



## Supporting the Science of Self-Healing

May 1, 2023

Issue 38 BRMI E-Journal

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- *Understanding and Managing Cholesterol Bioregulation (Part 1)* by Dr. James Odell, OMD, ND, LAc
- *Spring Clean Your Attitude* by Jennifer Margulis, PhD
- *Structured Water: Health Benefits for Plants, Animals, and Humans* by Alix Lopes, *Your Life and Land*
- *ADD/ADHD as a Coping Mechanism?* Ian Kennedy, *True Wellness*
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- Book Recommendations:
  - *“Cause Unknown”: The Epidemic of Sudden Deaths in 2021 and 2022* by Edward Dowd (Review by Catherine Austin Fitz)
  - *The Extracellular Matrix and Ground Regulation: Basis for a Holistic Biological Medicine* by Alfred Pischinger, (review by Dr. James Odell, OMD, ND, LAc)
- Featured Videos:
  - *Mushrooms as Medicine with Paul Stamets at Exponential Medicine*
  - *What is Geoengineering with Dana Wigington*
  - *Environmental Consequences of Geoengineering with Dana Wigington*
  - *Why Haven't Scientists Come Forward with Dana Wigington*

- *Health Consequences of Geoengineering with Dana Wigington*
- Featured Podcast:
  - *Releasing Trauma that Underlies Health, Amanda Ferris, ND*

Dear Friend, Welcome to our 38th BRMI E-Journal. When I first moved to Kentucky over 40 years ago, I looked up at the sky and recalled the lyrics of the song Sweet Home Alabama, “where the skies are so blue.” The Kentucky sky was a deep, rich blue, truly beautiful. Well, that is not the scene anymore, as now the sky is pale blue and crisscrossed with jet aircraft trails almost every day. Many of you may be aware of this ongoing aerial operation, but for those that are still unaware, or in denial, this is the result of what is termed climate geoengineering.

### Is The Sky Falling?



Please read my concerns about climate geoengineering and what I have witnessed by [clicking here](#).

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Because BRMI is a non-commercial, non-profit institute, this empowers us to present uncensored, open forum information and referenced commentaries, and in turn, enlighten our viewers to more than one medical viewpoint. In our article resource section, we have added more articles on Homeopathy.

We sincerely thank all our viewers for their continued support, comments, and article submissions, and for liking us on our social media, bi-weekly podcasts, and YouTube channel. BRMI is a 501c3 non-profit private foundation. We provide FREE non-commercial information to the public and are entirely funded through the kind and tax-deductible donations of our readers. We accept no advertisements. If you feel so inclined, please donate so that we can continue our FREE public programs. Donors can tax-deduct contributions they make to BRMI under IRC Section 170. We also ask that you introduce BRMI to at least two or more friends and have them sign up for this free E-journal and our podcasts.

BRMI recently partnered with Nasha Winters, ND, FABNO, and advisor to BRMI and from the Metabolic Terrain Institute (MTIH), to present Claim Your Terrain, a workshop/retreat in beautiful Sayulita, Mexico. This was the perfect balance of intellectual stimulation and self-

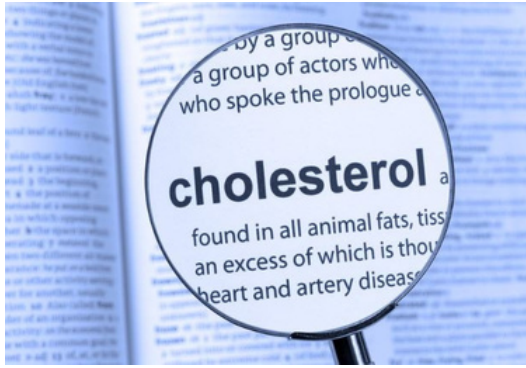
care. The retreat included several "TED-Talks" from participants and presentations from keynote Dr. Nasha Winters, and me. Many of the presentations were filmed and those will be uploaded to our website soon.



We loved this model of learning, exploration, and self-care!

We now are focusing our attention on a co-hosted fall conference/workshop that will be held at the Human Universal Health Institute (HUH Institute) in Denver on October 13th and 14th, with reception on the evening of the 12th. Please save the date in your calendar. More information will be forthcoming. We hope you enjoy what we have for you in this free e-journal, and benefit from our varied resources. Comments and submissions to our e-journal are always welcome and appreciated. Stay tuned to the ongoing weekly BRMI podcasts hosted by Dr. Sharon Stills, NMD. Dr. Stills has now completed over 100 exciting and informative podcast interviews! These are all archived on our website. Below is a short video to celebrate this milestone. We maintain a YouTube channel, [Facebook](#) page, [LinkedIn](#), [Instagram](#), and [GAB](#) and post evidence-based articles and news events daily. To make it easier, we have also added a [Linktree](#). Feel free to interact with us via social media - or contact me directly at [jpmmodell@brmi.online](mailto:jpmmodell@brmi.online). We thank you for your interest in Bioregulatory Medicine. James Odell, ND, OMD, LAc BRMI Executive/Medical Director [jpmmodell@brmi.online](mailto:jpmmodell@brmi.online)

*As with any healthcare newsletter, the information in the BRMI e-Journal is intended for educational purposes only and is not a substitute for the advice or direct care of a qualified health practitioner who oversees and provides unique and individualized diagnostics and care. The information provided here is to broaden our different perspectives and should not be construed as medical advice, diagnosis, or treatment. It is important not to delay in seeking medical advice because of something you have read in this BRMI e-Journal.*



### Understanding and Managing Cholesterol Bioregulation (Part 1)

James Odell, OMD, ND, LAc

Cholesterol is a molecule critical to health. Unfortunately, it has been oversimplified and demonized by conventional medicine and the mainstream media as the major cause of heart disease and vascular endothelial dysfunction. This article (part 1 of 2) explores the bioregulatory importance of cholesterol and specific factors that can corrupt this molecule, leading to its potential participation in cardiovascular disease risk.

[Read more>>](#)

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### Spring Clean Your Attitude: How To Have A Better Outlook On Life

Jennifer Margulis, PhD

Thich Nhat Hanh, the renown Vietnamese Zen master, doesn't like to rush. When he used to walk to give lectures or teach a class, he went slowly enough to notice the slant of light filtering through the trees and the crows wheeling in the gray-blue sky overhead. And as he walked, he also gave thanks—silently offering his gratitude for the natural world around him.

[Read more>>](#)

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### Cordyceps - A Unique COVID/Post-COVID Fungus Remedy

James Odell, OMD, ND, LAc

The fungus *Cordyceps sinensis* has been used for several millennia in Tibetan and traditional Chinese medicine (TCM) to treat numerous illnesses. In TCM, it is commonly used to replenish the kidney and soothe the lung, for the treatment of fatigue, night sweating, hyperglycemia, hyperlipidemia, asthenia after severe illness, respiratory disease, renal dysfunction, renal failure, arrhythmias, and other heart diseases, as well as liver disease.

[Read more>>](#)

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## CLINICIANS' CORNER

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## Structured Water: Health Benefits for Plants, Animals, and Humans

Alix Lopes, *Your Life and Land*

I had never heard of structured water until a year ago and was introduced to it for health reasons. It had been suggested that I start drinking structured water to aid in hydration and optimizing cellular healing. Knowing absolutely nothing about structured water I was completely intrigued by this “new” water.

[Read more>>](#)



## ADD/ADHD as a Coping Mechanism

Ian Kennedy, *True Wellness*

While there has been extensive research on the causes of attention-deficit/hyperactivity disorder (ADHD) such as genetics, brain dysfunctions, and environmental issues, researchers have yet to figure out the precise factors that determine why a child develops ADHD.

[Read more>>](#)

## Is it Possible to Forgive When Something Really Bad Happened?

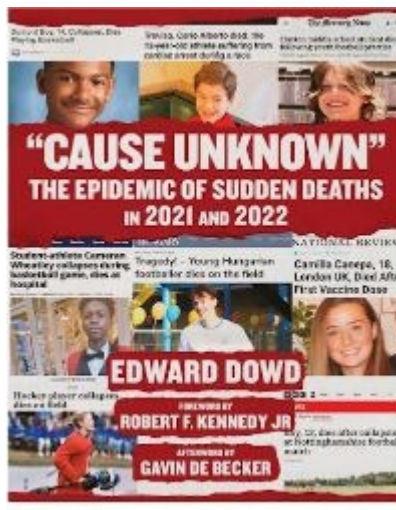
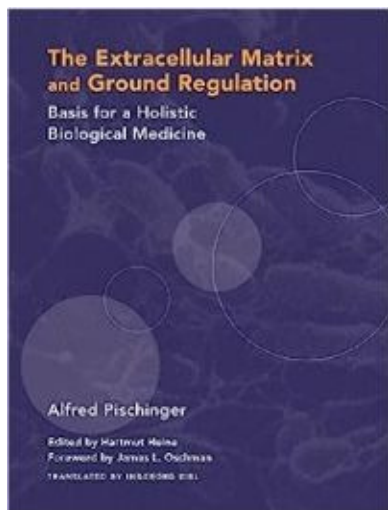
Wolfgang Haas

Most people carry within them experiences in which they have been hurt so badly by others that it seems infinitely difficult to forgive. However, forgiveness never means to approve of what has happened, but only means to free yourself from the highly charged, emotional entanglement with the other person once and for all.

[Read more>>](#)



## BOOK REVIEWS



**The Extracellular Matrix and Ground Regulation: Basis for a Holistic Biological Medicine**

by Alfred Pischinger (Review by James Odell, OMD, ND, LAc)

Pischinger discovered that the most elementary basic functions of life are carried out in the ECM, such as the exchange of water, oxygen, and electrolytes, the acid / alkaline regulation of free radicals, and processes related to non-specific defense systems. Evidence has now accumulated that the ECM is a body-wide communication system that is essential to all living functions.

[Read more>>](#)

**Book Review: "Cause Unknown": The Epidemic of Sudden Deaths in 2021 and 2022**  
by Edward Dowd (Review by Catherine Austin Fitts)

If you are pushing back or trying to protect someone from making a uniformed decision, "Cause Unknown": The Epidemic of Sudden Deaths in 2021 and 2022 by Ed Dowd is an excellent addition to your efforts to successfully communicate the dangers of mRNA and other Covid injections. Can't persuade your family to stop taking injections? Consider making a bulk purchase. This book has the potential to break through the trance.

[Read more>>](#)

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## FEATURED PIONEER

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For our Pioneers of Bioregulatory Medicine, we've recently written an extensive biography of Dr. Hans Selye who is known as the 'father of stress research'. Dr. Selye disavowed the study of specific disease signs and symptoms, unlike others before him, and instead focused on universal patient reactions to illness. His concept of stress impacted scientific and lay communities alike, in fields as diverse as endocrinology, complementary medicine, animal breeding, and social psychology.

Dr. Selye was nominated for the Nobel Prize in Physiology or Medicine seventeen times between 1949 and 1953, particularly for his "work on endocrinology and the adaptation syndrome," for his contributions to the "isolation of steroid hormones," and for his formulation of "stress reactions." Although he received a total of 17 nominations in his career, he never won the prize. The mind body paradigm was not popular in those years as it has now is becoming.

[Learn more>>](#)

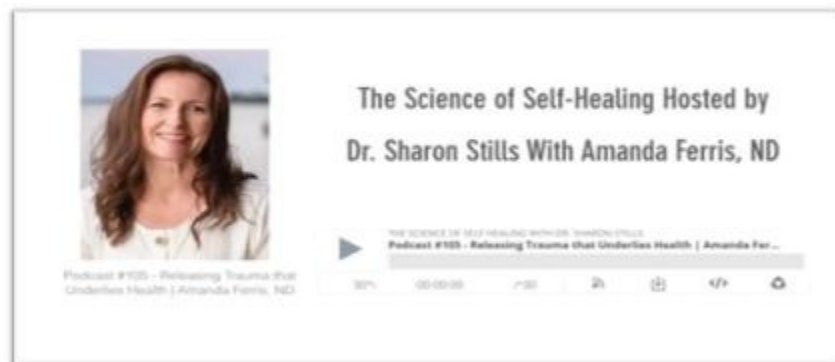
## VIDEO RECOMMENDATIONS



Because we are so passionate about what is happening with climate geoengineering, we have 4 video primers for this E-journal. Please share your thoughts if this is a concern of yours.

- [What is Geoengineering with Dana Wigington](#)
- [Environmental Consequences of Geoengineering with Dana Wigington](#)
- [Health Consequences of Geoengineering with Dana Wigington](#)
- [Why Haven't Scientists Come Forward with Dana Wigington](#)

## FEATURED PODCAST



Podcast #105 - Releasing Trauma that Underlies Health | Amanda Ferris, ND  
Dr. Sharon Stills interviews Dr. Amanda Ferris, a licensed Naturopathic Doctor, Certified Health Coach, and expert in Trauma Informed Care. Instead of a counseling type of approach, she helps patients release trapped emotions using the language of the nervous system (sympathetic, parasympathetic, fight, flight, freeze, etc) as a basis for the subconscious release exercises.

[Click here to listen to this amazing episode!](#)



Thank you Dr. Sharon Stills for being such a wonderful host and bringing out the best from your amazing guests!

### FIND US ON SOCIAL MEDIA!



Feel free to email us! And we now have a [Linktree](#)!



BRMI is a non-profit founded to promote the science and art of biological regulatory medicine, and to increase public knowledge of bioregulatory medicine as a holistic and evidence-based medical system.

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