



## **Detoxification Strategies for Mental Wellness**

**Guest: Dr. Daniel Pompa**

**Niki Gratrix:** Hello everybody, and welcome to the Trauma and Mind Body Super Conference. I have a super important interview today with a distinguished guest, a very successful practitioner; it is Dr. Dan Pompa.

To those who don't know Dr. Pompa. He's a respected leader in the field of health wellness. He trains practitioners as well as the public on the origins of inflammation driven disease. He's worked with ancestral based approaches, ketogenic diet, fasting and he's really got really, I would say, one of the world's leading experts on cellular healing and detoxification. And, you know, his program, I say, is divinely inspired for sure.

So Dr. Pompa, thank you so much for being part of the Summit.

**Dr. Daniel Pompa:** I'm glad to be here. It's an important topic.

**Niki Gratrix:** It is, truly. And, you know, I actually just had my mother go through your program earlier in the year and I think it's amazing how you put the program together.

First I wanted to ask you about your own experience, because obviously this is a conference about trauma, but a lot of people don't realize that they could be having a lot of mental health symptoms because they are actually toxic. And you talk in your program and I've heard some of your story, when you talk about thinking you had Mad Hatter syndrome, you've gone mad as a hatter. Can you share your personal story?

**Dr. Daniel Pompa:** Yeah, I mean, you're right. That's actually what I thought, my gosh, this is me. I have every one of these symptoms. I mean, I was mad as a hatter. And fortunately, I did a blood test because, if you remember anything about mad hatters, they were making felt hats and mercury was a part of the process. So they were getting mercury poisoning daily and they became known as 'mad hatters'.

It's me, I mean, my levels of anxiety and irritability, anger, insomnia, every bit of it I had. I mean, jumpiness. I spent so much time, like most people looking at my thyroid. I mean, I had all the symptoms, you know adrenal issues for sure, blow out.

But like most people, I was doing everything that I could for those things and some things would get better, but ultimately it wasn't. So when I found the diagnosis of Mad Hatters, I thought this is it. And I did a blood test, but it was negative.

So it was like a year or so later that I was working with a very bright endocrinologist, trying to figure out some of my thyroid issues. But the frustrating thing there was is all my blood tests were normal but yet I had all the symptoms and there's a reason for that.

But the fact was, as he said, you know, I think you have mercury toxicity because, you know, you just your body temperature was so low. I mean, you know, you really need to look into that. And I said, how high debt and when it was negative. And he said, wrong test, you know, I don't think you have acute poisoning like the mad hatters, but I think you might have chronic or it's, you know, deep in your tissue. So I did a challenge test where you measured your urine after you took up a key later or binder and their metal showed up and then it was enough that he said, "OK, I think this is your issue."

I asked the obvious question, where do you think I got it from?

He said, do you have any silver fillings in your mouth? I said, Yeah, I do.

And then he said, did you have any out around the time this happened?

And I said, I may have. And sure enough, I did. It was days after that that the just massive fatigue started, I thought I was training too hard, honestly. And then I went from fatigue to digestive issues could mean anything, which was weird for me. Headaches, insomnia, you know, debilitating anxiety at that point.

So I realized, okay, I wasn't, I was training hard. Like at that point I could ride 100 miles on my bike. No problem. I couldn't even ride five and it would just wipe me out, make my headache worse anyway. So at that point, I realized, OK, this could be my problem.

So everything I teach today and I've been blessed to teach thousands of doctors around the world my protocols, what I learned, I learned in that story itself.

It was a long process of learning how to get this stuff out of the body and in particular in the brain. And that's really where many people go wrong, because these neurotoxins, meaning toxins that literally go after your nervous system, your nerves, of course, your brain. Most people don't do this process properly.

\*barking\* Sorry. My dogs! We may have to deal with that periodically. I'm not in my typical office, as you can see today.

But, you know, it was a process, getting it out of the brain. And it's why it causes so many symptoms that mimic that. You're, in fact, just going crazy. As a matter of fact, I have to say this, I went to so many people, like people watching this, to so many different doctors, practitioners, and there was a good percentage of them that just wanted to give me a

psychotropic drug assessment - you know, serotonin uptake inhibitor, you know, basically anxiety medication. I mean, you could put them in all of those categories.

I didn't because of my deep rooted philosophy that there was an upstream issue. I have to get to it. But let me tell you, I with that said, I, I did look back at times and say maybe I should have been doing this. Maybe I should, you know, so no criticism for anybody who's done that, because honestly, I really believe it was only my wife that was saying, you know, no, no, no, you're gonna stick to you know, there's something wrong. You weren't like this. Now you are right.

But honestly, I thought to myself many times, maybe I am just crazy, you know, maybe just took this long for this to kick in and, you know, maybe they're right, maybe I do need the drug. You know, I mean, I put through those periods, you know, and praise God, you know, I'm here now, but you know that I didn't do that. And praise God, I did find my upstream route, which now I'm blessed because I help people around the world dig for their roots.

It's not always Mercury. In my case, it was, you know, but there's other neurotoxic sources that we can discuss that are hidden and people think they're crazy. And, you know, just maybe it's a neurotoxic issue.

**Niki Gratrix:** Wonderful. Can you talk, what are the big ones right now that you're most focused on and concerned about that are really the most prevalent ones to look for?

**Dr. Daniel Pompa:** You know, obviously heavy metals. I'm very passionate about heavy metals. It was my issue. Lead is another one because lead is stored in the bone. And so oftentimes there's times of life where it comes out of the bone. For me, it happened to my wife. I mean, you know, my whole family; we have our story. You wouldn't believe it. I don't have time to tell it all.

But my wife was going through pregnancy; lead comes out of both during pregnancy - it's normal during pregnancy. It's very normal, but it's stored in the bone. And she had a lot of lead from her mother. And by the way, the number one cause of lead toxicity is mom in utero, because you lose bone and it goes in utero to the baby. And that kind of starts that process. It came out during her pregnancy even more and so she ended up with a lot of hormone dysregulation because of that. So that happens to women.

Even at certain times when we age, we lose bone, even for hormonal reasons, estrogen adjustments, perimenopause, you can lose a lot of bone as that bone remodels and outcomes lead. And you may think, you know, OK, what's going on?

I mean, you know, it happens all the time. It's very disturbing.

Even as you age, sometimes the heavy metals will come out of the bone. So you have to consider heavy metals.

But mold toxicity, I talked to someone today and I believe it was a mold exposure that started triggering their problem. And I believe actually they even got out of that house, but all their problems started in a specific home. And I'll tell you, I've watched people go insane living in a moldy home.

And in part of the issue there, too, is it's oftentimes a perfect storm, meaning that you already have; maybe an accumulation of heavy metals in your life from your mother through other accumulations. Right. And then you're in this moldy home, and that becomes a perfect storm. And all of a sudden now you're sick. Certain genes get triggered, autoimmune gets triggered, and you're wondering what's going on. So mold is hidden, you don't see it. It's behind walls. If you're living there long enough, you don't even smell it. Maybe other people coming into your home smell it. I don't know.

And one last one, that's typically mist is hidden infections. You get root canals and they hold infection. And it can, again, may not even be why you got sick, but it could be why you're now not well and it's manifesting into even further illness.

Wisdom teeth out when you're a teenager takes about 20 some years and now these infections build up. No pain with these infections are devastating to your brain and nervous system and can cause this as well.

**Niki Gratrix:** So now you're the real expert on detoxification strategies from these ranges as the imbalances that we get exposed to. And, you know, what we took is still, I think, fairly rudimentary understanding about detox. You say that word, which is a wildly overused word by the way. People come up with water fasting, fasting, maybe some herbal remedies, a bit of a footbath, they might go as far as sauna steam. And there's a little bit more to it than that, isn't there?

So people are making some tremendous mistakes and maybe you could share just the big picture. Just start with your three phases, like people doing things in the wrong order.

So this thing about, there's an order to do things that this is really critical. There's a lot of people who are getting more and more toxic. If you do this wrong and in the wrong order you can make somebody a lot worse, and worse in the brain symptoms, and they think they are doing it right. But this has to be done right.

**Dr. Daniel Pompa:** This is the perfect order here of questions, because that is the problem. People watching this, listening to this go, oh, I've done detox, right? Oh, I addressed my heavy metals with cilantro oh chlorella. OK. That none of those are real binder's.

There's so many pitfalls in this process, one of which is not doing it long enough to actually make a difference. I pulled mercury out of my brain for years. So one of the things when I teach my doctors or I even take someone on myself to coach; my goal is to teach you the process so you can do it long enough to actually make a difference. You don't just clear this out of your body in three months, six months and go, oh, yeah, I'm done yet this is what I hear. 'Oh, I did. Heavy metal detox' OK.

You have to learn this process because it is bio accumulated in your brain for many, many years and can take years to come out. So therefore you don't need to treat it. We taught this process; so I know my goal is always to teach doctors, to teach the person the process, or if I have someone I'm working with myself, teach them the process.

So that's pitfall number one, it has to be long enough to matter; you have to learn the process.

To your point, there's three phases. There is a preparatory phase. You don't just detox. You have to prepare the body for that. There's the cell. There's pathways in the cell that need to be upregulated for it to even be real detox. Most people don't do that correctly. But my five 'Rs' is a roadmap of how you actually up regulate a cell to detox every day when it makes energy just so you feel normal. You know, you're making a toxin. You're making smokes like burning wood in a fireplace. You know, if you don't have the damper open the smoke backs up. Well, that's what happens when these pathways are shut down, if you're making your own energy, you make toxins, let alone the toxins that are already accumulated in the cell. So we have to up regulate those pathways.

Step one. We have to open up down deep, downstream detox pathways, the gut, the liver, the kidney. We want to prepare for that. Now, look, I people say, well, shouldn't I fix my gut first before I detox? Look, you'll never fix your gut unless you detox. So you have to be doing these things simultaneously. You don't just fix your gut, if only it was so easy, right? It can't. You have to prepare your gut and the microbiome as you're starting through this detox.

Let me give an analogy. You have a river and the fish down river and you just bought this new property and you're very excited. The fish are dying. The algae blooms are dying. And so you spend money and you dump all this money back in buying new fish, new plants. Three months later and it all dies again.

You do that again and you spend even more money and you hire another expert, a.k.a "a doctor". You buy more probiotics, more supple constraints, and your fish die. Again, only to find out that 20 miles upstream, there's a factory dumping mercury. And so here you are downstream trying to fix it all but the upstream issues. So my point is this. You have to deal

and locate the upstream issues; what we were just talking about, as you're downstream, how to repopulate fish, the microbiome you look at.

So prep phase is number one and all that I just said as part of that.

The second phase is a body phase where the goal is to clear the body to the point where you are cleared enough that you are able to set up a concentration gradient. I don't want to get too sidetracked, but things move from higher concentration to lower.

If you remember back to your biology, chemistry, that's what happens. You know, they've moved from higher to lower. So by clearing the body, we can ultimately get to a brain phase, which is the third phase. And then we're now having the help of it moving from a higher concentration to a lower concentration out of the brain, so to speak. So that process, step by step, is very important. And then once you're in this brain phase, it is years, not months. That's why you have to learn the process.

And then another pitfall, Niki, is people don't use real binders. So, like, when we enter into that body phase, they're trying to use these herbal binders that are weak. So they kind of pull but they let go and you redistribute the metal, much of which goes more into the brain, which is where the problem is.

So you have to use real key layers that grab and don't let go. But the problem there is that people use them incorrectly. These key layers have to be taken so often, depending on which one you're using, they have to be, there's a frequency, you have to do it for at least three days. You know, some people do better. Longer cycles, shorter cycles. So that's why you need a coach. Because it's not like here, take this program. It is not so easy, so you can see there is a process that I've learned in 20 years here.

**Niki Gratrix:** OK. It's so important. Just something like I've noticed that is interesting and why I came across your work, I'm working with trauma and a lot of people come to see me. I have started to identify, I think we have an epidemic of pyroluria that's been brought on by stress in childhood.

It means you're going to be zinc, B6, manganese, biotin deficient. So even if you don't have a massive exposure, we're all exposed to these toxins. You get deficient in those nutrients you're going to be building up the metals. But the problem is you can't go straight into it. You don't want to go straight in to address the pyroluria because you've got zinc straight in there. You've to think straight that that's phase three. Like you're going to bring minerals in. If you haven't done all these early phases, I'm trying to get the message out to practitioners. I think we have an epidemic of pyroluria. However, follow Dr Pompa and learn his program, right?

**Dr. Daniel Pompa:** Yeah. You know, you're right. I mean, there's certain vitamins, minerals, to your point, that are depleted in this. But you're right. If you just start trying to take a bunch of those you are putting the cart before the horse, so to speak.

So, yeah, purposely we don't bring in higher dose minerals to the start.

And also there's other things, Methylation is big right now and it is kind of irritating because people are diagnosing them with the snip - I'm MTHFR, I'm a zeitgeist and look, your genes don't make you sick. Can stressors accumulate and trigger certain genes? Yes. But epigenetically you can go right around those pathways.

But yet, toxic people. I don't care what your snipper gene is, deplete methylation. And once you do, now you're there's something I call the methylation priority principle where you'll steal methyl groups to help detox and you're still methyl groups to help get rid of even toxic hormones and now other pathways are not being methylated. And then you end up with high anxiety, for example.

But all of that's considered, obviously, when we detox. But it has to be in the right order.

**Niki Gratrix:** Let's talk about your five 'Rs' and have a little bit of a summary of each of them. And it's really important because people think of detox, maybe have gone as far as realizing that actually if you're doing detoxing and water; doing water fasting, you're taking all the protein out, all the fats out the diet and that's going to detox you and that couldn't be more opposite of what we need, right?

I mean, let's talk about this. What are your five 'Rs'?

**Dr. Daniel Pompa:** I mean, you're right. I mean, you're you're you're talking to someone who teaches fasting as part of my multi therapeutic approach. But in itself, if you fast someone who is very toxic, they'll get worse. So there's a time and a place for these things.

But fasting isn't a cellular detox, in the sense.

So to your point, my saying is you have to fix the cell to get well, more specifically, you have to detox the cell, get well.

So I had said my five Rs is that roadmap that I teach doctors. I never thought it would be a roadmap that the public would grab onto. But they have a good thing.

Number one is removing the sources. And I said, you really have to pay attention to these really nasty neurotoxins that are typically missed; we talked about the heavy metals, we

talked about mold. There's other forms of biotoxins that fit into that category. And then hidden infections we talked a little bit about.

So those are sources that we need to pay attention to. I mean, look at sources also. I mean, are you eating an organic diet? What are you cleaning with? I mean, those are sources, too. We have to clean up people's lives, but it's typically those three big ones that are missed that at least if you're watching this program here or this interview, that, yeah, you'd better pay attention to those three.

Number two is regenerating the cell membrane. I just said, look, you have 50 to 70 trillion cells in your body. The membrane is arguably the most important part of your cell function. But more importantly, why you don't feel well still, why your hormones are dysregulated. Maybe you can't even lose weight, let alone if not a brain fog. The cell membrane is the actual problem.

Now, Bruce Lipton, he wrote a book called *Biology of Belief*, and he finally got people to understand I hope, that the intelligence of this innate, medium born intelligence that's in our bodies, that knows how to heal you by the way, that intelligence is in the memories. And, you know, that's what you have to understand. That's how important this is. And I'll skip the detailed science.

However, I think everyone needs to understand this. What goes in your cell that you need to feel good. And what comes out, which you need to get rid of so you're not sick. All of that is determined by that cell membrane. So therefore, regenerating the cell membrane. Is something I teach seminars to doctors about, you have to regenerate the cell membrane, and that is our tune.

By the way, your hormone receptors, people are taking hormones to try to feel good. But it's the receptors that are on this membrane that ultimately your hormones have to attach to get their message in the cell, and then you feel good and then you burn fat and then you don't have brain fog.

So the point is, is that when your membrane is inflamed, driven mostly by toxins that make their way in these fatty membranes and just inflame it. I don't care how many hormones you take, you're not going to feel well.

**Niki Gratrix:** Just a quick thing on the key things you would use to repair cell membranes, it's healthy, good lovely fatty essential fats, right?

**Dr. Daniel Pompa:** You know, an amount of the dietary strategies I teach, like feast / famine cyclining, there's not one diet.



Doctor, what diet should I go on? It's not so simple.

A principle called diet variation is something that I teach people and doctors how to do to down regulate that information. But I think most people, just as a starting point to give your viewers where you start, get rid of all grains in your diet, not just gluten, because a lot of people transition to gluten free and then you have what I call super sugars, tapioca flours, corn starches, a lot of more dangerous, really, things that inflame the cell. So you have to be careful with getting rid of all grains is a great place to start, because there's many proteins that once you have a leaky gut and you're challenged, you don't digest correctly and they inflame you, they drive your own immune system to attack itself.

So getting rid of all grains and refined, processed sugars is a good start then, you know, you can talk about getting fat adapted. You know, there's a whole process of getting your cells, forcing them to burn fat, which helps reduce the inflammation. But ultimately, it's not until we get upstream to that factory that is 20 miles up and get rid of what's dumping in, that we can really control that cellular inflammation.

But, you know, I do get people early on eating specific fats. This is another show, Nikki. I know it's not taking fish oil. I'm actually very against fish oil unless it's in fish. The key to the membrane is actually Omega six fats.

Now, omega six fats have a bad rep because most of which is in the diet is in fact that Omega six is rancid, it's what we call it adulterated. And we have to get rid of those in our diet - that's things like vegetable oil, canola oil, and I would argue most oils that you're utilizing in restaurants. But the point is, we have to get rid of those and we need quality Omega six. It really is the magic in the cell membrane. And so raw nuts and seeds, grass fed meats are places where you get these and believe they're not, saturated fats are very important to stabilize the membrane, too.

And cholesterol, these are fats that most people watching this might think are really bad that actually we need them. So grass fed products are actually really important.

Look, I mean, there's certain products that I recommend that can target those omega six, but I don't want to sell a product, but just know that those dietary changes are important.

So. And then quickly, I'll just say the other ones that we could talk about. But you have to restore cell energy. It's the key to detoxing cells, when the cell loses energy in the place where it makes the mitochondria you're not going to detox correctly. You have to restore that cell energy, I have a lot of strategies to do that.

The R four is you have to reduce the cell inflammation, cellular inflammation. Lot of my dietary strategies do play into that.

The last R is methylation. I mentioned it earlier, but reestablishing methylation pathways, all of those five steps put together is really how we get the cells detoxing, doing what it should be doing naturally.

These are the things that are broken and toxic people. So, again, I'll repeat myself to get well, you have to fix the cell. Five R's are that roadmap and specifically have to detox the cell. Those five R's basically give us that roadmap on how to do it.

**Niki Gratrix:** I'm going to say, just in case it was missed, because just for a brief second the internet went. R four is cellular information. And then R five was re-established methylation.

So, you know, it's good to go through this because people need to realize that it is involved and they need help to do it properly.

And the beauty is, if you do it right, it does well. And you can get your love back and stop feeling like you've gone crazy.

**Dr. Daniel Pompa:** Absolutely. I mean, that is the point. Rarely, you know, is it that, you know, a person snaps, they're just crazy. I believe there's upstream roots.

You know, you could look at somebody and say, well, you know, they had issues from the time they were kids. Well, maybe they got most of their toxic input in utero, because when we look at studies, there's a study called the drasta. Ladies, the number of fillings is that there's dark fillings that don't have any, so I can't show you. We call those amalgam fillings like silver fillings. Those dark spots, those contain 50 percent mercury. And ladies, the number of those fillings that you had or have on autopsy studies, was proportional to how much mercury they found in the baby's brain. So while it starts there. And then, Mom, if you had high lead from your mom, by the way, it's four generations of inherited toxins, which it's estimated.

And by the way, certain genes can get triggered from those toxins even in utero. So in how long are they triggered? Science shows about four generations. So we're talking about generational physical inheritance of certain toxins, genes that are triggered in utero for so many generations.

Now, look, you know, there's good news. This is not doom and gloom. You can turn off these genes. You can get rid of these toxins.

And that's the point I'm making. It has to be done at the cellular level. When we detox the cell, when we fix these pathways that study, that innate intelligence can turn off the genes trigger. It can get rid of the toxins, but it has to be done at the cellular level.

**Niki Gratrix:** Great. Can you talk a little bit more about binders, which ones are some of the more effective ones and what are the ones people might be making a mistake with?

**Dr. Daniel Pompa:** Great question. You know, the ones that are very popular on the Internet are chlorella and cilantro.

If they seem to bind very well at the moment, you take them and they meet up with what is your microbiome, your bacteria, but they're not great binder's at all. And I used to say that chlorella was at least a good gut binder. Well, as it turned out, it's not what it mixes with the microbiome it becomes a very, very weak binder, which actually can get you into trouble.

So the analogy I like to use is that I don't know people from different countries here, but we have these street cleaners here in the United States. They go down the street with these very fancy brushes and our tax dollars pay for these things.

And if you've ever been behind, when you see this plume of dust going into the area, only, you know, to watch it come settling down back down on all the cars. OK. That's what these weak finders do in your body. They come in, they start up and then the toxins just settle out. The problem with that is that they redistribute, they end up crossing the blood brain barrier, oftentimes connecting to other tissues, driving cellular inflammation, other parts of the body.

So weak binders are very, very dangerous and those are typical.

Now, a lot of these 10 day cleanses, these herbal cleanses, we find health food stores. They have a lot of these herbal weak binders. And you have to understand it is binders, some of them have what is called a thyo group or theo group. Sulfur, hydrogen. And really true binder's have these groups in specific positions, typically double thyo groups, they grab on and they don't let go, that is a real binder.

And weak binder's, like a lot of these herbals, may have one of these or it's not configured in the same way. And I don't want to take anyone under their organic chemistry, but it becomes a weaker binder. So real binder's have these things in a claw-like position.

Here's the other pitfall. A lot of people will use real binders like, I'll name some, like DMSA, The problem with that really good binder, however, you have to take it every four hours. If you don't, you can create redistribution because it has a Half-Life in the body of around six hours. So what happens is if you're taking it twice a day or three times a day, it's going away very quickly and it's creating a redistribution of heavy metals. So you have to take it every four hours during it's half life so it stays the level stays up in your blood to where you don't redistribute.

So if there's another one called DMPS, yes, it's a real binder; grabs on very nicely. But you have to take it every eight hours otherwise, you create redistribution.

EDTA, it's about every 10 hours, so you can't just take it once a day.

You know, so a lot of people get I.V. They go home and the keylator is now gone in maybe eight or 10 hours and all of a sudden now across concentration gradient toxins are still moving out. But the problem is they don't go out. They redistribute.

So we have to keep people on these true binder's or keylators for at least three days before we stop so we can at least minimize that redistribution when you actually stop the keylator. So they have to be taken frequently enough to keep the level up so you don't redistribute and that to be taken for a certain amount of days before you stop. And you don't ever stay on them, because you will exhaust detox pathways.

So you want to cycle whether it's three days on, four days off, seven days on, seven days off. You have to always cycle these keylators. I know it's a lot. I don't expect sick people watching this to grab it all. Just know there's a right way. That's what I want you to hear.

**Niki Gratrix:** Yeah. That's why we've had you on. You know, that's the key. And what about activated charcoal?

**Dr. Daniel Pompa:** So in a product that I actually helped create called Bind, in my process, we up regulate the cell function, the other five Rs. Now, when we do that, many of the toxins will start moving out of the cell, we use a binder keylator called cyto detox. It has particles that are really good binders, it grabs those toxins and it moves them out of the body. But a lot of them end up in the liver where they bind up with the bile. And bile is used to digest fat in the gut. So a lot of the toxins end up in the gut connected to bile. So there's a product we use called Bond that stays in the gut but it's only job is to pour out toxins so you don't auto intoxicate, because what happens is that bile is holding the toxins that are picked up in the liver, it's meant to be reabsorbed in the lower intestines. So it brings these toxins back around. We call it auto intoxication. So I created this binder, it does have an activated charcoal in it. Now, caution, it's an activated charcoal that is very specific.

And it's so strong of a binder that if you throw it in the air, it sucks to the walls. The problem is many of these really strong binders are contaminated. This one is thoroughly cleaned and its pharmacy grade and you can only buy it in really one source out of Holland. But it's part of one of the binders in that product.

Most carbon on the market, charcoal on the market. Number one, it's dirty, contains lead and arsenic because a lot of it comes from the ground. Number two, it's. About the gun. So you need a super activated carbon. The problem is contamination, so you have to be careful.

But that product that I created has four different binders in it, one of which is carbon. You see, carbon and charcoal don't do a good job with heavy metals. Actually, they do a better job with organic toxins like bio toxins from infections and molds. So we had to put other binders for inorganics like heavy metals in that product as well. So you need multiple types of binders, if you let people hear that as well.

**Niki Gratrix:** Can I just ask about Zeolite as well? Is that in your binder? Would you have that cyto detox isn't it?

**Dr. Daniel Pompa:** Yes. Cyto detox has a particle of zeolite now. Zeolite are contaminated as well. They come from the ground, volcanic ash and most of them have toxins. There's a process that's very, very specific and it knocks off those toxins so you end up with a cleaner product. But Zeolite is a big particle. It doesn't leave the gut like carbon.

So part of the process, and I was not the brains behind this, was getting these particles some bigger, some smaller and we had to put them in a liposome and we had to get the particles down even smaller to where they would cross into the cell membrane.

So that product has small particles that are able to cross the gut but also get into the cell membranes. And there are some bigger ones that were liposomed to get across the gut, but purposely not get into the membranes. So Zeolites are great binders, but again, contaminated. And you have to understand that if you're just taking a zeolite, it's not leaving the gut and it could be making you more poisoned.

**Niki Gratrix:** Wow. OK. That's amazing information. Thank you so much.

Is there anything else, key points that you want to share with people? I am going to ask about your program online and get you to share that but anything else just then?

You know, considering we have a large psychology community listening to the conference, so it's not the usual functional medicine group. That group is there, for sure that this is kind of new to them and they're not experts so much on the functional medicine side so anything you would like to share, that are key important points?

**Dr. Daniel Pompa:** So, to the practitioner, doctor, I would say look, this has to be a part of whatever expertise you are doing. I want to say this, and this does speak to the public as well as the doctor - people get here, physically, chemical and emotional trauma. I'm always the one that says I'm not the expert in the emotional traumas, the trapped emotions.

So most of you are that expert.

I think the perfect combination is understanding how people end up here is this perfect storm of stressors, physical, chemical and emotional.

Maybe it's not emotional and it's two chemicals and a physical or three physical, but it could be a lot of emotional and two chemical as well. So always think about the perfect storm.

If you remember the movie *The Perfect Storm*, it had three weather fronts with the George Clooney movie. The movie did a great job of explaining how these three weather fronts come together and create a catastrophic storm. And, you know, hundreds of people died, billions of dollars of damage.

But this is what happens when someone ends up here.

You know, these three stressors come together and any combination. And then, boom, the genes get triggered. Chronic inflammation. Now, here we are.

So whether you're a doctor or the person listening, trying to get your life back, what were your storms? Trapped emotions.

Oftentimes where we have to dig up these trapped emotions, right? And most of you are the experts here. But oftentimes it's these chemical neurotoxic sources that are part of this perfect storm that in fact, are missed, whether it's heavy metals, the biotoxins we discussed straight, the mold, the hidden infections. That has to be considered.

And oftentimes people or they're under a lot of just even physical stress at the time, working, not sleeping, any of these stressors, the body doesn't know the difference. But when we put these stressors together, that's when it happens. That's the perfect storm.

So how do we fix it? We have to look at it and we have to remove these stressors. I mean, imagine all of us having a certain size bucket, right, when that bucket fills; up starting in utero. I think I made that point in going through life. One day it overflows and now you're here. Right.

That was me that day that they went in there and threw out two silver fillings that just spilled my bucket over.

But looking back, I had accumulated these things from the time I was in my mom's in utero. I looked back and my mother had these signs of heavy metal toxicity, honestly. And then then I went through life. I wore contact lenses in the 70s, 80s and early 90s that had thimerosal, which is at a mercury derivative in the saline solution. I was putting that in my brain. So I had many sources. Thank God I didn't get a lot of vaccines, I didn't buy into flu shots. Who knows where I'd be?

The point is, my bucket overflowed. The day that filling was drilled on it vaporized mercury that it was accumulating before that day. So it could be that mould exposure. It could be the

root canal. You have to evaluate all of these stressors in light of this perfect storm, whether you're a practitioner or somebody looking to get well, that's your way out

**Niki Gratrix:** That was brilliant. Thank you so much Dr Pompa. Just awesome.

Where do people go to find out more about you? You have a superb online program that people who are not practitioners can go and do; what are you offering for practitioners and for the general public. And where can people find out about it?

**Dr. Daniel Pompa:** There's my TCD program, which a lot of practitioners utilize in their practice.

If you go to my Website, [DrPompa.com](http://DrPompa.com), there's a place there for practitioners. There's all of my videos, my podcast.

You can access my book, even health coaching. You can click on that. If you're just looking for, you know, something like that. So, I mean, there's so much information there. You know, just start there [DrPompa.com](http://DrPompa.com). That's part of the simplest way.

**Niki Gratrix:** Wonderful. That's so good. Thank you so much. I have got your program. It's brilliant. I bought into my clinical practice and it's just safer and more important. I hope that more practitioners also pick up, more than already have done, and bring into that practice.

I thank you so much. The journey that you've been on, the fact that you've Covid and shared it with the world to thank you for that. And thank you for taking part in the Summit. Thank you.

**Dr. Daniel Pompa:** Thanks for having me.

**Niki Gratrix:** OK, everybody take care and we'll see you in the next episode.