Some Healing and Health Info -
I encourage you to search resources they mention or quote and so on as you explore.

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

Lissa Rankin, MD
https://lissarankin.com

NOW REMEMBER SOME OF THESE LECTURES ARE PRIMARILY TO OTHER PHYSICIANS AND PROFESSIONALS IN THE MEDICAL FIELD. However, the language is kept on a common sense level for a reason and it's all easy to take in and understand.

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/6zZBiTfIp4Q

Dr. Pradip Jamnadas, MD YOUTUBE CHANNEL
His whole youtube channel you can check out shorter videos too etc
https://www.youtube.com/channel/UCOtQHehGWtblMp1gZC8Kq3Q/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

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 Mircoflora
https://www.ncbi.nlm.nih.gov/books/NBK7670/
It seems, Weight loss is a side affect of achieving a healthier state, and not necessarily the real focus. Although, excessive weight has not proven beneficial to our health or

healing. Also, supplements are NOWHERE as effective as actually eating a food or being in the sun! (Or our own attitudes and mind state it seems) Our bodies only absorb about 10% of any tablets, pills, supplements consumed and then STILL have to be converted in the body into actual usable form in many cases. Again, using not conserving our life energy. If pills and supplements worked as advertised, why do we still have so many ill? Remember the Medical BUSINESS is about selling MEDICINE for profit. That's just how it is. If there were no receptor in the body for these pills etc. . they would not work. So they trigger functions of already existing systems in the body then? So, we have all we need to heal ourselves in many if not all cases?

It also seems, Vitamin D (An actual hormone needed for every cell and DNA expression to do the repair, healing, replacing, and recycling - everything) Now, Holick pushes supplementing but notice the best source already in usable form, meaning takes the least energy from our bodies .. is from SIMPLY, SUN EXPOSURE. Our skin makes it. Amounts of Melanin in our skin determines our complexion. Darker complexion more exposure time needed. Lighter / less exposure time needed. Notice it's nearly impossible to overdose on this hormone as the body will expel what's not needed - HOWEVER too much exposure CAN possibly damage our skin. (Also, keep in mind "viruses" etc that make us ill are often destroyed in direct sunlight exposure as well)

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 (Another similar Lecture you can search)
Look into everything for yourself. As we have found out there truly are no "Experts" as we are all learning still. How many years until these Experts in their fields found out they truly were not by results over time showed. . thus the shift to doing their own research as well?

It seems to me the common thread here may be that our bodies just need these obstacles to be removed so that it can do the healing it is designed to do to the best of it's ability.

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