

With the Wind with Dr. Paul – Show 186: Pediatric Perspectives: Respiratory Illness Preparedness: Deep Dive Into Iodine with David Brownstein, M.D.

Speaker's speaking time

- **Dr. Paul** — 29.1%
- **David Brownstein, M.D.** — 70.9%

00:00:40:28 - 00:01:05:39

Dr. Paul

VAX facts this book hits bookstores December 10th. You can get a copy now by going to VAX Facts book.com, where you can get a signed author's copy, where you can order an e-book, or you can also preorder the book if you are seeing this message before December 10th. You can also order this book at any bookseller, any bookstore, wherever books are sold, and preorder your copy.

00:01:05:53 - 00:01:16:16

Dr. Paul

Get this book for your loved ones, for your family, for yourself, and let's get healthy.

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Unknown

Do. You.

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Know.

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Dr. Paul

Good morning. PhD. Welcome to Pediatric Perspectives, where we are looking at children's health challenges from a different perspective, one that includes critical thinking. One is not afraid to give you the honest truth. I'm your host, Doctor Paul, and I am delighted to bring back a very special guest for a re appearance, and that is Doctor David Brownstein. Today we are going to do a deep dive into iodine.

00:02:00:29 - 00:02:21:08

Dr. Paul

He has a book, iodine why you need it, why you can't live without it. And we're also going to touch on what you should have at home as you prepare for respiratory season, whatever virus might descend upon us. You can take care of it from home with the information that we get from Doctor Brownstein. So welcome to the show.

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David Brownstein, M.D.

Thanks for having me, Doctor Paul.

00:02:23:28 - 00:02:51:10

Dr. Paul

You were, last episode with you. I learned how quickly you figured out that the allopathic road was pretty much a dead end as far as really helping people be healthy. And the story of your dad was just so profound, turning his life around so simply with just, you know, figuring out what he needed, treating root cause what's so exciting is because of your journey doing this for over 30 years and treating kids in your family.

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Dr. Paul

Practice. You figured out something really important about what the immune system needs. And I think an overlooked, substance. And that's iodine. So introduce us to why is iodine so important? And then we can get into how to actually supplement it.

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David Brownstein, M.D.

So I think is an essential item. Every cell in the body needs and requires that we can't live without it. An essential item means we can't manufacture it. So we have to get it from our diet, or we supplement with it and it's been, you know, high time is best known for, you know, thyroid that to you it concentrates in the thyroid gland.

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David Brownstein, M.D.

And in fact in the human body iodine is the highest or the thyroid gland is the highest concentration of iodine, but not the largest amount of iodine. So the largest amount of iodine is in the fat tissue and the muscles in the skin, but I don't know it's concentrated in the glandular tissues of the body that includes the thyroid, the ovaries, the uterus, the breast, the prostate and the pancreas and its job.

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David Brownstein, M.D.

And it has many jobs, but one of its main jobs in the glandular tissue is to maintain the normal architecture of the glands. And if we call this the normal architecture of the glands, you know, if there's enough iodine in the thyroid, ovaries, uterus, breast, prostate, pancreas, you have normal architecture. Animal testing and human studies show that when there's iodine deficiency, glandular tissue is prone for cysts.

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David Brownstein, M.D.

And since their fluid filled sacs shouldn't be there, and if I don't, efficiency goes out longer, the cysts become harder. Magilla, let's call this cysts over here. And and harder now or over here. If it goes out longer and you take a biopsy, the tissue a can take a hyperplastic, a, a hyperplastic appearance, which under a microscope is a precursor to cancer.

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David Brownstein, M.D.

And cancer is the end of that road, for the grand jury tissue. So animal tests and human studies have shown that I then can not only halt, but it can reverse this path wherever it catches it. And if we think about what what we're suffering from in our country right now, we have 1 in 7 women with breast cancer, you know, a lifetime risk of breast cancer.

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David Brownstein, M.D.

We have 1 in 3 men. Prostate cancer. We have thyroid cancer, the fastest growing cancer in the United States. We you know, when I when I was a resident, I saw people with pancreatic cancer. These people that I saw with pancreatic cancer were old drug abusers dying. You know, now I'm seeing pancreatic cancer, 40 year olds, when I 30 years ago, when I was in my training, breast cancer was common.

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David Brownstein, M.D.

It wasn't as common as 1 in 7 as it is today. But, you know, who did you see with breast cancer? They were post-menopausal women. They were older. Now. I've been to funerals of ladies in their late 20s dying of breast cancer. I'm diagnosing women. You know, I don't know if you call teenage girls, you know, the late teen years with breast cancer.

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David Brownstein, M.D.

And, you know, this was never seen before. And I think it's from this, this profound iodine deficiency problem that's been you know, being and I know it's I don't know if it's the sole cause of all these problems, but it's, it's in this pie that's causing all these problems. It's a big piece of their pie.

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Dr. Paul

So, so you're an expert on iodine, obviously, with your awareness of this, are you suggesting that if we get on the right dose of iodine, even maybe as children, or a person who's diagnosed or worried about cancer getting on the right dose of iodine that you can reverse or prevent these cancers.

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David Brownstein, M.D.

If studies show an association between low iodine aiding the development of these problems, that it would certainly make sense to not let low iodine be there for the development of these problems. Share test tube studies have shown iodine can turn, you know, not any pop tart excels in who are just dividing, dividing, dividing back into an A pop tells as well as stop dividing and you know, more of a normal cell.

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David Brownstein, M.D.

So I think it certainly makes sense that we shouldn't be allowing this iodine deficiency epidemic, which has been going on for 50 plus years in our country, to, to keep going. And, you know, is that only just cancer of these clans? You know, I don't been shown have IQ. If you haven't, if I died during pregnancy, the the babies should develop normal glandular tissue, including normal thyroid tissue, and have the normal IQ or the optimal IQ of whatever it's supposed to develop.

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David Brownstein, M.D.

Right. And eventually that right, you know, because low IQ problems and thyroid problems and, you know, glandular problems in our in our patients, we just don't see these problems when the, the women of pregnancy age are taking it and going into the pregnancy.

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Dr. Paul

Why are we so deficient. It seems like nature typically has a built in system to provide us what we need. Why did we become deficient as a society?

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David Brownstein, M.D.

Well, I don't have the major source of either in the world is in the oceans. So, you know, plants grown, around soil from near the ocean should have a little bit more iodine in it than plants grown in, you know, 18 deficient areas of the world. So it's a pretty good question. If we look at the U.S., there is a quarter about of us, and I happen to live in the middle of the goiter belt.

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David Brownstein, M.D.

It's a it's a Great Lakes area. It's around the Great Lakes. It's you know, if you look at it, it's Wisconsin, Illinois, Michigan, Indiana. And that four letter state to myself starts with a lowercase o that we just beat four times in a row, recently. And, you know, our soil, this area is one of the lowest iodine areas of the world.

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Dr. Paul

Interesting.

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David Brownstein, M.D.

There are areas of there are areas of the world that just have low iodine in their soil. This has been compounded by modern farming techniques. The overuse of pesticides and insecticides and herbicides that contain toxic halides, bromide and fluoride that help competitively inhibit it. I know through our modern society, we've made this this iodine deficiency epidemic that may have been there, you know, significantly worse.

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David Brownstein, M.D.

So it's been my premise that our iodine needs right now and our group of humans that are living at this point are much higher than it was for our predecessors 2 or 3 generations ago because of our exposure to these halides. Halides are a chemical family. In the periodic table of elements group 17, and the halides consist in the order of their size fluoride, chloride, bromide, and iodine.

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David Brownstein, M.D.

And two of those halides are essential that we can't live without fluoride and iodine chloride. We get from salt salts an essential item. You know, we can't live without. And, I'm a big proponent of using salt in the right kind of salt in the day. And I've written a book about the benefits of salt.

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Dr. Paul

There's iodized salt, but then I've also read somewhere that that's not the ideal salt. So what is the ideal salt for people?

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David Brownstein, M.D.

So I salt came into play in the in our in our world in the 1920s. And what happened was, as the United States was expanding from East Coast to West Coast and settlers were moving and we're or the population was expanding, a problem was happening in the Midwest area, in the Great Lakes area. And if you draw a line from, you know, Wisconsin in that four letter state over there and straight down the soil was iodine deficient in the middle of the US, and the lowest area was around the Great Lakes area in this area.

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David Brownstein, M.D.

I, this this iodine deficiency area, the Great Lakes area, there was a goiter epidemic, and your thyroid sits in the lower part of your neck right here. It's a small, butterfly shaped gland, and a quarter means a swollen thyroid. So if you look at old paintings from goiter areas or low iodine areas, you'll see mostly in women.

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David Brownstein, M.D.

But you can also see in men their thyroid, they're sticking out in some of these old paintings. And a large thyroid is a goiter. And the most common cause of goiter is iodine deficiency. So guano was really prevalent in the, in the late, sorry, in the early 20th century. And this iron deficiency epidemic came to the highest levels of the U.S. government.

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David Brownstein, M.D.

They became concerned about it. Now, they didn't become concerned about it from the goiter epidemic. They knew that was there. What concerned them was the animals. Farm animals were not procreating correctly. They were growing to the right size. They weren't reproducing the right way. And there was a worry from our highest levels of our government that as the population expanded from east to west, that we were the human population was could outstrip the ability to supply farm food.

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David Brownstein, M.D.

And we were going to have a catastrophe, a potential catastrophe at our hands. So there was a there was a doctor who had written a paper about iodine med school and the highest levels of our government summoned him to do a study on farm animals to determine the minimum amount of iodine, to correct the growth and procreation problem of farm animals.

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David Brownstein, M.D.

So he put varying amounts of iodine, the animal food. He found, the lowest amount that allowed the animals to now procreate correctly and and grow to the right size and he from that he just estimated from that amount exactly how much humans would need. And the easiest way to get 800 a population was to put it put it in salt now.

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David Brownstein, M.D.

So he said we should put this amount in salt. That's how we came up with iodized salt. So I had I was introduced in Ohio around 1924 or 25. And there was a study done where they compared girls who use iodized salt to, to, to teenage girls who didn't use iodized salt. And the goiter rate fell. I don't have the numbers in my head exactly like 12 fold or something like that.

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Dr. Paul

I remember reading that way back when. But but today, if you fast forward to today, knowing what you know about salt and about iodine, what's your preferred method for people to get the right salt?

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David Brownstein, M.D.

So iodized salt does provide enough iodine to prevent water in the vast majority of people. And we do see that that was hailed as the first public health miracle in the United States. And it really was. And it's still so somewhat exists today that it does work, but it's not enough time for the rest of the body.

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David Brownstein, M.D.

So the thyroid gland might have preference that iodine maybe. But you know, you need it down in the breasts and the ovaries, in the uterus and the pancreas and, you know, all these other tissues. And I myself simply isn't enough. And when you combine it with our exposure to these toxic allies, bromate and fluoride, fluoride in our water, bromide as a in our food and drink, and it's a use as a, as a fire retardant and mattresses and curtains and, you know, cushions and carpet and everywhere else.

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David Brownstein, M.D.

And then these, these halides, these toxic halides kick iodide out of the body. It's made iodine deficiency worse. So there's just not enough iodine and iodized salt anymore. My suggestion is people should use unrefined salt, such as somebody that's Celtic salt or Redmond's real salt, and supplement with iodine. Now, of course, the best way to get it in would be to eat the foods with it.

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David Brownstein, M.D.

The best foods, the highest concentration by Danes, and seaweed and ocean animals. But our oceans have been so polluted that they have the same mechanism for cancer training. Iodine that we do is so they made it in simple order that they will also get either pushed out of the bodies by either the bodies or, you know, the, the vegetables with bromide and fluoride, that it's really impossible in our modern world to keep iodine levels up enough, high enough and optimal enough.

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David Brownstein, M.D.

I think people need the supplemental data, data in our toxic modern world that we're in right now.

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Dr. Paul

I can't eat enough seaweed.

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David Brownstein, M.D.

I've tested seaweed four times in my career. I sent it to a lab to pay the money for it. In the iodine content varied batch to batch, and the chromate content varied batch to match. Really high to low iodine. Some had. Okay, I would still bromide in there and it was just it was that consistent way to do it.

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David Brownstein, M.D.

And I also when I tested people for I don't I couldn't get the writing levels up high enough just eating seaweed. They had to supplement with iodine. I relate that to the the toxic world we live in. I mean, we all have these things hanging around. These things are full of bromide that you're, you know, you're putting up here and talking to, you know, I'm in Michigan right now.

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David Brownstein, M.D.

It's in, weathers about 15 degrees. So I got a blanket sitting here. I don't know if this thing has bromide in it as a fire retardant, but a lot of them do.

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Dr. Paul

And that makes it. That clarifies. So it's clear then I want my children. I want myself, my my loved ones to be taking iodine. What is the best source? I mean, I don't know where to start. If I'm Melissa, a local.

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David Brownstein, M.D.

Doctor in the 1800s came up with a local solution. It's a solution of iodine and iodide. Fancy terms for meaning reduce and oxidize iodine. But in our human body, there's certain tissues of the body preferentially take up iodine. Certain tissues have preferentially take up iodide. Therefore, if you want a whole body effect Friday frightening the best or effect right and you can use a combination of iodine and iodide.

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David Brownstein, M.D.

Lugar's solution developed 200 years 200 years ago. Really worked then, and it still works today. It's I use it today. I use it either use a Google solution or tablet, a little girl solution for adults generally look, everyone's a unique biochemical individual and should be working with an 18 literate health care practitioner. And you know, do the appropriate testing.

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David Brownstein, M.D.

But most of my patients are on 25mg of 18 if they don't have glandular disease, such as thyroid or breast or ovaries or uterus or pancreas problems, if they have glandular disease, particularly if they have cancer of the grand jury disease or precancer of the glandular disease, I use more.

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Dr. Paul

Okay, so I know it comes as a 5% solution. Is that how does that translate into 25mg.

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David Brownstein, M.D.

So 5% solution is one drop is 6.25mg. Therefore four drops will be 25mg. And then you can just, you know, do the dosing above that. Now there's also iodine pills on the marketplace tablet, a local solution that is the best form of iodine in. And you know, I was aware of I don't in my holistic practice, the first ten years of my practice I wasn't I couldn't get my head around it.

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David Brownstein, M.D.

I just it didn't work for me. And I was trying little doses, small doses, large doses, but I was only using iodide. Did. And it didn't work and I didn't see any negative effects, but I wasn't seeing the positive effects. Once I started using a combination of iodine and iodide, and I educated myself and I became a data and literate doctor, that's when I started to see the benefits women with fiber, cystic breast disease, they go away.

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David Brownstein, M.D.

I just saw my famous patient. I always lecture with some flights from her. Marianne, who came to me. Fiber. Cystic breast disease affects over 88% of 80% of U.S. women. It's a precursor to breast cancer. And keep in mind, 1 in 7 U.S. women have breast cancer walking around out there or a lifetime risk. So Marianne came to me telling me that she's going to have a bilateral mastectomy in two weeks because of severe fiber, cystic breast disease.

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David Brownstein, M.D.

She was in her mid 30s and she had been going to University of Michigan Fiber Cystic Breast Clinic and you know, they told her cut out chocolate, no caffeine pill, other dietary things. It didn't work for her. When I, I said, well, what are you doing here? She said, you're my last hope. I don't want a mastectomy.

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David Brownstein, M.D.

So I when I went to examine her breast, I recall that when I did the exam, the only thing I can describe it. When I was younger, I used to take taekwondo. Need hit. This heavy punching bag was plastic, was everything. Her breast felt like that with bumps and it it felt like like alien tissue energy. I mean, it was it was like an eye thing was it was hard and bumpy and plasticky and you could barely touch her because any pressure sheets wince and start crying.

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David Brownstein, M.D.

She couldn't wear a bra. She would just wear, like, loose fitting things hanging over her. And so I talked to her about it and did the initial testing on her, and I found she was really low and I, I, I called her up and I said, look, I'd like you to cancel the surgery. Give me three months. I don't think it's going to be 100% by three months, but it should be better.

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David Brownstein, M.D.

If it's not better in three months, then we can go ahead with the surgery. I didn't know if it'd be better because it was so severe.

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Dr. Paul

Right?

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David Brownstein, M.D.

I put her down 50mg. Now I don't use iodine alone. I use 18 as part of a holistic treatment regimen. I corrected some other nutritional and hormonal imbalances at the same time. Marianne was eating a pretty good diet. She was already into eating holistically. I didn't have to do much with her diet, but corrected a few other things.

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David Brownstein, M.D.

But I, I think was the mainstay. Two weeks she calls me back and she says my pain is better. I'm about 20% better here. So I think something's working here. I see her back in a month. She had the surgery back to the three month mark. When I examined her at that month visit, she's still tender. She's still not wearing a bra.

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David Brownstein, M.D.

Now she tells me she's about 4,050% better. And instead of this hard plastic feel, you know, when I get my fingers around her breast tissue, it's got some softness to it.

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Dr. Paul

So this was allowing the body to actually heal scar tissue? It sounds like.

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David Brownstein, M.D.

So this is normal tissue cysts are the first thing that happens with iron deficiency, heart energy or hyperplasia and cancer. She was somewhere over here. And what I started do was push her back this way. And I saw her back at two months, and she tells me she's over 50% better now. The tissue was soft, still feel the bumps way softer.

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David Brownstein, M.D.

She's able to put a bra on for the first time in years. And I said, you need to cancel the surgery. I expect this to make a full recovery. She made a full recovery. She was doing great. And about two years into I see her every six months. At that point, she was doing fine. I get a phone call, my sister coming back, my breasts are hurting again.

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David Brownstein, M.D.

And I said, that's really unusual. That's just not been my experience with this. And while they're coming back, it's not working. I said, you're taking the iodine right? And she paused and she said, you know what? I forgot about that and said, how long you been out of it? She said, six, seven, eight weeks. And I said, let's get back on it.

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David Brownstein, M.D.

She got back at it and, you know, got better with it. So I will call this my, double blind controlled study since I didn't know she wasn't taking iodine, she didn't know she wasn't taking any time. And her symptoms came back. So there's one double blind study, you know, with with.

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Dr. Paul

I think that's a powerful story. So as we get close to wrapping it up, I wanted to cover two things. How do you decide? Time for children.

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David Brownstein, M.D.

You don't say I don't lower for children. You know, it's children can take iodine. And I just dosed them lower for their size. I know children are little adults, and we all learn that. And that's good for iodine. They are. And they function with eating very well at lower doses. I have most of my children, you know, six milligrams, you know, a drop if there's if they're like, you know, little babies take, you know, maybe a drop, you know, once a week.

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David Brownstein, M.D.

And then as they get bigger, you know, drop twice a week and you just go up on the dosing with it. I don't helps with Hashimoto's. You know, I have two girls who either their mother diagnosed with Hashimoto's, their father couldn't see it because it's like the shoemaker's kids without shoes when they were about ten and 11 years old.

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David Brownstein, M.D.

And, you know, they weren't taking iodine at that time. Of course, I had all my other patients and I don't. Yeah, I put them on. I don't they're actually mothers had your skin down to normal and neither of them show signs of aging models. Now they had raging Hashimoto's back.

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Dr. Paul

That is phenomenal. This is just incredible. Okay, I want to wrap it up because we're running out of time with the winter emergency respiratory kit. So you have a, a protocol or an approach where you'll use iodine, and I believe hydrogen peroxide to nebulizer during, flu season, cold and flu season.

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David Brownstein, M.D.

The best thing I've seen for 30 plus years of practicing medicine, by far, for people with respiratory illnesses is a nebulizer, nebulizer, iodine and peroxide. So, we during Covid, we had people getting their own nebulizer. You can get a nebulizer for 40, 50 bucks. You can nebulizer a teaspoon of saline, which is, you know, you can buy the packets, you know, they're already made up or you can make up your own.

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David Brownstein, M.D.

During Covid, we couldn't even buy the packets because it was sold out everywhere. So putting a quarter teaspoon of Celtic salt in a cup of water gets you a normal saline solution. And take a teaspoon of that, put it in the nebulizer or just get sterile saline, which is a better way to do it. And the other the other way we use it in an emergency when you couldn't get sterile saline, but you put five cc's of sterile saline into a nebulizer, one drop of Lithgow's 5% and one drop of 3% food grade peroxide.

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David Brownstein, M.D.

And it nebulizer means to put air behind the solution. So you bubble the air in there and it comes out of the mist, and you just breathe it. And you breathe it till the till the mist goes away. And it was the best thing to I don't, kills viruses and bacteria and parasites and peroxide also kills the same thing and praxair the lungs.

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David Brownstein, M.D.

And the white blood cells produce a lot of peroxide to fight foreign invaders. And, it's a great treatment. You can do it for babies. What? I'd have whatever moms do. What? Babies hold the baby and take the one. That's the mist that's coming out. Just wave in front of the baby's face. Let it. Breathe it. Yeah. For RSV, we've done this for little kids to try and keep them out of hospital.

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David Brownstein, M.D.

Nebulizer. You know, this solution, and, it doesn't cost much to do it. And it's, you know, there's the only side effect we're doing this is when you nebulizer iodine. You're holding that thing in your mouth and breathing it in. At first it can dry your throat a little bit and cause you to cough. Usually that's the first dose or two of nebulizer and people get used to it and it seems to stop.

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David Brownstein, M.D.

If it's still bothersome, they just take the I know nebula's the peroxide and saline and they still make good results.

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Dr. Paul

Well folks, there you have it. Make sure you have a nebulizer that works at home. Yet your Luke does iodine solution in your food grade hydrogen peroxide, and it's one drop of each with 3 to 5ml of sterile saline. And you are set. How often would I do that if I was sick.

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David Brownstein, M.D.

So I would tell people that, you know, we're right now you can hear me, I'm getting over this. I would tell people to nebulizer every hour why the feeling lousy. And then they're back off and they feel better. And of course, it's best to do this in conjunction with a I don't literate, hydrogen peroxide literate physician. In my book A Holistic Approach to Viruses, I have a formula for doing everything and where you can get all this stuff.

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David Brownstein, M.D.

It really costs a few pennies to do it. And once you have a nebulizer, it's just one of the cheapest therapies you can ever do.

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Dr. Paul

I thank you once again so much for educating our audience. And, if people want to get your book or learn more about your work, where do they go to find you.

00:26:12:01 - 00:26:28:36

David Brownstein, M.D.

Then go to my website, Dr. brownstein.com. And, you know, we're we're in Michigan, the still the national champions, the world. I go for about a month and, you know, we're right near that four letter states starting with a lowercase. Oh, that's.

00:26:28:37 - 00:26:36:17

Dr. Paul

Going to get it because you keep referring to them as a four letter state. Those Ohio, folks are going to be after, you.

00:26:36:22 - 00:26:48:23

David Brownstein, M.D.

Know, I feel very sorry for them. You know, they have to pass a bill in the legislature, so we can't plant a flag on their on their field, you know, after we beat them four years in a row. So I, I, I, I feel sorry for them.

00:26:48:28 - 00:26:56:31

Dr. Paul

I can't touch this one. Thank you so much for being on our show. And, I really appreciate you, doctor Brownstein.

00:26:56:35 - 00:26:57:51

David Brownstein, M.D.

Thanks for having me, Doctor Paul.

00:26:57:51 - 00:27:20:59

Dr. Paul

Well, folks, there you have it. I'm Doctor Paul. I did a show with the wind at Doctors and science.com. And if you want coaching, remember, I'm not licensed. I don't diagnose or treat, but I can still provide information. You can go to kids first forever.com where you can also have coaching with D.D. Hoover coauthor of VAX Facts. Thanks for watching.

00:27:20:59 - 00:27:27:34

Dr. Paul

We'll see you next week.

00:27:32:53 - 00:27:34:29

Dr. Paul

I look forward to running

00:27:34:29 - 00:27:58:47

Dr. Paul

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00:27:58:53 - 00:28:06:09

Dr. Paul

I'm **Dr. Paul.**