



## **Herbal Adaptogens and Plant Medicine for Healing and Growth**

**Guest: Jonathan Otto**

**Niki Gratrix:** Hello everybody, and welcome to the Trauma and Mind Body Super Conference. In this episode, I'm very happy to introduce everybody to Jonathan Otto, my good friend, who, welcome, Jonathan.

**Jonathan Otto:** Thank you Niki. Appreciate it.

**Niki Gratrix:** So Jonathan is an investigative journalist, he's a filmmaker, he's a humanitarian, he's been involved with some really major projects that have actually influenced, been changed, moved things on the dial in the area of health.

So he's been the editor and producer of *The Truth about Cancer and the Truth about Vaccines* with Ty Bollinger.

He worked with Dr. Joseph McCullough on their *Diet Against Disease*.

He's also made some his own major documentary series, *Bible Health Secrets and Autoimmune Secrets*.

So he's had a very interesting background. He's not too old yet either, he's done a lot for his age that's what I think. But I think, Jonathan, you're going to have a lot to offer here and we're gonna have a very interesting chat.

So I think I wanted to draw out some of your experience because you've done tons of expert interviews in the health area. And you have this angle on autoimmunity and in particular herbal and plant medicine and just how you may have seen that work to heal people, not just physically from conditions like autoimmunity, but maybe the emotional healing that that engendered as well.

**Jonathan Otto:** Thank you, Niki, and thank you for the introduction, I appreciate it, it's wonderful to be with you. And fun fact for everyone, Niki has been in a number of, several of the documentary series that I've produced and I've really valued the contribution you've made to holistic healing and getting back to the root cause of why the problem is really happening, and that's why I sought after you and made sure that you were sharing some critical information.

So it's a pleasure to be on your platform and to be sharing with your audience these important truths for this time.

**Niki Gratrix:** Thank you.

**Jonathan Otto:** So to answer your questions. So through the process of creating the different films that I've worked on and the researching process, the journalistic endeavors in finding out what is it that's causing this disease epidemic and what is it that we can use? What are the practical and viable tools that we can dive into and use to help people with these major conditions?

We've had over a million people follow us for autoimmune disease, and autoimmunity is such a huge issue. When we realize how many people's bodies are having all these extreme reactions to the toxins they're exposed to, we start to feel that we absolutely must find an antidote for this, what is it?

When you look inside of the topic of this Summit into trauma, as you know, with the adverse childhood experiences, these ACEs are formative for why people develop autoimmune conditions.

And the path to healing is interesting because what I discovered and what I believe several of the experts in this series in this Summit have discovered, is there is a beautiful symphony between the inner work, which would be the spiritual practice or the personal development practice, that goes to healing the traumatic issues from childhood and everything from there to the present time and in conjunction with using the things in nature.

And one interesting point, just to start our conversation off with that I think people really enjoy is the concept of adaptogenic herbs, is one in which these plants, there's around 300 that have been listed as being adaptogenic, they have an ability to adapt. So why did they adapt? Well, what's interesting is they happen to grow in traumatic situations.

**Niki Gratrix:** Wow, I love your resilience.

**Jonathan Otto:** Yes, so it's interesting. So what climates do they grow in? They grow in circumstances where other plants can't grow, it's too traumatic for them, there's not enough water, there's not enough soil. They developed and adapted in such a way to be able to gain minerals and nutrients where other plants cannot in those circumstances.

They're growing on rocks and in dark places that normally you wouldn't see and there's such adverse reactions or they're out in the sun. But they've got roots that are going deeper than other plants to get deeper minerals or every variation you could possibly think of is in these adaptogenic herbs and so they're plants that have adapted to stress and trauma and the environment that is often in chaos. And over thousands of years that developed in these certain ways and then we can use them as medicines in our body.

And the results we're seeing and profound and we can chat a little bit about that, about some of the transformations that we see when we use these things in conjunction with the spiritual practice.

**Niki Gratrix:** I absolutely love that. I didn't realize that it was actually adaptogenic herbs that we're going to talk about. These are truly, these are special, I didn't realize. I thought we might be talking about something else, but anyway.

So adaptogenic, these are the herbs anyway, they have a lifeforce, they are plant based, they're natural, just explain to people that word adaptogenic, what that means in the context of the human body also means that if someone's hormones are high or low, they will balance everything, right?

**Jonathan Otto:** Absolutely. Yes, you got it. So you're looking at the word adaptogenic, which means to adapt and the body needs the ability to adapt, so people are saying they're stressed out, well stress is normal in the sense that we're supposed to have stimulus.

There is such a thing as good stress and in fact, without it, we very likely to get dementia, which you can look at studies on that retirement ages, where the active retirement, not the age itself, is the biggest catalyst that we've seen in regard to people getting dementia, because they stop using their mind. Which shows that the mind is supposed to be stimulated, which would be called good stress.

But yet the bad stress is simply our body's inability to cope with what's in front of us. And so therefore, we need to supply our body with the things that it needs, so we can cope with things that are in front of us. Which include, like you're saying, to balance hormones. This would be key to balance adrenal stress. These adrenaline, the cortisol reactions happening in our body, our ability to modulate. So it's all happening at the right time, cortisol during the evenings vs. during the mornings. If you can switch off and get a good rest and then switch back on in the morning, then this is the body adapting and herbs can help us too, as a medicinal substance to help us flick that switch on and off, and so our body can simply perform in the way it is.

If you're tired, it's not necessarily because your body doesn't have enough energy it's just because the switch needs to be flicked on and off at the right time. You need to get a good rest, you need to be able to have a deep sleep and then you need to wake up refreshed. And using these things, these tools. Ashwagandha, we can go down the list; turmeric, we can look at.

Ashwagandha is particularly used for hormone balancing and the modulation of even mood and people use it for these things. And then you start going down a long list of amazing adaptogenic herbs, you have: Terrestris tribulus, you have Siberian ginseng and you have other amazing adaptogens like shilajit or fulvic.

And we're going to talk a little bit more about fulvic because that one's a wonder and mystery in itself and how profound it is, and how much of a catch-all it is. Sometimes people want to know what's one thing they can take, fulvic is amazing because of its adaptogenic qualities, particularly in regards to the mineral density that it has and how that helps people with the insufficiencies, and in regard to taking out toxins out of the body.

I mean, we're talking about trauma here, Nikki, and this is your area. So the trauma is a toxin or it could also be said that the reaction to that trauma is the toxin when it's a negative

experience and we can't deal with that. And so it has a toxic effect that toxifies the body. And we see this immediately, something that you can't even do is quickly with food, with stress you can change the entire state of your body, you can change your body from alkaline to acidic state. But with the purging of toxins, getting them out of the body, we're doing this at a cellular level.

Some things that I believe that if we studied into it, and I believe that's why we see all these results in the way that we're about to chat about, with some of the things that are almost considered miracles. I believe that what's happening potentially is that we, when we take toxins out of our body and we use natural plants and medicines and herbs and minerals to do this. We're also helping to purge our body of these negative responses and reactions to the things that have happened to us. And I believe that we can enter into that state and again, I'm not saying, science is not necessarily knocking on this door.

So there's certain things that we can prove clinically. We can't prove certain ways in which we can detoxify the body and we can't prove certain spiritual practices. But when you combine these therapies, what people are finding is that they're able to purge the toxins out of their life and all of a sudden all the negative thoughts and memories, and experiences have all subsided as well. And then their body is clear and clean, their mind is clear and it's like a rebirth. And that is what's so profound about this, this integrative approach.

**Niki Gratrix:** So, yeah. So adaptogenic herbs, I'm a big fan. They're a natural solution already out there. There isn't really anything in standard conventional medicine that works like they do to reduce hormones that are too high or bring things up that are too low, and that's the beauty. I love the connection you make there to how they grow in their own environment to have that resilience.

So tell us a bit more about what you've seen, some of the case studies, so perhaps people you've interviewed as well who are taking these formulas and these types of interventions. What have you seen?

**Jonathan Otto:** Yeah, sure. Absolutely. So in my pursuit and journey to try to find out what could help people get better, because that was the whole premise. How do we crack the code on autoimmunity? And I feel really proud that we cracked the code and it was so profound, the answers that we got were beyond expectation.

The ability to go across hundreds of practitioners and doctors, researchers, various experts and then survivors or people that had reversed their condition put their autoimmune condition into remission. And then to gather all this data and to sift through it and work out which things I found to be more profound and less profound or helpful. And then start stacking those up and tallying them up, well what was better out of these approaches, which was mediocre.

I can be quite critical in a good way in the sense of, this is, everyone's talking about this thing but I just can't see the results. And then when you keep asking other questions, like you might interview the doctor, but then you interview all their patients and you realize, man, these people are still sick. I had that happen.

So it did push me to work out, well, what's the superior answer and the root cause answer was the one that I found to be the most superior. I found that what was happening in a lot of functional medicine was that it was still a drug, but it was a natural drug. It was a plant medicine, but it was masking a symptom but the person still had the issue and they had to keep just balancing it and they could never get back function.

For example, if they had Hashimoto's thyroiditis, they would have to just take a natural version, instead of Synthroid, they would take the desiccated pig thyroid. And then that was the answer and that's where the doctor would stop. And then I would say, well, what's the deeper question? Why do they have an issue with their thyroid, what's going on? What's the toxic overload? Is it the fluoride in the water? Or is it the exposure to toxic metals, including mercury and lead and aluminum and antimony? Is it other environmental toxins? Is it the BPA? And then if it is, then how do we get rid of it? Because these people are trying to eat as clean as possible now, but they can't seem to reverse the damage.

So then I went to this next point where it was, what are the best things in nature? What are the things that work? They have an ability to do that, which we can't do? We can't pull these toxins out. The chelated therapy of getting people's blood chelated which means, it comes from the Greek word to claw and it's to draw out toxic metals out of the blood. But they could only cycle so much of the blood at one time, it is a very aggressive therapy.

Can plants do this? And then can people do this for longer too? And the answer I found was absolutely, yes, and then when we kept trying these things. And so what's the combination then? I found some of the most potent, amazing chelators to take heavy metals out of the body, one that I just mentioned before, which is fulvic acid, not folic, fulvic, f u l v i c. Fulvic acid, which happens to be an ancient plant mineral that many people, many scientists believe it has gone back to and hundreds of millions of years ago. And then other scientists who consider themselves creation scientists; would see it as 6,000 years or 4,000 years between that time period.

But in both contexts, it's ancient material and what's amazing about some of the Mayan's, there's one over in Michigan in Utah and various places have 4,000 year old plant material that has been compacted deep under the earth.

They drill down for it and it has a foot thick of almost iron sheet. And then once they get through it's soft, humus is the word. So it's humic acid and the fulvic is in the humic acid. And here it has in it over 100 micro nutrients, and you can't find anything out there that naturally has that many minerals in it and it's because of how many plants have been compacted together. And you have the organic material of the lifecycle of that plant and the ones that came before it as well.

So when you eat a regular plant, you're just getting that one plant in front of you. But with this ancient matter, you have multiple life cycles: a plant, sprouting seeds, dropping seeds in the ground, and growing again, dying and hundreds or thousands of times. And then you have all this in once we have such density.

And what's amazing about it is its nano size as well. Which means that when you take it, it can cross cell membranes because of how small the molecular size of it is. And particularly

the molecular weight, the low molecular weight allows the crossing of cell membranes. And because it has so many different minerals, 71 minerals, out of the 100 micronutrients, 71 of them are minerals, it can bind to toxic lead, aluminum.

I've seen examples that were so far beyond what you would expect. Take, for example, in January this year, so just several months ago, a woman called and while I was doing a live question, answered a call on Zoom. And I just said, hey, look, anyone can you share your results? This woman comes on, I make her camera go live, and she doesn't expect it to happen. I'm like, look, you can decline this, and she's like, I'm happy to share.

She was at, I'll say, the clinic, she was at The Cleveland Clinic. August of last year, they had told her that she was going to have to get both her legs amputated in two weeks, that there was nothing that could help her. There was no drug, there's no supplement. There was no therapy. The only thing that they could possibly do to maybe push it back a little bit was to get aggressive chemotherapy and steroids. These therapies shrunk her kidneys, she got them done and meanwhile, she was trying everything.

She was trying glutathione IVs and vitamin C IVs, but she couldn't get the results with those things. She had myelitis, vasculitis, Hashimoto's thyroiditis and rheumatoid arthritis. The inflammation levels in her blood were so high that they couldn't register it. Her legs were swollen, and this was the vasculitis. They were 10 times too small, the veins, so they couldn't pump the blood through and it was due to the issue with the toxicity levels in the blood. I did hear about her story back in August, so I didn't know that this was happening until January of this year. And then she's crying, saying that she was practically suicidal going through all of this. And she's back to swimming, cycling.

**Niki Gratrix:** Taken what?

**Jonathan Otto:** Taking fulvic, taking cordyceps and the combination of those things, taking an anti-parasitic formula that has everything in it from green black walnut hulls to an extract of the Mimosa pudica seed to digestive enzyme to prebiotic. It was just a combination of the things that I just mentioned there, and that's what she did.

**Niki Gratrix:** Wow. Oh my God. So that was really powerful. Powerful case study, that's really amazing. It's great to hear such a good story. I wanted to draw out something that you touched in something really important, so I just want to draw on it again.

You mentioned that what you saw in functional medicine about people being on thyroid meds, and then they go and see a natural medicine doctor who just puts them on some desiccated thyroid. That has got a type it's called Green Medicine, it's where you approach things in exactly the same way.

People are expecting quick fixes of a pill and not addressing any diet or lifestyle, things that relate to things like toxicity and so there's the connection with the autoimmune disease. Which, by the way, conventional medicine says, oh, you've just got the autoimmune, you're going to have to live with it forever. We'll just give you, non-steroid anti-inflammatory, and that's their answer. And you'll be on drugs for the rest of your life and probably get really negative side effects, maybe you can pass away from the side effects.

So this is the beauty of what you laid out there, which is the fact that. Because a lot of people who don't know about functional medicine that'll be the Summit, who just coming from the psychology community. Don't fall into the green medicine trap, which is just replacing; 'oh, I'm doing things naturally', but you've still got the mentality of a short term quick fix, just give me the pill, but it's hey, it's natural. Therefore, I'm doing natural medicine. So this is beautiful.

This is an example of things that you can use that true natural medicine, root cause medicine. That was a pretty profound example though, so I love it. Love it.

**Jonathan Otto:** It's a true story. And I mean, people that want to look it up. I mean, she shares this story herself. And she had a friend that had been using that protocol that we had advised. And again, we didn't talk about this for cancer, and I didn't even want to make that story. But whatever happened with her friend, with that cancer was so bold for her that she thought she had to do this, even though she was given no hope.

When she went back into the doctor, she actually bought supplements in the Cleveland Clinic to consult with the doctor that was working with her. He said, what did you do? And she says, this is what I did. And he picked up each of the bottles one by one. One at a time. This is pretty hopeful, and it looks at every single ingredient. And he probably doesn't know what he's looking at because who does unless you study it, it's just not part of the training.

He's just looking at it and just scratching his head and looking at her and picking it up. And she's off chemotherapy, off the steroids. And what was profound about that is for me, glutathione IV, I recommend vitamin C IV and glutathione IV but for her she couldn't notice any difference from using them.

So again, it's about specific things for specific reasons. All of the "itis" that she had, myelitis, vasculitis, rheumatoid arthritis, Hashimoto's thyroiditis, every "itis" is an irritation.

What's causing the irritation? And there's a verse in the Bible that says, "the life is in the blood." And her blood, it was so clogged up with toxins on a cellular level. And it needed these brilliant God made plans to heal. It needed these resilient, adaptogenic medicines that grow in these climates and do these extraordinary things. And it needed these to enter her body and to do that repairing work, I believe, under the hand of God that is the ultimate healer. But these are all the modalities and the Summit you have here, these are the modalities and this is humanity partnering with the divine, and seeing the amazing transformation that happens when we do that. But it was surprising for me, and if she had come to me back in August and said, this is my condition, I would have been too intimidated by that to even suggest to her anything I would have just tried to say. This case is too hard for me and I would have passed the case somewhere else, and just said, look, just follow what somebody else is saying about this, I'm intimidated by this. I don't want to be the one that's responsible for you losing your legs, but I never came in touch with her.

She just simply found the materials that we were teaching. And again, it's just a testament to the medium as well of having this content out there. And then it was very inexpensive for her as well, because she actually didn't see a practitioner.

So it does show that people can do it this way as well, and other people can see a practitioner, obviously, she was being monitored at Cleveland Clinic. But again, it was only within the modalities that they had, the ones that healed her were the ones that partnered with her body. I would argue that the body healed itself ultimately, not even the plant medicines get the credit, the body was truly the hero of the story, in my humble opinion, the plants were the stepping stone, and that's the key.

**Niki Gratrix:** So any other, share any other experiences from all your interviews, the stories and speaking to so many people about some of the things you've seen that really are important, and that work at the root cause level. And maybe anything where you seem like emotional shifts at the same time as when somebody healed physically.

**Jonathan Otto:** Yeah, sure. Absolutely. So, one of the first films I did was *Bible Health Secrets*, and I remember a man named Verlan Bensen, Dr. Verlan Bensen, but he was a PhD, a lecturer not in the medical side of things and he was a part of a group that the survival rate was under 2 percent and there were 14 people in this case study group, and no one else in his group made it. And they all had the same type of cancer, and he's cancer free, it's been 7 years.

What was it that he did and what was different? For him, he recalled all the scenes of what it was like to sit and to lie down, and to not want to get up and to be so exhausted, because that's what cancer can do to people. It will exhaust people, it depletes your energy and your life source and your fuel. And so he's lying down, it's like, I can't get up. I know I need to exercise. I know this would be good for me, but I can't. So I'm gonna get on the treadmill and then he's on there, and he feels like, this must have been an hour, and so this is so terrible. And then he looks down at his watch and it's been 5 minutes. He's like, I can't do this, this is just too exhausting. It's like if you're lying down at your lowest you can get already. How do you get any lower? There's no rest for me, I can't do this.

And then he said, well, I'm going to do something here, I'm going to read the Bible, I'm going to try this. And again, like spiritual practice. But what is it that moves you and helps you and grounds you and gives you peace, and gives you that place. And for him he was then reading on his iPad while he was on the treadmill. And then, the next day, it was the very next day, he was like, this must have just been 5 minutes.

It was the reverse this time, it's like this has been an hour. I've been exercising now, it felt like 5 minutes. And then it brings in the question, did it help, a supernatural power?

Did the truth or the words bring life or did it harness the power of his mind or was it both? These are the questions that we have to answer. But this man, he, again, was the only survivor in his grip of such an aggressive cancer. And because I was the producer or a producer on *The Truth About Cancer, Global Quest*, I ended up interviewing hundreds of people, and of the case studies, I saw that as a recurring theme. Continually people used faith, but what's interesting is there was one study that I was familiar with, that I've come in touch with when I was doing the series on depression, anxiety and dementia. And one of them was with HIV patients. And it turned out that if you had a vengeful picture of God, in this case study that the T cell count was the lowest.



Whereas it was worse than being atheist in this study because there were three groups. There was the Christian believed in a vengeful God, an atheist, and then a Christian that believed in a loving God, these were just the three groups. And again, there's more groups than that in the world. But in this context, the group that did the best was the loving picture of God, they had the highest T cell counts, it was a HIV study. And then the group in the middle was the atheist group, and then the group on the end that had the lowest cell count was those that believed in a vengeful God.

So the picture that we have, when you think about it, it adds to trauma and a lot of us default to a negative understanding of God. And I see this even when people don't believe in God or these things, that there is a subconscious understanding that we have, and it's the place by which we judge people or ourselves.

We have a subconscious image that is the highest paradigm that we have and if that's a dark place or it's not a loving, beautiful, blissful, unconditional, loving place, then that follows us, and everything is judged according to that. It's very oppressive, and I have lived under that before and in the past. And I've had friends and my wife, and many people that I care about that have had that, and then clearing that and seeing a beautiful picture. Choosing to believe a true and beautiful picture is so healing when it comes to bringing out these root cause issues and the traumas. It has been for me and it has been for hundreds of the people that I've interviewed.

**Niki Gratrix:** So that's really fascinating. It's one thing we haven't talked much about on the Summit actually, about this role of faith. Because everybody is actually expressing some form and faith or not, whether they describe it in religious terms or not. But that probably has to be one of the key pieces of all of this, which is the basis of hope. However you do it, make sure you have it.

**Jonathan Otto:** I agree. Absolutely. And there is an openness, and I understand that people that are listening to this right now could come from every walk of life. And so there is zero judgment on whatever path that you have chosen, and I am in full acceptance of that whatever that is. And the point of their conversation is to invite and understand and to try something out, and to see if, does it help you? Does it serve you? Does it help you to get your results? And I do believe that people that want nothing to do with that realm faith or anything like that.

When they're in a place where they like men. I just want a better life. Then use it for your advantage, use it like you would use a supplement. Use it like you would use any other modality and just say, going to try this out rather than assigning judgment to the concept. And I know that there's a lot that that can open up. And that's why even when it comes to the Christian faith, just looking at Jesus, the life of non-judgment, non-condemnation and just openness and love and acceptance.

This was such a profound ground shaking experience that did make the world think about it, change history. We went from B.C. to A.D. based on these events. So the power of love, and it was Napoleon that was exiled to the island that says, "no one's here to die for me. No one's here. No one cares about me and Alexander the Great anymore." He said this on the island,

he said, "but Jesus, through the power of love, gladly millions would die for him today." And his kingdom was the kingdom of love. And it was just so profound for him to say that.

**Niki Gratrix:** Oh, I just got chills. Yes.

**Jonathan Otto:** And he was marveling from the outside, yet he did not necessarily enter into that place. He was still somebody that wanted to conquer, and he still in his sentiment he doesn't quite understand the heart of it. But he sees it from afar and sees it is so much more beautiful than that concept of conquest and taking over and ruling. Rather than ruling from a place of love or simply disenfranchising that whole way of thinking that the world has been in for millennia.

**Niki Gratrix:** Well, my talk on this is called *Love is the Best Medicine*. But I was going to say, I suppose, I think probably a lot of people who have been traumatized by the distorted version of religion. Is this what you also what you were alluding to when you talk about your wife as well? I do actually think it's to do with some very powerful things, what you would call it, maybe the true Christ consciousness.

Actually, which is very much what I'm talking about in some ways when I'm talking about overcoming attachment trauma, is learning to love yourself at the end of the day and loving others. And when you don't have this emotional bonding with your parents from a young age that causes attachment trauma and then it manifests in a whole set of very negative ways in your life later, relationships, finances and actually ultimately health issues as well.

So actually, I understand exactly where you're coming from, that there has definitely been, it's a shame that the -the baby got thrown out with the bathwater. Because, would you say there's some truths that I'm coming back to that people like me that talk about love as medicine are bringing back in. But we've had to repackage it and also drop the distortions of what happened, where it turned into a vengeful.

I think, and it turned into being about greed, power, money, and looking at what's happening with the Catholic Church, there's a lot of trauma around all that right now. So is that also something that you felt that you went through, a break away from that to create something new that gave you your faith back? Is that your journey?

**Jonathan Otto:** Absolutely, yes. 100 percent correct and that's very intuitive of you just see that. It would have been so easy for me to just disenfranchise and go, oh, how bad is religion? Like, I've seen the worst of it. And you think about it from this side, my mum was Muslim and she grew up in Malaysia, and she actually got captured literally by the government. She got put in court and trials because she believed in Jesus. So I've seen that side and then I've seen the Christian church be equally as militant, she had to escape. And there were three miracles that got her out of the country because the police took her passport, it's so bizarre that this happened. And she was going to face death penalty. So I've seen the worst of what religion can do, yet for me I had to ask the question, am I willing to cast man's actions upon God?

**Niki Gratrix:** OK.

**Jonathan Otto:** And the answer for me, I wasn't willing to do that. God didn't do this to me. God didn't do this to my mother. God didn't do this. These were people that did this and they used the name of God, they used the name of Jesus, they did these things.

But for me, I was willing to say, what does the text say? What is the belief? And to unplug from that, because that's been very healing for me. I could have been so angry and jaded about that, it's been so helpful for me, for the traumas that I've experienced in my childhood that I rank up as having over four ACEs.

**Niki Gratrix:** Yes.

**Jonathan Otto:** So, I'd have over four ACEs that puts me in it, and I did get a lot of diseases. I had Ross River fever, chronic fatigue, glandular fever, cytomegalovirus, Epstein Barr, Lyme disease. I've had all of those and been severely debilitated in my health in the past. And so I had to find health like plant medicine, things that help me in my journey. But also the faith was very helpful for me in healing vs. destructive. And it was by choosing to see a different picture and seeing that, yes, people judge, but Jesus doesn't judge me and that's been my journey. And again, other people I know that not everyone sees Jesus the way I see Jesus, I get that and I accept that.

But I'm just saying that this has been valuable for me because this is evidence for me that I'm deeply loved by God, by the universe. But through this gift and the presence of this in my life has helped me in profound ways that give me so much hope. Even in these times of uncertainty right now the fear of death and dying, all these kinds of things, the loss of loved ones. And in my life, there are lots of things that I believe that I could not believe that perhaps I would maybe be disqualified from. It would be mutually exclusive if there is nothing, if there's nothing out there and there is no afterlife. And then everything we have is just for this moment, and so I'm clamoring to hold onto my life because this is all I have.

But I had this freedom of there's a Bible verse that says, "the things that have been seen are temporary. The things that are unseen are eternal." And I believe that, I believe that what you see when you see me is not the eternal part of me, but the love that is in my heart, that's from God and that's all around us, it's in you. I believe these are the eternal things, so it takes away that fear of, oh no what's going to happen to me.

I'm taken care of, my life is secure. Because there is something greater than what we can see. And that for me, there's so many things, but these things give me hope and help me to transcend above the fear based on things that for me are actual and I believe them. So they're the healing powers that I believe many people, you look back thousands of years and they've accessed these things and it's helped them during very, very difficult times. And you've done your research on these types of things. People recover from things that it's impossible to recover from, but their beliefs were different to a lot of us. And then you realized where they got it from and how it helped them.

**Niki Gratrix:** Yeah. Love that. It's a really important point to draw out for the Summit as well. You've made me think of Viktor Frankl's, Man's Search for Meaning. And Viktor Frankl was, I believe he was a psychiatrist maybe, and he was in Auschwitz. He was observing people who survived and actually existed and lived through Auschwitz. And he noticed for

himself that all of those people who did well, who survived or ended up ultimately even thriving.

They created meaning, they had a greater purpose that had to be invisible. But it was something that allowed them to make meaning and purpose to keep them alive, to keep them going when everything else seemed lost in their physical environment. So that's how a psychiatrist who dealt with it, but this piece about the meaning, which is actually however you choose to do it by having faith, having meaning, having something greater than yourself.

Maybe it's that you discover there's parts of you that go through so much trauma that you discover that there is a part of you that is indestructible and invisible, part of you that has been untouched by the traumas that happen to you. A lot of people have that experience and that journey when they go through chronic illness, so it's a sport of spiritual growth. This is overcoming illness through spiritual growth. So that's beautiful and everybody's entitled to interpret that and express it in the way that their life experience. And mass consciousness, I think a lot of people hold on, actually, without realizing it, because they wouldn't describe themselves as religious.

But they're actually holding a lot of very old, very negative programmed religious beliefs to do with self-condemnation, which is self-love deficit disorder. Self-love deficit disorder that's the psychotherapeutic term for probably a very vengeful God, or they perceive themselves to have failed themselves, the world, the world hates them, it's an unsafe place and they are all sinful. And they're actually not realizing that it's actually very deep, probably previous religious programming into the mass consciousness. So very interesting.

**Jonathan Otto:** I think you're so right. And it's very perceptive of you to think about that concept. So somebody is all right, hey, listen, I'm a complete agnostic or atheist, yet they're talking and you're like, no, this is deep religious programming. And they're saying, no, I'm not even religious. Like, you're not in what you think you believe, but what you actually believe in, your subconscious is very religious and it's very archaic and dark, it's not good and it doesn't serve you. And you can be free from that.

**Niki Gratrix:** Yes. I can see it as well that you embodied it. You can tell that you got over it and when, oh my God, why was I holding all that?

**Jonathan Otto:** Yeah, absolutely. And one of the most profound discoveries that I've made in this, and I see what you think of it, was that I've found that it's human nature's natural tendency. So if I took all religion out of the world, you would still be prone to choose that negative religious viewpoint. It would not be expressed in all the same nuances because certain ceremonies have come through tradition.

But the beliefs become natural to us to judge and condemn other people and to treat ourselves as that God. But we say we're doing it in the name of God sometimes, or we don't necessarily say it like that. But we're taking that position that we're a judge over other people and it's why we gossip about people. Because we feel that they're worthy of judgment or condemnation, or it's why we're so harsh on ourselves. Because we are ultimately a judge over ourselves and we see ourselves as falling short and then therefore we need punishment for that.

And I would even put forward that what you see, a lot of people and again, like a lot of people, we're all into watching movies and all these kinds of things. But a lot of the themes that are coming out of movies and it's been like this since forever. Is it dark in that where we even look at blood atonement in films where somebody has to die. And the story is not complete unless somebody does something bad and they have to die for it. And we watch these types of things and it's actually very judgmental.

We pushed judgment on this person and we feel a sense of completion. And our own issues in our own life we can go like, oh, I feel a little bit better about myself because look how bad that person was and he's dead now. And I know that sounds really full on, but try to explain it to me another way, why would we have all these themes in front of us? Why would he watch these stories all the time? What is it that we believe in? And what is it that we're getting from that exchange? What is the value in us watching that experience of these people doing all these horrible things and then they get killed, they're fictitious stories most of the time.

And so for me, it's just been really great to unplug from that because I don't want to judge those people. I believe that even the darkest of criminals, I don't want to delight in seeing their demise. Why? What does that bring to me? And I would like to see people turn from all these things and become loving human beings, that's the end of the movie that I want. And if I'm watching, something that's stirring up this other part of me that's not so good, that's really dark, that wants vengeance and wants to take matters into their own hands and believes that I'm worthy of the ones that they can judge, condemn and then sentence to death somebody else, and I'm taking that place. Then that's a very dark place to be in, so I've been really enjoying unplugging from that, and just being like, this is not how I'm designed to live.

**Niki Gratrix:** Yeah. And this is really key because, the point being just drawing it back to the topic on the Summit. All that dark stuff that people are programmed with, they're shoving that out to other people, it's going to them, they're receiving it, they're also giving it to themselves. That is going to make your health worse. And I would actually say that science in that sense, science hasn't provided all the answers that humans need to live a healthy, happy life. And yes, we threw out religion because it got distorted and negative. But this missing peace, the love, peace, that's where I think science is this failed medicine.

When you were speaking, science failed medicine to miss this love peace. However you do it, however you learn about it, just start to recognize, what emotional state? What are you letting into your body? What are you watching on TV? Who are you hanging out with? And what are you absorbing emotionally? And that's the thing I've taken from what you're talking about.

**Jonathan Otto:** I appreciate that, and I agree with your premise. I mean, you're right. Science is not pushing this discovery, it's here, it's with us. And truly, it takes so much fear out of our lives and so much joy and healing from a place of joy and happiness and seeing the beauty, seeing the rose upon the thorns rather than seeing the thorns. How much of a difference does this make?

And it's interesting when you think about it, think about this, Nikki. The reality is all the things I'm talking about and through this whole Summit, all the natural plant based medicines, they're all based as non-surgical medicine, correct?

**Niki Gratrix:** Yes.

**Jonathan Otto:** Non-surgical. Of all the non-surgical medicine treatments. Science has declared that over 50 percent, well over 50 percent of non-surgical medicine, the actual value is attributed to placebo. And I think that they're correct in their understanding, but in their definition, they miss it.

Because placebo makes you think that it's something that you believe that's not true, versus placebo being something which is the power of the mind to command the body. And your mind says to your cells, stand in line, this is the way we're going and we're going to heal this thing versus, let's self-destruct, you're not worth anything, you're not valuable. Why are you even here? And then the manifestation of our cells in our body, in every organ in our body says, okay, is this what we believe? Okay, well, let's believe this then and then it's a destruction. So our ability to command our body is so profound and it does have to come from a place of self-love. And there's no way out of it, you can't hate yourself and then want to live.

**Niki Gratrix:** Or heal. If you can't heal, and science hasn't provided any of the answers as to why we're all here, the big major why questions. It doesn't have the answers, it said we're just a bunch of molecules that all accidentally bounce together, suddenly made up this amazing design-ful, beautiful existence of nature and everything's that's all around us. That's all it has to offer, and it's no wonder we have diseases of meaning going on. Like he could describe most complex illnesses, actually, as diseases of meaning, people who have lost purpose, connection with themselves and a sense of love, optimism and enthusiasm for themselves and the world. And religion once did that, but it needed to go through a bit of an upgrade and I think this is actually crucial.

So, Jonathan, thank you so much for your time on the Summit, it's been really awesome and it went in a very interesting direction. But crucially it's probably one of the most important topics and issues to have drawn out for people. So thank you for your time, and any final comments that you want to make as well?

**Jonathan Otto:** Yes, absolutely. So, we definitely have a lot to learn and rediscover and I do think that in regards to the reason why science is not telling us certain things, I don't necessarily get into the conspiracy of it. But what I do think is that sometimes you're just never going to necessarily hear something from the source you want to hear it from.

It's like asking someone to love you that doesn't love you and why do that? We're gonna find that we're knocking on doors and there's no answer. And when you look at where modern medicine is, a lot of people don't know this, but a lot of modern medicine has very direct connections to psychiatry. This is where that baton got passed, and psychiatry was getting a lot of its understanding from some unusual places.

Social Darwinism was it was a huge issue, which is what actually led to the Holocaust. So it first started with people that were mentally handicapped, however you'd like to say that. That's where it started based on the survival of the fittest. But you look at Charles Darwin and his writing and he actually was behind the genocide of all the Tasmanian Aborigines, he had ordered it himself.

So there are dark sources that are right there in front of us that some of us need to just, so when we realize this. Going with the status quo, going with what simply all the things that we think is true is often not the path for us, and finding a better way. And that's what it's been for me, and just this past few months, about eight months ago, my grandma, 94 years old. The doctor said that it was her time, she was going to die, she had a couple of weeks to go and it didn't seem right, and my dad wasn't willing to accept it. And I said, I don't think it is her time and we got alongside her and helped her. And her kidney function was under 10 percent, she had lungs filling up with fluid, it didn't look good. She's back and kicking. It's been, well, eight months since, her kidney function is over 50 percent better than what it was two years ago. We are seeing miracle after miracle. And my father in law, his kidney function was at 8 percent four years ago and he has not been on dialysis. You're supposed to be on dialysis when you get to 15, and so you want to talk about the power of the body to heal.

I'm seeing miracles every day. My mother in law recently got Bell's. She couldn't shut her eyelid. Again through cranial sacral therapy and whatever other work that was going on in the spiritual realm in her life, all these things cleared up. It's cool, it's good stuff. I know that we're at the end here, but I wanted to leave people with that hope of seeing. When we choose to step in this direction, then there's profound things that can follow.

**Niki Gratrix:** Lovely. Jonathan where can people find out more about you, your work. And I also think you have a range of supplements and things like that.

**Jonathan Otto:** Absolutely. Yeah. So that story I told you about, Natalia, was from our supplements. And again, they're extraordinary results, individual results definitely vary, but she was using the formulas that we had designed, it's [welloflife.com](http://welloflife.com)

If someone wants to do a detox that I would certainly recommend, it could change your life in profound ways, with a parasite, heavy metal fulvic, all those things you can find there.

[healthsecret.com](http://healthsecret.com) is where you can find my films and follow the work that we're doing there, like Autoimmune Secrets, Depression Anxiety Secrets. You put your name and email in, get to watch those series for free.

I want to see people get better, see their lives changed and that's why I'm here today. And Niki, I appreciate all that you're doing out there to make the world a better place and shine your light so bright. You're a true bright star in the world and it's an honor to know you and be a friend of yours, and to see you doing this profound work. It's very touching for me.

**Niki Gratrix:** Oh, thank you so much, Jonathan, I really appreciate that. That was awesome. I totally enjoyed the interview. So thank you very much and thanks, everybody watching, hope you got as much out of this as we did, and we'll see you in the next episode.