



Ep. 35: Ivermectin, Hydrogen Peroxide, and Long Haulers - Al Danenberg, DDS

Evan H. Hirsch, MD 0:00

Hello and welcome to the Fix Your Fatigue Podcast. Whether you can't get out of bed in the morning, your energy crashes throughout the day, or you're a bio hacker looking to optimize your energy, productivity and focus. This podcast is for you. I am Dr. Evan Hirsch. And I will be your host on your journey to resolving fatigue and optimizing your energy. And we'll be interviewing some of the top leaders in the world on the tee resolution. Welcome.

Evan H. Hirsch, MD 0:33

Hey, everybody, welcome to another episode of the Fix Your Fatigue Podcast. I'm so glad that you're here with me because today we're going to be talking about ivermectin, hydrogen peroxide, and long haulers and we're gonna be doing it with my friend second time on the show with Dr. Al Danenberg.

Evan H. Hirsch, MD 0:51

And let me just tell you a little bit about Dr. Al before we get into this, so he is a periodontist and was in private practice for 44 years. He incorporated ancestral nutrition and lifestyle with his leading edge laser protocol to treat periodontal disease. he consults with patients all over the world virtually regarding animal based nutrition, lifestyle, oral and overall health, and the importance of healthy gut and immune system. He also includes his unconventional cancer protocols. Since he was diagnosed with incurable bone marrow cancer in September 2018 and was given only three to six months to live. He rejected all chemotherapy and is thriving today. He earned a certified functional medicine practitioner designation as well as certified as a cert as certification as a certified primal health coach. He's a publisher of several books. Dr. Al thanks so much for joining me here today.

Al Danenberg, DDS 1:48

Thank you had an opportunity to be a repeat guest I love it.

Evan H. Hirsch, MD 1:53

Yeah, and you know, one of the reasons why I wanted to have you on a second time is because of your wealth of knowledge. And how articulate, articulate you are. See, I'm not when I say that word. And, and how great you are at really examining the research and kind of what's what's, what's happening in reality in real time. So let's dive into this. Let's talk first about ivermectin right now we have a pandemic. We have the COVID virus that's happening we have a number of people who've got long haulers. But let's take a step back and talk about this new character on the market. ivermectin tell us first, what is ivermectin?

AI Danenberg, DDS 2:30

Well, it's not a new character. And, and from my research, I don't have personal experience with ivermectin or listen to many physicians that work with it. Treat active protection, prophylactic work as well as after the initial symptoms of COVID. And many, many years, several decades of research and billions of those is being given for its prescribed type of efficacy, and that is to destroy parasites in the gut.

AI Danenberg, DDS 3:07

What's very interesting from all the research is that ivermectin is a human drug. It's not the animal drug that is related. This is the human prescription. And it actually interferes with a variety of pathways, including the pathways for a virus to duplicate itself. And the research in that regard has led many professional medical people to consider ivermectin as an off label drug to help treat either prophylactically or early symptoms of COVID. And this is from all over the world.

AI Danenberg, DDS 3:51

As a matter of fact, there is a study that was published, I'm thinking, the end of May 2021 in Israel. Now, Israel, as you know, has had a population that is highly vaccinated 85% or so. And this population has had many breakthrough cases of delta variant. vaccinated and unvaccinated. And the study actually looked at patients that were getting COVID either vaccinated or unvaccinated breakthrough cases that were not hospitalized. And their study really showed that there was approximately an 85% reduction in the symptoms of the COVID either breakthrough or the original virus, which was the Delta at this time that patients were recovering within a few days. They didn't have to go to the hospital or certainly go into Venezuela. Or any other situation.

AI Danenberg, DDS 5:03

This is very interesting. There are many other studies. But from what I read, the Israel study is the most comprehensive, well controlled, double blind study. And it's very recent. So what you know, I tried to put together all the dots, what my issue is, I have an incurable bone marrow cancer that I have treated without chemo and created these unconventional cancer protocols. And theoretically, I have a very weak immune system.

AI Danenberg, DDS 5:35

However, my protocols are designed to create or recreate a very robust immune system so I can fight infections. And I have some biomarkers that we're not going to necessarily talk about today. But I have some biomarkers that show my robust immune system is probably better than 95% of the general population, which is amazing, because I'm actually at the other end or strain. So one of my concerns is to make sure if I were having symptoms of a viral infection COVID, for example, but a viral infection, I need to do the best I can do to help my body fight this infection. And historically, evolutionarily, with human species in mind, for two and a half million years, we have been fighting bacterial microbial viral infections all alone.

AI Danenberg, DDS 6:33

So we have a system internal our immune system that has a method to really fight infections. Now, we can die from infection, obviously, but our body's immune system is the best armed forces, we have the fight and infection. So what I wanted to do was gather information and create a little medicine kit. If I were to get symptoms of a severe virus, and it includes ivermectin.

AI Danenberg, DDS 7:07

Now, ivermectin, interestingly, has been researched and studied and written about primarily by a group called and I think the website is flccc.net, which is a consortium of medical doctors in the field virologists, immunologist, very clinically oriented physicians all over the world that are utilizing ivermectin on active patients and active disease right now. So they are hands on and know the story. And they are literally finding that ivermectin is the best, the best medicine to stop a severe viral infection like COVID, within days, if you catch it early.

AI Danenberg, DDS 8:00

The problem is, if you wait for symptoms, they get worse and worse. And you go to the hospital. And by the time you were seen and treated, it may be too late for ivermectin to be effective. But if you catch it in the first several days with this upper respiratory infection and symptoms, the research and the case reports I am reading show that you can sure this thing within one to four or five days. Amazing.

AI Danenberg, DDS 8:31

Now it is those related. So if you are a heavy weight person, you have to take more ivermectin than if you are a skinny person. So there is a table that is aggressive. Based on the most recent data with the Delta variant that suggests the number of tablets you need to take once a day. These are three milligram tablets, once a day until the symptoms go away, which generally is within five days.

AI Danenberg, DDS 9:03

Now here's an interesting side effect. What is not being discussed from what I see is I did some research and found a paper that talks about ivermectin utilize for humans to control parasites, and shows that ivermectin creates gut dysbiosis. In other words, it damages the healthy microbiome in the gut, which is critical, because if there is an unhealthy microbiome in the gut, then you can develop a leaky gut [which] creates systemic inflammation affecting every organ system, and certainly affecting and making worse fatigue and exhaustion.

AI Danenberg, DDS 9:48

So if that drug ivermectin is potentially damaging the gut microbiome, you need a professional person [who] needs to do whatever steps is necessary to support the gut microbiome while the ivermectin may be causing damage. For example, when I was treating periodontal disease actively and I had a patient that had severe infection, it was systemic, certainly related to the mouth, but related to other issues, and I would put them on a systemic antibiotic, I would not just put them on a systemic antibiotic because that would destroy the gut microbiome.

AI Danenberg, DDS 10:26

I would put them on the systemic antibiotic for 7 to 10 days, but I would put them on an aggressive bacterial building the reverse diversity building protocol of spore-based probiotics, so I could get that gut healthy again. And they would stay on that for three to six months, because it takes a long time to repair a gut that's damaged just within a few days of an antibiotic. And I'm assuming the same thing would be true with ivermectin.

AI Danenberg, DDS 10:56

So I have a protocol. The protocol talks about the dosage for ivermectin based on your way, and also includes spore based probiotics or other whole food supplements that give your body the nutrients that it needs to fight infection, and also rebuild a gut microbiome.

Evan H. Hirsch, MD 11:19

Brilliant. And so can you, can you share a little bit more about that protocol with us?

AI Danenberg, DDS 11:24

Sure. So the protocol, I have it broken down into three sections. While certainly the first table would give you the number of tablets, you need to take three milligram tablets per day based on your way. So let's say you're 150 pound individual, you would take nine of these tablets. Once a day with food, you want to take it with food, because you want it to absorb into your bloodstream. If you were taking this for parasites, which is in the gut, you want to take it without food, but that's not the case, we want to take it with food to get into your blood system, which is where it needs to do what it needs to do.

AI Danenberg, DDS 12:11

So that would be like I said, if you have to wear 150 pound person, you would take nine tablets a day, ideally, nine tablets at one time per day, until the symptoms symptoms like shakiness, loss of taste, loss of smell, upper respiratory issues, that type of thing, those symptoms, with significant aching, muscle pain, those symptoms would go away, and then you would stop the tablets generally, that would be within five days.

AI Danenberg, DDS 12:41

Now there is a concept of prophylactic treatment with ivermectin, I don't support that, because that's like saying, I think I might be getting, I want to protect myself from getting sick. So I'm going to take a tablet of penicillin every day. If you were to do that, you're going to do a lot of damage to your gut. And you'll get resistant strains, all kinds of bad things, you don't do that. Maybe you do other things prophylactically, but you don't take a indiscriminant antimicrobial.

AI Danenberg, DDS 13:12

What I do and what I recommend for prophylactic treatment is to become metabolically flexible. Now that's a detailed concept. But what that means is you're eating a healthy diet, removing irritating foods, like processed grains, processed sugars, vegetable seed and vegetable oils and seed oils that are processed, and namely processed foods and packages that have a variety of chemicals. And in addition, you're eating in such a way that your body learns how to burn carbs when you're eating carbs, and burn fat when you're not eating much carbs, and you literally cycle in and out of a process called ketosis.

AI Danenberg, DDS 13:59

And you can monitor if you are in ketosis or not. After you understand how to get it get to that point and the diet that you need. Then you can monitor that ketosis with a breath ketone monitor, there is a company that makes a an excellent monitor where you literally just breathe into it, and it registers your acetone level that's blowing off from the the ketones in your blood system. If you're in ketosis, you're burning fat. And then for five days of doing that, then you want to cycle out of that ketotic state and go into low carb burning state where you eat maybe 150 or more healthy carbohydrates.

AI Danenberg, DDS 14:44

And I would say healthy carbohydrates are a combination of maybe some fruits and a few vegetables that are low in phytates, oxalates and lectins. These are considered anti nutrients that damage the gut. So those vegetables, fruits, maybe some raw Honey, which is phenomenal, and put it to the level of 150 or so grams, you'll find that the ketone breath meter goes almost to zero, you're producing no ketones, you're a carb burner that moment. And then you do that for a couple days. And then you switch back to a key tonic type of eating style.

AI Danenberg, DDS 15:20

You won't have any cravings because your body is in this flexible state at this point. And you do that week in and week out. And that supports and there is great research that shows a metabolically flexible individual has much, much higher risk to chronic disease or cancer, and a significantly higher, robust and effective, efficient immune immune system, which is your goal.

AI Danenberg, DDS 15:47

Also, vitamin D is important. So part of the protocol is to take a vitamin D test, that would be 25 hydroxy, vitamin D blood test. And today, it would be recommended to have that 25 hydroxy, vitamin D level within 60 to 80 nanograms per milliliter. If you're not in that range of you too high, reduce your sun exposure or whatever supplements you're taking for vitamin D3. And if you're not at that level, you need to supplement with vitamin D3. And when you ever supplement with vitamin D3, you have to add vitamin K to because of its effectiveness and calcium metabolism, which is another story. So that would be my prophylactic idea.

AI Danenberg, DDS 16:33

Now if you have symptoms and signs of COVID, you're not in the perfect state, you still need to eat this way. But what you would start doing is taking one dose. If you're 150 pounds, that would be nine tablets, you would take one dose nine tablets per day, while you have these symptoms until the symptoms go away. Theoretically, and ideally within five days, those symptoms would go away. If you had COVID already, never treated for COVID, but you recovered from COVID.

AI Danenberg, DDS 17:07

But you have this concept of long haulers COVID. Basically you have residual damage, you may still be a carrier, and you may have a high viral load. But what you could do with the ivermectin is taking a one dose once a week. And that would be nine tablets at 150 pounds once a week until the symptoms of long haulers go away. And I don't know, the average length of time because we're only in the early stages of understanding this, but it seems to be maybe six to nine months.

AI Danenberg, DDS 17:48

Okay, so I have a variety, also the protocol, I have a variety of supplements that should be taken but it's not supplements that you think of as a typical supplement you buy from the drugstore or the health food store or whatever. These are not synthetic, they have nothing added nothing subtracted. These are actually desiccated animal products from grass fed grass finished cattle, generally they're raised in New Zealand. They're pastured. And when you actually desiccate, let's say in Oregon, and it's liver, you know, yeah, if you put a piece of liver in your hand, it includes the entire palm of your hand.

AI Danenberg, DDS 18:36

But if you desiccate that it's 80% water, it's just a lot of powder left. That powder retains all of the nutrients in that organ. The only thing that's removed is the water. There's nothing else additives, no additives whatsoever. It's either in a powder form or it's an a capsule that is bovine cat like collagen. So it's not animal based at all. I mean plant based at all. And you take that on a daily basis I have a regimen of a variety of desiccated organ one is general organs, which includes heart, liver, pancreas, spleen and kidney. That's all one type of packaging, five capsules a day.

AI Danenberg, DDS 19:20

And then there's another that is very, very interesting. And it's called colossian. This is bovine colostrum, that has many ingredients natural immunoglobulins peptides, just a number of ingredients that helps the gut microbiome and the epithelial barrier to heal to prevent a leaky gut. There are two very exciting studies that were published in just two years ago that show with humans double blind, that this bovine colostrum is very beneficial for what I just said.

AI Danenberg, DDS 19:57

Actually, it's very beneficial for athletes to rebuilding and helping muscle. And then the other vitamins that I'm, or the other supplements I recommend are a variety of spore based probiotics to literally rebuild the healthy gut microbiome. The important thing is this, you need a diversity of species in the gut, meaning many, many, many different types of bacteria, microbes that live in the gut, in in a state of homeostasis, a state of balance, the more species and the more numbers of each of the species is called diversity, specifically, alpha diversity, you want to have the highest alpha diversity that you can.

AI Danenberg, DDS 20:44

And the main reason is that many, many species will crowd out potentially pathogenic species that could take hold and create infection and gut dysbiosis. So the more variety of species that you have you the higher alpha diversity, your gut microbiome, the healthier your gut and your gut lining is. So the specific ones are, they have some names. One is Terra Flora Deep Immune, one is A-258, one is Restore Flora, this is part of my protocol, I have links to where you can get those.

AI Danenberg, DDS 21:22

But that is the way to rebuild the nutrition, and the success of a balanced gut microbiome. If you need to take vitamin D3, it must be taken with vitamin K too. And I have sources for that. Now there's one other thing that we can talk about that is part of this protocol, but you might want to talk, we want to talk about it in detail in its in and of itself, which is nebulised hydrogen peroxide. This is my protocol for my little medicine chest called ivermectin for viral infection.

Evan H. Hirsch, MD 21:58

Brilliant. And so tell us a little bit about, a little bit more about the animal products and what role do they play?

Al Danenberg, DDS 22:07

So interestingly, if you look at some very recently published research, one paper was published, I think, in April 2021. By Dr. Mickey, of I can't remember his last name, I'm sorry. But he's an Israeli anthropologist, and two of his partners, they published this paper that critically evaluated what our human ancestors actually ate for two and a half million years. It's a long time. And it's interesting how they developed it, it has to do with the the, the tools that were found in the archaeological digs, it has to do with nitrogen testing to determine what protein was actually in their guts, animal protein or plant based protein, it had to do with a variety of other factors, because there were many bones that were buried in the graves of these individuals.

Al Danenberg, DDS 23:17

And it turns out and of course, the physiology of the digestive system, it turns out that we have a very acid stomach, almost like a carnivore would destroy microbes that are festering in meat when we scavenge for me. In those days, it has a long small intestine, we have a long small intestine, where most of the animal based products are digested, we have a very short colon. Because we don't digest much plant, we were not eating that many plants. So we didn't have to have the capacity to digest plant fiber material. So the colon is relatively smaller.

Al Danenberg, DDS 23:59

So when you look at this, you kind of get an idea that humans are not carnivores. But humans are carnivores, like they're omnivores, with a, with a definite predilection to eating animals. They do eat plants, we do eat plants, and we are careful with the plants that we eat. But we don't eat a volume of plants, like a large percentage of our diet day in and day out. If we do anything, we would eat maybe five to 15%, maybe up to 20% of our plate of food would be plants today. But plants that don't have anti nutrients, plants that don't have phytates oxalates are lectins to any great extent.

Al Danenberg, DDS 24:48

So when you eat an animal from nose to tail, meaning the muscle meat, the organs, the saturated fat in the calendulas material, you're getting all the nutrient Your body needs in a biologically active form without any new any nutrient anti nutrients that would be in the plants that maybe these animals are roodman animals may have eaten but they have a digestive system that destroys those any nutrients and only absorbs the the actual nutrients that our body actually needs.

Al Danenberg, DDS 25:20

So basically cattle and lamb which are the most prevalent, meats that are available to us are excellent for the nutrition that we need. And if we're not eating Oregon's, but a lot of people don't like it or don't even want to think about it. You can buy desiccated organs that have like I mentioned all these nutrients in a powder form, you don't have to eat the capsules or swallow the capsules.

AI Danenberg, DDS 25:46

You can literally open the capsules take the powder and put it into any other food that you're making. You can put it on scrambled eggs, you can put it in ground beef, when you're making sauteed beef or whatever you can put it in a variety of things you can put in a drink, and you can make a smoothie out of it. I even have a recipe on my website using a smoothie and making a smoothie with these desiccated organs, powder, you don't use the capsules, and a job to help blend things and several egg yolks that help to emulsify that to make it a very smooth, tasty drink. And you can add a little bit of movement manuka honey or raw honey to give it a little extra flavor. Honey is really a good food. And it's animal based.

Evan H. Hirsch, MD 26:33

Thank you. So that all makes sense to me. But what about the research and eating organ meats?

AI Danenberg, DDS 26:40

So the research is pretty clear. If you do individual research that is done with grass fed grass finished pastured animals. The problem in the research especially there's a lot of research that is published, that is misleading. And it talks about red meat and colon cancer and a variety of other things. First of all, if you're only eating muscle meat, it is not healthy. You have to balance the proteins and muscle meat with the proteins and collagen. You have to eat nose to tail, I can't overemphasize that.

AI Danenberg, DDS 27:16

So if you're only eating red meat, even if it's healthy red meat, it's not the healthy diet that I'm referring to. But most of the research is done with processed meats. And it is observational. It is a it's a human it's observational. It's a discussion with a person filling out a form. Did you eat any red meat today? Right? Yes or no? Okay. It doesn't really say was a grass fed was a grass finish? How is it cook? Was it overcooked? The jab a cigarette before after dinner. I mean, all of these things are factors that are not necessarily factored out. So it's very difficult to identify if the meat was healthy or not. But the studies that isolated red meat and other organs from pastured animals without having any other contributing factors associated with that diet, have shown that it is very helpful.

Evan H. Hirsch, MD 28:19

Excellent. So let's come back to ivermectin before we move on to hydrogen peroxide and let's talk about toxicity. Is there toxicity from ivermectin?

AI Danenberg, DDS 28:30

The research I have read shows practically no toxicity. The doctors that I have listened to when they summarize the articles that have been written about ivermectin for decades, can come up with maybe two or three deaths with billions of doses given. So the toxicity level is, I would say insignificant, but the problem is, there is a underlying damage to the gut microbiome that's not discussed. And I do believe long term.

AI Danenberg, DDS 29:08

If you have gut dysbiosis, that's never treated stone go back to normal. You can look at many chronic diseases decades down the road, which will not be ever proven and related to ivermectin but maybe proven and related to a leaky gut. So I would say there is no appreciable toxicity as long as you support a healthy gut microbiome and of course, get the nutrients in your body that you need. And I like it in a natural way like desiccated organs.

Evan H. Hirsch, MD 29:42

Okay. And so there are people who are reacting negatively to ivermectin, and my theory on this is that they're having a herxheimer reaction die off reaction, they're killing infections, that's causing a bit of a either a cytokine storm or some sort of immune system reaction and then they consequently, they feel.. So it's not necessarily a toxicity from ivermectin, but that they're having a reaction to the killing of the infection, the body's not able to get rid of the those particles that are being produced. What do you think is happening when people are having a [reaction]?

AI Danenberg, DDS 30:13

You're absolutely correct. You're absolutely correct. There are side effects like nausea and diarrhea worse if you're using it because of a severe viral infection. The benefit way outweighs the risk of that. But you're absolutely correct, it's going to be a die off. That's one of the reasons why I think it's important to have these other nutrients in your system, as well as the probiotics to help support and, and help overcome the pathological bacteria that may be dying.

AI Danenberg, DDS 30:42

Well, the other thing is, the colossian has a tremendous amount of do to do with binding the LPS that literally the element from the die off of a gram negative bacteria, that's their cell wall, highly toxic to humans. So if you can bind that, and then help heal the membrane of the gut, I think you'd go a long way in reducing that problem.

Evan H. Hirsch, MD 31:10

Okay, great. And so you're referring to colostrum? Is this different than immunoglobulin?

AI Danenberg, DDS 31:17

Yeah, so colostrum is actually the first milk. If we're talking about a human first milk for the first 24 hours or so after the birth of a baby. That's mother's milk, it has a very golden color. And after 24 hours, it turns, the classroom is not being produced and milk is being produced. And you get less and less colostrum in the milk until there's no colostrum at all.

AI Danenberg, DDS 31:42

So colostrum is a high concentration of all the immunoglobulins, but quite a variety of other biologically active chemicals that support the gut microbiome, improve the healing of the gut, because the baby has naturally a very leaky gut, and the colostrum naturally heals that leaky gut. And so therefore, all of this these elements in mother's milk colostrum is very beneficial.

AI Danenberg, DDS 32:13

But the research shows that bovine colostrum and gathered from cow's milk in the early stages of a calf being born is has the benefit of human classroom. And actually may be even more beneficial because certain elements are not there that may be damaging to an adult but not necessarily an infant. So, the bovine cloths from has been shown extremely effective.

AI Danenberg, DDS 32:43

And again, it's quite a number of immunoglobulins plus the other biologically active chemicals and peptides. So if you only had immunoglobulins, IGA, IGA, my GG, that does bind to the LPS, but it doesn't have their products like that, but it doesn't have all the other natural elements in their natural proportions that colossal with that.

Evan H. Hirsch, MD 33:09

And those immunoglobulins would come from oftentimes bovine serum as opposed to bovine colostrum, is that correct?

AI Danenberg, DDS 33:16

No, it is in the bovine colostrum now may be producing the serum and it gets into the colostrum as the milk is starting to form but it's not milk yet. So this is the classroom for the calf. And it would be produced in the serum obviously, bone marrow getting creating the immunoglobulins getting into the vascular system, the process of building the milk structure incorporates all of these biological active chemicals including the immunoglobulins

Evan H. Hirsch, MD 33:48

Okay, yeah, I misspoke. I guess I was asking you whether or not you preferred a supplement that was from the colostrum itself from the breast, or whether from the or whether immunoglobulins from the serum because I know that there are supplements that are..

Al Danenberg, DDS 34:04

Yes, so when I work with individuals, and they are lactose intolerant, or they have any kind of reaction to dairy and there are reasons why there is a problem for some people. I don't use colostrum because it does create a problem although there is approximately 50% less lactose and colostrum per volume than milk, and also less casing in colostrum than milk. So you may be lactose intolerant.

Al Danenberg, DDS 34:35

And if it's mildly lactose intolerant, the cup classroom may work for you. You can test it and see like a little bit see if you have any gut issues. If you have gut issues like diarrhea distension. bloating, then obviously you're going to start collapsing, not take it. Yes, there are other products there is a great product from microbiome labs called Mega IGG 2000. That is IGA, IGM, IGG immunoglobulins from bovine serum. So you're absolutely correct. And that's what I would use if an individual cannot take colostrum.

Evan H. Hirsch, MD 35:09

Excellent. And then in terms of accessibility of ivermectin, coming back to that. What is available right now? Does somebody have to go directly to their physician? I've heard things about the FL CCC, offering some sort of an easier way for people to get access. What do you know?

Al Danenberg, DDS 35:28

I know in the state of South Carolina, it is not terribly difficult to get, because that's where I live. I also know in the state of North Carolina, you cannot get a physician or dentist to write it. And if you could get them to write it, the pharmacies will not fill it, have no idea why. So it's very difficult, and it's going to only get more difficult.

Al Danenberg, DDS 35:53

FL CCC does have a page of a variety of doctors, physicians all over the country that do virtual consultations and will write individual prescription some of them are only licensed in certain states. Some of them are licensed in many states. It's on the list with LCCC. And if there are problems with pharmacies, they recommend pharmacies that are willing to fill the prescriptions because some pharmacies have the ability to say we're not going to fill it even though you haven't a valid prescription.

Al Danenberg, DDS 36:27

It's very interesting because ivermectin is a drug that is approved for the by the FDA for control of parasites. And there's no reason why if a physician writes a prescription for ivermectin, it doesn't get filled. But in today's environment, it is having a lot of trouble getting filled.

Evan H. Hirsch, MD 36:49

Makes sense, or doesn't. So let's pivot into hydrogen peroxide, we've got a couple minutes left than I'd love to talk about it. Tell me, I guess, a little bit about hydrogen peroxide, and then how is it currently being used with the pandemic with COVID.

Al Danenberg, DDS 37:08

So this is a treatment that is not approved. So for the most part, you can find a lot of information about it. But there are articles that you can search for on PubMed, which is a NIH control database that has abstracts of all kinds of medical articles from all over the world, you can find a variety of articles that talk about hydrogen peroxide in a low concentration that helps mucous membrane tissue to ward off microbial infections.

Al Danenberg, DDS 37:48

Now, the human body makes hydrogen peroxide. Being a dentist, let me just tell you that dental plaque is healthy until it's not. And dental plaque is made up of two or 300 bacteria. And it is protective to the gum tooth margin where bacteria and microbes can just get into the gum go into the jawbone and maybe cause severe necrosis of the bone. Unless there's some kind of meth mechanisms to prevent it. Well, there's a lot of mechanisms under the gum.

Al Danenberg, DDS 38:23

But the first line of defense is the dental plaque and the dental plaque with these 200 to 300 microbes in it the plaque produce hydrogen peroxide. And what they do is if there is potentially pathogenic bacteria in the mouth and the saliva, and that bacteria wants to get under the gum, it has to go through the dental plaque. Well, the dental plaque literally kills these pathogens. It is a marvelous method for the human body, this healthy biofilm called dental plaque that kills off potentially pathogenic microbes and it could be viruses, it could be a variety of living structures, viruses are not living but other microbes that are living.

AI Danenberg, DDS 39:05

So, that is a typical method where peroxide in the human body is utilized to kill a variety of pathogens. So, it only goes to a logical conclusion that if you can use hydrogen peroxide in the proper concentration, on a mucosal surface, that is infected with a viral or bacterial potential irritant, that it may be able to destroy and or inactivate, what's going on. So there are some papers that are written there are several physicians that talk about it all the time. They've used it in their clinics with their patients, and I've used it personally with great success.

AI Danenberg, DDS 39:59

So nebulize hydrogen peroxide is literally 0.1% hydrogen peroxide saline solution. And how do you get it? Well, you can make it, it's easy to make, you can buy 12% hydrogen peroxide, food grade hydrogen peroxide is readily available in pharmacies or over the internet. Now 12% hydrogen peroxide is very caustic, so you can't just get it on your hands and, and swish it in your mouth and everything is great, you'll burn yourself, so you got to be careful.

AI Danenberg, DDS 40:35

But 12% hydrogen peroxide, distilled water and Himalayan salt and you make it. So if you take two cups, 16 ounces of distilled water and add one teaspoon of Himalayan salt, you'll provide approximately a zero, you'll create approximately a saline solution, the concentration of the salt in the water would create a sailing solution not too salty, not too little salt. And then that half of one teaspoon of high, Himalayan salt will dissolve.

AI Danenberg, DDS 41:17

And then you use three quarters of a teaspoon of the 12% hydrogen peroxide in two cups of the still water which creates a 0.1% hydrogen peroxide solution. That solution you can store in a enclosed glass mason jar, for example, but in the refrigerator and leave it until you need it. When you need it. Take about a half a teaspoon of that. I have a little rubber measuring gadget. So I measure out a half a teaspoon and I put it in the medicine cap of the nebulizer.

AI Danenberg, DDS 41:59

So a nebulizer is a little gadget. And you plug into the wall. And it actually vaporizes the liquid in the medicine cap. And through a mask that covers your nose and mouth. It creates a mist that you breathe in and you breathe out. And you do that for approximately the length of time that the half a teaspoon of this sailing solution that you've made up goes away. It takes about 10 minutes. And you do it once an hour until your symptoms go away.

Al Danenberg, DDS 42:33

And let me tell you what happens. What happened. I came down with a tickly throat and scratchy throat. Usually I use a propolis mouth spray. If I have a situation like that, and the next day, it's fine. But this time, the tickle and the soreness got more sore. And I was coughing. And I was really feeling congestion, upper respiratory congestion, not a lot but enough to say the propolis wasn't working.

Al Danenberg, DDS 43:08

So I use the nebulizer. And I use it every hour for about six or so hours in a row. By the time I finished the the problems were pretty well gone. That night before I went to bed, I use it again. And first thing in the morning. I had no problems. The soreness was gone, the cough was gone. The congestion was gone. I felt great. Now I don't know what I caught. I am sure it was a viral infection of some type. And again, just just as a reminder, I am concerned about any potential infection I could get being, with the kind of cancer I have.

Al Danenberg, DDS 43:59

So if I were to get sick with an upper respiratory infection, it could lead my immune system was not functioning well. It could lead to pneumonia, and I could die. One of the causes of death for multiple myeloma patients is an infection that cannot be brought under control because the immune system is too dysfunctional, even antibiotics. For course antibiotics don't work anymore.

Al Danenberg, DDS 44:29

So this is one of the causes of death for multiple myeloma patients. So I'm very careful and very proactive in making sure my body not only has a significantly robust immune system, but if I were to get anything that gives me the impression that I could start an upper respiratory infection, I want to stop it and the hydrogen peroxide nebulized hydrogen peroxide is amazing.

Al Danenberg, DDS 44:57

And I've used it three times so far. And it's is just amazing. I can't rave about it as much as I am. And it's inexpensive. And nebulizer costs maybe \$40 on the internet, hydrogen peroxide, you know, a few dollars. You know how much Himalayan salt costs? That's going to be pennies. Distilled water pennies just doesn't cost a lot.

Evan H. Hirsch, MD 45:20

Mhmm, excellent. I'm glad you had that experience. Glad you're still here.

Al Danenberg, DDS 45:26

Me too.

Evan H. Hirsch, MD 45:28

And so when you when you were giving us the recipe, and you were talking about three quarters of a teaspoon of hydrogen peroxide, was that the 12%?

Al Danenberg, DDS 45:34

Yes, it has to be 12%. Now, there are formulas that you can work with with normal 3% over the counter hydrogen peroxide. But you'd have to use much more, I think, in an article that I quoted, may had the breakdown, but I can't remember still has it or not. But the 12% is, is the best way to go. And you put the 12% hydrogen peroxide in a seal. It's in a sealed bottle anyhow, in the refrigerator last for many, many years.

Evan H. Hirsch, MD 46:08

And you were talking about the hydrogen peroxide ending up being point 1%? Is that what you said? 0.1%? Simply 1% Yeah, so 0.1% 0.1%. So that's what that's what essentially your nebulizing. So when I'm reading articles that say 1.5% or 3%, you think those are too high?

Al Danenberg, DDS 46:29

Much too high. And in addition, if you were to use a hydrogen peroxide, like I'm explaining nebulizer prophylactically, in my opinion, it would be like taking prophylactic penicillin, you don't want to use an anti microbial, unless it's therapeutic. You only want to use it for the short period of time it takes for the disease to bring brought under control.

Al Danenberg, DDS 46:56

So I do other things with my spore-based probiotics and whatever. So we develop a healthy gut microbiome and an oral microbiome, these are critical for me. But when I feel I'm getting sick, I lean towards that anti microbial, indiscriminate, anti microbial like the peroxide nebulizer. I think if you tried to nebulize with 3% hydrogen peroxide, it would really be burning. And I think it could damage your lungs. I would not even think about it.

Evan H. Hirsch, MD 47:30

Interesting. I've had people use that dose without a problem. So I'll have to..

Al Danenberg, DDS 47:36

But the question is, what how do you define a problem? That what kind of damage there are they doing that they don't even know about? That could manifest later on? Right? Again, people take into my, people, for example, use antimicrobial mouthwashes every day. That is a terrible idea. They probably don't realize what they're doing through their oral microbiome and their gut microbiome over time. They think it's great. But, I would recommend never to do that unless you have an infection. And then you would use it maybe for a week to 10 days and stop it.

Evan H. Hirsch, MD 48:13

Yeah. And then people also have the potential once again, if they feel worse from it, it could be a herxheimer reaction or some die off. And so they have..

Al Danenberg, DDS 48:21

Yeah, and then I think when it is 0.1%, you're not going to get that because it's not a high concentration, it's enough. It's enough that your body's cells would produce those types of concentrations of hydrogen peroxide, naturally, and it's not an overdose. But I guess that's a possibility in any situation where you get a die out depends on how bad the infection is and how healthy overall you are before you got the infection.

Evan H. Hirsch, MD 48:51

Right. Okay, and then, is there any research that you're aware of on hydrogen peroxide nebulized hydrogen peroxide for long haulers. At this point?

Al Danenberg, DDS 49:02

I haven't. I haven't heard of that because the hydrogen peroxide nebulizer is basically upper respiratory. You're not getting it into the deepest sections of the lung and I'm not sure if that's healthy or not. So it's mainly for upper respiratory, not deep, lower respiratory infections. It's important to catch this in its early stages. So I don't see I haven't seen any research. And there's very little research that's out there, but I haven't seen any research for that.

Evan H. Hirsch, MD 49:43

Okay, excellent. Thank you. So great. Where can people learn more about you Dr. Al?

Al Danenberg, DDS 49:51

Well, I have a website. It's drdanenberg.com, D-R-D-A-N-E-N-B-E-R-G .com. I have too many ebooks that are available for download that really are interesting in that it tells the story about the gut microbiome and the mouth and my concept of a healthy way of eating. One is called the Better Belly Blueprint, that's my way of eating 70%, animal based 30% plant base with selecting vegetables and fruits, like I said.

Al Danenberg, DDS 50:22

And then Is Your Gut Killing You? goes into a lot of detail about our diet, our evolution, and what has happened to our gut and how it affects our mouth, and then the mouth, gut connection and everything else, all the organ systems that can respond to an unhealthy gut and an unhealthy mouth. There's I think, 295 cited peer review articles that I use to support that, that idea, so it's well researched.

Evan H. Hirsch, MD 50:52

Brilliant, and then you work with people, you're still doing health coaching, correct?

Al Danenberg, DDS 50:57

Yeah, I do things virtually, like you and I are talking with Zoom at this point, Yes, I do individual coaching for maybe an hour, hour and a half console where I get information, even look at x rays, then we'll x rays, because now actually could be splint like a splinter in your finger. If you don't take it out. The bad splinter you never heal, a lot of people don't realize that there could be a lot of infection in the bone and under the gum, that doesn't cause pain doesn't cause swelling, I might be able to visualize it on an X ray and bring it to an individual's attention and make suggestions about biological dentists in their zip code area to help treat that.

Al Danenberg, DDS 51:36

So I do that on a like an hour and a half consult. And then I do a 12-month metabolic coaching program, where I get into much more detail not only what I do in the individual console, but kind of figuring out exactly the diet and what we need to do with the gut microbiome. And we talked about mitochondria and ATP production and cellular health. So we got into a good bit of conversation.

Evan H. Hirsch, MD 52:02

Brilliant. Dr. Al, thanks so much for hanging out with me today. I really appreciate it. Always fun having you on.

Al Danenberg, DDS 52:09

Well, thank you. This has been a pleasure. Have a great day and a great weekend.

Evan H. Hirsch, MD 52:14

You too.

Al Danenberg, DDS 52:15

Thanks.

Evan H. Hirsch, MD 52:19

I hope you learned something on today's podcast. If you did, please share it with your friends and family and leave us a five star review on iTunes. It's really helpful for getting this information out to more fatigue people who desperately need it. Sharing all the experts I know in love, and the powerful tips I have on fatigue is one of my absolute favorite things to do.

Evan H. Hirsch, MD 52:42

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Evan H. Hirsch, MD 53:06

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Evan H. Hirsch, MD 53:26

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