Hey everybody, it's Chris. And today I'm interviewing Dr. Thomas Levy. He is a legend in the world of vitamin C. He is an expert on vitamin C and many other topics in terms of health and nutrition and healing. He has more credentials than I could list. It would take the whole interview if I went through all of his credentials and his published research and all this kind of stuff.

He is a legend. He is incredible. And I've been a fan for a long time and it's a real honor and a treat to interview you and for you to take the time to do this. It really means a lot. So welcome.

My pleasure, Chris. I've never been referred to as a legend before, but I can't say I find it aggravating. That's very flattering. I appreciate it. But yes, there's a lot of information of accumulated over the years and I think it's pretty much a benefit to most people that learn about it, for sure.

I did not mean that in a way I'm not. Exaggerating. You really are. You're a maverick. And you've helped so many people and with information that is largely, I'd say, dismissed or ignored by the conventional medical establishment. Isn't that right? Dismissed and ignored and totally unaware. Although, with the literature being structured as it is today

people that special lies in areas like the heart and the mouth and everything else shouldn't be aware, unaware of what's going on. But nevertheless, it's not information that's used properly and used often enough. I'd love for you to tell the story of your journey.

By journey, I mean the process by which you discovered vitamin. Did it start with stumbling across Linus Pauling's research or Cameron? Or how did you end up. Down this rabbit hole.

Well, it came not by stumbling across Linus Pauling, but by stumbling across Hal huggins. For those who don't know Hal, hal is probably, in my opinion anyway, the first true biological dentist that this country has seen. I met him in 1993 in Colorado Springs, where I was practicing cardiology.

And he was an interesting person, to say the least. We got to know each other at a little tesla conference, of all things. Energy Conference at Colorado Springs. And he said, come by my clinic sometime. I think you'd be interested by what you see. Well, what an understatement that was.

Hal was treating patients from around the world at that time. He had a very large clinic. In patient would come for two weeks at a time, get all their dental toxicity taken out, the mercury, the infected teeth. Anything going on there? Solution on the gums, go on a proper diet, go on good supplementation and go from there.

Well, let's just say I saw things in my few visits early on with Hal that did not agree with or were even recognized by any of the medical training I'd had at that point in time. I actually like to say it was Dr. Hal Huggins who started my real, true medical education, and the rest was just

preparing for Hal to come on the scene.

Anyway, one day I was over there and he had a very sick elderly lady in a wheelchair, and she was getting up into the dental chair to get a lot of dental work, I think extractions and a whole host of things. Taken several hours, and I noticed that popping in and out of the operatory.

As time and on, she started getting more energetic, more lively, more interesting,

and it just wasn't seeming right. And by the time.

Dental work was over. She was so, shall we say, juiced, that she was asking her caregiver to take her out to dinner somewhere at colorado springs that night, and she'd chew on the other side of her mouth. I mean, she was just up and at them. And this was the type of work know, like when you get wisdom teeth taken out, they put a college kid to bed for a week.

So this is traumatic dental work. And about that time, hal popped his head in the operatory, and he asked me what was going on. And I said, well, you tell me what's going on. Why is this lady so looking wonderful? And he pointed at the IV bag. I said, okay, I know about IVs, hal.

What's in it? And he said, 50 grams of vitamin c. And that just totally hit me from left field. I had no idea of anything about vitamin c other than what everybody else knows. Oranges vitamin c.

Take it so you don't get scurvy. That's about it. But after seeing what happened to her and seeing what Hal pointed out in that bag, it was literally at that moment in time, at that moment in time that I told myself that I'm not in the habit of ignoring what I've witnessed, ignoring something that shouldn't be happening, but I'm witnessing it, so it happened.

Now I need to find out why. That is a unique perspective that is not common in medicine. Because doctors see all kinds of things and ignore them. Right? They see all kinds of patient recoveries and spontaneous remissions and things that they don't understand, and they just go about their day and they don't investigate

from the pack already. Just your ability to research and to get answers. And not that I'm defending docs, far from it, but not just docs. People in any profession. They're really not interested in anything that's going to dis. Their routine.

They're really not interested in finding out something new or going and hitting the literature or figuring something out. But that literally began the moment where I, again, I guess you could say, my odyssey with vitamin C. That was back in 1994. Shortly thereafter, I actually gave up my cardiology practice.

Just said, this is not where I need to be. Dr. Huggins hired me on as a consultant to his clinic, and I would work with some of his patients in a more medical capacity, follow them up on the

phone. And that's when I began to see that.

I won't say my medical training up to that point in time was a waste, but it was certainly just the foundation waiting to be expanded upon by Dr. Huggins.

That's pretty fascinating. I had no idea

that you were connected to Dr. Huggins. And I'm also very familiar with his work. And he's a pioneer in biological dentistry and has really transformed dentistry, I think, in a lot of ways, at least for the dentists that have paid no question about it, in my opinion. Absolutely. He trained many, many dentists, and quite a few doctors along the way, too, who were open to the dental medical connection, which is as powerful and as important as the connection of any two things in the body.

So do you want to talk about that a little more, about what you learned about the oral health and physical health and those connections?

Well, it needs A little foundational information. That foundational information is what causes disease, and what causes disease, in a nutshell, is too much oxidation. And the obvious way to deal with that is to avoid new oxidation and repair old oxidation. Now, what's oxidation? Oxidation is when. Take one or more electrons away from a biomolecule, protein, enzyme, you name it, and when you take the electrons away, that molecule can no longer function.

It just becomes inadimate. It's just occupying space and not doing anything. Well, the more biomolecules that you get oxidized in different locations in different areas, that's what this term is disease. There's a lot of stuff in the literature that says oxidative stress causes disease. And that's true, sort of.

It's a little misleading because it's actually the oxidative stress that is the disease. There's no additional disease process going on inside an abnormal cell than which biomolecules are oxidized. That's it. They don't have some other condition in addition to being oxidized. And so once you realize that that's the basic foundational pathophysio.

Logical principle of all disease,

then it becomes much more apparent how important the mouth is. Why? Well, all toxins are prooxidants, so all toxins oxidize. And the only way any toxin can harm you is by where it goes and what molecules it oxidizes. That's it. It can't hit church in any other way. And depending on where it is, it can be a slow toxicity or it can be like cyanide, a rapid toxicity that can take electrons away from important respiratory enzymes and you end up being associated in a minute or two.

Well, then toxins are prooxidants. Prooxidants are toxins. So where is the biggest source of

toxins for the vast majority of the population on a daily basis? It's from infections. Infections are just oxidation. Factories. They have endotoxins exotoxins. They have metabolic byproducts that are prooxidant because they're oxidized and deficient in electrons.

And to top it off, when a pathogen dies, it releases a large amount of reactive iron because the pathogen feeds on iron. And for those who aren't aware of it, iron by itself is about the most prooxidant substance there is on the planet. So anything beyond your absolute need of iron is highly negative for your health.

And so that's what infections are. Then we take it another step. And where are the source of most infections? In most people? Not 100%, but most people, it's in the mouth. You're virtually sounds crazy. Maybe you're never going see a sick person that has a healthy mouth. It's that profound a connection.

And by the same token, if they are significantly ill, not just with cancer, but heart. Disease, all the other chronic degenerative diseases, and they're in their fifty s and their sixty s. I guarantee you, you've got problems going on in the mouth in terms of infected or inflamed gums, which are associated with I hate the term association when it's clear cause and effect, but that's how they refer to it in the literature.

But you have the cause and effect between mean gum disease and virtually every disease known to man and the literature to support that.

And what do those gums do? The infection of the gums works its way down the periodontal ligament into the tip of the tooth and you develop asymptomatic abscesses, chronic apical periodontitis. All this is covered in my book Hidden Epidemic. And that's significant. It because like an abscess anywhere in your body, it's highly toxic to your general health.

And it's in a system, your mouth, where. What happens. You chew. And when you chew, you generate some of the highest pressures known in biology. And in so doing, you actually express the pathogens and the toxins into your blood and into your lymphatic system even more efficiently than if you took a syringe and injected it intravenously.

So it's really a double whammy. Having the infection is there triple whammy, not knowing it's there because it's asymptomatic. And then finally having a delivery system constantly pushing it throughout your body. Then you have root canals, which are 100% infected. And finally, you have tonsils, which most people don't realize.

Even if they get all the infections cleaned out of their mouth, which they should for long term health, the tonsils are always going to be infected, too. Even if they appear normal in size and normal in more. Pathology. They are chronically infected, but they'll never look like the kid that has acute tonsillitis.

It's an entirely different process. So all of those things and I know your situation

with beating cancer.

There's nothing more critical for a cancer patient to overcome his or her condition than obviously minimizing toxicity. But almost always identifying in removing the oral sources of toxicity. Same thing for heart disease patients

where they have the oral pathogens inside the coronary artery, vessel, and breast cancer, where they get that infected lymph that swishes down actually goes back and forth with the channels of the lymphatics into the breast tissues. And you can see that on thermography so you mentioned tonsils, and I've never heard this discussed.

Based on what you just said, is your opinion that every person should have their tonsils out? You.

Every person should have their tonsils fixed, and if you can't fix it in the way I'm talking, very good possibility that you come out. If you know for a fact that they have have had, have or have had root canals and other infected teeth in their mouth, even if they've been extracted because those are abnormal, folks die, especially the root canal of infection, and they overwhelm the council.

The council is designed to drain those infections, and it will do so. And once it becomes infected, it never clears itself. The most powerful evidence for this came from Dr. Joseph Isles. In the 1950s, he had a clinic for advanced metastatic cancer patients that basically medicine had given up on and taken all their money anyway way.

And the first thing he would do would be take out all the infected teeth, and he said they were infected teeth in 98% of his patients. Well, back in the 1950s, that meant 100. Percent if he used the technology we have now. Okay, so all the affected teeth came out and they would start to respond to his special cancer therapy.

But then he found a few months into their treatment, a good ten to 15% would still have heart attacks. And I won't go into all the reasoning, but it was his brilliance that realized it was the tonsils. Basically, he had seen some other patients get their tonsils taken out and certain conditions start to reverse.

And he got him thinking. So incredibly, he just started doing tonsilectomies on all of his cancer patients, which resulted in two findings. One was all the heart attacks stopped, and number two was 100% of the tonsils that were normal in size and normal in morphology. In feeling complete, completely normal.

100% were highly infected and abscessed at pathology under the microscope. Wow. And for

what it's worth.

Dr ISL's work saved my life because I had been struggling with a high CRP for a long time and I do different things. And anyway, about eight years ago, my little dog started getting chased by a big dog. So I ran after it and then, boom, I developed chest pain.

I said, what's going on? Well, I'm a cardiologist, and it's incredible how calmly I just sat down and said, well, this pain is going to go away in five minutes or I'm going to have a big heart attack and drop dead. I'll just have to wait and see what happens.

And it eased off and I immediately thought of Dr Isles's work, because I had had a root canal taken out ten years earlier on the left side of my mouth. And I said, there's no way I'm going to die with infected tonsils in my head. So I called the next day an ENT doctor and had him taken out the following day.

You don't need much justification for a surgeon. To do surgery. So that wasn't a problem. But the interesting thing was let me tell you this. After the surgery, I'm sitting there, he comes by and checks on me. He says, how's everything? I said, well, pretty good. I said, did you find anything interesting?

He said, well, it's interesting that you mentioned that. I said, how's that? He said, well, when I took the tongs to grab the tonsil on the left side, which was the side by root al had been on ten years earlier these tonsils don't heal themselves ten years earlier and grabbed it, he said, Pus started coming out.

So I literally had a very large focally infected tonsil, just like the work that Dr. Isles has showed. Now, since Dr. Isles has come up, had his work, has done his work, we're finding that direct act tonsiller injections of ozone gas can heal a lot of these tonsils and can start to resolve the infection.

That and sometimes using.

Methylene blue, which is a very powerful antioxidant when you just with a with a QTIP, just paint the surface of the tonsil with methylene blue. That has a powerful healing effect, too. And how would you know it? Generally, if it's a really badly infected tonsil, you will not have a normal CRP c reactive protein indicating inflammation.

It will either be high, normal, close to three, or over three. And really, you should never have a CRP greater than one anyway, truth be known. And so if you see that and then you do the injections on the tonsils and repeat the test down the road and you see that CRP coming down, then you know you're getting the healing effect on the tonsils.

And I say this,

I pity anybody that, as an adult has to get a ton selectomy because it's the most miserable experience I've ever gone through in my life. But it did save my life, I'm quite convinced, or prevent me from having. A massive heart attack and being a congestive heart failure, cardiac cripple that doesn't have much heart function left either way would have been miserable.

I still have my tonsils, and I'm a little freaked out right now thinking about this and wondering yeah. If maybe I need to have my tonsils out. Yeah. What's the experience like? You just can't swallow a lot of pain.

You? Yeah. And I was silly. Me. I was in the position of taking care of my elderly mother at the same time and then trying to take care of myself, and it had been a whole lot easier if you just give it in and had somebody take care of me.

But, hey, water under the bridge. The thing is, though, have you had root canals in the past or you still have them or anything like that? No, the only major dental work I ever had was I had three wisdom teeth taken out when I was 18 or 19. Well, if you're no filling, CRP looks good.

I mean, there's a lot of ozone dentists out there.

Matter of fact, I tell dentists these days they'll do a big public service to their patients. Just every time somebody comes in for a visit, just put a CC or two of ozone into each tonsil and you're going to be doing them a lot of good.

Probably most tonsils will resolve with just a couple injections, but it's not a big deal. I've I'm not saying it's discomfort free, but it's not a big deal. I mean, you go to dentistry, you still have to get the gums injected if you're going to deaden for a tooth.

So we all know dentistry can't be done completely pain free, but if you got a good dentist, it's not a big deal. Well, I know a biological dentist, holistic dentist, and I'm going to talk to her about that. Okay? And she can feel free to send me an email if she wants a suggested protocol.

That's fantastic. Okay.

Now, originally, obviously, I want to talk to you about. Vitamin C, and we just took a detour, which was a fantastic one. I'm so fascinated.

So you observed Dr. Huggins using vitamin C IVS, and his patients were just thriving, going through tooth extractions or whatever and feeling so much better. Nobody ever got pain medicine, maybe

really nothing. I mean, they would get prescriptions for pain, painkillers cody this out of the other, but he'd see them in the next day, and they said, well, it didn't hurt me, so I didn't take it. I

mean, that's how well it helps you heal, combined with the fact and this pertains to the vitamin C, too, is dr.

Huggins would routinely inject one or two units of protamine zinc insulin, a very long acting form of insulin. And for those who don't know, what does insulin do? Insulin pulls vitamin C inside the cell. So this was a very effective way of optimizing vitamin C and healing inside an area that had been worked on and.

People just didn't have pain.

That's incredible thing in and of itself. So it should be mentioned for folks I think there's still a lot of folks that don't know this is that the human body does not produce vitamin C, correct? Right. That's correct. Well, most human bodies don't. I think some of our extremely healthy 95 year olds are are vitamin C producers, actually.

I don't think it's 100% across the board, as a matter of fact. And it's not a genetic defect. It's an epigenetic defect. What do I mean by that? I mean the code for the enzyme making vitamin C. You have you just have a screwed up way of transcribing it with a messenger RNA to make the enzyme.

Most babies, when they're born, can make their own vitamin C, so they're not born with this defect. It's just that by the.

I suppose, vast array of toxins that we're exposed to these days. There's one or two toxins or more in that exposure that selectively oxidizes and screws up our ability to transcribe this enzyme, because babies have it, and then they lose it. And we also have evidence that when you take the right polyphenol, which is hydroxytyrosol that's found in high content in olive leaf extract, a lot of people will start making vitamin C again on their own.

Wow. Never heard that.

That's pretty fascinating. So what are the best sources of vitamin C? Obviously, vitamin C is rich in plant food. We know lots of fruits and vegetables have vitamin C.

People can take vitamin C powder. They can take liposomal. I did IV vitamin C treatments when I had cancer back in 2004. There was one MD in town who. Did them, and I'm so thankful for him because I feel like they were very helpful to me. So what are your recommendations for the average person or for a cancer patient in terms of how do you get optimal levels of vitamin C in your body, as you pretty much alluded to?

If it's one thing to try to maintain good health and another thing to try to get on top of a significant medical condition, but really, the only difference there is amount. Okay. I think in real estate, they say, what are the three most important factors in real estate? Location, location,

location, location.

Then you expand that to, like, what are the three most important ingredients in French cooking? Butter. Butter and butter. And what's the most important considerations in using vitamin C? Dose, dose, and dose. Okay. Really, the only true failure you get in vitamin C is when you don't take enough long enough in the proper protocol.

Now, sometimes it's difficult for some. People that have very sensitive bowels and have the easy bowel flush. But even then, that's good because it's getting rid of a lot of toxins that are forming in your gut and neutralizing them and allowing them to be flushed out of your system before they get absorbed.

So by no means should taking enough vitamin C to cause a C flush be considered a negative. Matter of fact, I sort of took that approach probably roughly five years of my life on a daily basis some 15 years ago. But I finally decided to work myself into a different type of routine.

But make no doubt about it, it's a good, healthy way to take vitamin C. Pretty much start your day off with a pretty much cleaned gut, and it's a good way to go. The

regular forms of vitamin, see the way they take it up, their absorption characteristics, you really need to take them

at least twice, but more like three to four. Times a day for optimal assimilation into your body in the right amounts. And that's because the half life of vitamin C in the body is pretty short. Right? Right. And because regular forms of vitamin C, even once inside the blood, do get flushed out of the kidneys pretty quickly.

A good liposome form is very good because a lot of it can get inside the cells before it gets excreted. In the kidneys, you have fat soluble forms like ascorpal palmitate, which are good if you have a lot of oxidative stress in the fatty cell walls of the body.

So getting that type of vitamin C gives you more protection against oxidative stress in the cell walls, then you have many different permutations of intravenous. We develop protocols where

and

I'm not recommending anybody do this or. Doctor does this unless they maybe have a chat with me first. But I found out early on

that part of it was impatience. I just really have a hard time sitting still for an hour, hour and a half, 2 hours for an IV. Okay. And number two was the fact that I read in my work, looking at Dr. Klener's work, the real pioneer of IV vitamin Be, that would be Fred Klenner.

Fred Klenner, at one point in time, he had

a toxic young person who was losing their blood pressure and literally dying in front of his eyes.

And

he took out a butterfly,

stuck it in the forearm, butterfly needle, and I think it was 10 grams. And so he just took up 10 grams, and he said, in his words, I pushed it as fast as a 21 gauge needle would allow. So.

Tried that on myself. I survived. And it changed my attitude a lot because there's a lot of good ways to get vitamin C on board when you don't have a lot of time. Again, I'm not advising anybody. Do this at home. And if any doctor is interested in incorporating this into their practice, because it's also a good, efficient way to get a lot of people into the office.

And they only need to spend maybe 15 minutes in the office getting it prepared, getting it and they're on their way. Rather than filling up an IV room with people that are going to sit there for an hour, hour and a half, 2 hours and a lot more. Nursing staff and everything else.

But on multiple occasions, I've given myself 25 grams, which is 50 CCS. And if people say, what about the osmolality? Unimportant. The only important thing about osmolality, if it gets too low, okay, you don't ever.

Inject water. Water is going to cause red blood cell rupture. But you can't on the other hand, you can't make the osmolality too high with vitamin C, because, like I said, I take it in its highest concentration,

add some magnesium, sometimes add some insulin, which also pushes vitamin C inside the cell. And if I have it available to me, I add a little hydrocortisone, which also she's vitamin C inside the cell sometimes. Might even add a little DMSO in any way. Give that whole concoction IV push in five or six minutes.

Okay? And what twice that? 50 grams. People take an hour and a half to take intravenously. So this was a good solution for me.

I didn't have to. Had a lot less IV supplies at home. Just needed a butterfly and syringe and the vitamin C, and I could get things done much more efficiently. Also, when you're sick, I didn't have this. This eight or nine years ago when I was recovering from my tonsils.

I wish I had

I've started IVs on myself. And that whole process is very arduous and difficult. Doable, but

difficult. It's a snap for me, at least. Just to start, a tiny butterfly in my big vein in the middle of my arm, hold it down with a piece of tape, push something in in five or six minutes, and then pull it out.

It so it's a lot easier to take care of yourself, even if you're feeling bad. Because let me tell you, when you're really feeling down, the last thing you want to do is be mixing up IV bags and this, that or the other. But anyway, those are all different ways of taking vitamin C.

Bottom line is you want to get as much vitamin C inside the cell as possible. That's your ultimate parameter of how healthy you are. How many cells in your body have normal levels of vitamin C if they all have normal levels of vitamin? See you got a normal body.

You have no diseases. It's that profoundly important. Do you have opinions on the different forms of vitamin D? Excuse me? Vitamin C, like ascorbic acid, calcium, asrbate, sodium, astrobate, and, of course, the liposomal. I get these questions all the time. And

have you in all these years of research, do you feel like there are better forms than others, or there are forms you just shouldn't even bother with? Yeah, absolutely. With regard to intravenous, the best is sodium ascorbate or ascorbic acid buffered to a near normal PH with sodium hydroxide, which basically is like taking sodium ascorbate.

You never take ascorpic acid straight. Intravenously, it would burn the daylights out of your out of your blood vessels. As far as orally goes,

some docs, even a few, I respect. Fact, and I don't think they're right about this maintain ascorbic acid is more powerful than sodium ascorbate. I don't think so. It makes no sense scientifically because

the active part is the ascorbate,

not the cation that it's attached to. But anyway, I generally avoid ascorbic acid because in some people it upsets the stomach. Ah. Some folks I don't really think this is a concern worry that taking too much ascorbic acid by mouth is going to start to erode away the enamel of their teeth.

Well, I don't know. Maybe if you swished it in your mouth for ten minutes before you swallowed it, maybe, but I really don't think that's an issue. So I think the best form orally is sodium. Ascorbate I say, never take calcium. Ascorbate I'm sure you're probably aware, I have another book out there called Death by Calcium, and the title is not an exaggeration.

Calcium kills an enormous number of people around the. World every year because of what the dairy industry has done.

And still, calcium remains one of the biggest supplements, sales wise, around the world. And

let's just put it in no uncertain terms above the minimal amount that you need.

Calcium is a carcinogen. Calcium causes cancer. Calcium promotes creates oxidative stress in every cell in your body, which predisposes you to every disease known to exist demand. And this is why magnesium, on the other hand, is so good, because magnesium's primary role. And most people who work with magnesium know this, exert its magnificent effect of good health on you, because it lowers calcium levels inside the cell.

So when you bring the calcium levels down, you bring the magnesium levels up, then the vitamin C can start coming in, and you can start getting a normal cell. So avoid. Calcium in all its forms. There's still a pervasive belief that you need calcium to prevent osteoporosis. Can you want to touch on that?

Yeah. It's absolutely,

horribly bogus information designed to scare the daylights out of mostly elderly ladies who are affected most by this.

It is there a severe loss of calcium out of your bones? Yes. Okay. But it's like burning wood. If you burn wood, oxidize it, it puts off the smoke. Well, if you burn bones, oxidize them, the smoke is the calcium. Okay. You can't put smoke back into the bones, and you can't put smoke back into the wood, and you can't put calcium back into the bones.

Quality bone is vastly more than that.

And you do have. Lock a lack of calcium in many other things in osteoporotic bones. But what you do have is an excess of calcium throughout the rest of the body, because that's what the supplementation feeds. That's what the osteoporosis process itself does, and they've shown quite clearly. And those that supplement vitamin supplement calcium

of substantial amounts have a 250% greater chance of death. Okay? In the ladies that take a lot of calcium doesn't really change their risk of osteoporotic fracture, but massively increases their chances of heart attack and cancer. So the point is, is it bad to have osteoporosis and fall and fracture and maybe die from it?

Sure. But statistically speaking, it if taking the treatment, which does not improve the disease at the same time is massively increasing your chance of heart attack and cancer. Sir. I mean, the answer is pretty obvious that you need to avoid that. You basically need a balanced diet with normal levels of vitamin D Three in your blood.

Vitamin D Three?

Running a range between

60 and 90 nanogram per CC on a blood test, more or less, is what you need to make sure you're taking in and assimilating and absorbing the right amount of calcium from your diet. And you need to avoid the excess calcium foods. It's crazy to ever have a glass of milk.

Milk is not a beverage. It should not be a beverage. It's one of the craziest things we do when we start getting our kids hooked on milk as a beverage, because we think it's something healthy. It's not. We don't drink milk, so so, yeah. And it should be mentioned you mentioned vitamin D Three that helps your body absorb and assimilate calcium properly.

And just taking calcium supplements just. Releases calcium everywhere in your body but your bones.

Exactly. But your bones. Everywhere but your bones, right? Yeah. And it should be mentioned, because this question is going to come if I don't address it, and I get this a lot, is what do you do for osteoporosis? Well, one of the most important things to do is actually exercise.

Lifting heavy weight sends signals to your muscles and bones to get stronger. And your body starts reinforcing your bones, you exercise. So what happens in old age is people become more sedentary and they stop working, they stop exercising. And if the old adage is 100% true here, use it or lose it.

And that's how we start to waste away. You also have what I call the big four supplements. The big four supplements are vitamin C, vitamin D, vitamin Two and magnesium. All four of those help reverse osteoporosis. Number one. Number two, each one of.

Independently by itself, decreases all, cause mortality. So each one of those supplements separately decreases your chance of death from anything. Why? Because each one of them mobilizes calcium, gets it out of its deposits, gets it lowered down in the cell. And if you favorably affect the physiology of every cell in your body, that's going to decrease your chances of every single disease process that you can encounter.

As far as exercise goes, that's good. I think as people get older, though, they need to be careful about doing too much in terms of

being in the gym. Obviously, the best thing for the older folks is just to get good walking exercise size on a regular basis and maybe little one pound weights or something like that to keep a little muscle tone in the arms. But.

Exercise is good for you. But the problem with exercise is it gets too many people focused on that as the endall and be all, and they ignore other important things. I had an opportunity recently to have an interview with this delightful gal that I've talked with in the past, and she wanted me to talk about the benefits of exercise for cardiovascular disease.

And I said, well, no, I can't really do that. I said, I don't want anybody to think that just because they go out and run a mile or walk 5 miles that they're protecting themselves from heart disease. If they don't realize the real cause of heart disease, which is the infections in their mouth seeding their coronary arteries, what they need to do is address that.

And once they've got their mouth in good shape and they're not seeding organisms into the coronary artery, then by all means, exercise like crazy. But if you ignore those factors and exercise like crazy. Then you end up like Jim Thicks, the classical marathon man who finally exercised himself into a heart attack and had advanced coronary artery disease at 56.

At 56. There you go. Yeah, I mentioned him in my book as a cautionary tale. And the point being, and we agree,

you can't out exercise a bad diet, you can't out exercise poorness, cannot exercise focal infections. Exactly, yes. That makes so much sense.

It should be said that fitness and health are not synonymous. You can be incredibly fit and unhealthy and at high risk of heart attack, cancer, stroke, diabetes, all kinds of things, but be very fit. You can be a marathon runner of weightlifter. You can be super strong and athletic and have a lot of endurance as a result of your training, but still be a ticking time bomb on the inside.

Right. I think it's important. People to realize, and I've got nothing against bodybuilders or marathon runners, everything like that. They're pursuing their interests. Okay? But what I do

react against, if you will, is the message that gets sent that because they can do a triathlon or do all of this, that somehow, in addition to having super muscles and super

exercise endurance, that they have a super immune system. Not really, because as we just said, there's many other things going on inside your body that determine your good health. And you could have a poorly exercised person who has a healthy mouth, and they're going to live a whole lot longer than the bodybuilder who

isn't aware of I don't want to say that they're ignoring these things. They're just not aware of the things that are really important. And they've lived the deception. That

the more you can lift and the faster you can run. And the longer you can run, the healthier you are. Not really. You have a better exercise capacity than anybody else, but you're not necessarily healthier. You might be, but not necessarily. I'd love to ask you this. So you mentioned the big four supplements and I have actually two questions related to supplements.

One is there seems to be be some difference of opinion about K two. And that is is it better to take it with vitamin D three or separately at a different time during the day? And the reason I

asked that maybe you haven't heard this or maybe it doesn't matter, but the information that I came across was indicating that perhaps there could be some competition for absorption when they're taken together.

It

that makes no sense to me. I would not think that would be a problem. I will say this somewhat cynically. Ah, everybody in the supplement market is no different. Is is out there for a little extra edge here or there. And

if there's a serious interaction between the two, let's put it this way I'm not aware of it. It is not a concern of mine. This, to me, is sort of analogous, maybe unfairly, I don't know to all the crap out there about vitamin C complex, okay? And how I mean, they even go so far as to say crazy things like ascorbic acid or ascorbid is not vitamin C.

Well, what has been tested for the last 80 years in the literature? Vitamin C and nothing else. What comes out of the liver of a vitamin C producing animal or man pure vitamin C. It doesn't come out in some sort of plant form associated with bioflavon noids and other antioxidant agents.

And mind you, that's fine if you want to take stuff like that with your vitamin C. The. More antioxidants, the merrier with the rose hips. The bad part is this makes taking a certain amount of vitamin C so much more expensive. So you end up maybe only being able to afford taking a gram of vitamin C in this big vitamin C complex form a day.

Whereas if you weren't shackled by that economic consideration, you could easily afford five or six or 7 grams of sodium ascorbate by itself. So that's my main problem with that is

if you want to take a complex, fine. But don't think that that replaces the benefit of taking 8 grams of vitamin C a day if you're just taking 1 gram in that particular product.

Okay. The other supplement question is, are there specific supplements that you are against? You already mentioned calcium, I imagine. Maybe iron could be another one. Well.

Have what I call the three toxic nutrients, and that's calcium, that's iron and that's copper. Oh, I go crazy with I mean, people are just shooting from the hip on. Well, calcium. Copper does this and copper does that. No, all copper does in any supplemented form is easy. Oxidative stress throughout your body has a companion factor with iron.

Okay,

the parameters on iron are easy to follow. I say that because as long as you have a normal blood count, normal size, red blood cells, normal size hemoglobin concentration, you have zero

need for iron supplement. The only time you need iron is when you have a specific not general, a specific iron deficiency. Anemia with tiny white red blood cells that have low. Concentrations of hypoglobin in. It called a microcytic hypochromic anemia, along with a very depressed ferretin level. That's the only time you take iron and you stop taking it when you get the blood level back to normal and you immediately undertake a blood loss evaluation in your body, because that's the only reason an adult should have an iron deficiency, is blood loss, which I had, by the way.

I had anemia caused by a bleeding tumor. GI blood loss, often from a cancer is one of the

this that triggers finding a GI cancer is, for seemingly no reason at all, an iron deficiency, anemia. And it hasn't been so flagrant that you've noticed blood in the stool. Yes, that was my situation. They described slight anemia and it made sense after they found the tumor. So

people are probably going to ask. What about silver? Colloidal Silver? Do you have an opinion on that?

Let me start by saying it's. Opinion. Okay. There's a lot of stuff I say that I that summarizes what I've seen in the literature. So this is more of an opinion than a summarization of what I've seen in the literature, and that is that in a short term basis, I think the the Colloidal Silvers are fine.

There's nothing wrong with them. The evidence seems to be that they're one more great way to deal with infections. I just think, again, opinion that there's a lot of people that jump on the bandwagon and take far too much of it. Okay? So I don't think it's completely innocuous taking in large doses.

And the thing is, we've got so many other things out there that take care of infections. Hydrogen peroxide, nebulization. I wrote a book on that, which is rapid virus. Recovery. And I covered all these issues. Incidentally, it's in rapid virus recovery. If you talk about with your dentist about the ozone, they have a little protocol in that book for the ozone injections of the tonsils, incidentally.

But she's perfectly fine to contact me as well, so no, those things

it's just important to keep in mind that the hydrogen oxide, for example, is one of the most natural substances in your body. Okay? It's actually what the cells of the lungs secrete hydrogen peroxide into the airspace to deal with naturally with the pathogens that you inhale with every breath.

Okay? So what is more perfect than that? Why do you want to come up with silver? Why do you want to come up with these other things? I don't know. Everybody wants a new angle. Everybody wants to think they're doing something clever, better than somebody else. I don't know.

But

take the things that. Are most natural, first of all, and hydrogen peroxide is far more natural in your body

than the silver. Well, let's unpack that a little bit, because I know there's a relationship between vitamin C and hydrogen peroxide. And vitamin C triggers the production of hydrogen peroxide at the cellular level. Isn't that correct? Yes, as a matter of fact, they have something called the Fenton reaction.

I think most people that are into this type of thing realize that high doses of vitamin C will rapidly resolve both infections. And so you might say, well, why? What's the mechanism? Well, when you have a pathogen, a pathogen is iron rich. It uses iron to proliferate. So you either have a pathogen by itself or a pathogen already infecting a cell.

Now, how do you want to kill that? Well, the thing that you do, large amounts of vitamin C, then. Go into the cell and they donate an electron to ferric three plus to make it ferrous two plus, which is then chemically able to give that electron to hydrogen peroxide in the cell, which breaks down into hydroxyl radical, which is the most potent oxidizing substance known to man.

It doesn't migrate at all. It just immediately oxidize whatever it's next to the moment it's formed. So that breaks down the cell. Well, how do you keep it going? And this is the elegant part. As long as you continue the vitamin C,

you're also at the same time the vitamin C, like you pointed out, is producing new hydrogen peroxide outside the cell, which then easily diffuses inside the cell. And once inside the cell, the hydrogen peroxide mobilizes more iron from the ferretin storage sites. So that you continue just by continuing the vitamin C, you continue to fuel all the different components of the.

Reaction until the cell and the pathogen are completely destroyed. It's incredibly elegant. I am a lover of vitamin C. I've taken many high dose vitamin C

doses, especially when I'm sick. I will take 8 grams as soon as I start to feel a little something, a little something's not right, a little scratchy throat or whatever.

People should realize watching this is if you've never supplemented before and you now say, well, vitamin C sounds good. I'm going to tell you when you start taking a few grams of vitamin C a day, whatever the amount is, you're going to start whatever you felt like before, you're going to start feeling better.

A little more energy, a little more alertness. Brain is clear. Point being is, is you develop a new health intuition. You get used to a certain level of increased health. And when you get challenged by an infection. You notice it so much more quickly than you would have before.

You say, well, you know, I feel okay today, but I'm just not great, or this out of the other. And you're able to jump on things just like you talked about a whole lot quicker, because the supplementation of the vitamin C itself brought you to a new level of health that you're much more easily able to detect compromises of that health and be able to kick up with more vitamin C and other agents as well.

And it really is remarkable how good you feel. I say good. You I'm talking about myself. How good I feel after taking four or 8 grams of vitamin C. I mean, within ten minutes, 2030 minutes, somewhere in that window, I'll be like, wow, man, I feel so much better.

My energy, I mean, there's a noticeable bump in energy. Even my mood improves. And this is in the middle of having some kind of cold or flu. I will feel better right away. But to the point you made earlier. You have to keep hammering with the vitamin C because the benefit in your body is short, right?

The benefit lasts an hour. Hour. 2 hours. Right. And then your body has used it all up and it needs more. And especially if you're definitely dealing with an acute infection, unless you just want to attenuate the core course and get well in three days rather than seven days, it should be obvious that you continue to take the vitamin C until you're completely well.

Also, and I made this mistake many times myself, when you're using vitamin C like that for an infection, let's say you've been taking it by whatever dosage schedule, and now you feel perfect. Don't stop. Continue it. Continue it at the high dose for at least 24 more hours, because it just invites an infectious relapse when you stop it too soon.

That's good advice. So, along those lines of taking high dose vitamin C, you mentioned that you like to take 8 grams per day. Is that your typical routine, just a normal day or equivalents? I take a lot of liposom encapsulated C, which can be the equivalent when it's a quality product of quite a few more grams of vitamin C.

But I would say a good daily dose of vitamin C if you don't have the super sensitive bowels and you don't want to go to the expense of a liposome form is to take something along the lines of two or 3 grams of vitamin C two or three times a day, somewhere in the six to eight or nine gram a day range.

If you tolerate that well, that's a definite good dose to stay on indefinite. Italy so what is the equivalent liposomal dose? I mean, we certainly have bought liposomal. I've certainly taken that form. And it's always been a little bit fuzzy to me. You know, it's it's more expensive, for sure.

It's typically, like, a dollar for a gram. That's that's about what it costs for Liposomal, vitamin C, and it's pennies right, for a gram of sodium, asurbate or ascorbic acid. So how much better is Liposomal if it's a true Liposomal product? I say that because my God. OD.

I've never seen any aspect of the supplement industry with more fraud than the Liposomes. Can you name a brand that's reliable?

The company that I've worked with for many years now is the only type that I use. Okay.

But I'm not recommending don't want to recommend it because

this whole pandemic thing in recommending products has put people under a microscope. Would just tell people to

because they're not the only company, but they're one of few. And you need to do your research, contact the company, say, do you have the research evidence as to the fact that this really is Liposomes and gets inside the cell? Because they actually have brands of Liposomalcy that have no Liposomes in them at all.

I mean, this is a problem with everything that we have these days when we're looking at foods and food labels. Well, how do you know that's in that food or that's not in that food? So there's so many things we're more or less forced to put our trust into.

But when you're talking about a supplement like that and you do a little due diligence and you go to the hassle of contacting these companies, you can quickly see which companies are more than happy. More than happy. To give you an example of the research documenting in this case, the presence of Liposomes versus a company that knows they don't have Liposomes.

You're going to very quickly just get some sort of standard answer. Well, our Liposomes are highly purified and of the highest quality and blah, blah, blah, and nothing else. Okay? So these companies that make good liposomes, they have research and they have the data. And the only way I can recommend is that if you want to go the Liposome route, do your due diligence and do that research, would live on labs.

Be an example of a company that

is

well, they're the leader. They're the ones that came straight out the gates about 16 years ago. And as a matter of fact, it's their success. I have no doubt about it. It's their success that has caused countless fraudulent

followers that are just jumping on the bandwagon. It's kind of like they're going to sell crap until the FTC comes after them. If the FTC doesn't come after them, they'll do it indefinitely.

I'm glad you pointed that out. That Liposomal has become essentially just a marketing claim.

Absolutely. That companies can put on a product without even proving it is a truly Liposomal product. Live on Labs is one we've taken for years. Yes. And feel good about it. I'm glad you also feel good about it.

But back to the original question. How much better is it? What's the equivalent dose? Is 1000 milligrams of Liposomal equivalent to 4000 of ascorbic acid? Well, something like some ratio labs, I worked with them, whatever, 1516 years ago, and it was just my observation. So there's no study or anything like that.

It was simply my observation that I got more of a powerful

impact on a case of flu I was having when I took five packets of the Liposo vitamin C. And this is an article that's on my website.

Ah than I got from a 50 grams IV. Okay, so I just made my own assertion that this tells me this delivery form is so unique and so powerful that it's maybe five, six fold more powerful than taking it directly into the blood and not being liposome encapsulated. And so that's where all of that information came from.

I mean, it really all started with me and the assertions that I made.

And at the time, I didn't even know what a liposome was, but I remember them telling me, and I just took it as marketing stuff, this doesn't have the bowel effect. Well, at the time, I was sick. My office is closed, I couldn't get the IV. I'd already taken so much regular vitamin C that my bowels were just pure liquid.

But I still felt horrible. And I just remember that one point. Well. You can take more without causing the bottle effect. So I said, well, maybe I'll take more. And I took five packets and I started feeling better so much more quickly, I couldn't believe it. So to your knowledge, have there been

any studies since that time that have come up with some sort of quantifiable effect?

Multiply is and anybody that says there is, is just I submit to you, quite humbly,

reading something that somebody wrote that read about something that somebody else said that ultimately came back to the assertions I just made, because I just got all over the web right away and it'd be very difficult to do.

So that's why I say clinical impact.

How do you measure that? So you're going to get 50 people. With a certain flu and give them 50 grams of vitamin C and another 50, and you're going to give them five packets of lipo. It's just be

an incomprehensibly, complicated and uninterpretable type of study to do, other than just relying on the clinical expertise and ability to evaluate of somebody who

treats some people this way sometime and advise as treatment and people sort themselves out, because, as you mentioned, the liposome packets are fairly expensive. So you're going to have some people that simply won't use it because of the expense and others that will be happy to use it. And if you're a clinician, you'll begin to form your own little feel for, well, let's see.

Well, I've seen these type of patients, they get better quickly versus those who take even more regular vitamin C.

So you're not going to see that type of study. I can't think of any way you could properly construct it. Thanks for. Answering that. Okay, well, we're about out of time here, and I just want to thank you again for taking time out of your day to talk to me, to answer these questions, to help inform my audience about vitamin C and magnesium and oral health and all these amazing things.

I know you've written a number of books, which we will link to some of your books below our interview, so people can find those and read. I have a lot of articles on the website, too. Yeah, and let's make sure people know where to find you. That's very simple.

Peakeenergy.com. Peakenergy.com. Great. Dr. Thomas Levy. Thank you again. I'm going to say it a third time. You're a legend.

I'm just so inspired by you. You've taught me so much. You taught me even more. In our interview today, I want to dig into some of your books that I haven't read yet, and. And keep learning from you. So I just wish you good health, God speed, and continue to do the good work that you do.

And thank you. Very good. Chris, thanks for having me on. Always out there to get the message out. And you're a great example too. It's phenomenal. Your own personal story there is impressive, but not unexpected if you do the right there.

Thank you. You're very kind. Take care. Okay. Bye bye, everybody. Thanks for watching.