Transcript from *Straight Talk* radio show on KBRITE 740 AM
With Dr. Vincent Medici
www.straighttalk.cc.com

Topic: Stress and Inflammation

Good Morning. Let’s get to it my friends. OK, the book, every show is a book. This book you have to go out and get. It’s called, “Stress OF Life” by Hans Selye. This is a famous, famous, landmark book. It has changed the world’s perceptions of stress. We are going to talk about stress today and I want to move this concept, this layman’s concept, which is stress at work, stress in relationships, stress in life…I want to make it functional in your physiology.

Stress is disease. Stress is disease on the way. Everyone is stressed, and on that level, everyone is diseased. Maybe not yet, but by the time you get the symptom, by the time you get the disease, you have succumbed to the ravages of stress. But that’s not going to make any sense to you unless you really understand the foundation.

So first, we back it up with the book, on the website, www.straighttalk.cc. Get the book. I want you educated. Hans Selye is the Director if the Institute of Experimental Medicine, in surgery at the University of Montreal, author of 32 books and more than 1500 technical articles. The book is the landmark in explaining, “What stress is” and then my job…”What you can do about it.”

So, a functional understanding of stress…What does stress do to your organs? You sit there at your breakfast and you ache and you hurt and one of your organs, or most of your organs are screaming, “Help me!” Those organs are under what we call “stress” and as that stress builds up, your body starts giving you messages in the form of symptoms. Now this stress is not just mental, it is also biochemical. If you drive a truck, if you work in construction, if you are a lawyer, you have to understand that mental stress is not the only stress you are exposed to.

You are exposed to chemical stress. That is stress from toxic chemicals that certain occupations expose you to more than others, so a construction guy is going to be a little more chemically stressed than a librarian or a lawyer. Perhaps a lawyer may have a bit more mental stress than a construction guy. You don’t know, but you get the point. The third type of stress is what we call “biomechanical stress”. You don’t think in those terms. Biomechanical stress, that’s the stress that comes from the wear and tear on the body from physical types of work. So a heavy duty, construction worker, an athlete, is going to have lots of biomechanical stress and if you’re a construction guy, chemical stress, while a teacher may have more mental stress.

Here’s the secret. This is the point. Whether your stress is biochemical, mental or biomechanical, that’s the wear and tear from physical action…this is the secret…TO THE BODY IT IS ALL THE SAME., to the cells of your organ system, they are all screaming about what stress is doing to them.

Now a healthy, young body employs hundreds of counter mechanisms through the endocrine system, the glandular system to the ravage of stress. That’s the adrenal glands, the thyroid gland, the ovaries, the testes, the hypothalamus, which I think not enough people understand, the pituitary and even the liver, we can understand as the endocrine glands. So that your tired, partially destroyed organ is regenerated back to normal function, so that every cell in your body damaged under this constant pounding, hurricane of stress, can return to 100%
normal function. But the question is, “What happens to your cells when the bodies, ovaries, testes, adrenal, thyroid, hypothalamus, pituitary are tired? And they are not doing their job anymore?” That’s when you come into my office and you say, I just feel old. I don’t really have a disease. I just feel burned out. Doc, I’m not really sick, but it seems like something has changed that I can’t put my finger on.”

Break

Teaching segment

I want you to think of a healthy, young cell as a big juicy, green grape, just sitting in the sun, just perfect. And then, some bug comes along and start’s pecking away at the skin of the grape. That skin is the membrane of your cell. (The website: straighttalk.cc has pictures) So, the skin of this grape, ravaged by this mental stress, right? You’ve got a live piece of fruit being pecked on by a bug. It’s being cannibalized. That’s mental stress. And then the bug injects its beak and it injects an enzyme to break through the skin of the grape, that’s a toxin, toxic stress, right through the skin of this poor grape. And then we watch the grape get older, faster. It starts to shrivel. When we pick our grapes, we might pass it over. And that toxic grape falls to the ground and gets partially crushed as it hits a rock on the ground. And there it is…mental stress, chemical stress, biomechanical stress…life in a nutshell.

Now here is the point, when the skin, this is what you need to get…when the skin of a cell or an organ or grape starts to tear, and that is what it is doing, it starts to tear, and as it tears , it leaks fluid. Every cell in your body, in every split second of the day, is under attack like this. And it is always beginning to leak fluid. Damage to the membrane begins to leak out of the inside of the grape – that liquidy, gooey part. There is a hole in the membrane of the cell. This is the big moment, because it initiates, it creates a cascade of inflammatory cell to the rescue. This is the beginning of inflammation in the body. It’s the beginning of what you feel as, what’s the word?, gooey, sticky, old, creaky, more irritated, not just you, you don’t know what it is, not a disease, but you know you are different, you’ve changed. That’s when you live in an inflammatory state. There is too much damage at the surface of the cell that is not being counter balanced. And you name it, it starts right in that moment, no matter what symptom you are dealing with.

Look at Time Magazine, the issue on “Inflammation” from last year .They did a whole front cover on inflammation as the cause of disease. You bet it is. Even Time knows, we all know, we’ve got to get the public to understand where disease begins. If we can stop it there, we stop the decay of the cell, we stop the symptom, before it becomes a symptom. They ran a whole, front cover on this topic. Simple point, mental, chemical, biomechanical, physical stress tears a cells’ membrane resulting ib the leakage of that inner fluid and this initiates the inflammatory response. And that is why god gave you a hormonal system, a glandular system, to counter the inflammation and then at gods speed repair the cell. There it is in a nutshell. The whole glandular system, from the adrenals to reduce the inflammation, to the ovaries and testes to rebuild the cell, to the thyroid to get the job done on time, then there is the hypothalamus, people don’t get the hypothalamus, it’s more complicated, it’s more important, it’s really more important. The hypothalamus is up in the brain, scanning the body at light speed. It’s got an electrochemical system. Electro as in electricity, as in light speed and I do mean light
speed. It scans the body to locate which “grape” in “god’s tree” needs help. I love those analogies. You see, I don’t really come from them from a religious standpoint. I study as a scientist and then I exalt god. That really sticks to the ribs, or at least in my life, that’s how it happens.

So this hypothalamus scan the body at light speed to locate the problem and find which grape is in need and then passes, electrochemically, a message to another little gland, right next to it, just below it, called the pituitary, and from the pituitary we pass on this direct electrochemical command to the correct gland. So we’ve got this feedback loop going on, this exquisite feedback loop, which I tell you, we barely understand. We’ve scratched the surface of this. But what happens when we burn out? Now this is the point.

What happens when we burn out or deplete the hormonal, glandular, neural endocrine system? Big names for the same word, hormonal, glandular, neural endocrine system. Now, I think you getting the picture. You may not be sick, but you just don’t feel like you anymore. An head trauma, I have to do a whole segment on head trauma, because that hypothalamus is up in your head and when that has been traumatized in physical accidents, or your bite is extremely misaligned, or you lose too many teeth, and that’s just for openers, you hypothalamus starts to fall asleep. It starts acting stupid. When you don’t get enough sleep, over a long enough time, we have hypothalamic depletion. It stops scanning. When you hear of herbs like; gold 360, amla, flower pollen and these things, these are to awaken the hypothalamic intelligence. This is a big deal. But even those herbs are useless when what? You should know this if you listen to Dr. Bob’s show, after head trauma, that hypothalamus can’t even receive the herb. So you see how things fit together. Now, this depletion to the cell, this is inflammatory stress and again, inflammatory, biochemical, free radical damage, radiation from the cell phone, mental stress, you name it…if this depletion goes on too long than the cell is forced to adapt and it may suffer from loss of function. And that is what disease is. Selye understands this. Get the book. Stress causes an adaptive response from the cell. That adaptation implies loss of function of the cell or organ and that’s why you are sitting in pain. And eventually, that adaptation will become the worst disease, if you don’t stop it. And that’s the story. Disease, any disease is a loss of function of an organ or an adaptation of a cell from the long term ravage of stress.

Now, what do you do? I’m going to talk about an “herbal kit” later. Herbs work. I am an herbalist. I love to use herbs. You guys understand that part of this is about what plants, exquisitely grown and cultivated and processed or not processed can do for you, but never, ever, ever, forget the basics. Not when you talk about the hormonal system, never forget the basics. If you don’t have the basics, you don’t have anything. You’ve got to have the foundations of understanding and a lifestyle, lifestyle change sometimes, or you can only get to “second base” when you want the ”home run.” You want to really feel a difference at 60 years old. Because we have a new perception, all right, at 60 you are looking for a second life, a second career, it’s not just about sitting in a chair and retiring. It’s about starting a second business, about having the health to enjoy your dream.

So, first, are you getting your sleep? Now, I have to do a whole show on sleep. But you have to get your sleep. So right now, if you are getting your five hours and you’re still tired – get
seven. Do it. If you’re crazy with work, if you’re as busy as the President, get your sleep anyway. Give yourself one thing, one thing, it is one thing I could tie, as a doctor, it’s a common link to all the people I’ve seen get sick, I mean real sick, even more than their emotion, and that even amazes me, even more than their negative emotion is they stopped getting their sleep. I’ve asked myself so many times, “What’s the link?” – SLEEP. It’s number one, arguably number two, but I am going to call it number one and it’s because we didn’t get the extra two hours. Cut out anything, indulge in anything, but don’t miss that extra hour of sleep, because that is when that hypothalamus falls asleep itself and it will not identify that troubled little cell. So sleep is number one!

Now, number two, just as important, but not quite, but real close, is protein deficiency. How could we be protein deficient in the U. S. of A.? We’re meat eaters, most of us, but we’ve got a vegetarian movement that we have to take a look at. But even if we eat meat, we destroy the meat as we burn it. We burn it and overcook it and high heat cook it and then, don’t digest it. So we don’t get it anyway. Organic, hormone free, grass fed, beyond organic beef, bison, lamb, fish, fowl, in your diet, preferably low heat cooked. (Go to the website for references as to where you can get these meats) If you are burning your meat, cooking it too much, you’re not digesting it. And yes, digestive enzymes help wonderfully, they do, but you know what? They don’t help enough. I eat it rare. I can assure you Dr. Bob eats it rare. I assure you, you’re going to find it extremely assimilable and pleasant in your belly and I don’t want to get into the vegetarian debate, I’m not here to argue. I’m here to present perspective.

So, if you are a vegetarian, just be careful. I find, others find, too many vegetarians are amino acid depleted. Relevance to the show? You cannot build testes if you are amino acid depleted... the ovaries, the adrenal gland, you can’t do it, it’s difficult. And as I think we are all finding, the vegetable and fruit of today is not the vegetable, fruit or grain of yesterday. The soil is not as fertile. We have a problem with that. So even, if in the past we could have pulled it off, we’ve got to be real careful today. The animal protein is infinitely more concentrated per unit gram. Another show...

What is radiation? Nothing is worse. You sit in that electric seat, every day. Those testes fry on the electric seat of the car. Yes, get the cell phone protectors. If you are exposed to a lot of that electromagnetic radiation, because few things are more pivotal in what it takes to deplete the hormonal system, the stress through the body from radiations will burn the endocrine system out, so much faster. The electric car seat, the hair dryer, the electrical appliance, like the jack hammer you use at work in construction or all the electric tools we use in the garage to fix things, the microwave oven, the computer, OK? The data that has been complied to back these claims up is tremendous. It should not be up for debate. It is staggering if you assemble it, in its depth in accuracy. So what do you do?

What do you do about this, because it does fit your description? To help restore your hormonal balance, your glandular health, you take moderate doses of adaptogenic herbs. This should be in everybody, after the age of 50, you just do this. You have to understand, it’s not about do you have adrenal stress or not? It’s about do you use the divine plant to compensate for the burden of your stress? It’s that simple. I have put together a program for you and at a good price. I designed it to deliver a powerful, synergistic effect on your well-being. Six
bottles of reishi and six bottles of adrenal complex at therapeutic doses (a therapeutic dose is a
dose you will feel...A dose that will deliver what I have said) to last you one month. One
month of power, stamina, vitality, mental, physical well-being. $189.99 for the case. Call my
staff in Santa Monica to explain the dosage. 310-320-1132. Talk to them about the program.
Talk to them about anything.

Q and A call in from listeners
Listener: My husband is 86. He has had a quadruple bypass surgery.
Dr. Medici: How is he feeling since the surgery? When did he have it?
Listener: In September.
Dr. Medici: When they cut through the bones of his chest to do this, it is going to create a
scar. That scar becomes 50% of the problem, post surgically.
Listener: Yes, he has one in the chest and then down both legs.
Dr. Medici: One of the things he’s going to need to do is get a Med Body Pack. It’s clay to
apply to the scar and his hands to counter balance the effect of the scar. We will give you a
sequence to do. If you have a cut in the body or you break a bone in surgery or you cut deep
into the flesh, you are twisting the connective tissue, the fascia. That fascia is like skin, but
you don’t see it. It is on the inside of your body. It wraps around the organs. And when you
cut into the skin, or the fascia around the organ, it twists. And when it twists, post surgically,
it begins to compromise the nerve flow, the arterial flow, the venous drainage and the
lymphatic. The highways in and out of the organ become compromised because the result of
the surgery twists the connective tissue. This is the purpose of putting that clay on, to unravel
the rat’s nest that occurs in the connective tissue post surgically. This is the number one thing
that is going to be important. The second thing that is important is to understand that your
husband’s arteries clogged up for a reason and that reason is diet.
Listener: He has been on Dr. Marshall’s diet and he is angry because he wants to know why
this happened to him since he has been on Dr. Marshall’s diet.
Dr. Medici: That is a good point. And here’s the thing. He shouldn’t be angry and the
reason is we can get only so much education on a radio show. And honestly, I can tell you, I
can talk for five hours on any one of these topics, easily, and still not impart enough education.
Unless you are under specialized care, it is really, really difficult. Because something on the
show will point you in the right direction, and that’s the best we can do, truly. But here’s the
thing, the diet is very, very important. If the diet does not have enough of the essential fatty
acids, the raw fats, it keeps the blood too sticky. So one of the things you’re going to do, is
you’re going to make sure that any fat you put into the body is a healthy fat. There is a great
book, Fats that Kill, Fats that Heal, by Udo Erasmus. Heath Line has a supplement called
EFA Oil.
Listener: He’s taking that.
Dr. Medici: Well, you want to bring that up to a tablespoon a day. Twelve capsules a day,
distributed equally over the day. You have to also get some degree of cayenne into the body.
There is something called “cardioncidin”, with garlic and cayenne and a small dose, a teaspoon
a day will allow the sticky fay in the blood to sty separated, so it is less likely to do what often
happens in the years after a quadruple bypass, the plaque builds up again after five, six or
seven years.

**Listener:** We know people that have had it twice!

**Dr. Medici:** That’s the thing. It often comes back as the plaque builds back up because we haven’t gotten to the original problem/. You want to bring the cardiocidin in because it starts to dissolve the sticky fat in the blood. That makes it a lot more difficult to actually build up in the blood then. Did he have a history of smoking?

**Listener:** No, he has a history of being very healthy.

**Dr. Medici:** Did he have any digestive issue?

**Listener:** Yes, Loose stool, burping and belching.

**Dr. Medici:** Burping and belching are signs that the gall bladder is plugged. If the Gall bladder doesn’t work, the fat builds up in the blood too rapidly. I can already tell you that one of the things that drove this problem is the fat that we would have pulled out of the blood so that it didn’t build up on the arteries if the heart – that built up because the gall bladder couldn’t handle the fat load. We already know that because the burping and belching is so typical of a plugged up gall bladder. So, what I want you to do is get him on the *Mini Liver Flush*. A gentle one. If he does this he will start to reduce the burping and belching and he is going to keep the blood cleaner, faster, so it doesn’t stick to the inside of the artery. It just drains out of the body.

**CLOSING (goodbyes and thank yous)**

**Next Call**

**Dr. Medici:** Our next caller eats a lot of salmon and there were comments I made last week that “blew her mind”. I wonder what that means.

**Listener:** Yes, you blew me and the salmon right out of the water! It made me refrain until I could get clarification.

**Dr. Medici:** What’s the clarification?

**Listener:** Do I have to eat it raw, like sushi, because then salmon would be out of the question? I don’t eat raw sushi, except tuna out of a can.

**Dr. Medici:** One of the things you can do, if you don’t want to eat sushi, you want to steam the fish. So you steam the salmon. If you steam it, it will be infinitely more digestible than if you are cooking or broiling it at 400 degrees. If it’s in the can, it is impossible to digest.

**Listener:** I don’t eat canned salmon, only canned tuna. Getting back to the salmon, I get it at Whole Foods. They cut it and grill it. Is that wrong?

**Dr. Medici:** Exactly, because when they grill it, it will be at about 400 degrees Fahrenheit. But you know, the thing is this, if you put something in your stomach and it disappears really fast, you’re digesting it beautifully and if you take grilled salmon and compare it to poached salmon, I promise you, the poached salmon will disappear that much faster and that means less stressful to your digestive tract.

**Listener:** OK

**Dr. Medici:** OK people can tell you things, but the idea here is to get your body to give you the answers. If you take poached, grilled and salmon sashimi and eat it, Six ounces of sashimi will disappear faster than six ounces of poached and six ounces of poached will disappear faster than grilled and six ounces of grilled faster than canned.
Listener: Un-huh.

Dr. Medici: What that is telling us is obvious, right?
Listener: Yes.

Dr. Medici: The faster it disappears, the less stressful; it is on your digestive tract. You need less digestive enzyme, you save more money. We bring in the digestive enzymes to help us with the foods we can’t possibly digest. And again, the thing about salmon, as I mentioned, salmon has a higher percentage of parasite in the raw flesh. Tuna is different story. Parasites don’t like the flesh of tuna. They don’t like the flesh of halibut, or yellowtail.

Listener: The halibut, is that high enough in omega 3?

Dr. Medici: Great question. Here’s the thing, yellowtail, toro (fatty tuna), salmon, the fattier the fishes, if they are fresh, are where you are going to get your fatty acid help from

Listener: Right.

Dr. Medici: There’s a difference. Fresh caught, they are like cream in your mouth. The fats are so fresh, they are creamy. When you put a fat like that in your body…that’s how we used to eat all the time. Whole Foods is good, but if it’s possible to get fresher fish, like at the Farmer’s Market, you bring that grade of fresh fat up. It melts in your mouth, that’s when you are really getting and digesting the omegas. The fish or food may have the omegas, but if we are digesting it into the body is another question.

Listener: Preparation has a lot to do with it.

Dr. Medici: You got it.

Listener: I like the char taste, that’s why I grill.

Dr. Medici: Taste is important. I’m going to spend a moment here. The whole problem with health food is that it doesn’t taste good most of the time.

Listener: You’ve got that right.

Dr. Medici: So there is something called the char broil and one of the ways is that you char broil it rare, like you sear it. You get the char and the smell of the char and yes, the char can be slightly carcinogenic. Health is cost benefit. Benefit more than cost by the end of the day. That’s what health is. Better than extremism.

CLOSING

Next Call

Listener: I had a hysterectomy in 2002 and have had lots of problems with arthritic pain.

Dr. Medici: May I ask how old you are?

Listener: 54.

Dr. Medici: Since the hysterectomy, increasing issue with arthritic pain and inflammation in the knuckles. I’m sure you are on a bit of progesterone cream?

Listener: No, I refused. I am afraid.

Dr. Medici: Did they remove the uterus and the ovaries?

Listener: Yes.

Dr. Medici: Here’s the thing. Listen. The ovaries, like the male testes, if you don’t have them you cannot make the hormone, progesterone. Your adrenal gland, which you still have, will make a little bit of estrogen, but without the ovaries you don’t make any progesterone at all.
Listener: OK.

**Dr. Medici:** And once you don’t have enough circulating progesterone, you are going to have arthritic pain. You are going to have inflammation. Progesterone is a very, very powerful anti-inflammatory. You need to go to a medical doctor and ask them to prescribe bio-compatible (a healthy, natural) progesterone. We will give you a referral. If you use it, I guarantee it will help the arthritis tremendously. As a single thing to do, by far, this is the most important thing. Now, number two, can you tell me since the hysterectomy, has your urination changed? Are you getting up in the night to urinate?

**Listener:** Depends on if I drink a lot of water or not.

**Dr. Medici:** Here’s the thing, with a hysterectomy, we have hormonal deficiency. The progesterone cream will help you tremendously, but if you’re getting up to urinate, you are not going to sleep straight and that’s going to hurt the regeneration of the hormonal system also. What you want to do is not to drink water at night so you don’t get up until morning to urinate, or, what you do is, there is something called Multi-Pollen. It’s flower pollen. Three capsules 2times a day and it will start to tone up your bladder. When you have a hysterectomy, the bladder has nothing to attach to anymore. When the uterus is gone, the bladder prolapses a bit and makes it harder for the bladder to hold the urine. Use the progesterone. Take the pollen. Drink less water at night and your arthritis issue will improve. Last thing to tell you, is vitamin D has to be 70-80 Nano grams per milliliter. If it is not high enough, you are way more likely to have arthritic pain and inflammation.

**Listener:** OK

**Dr. Medici:** Vitamin D from Health Line. Six drops on a piece of protein (cheese, meat, egg) a day.

Close

Next Caller

**Listener:** I have a 23 year old son, 250 pounds that can’t lose weight around his waist. He is exercising a lot, works with a trainer and is not losing weight.

**Dr. Medici:** Is he O type blood?

**Listener:** Yes.

**Dr. Medici:** Then he has to cut out the carbs. O blood especially. **Eat Right4 Your Blood Type** by Dr. Peter J. Adamo, He explains that if an O type eats carbs, they have an insulin spike, that’s over the top, abnormal. Your body, hormonally speaking, is overwhelmed by the message saying,” Do not burn fat.” You will shut down all your fat burning possibilities. If you are O blood and eating carbs, if you pull the carbs out of the diet, that’s when you will see the fat come off fast. Does that ring a bell?

**Listener:** Absolutely!

**Dr. Medici:** Sometimes they try it and for the first few days have no energy. That is because the liver has an amazing capacity to use amino acids or proteins and fats to make sugar. If you eat a steak, the liver takes those amino acids and produces blood sugar, but it has to do that over a period of weeks. So, if you eat a lot of carbs and you go “cold turkey” on carbs and you are just eating meat and fat like the Zone diet or the Atkins diet, what you end up finding is that you are weak for the first week or two. The reason is the liver hasn’t had enough time
to learn how, to remember once again, how to convert those amino acids into blood sugar. But if you give it a few days, up to three weeks, you can eat the steak and eggs and you don’t feel hungry or tired and you go out there and burn fat. That is what the O type blood was meant to do.

Listener: Ok Great!

CLOSE

Again, inflammation, heart problems, macular degeneration, headaches, fibrillation, weight loss – These are inflammatory problems. You don’t understand it as inflammation. What happens is the glandular system is being called in to compensate and when it can’t compensate then you get more and more of a breakdown in the cell, in the organ, etc., etc. And ultimately, you are left with the beginning of a symptom all the way to quadruple bypass surgery, to macular degeneration, to atrial fibrillation, to headaches, weight loss problems, all the way to disease.

CLOSE of SHOW.