

Some Healing and Health Info -

Dr. Pradip Jamnadas, MD Cardiologist (Heart and Blood Vessels)

<https://orlandocvi.com/medical-providers/dr-jamnadas/>
<https://www.medicalnewstoday.com/articles/248935>

Dr. Jason Fung Nephrologist (Kindney)

<https://www.ifm.org/about/profile/jason-fung-md/>
<https://www.webmd.com/a-to-z-guides/what-is-nephrologist>

Robert H. Lustig, M.D., M.S.L. - Endocrinologist (Hormones)

<https://robertlustig.com>
<https://www.endocrine.org/patient-engagement>

Dr. Michael Holick Ph.D., M.D. Professor of Medicine Boston University Medical Center

Vitamin D (which is a hormone it turns out)
<http://drholick.com>

*****I would watch this one first as it gives mind state to compliment physical*****
(if the video below does not open from a play button on the picture search on YT
for “Is There scientific proof we can heal ourselves? Lissa Rankin, MD TED Talk”

Lissa Rankin, MD
<https://lissarankin.com>



Link

Fasting For Survival Lecture by **Dr Pradip Jamnadas**

<https://youtu.be/RuOvn4UqznU>

"The Fat Lies" **Dr. Jamnadas, MD** - Galen Foundation Lecture 2019

<https://youtu.be/Yo-IL-LH5FQ>

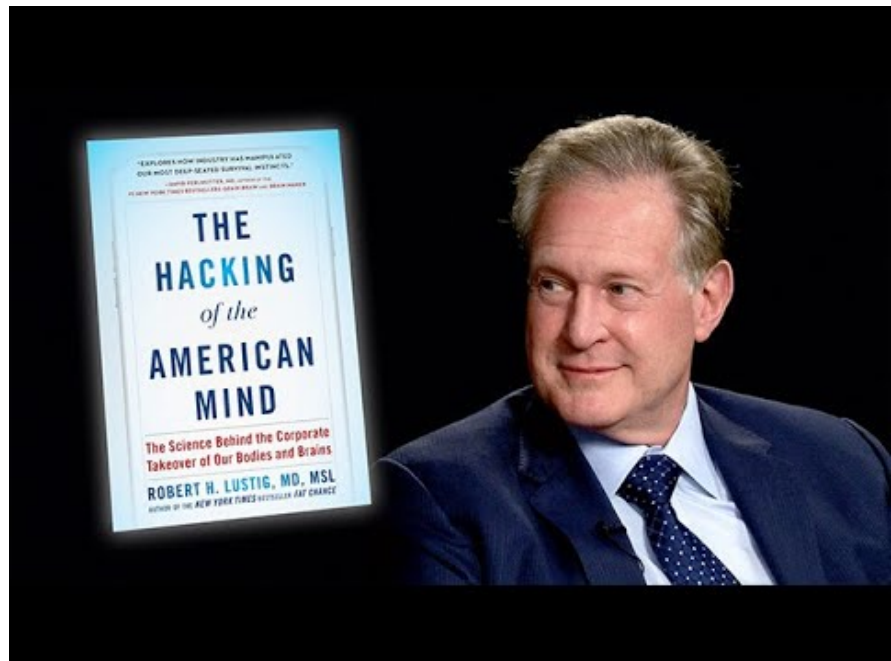
"The Bittersweet Truth" **Dr. Jamnadas, MD** - Galen Foundation Lecture 2019

<https://youtu.be/6zZBiTflp4Q>

Dr. Pradip Jamnadas, MD YOUTUBE CHANNEL

His whole youtube channel you can check out shorter videos too etc

<https://www.youtube.com/channel/UCOtQHehGWtbiMp1gZC8Kq3Q/videos>



FoodGate: The Break-in, the Cover-up, & the Aftermath **Endocrinologist Robert Lustig**

<https://youtu.be/nxyxcTZccsE>

Sugar: The Bitter Truth **Robert Lustig**

<https://youtu.be/dBnniua6-oM>

Fat Chance: Fructose 2.0 **Robert Lustig**

<https://youtu.be/ceFyF9px20Y>

Is a Calorie a Calorie? Processed Food, Experiment Gone Wrong **Robert Lustig**

<https://youtu.be/nxyxcTZccsE>

Chemicals of The Brain

<https://share.upmc.com/2016/09/about-brain-chemicals/>

Dr. Jason Fung Youtube Channel (Intermittent Fasting info) PDF of his book attached if this is an email. If not Search his Books anywhere maybe used on Ebay or PDFs etc.

<https://www.youtube.com/c/drjasonfung1/videos>

Top **Autophagy** Benefits (Weight Loss) **Jason Fung**

<https://www.youtube.com/watch?v=XLj2Qu4SuNQau>

Metabolic Activities of the Microflora

<https://www.ncbi.nlm.nih.gov/books/NBK7670/>

Vitamin D "State Of The Art" **Dr. Michael F. Holick** in Vienna (English)

<https://youtu.be/NuWC2d0mTbo>

Sunlight and Your Health - An EnLIGHTening Perspective - Michael F. Holick, PhD MD

Autophagy

<https://www.healthline.com/health/autophagy#benefits>

This link explains some on **Ketosis (Ketones)** - why a new baby smells "sweet" and benefits etc.

<https://www.dietdoctor.com/low-carb/ketosis>

We need **growth hormones (HGH)** to repair our bodies. Here is information on that.

<https://www.healthline.com/nutrition/11-ways-to-increase-hgh>

[Interesting Documentary](#)

[Japanese cell biologist Yoshinori Ohsumi \(Nobel Prize Autophagy\)](#)