

# ask DR. BEN

## PODCAST TRANSCRIPT

**Speaker: Dr. Ben Johnson**

**Episode 14: Osmosis Wellness Health Transformation\_Looking Through a Different Lens**

Intro: Hello, and welcome to the Ask Dr. Ben Podcast. I'm your host, Ben Johnson. As a holistic-minded physician, I've spent the last 20 years looking outside the box and conducting research to find the true causes of skin conditions and other diseases. And while the focus of my work has been on aesthetic medicine and unlocking the secrets to reversing skin damage, this podcast will also include many other exciting revelations pertaining to you and your family's health and wellbeing. So let's get started.

Hey everybody. This is Dr. Ben Johnson back again for another episode of Ask Dr. Ben. Thanks for joining me. Today we're going to be talking about this new paradigm in wellness and it's a really important concept to me. A lot of people when they look at our wellness, they want to try to compare it to something they're already doing and there's a good reason why the vast majority of the wellness products that we make and offer here at Osmosis are very different than anything else out there in the worldwide health and web networks. And the reason is because when I approached this, it was the same way that I approached the skin, is I refuse to accept the idea that everything that people were building around, let's just say, the base structure from which all research spins off, the base structure from which all healthcare strategy spins off, is flawed.

We need a full rewrite from the ground up assessment of what's going wrong in medicine today. I mean, just speaking as an American, we are sick. The USA is full of really sick people and life expectancy dropping is a pretty good example of the fact that something we're doing isn't working, the number of people that are on medication is jaw dropping. The lack of general health and the people feeling good is diminishing. I think people have literally forgotten what it feels like to wake up feeling good. They seem to always wake up with some sort of hangover from poor sleep caused by toxicity or hangover from being on cholesterol medication or blood pressure medication or a hangover from the toxicity of the food choices that we made the night before. And then throughout the day, the sluggishness and the fatigues and the pains and all of it and then the physical changes of the bloating and the weight gain and the hair loss. I should say hair loss in the scalp but increased hair everywhere else.

So all of it is an indicator that we are lost. So the new paradigm for wellness in my mind is the source based approach. And where it becomes challenging is, you're not going to get very many researchers looking for sources because the system isn't built for it. The system is built to address symptoms. The pharmaceutical/FDA whole structure here in the US is designed to make medications that are palliative. That are helpful in some symptoms related to a disease but of course the disease's genetics are built into the human body's code in some way. "And so nothing we can do about that. But maybe we can stop your headache with a pain medicine or maybe we can lower your blood pressure with something that interferes with functions in the body."

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Everything in medicine seems is always designed to interfere with the body. What I'm proposing to you is the new wellness paradigm comes from looking at everything from a new lens and saying, "You know what? The human body is miraculous and incredibly complex and poorly understood. As a result of that we have to make the assumption that it's capable of handling whatever comes at it to a certain degree." And we know through our recent studies of epigenetics which is, again, when your cellular DNA changes to adapt to its new environment. So we've seen that and what we know is that because things can be turned off or turned on epigenetically and change your body, they can be turned off and turned on again to change back. We can restore health if we remove the origin, the environmental impacting origin source of the problem.

That's where [Osmosis Wellness](#) is unique and I want to get through a few things here. I'm going to try to keep this down to a half hour. My last podcast went an hour talking about pandemic stuff. But I think we can keep this relatively concise for you. And let's just begin. So my journey into looking for the real causes of disease, if you will, began with my dad. My dad passed away about 20 years ago from a disease called Shy-Drager. It's like a Parkinson's plus autonomic nervous dysfunction disease, pretty awful. And at the time I was a physician but not... I wasn't a wise physician, if you will. I was very much indoctrinated into the system and like, "Oh, well what are the medications they recommend?"

Of course there weren't really any medications for it. My mind wasn't thinking as, "Well what caused this?" I, like most physicians think today was thinking, "Oh, diseases come with age. Bummer. You lost the genetic lottery and you got this disease randomly." Well now I believe his disease was partly triggered by pesticide exposure. He got sprayed by a crop duster when he was a teenager. But, again, I haven't actually explored the source of Shy-Drager because I just don't come across it very often so I don't know anyone with it... so I am, of course, exploring Parkinson's and Alzheimer's and just what are the possibilities? Because one you rewrite the code and you say, "Hey, everything is the result of an environmental change in the system," almost everything because I will agree that there are genetic mutations that can occur randomly and/or genetic predispositions that can create certain diseases.

But it's rare, guys. Just trust me when I say that is rare. The vast majority of genetic mutations happening in children born with them are most likely coming from toxicity during pregnancy. And not that the mom's are eating horribly or that they are knowingly doing anything. It's that they're unknowingly being poisoned, it's that they are stuck in an environment where certain medications and certain pesticides and certain things in our tap water even have the ability to influence the DNA of our unborn children. And it can cause horrific side effects. So it wouldn't surprise me if we find that, for example, cleft lip and palates are specifically linked to a specific toxin in society and several diseases along that line are actually from toxicity. So in order to do wellness, I mean, you just can't go to the normal wellness strategies.

A multivitamin's not going to pull you out of a toxic situation. In fact, your body can't utilize vitamins as efficiently in the toxic situation. So really addressing those is important and when it comes to autoimmune diseases, yeah, you can take medicines that suppress different functions of your cells but that's going to cause you tremendous harm at the same time that

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it might reduce "inflammation." Remember I believe all inflammation is really repair or inflammation is your body attacking a pathogen within the system. These are the things you want your body doing. If there's a pathogen, you want it attacked, it goes back to this idea when if you have a fever, should you take Tylenol? I say no. I say no, if your body is mounting a fever, it's doing so with incredible intelligent precision to fight off a virus.

In most cases fevers are viral driven because the body knows that a system that is hotter makes that virus less likely to spread. The same thing is true about acidity versus alkalinity. We're a very acidic society so you have to become more alkaline and that's not really something wellness does. All though you can force feed yourself alkalized water and have some modest effect but it hurts you in the process, that force feeding yourself alkalized water to an acid pit stomach is actually damaging. So not all these changes are easy. Really what we need is we need to reset the food industry so that we don't make foods that are harmful. This can be done. I've talked about it before, regional farming, pesticide free farming. Why can't we make everything organic? Why can't we pause on the GMO until we see exactly how it affects our microbiome?

Chances are good these GMO changes are affecting your microbiome right now. It's hard to avoid GMO foods today. Scary to see what's happening with the farms and how farms are being forced to adopt GMO through insurance manipulation, they won't insure a farm nearly as cheaply or as efficiently if they don't adapt to the new seed from Monsanto. Like come on people, this isn't right. We've got to change the foods. So all of that is true. When it gets to wellness, oh my gosh, I digress so much on these... these are supposed to be 30 minute segments, I just keep looking at the time like, "Ben, stay focused, wellness, paradigm shift."

Okay, here we are. So the Osmosis paradigm shift began when I started to realize that a lot of skin diseases were coming from the inside. Now how did I realize that? Yeah, I was chasing down my intuitive ideas but there's plenty of evidence out there if you know where to look for it. And what I'm saying is not so crazy. Candidiasis, it's reported by the scientific literature that roughly 70% of the US population has candidiasis which means an overgrowth of candida. It's also reported by the scientific literature that there are approximately 56 different strains of candida.

So each strain emits a different set of toxins and each of those toxins has a different effect. One of the causes acne, I think one of them causes eczema. I think one of them causes psoriasis and one of them causes seborrheic dermatitis and one of them causes fatigue and one of them causes a digestive disturbance. Or maybe they all cause digestive disturbance but candida is part of your microbiome. It's just that things like progesterone and sugar and mucus forming foods like dairy and fried food in particular are going to encourage candida and that's why in America with our terrible diet, we have that.

When I say a new paradigm in wellness, I'm saying, "Listen. You can look at someone with eczema and say, oh, yeah, the wellness you need..." And there are people who get improvements in eczema with sort of generic wellness, if you will. But they're doing it indirectly. How do I want to say that? So with Osmosis, the strategy for example with candida is to remove mucus, and not everyone has excess mucus, the younger you are... like I found that kids 12 and under typically are not forming mucus yet. Their gut is healthy enough, it can handle the toxicity without forming mucus. So they only need to shrink the

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candida through my frequency elixir called [Skin Perfection](#). Now we clinically proved we could shrink acne in a double blind placebo controlled trial of Skin Perfection. I think it was 54 patients and we had a 60% clearance in acne in 30 days because not all acne is candida acne. So I don't think we would have had a much higher clearance had we done that.

We also did not address the mucus issue in a lot of those patients. So I'm really pleased with that outcome considering it was just the elixir taken twice a day. So that's a candida shrinking elixir based on that test and based on the results, we're getting remarkable results really, we're getting with the product. Now there are medications for candida, you can take Diflucan but my understanding is it's hard on the system. It's like a poison you're taking essentially but it can help reduce certainly candida. I just think there's a more holistic, more effective way in [Skin Perfection](#). And then you've got to address mucus for a lot of people and mucus can be very frustrating. Mucus is being formed because there's an epidemic of H. pylori.

H. pylori changes the digestive capacity of your stomach and causes more undigested foods to go through, this can lead to SIBO and SIBO is its own change of the bacteria into a different... not a different strain, a different phenotype. Okay, so again it's a little bit complicated but your DNA morphs to the environment so SIBO is caused by that. My point is to say you could take some palliative wellness, like some people might drink aloe for SIBO or some people might try fiber or they might try probiotic strain, right? And this is sort of the generic wellness model of, "Hey, it's not really explaining the problem." So why I think Osmosis is so unique and so effective has a lot to do with the fact that we think we found the reasons why people are having problems and we're addressing them.

So I gave you a great example with SIBO, small intestinal bacterial overgrowth. I looked at that for years and I was like, "Okay, let's try this." Okay, because I didn't understand the disease. And so I kept coming at it from, "Oh, there's an infection? Well I should be able to kill that infection. What about my immune defense to treat pathogens? Why would that not be more effective?" And then I started looking for probiotic strains that might be more effective. But the truth is the bugs in your gut are your bugs. They're changing based on the environment, they're DNA generated. So someone else's bug collection is not for you. I don't believe in probiotics. I believe in a prebiotic which is our [Recovery](#). And so what I've learned is we can treat SIBO by changing the environment using Recovery as one of those tools, by changing the environment to treat H. pylori by first knocking the bug over the head.

Okay, so here's the picture I have for this H. pylori pandemic and just so you know we've mapped H. pylori in the face so if you're wondering if you have H. pylori, usually you're going to have some nausea and diarrhea when you eat foods basically, a lot of different foods cause nausea and diarrhea and you can't figure out what is it, do I have food allergies, what's going on? What's happening is the bugs in your stomach are changing and they're changing because it's too alkaline of an environment because you drink soda with your meals or milkshakes or whatever it is, you're creating an altered environment in your stomach and it's starting to change the cells. So there are a lot of cells that are not changed yet but almost changed. Okay, can you picture that?

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Then there are a lot of cells that have changed but could change back with diet over time. But we don't make that happen because a lot of time we won't change our diet. So the idea behind the Osmosis protocol is take [Immune Defense](#), two doses, 12 hours apart, not two bottles, it's dose by weight so you've got to read all those instructions. But it's two doses, 12 hours apart, and then you follow it with a prebiotic to help encourage your existing bugs to go back to their original phenotype. It's working like a charm, I'm so excited about it. This is how we're addressing SIBO, this is how we're addressing H. Pylori. So it's a paradigm shift in wellness because we think we've got the reasoning behind what's happening.

So all those skin diseases that I mentioned, if you realize that candida's the source of them, then all of a sudden the world would be focused on anti-candida protocols and it would be amazing. And yes, changing your diet is one way to go but sometimes you change your diet and you still can't get rid of those mucus plaques that have formed and you're so frustrated because you're like, "But I have been eating good for months now and nothing's changing, why?" It's because you haven't corrected all of the negative side effects of that long term, dietary mistakes. And so [Skin Clarifier](#) is our mucus cleanse, it's the only mucus cleanse I know of in the world to be honest. I'm so excited about it because it's so effective and it works in the sinuses as well and so it'll help you with chronic allergies.

If you have chronic allergies, you're probably going to need three of those. If you have post nasal drip, you're going to need three cleanses. But it's unique in a paradigm shift because, again, it's addressing the source of allergies which is two fold. Number one your microbiome has been poisoned and it needs to be restored and there's not a lot of easy ways to do that in the general wellness community. Number two, your mucus, it's accumulating. Within the mucus are the allergens that you inhale. So you have all these different allergens trapped in your mucus aggravating your immune cells so that when you get new exposure your system is reactive and spinning off out of control and so, yes, you can treat allergies.

Sometimes it's as simple as taking [Recovery](#) for three months and the way Recovery works is it specifically feeds the digestive lining repair so that the bugs growing on the digestive lining are properly formed, right? Their environment is the correct environment so they form the phenotype that is your healthy phenotype and it also feeds your existing probiotic population and makes them thrive and more healthy. It's a fantastic tool for you, again, one tablespoon every day for about three months, for most people will restore their microbiome.

If you have severe disease, say you have a condition like Crohn's or ulcerative colitis or leaky gut, you might need to take a tablespoon a day for five or six months and you should treat the pathogen behind the original disease. So, again, I started looking at everything is being caused by a pathogen, toxin, or emotion and as a result of doing that it changed my paradigm. And I started to make wellness that was targeted to address pathogens, toxins, and emotions. So how do I address pathogens? Well, it's called frequency medicine. It's poorly understood science, I don't understand it well. I'm almost speechless at how this came into my life and I couldn't refuse it once it was there.

I meet this random farmer from Iowa who spent 10 years building a frequency generator in a huge copper box with special antennae to emit... I say purportedly because I have to be careful because I don't have any tool to measure the frequencies imparted into the water. So what I will tell you is by all accounts and by two double blind placebo controlled clinical trials

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by several independent lab reports, we are imparting frequencies into the water. And then so the next question is, what does a frequency do to the human body? Well in order to understand that you have to understand that your body is made up of frequencies. You're just one big vibrating ball of energy.

If you really want to dive deep into the weeds, go explore the concept of the human body being a hologram. And what it's really speaking to, and this is what quantum physicists, I think I would say the majority of quantum physicists would tell you you're not really you. You're a light emitting ball of energy. If you look at atoms, atoms are 99.9999% space and you're just made up of atoms. That's all you're made up of. So you are 99.9999% space. But what's in that space? Clearly there must be something else because it feels solids, it emits light, and what's going on there? It's hard to understand, I get it. But just know that that's scientific fact that you're 99.9999% space. And most physicists and I think many scientists believe there's something in the space. There's an energy field that we live within.

This is the divine consciousness I will speak of sometimes. You can not put the word "divine" in there if that's offensive to you. But it's an energy field nonetheless. And it exists and it is clearly something our bodies derive information from, that's why we keep breathing even though our mind isn't triggering that. The way we chew and swallow, there's so many aspects of your daily behavior that are happening at lightning speed, at a level that's unexplainable. Just simply walking is a miraculous event that involves all the senses are being incorporated in your advanced intelligence, your AI computer within your body and it's not your brain, guys, it's this consciousness field is receiving all the data in determining your next step, where it should be, how... anyway. I could get lost in all that.

So you are a ball of frequencies. And the only question is what frequencies represent what? Just like every protein is a combination of amino acids. Okay, right? You can get there. So every protein is a combination of amino acids in your body and that proteins include hormones and neurotransmitters and peptides and cytokines and cellular components. All those things are "proteins." Okay, so now we know they're all made up of amino acids, well each amino acid has a distinct structure and that amino acid is an energetic body, it has a vibrational component and honestly the amino acids are made up of atoms, right? And so each atom, and we can go down to the atomic table, each atom has its own vibrational component.

One amino, let's say proline, what determines the vibration of proline versus lysine is the types of atoms that are included in that molecule. And we're talking about millions of atoms to make up a single amino acid and then of course millions of proteins have a variety of combinations. So my point is to say, if it makes it easier for you, you can think of the notes coming off of a piano. If I push a key in a piano, that's a note. Now if I push two keys at the same time, combined note. So each of the proteins in your body is a combination of, what I like to say, is an orchestra, a symphony of music playing, because all these frequencies are playing within your system and, yes, each time you get larger.

So you can look at an organ and go, "Okay, an organ is a bunch of cells. Each of the cells has its own frequency, each of the components of the cells have their own frequency." So you can imagine the complexity of vibration that's going on in your body is part of the reason it's such a freaking miracle. It's so amazing. So this is essentially scientific fact that I'm telling

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you. Maybe not my grand picture of it all but each individual aspect of it is true. And so yes, cells vibrate at a very subtle level and I remember a TED Talk of a guy who's a quantum physicist speaking to a room full of scientists and one of the scientist raised his hand, he said, "Doctor, you said that cells vibrate. I'm not familiar with that concept."

And he's like, "Oh yes. All cells vibrate. And they vibrate at a specific rate. And when you're healthier the vibration rate might be higher." And generally I think that's acceptable knowledge that a higher vibration rate is preferred. Now that's not to say that one protein is better than another protein. I'm speaking more on the overall vibration of the human body and some people measure energy in the human body through its electric potential. And that has validity to it, it's a tool to somehow tap into this energetic field and it can be effective. But staying on point, because your body... after being off point for 10 minutes (laughing), your body has all these frequencies in it.

So putting frequencies into your system can have a positive or a negative impact. Some people believe, for example, the frequencies coming off of certain lights are harmful to the body. I tend to subscribe to that. But the frequencies we're choosing for these formulas are beneficial. Sometimes they can have an anti-pathogen effect, sometimes they can have a calming effect. It's all about the target of it. I can tell you the secret sauce to this is that I do have a mathematical formula to determine the frequency of substances. So if you say, "Oh, what's the frequency of glutathione," I have a theory as to what the frequency of glutathione is and I think I can replicate the resonate frequency of glutathione.

Now I can't replicate the millions of frequencies that go into making up glutathione, right? So remember, glutathione has a whole bunch of different pieces in the orchestra. But glutathione itself is the symphony, it's all the music playing at the same time. So I can grab a snapshot of the symphony vibration but there's no way I'm going to replicate glutathione. So we don't make glutathione out of it. Now there were studies done in France that were remarkable where they played the frequencies of the DNA of an animal, they collected... they had a sensitive tool that was able to read and pick up the resonate frequency of a DNA molecule. They then put the component parts of the DNA into solution and played that frequency to the component parts and they reformed the DNA identical to the original DNA just using component parts, nucleic acids thrown in a bottle and then played that frequency.

Absolutely amazing study. It was done by a Nobel Prize winning physician out of France. I forget his name. Fascinating right? So just know that frequency medicine is on the rise. It's something I use because it's effective and it does not hurt the body. It's something I use because in many cases there's nothing else out there that seems to have an impact. For example, on viruses, I don't know of any good antiviral on the market today. So as a result of that, something that can actually have an impact on viruses and we clearly see it and we're going to do more clinical trials. We're just trying to decide which ones would speak and be most helpful to the communities out there. I think we're leaning on eczema because eczema is becoming so rampant. So we're going to do a clinical trial on eczema and prove, again, that frequency medicine has a place and that's what makes Osmosis Wellness unique.

So we have frequency medicine for anti-pathogen, antiviral effects. I have frequencies that I've found to be effective for emotional issues. It's called [Emotional Well-being](#), it's helping people with PTSD, it's helping people with depression and anxiety. Again, frequency is in

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this. I have frequencies in a formula for joints for joint pain and joint inflammation called [Joint Relief Elixir](#). I have frequencies that mosquitoes find off putting that you ingest them and the mosquitoes don't want to land on you. And that's proven to be highly effective. Still totally ignored by most of the world but someday they're going to be like, "Oh my god. That's so much better than a citronella candle. Why didn't I do this before?" And yes, you ingest it. Yeah, so you ingest it and your skin emits a frequency that bugs don't like. And people could say, "Oh, come on."

But you don't placebo a mosquito not biting you. So if you go out and I've had a handful of people tell me like, "I didn't believe the frequency story you were putting out there, Dr. Johnson, until I took [Mosquito](#) and I'm like well there's no explaining that one." Right? And then we have a frequency formula that helps neutralize the damage of UV radiation and we did a clinical trial on that, double blind placebo controlled, substantially successful results. Very high rating on Amazon, you've got to try it, it's called [Sun Defense](#). Again, because it's affecting the water in your skin, it means that if you sweat, the defense is lost and you have to retake it and you have to wait an hour. So it's not ideal for all scenarios. I can't use it if I'm in a really hot place because I perspire easily.

But for a lot of people it's amazing and for a lot of kids it's amazing. They tend to perspire less. So I would encourage you to at least consider that as an adjunct to whatever regimen you're using and for many of you you're going to learn very quickly that it can be stand alone as well. And then we have frequencies that help calm digestion, we have frequencies that make candida populations shrink, okay? So those are in [Skin Perfection](#) and [Digestive Relief Elixir](#). And those are a bit redundant by the way.

So if you're taking Skin Perfection you generally will not benefit from taking Digestive Relief. And then we have frequencies that help neutralize tissue damage from acids so it can help with your symptoms of acid reflux. That's in both Skin Perfection and Digestive Relief. We have frequencies that resemble certain hormones and they mimic the effect. So they don't create any hormone reactions like taking hormones would, which is a good thing, by the way.

But they give your body a sense of that because they're resonating the same frequency that your hormones are resonating. So [Hormone Relief Elixir](#) has been phenomenal for that vast majority of people who take it for menopausal symptoms, for example. But I take it because men should take it as well, I'm not a believer in hormone supplementation which if we're talking about paradigm changes in wellness, I just don't want to encourage my body to make an abnormal amount of testosterone by taking some pre-T supplements or taking the actual testosterone itself because of all the negative side effects of taking hormones which are well documented, right?

So the idea is paradigm shift to this frequency based idea of supporting your system. We have frequencies that resemble human growth hormone and I am really encouraged by the effects of that. That's an [Ageless Vitality](#), it has the anti-candida frequencies and it has HGH. So it's sort of a maintenance one in my mind.

Hormone and Ageless are the two ones I recommend as a maintenance going forward. Now there are minerals in these elixirs and they're edible, 24 karat edible gold in these elixirs. I guess the thing you need to know is the minerals make it stronger. Some people ask



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because I used to make these formulas without any added material and by frequency enhancing minerals, the formula is about 20-25% more effective. That's why I do it. It has a slight taste to it, we actually keep improving on that taste.

But it does have a slight taste to it. And so the gold, you may ask, is it's part fun but it is absolutely amino strengthening, certainly no negative side effects to it. So it's something you can sort of ignore if you want but bottom line is the vast majority of the work being done here is through imparting frequencies through this special device from this crazy farmer.

So it was all quite wild. But here's what I did. When I approach wellness, to me, I don't want to make something that is only for a few of you. I want to focus on the things that are going to be transformative to your health. So to me, a huge portion of the population has a mucus problem. That's why I made a mucus cleanse called [Skin Clarifier](#). A huge portion of the population has a candida problem. So I made a candida supplement. A huge portion of the population has pathogen infections that are causing ongoing disease so I made an elixir to address that, [Immune Defense](#).

I have a formula that helps address diabetic issues like diabetic neuropathy, the frequencies that help, what should I say, reduce the impact of diabetic neuropathy and reduce the pain experienced. But I always find it interesting when I start down a path to formulate something and I run into road blocks left and right and I'm like, "Why am I..." I don't usually get roadblocks when I'm on to something big and awesome.

So now I'm just realizing if I'm running into road blocks, there's something wrong with the core structure of where I started from. And so in the case of [Sugar Detox](#) which helps detox sugars in your body and is the primary goal for that and then the neuropathy is the other piece of it, I'm realizing that is really not the way to do it. The real trick is to get to the origin of diabetes and I believe that is at the microbiome level. So [Recovery](#) for the microbiome is my plan to help eliminate diabetes and I think it's very doable if we can restore that.

Not everyone realizes but there is not a healthy microbiome in the house. Nobody is getting through this water, this dietary food choice, the pesticide laden community. The amount of junk and poison being thrown at us, nobody has a healthy microbiome. So that's the starting point for me now and I'm really appreciating that perspective. I have many aha moments, it seems. I probably have, at least every two weeks, I have an awesome epiphany and a new direction to go on. And a lot of this stuff has come recently and I hope you stay open to these revelations because honestly I know, I'm hearing from you guys, you're doing my protocols and they're working. So I know we're on the right track, the only question is how many people out there are open to changing their paradigm. So that's the focus on wellness, a few other comments, one of the best wellness supplements I make is called [Skin Defense](#). It binds metals, it binds chlorine, it binds estrogen toxins which includes pesticides, chlorine, food preservatives, and such. And so as a result, it's just one of the most powerful detox choices you can make.

Some of you it may take a couple of years, it took me a couple of years of binding toxins to get all the heavy metals and crap out of my system. And I saw changes from that. You don't realize how your body resets when it's completely clear of toxicity. And it's not to say I don't keep re-feeding the toxicity because I live a single man's life right now. And so my choices are oftentimes restaurant food and store bought food and trying to not eat half a carton of

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ice cream at a sitting and all those things. So I highly recommend [Skin Defense](#) to be taken to bind all these poisons.

It should be daily thing. It does include activated charcoal, a lot of people have read misinformation that activated charcoal binds up your minerals and strips your body of minerals, it does not do that, it is selective. There's plenty of evidence to support what I'm saying. But I'm here to tell you, you don't have to fear taking that. It's phenomenal for your body because remember you're being poisoned every day so you might as well be addressing the poisons every day. So that's Skin Defense.

You have [Collagen Activator](#), Collagen Activator is a unique wellness strategy where what we're doing is feeding your Krebs cycle. So every cell has this energy generator in it called the Krebs cycle and it literally is the energy for the cell, it drives the chemical reactions, it can't survive without them. Things like ricin, the way ricin works, is it gets into each of these Krebs cycles and shuts them down and that's how it kills you. Collagen Activator has a combination of ingredients that activate the Krebs cycle at a maximum capacity. The limiting factor is oxygen so people will respond better the more oxygen they have in their system. We always encourage exercise as I said in my last podcast on the pandemic, yeah, exercise is really important right now. You need to oxygenate your cells. That's how you're going to detox.

Oxygen is one of the detox mechanisms of the body. And there are several and they're all empowered by that. So Collagen Activator is, yes, it helps build collagen, it's part of the name and because we're a skincare company first and foremost we felt that that was the proper name to go out to the market with. But just know that this helps rebuild the hormones, some people are malnourished and they're not building their hormones and they're going into menopause because they're not making enough hormone because they're malnourished. So this addresses that. It addresses a lot, it's great for athletes, it's great to build muscle, it's great to support healthy tissue regeneration. So it's a phenomenal supplement, that's [Collagen Activator](#).

So I make these because I want them, selfishly. I make these because I know this is going to be something... if I had a choice of wellness supplements, what would I want to take and why would I take it and is it justifiable and how long do you need to take it? Well Collagen Activator is one of those ones where I think it should be taken every... it's like a multivitamin to me, it's the most targeted multivitamin, right? Because it's really hitting home. So a lot of people that go, "Oh, I need to take a bunch of antioxidants." Eh, I mean, unless you're really triggering a lot of free radical activity in your body, your body has the antioxidants, you really want your body to be in charge of promoting antioxidants.

What happens with antioxidants is if you megadose them, they start shutting down the good free radical activity. People don't realize that 99% of your free radical activity is good. Yes, it's actually driving chemical reactions. Free radicals are a part of your human construct. So if you douse free radicals with antioxidants, you end up causing harm. In fact, I would not megadose, I do not agree with mega dosing antioxidants for this time, mega dosing vitamin C, I don't believe in any of that. I think you want your oxygen free radicals at their highest potential to fight viruses and to repair oxidative damage. Believe it or not, the same sort of system that spins out and causes damage from usually because some... a destabilizing force

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came in like a toxin, comes in and creates and oxygen free radical. And that is why that free radical is causing harm. It's usually the free radicals that your body creates are not causing harm.

Okay, so we have [Immune Activator](#) which is this oxygen molecule patented that it strengthens your immune system and improves your fighting capacity. That doesn't have to be for everybody all the time. But definitely for people who are not exercising as much because that you means your oxygen content is low in the system and definitely for people who are immunocompromised or immuno suppressed by medications, this is the kind of booster you're going to want. But I do take it every day and I recommend most people take it every day because it keeps your immune system at peak performance. And actually also helps that Krebs cycle to a degree. So exercise does but so can this to help oxygenate the system.

I take elixirs, I take Sugar Detox because I still ingest sugar. But I try to almost always ingest natural sugars. Stay away from refined sugar wherever possible. That makes me feel a little better. But yeah, I take Sugar Detox for that, I take Emotional Well-Being. It's a very sort of embarrassing personal reason I take Emotional Wellbeing because it has the ability to interfere with whatever thought process you have causing a reaction. So I have one thought process that still floats in my brain that I need to remove completely which is watching my hair loss. Am I losing more hair, am I getting my hair back? And it does fluctuate.

But the more I think about my hair loss, the more that thought process, I think, can influence and cause hair loss to occur. So I literally take Emotional Well-Being for the sake of my scalp and I think it's working. It's much more obvious in other cases of where somebody has a stress reaction where their eyelids flare up, if your upper eyelids flare up, you're stressed. If one eyelid flares up, there's a deeper conversation there but it usually relates to a male or a female. Left eye is female based person is causing stress in your life and the right eye is male. But prove that out to yourself, it's fascinating to chase these things down. But yes, stress, [Emotional Well-Being](#) is amazing for that. So it helps you with stress and that's where it's mainly used. You can ignore my personal reason.

But I also take Ageless Vitality and I take Hormone Elixir and I take those because I don't want to take extra hormones. I can just tell you I'm somewhere and I'm going to go get officially measures, but I'm probably somewhere in the eight percent body fat range at this point. And I was only able to achieve that after I restored my microbiome, by the way. I did take my Melt, which is my fat detox supplement. We're not really into weight loss, I'm not sure we're going to make that again. So if you're interested in detoxing your fat, Melt is pretty fricking amazing. And so we have the remnants of our last batch are still for sale on the website. My sister just started on it and reported six pounds the first week. You say, "How is that possible?"

Well, if your system is hydrated and healthy enough, this triggers your fat to dump toxins and that's going to dump fluid with it. So it's not a metabolism thing, it's a toxin dumping thing. And what I found is it's not very effective in people who are sickly, who are overly toxic because their system can't handle dumping toxins. So there's that. I take Ageless Vitality for the HGH component and the digestive calming component and I take Hormone for the testosterone and the benefits of being balanced in your hormone presentation. And I

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can't say I didn't have specific symptoms before I took those but I do have the crazy, true fact that I was 5'9.75" my whole young life and since I've started taking those two formulas, I'm 5'10.5". It's documented.

And I wasn't expecting it. I went to my mom's house and she has the old banner where we had been measuring our heights over as we grew up as kids. She had it out and was like, "Oh, let's all stand up next to it." And my brother who's three years younger than me had shrunk an inch, and I literally grown three quarters of an inch, 5'10" and a half. Very proud of that, can't explain it. Don't know, I don't think it's bone growth. Although some bones continue to grow, it could be spinal alignment. I don't know. It could be hydration of the... I don't know what the HGH frequency's doing. I think that's a big part of it. Anyway, I don't know that all of you will experience a three quarters of an inch height increase. I know I had one other client report the same.

But more importantly, I want to tell you, so I'm about eight percent body fat. And I was looking back, going back to my wedding at 25 years old. So 28 years ago I was probably about eight percent body fat, I might have been... it was right in that range. I may have been a little bit thinner at that time. And I weighed 157, okay? So right now I weigh about 172. 15 pounds and it isn't fat. So what is that, what is happening there, why am I telling you about this? Because I believe in the theory that if you have the proper frequency maintenance which is [Hormone](#) and [Ageless](#), that your body will maintain muscle mass or in fact accelerate muscle mass and I'm not a monster but I lift less aggressively than I did at that age and I have significantly more muscle mass as a result of what has to be this wellness protocol that I'm doing.

A lot of people, they see their muscle levels decline, I'm just telling you that I can see how much fat I have, right? You can tell by how visible your veins are in your forearms or how much of a pinch you have on your belly or how definitive the muscles are in your thighs when you flex. All those things are a tell for your body fat and I can tell you right now, my body fat's low. And I weigh 15 pounds more than I did when I was 25 years old. So whatever percent of that is a little extra fat, maybe a pound or two. But what it tells me is that it's possible to stay healthy and young going forward. Now I also took [Recovery](#) for my fat pads. Remember we have a supplement called Recovery that enlarges your fat pads. And we're getting reports because it just launched but we're getting reports of what I told people and they're like, "Wait a minute. Do I want that?"

So here's some of the reports, "More butt shelf." I know that's not a very medical term but if you can imagine your butt has two types of fat. And one of the things we notice as men and also as women is that our butt tends to flatten as we age. But it also tends to gain fat towards the bottom, right? There's subcutaneous fat, there's fat on the surface. That's not the fat I'm talking about. What Recovery builds up are the fat pads within the intramuscular components of your system. So there's fat pads in your arms, there's fat pads in your thighs, there's fat pads in your buttocks, and there's fat pads in your face and there's fat pads in your breast.

Now, men don't... the waxing and waning of fat pads in the breast is not consequential. So no, this does not cause breast enlargement in men but I can increase the butt shelf, best terminology I can use. And it can improve... oh my gosh, the facial fat pad changes have

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been awesome. No, it doesn't make your face look round and fat like you've gained 30 pounds, it structurally puts you back to the lean beauty that you knew in your youth. And so super exciting for that one but that, I think, is part of this weight gain is I've restored my fat pads, which were probably... let's say, you know what? I don't think they're too much different than they were when I was 25. So I think my fat pads are back to where they were when I was about 25. Meaning about 80% of capacity. But muscle mass is important.

I do pushups and pull ups two to three times a week, one set each. And I'm on the elliptical every morning for about 45 to 50 minutes. And that's how I increase my oxygenation of my system. And yes, I randomly play tennis or golf or do activities outside but nothing on a consistent enough basis where I would include that in what I'm telling you is my exercise routine. So all this is doable when you restore your metabolism by restoring your microbiome. When you pull all the toxins out of your system so that your system is functioning properly. You will not have menopause symptoms if you pull all the toxins out of your system.

I think toxins in the system are even the cause of stretch marks when women get pregnant because their estrogen is not at the level it's supposed to be during that time because of the influence of the toxins they had going in to pregnancy. Lots of different ways this is going to affect you and benefit you. A lot of women's hair loss is caused by this imbalance where their estrogen is low compared to their natural testosterone level and so that creates what presents as a testosterone imbalance, causes hair loss in women, causes hair loss in men too, by the way, this whole estrogen toxicity thing. It's one of the causes. The reason why hair loss is so complicated is because there's like three, four, maybe more causes related, one of them can be stress, one of them could be pathogenic. There's a fungal or bacterial infection in the scalp, one of them is circulation.

So if you have declining blood vessel levels in that area or you are stressed or drinking a lot of caffeine, it causes vasoconstriction. Anyway, I can't go into all of those details but [Hormone Relief Elixir](#) has got frequencies in it for hair loss. I think that's an important thing to know. Again, I think you'll see a positive impact on libido. If you're someone who takes Hormone Relief and you don't get a response right away, 99 times out of 100, that is because you have too many estrogen toxins in your system.

So what I would say is a good rule of thumb, everyone can be different and you can certainly write me to see what I find for you, but what I would say is it's a good rule of thumb to take three months of [Skin Defense](#), bind up a bunch of those estrogen toxins, get them out of your system, and then try Hormone Relief elixir again. And I think you're going to find at that point it kicks in and has a notable effect on your overall, whether it be mood or energy or headaches, most migraines are caused by an estrogen deficiency today so you want to address migraines that way. So there's so many aspects of your life where you're like, "I just have to live with it. Oh, I just get migraines." No, you're just poisoned, you have to detox. That's all there is to it. Alrighty. Just think about any other Elixirs I take right now.

I'm taking an Elixir... I'm trying to see if it'll strengthen my ciliary muscles so I can help not need readers anymore. One of my more frustrating things I have not been able to resolve. So far that's sort of an eh reaction. Does not help when you wear readers, readers actually a promote a weakening of your ciliary muscles. So it's a real challenge to have to function

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every day looking at my computer which is where my readers come up most often. And also be trying to teach my... I don't have the patience to do the ciliary muscle strengthening exercises. But I'm convinced that if I did both of those things, I could reverse the need for readers. I just haven't gotten up the discipline to do that. What else do I take? I take a couple things that I'll recommend for you right now that I don't make yet and I don't think I will, nascent iodine.

I continually muscle test the need to maintain nascent iodine. So I take about eight drops a day for thyroid help. I assume that's because of the crap coming at our thyroid. You know how it's an epidemic, thyroid damage and thyroid sluggishness is an epidemic. Well nascent iodine is one of the protective mechanisms. And then I look at sometimes I see Hashimoto's can be triggered by yeast infection. Sometimes thyroid disease is created by metal poisoning. So everybody can have a different picture for it but just know that, again, the thyroid is one of those places where we can get back to normal health.

Maybe we've covered most of them. If I forgot one, I apologize. Again, this is a different paradigm of how we approach wellness. The reason I've come up with these formulas is because I believe most of us need them. The reason they're so different than what everyone else has is because I recognized the source of disease where I don't think enough people are chasing that down and our results speak for themselves. If you haven't tried the Osmosis regime, it can be quite life changing. And what I've committed to you and everyone else is if you're ready to make that leap, I'm going to be with you every step of the way. You write me, you share with what your plan is, maybe you can intuitively just determine what you need based on what I've said in podcasts and you're on it and maybe you're not getting the result you wanted, write me so I can help you get the result you wanted.

I had one lady, for example, who was on Skin Defense. And she had migraines but Skin Defense brought out her migraines in a big way. Well, yes, in that early phase as your estrogen is rising, that fluctuation of estrogen causes migraines. And so that is potential side effect of the detox process. But she stopped and didn't write me for like a year and then she finally wrote me. I'm like, "You've got to push through. You have to push through." And if you're curious, if you're worried like, "Oh my gosh, is that triggering something bad, that's why I'm getting a migraine," write me. I'll explain it to you. I've gotten pretty good at understanding why the side effects when they randomly occur, do occur. So on that note guys, I look forward to talking to you next time. Thanks for listening, thanks for staying with me for an entire hour, oh my god, I'm a talker. Talk soon.

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