perfect environment for our immune systems to face additional challenges.

[Read more>>](#)

CLINICIANS' CORNER

Vaccines Contain Glyphosate, One of the Most Toxic Chemicals on the Planet

Jennifer Margulis, PhD We know

that some vaccines contain glyphosate, the main ingredient in Roundup, and one of the most toxic chemicals on the planet. Yet we are still injecting glyphosate into our tiny babies' bodies by way of glyphosate-contaminated vaccines?

[Read more>>](#)



Understanding the Rise in Gluten Intolerance: What has Happened to Our Food Chain?

The Bioregulatory Medicine Institute

The significant rise in gluten intolerance and allergies in recent decades has raised concerns and questions about the food chain, particularly regarding the grain that has been a staple in human diets for thousands of years.

[Read more>>](#)



The Power of Cold-Pressed Oils for Pets: A Guide to Nutritional Benefits

Marlene Siegel, DVM

Cold-pressed organic oils are emerging as a nutrient-rich addition to pet diets, offering benefits for skin, coat, immune support, and overall health. Various cold-pressed oils have anti-inflammatory, antibacterial, and antiviral properties.

[Read more>>](#)



FREE RESOURCE

Download This FREE 2-Page Disease Evolution Table of Homotoxicosis

DISEASE EVOLUTION TABLE OF HOMOTOXICOSIS - UPDATED & REVISOR BY THE BIOREGULATORY MEDICINE INSTITUTE

Organ System	Humoral Phases (Immune Response)		Matrix Phase (InterCellular)		Cellular Phase (At Cellular Level)	
	Reversible		Body Needs Help to Detoxify		Improvement Possible, Restoration-Not	
	Expulsion Phase	Inflammation Phase	Deposition Phase	Impregnation Phase	Degeneration Phase	Dedifferentiation Phase
Cardiovascular System	Normal Heart Rate Variability	Hypertension, Pericarditis, Endocarditis, Vasculitis	Early Atherosclerosis, Lipid Abnormalities, Coronary Artery Calcification, Valve Sclerosis	Coronary Artery Disease (CAD), Stable Angina, Peripheral Artery Disease, Atrial Fibrillation	Acute Myocardial Infarction (Heart Attack), Congestive Heart Failure, Aortic Aneurysm, Advanced Valvular Heart Disease	End-stage Heart Failure, Cardiogenic Shock, Ventricular Fibrillation, Chronic Tumors (Rare)
Digestive System	Normal Bowel Function by Eliminating Toxins	Gastritis, Enteritis, Colitis, Irritable Bowel Syndrome (IBS), Mild Inflammatory Bowel Disease (IBD) Symptoms, Food Sensitivities or Intolerances, Early Leaky Gut	Gallstones or Kidney Stones, Fatty Liver Disease, Diverticulosis, Polyps on the Colon, Chronic Leaky Gut	Chronic Inflammatory Bowel Diseases (Crohn's, Ulcerative Colitis), Celiac Disease, Chronic Pancreatitis, Gastroesophageal Reflux Disease (GERD)	Chronic of the Liver, Advanced Inflammatory Bowel Disease with Complications, Chronic Malabsorption Syndromes, Peptic Ulcers	Gastrointestinal Cancers (e.g., Colorectal, Stomach, Pancreatic), End-stage Liver Disease, Severe Intestinal Failure, Gastrointestinal Perforations or Fistulas
Endocrine System (Hormones)	Normal Hormonal Responses Throughout the Body to Support the Organs of Elimination	Subclinical Thyroid Dysfunction, Pre-diabetes or Insulin Resistance, Mild Adrenal Fatigue, Early Signs of Hormonal Imbalances (e.g., Estrogen Dominance)	Over Hypothyroidism or Hypertthyroidism, Type 2 Diabetes Mellitus, Polycystic Ovary Syndrome (PCOS), Adrenal Insufficiency	Autoimmune Thyroid Diseases (Hashimoto's Thyroiditis, Grave's Disease), Diabetic Complications (Neuropathy, Retinopathy), Cushing's Syndrome or Addison's Disease, Severe Hormonal Imbalances Affecting Multiple Systems	Advanced Diabetic Complications (Nephropathy, Cardiovascular Disease), Osteoporosis due to Hormonal Imbalances, Pituitary Tumors or Dysfunction, Severe Metabolic Disorders	Endocrine Cancers (e.g., Thyroid Cancer, Pancreatic Neuroendocrine Tumors), End-stage Organ Failure due to Endocrine Dysfunction, Multiple Endocrine Neoplasia Syndromes, Severe Systemic Metabolic Crises
Epidermal System (Skin)	Normal Sweating to Remove Toxins	Persistent Acne, Dermatitis, Allergic Reactions, Hives, Eczema	Hypertrophic Scarring, Development of Benign Moles, Skin Tags	Psoriasis, Chronic Eczema, Vitiligo, Early Stages of Scleroderma	Advanced Photodamage (Deep Wrinkles), Precancerous Lesions (Actinic Keratosis), Non-Healing Wounds	Squamous Cell Carcinoma, Basal Cell Carcinoma, Melanoma, Advanced Scleroderma
Immune System	Normal Immune Response to Eliminate Toxins	Chronic Allergies or Food Sensitivities, Recurrent Infections, Persistent Low-Grade Inflammation, Autoimmune Tendencies	Development of Autoantibodies, Chronic Inflammatory Conditions (e.g., Rheumatoid Arthritis, Psoriasis), Frequent Infections, Increased Susceptibility to Environmental Toxins	Established Autoimmune Diseases, Chronic Fatigue Syndrome, Fibromyalgia, Persistent Immune Activation Leading to Systemic Inflammation	Diseases with Organ Damage, Severe Immunodeficiencies, Chronic Inflammatory Diseases with Systemic Effects, Increased Risk of Certain Cancers due to Immune Dysfunction	End-stage Autoimmune Diseases, Severe Combined Immunodeficiency (SCID), Hematological Cancers (e.g., Leukemia, Lymphomas), Systemic Inflammatory Response Syndrome (SIRS) or Septic

Download here!

BOOK REVIEWS



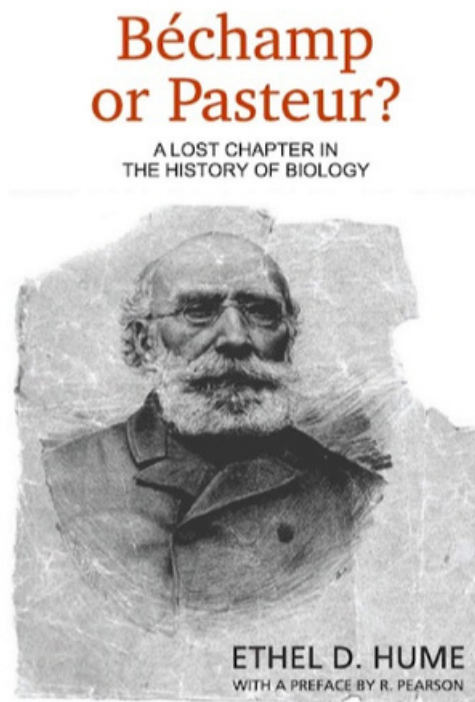
Book Review | DIPG: Eternal Hope Versus Terminal Corruption

Review by the Bioregulatory Medicine Institute | Author Dean Fachon

If there was ever true beauty to be found in the most devastating of circumstances, the novel “DIPG: Eternal Hope Versus Terminal Corruption,” penned by Dean Fachon exemplifies this to the fullest.

When Dean and Wendy Fachon’s son, Neil, a 19-year-old engineering student at Northeastern University was diagnosed with Diffuse Intrinsic Pontine Glioma (DIPG), a devastating rare brain tumor, their family wasted no time and turned all their intellect, love, and energy to provide the greatest hope for his survival.

[Read more>>](#)



Book Review | Béchamp or Pasteur? A Lost Chapter in the History of Biology

Review by the Bioregulatory Medicine Institute | Author Ethel D. Hume Béchamp or Pasteur? A Lost Chapter in the History of Biology by Ethel Hume is a thought-provoking and meticulously researched exploration of the origins of the germ theory of disease. In this compelling work, Hume delves into the historical rivalry between two towering figures in biology—Louis Pasteur and Antoine Béchamp—offering an alternative perspective on the scientific development that shaped modern medicine. This book is an invaluable read for anyone interested in the history of science, the development of medical theory, or the often-overlooked figures whose work has shaped our understanding of the world.

[Read more>>](#)

VIDEO REVIEWS



Do Binaural Beats Work?? NEUROLOGIST explains binaural beats

Binaural beats are a technique involving listening to specific sound frequencies in order to induce mental states, such as relaxation, sleep, concentration, memory, and creativity. Do binaural beats actually work, and what is the science behind how they affect the brain?

[Watch here >>](#)

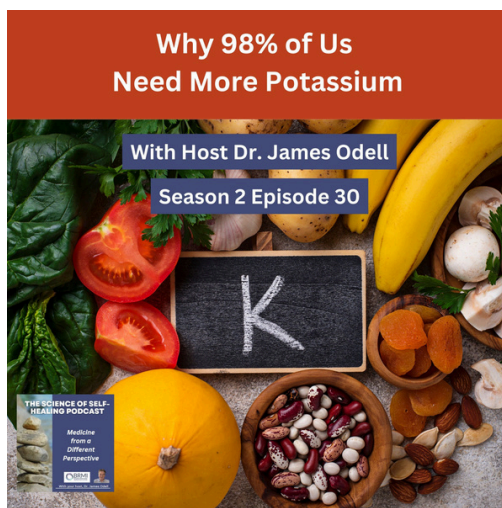


432Hz- Super Recovery & Healing Frequency, Whole Body Regeneration, Eliminate Stress and Worry

Alpha wave music is music that can heal the body and soul. Very suitable for meditation, relaxation and help you easily fall asleep. Listen to this sound, you will improve your health, your brain and mind will get rid of negative energy, you can even receive supernatural energy from the universe. Close your eyes, hear and feel it.

[Watch here>>](#)

FEATURED PODCAST





In this episode, we explore why 98% of people in the U.S. aren't getting enough potassium and the health implications of this deficit. Potassium is crucial for nerve function, muscle contractions, fluid balance, blood pressure regulation, and heart rhythm. Despite its importance, many factors, including poor diet, health conditions, and certain medications, contribute to widespread deficiency. We'll discuss symptoms like muscle weakness and high blood pressure, the long-term effects on cardiovascular health, bone density, kidney function, and more. Learn how much potassium you need, top food sources, and tips for increasing your intake to enhance your overall health.

[Watch here>>](#)

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.

YOUR SUPPORT OF BRMI

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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 jpmodell@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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