

Healthy Mouth World Summit

Dr David Getoff

The Role of Detoxification to Create Greater Oral and Whole Being Health

Will: The next expert to share with us here at the Healthy Mouth World Summit is Dr. David Getoff. Dr. Getoff is a nationally board certified clinical nutritionist, a board-certified traditional naturopath, and a certified nutritional consultant. He is an elected member of the both the American College of Nutrition and the International College of Integrative Medicine. Dr. Getoff is the vice president of the world-renowned nonprofit Price-Pottenger Nutrition Foundation.

Despite maintaining a full-time health practice in San Diego, Dr. Getoff is a regular contributor and speaker all over the world for prestigious groups, including the Southwest College of Naturopathic Medicine, San Diego State University, the International Academy of Oral Medicine and Toxicology, Freedom Law School, the Nutritional Therapy Association, Acres U.S.A., and the American College for the Advancement of Medicine. He's also on the teaching faculty of the American College of Integrative Medicine and Dentistry.

From my perspective, Dr. Getoff's unique contribution to science and medicine is his vast knowledge of research combined with decades of clinical experience and strict clinical observation. Dr. Getoff is going to be speaking today on the role of detoxification in creating greater health, how oral health undermines our health, and solutions we can all apply today to create optimal health.

Dr. David Getoff, welcome to the Healthy Mouth World Summit!

Dr. Getoff: Thank you very much! It's a pleasure to be here!

Will: It's such an honor to have you, a man of your level of experience here on the summit with us speaking on such a huge, important subject when it comes to oral health, but in general, systemic health, as well.

So, can you start off by just telling us why is detoxing important?

Dr. Getoff: Why is detoxing important? I've had a lot of people ask me that question. And I always find it a fascinating question because if you were to ask somebody or somebody were to ask you, "Why is it important that preferably every time you go to the bathroom, you flush, and you don't just let it accumulate in the toilet?" Or, "Why is it that -- geez, it's a pain in the neck -- we have to clean the house at least once every couple months?" Or, "How come we have to empty or put in a new vacuum cleaner bag?" Everybody would say, "Well, that's a stupid question. Why did anybody ask that question?"

But what if our body, and, therefore, hopefully to most of the listeners, a helluva lot more important than the examples I just gave because it's not going to hurt your toilet. It's not going to hurt your vacuum cleaner. It won't pull as well. You'll start having smells in the house. But, the porcelain is not going to care in the toilet. And the plastic and the metal aren't going to care on the vacuum cleaner. And, of course, your surfaces in the house aren't going to revolt because there's too much dust and crud on them.

But, your body will revolt. Your body will stop working correctly. So, why is it important? Because the vast majority of substances which are not good for us, and which accumulate in our body because we can't help it there around us all the time and they come in through our skin, they come in through our mouth, they come in through our sinuses and our nose, and of course, they are byproducts, to some extent, of the food we're eating if they're not already on the food we're eating.

All of these things accumulate and have varying degrees of toxic effects, which are the reasons, in many cases, coupled with bad quality food choices and insufficient nutrients, that we get almost every single condition that we'd like to not get!

Will: [Laughs]

Dr. Getoff: [Laughs] How's that for an answer that you didn't expect?!

Will: That's great! That's perfect! So, what percentage of the public would you guess would benefit from increasing their body's ability to detox?

Dr. Getoff: Probably only those that don't live in the middle of a pristine rain forest and have no stress level and just enjoy what they do all the time, get perfect food. All their meats are raw. All their fats are raw. All their vegetables are raw. And there really isn't any stress to accumulate. And because they haven't accumulated any other types of toxicity, their kidneys and their liver are working as well as when they were born and can get rid of those few things the body produces itself.

Will: I see, so... [laughs]. So, not many of us need to, I take it...

Dr. Getoff: Not many of us do not get benefitted by doing detoxification. Correct.

Will: Yeah, so, literally, in this modern day and age, all joking aside, it's all of us.

Dr. Getoff: It's all of us!

Will: We all need to have a detox protocol.

Dr. Getoff: I completely agree. I take at least one detoxification type of substance daily, often twice a day, sometimes three times a day. A patient will come in here and I'll be checking whether they need a specific thing, and I'll grab my Zeolite spray off my desk and throw seven sprays in my mouth. And they go, "What's that?" And I go, "We'll be talking about that later. But basically that's going to be grabbing on to different heavy metals and a couple other chemicals, binding them, and pulling them out so when I go to the bathroom, some of that stuff comes out that would have otherwise accumulated in my body where I don't want it because I would like to avoid as many conditions as possible and stay happy, healthy, and keep my memory until I die at as much over a hundred as I can manage."

Will: Well put. So, what is the result of a system that's overburdened with toxins?

Dr. Getoff: Well, just like the toilet and the vacuum cleaner, it simply doesn't do it's job as well. That's the first part. So that's very simple. Everybody can

understand it doesn't do its job as well. The question is, "What does that mean?" Well, how many different things do you know -- and there are a bunch that people are not thinking about -- that you would not want to be done not as well? Would you like your elimination to not be done as well because you get horrendously constipated because the musculature and neurological system has been too poisoned for it to work as well? Would you like your voice not to be as good? Would you like your memory not to be as good? How about your immune system? Would you like that not to work as well? Would you like to be one of the people that says, "Anytime anybody around me is sick, I always catch it"?

Or would you like to be somebody like me that says, "I don't care how many people come into my office and have the flu, the chances of my getting it from them is very, very, very low because it's doing the job it's supposed to," it, again, being my immune system.

So, every single system in the body is affected by toxic substances, by poisons, by chemicals, whatever. The word *toxins* is sort of interesting. I believe that if you look it up, *toxins* refers to substances produced by the body endogenously that are not good for us. So, I often don't use the word *toxin* because if I've got a PhD research scientist, they will immediately think I mean something the body made. And I'll instead say, "toxic substances" or "poisons" or whatever. As far as we're concerned today, I'm just going to lump them all together. No matter which word I use, we're talking about a substance your body would be happier with less of.

Will: Right. And that actually brings up an interesting point. Maybe we'll get into it later on is the difference between a toxin...In other words, there are things that

our bodies produce that, as they build up, those are toxic to us, as well, obviously. We're not just talking about environmental pollutants here.

Dr. Getoff: Oh, absolutely! No, we're talking about things that the body makes when we break down foods, especially, of course, when we're ingesting foods that the body doesn't even like to begin with -- lousy quality, improperly raised.

But, just the normal metabolic process includes the production of substances that are not supposed to be in our body. If the normal metabolic process did not do that, if everything remained in the body and we just generated maybe carbon dioxide like chlorophyll plants do, we wouldn't need a urinary system or a fecal or stool system because we wouldn't have to let anything out. We would use what we used. And anything else would transpire out into, maybe, carbon dioxide in the air like a plant.

So, yes, we produce a lot of things that the body wants to get rid of that are no longer what they were originally and which have to go away if we don't want to overload the systems.

Will: Right, right. So, we're really dealing with a very, very broad subject here. We're not talking about heart disease. We're not talking about cancer. We're not talking about cirrhosis. We're talking about it all, really, is what it sounds like.

Dr. Getoff: Right. Exactly. In other words, if somebody says, "I want my house to withstand the elements" because they just want to know that it's going to last for a long time, they're not saying that the glass has to be able to withstand a little bit of hail or that the roof and roofing tiles or shingles have to be able to withstand

some rain. They're saying whatever happens -- the sun, the hail, a typhoon, unbelievable winds, just the degradation from the sun on your paint or your stucco -- whatever it is that's attacking that particular structure...And, of course, attacking isn't the right word because wind and rain and snow and sleet and hail and sun don't attack your house. They simply exist, and your house gets degraded by it.

So, yeah. Every single thing which is something which the body would be better off if we could eliminate and every single condition -- I guess condition is one of our overwhelming terms because there's nothing it really leaves out -- every single condition that you would prefer, let's say, not to get, can be addressed by making our toxic load -- or, as the Environmental Working Group in their original study decades ago like to call it, so I like that term, I think they may even have coined it -- our "body burden," we like to be as low as possible when it comes to dangerous substances.

Will: Body burden. I'm writing that down. I like that one.

Dr. Getoff: Yeah, if you go to EWG.org, Environmental Working Group, in their search engine put in "body burden," you will get their different studies, the ones done years and years and years ago, a couple decades ago, maybe, even, where they examined, I think it was about 12 different people, including a couple of fanatic organic people that had people cooking for them all the way down to some people that owned newspapers or whatever. And you can actually click on the person's face if you get to the right place in there. And it shows you the 45 to 75 or more different toxins they found in this person's body. And it's scary.

And then they have the newer one where they did this on the cord blood on newborns showing that we have somebody that's just being born. They haven't had a breath yet! And how many of the couple hundred toxic substances they were studying were already in this child! So, yeah, there's a lot of stuff!

Will: Right. So, can you talk us through the role that detoxification plays through the various organ systems of the body? And I know it's a really broad question. But, what I'm looking to do is to take this concept of detoxification, and let's bring it down. First of all, I love the fact that you're coming from the very whole-body, whole-being perspective and not saying it's a one-organ system issue. It is a blanket. It's an umbrella situation that you're talking about here.

Dr. Getoff: Oh, it is absolutely an umbrella situation. There's no question about it. And different people test -- we can probably talk about that later -- test for toxic substances in the body in different ways and don't even realize how poor their testing is.

But, as far as detox, the skin is often referred to as the largest detoxification organ of the body. And I guess that could easily be. I'm not sure if you were to be able to record or study the amount of miles of glomeruli in the kidneys, how many miles that it. Certainly, the skin is one detox organ. The kidneys. I have some patients that only have one because one had to be removed. So then it would be the kidney is a detox organ.

The liver is a phenomenal detox organ. Our breath, breathing. It's not a detox organ, that would be the lungs. But, being able to breathe substances out that we're better off getting rid of, even if it happens to be the extra CO₂ that we'd like

to get rid of. These are all different ways that we detox. And, of course, we have the urine and the stool and the hair, which are three different things which the body exudes which have various different toxic substances in them. You can find lead and mercury and cadmium and all sorts of different things in any of those, including the hair. And these are ways that the body uses to get rid of things. It pushes them out into the hair. They feed the hair follicles and get into the hair, which is then dead. It comes out. It comes out in our urine, comes out in our stool. So, all of these together combined make up the entire set of methods that the body utilizes to get rid of toxic substances that it would like to try and get rid of when it is doing well enough to be able to get rid of them instead of sort of giving up and saying, "I can't get this stuff out. It's just going to sit here."

Will: So, the body can reach a place of degradation, if you will, where it just kind of throws up its hands and it doesn't even have the energy to attempt its normal detoxification processes, huh?

Dr. Getoff: It can absolutely do that. That seems to be at least -- we're always finding out new things -- but that seems to be dependent on at least two different things. One is exactly as we just discussed. It reaches the point where different systems are not working well enough -- kidneys, the liver -- are simply so much below optimal that they can't do anywhere near as much as they're supposed to do.

The second is genetic. And, of course, genetic is a funny term because we have epigenetics where we can change or genetics. But, nonetheless, there are genetic tests that can be done. Hal Huggins' new DNA lab is doing some of them where, just looking at which specific genes are turned on and turned off, you can

test, let's say, a dozen people and find out, well, with this particular person, their genetic structure is set up in such a way that they are very poorly able to eliminate mercury. And this other person's genetic structure is set up so that they are much better able to eliminate mercury.

So, now, you do a test on those two people: urine, stool, maybe hair, maybe all three if you're really good and you want to take a close look. And you find that the person whose genetics are poor for the elimination of mercury, that there's almost no mercury coming out of them, and you test somebody whose genetics are good, you find a lot of mercury is coming out of them.

And the health practitioner who doesn't understand detoxification -- which is only about 98% of them, so it's not too many -- takes a look at the person that's getting a whole bunch of mercury coming out the in his or her urine or stool, and says, "Wow, this person is loaded with mercury," which, in this case, is false. They're the one getting rid of most of it. And they take a look at the other person where almost nothing is coming out because of their genetics, and they go, "Oh, this person is fine," where, in fact, that person is in much worse shape. They're loaded up with it, and you can't see it.

Will: Right. It's just not being excreted from the body. So, what connection do you see between a system whose, for example, detox pathways are not functioning well? I'm not talking about somebody who is really shutting down, but just, most of us out there who are doing our best. But we could definitely use improvement.

The second idea is impaired thyroid, oral issues, and degenerative disease. So, if I put those four terms together in a box for you, what would you have to say?

Dr. Getoff: Well, thyroid, immune function. Let's start with the thyroid, since you mentioned it first. The thyroid gland is obviously a very important gland. I always find it interesting when somebody says a particular gland is an important gland. How many glands do we have that are not important?

They used to think the appendix wasn't important. It was just an appendage. That's probably one of the reasons they named it that way, and it didn't make any difference. And then a bunch of years ago they found that it's the repository for beneficial bacteria and helps hold them to slowly disseminate them.

People obviously think the gall bladder is not important because those get removed all the time. And now you can't properly produce enough bile, and, therefore, you can't digest your fats correctly. And on a low-fat diet, you're asking for neurological problems.

So, they're all important. But, the thyroid gland is a little bit more well-known by people. Everybody goes, "Oh, my thyroid gland is under active. I'm going to be tired." Eh, not necessarily.

But what will hurt it? Who knows how many different things will hurt it? The ones that have been studied well enough that we know them for a fact include mercury and fluoride. There's no question about those two. And others, very often the money doesn't go into proving something is destroying a certain organ. But if you have something that's a toxic substance that our tissues don't like, very likely it's

going to hurt almost every single organ in various ways, including pesticides and herbicides.

And, so, we have all these people where if the poisons are specific types of poisons -- and nobody's really done this research -- to be able to say, well this poison does this, and that poison does that. There's a little of it, but not much. But, I'm sure with some poisons, we end up, as we poison this particular person's thyroid, not on purpose, they're just drinking fluoridated water or they've got the one or more silver fillings in their body and their mouth that are 52% mercury, leeching 24 hours a day. And the thyroid stops working as well.

Now, what does that mean? Well, for one person, it means their thyroid has gone overactive. It's not doing its job correctly. It doesn't know what's going on and it's overactive. They're hyperthyroid.

In another person, it's destroyed the function in a way which makes it not do enough of what it's supposed to be doing. It is hypothyroid. And in a third or fourth person, it has, instead, caused what we call an autoimmune disease where the body is attacking itself. And we're not really sure that that's a good term. Very often, the body is trying to get toxins out of its own tissues. And that's what it's doing. It's not really attacking itself in the way that's being described.

But, then we have Hashimoto's, Graves. And, so, the question is can we prove that those toxins are doing this? For me, the proof is that I have patients that, after enough years -- and that's how long it takes -- of continual detoxification of substances, I've got people whose thyroids normalized, which is theoretically

impossible. They've been on thyroid drugs for five years, ten years, when I saw them for the first time.

And then I get a phone call maybe three years later when they aren't even in my state anymore. They're still taking the nutrients. They're still taking the detox. I ship them stuff or they pick it up elsewhere. And they go, "You know, the funniest thing happened. I was really feeling horrible all of a sudden. And I went into the doctor, and the doctor said, "Gee, that sounds like a hyperthyroid condition. And you have hypothyroid." And they ran a test and what happened is we finally got enough poisons out. Their thyroid was working!

And the thyroid drugs that they were on to help supplant the fact that it wasn't otherwise doing its job were no longer doing its job were no longer needed. But they were still being taken. And so now we had far too much going in. And the drugs made the individual hyperthyroid. And they've said, "I've never seen this today, but stop taking your drugs." And as soon as they stopped, and it was the thyroid producing the hormones, everything was fine. And I get a phone call telling me all this and thanking me.

So we can do all sorts of things to help the body with the thyroid, with the immune system, whichever area you want -- the kidneys, the liver. I've gotten people off of liver and kidney transplant lists.

How many could I do that with? I have no idea. But I have done it. So, there's a lot of stuff we can do if we start pulling out all of the different substances that are directly, indirectly, or part of the cause of a problem that most people don't even realize that they have anything to do with that problem.

Will: Wow! That's gotta be a fun phone call, when you get that from a person saying, "Hey! Guess what?!"

Dr. Getoff: Oh, those are fun phone calls! That was a fun phone call when this attorney called me up and said he went in for his annual blood test after not being willing to even talk about the liver transplant. He said, "You know, if I'm going to die, I'm going to die. And I don't want to do that." And send him to me to me. And a year and a half later, they couldn't find anything wrong with any of his liver values. So, that was a nice phone call. So, yeah, it's fun.

I wish I could know that every single time somebody comes to me with an issue, that if they were willing and able to do everything I wanted them to do, we would, guaranteed, be able to turn their condition around. But, of course, that's an unknown. All you can do is do everything you can.

Will: Right, right. So, can you go too far with detoxing? What I mean by that is I hear you that we are always in need to detoxification. It's like, if you're not going to exhale, you can't inhale. But, can we go too far with some processes? I hear some people saying, "Oh, I'm going to do another whatever," that seems like kind of an aggressive procedure. In your opinion, can people kind of overdo it with detox?

Dr. Getoff: That's actually a very, very good question. Can you make the bag of your vacuum cleaner too empty? No. However, if the person that is doing that is some kind of neurotic fanatic where they're scraping the inside of the bag to make sure that there's nothing left before they put it back in, now you're

damaging the bag. So, my best answer to that is with the types of detoxification that I utilize in my practice, there's nothing I use that somebody could take enough of that would be too much and to detox too much in the way that you put it.

However, there are many physicians out there. And by "physician," I usually mean M.D., [or] D.O. I am not a physician. There are many physicians out there that are using what would have to be called drugs -- DMPS, DMSA, D-Penicillamine. And all of these do have some other types of different side effects. Some people have had major problems with them. Others have just gotten the benefits. And any time a substance -- and this is the way I usually look at it -- any time a substance is such, as far as your body is concerned, that you could take a bunch of it every day of your life and not have a problem, that is my favorite type of detox substance.

Any time a substance is something which is aggressive enough to the body that even the standard proper protocol is, "Well, we take this certain number of milligrams for this many days out of the month. Then we stop and we wait for that many days. Then we do it again for this many days." That's something you can obviously do too much of. If you couldn't do too much of, you wouldn't do it in those pulses. And, so, I don't like to use those products. I like to use only those products that can be done every day that will never overload the system if you have the liver and kidneys properly prepared. And they aren't causing any other effects that you wouldn't want.

So, the answer is in some instances and with some procedures and with some substances, absolutely you can do damage. And with others, you can't.

Will: Right. And to err on the side of caution and use those like you just described. It's a food. It's a supplement. We're not talking about drug detoxification programs here.

Dr. Getoff: Correct. And I also have a general rule which sort of sets me aside of a lot of the people that do detoxification. The detox reaction, which is called the Herxheimer reaction, I tell people that is to be avoided at all costs. You never want more than the tiniest little indication that whatever you're taking is at slightly too high a dose so that the tiniest indication is, "Gee, when I upped my dose of that, I felt a little bit more tired in the morning. So, I brought the dose back down as your literature that you gave me told me to, and the fatigue went away. And, like you said, if you're not sure, go ahead and try it again. So, I brought it back up another drop or two, and the next day I was tired again. So, I realized that really was what was doing it. And so I went back down to a lower dose for three weeks before I started to go up again."

Because I want to very gently push the envelope so that if the amount that you switch to, if the new dose that you're technically titrating up to is too much, it's just barely too much and you don't get a phone call [where the person is saying], "Oh, my God, doc. I just did what you told me to do, and I feel like absolute crap. I couldn't get out of bed for two days. I had to call in sick." And I get patients that come in that tell me that that's what happened to them when they were working with some doctor who didn't understand detox. And I don't let that happen.

Will: Right, right. Well put. So, let's shift specifically to oral health. What role does detox play in creating greater oral health?

Dr. Getoff: Well, obviously, I'm not sure as it would ever be referred to as an organ. We have funny ways of referring to different things. But, we have all of the gum tissue in the mouth. And the things that we know cause major, major problems are simple things like particles of food remaining in the crevicular fluid in between your tooth and your gums. And the bacteria go, "Oh, great! This is where I want to be!" And instead of anybody using an oral irrigator and getting it out a couple times a day, it sits there.

But, what happens is every living thing -- and that includes bacteria. It includes fungi. -- they also have type of metabolic process. And they are producing substances which are very often not good for the body, which wouldn't be part of our body. They're part of what they eliminate. But they're eliminating them into our body. And, so, if we can do anything that supports our body's ability to get rid of things, for lack of a better term, that it doesn't like, whether they're things that came in in our food or whether they're the residues or excrements of different bacteria, then everything works better.

And, so, as we're trying to kill various different pathogens, we also want to make sure that anything they're producing is able to be gotten rid of because there isn't really a tissue in the body -- we're talking about gum tissue now and your tongue and tonsils, etcetera -- there isn't a tissue in the body that works better with more poisons in it.

So, anything that we can do to reduce that and to make it so that the body can get rid of things more easily is always helpful. And there's some stuff that people have talked about recently which I would really love to fund a study on called "oil

pulling” where they have people taking coconut oil, sesame oil, whatever oil -- I’ve seen lots of people do it with different oils -- and they put a couple tablespoons of oil in their mouth and maybe while they’re watching TV or reading a book or working on the computer, just gently swish it around their mouth for 10 minutes, 15 minutes, 20 minutes, 25 minutes. And then spit it out, saying that that’s detoxification, that that has pulled a whole bunch of poisons out of your body.

And I’ve had people tell me that they’ve noticed major differences in the health of their gums. Or they haven’t, but their hygienist and dentist have. I like research. Some things can’t be researched. That’s actually something that could be researched. And the only place you could be pulling it out of is your gums. I mean, it’s not pulling anything out of your intestines, swishing something around in your mouth.

But, my question is, if I could find a lab that I could afford to have the right tests done where I would send in some oil and have them test it for 25 different toxins which might be in gum tissue. And then have somebody do oil pulling on it for 25 minutes and send that in and have them analyze it to tell me what substances are now in that oil that weren’t in it before, and that therefore, spitting that oil out, even though it’s only just this tiny little area of your mouth, that you’re removing.

So, there are all sorts of different things that we can do. You could swish around a solution of a good quality, powdered, activated charcoal in water. And that’ll also grab different things. Although, they really are different because oil is probably going to grab mostly lipid-soluble or fat-soluble toxins. And the charcoal

will probably grab mostly water-soluble toxins. But, without research, I don't even know that.

Will: Well, that would be a fun one! I like that.

Dr. Getoff: Yeah, it would be!

Will: Maybe, we'll have to collaborate on that!

Dr. Getoff: Well, I keep on hoping. I mean, I've got plenty of wealthy patients and plenty of poor patients. And I keep on hoping that some super wealthy patient whose life I have completely changed, his or hers or their family's, will say, "You know, you often talk about research that you want to do. How about we set you up with some kind of a trust where I put a million dollars in it. And you can't use it for yourself, but you can use it to fund any kind of research."

And, I've got that little goal in my mind. I've thought about this for well over 10 or 15 years. That would be fabulous because the money would then be there for me to funnel into different research studies.

Will: Yeah, that would be like a candy shop for you.

Dr. Getoff: Yeah! Yeah!

Will: So, can you explain how chronic infection in the mouth impacts the whole system?

Dr. Getoff: Well, again, any time you've got an infection, we're talking about some kind of pathogen. And the pathogen is obviously going to be producing whatever toxic substances that pathogen produces as its excrement, which we know from Weston Price's research decades ago can cause heart disease, cancer, major arthritic problems.

And, so, basically, just having more of any specific pathogenic organisms in the body than the body can take care of each day, and so they're growing and producing more poisons. Those poisons don't sit in your mouth. Those poisons go everywhere. Our mouth, the first thing we do is swallow. So, now they're getting down into the intestines.

Most people don't have as good secure gut borders as they're supposed to. Most people have some type, at least, or amount of what's usually called leaky gut. And so substances get into the bloodstream that shouldn't. If somebody has really unhealthy gums so that every time they brush, they bleed. Well, that of course goes both ways. If blood can come out, then whatever is around that can go in.

So, basically anything going on in the mouth can get everywhere. That's one of the reasons that they came up with this -- personally, I feel, ludicrous -- idea that if somebody has a heart condition, then they have to be on antibiotics to get their teeth cleaned. There isn't any research to back that up. The last time I had somebody look into it, they said there isn't a single research study that shows that being on antibiotics for dental work or for oral hygiene work has ever been proven to reduce your risk of having a problem from it. And if there is research, it's brand new.

But, there are so many different types of side effects you can get from the antibiotic, it seems to me you're probably doing more harm than good. But the reason is, nonetheless, because of what you said, because there is a very distinct connection between the oral cavity and the rest of the body. And they want to make sure that some things get into the bloodstream that shouldn't because there are resident in the mouth -- and, I'm not exactly sure that they aren't in a bunch of other places already -- that they're not going to cause a major infection, for example, in the heart.

Will: Right. Yeah, the way that we approach this with a lot of our customers is we talk about the mouth being kind of like the bastion of the enemy inside the gates. You can have these bugs hanging out that have colonized the deep gum pockets so well. And now nobody is stopping them from just charging forward into the bloodstream.

Dr. Getoff: Right.

Will: Yeah. So, what is your perspective on the potentially harmful impact of fluoride and mercury on the body?

Dr. Getoff: Well, first of all, I would never use the word "potential." Let's just delete all these words we didn't use before computers. Let's just delete the word "potential," and let's say the harmful effects of mercury and fluoride on the body.

Fluoride is an extremely active halogen. It is a very, very strong oxidizing agent. Most of your listeners, unless they did a lot of work in chemistry and maybe

happen to work with a fluorosilicic acid or one of the other fluoride acids, most of them won't understand that in general, all acids that are in a laboratory are kept in glass bottles because glass is one of our most inert substances. And although it is certainly breakable, we don't have to worry about the plastic slowly degrading over time and all of a sudden you've got sulfuric acid or nitric acid leaking over the chemicals on the shelf below. Except that the fluoride-containing acids cannot be kept in glass because fluoride is so unbelievably active, it eats glass. That's one of the reasons that they actually -- I don't know if they're still available -- have creams where these fluoride-containing acids are in the cream. And you use them for glass-etching purposes. So, do I want something in my body that's strong enough to eat glass? I don't think so. [Laughs]

I mean, that's just a simple way to look at it with just obvious reasoning without even talking about the fact that we've got studies showing that fluoride-containing pharmaceuticals, of which there are many...Phen-Phen was one, which was pulled off the market, which was a fluoride-containing drug. But lots of drugs contain fluoride. And, undoubtedly, that is one of the reasons that those particular drugs end up being so toxic.

Anything that is that oxidative, that just wants to oxidize anything it touches, well oxidative damage is one of the things that causes major organ failure. It's one of the things that causes aging. And, we definitely have a problem.

And, of course, you add to that the fact that there isn't a single properly done study that shows that fluoride in the water supply does anything to benefit anybody in any way. And that just gets withheld and makes it worse.

When it comes to mercury, mercury is one of the top three or four most toxic substances on the planet earth as far as toxicology, if you look in a toxicology journal. And so, why would we want that in our mouth?

There isn't an amount that has been found to be safe. I think it was in the seventies, when they started doing mercury vapor testing, where they developed meters that would actually test the amount of mercury vapor in the air around something that had mercury in it like mercury being put in paint as a preservative because it was an anti-fungal. And then you find mercury vapor in the air.

They found that the amount of mercury vapor in somebody's mouth with maybe with just one large filling in a molar would be a high enough parts per billion or whatever they were measuring, that if they found that in a building, OSHA would evacuate the building! And here this person is breathing it in every day.

So, yeah, those are two pretty dangerous toxic substances where the more of it we can get out of the body, again, as we said before, that the body's eliminating it can handle, the better off we are.

Will: Right, right. Well put. So, let's shift to some real-time solutions for our listeners here. It seems like the game really is to lower input of toxins, put more of the good stuff in, and, like you've emphasized here, slowly get rid of as much of the bad stuff as we can. Is that really encapsulated?

Dr. Getoff: That would be. Yeah, that really would be. I always tell people that the very first thing that you want to do is support the detox pathways. And so for

me, what that means is working on my patients' kidneys and their liver for however long I need to so that I know that they're not going to be overloaded.

And, of course, you don't really know. Sometimes you work on it for a while and then you decide, okay, let's start detoxing. And if you start detoxing and there's a problem, then you realize, okay, well, it looks like we're going to do some more kidney and liver.

If, every time somebody's even on a low dose of something, they're still having a problem, then we go back to kidney and liver. But yeah, number one is making sure that the pathways of detox -- the kidney and liver being the main ones -- are working well enough that, as we start pulling things out, we're not going to have a major problem pulling things out and have to go back to square one.

The next thing after that is using whichever substances I want to use to start pulling things out. And that's different from person to person to person. I mean, over and over and over again. I've got many, many different people on many different products. I have products for pulling out mercury and lead and arsenic and cadmium. My favorite happens to be called ACZ, which although it stand for Advanced Cellular Zeolite, I don't know if it says that. Oh, yeah, it does say it on the bottle. The main label just says ACZ Nano.

And, I've tested numerous zeolite products from companies that put in 25 to 100 more zeolite than this one does. And this one works better. So, obviously, it's not just the quantity. It's the particle size. It's all sorts of different things.

I have people on lipoic acid sometimes, which seems to help. I have people sometimes on chlorella, which is very, very mild. The only chlorella that I use is actually a cheap one made by NOW. It's just 1,000-milligram chlorella tablets. I've tried some of the more expensive ones, and I don't get as good results.

So, it varies from person to person. And then I have a whole slew of homeopathics that I'll be teaching all the health professionals at that two-day seminar that we talked about earlier before we went online because each one is addressing specific things. One thing is called Sick Building Syndrome. They give funny names, but they're pulling out particular different homeopathic...Remedies are made to address this toxic substance or that toxic substance.

And if I need one made that isn't there...I wanted one for RoundUp. California is agricultural nation. Everybody sprays RoundUp. I mean, I won't touch the damned stuff. But everybody sprays RoundUp to kill things. There's a movie called *RoundUp Ready Nation*. And, so, I wanted RoundUp as a separate detox agent. So, I've had that made. And that particular one causes the largest number of problems in my patients where they can't get above two drops or they can't get above four drops because every time they do it, they start to get fatigued. And we back back off again.

So, anytime we have that, I say, "Well, remember. That's a neon sign saying, 'Oh, my, is this dangerous and damaging to my body!'" And we've got to get it out slowly enough that doesn't cause a problem. So, we just slowly do this.

Powdered charcoal has been around for a long time. And you can get really good quality activated charcoal. And, poison control centers around the country, many

of them still use activated charcoal where they'll have somebody take 3 or 4 tablespoons shaken up in water and drink that once or twice to bind to specific types of poison substances they may have ingested. And it just binds to it real strongly. And their stool comes out dark gray or black. And it pulls the substances out. But it's bound them so they don't go into the body.

I use much lesser amounts. I'll have somebody take maybe a level teaspoon of activated charcoal, shake it up in some water, half an hour or 45 minutes before a meal once a day. And it just slowly pulls some things out of the body.

But, I've got to warn them, if they're on any pharmaceutical drugs, do not take them anywhere near the same time because the activated charcoal thinks the drug is a poison -- because, of course, it is -- and all of a sudden, whatever action you were supposed to be getting, like maybe it's a blood pressure problem. And all of a sudden, their blood pressure medications are not doing anything anymore because they're all being absorbed by the charcoal. So, things have to be done in certain ways.

Will: Right. There's your medical disclosure there. "Wait! Don't apply this by yourself here, folks!"

So, first of all, how can we lower our input of toxins? Where are these toxins coming from?

Dr. Getoff: Well, obviously we have a lot of toxins. So, let's just go over a handful of them. You can lower your input of pesticides, herbicides, and fungicides by no longer having Raid or any other brand of ant or roach spray in the house and by

learning, through a number of the various different books on the subject, the less toxic ways of doing that.

And, of course, if the reason the roaches are in your house is because you leave crumbs everywhere, stop feeding the roaches and you will get less of them! Use boric acid, use roach proof, etcetera. So, number one is stop things that you're using spraying around the house.

Number two is stop using things which you think are beneficial, but are not. So, for example, people have plug-in devices around the house that are automated poison dispensers. And I will be visiting somebody, and I'll say, "Oh, I see you've got automated poison dispensers in all of your rooms!" And they'll look at me like, "What the hell is David talking about?!" And I'll point to one of these little things that, every x number of seconds or minutes, has a little burst of some amount of room freshener, which, of course, is not an essential oil. It's a poison. It's some kind of toxic substance with a scent that they like. So they'll usually end up walking around and pulling them all out and thanking me for letting them know that.

But, people think that spraying an air freshener in the room and putting one set of poisons on top of another set of poisons is the way to make things healthier. No, we want maybe a room unit of activated charcoal or the proper type -- otherwise you'll hurt yourself -- of ozone generator. I mean, you want to deactivate or eliminate what's there. You don't want to cover it with another toxic substance your body has to get rid of. So, those are a couple simple ones.

You don't want to introduce a large number of poisons into your body without realizing it. So you need to study. So, for example, those people who have decided that every two years, they want to greatly increase the amount of poisons in their body, the easy way to do that is buy a new car every two years. The amount of toxic substances that are in the vinyl, that are in the leather, that are in the plastic, the stain repellents and the fire-retardant chemicals, that stuff all comes into your body off of the fabric in your car.

So, I have people where, they are so sensitive, they can't visit a friend if the friend has a new car. They can't go someplace and rent a car because you don't rent old cars. Usually rental cars are anywhere between new and maybe 10,000 miles. When they get to about 20,000 miles, they turn in. So, they can't be in a rental car. It's too new. So, those are places that poisons come in.

New furniture. Furniture's all treated with all sorts of stain retardants and fire-retardant chemicals. People buy a new bed. It's been drenched in fire-retardant. These days -- I don't know if it's true in all states or just in California -- the crib mattress for the infant must be treated with fire-retardants. And that's to make sure that, in case the infant is smoking in bed, it doesn't catch fire. Any of that stuff that you can get rid of!

The next things are everything else in your house that you use on yourself. So, you've got shampoos and you've got conditioners and you've got, let's see, body lotions. You've got toothpastes. You've got sunscreens if you use sunscreen. Any of those various different things, people need to buy some of the books, learn what are the different poisonous substances in there that they want to avoid. And

then, enjoy yourself -- it's not easy -- finding the ones that don't have that crap in it.

Will: That reminds me. Many, many years ago, one of the things that Susan and I got started with was, it was actually, I think it was an anniversary gift that one of us gave the other. It was a dictionary of food additives. And we're going back 15 or 20 years. And we would literally sit there and be like, "Oh, what's that?" And we would look it up, and would just be horror-struck. And that's really what began our process of refining our dietary choices.

Dr. Getoff: Sure! Absolutely!

Will: So, I think you've addressed a lot of this. But let's touch on this. What solutions can you offer here? Obviously, you've got to be discretionary with this. But, as broad brushstroke beneficial actions we can take, whether that be food, activity, you name it, to better support detoxification with the goal of creating greater overall health.

Dr. Getoff: Well, the first one would be food because better food nourishes the body better and helps support the body's abilities better. So, it does that by itself. Second point would be that better food, to me, would include, whenever you're able to afford it, getting organic. Because that way, although it doesn't mean it was the best-grown organic the way we did 50 years ago, at least all the different fertilizers and pesticides and herbicides that have not been allowed to be used on something that's organic were not on there as a residue when you ate it.

And not purchasing any food that comes in from China because you can't trust China worth a darned. They were caught with their hands down over and over and over again. And I still remember that time they made a YouTube video -- 6 or 8 months or more. Maybe it was a year ago -- where Whole Foods had a frozen package, which I believe was labeled "California organic fresh vegetables," something like that. And then on the back, it said product of China. And they were caught with that, which, of course, caught with it. What kind of idiot in Whole Foods is going to have a Chinese set of vegetables with a label that says "California Organic Produce" on it? So, they were caught with it. They changed that particular one.

Take a look and see where things come from because if they come from China, their regulations are really piss poor. And you don't have any idea what's going on. So, getting organic stuff makes a big difference.

If you're going to use anything that you know doesn't have to have a toxic substance in it, but might, then investigate how to make it less. So, for example, if somebody happens to be lucky enough to own their own hot tub or swimming pool and they use it, now you have to take a look into, well, how can I purify this without the most toxic purifying agent that can be used in water, which is bromine. Or, the second most toxic, which is chlorine. How can you use it without either of those?

And you have to do a whole bunch of research to find out there are some different enzyme companies where you could put enzymes, not into the pool, but into the spa. And the enzymes eat up the residue that the bacteria would eat, apparently, and make it so that it keeps it clean. Just put the enzymes in there.

There's an ozone company called Absolute Ozone in Canada. You can find them on the web, which is one of the few that I've found that seems to put out a good enough type of ozone-generator for pools that you can get the level of ozone high enough that you don't need any chlorine. Any of those things are beneficial.

Have your windows open. That's something that people don't seem to understand. Unless somebody is tarring the roof on the building across the street or maybe somebody is tuning up a clunker outside that's spewing huge amounts of smoke out the back...Unless something like that is going on. Every time the EPA has done testing inside and outside homes and anywhere in the country, the air is always cleaner outside your window than inside your window.

And people think, "Oh, I want to keep the outside out." You can't keep the outside out! If you couldn't get any air coming in, we'd all suffocate! The outside is always coming in. But, the outside is much more diluted. The inside has the amount of substances that are offgassing or outgassing from everything in your house -- from every cleanser, from every soap, from every wax, the stuff coming out of your carpeting, the stuff coming out of the foam in your upholstery.

So, you're always better off if you don't have to have it closed up because of the temperature variation and you've got either your heat or air conditioner on, having some windows open. And that's just a small number of things that'll help to reduce the amount of toxins coming in.

Will: Excellent. I've got a couple different questions here I'd like to throw at you. What tools, techniques, protocols, have you found helpful in removing fluoride and mercury from the body?

Dr. Getoff: That's interesting. Let's do mercury first. I've used many different things to pull out mercury. And for about the last ten years, it's actually the zeolites that I like best. And, as I said, the ACZ Nano. And I have nothing to do with these companies at all. I don't make any money off of them. They're just the products I like best. The ACZ Nano seems to be the one that I can more easily adjust doses for people. I have them slowly work up from maybe one spray once a day to seven sprays twice a day or ten sprays three times a day. I don't want any side effects. And I just slowly let them do that.

And since it takes anywhere between 6, 7, 8, or as much as 10 or 12 years for the skeleton of an adult to go through one breakdown and buildup cycle, and since we know the skeleton binds heavy metals, when somebody says, "How long should I be doing this?" I go, "Well, my minimum would be 12 years." But since most of these substances are also in our air and some of them are occasionally in our water and most often the air, and of course, our produce, our food, since I can't stop the stuff from coming in, I'm never going to stop. I'm just going to keep on doing it. But the ACZ is one of my favorite for heavy metals.

Chlorella, cilantro. Premium Research Products has a substance that used to be called Heavy Metal Nano Detox. It doesn't test for too many people in my office. The ACZ tests for more. But some people test for that one. I think they've changed the name. FDA doesn't like you to call something a metal detox. So, now it's got abbreviations on it or something. So, any of those, as well as, of

course, making certain that the nutrients the body needs for just general use, like a good multivitamin, are all there. And that we've got adequate kidney and liver function to not overload anything.

Anytime somebody takes any detox product and instead of not noticing anything and having it all do its job what I call under the radar, they feel any kind of symptom, something that [they think], "Geez, before I started this, I didn't feel that," well stop it. Okay? Start it, stop it, start it. A few days on a few days off.

[If you say,] "Yeah, whenever I'm taking this, I don't feel as good because I" fill-in-the-blank, the dose is too high for you. "Well the dose was one drop." "Well, your kidney and liver need support." So, I always want to be pulling these things out. That particular zeolite product is my favorite. And I don't want it to cause any problems.

Now, that's easy, even though it's slow and long-term because we have a substance -- mercury -- which has some different things including zeolites and others that can bind to it and that can pull it out. And you can verify that. You can do stool tests, urine tests, when you're not on the product. You can do them when you're on the product. You can see differences. We know they work.

Fluoride is different. Fluoride is a little bit more in my mind like radiation. Even though they're very different, I sometimes think about them similarly because somebody will say, "How do I detox the radiation from the x-rays?" Well, you don't detox the radiation for the x-rays. Radiation passes through your body. It is gone. It made the image on the film material or on the digital scanner. And it went

right through your body. That's how it works. That's why they were able to get an image.

It's not sitting in your body making you radioactive. That's only if you're exposed to a horrendous amount and are breathing in gigantic amounts or eat something radioactive where the body has to get rid of it. Otherwise, it passed right through you. So, what you're doing is rebuilding the cells.

Fluoride is a little bit similar because the fluoride is so tenacious in the way it will bind onto something and hurt it that you're not really doing a lot of pulling out fluoride in my mind. If somebody proves me otherwise, I'll be happy to look at the research. What you're really doing is trying to undo the damage that the fluoride did.

And that means getting enough of the antioxidants, taking enough vitamin C -- 1,000 milligrams three or four times a day. Taking enough of a good quality vitamin E. The only one I like is called Unique E. And taking that all the time so we've got good fat-soluble and water soluble nutrients. Getting your vitamin A level up to where it should be, and the doctors are all afraid of vitamin A. But unless somebody eats liver three or four times a month, they're deficient, is what I find.

So, it's a different thing that you're doing. Now, theoretically, the ACZ product has now been shown -- I have to get a hold of their research studies -- to also grab onto some fluoride and bromine molecules. And apparently somebody has actually done some research where somebody's been exposed to a bunch of fluoridated water or whatever, and they find that if they're on it, more comes out

in the urine or stool, which would mean it actually does bind some. So, there may be things that do that.

And we also know that certain different nutrients such as selenium, for example, help the body to release things. And iodine for the thyroid gland because the thyroid gland has receptor sites which will bind different chemicals, including, for example, bromine or bromide. And if you bring in a little bit of extra iodine -- although not as much as some of these people are recommending -- I usually use NOW's kelp capsules, two or three a day, just to bring in small amounts of iodine -- that the receptor site will then release the fluoride or bromide and grab the iodine, which is what it really wanted. But it would take a second choice. So there are some things that will do some of that. And I don't think there's as much research on it as I would like there to be.

Will: Right, right. So, I realize that I put the cart before the horse. Really, my first question that I was looking at when I said, "Oh, I got a couple questions here," is what can we do to support liver, kidney, and elimination so that we can more properly detox?

Dr. Getoff: Okay. Well, there are a number of standard herbs. Probably the best-known is milk thistle, which you contains silymarin. And that is used often for liver support. What I have been taught by the medical herbalists that I've trained with is that the milk thistle doesn't seem to rebuild the liver and help the liver dump all of its poisons as much as to protect it from current onslaughts.

So, I have nothing against people taking milk thistle. I think it's a great herb. But, I don't see it doing what I need done. What I need done is to help the liver and

the kidneys to slowly eliminate their buildup and work better. And that seems to be done best with any of a number of different products. Ayush Herbs make a tablet called Livit-2. The Pure Body Institute of Ventura makes a great product called Liver Balance Plus. They also make a product called Kidney Rescue, which is for kidneys. And, you those are just two of many, many different substances that I'll have people on for anywhere from two months to eight months.

And just like with the detox substances, I'll have people on really low doses. I'll have them take a tablet of something with breakfast. Maybe a tablet of a liver product with breakfast and a tablet of a kidney product with dinner. And after a week, we increase it to a tablet of each with breakfast. And after another couple of weeks, we go to two tablets. And, after we get to two at breakfast and two at dinner, I will just leave them on that for a bunch of months.

And sometimes in relation to either how old they are -- if somebody is my age, if somebody's 60 -- then I'm probably going to do that for at least 6 or 8 months. And I've never been on any drugs. If somebody's been on or is currently on pharmaceuticals, so we are really working on overloading their kidneys or liver or both, then I may keep them on it for years.

But, that's just one particular product. The reason I gave that name -- again, I don't make any money off these companies -- is because that's one that the public has access to. If I were to name 3 or 4 others, we may just get the listeners angry because they're health practitioner only products, and they go, "Why do you give those names? You can't get them!"

Will: Right. [Laughs] Perfect. You know, it's such an opportunity to be able to interview you. I have a couple other questions here that I'd just like to toss out to you.

Given the state of mineral depletion in our soils that I know you're aware of, how are we supposed to really optimally navigate this? Linus Pauling was quoted to have said that every disease can be traced back to a mineral deficiency.

We know that our soils are totally depleted of minerals. How are we to navigate this, in your opinion?

Dr. Getoff: Well, the first best way is by eating organic because that means theoretically, we're getting a lot more of the minerals. And I say theoretically because, again, organic is a designation of what's not allowed to be in the food, not a designation of what has to be there.

So, you can have commercial organic where they're buying bags of organic pellets. And it's nowhere near as good as when I was twelve years old and started organic gardening and put in kelp meal and blood meal and ground up shrimp and fish and all sorts of different things. It's just that it has to at least be organic on it. But, nonetheless, the organic is certainly going to have a lot more.

I recommend just to be able to bring in some more of the minerals. I've looked at a lot of the different mineral products out there. My personal favorite happens to be Trace Minerals. And it's actually made by Trace Mineral Research. I say you can't forget this. It's Trace Mineral tablets from Trace mineral Research. And if somebody takes one of those with each meal, we're bringing in a whole bunch of

different trace minerals. If the body can't handle the amount of magnesium in there, you get loose stool, you back it off a little bit. So that just brings in a bunch of trace minerals.

But, a really good way for people who want to spend the money -- and a lot of people don't or don't have it -- is to get an ion panel done. Ion, which is i-o-n -- and I would do the cardio ion panel -- if you have your doctor order it, they'll probably charge you between \$1,900 and \$2,500 for it. If you go to [DirectLabs.com](https://www.DirectLabs.com) or some of the other labs that allow you to order laboratory tests on yourself, and you go to the speciality lab section, you find Metametrix, which is who offers it, I believe you can get the cardio ion panel for under \$1,000.

And that takes a look. It's a blood and urine test combination. And it takes a look at pretty much all of your minerals, all of your vitamins, all your antioxidants, all your amino acids, all your essential fatty acids, and a number of your detox pathways. It's the most comprehensive test I've seen. A couple other labs have copied it. I don't like the other labs as much.

The only issue there is you might to get a good holistic health practitioner to be able to help you with it because you don't just say, "All these are low. I'm going to take them all." There are other things going on. But that's one of the ways to take a look because maybe you're very low in magnesium. Maybe you're very low on selenium. Maybe you're very low in boron. Each of these different things, manganese, is a key in many biochemical reactions in the body.

Sometimes somebody has all sorts of problems, and all you have to do is bring in two minerals. And they've been on three different drugs. None of them worked.

They gave them more side effects. You bring in two minerals, and the problem goes away because a whole bunch of enzymatic functions or biochemical processes, the limiting fact was that there wasn't enough of those two minerals. And, so the ion panel is one way to take a look at that.

A lot of people are mislead. A lot of doctors are mislead because they take a look at a standard blood count panel: SMAC-25. There's so many different ones out there -- CBC, CBC with differential... And they take a look, for example, at the magnesium. And they go, "Eh, magnesium is in the range. The range says from this to this. And this patient's number is within that range. They're fine."

But the world expert in magnesium research, Dr. Mildred Seelig, who died a couple years ago, who researched magnesium -- if I remember correctly, for over forty years. And her book *The Magnesium Factor* is still out there -- she would lecture to us all the time and say, "Don't even waste your time looking at the serum magnesium level on the blood test. It is irrelevant. We only want to know how much of the serum has gotten inside the cells."

So, you either run an RBC -- which is red blood cell magnesium, how much magnesium is inside the cell -- or you run a very special test if you can find a practitioner that runs it, which is called intracellular diagnostics where we scrape the inside of your mouth, get a bunch of cells off the bottom of your tongue and your palette, put it on a slide, fix it, send it in to ICD, and they let us know how much of five different minerals are inside your cells, not floating around in the serum.

It's sort of like I don't care how many policemen there are sleeping outside my house. That's not securing my house. I want the ones that are doing something. And, in the case of minerals, those are the ones inside the cells. And, people are almost always low in magnesium, just like they're almost always low in vitamin D.

Anybody listening to this who hasn't already realized from other lectures that they have to, if they care about their health, 100% you are not allowed to not do this. Get a 25 hydroxyvitamin D test. If your vitamin D3 is not at least 50, then you're low.

I want my patients to be between 60 and 80. So, I will slowly bring them up until they get there. Here, take 2,000 more. We test you again in 3 months after you've renormalized. Ah, okay, we went from 18 to 30. Okay, let's go up another couple thousand. Now you're on 4,000 a day. Oh, look at that. We got to 42. Okay, let's take another 2,000. Ah! Great! We're at 58. That's close enough. You can stay there.

But, people don't realize this. And the doctor will put them on 500 international units, which does nothing, or 1,000 which does nothing because they haven't read the research that says that the number of international units you need to start to move the vitamin D in most adults is between 2,000 and 5,000.

So, vitamin D is another thing that's very, very important because it's an anti-inflammatory substance and can help people in many ways, most of which, I think, we don't even know yet. And I'm sure detox is a part of it.

Will: Wow! You have unloaded a whole boatload of information here. I really appreciate it. Do you have any closing thoughts for our listeners? I mean, I kind of feel like your D3 point was really the closing thought. But maybe you've got another gem in there you want to drop in.

Dr. Getoff: I will drop one more in. And the last one, we'll drop in water. I'm tired of listening to everybody say you need to drink this many ounces per this many kilograms of body weight. You need to do this. You need to do that. You need to drink water that's produced by this multilevel product. No, you need to drink the one from this multilevel product where this magnet is spinning around.

No, what you need to do is you need to drink clean water that came out of an artesian well or that was properly filtered that is hopefully loaded with good minerals, but not bad minerals and that has a pH of at least 7 because we are producing acids all day long as part of the metabolic process. And in order to help the pH be where it's supposed to be, which would be another lecture, we need to make sure that the water we're drinking is not lowering our pH, but it's, instead, bringing in either a neutral pH or slightly higher pH.

So, I tell people, "Please, if the bottle of water you have purchased doesn't give you the pH number on it, that almost always guarantees that it's an acid pH because if they were proud of it, they would put it on there because it would be a selling point." And, so, I say, "Buy a water -- Volvic, CG, Evermore -- buy a water that has a pH between 7 and 8." I will rarely tell anybody to use anything over 8 or maximum 8.5, or we're turning water into a drug. Water is very, very important because we have to help dilute these toxins and flush them out. So, we'll close with water.

Will: Right on. Thank you so much. So, where can folks hear more about you and your work, Dr. Getoff?

Dr. Getoff: Well, the best thing is my website. And if they just put in “David,” most people can spell that right. They get in trouble with the second word, with my last name, which is Getoff because people can’t believe that it’s spelled the way it is spelled. And therefore, they throw in extra t’s, they remove one of the f’s. But if they can spell the word “get” and the word “off,” and they make it a name, so it’s just Getoff, DavidGetoff.com will redirect you to the actual website, which is Naturopath4You.com. And that’s the easiest way.

It’s got my contact information in it. It’s got a whole bunch of free...There’s nothing for sale on my website. It’s got a whole bunch of free Mp3s, which you can listen to on different topics. Some are mine. Some are ones I’ve gotten permission to put up on there. It’s got a bunch of published research articles.

And if you’re a health practitioner, you might look into, if you can still get in, the ICIM -- that’s International College of Integrative Medicine -- detox that I’m going to be doing, a two-day worksop. I’m not sure if that’s after you come out with this.

Will: It’s going to be right around the same time, actually. Yeah.

Dr. Getoff: Yeah, so somebody would almost have to be in that city or state and go, “I can still make it!” [Laughs]

Will: Dr. Getoff, thank you so much for your time, sir!

Dr. Getoff: You're very welcome! My pleasure! We're educating people that need our help!

