Tox-Sick: From Toxic to Not Sick

A Special Interview with Suzanne Somers

By Dr. Joseph Mercola

DM: Dr. Joseph Mercola
SS: Suzanne Somers

DM: “We’re all on a big, chemical drunk, and the hangover is a killer.” Hi, this is Dr. Mercola, helping you take control of your health. Today we are joined by Suzanne Somers, who is the author of the quote I just made. She’s going to expand on that and what that means in great deal. We are really privileged and honored to have her and share her journey with us today, and what you can learn from that.

Welcome, and thank you for joining us today.

SS: I’m so pleased to be meeting you and talking with you. I’ve been a fan of yours for forever and ever.

DM: You’ve written a… I think that’s probably where we’re going to start because I think most people are aware of your major advocacy for this type of natural health. But obviously, you’re known before that for your role as an actress and as a singer, you’ve written a number of books, and your journey through breast cancer earlier. Why don’t you sort of summarize that for those who are not familiar in detail with your history so they can get caught up to date.

SS: Well, Tox-Sick is my 25th book. It’s been such a privileged to write these books. I believe that I’ve had a lot to do with bringing bioidentical hormone replacement to the forefront and having a real impact on the quality of life for women. I hear that all the time so it’s just… You know, we all want to feel like we have a purpose in life. I feel that I have a purpose and I deserve this little spot I occupy on the planet. It’s like an alcoholic. It takes a long time to get to that place. This was quite a journey for me.

I started writing about bioidentical hormones 20 years ago with my first book, The Sexy Years: Discover the Hormone Connection: The Secret to Fabulous Sex, Great Health, and Vitality, for Women and Me, my first book in this genre. Up before that, I had the “Somersize” books. Before that, I had the “Children of Alcoholics” book and “Children of Abused.” My very, very first was a book of poetry in 1973. I’ve actually been writing books for a number of decades. I’m Irish, you know. We write.

DM: You must be gluten-intolerant too.

SS: Right.

DM: You must be gluten-intolerant.

SS: In 2001, I had breast cancer. I was on hormone replacement. I had a 2.4 centimeter tumor. I was offered standard of care radiation chemotherapy and the harsh, aftercare drugs. And [they said,] “Give up your hormones.” I said to my doctor at that time “I cannot give up my hormones.” He said, “You have to. You have an estrogen-positive tumor.” I said, “Right. With all due respect, doctor, what I understand about hormones is that, it’s because I haven’t been making sufficient progesterone these last 10 years. That probably is a contributory factor to this.”
And then, factor in also 20 years of birth control pills, which no one will ever do a study. But that has to affect. These are foreign molecules in the body, and it confuses the body.

Estrogen is carcinogenic. That’s what everybody is afraid of. Progesterone is anti-carcinogenic, as you know. So nature poured estrogen every day of the month. And then two weeks of every month, we poured progesterone, and that is how we keep the balance. As we start declining in hormones, the one which women usually declining first is progesterone. I did. I knew nothing about it. I didn’t understand it. That, what I feel, is a major contributing factor. When I was asked to give up...

**DM:** For your breast cancer?

**SS:** For my breast cancer. When I was asked to give up my hormones, I have to say, it took me courage to say, “No, I can’t.” It took courage to come face to face with my doctor and decide on my own that I knew more about my body. I think what we all need to do as laypeople today is to do the work, to do the research, and become your own detective and to listen to the body’s language.

I wish I knew then what the language of the body was, and I believe that I could’ve circumvented that. Had I been on progesterone replacement, maybe 10 years earlier, because they said a 2.4 centimeter, it takes about...

**DM:** You actually had breast cancer.

**SS:** I did.

**DM:** I’m wondering what you believe to be the difference between another celebrity, Angelina Jolie, who did not have breast cancer – merely had a risk factor for it – and had double mastectomy. What do you think the difference between her approach and yours was? Why did she react that way and you reacted the way you do?

**SS:** She carries the BRCA gene (I don’t know if 1 or 2). That’s a scary gene that raises your percentage. But were I to be in that same position, I probably would’ve gone a different way. We all do what we have to do to make ourselves feel comfortable. She lost her mother to cancer. She’s a mother of, I think, at least five children. It’s brave to remove body parts. It’s also extremely traumatic to the body to remove body parts. There is no surgery where there’s a free lunch. There’s always some residual. If it were me, and I carry that BRCA gene, I would blood test and see where my hormone levels where. I would keep myself in such perfect chemical balance.

There are doctors, as you know, who understand how to do this. But you have to go to a qualified doctor, someone who has stepped outside of the standard of care box to learn a new specialty. Because if you go to a doctor who has not done that, it’s like going to a plumber for a heart bypass.

**DM:** Sure.

**SS:** That’s what I would’ve done. I did not take the aftercare drug. I did not take chemotherapy. I did get frightened into radiation, a decision I personally would not make today because any health problems I have are as a result of radiation, one being that it eliminates your body’s ability to make hydrochloric acid for life.

**DM:** Wow.

**SS:** I wish I had known that. As a result, what I do know is with each meal that I take, and will for the rest of my life, I take three digestive enzymes and three hydrochloric acid capsules to mimic what my body
would have done on its own. But think of all the women who go on the Nexium-type drugs when there would be a natural way to handle this. Again, you have to do your homework.

What I’m most proud of with my breast cancer, and take this in a way that I mean it, breast cancer for me has turned out to be an incredible gift. I think when you’ve dealt a blow in life, you can either make it work for you like judo using forward energy to win or it can knock you down. I used it.

When they wanted to rebuild my breast and the options were transverse rectus abdominis (TRAM) flap, which is taking a muscle from the stomach and the skin from the stomach, and essentially kind of rebuilding a breast (which I had seen in some women who had done that. I didn’t think it was remarkable), or an implant.

He said, “Implants.” I said, “Implants?” He said, “We’ll you have to do both because you want symmetry.” I said, “You know, I really believe something better will come along in the future.” Ten years later, I met Dr. Kotaro Yoshimura out of the University of Tokyo, who at that point had rebuilt the breasts of over 400 women at that time using their own fat and their stem cells.

So, we applied for an institutional review board (IRB) with hospital in Los Angeles. It took three years so that we could get Food and Drug Administration (FDA) approval for a clinical trial, and the date came in. I called Dr. Joel Aronowitz, who had been taught the procedure by Dr. Kotaro Yoshimura. I said, “Let’s go tomorrow morning.” I don’t want anybody to change their mind.

We went for it. I thought it was so historic to be the first woman to legally, legally – It’s been done in backrooms – regrow my breast using my own fat and my own stem cells. The result is absolutely beautiful and fulfilling. No scars because it’s really… What they did was take the fat from my stomach. Boo hoo. They took out the stem cells, discarded the weak ones, kept the strongest ones, spun them, and put them into that fat, which is loaded with stem cells. The best way I can describe it, Dr. Mercola, is using a turkey baster to inject into my breast until it became the size of the other one. The result is beautiful. Beautiful.

I don’t know why this hasn’t become the standard now because it’s safer. Every time you put a foreign object into a body, you’re going to have some trouble. Every woman I know who has implants has some trouble. So the progression of hormones…

DM: Can we stop there for a moment because I think a lot of people would be interested in that, you being the pioneer, the first person to legally have this procedure done in the US. Is this something that is available now or do you still need an IRB to qualify for it? Or is it more widely adopted as stem cells technology in Peru?

SS: I was talking to Dr. Joel Aronowitz. He’s at the Cedar-Sinai Medical Center in Los Angeles. He is still doing them. He’s done over a thousand women now. He said that each time, he learns a little something more. But all I know is my results are beautiful. I’m so happy. I didn’t know I missed my breast that much. And I’m so glad to have them back.

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DM: Yeah. I’m sure your husband’s appreciative too.

SS: Very. He was, you know... He used to say, “Well, I have one for every mood now.”

Technology is… Science is advancing. I read a book in the late ‘90s by a Canadian futurist, Frank Ogden, called The Last Book You’ll Ever Read. At that time, he said, “In the next 20 years, 80 percent of
everything you know will be new.” I thought at the time, “Well, that’s an exaggeration.” Actually, I now think it’s an understatement. Think of what will change in 20 years.

Now, we’re in a new place, I think. You’re writing about it and I’m writing about it. We are now under the greatest environmental assault in the history of humanity. The planet has changed so drastically in the last 50 years. The chickens are finally coming home to roost. It is evident by the new diseases: attention deficit disorder (ADD), attention deficit hyperactivity disorder (ADHD), obsessive-compulsive disorder (OCD), bipolar, schizophrenia even, autism, asthma, dyslexia, dyspraxia, autoimmune diseases, multiple sclerosis (MS), fibromyalgia, lupus, and cancer. It’s all an epidemic.

I want it because I was so hard hit. In my family, we do eat organic food. We do live a clean, healthy lifestyle. I do sleep eight hours a night. I do exercise. Why us? What weakened our immune systems to where it almost brought us down? That is the basis for Tox-Sick. I believe there are going to be millions of people who are going to see themselves not only in my story but my granddaughter’s story, my daughter’s story, and the other stories of mold victims that I interviewed in this book.

Also, I know you know pretty much all the doctor in the book, but I think the doctors in Tox-Sick are the five top environmental doctors in the country. I said to each of them, “Give me your best. Take me on. Imagine I’m your patient, and you’re going to spend the whole day with me.” That’s what I’ve got out of them. I just picked their brains as a patient would if you had all the time in the world. They’re very important interviews. I know that you know Dr. Stephen Sinatra very well.

DM: Sure, yes.

SS: But the whole myth of cholesterol, what you’ve written about… Ever since we went on low-fat, we’ve gotten fatter and sicker. I’m trying to bring back butter, cream, olive oil, sour cream, full-fat cream cheese, coconut oil, flax seed oil, etc. I explained in the book how the toxins come in: through the skin, through the air we breathe, through our lungs, and through the food that we eat. That’s how we can get control of it. But when we were hard-hit with our story, I didn’t know any of that. You learn as you go along.

What happened to me, Dr. Mercola, was our house burned down in Malibu. It’s very traumatic to have your house burnt down. We lost everything.

DM: What year was that?

SS: That was six years ago. I know that because I still do not have permits to rebuild. Malibu is tough. They don’t have much sympathy.

We leased a house upon a hill. It’s beautiful. It’s all glass and modern. I said to my husband, “Why don’t we buy this and not go through the aggravation of rebuilding a house?” But in the four years that we were there, we started getting sick. But I didn’t connect the dots. Because things that everybody is dealing with, everybody’s now accepting it as normal.

For instance, my husband is so healthy. He’s 78 years old but to me, he looks like he’s 60. He’s gravitated to fruit, nuts, and vegetables all his life, always eating healthy. All of a sudden, I’m looking at him with red, watery, and crusty eyes, something that we think older people should have, which I now believe is a language. Red, watery, and crusty eyes aren’t because you’re old. I believe the language is your body saying to you, “You are now so toxic that I’m trying to expel toxins whichever way I can.” Look at your red, watery, and crusty eyes as language.

Then his nose, the sinus, constant sinus infections, constant sneezing. If you walked into a room where someone had just sprayed air freshener, he’d have a major attack. And then, he started having facial tics
and facial spasms, and then full-out grimacing. Doctor number one says, “Looks like Parkinson’s.” I said, “It can’t be.” Doctor number two says, “Well, it’s probably pre-Parkinson’s.” I said, “It can’t be.”

Then I started getting sick. I would wake up in the morning, my stomach would be flat. By the end of the day, it would look like I was giving birth to a basketball. What was that? I was eating right. I was exercising like I said. I ended up in the hospital in anaphylactic shock. When I was in the hospital for six days, it was pronounced that I had cancer. They’ve never seen so much cancer. I, at the time, was so devastated because I thought, “Have I been wrong?” I’ve been telling all these women about the joys of keeping hormonally balanced, and how a hormonally balanced woman is so protected, and here I was. But it didn’t feel right. It turns out they were wrong. They wrong about my cancer. It was a misdiagnosis. I had to go through a surgery to get there.

What it was, in this beautiful house that we leased, there was an unfinished room downstairs unbeknownst to us, with standing water. It was a black mold factory. The black mold, like “Little Shop of Horrors,” crawled up into the drywall, into the air conditioning ducts, heating ducts, and vents. We were breathing it. We were exercising in it. We were enveloped by black mold.

It turns out that my husband, the happy resting place for the black mold for him was in his cranium, in the whole airway up the sinuses here. The base of the brain, of course, the cerebellum where the central nervous system runs alongside parallel, the black mold started eating into the central nervous system, which I saw on a brain SPECT like “Little Shop of Horrors.” That’s what was causing the grimacing and the full-out facial spasming.

For me, the black molds settled into my intestines. What put me in the hospital was it so degraded my immune system. I started getting the flu. I don’t get the flu. I got a cold. I don’t get a cold because I eat so well. It dislodged in me a dormant fungus. The common name is valley fever but the name is coccidioidomycosis, which I know you know.

It’s a fungus that loosens the top two inches of soil in the whole desert in Southwest. It mainly affects migrant workers, and nobody really talks about it. This fungus that was predicated by the black mold almost killed me, but I was physically strong enough to fight this thing that was just terrible.

My point in this is what if Alan, my husband, had taken the Parkinson’s drugs that were…

DM: Which 95 percent of people would’ve done.

SS: Right. And how many people, Dr. Mercola, are walking around, thinking they have Parkinson’s when, maybe, they have mold, fungus, yeast, or candida in their brain? If I had accepted the cancer diagnosis… I was offered chemotherapy again, day one in the hospital. I turned it down again. I now know I will not take chemotherapy. It doesn’t align with my thinking. Will I be alive today if I had taken chemotherapy for so much cancer? We’ve never seen so much cancer in a body.

We then realized that we had to start, first of all, move out of the house, leave all our things again like bandits (We left in two weeks once we realized that the house was killing us), and start a major detox protocol that we’ve both been on for four years. I will cut to the end right now: we are well. We are better, and that’s a takeaway I want your listeners and readers to get.

Over here in the other side, I’ve got two granddaughters. Interestingly enough, both are born caesarian. Now you know, when you’re born caesarian, you miss that vital to life journey. That unbelievable step where your first swallow in life is not air, it’s your mother’s vaginal flora. But if you are born caesarian, you miss that step. If you don’t have the knowledge, you won’t know that if you give birth to a child caesarian, you should flood that child with probiotics if you had antibiotics. As you know, anti takes away and pro puts back.
These two children grew up in a safe home, with no abuse, no drug abuse, no alcoholism, everybody loves one another, everything’s right about it, they eat organic food, and they all take vitamins. But they weren’t colonized. The food allergy started with them around nine years old. First of all, they started… they would gain weight in a week. They could put on 10 pounds – and these are little dancers. They danced, and danced, and danced, and danced; the horror for children to put on that kind of weight.

[They had] puffy face. If you look at children with puffy faces, to me, that’s a giveaway. Older people with puffy faces, then the eyes get yellow. That’s more language. You can’t look in the mirror and not understand the language of your own body. Listen. Look at yourself. Look in the mirror and listen to what your body is talking about all the time.

This ADD... One of the little girls who had ADD and OCD, she was exposed to mold at school. [She had] food allergies, pretty much allergic to every food except for organic protein, organic vegetables, and organic olive oil. That was about it. But what does that to a kid is it puts them into a world of “I can’ts.” They are kids. They want to go to a birthday party. “I can’t have the cake. I can’t have the ice cream. I can’t have the sandwich. I can’t.” It depresses them. ADD is the depressive form.

The other one, ADHD, that’s the hyper one. The rage comes out. What they are doing with most children in America today, to calm down the ADHD and ADD – we live on a world of initial – is put them on amphetamines.

I read a statistics that close to 50 percent of all our high school students are on prescribed amphetamines. These are brains that aren’t fully formed yet, not until 25 to 27. What’s that going to do? I also question each doctor in this book about the crazy shootings that are happening. I said, “Everybody is talking about guns, but let’s look at another scenario. Why don’t we look at what they were eating?”

At what point… Is there a tipping point where your thyroid is so messed up from chemicals, processed foods, and highly sugared foods that you developed ADHD and you literally can go crazy? It’s just something I think needs some examination. I’m not a doctor. It’s just from my common sense, piecing together and connecting the dots.

DM: Well, let me respond to that. You certainly are not a physician. You didn’t go to medical school. But I’ve had the opportunity to evaluate people who have medical knowledge. I can say pretty confidently that you’re knowledge of how to improve people’s health is probably beyond 95 percent of board-certified physicians. Congratulations for what you’re able to do. But I’m saying this as a compliment but also as an encouragement to those who are watching this that you too can do this.

The best ability is the ability to learn and the resources are out there. They’re actually easier to do now than when you did it.

SS: Yes. That is my point. If I can learn it because I’m “us,” then we can all learn it. It takes reading. You have to read. You have to be interested. You have to accept that we are living in a toxic world now. I always say that people are so busy counting calories. I think we should be busy counting chemicals.

I look around, and where is the tipping point? There’s the air freshener. There’s what you’re cleaning your house with, what you’re getting rid of the pest with and spraying the poison, and what you’re cleaning your bathrooms with. All poison. The chlorine that you’re using. The fluoride in the water, which Dr. Russell Blaylock has gone on extensively about the dangers of fluoride in the water.

And then you’re eating food that is not organic. You’re putting on skin care that’s all chemicals. I always say to women, “Your skin is your largest organ in your body. If you look at the skin under a microscope,
what we know is pores look like holes.” You’ve seen that. Now, imagine big holes in our skin and now you’re putting on some lotion and it’s all filled with chemicals. Well, guess what? That’s going to go somewhere, drops into the bloodstream and now, they roam around.

I found the pathway so fascinating. Put it on your skin and it ends up in your bloodstream. Put it in your stomach and put non-organic food, now you’re going to get it in your gastrointestinal tract (GI) tract.

A lot of women were starting to write me, “Oh, my hormones were working so great, and all of a sudden, they’re not working anymore.” I asked Dr. Nick Gonzalez about that. He said, “Well, when the liver is so toxic and overloaded and you bring in hormones, it spits them out. It just can’t hold anymore so it spits them out into the bloodstream.” And then, all of the sudden, the woman gets an overdose of hormones and becomes symptomatic. Whereas before, the hormones were working beautifully to keep her without symptoms and she thinks, “Oh, I can handle hormones.”

What happened to me, to Alan (my husband), my granddaughters, and to my beautiful daughter by marriage, who put on 30 pounds in one year, in one year, because she had reached what I called the tipping point. First, it started with allergy to eggs then it started with gluten intolerance. Then, it started to chemicals and over sensitivity to smells, which I now know that sense links right back to the thyroid. Then she got puffy face, yellow eyes, and hot and cold.

Their whole system was off, and then a leak in the roof with mold. She has been through a living hell trying to lose these 30 pounds and trying to get healthy again. When these chemicals get into the GI tract, as you know… This is lay speak. If the immune system has been degraded from an imbalance flora, and processed food, chemical food, and all the other chemicals I just talked about, those toxins, those organisms eat through the barrier wall of the GI tract and leak out, that’s the leaky gut.

Everybody is saying, “I have leaky gut.” We never heard of leaky gut 10 or 15 years ago. And then, you’re in trouble. Because now the toxins roam through the body looking for organs of opportunity, be it glands or organs. They like it because they’re all fat but they are really looking for the brain which is 65 percent fat.

They reside within the brain, and that’s where that ADD, ADHD and OCD are coming from. I’ve kept asking Dr. Gonzalez, I asked each doctor, “Does cancer begin in the stomach?” Dr. Gonzalez had to think about it for minute. Without answering too fast, he said, “Many (and he was really deliberate) cancers originate in the GI tract. Many autoimmune diseases originate in the GI tract.”

So when we’re doing the kind of research… We’ve got to find the answer to MS. We got to find the answer to the autoimmune. We’ve got to find the answer to cancer. Maybe it’s simpler than we all think. Maybe the answer to these organisms – candida, yeast, mold, fungus, and cancer – maybe it’s simply cleaning up your life. Maybe it’s switching to organic cosmetics and organic hair care and organic make up, and lead-free lipstick, cleaning your house with toxic-free cleaners, clean up your own sphere. Then, only eat organic food.

If anybody has that basketball like I had, the way I got rid of my basketball was doing what I just said. I cleaned up our lives completely. But I also realized that that basketball was because of all these organisms – mold, candida, fungus, yeast, and cancer – are all similar and that they require, not just like, but require sugar to multiply.

I could have something as simple as a date the night before because I don’t tend to go for ice cream and cake. And then, my stomach would blow up. I finally realized, one mold organism can multiply 52 million times in the 24-hour period. I had a belly full of mold. I had a belly full of chemicals, yeast, and candida. I call it the “chemical belly.” Every time I ate any sugar, I was feeding it so it could explode.
All the people walking around, and that’s pretty much everybody, with bloating, constipation, gas, and discomfort, the big answer – and I would say take a deep breath – is give up sugar. Give up sugar. The first two weeks are the hardest. First two weeks, you’re going to crawl and go crazy because your body wants it so bad because the little organisms are saying, again, Suzanne-speak, “Give me, give me, give me. I need my food. Give me my food.”

I decided I would murder these little guys in my digestive tract with fats, healthy organic fats, and healthy, organic grass-fed protein. And that I would not give it a happy meal, which is any kind of sugar. I gave up all sugar and all grain, which was something that we were doing anyway because my husband is gluten-intolerant.

I have a flat stomach. I lost so much weight, all that weight that I thought was part of being in my 60s. I sleep better. I don’t crave sugar. I feel better. I look better. Everything is better. I don’t think, for me, that I will ever go back to sugar because it played such havoc in my life.

The answer to… My husband had to do serious detox. We did IV treatments for quite a while. But after a while, there’s a drawback with IV treatments like glutathione, the body’s master antioxidant, and vitamin C. After a while, your veins give out. He did detox protocols. But also, the Gonzalez protocol, which he said, “I treat mold and cancer exactly the same way.” I said, “Really?” He said, “Yes.”

[----- 30:00 ------]

He said, “Cancer and mold are manageable.” I said, “What do you mean?” He said, “You give it want it wants, it will leave you alone.” I said, “What does it wants?” He said, “It wants good nutrition and it wants a detox body.” His protocol is pancreatic enzymes away from meals. I said, “Why?” He said, “Because pancreatic enzymes, which mimic the human enzyme from pork, they eat debris. Cancer and mold is debris.”

So, if you take these enzymes with meals, you digest your food really great. So he has you to take some with meals. But an hour away from your meals, it’s looking for its own happy meals. It sees cancer, it sees mold, and it eats it up. It appeals to my sensibility. It appeals to me because I watched my husband get well. No more facial tics. No more spasms. No more grimacing. Clearly, he didn’t have Parkinson’s. I clearly did not have cancer.

I just want people out there to know that you can do it. It’s going to take time. It’s not fast. This is not Western. It’s going to take time and patience. But if you do it, you can regain your quality of life, and you can enjoy this extended life that we are now afforded. But at present, people are expecting the present paradigm of aging, which is awful. I mean, who wants to get old anymore? Because when you look at it, it’s decrepit. It’s frail. It’s nursing home. It’s Alzheimer’s, cancer, heart disease, or all three.

When I speak to people, I give that example and I go, “What did they do wrong? What are you doing differently?” I believe, anybody listening, you have to understand you have to start today if you don’t want to end up like that, if you don’t want to have an extended life because they’re going to keep us alive now, like it or not. If you don’t want to have poor quality of life for the rest of your life, then you have to start today.

The sad fact of our damaged planet is that we all need to detox every single day of our life, in some way for the rest of our life. Be it coconut oil – I take four spoons of coconut oil throughout the day. I happen to like the way it taste. I buy it from you. The virgin organic oil heals the intestines, seals up the barrier wall in there. That’s a great antidote to that leaky gut. It also heals inflammation in you GI tract. What a perfect food.
There’s bentonite, a liquid clay that you can take. Take a big squeeze of that every morning to protect you against the environment. There are lots of things you can do. There are coffee enemas that you can do. I said to Dr. Gonzalez, “Coffee enemas… Can you just drink coffee?” He said, “No.” I said, “It’ll be a lot easier.” I said, “Why?” He said, “When you do a coffee enema, it’s like the liver was a sponge. It goes up and squeezes the toxins out.” He said, “I have my patients do – depending on the severity of their mold, their yeast, or their cancer, whatever it is – at least two a day, back to back. Hold them 10 minutes each.” He said, “It squeezes the toxins out.” It appeals to my sensibility.

If the problem today is overloaded, toxic, groaning livers, the clearing house of the body, if your liver isn’t healthy, you don’t have a healthy GI tract. You don’t have a healthy brain. You’re not healthy. That will be a pretty easy thing to do.

DM: Yeah. And it’s important to use organic coffee to do that.

SS: Organic.

DM: Otherwise, you’re introducing additional toxins.

SS: Right, the same with organic food. People say, “Well, it’s more expensive,” I go, “Not really anymore. Maybe a little harder to find but not really even that.” In the summer, most everybody can grow their own. But to eat non-organic GMO food, when you’re trying to detox your body, you’re putting more chemicals in.

I thought it was interesting what Dr. Sherry Rogers, an environmental doctor, said in Tox-Sick. I said, “What if I go on the road? I try to bring as much food of my own as I can. But what if I have no access to anything organic? I know if I eat in a restaurant, I’m eating GMO.” She said, “When you go home you take what I call my ‘Detox Cocktail.’” I said, “What’s that?” She said, “A spoonful of ascorbic acid powder (vitamin C) and three r-lipoic acid capsules before you go to bed. Take another one in the morning, depending on how much you ate and how many day you did this, do that throughout the day.” She said, “It is a major cleaning out.” And it works. Sometimes I have to eat food that I would really rather not eat.

DM: Well, the other option, because the majority of the people in this country are overweight and they are not going to be seriously harmed if they miss a few meals, is to actually use intermittent fasting and not eat.

SS: Yes.

DM: I mean, that’s always option that a lot of times people forget. You don’t have to eat. You may want to, you may be tempted to, but you could choose not to.

SS: Isn’t there a group of people in the mountains high in Japan, not Yokohama – I’m sorry, it escapes me – but they’ve done research on them. They practice calorie restriction as a way of life. We’re just off track here. We have to go back to the old ways.

If you can afford to buy toxic-free household cleaner, do it. Your mother and my mother did. Remember, mineral oil for polish, lemon and water, and vinegar and water, that’s what she cleaned with. We didn’t have all these modern day conveniences to make our lives easier. Now, we’re paying the price.

I do remember when we used to have an ant infestation. My mother would make a sticky paste of ivory soap and water and put it along their trail. They come out and step on it. They hate the way it tasted, and leave. And then, I remember the day she brought home this black can of spray. Wow, it killed all the ants.
We went, “Wow, that’s so great. Let’s spray the whole kitchen.” And then, my father found another spray for outside. He sprayed the whole perimeter of the house all the time.

That was the 1950s. That’s when it began. That’s when we had access to whiter than white and greener than green lawns. Now, we have lawns that are so toxic that when our pets or our children walk or play in it, they bring this back into the house, on their feet, and get in our beds. And we’re all getting exposed all the time.

What a shame because as Dr. Sinatra always says, “How important it is with grounding, to walk on the earth, to walk on the grass.” Now, when I have to walk on the grass, I wear shoes because I don’t want… I know they’re sprayed with pesticides.

I opened a book with a quote from a famous golfer. It was about he was playing golf and all of a sudden he couldn’t hold the ball, he didn’t have any strength in his hand, he didn’t have any strength in his arm, and he had to give up the game. His doctor said he had acute pesticide poisoning from the golf courses. One of the healthiest most beautiful sports that people can play is toxic.

We have to change. I don’t believe that there’s hope for humanity, but I feel very hopeful for humanity. That if we each teach ourselves, take charge of our personal sphere for ourselves and our families, and understand that we can’t change the big picture of what’s happened to the world, but we can change it in our personal sphere, you can win. I’m winning. My grandchildren are well again – winning. One missed a whole year of school as a result of these terrible brain afflictions. My daughter is winning. People are winning, but it takes time and patience.

DM: Yes indeed. Well, thank you for sharing that. Just a few comments on some of the points that you mentioned: I would agree that for most of us who aren’t exposed to the toxic mold, probably the most important and persistent toxic exposures we have are the food. You had mentioned the importance of eating organic non-GMO [foods], and that is important, but it really needs to be more than that.

I interviewed recently a woman who’s an investigative reporter and an insider in the food industry in Scotland. She wrote the book Swallow This: Serving Up the Food Industry’s Darkest Secrets. Her name is Joanna Blythman. It’s just a fascinating review and insight as to how much chemicals and processing go into our food. I mean, once you read this book, you’ll be absolutely inspired to just not only eat organic food, but to prepare it yourself because you can process organic food with a lot of greenwash chemicals. You could read the label with a microscope and never figure out that it could harm you.

SS: Inspiring book. Columbia University’s school of medicine did put out a statement last year that 95 percent of all cancer is caused by diet and the environment. I think…

DM: Yes indeed. And a follow-up on Gonzalez’s statement on the autoimmune disease, he said, “Many were caused in the gut.” I think that you could accurately say that it would be most, because obviously in autoimmune disease, your immune system’s important, and 80 percent of your immune system is in fact in your gut.

SS: Right.

DM: If you have an unhealthy gut, you can’t have a healthy immune system.

SS: You can’t. He paused so long before he said “many,” that I think the word “most” was wanting to come out of him. But, you know, it’s hard to go on the line. I can say it because I don’t have a practice. Nobody’s going to come after me.

DM: Well, it was good support.
SS: Yes.

DM: There’s a general agreement that four-fifths of our immune function is related to our gut health.

[----- 40:00 -----]

SS: And that immune system is so fascinating. That mucus around the GI tract that is antibacterial, antifungal, antibiotic, anticancer, and makes interferon… I mean, what nature has provided is so incredible. Why are we wrecking it?

I always say to people, “If you had a Maserati, you would never put inferior fuel into your Maserati. If you had a Maserati, you would never wait until the car completely broke down before you took it to the mechanic.” And yet that’s what most people do with their body. It’s a privilege to have good health. It’s a privilege to have a well-working, healthy body. If you have love in your life, you love, and you have great health, you have everything.

DM: Yes indeed. Your book provides a wealth of resources, recommendations, and formats to follow to achieve that. I just want to also follow-up on one last point, too, about the sugar. It was particularly important for me because the way I was introduced into natural medicine 30 years ago was through Dr. Dr. William Crook’s book *The Yeast Connection*.

SS: Yes.

DM: It’s my experience with that that, you know, normally sugar… Obviously, we should avoid sugar, but in excess. If you’re healthy and if you’re not insulin resistant, [having] small amounts is okay. But if you have this yeast, this fungi and you’re overwhelmed with it like you were, you can’t have any. Even healthy fruit like a date could…

SS: Right.

DM: I want to thank you for sharing that because a lot of people just don’t believe it, but it’s true. Until you get that under control, you have to eliminate it.

SS: You are so right. If you’ve got that basketball stomach, you’ve got some nasty little guys in there. Don’t give them the food that they’re craving because they’ll make your life miserable. I’m so happy that they’re gone from my GI tract. It feels so great to have a system that I can count on. If I want to wear that cool dress tonight, I can wear it. For a few years, I couldn’t ever count on what I was going to wear at night. It’s been freeing. It’s been an incredible journey. The whole thing – from cancer to mold – it’s just been an incredible journey for me.

DM: Why don’t you also comment on sleep? It’s not something that I think you go into great detail in this book, but you have in previous books.

SS: Yes. Right.

DM: We’re talking (before we started the recording) that it’s been your experience that women aren’t sleeping more than five hours as a result of hormonal imbalance. Could you expand on that?

SS: Yes. Sleep is a game changer. I’d like to describe hormones. It’ll take me just one minute like a teeter-totter. Can you see?

DM: Sure.
SS: We’ve got minor hormones and major hormones. The minor hormones are estrogen, progesterone, testosterone, dehydroepiandrosterone (DHEA), pregnenolone, and there are others, but those are the most important ones that we have to deal with. Over here are the major hormones – adrenals, insulin, thyroid, and cortisol.

As we… Stress blunts hormone production, and chemicals blunt hormone production, and aging blunts hormone production. Let’s say, you’re young but you are stressed, as you dip in your minor hormones here – estrogen, progesterone, and testosterone – look what happens to your majors: they rise. That’s why your insulin goes up. That’s why you’re gaining weight at night even though you’re not sleeping. Your cortisol and your adrenals go up. That’s that racing heart. Your cortisol goes sky high.

Now, it’s interesting to me that women die of heart disease, heart attack, and stroke. Chronic high cortisol leads to heart disease, high blood, stroke, etc. Is it really that we women are dying of heart disease? Or are we dying because we didn’t balance our hormones? We’re supposed to die at the end our reproductive years, but now we are being kept alive longer. In the animal kingdom, there is no menopause because when an animal stops being reproductive, they slow down and get eaten. I think that nature probably wants that to happen to us because my ancestors died after their reproductive years for the most part.

But now we’ve got extended life. When people go, “Is hormone replacement natural?” I go, “Is living this long natural?” If we’re going to live this long, let’s have quality of life. The greatest way, which I’ve been connecting my own dots to, to prevent heart disease is to get your hormones balanced back when you were in your healthiest optimal prime.

Most women and most men are sleeping on sleeping pills, which is not sleep; that’s a suspended state. Eight hours of sleep, as you know, is designed for repair. The first three hours, the melatonin pours. There’s a lot of repair work that goes on in the night during those eight hours. But if you muffed it up with drugs, the body’s confused and going, “What do you want? I thought we’re supposed to sleep but you’re giving me this. I’m not understanding.”

I take melatonin every night because that’s another hormone at my age I’m no longer making. I figured I make nothing so I replace everything. I would have been dead, but I’m making nothing. I’m aging in a way that I love.

DM: I’d like to challenge that one because… Do you think it’s a result of your exposure to radiation or something intrinsically external that happened, or just a result of your age?

SS: What?

DM: The lack or your inability to produce melatonin.

SS: No. I actually think this is my age. Radiation could have done that, too. But I’m 68 years old. At this phase, I’m not making anything. I replace estrogen, progesterone, testosterone, DHEA, pregnenolone, melatonin, human growth hormone (HGH), and thyroid. I’m definitely on thyroid replacement. How great that I can have a youthful vitality and energy by putting back what I’ve lost in the aging process and by putting back what I’ve lost because of stress and environmental assaults.

It allows you to achieve age in a way that is so enjoyable because I have some wisdom now and I have perspective. What does the planet need more than wisdom and perspective? But our seniors now are so pill ed up that we’ve lost our wisdom. Nobody can think. I have so many friends who can’t remember the ends of their sentences. I’m not experiencing that. There is a new way to age. There’s a new way to live a preventative life while you’re having a good time.

DM: Let’s talk about more specifics.
SS: Yes.

DM: But I have a question for you first, just a comment on this. Because you didn’t mention in this interview, but obviously you’re recommending bioidentical hormones, not the traditional hormones that are conventionally prescribed, which are actually highly counterproductive.

SS: Absolutely.

DM: Why don’t you say a word or two about that?

SS: Bioidentical hormones are biologically identical to the human hormone, an exact replica of what we make or once made in our bodies. It doesn’t confuse the body.

The way I take my hormones is by bloodwork. I usually now do my bloodwork maybe once a year. I’m so attuned to my hormones from an extremely stressful environment, like I’m opening in Las Vegas in two weeks for the next year. It’s stressful putting the show together. I up mine just a little bit more, but you have to understand there’s a ratio. Your qualified doctor will understand the ratio of estrogen to progesterone to testosterone. You only put back what’s missing; not more, not less. You’re trying to achieve absolute balance for you. It’s so individualized, because what I need is different from what the next woman needs, and what my husband needs is different from what you need. We all are individuals.

Hormone replacement is an art. It requires a doctor who understands the art and who understands the absolute alchemy of it. When I wrote my first book The Sexy Years: Discover the Hormone Connection, I could only find 30 doctors in the whole country who were specializing in bioidentical hormones. Today there’s over a quarter of a million and growing. It’s clearly a movement. Bioidentical hormones are a game changer.

Sleeping without drugs is a game changer. If you can’t sleep, there’s LifeWave, which is a company that makes a patch called Silent Nights nanotechnology. You put it on the side of your head and it shrinks the time before the melatonin pours. You get a great night’s sleep without drugs. If you have a lot of lists in your head (like I do and I’m sure you do and so many; we lie there with all the to-do things), I take a couple of chewable gamma-aminobutyric acid (GABA) capsules to turn off that noise.

Like when I was doing Dancing with the Stars, I would come home and take an Epsom salt bath, that old-fashioned thing. Cheap. Epsom salt costs nothing. A couple of cups of that in the bathwater soaking for two minutes and taking in all that magnesium, you get so sleepy after a 20-minute soak. You sleep like a baby. Better than you’ll ever sleep. That’s another way to sleep.

DM: You’ll get some sulfur in there, too.

SS: And some sulfur. You’re right. There’s a whole way to be well and to age without drugs. I’m not anti-pharmaceutical. I’m always putting that if you need them, you need them. And when you need them, they’re godsend. But I always say: try to find a natural solution first before you result to putting a chemical molecule in your body, which usually always might be a Band-Aid for the problem. It will never cure, but it’s always going to throw something else off. By the time people are usually my age, they’ve got taco boxes not of supplements, but of pills.

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I also believe in supplementation. I believe that the soil no longer has the nutrients it once had even if you’re eating organic food. I think you can take blood tests – again with a qualified doctor who understands how – to see your mineral and nutritional deficiencies and fill that tank. So you’re filling the
hormone tank, you’re filling the mineral and nutritional deficiencies, and you’re sleeping eight hours. Your mood gets better, your libido stays intact (which is no small thing), and that’s called quality of life.

DM: Excellent. Many people may not be aware of this, but you’re also actively involved in the anti-aging community and a strong advocate of that. I’m wondering if you could perhaps prioritize some of the recommendations you have that you believe are the most important for longevity, and also because you’re involved in this network, what you think are the emerging technologies that may have a serious chance of actually extending our longevity beyond the traditional 120 years to 150, 170, to 200.

SS: When I interviewed Ray Kurzweil, a famed futurist, for my book Bombshell: Explosive Medical Secrets That Will Redefine Aging…

DM: He’s the director of engineering at Google now.

SS: Yes, and was at Massachusetts Institute of Technology (MIT). One of the geniuses that are walking the planet.

DM: Yes.

SS: He talked to me about nanobots. In layperson’s speak, nanobots are little cell-sized robots that in time they can inject into us to roam into our body, troubleshooting. If it sees arterial plaque, it will vaporize it. If it sees islet cells turned on for diabetes, it will turn them off. If it sees the cancer-protective cells are imbalanced, it will correct that. I said to him, “Wow, when will this happen?” He said, “In 10 to 15 years, this will become standard.”

I said, “What’s the catch?” He said, “You can’t limp into it.” I said, “What do you mean?” He said, “You got to get there healthy.” Everything you put into your health today will allow you to access this incredible technology that’s 10 to 15 years away. You’re not going to have to die of diabetes, heart disease, or cancer. That’s pretty exciting.

The reason I’m so involved in anti-aging medicine is not for the exterior; I am involved to keep my inside young. It just makes sense to me that if I’ve got a kidney, a thyroid, a brain, or a hormone center, the hypothalamo-pituitary-adrenal (HPA) axis, if I’ve got all of that operating at youthful levels, I’ve got a better shot at not getting sick.

When I say cancer was a gift for me, I’ve been there. I’m not going there again. I’m doing everything I can not to ever hear those words again. If I were to hear them – and nobody can say never in today’s world – I still believe in the whole pancreatic enzyme approach originally by Dr. Beard, Dr. Kelley, and then followed-up and perfected by Dr. Gonzalez. I know that because I interviewed 17 of his stage 4 cancer patients. All of them have been alive for 12, 20, 21, and 17 years, all because they’re all doing the nutritional organic food, designer supplementation, and coffee enemas.

There’s one… At the time I thought she was an old lady, but she really was only two years older than I am now. Life is a bit short. I played devil’s advocate and said, “Really? You’ve been doing coffee enemas every day for the rest of your life?” She said, “Yeah, I do whatever Dr. Gonzalez tells me and I feel great.” I said, “Are you cured?” She says, “I think I’m cured.” But he won’t use the word “cured,” he says “managed.” She says, “I frankly like French roast.”

In keeping the insides young, bioidentical hormones do that. Bioidentical hormones say to the brain, “All is well. This is a valuable human being biologically speaking.” because biologically speaking, we are here to reproduce. You got to trick the brain into believing you’re still valuable. We know we are because of the wisdom. And designer supplementation, eating correct food, sleeping eight hours a night, having love in your life, and thinking good thoughts.
My daily meditation is this. Knowing that we are as human beings [have] approximately 90 billion cells (I don’t know who counts, a very anal person) and that all cells communicate with one another, every morning when I wake up, every morning, I isolate one cell and I say to that cell: I am so grateful that I have such love in my life. I have such a beautiful family. I love my work. I’m so grateful for my health. I release that cell and I envision it going off to all the other 90 trillion going, “We have love in our life. We’re so happy. We’re so grateful. We love what we do for our work.”

I swear it starts me off on the right path every day. I realize that with that, you can program happiness just as you can program unhappiness. What if I told that cell, “My life sucks. I hate my life. I hate what I do. I hate my family?” Well, guess what that cell’s going to tell everybody. We’re in control of pretty much everything – our health, the environment, and our happiness. I wish everyone the opportunity to really start thinking about the fact that it’s up to each of us, that nobody’s going to care about you as much as you, and that no one will be as sorry as you if you don’t make the right choices for yourself. It’s your life.

**DM:** Yes indeed. You’ve done far more than wish that. You actually provided a massive practical inspiration in your own health journey and also resources in a large number of the books that you produced. The most recent is *TOX-SICK: From Toxic to Not Sick*, which is what much of what you were talking in the interview today was about. Thank you for the inspiration, the courage, and the example that you provide to so many to know that they can do it and that they don’t have to capitulate and surrender to the traditional model.

**SS:** Thank you so much for this opportunity. I’m so honored to have this conversation with you.

**DM:** All right. Thank you so much.

**SS:** Thanks a lot. Bye.

[END]