

## BRMI News & Updates

*"What we become, we think. It's an insidious process that can predispose us to illness or it can lead us to health. For all healing, mental or material, is attuning each atom of the body, each reflex of the brain forces, to the awareness of the divine that lies within each atom, each cell of the body." Edgar Cayce*

We invite you to take a moment for yourself, pour a cup of coffee or tea, and immerse in the thoughtful information we have gathered for this edition of our E-Journal. May it inspire and nourish your inner journey as much as your curiosity about the world around you.

– The BRMI Team

### Welcome to Our 55th BRMI E-Journal!

#### The MAHA Movement: One Year Later

It has been more than a year since the MAHA movement began, and much of the healthcare terrain has changed – fortunately for the better. Though BRMI is a non-political institute, we must acknowledge that world politics shape healthcare, so we remain keen to observe decisions of the FDA, NIH, CDC, WHO, etc. Robert F. Kennedy Jr. as Health Secretary has implemented major shifts in U.S. health policy, focusing on dietary changes (promoting meat, dairy, fats, cutting processed foods) and vaccine policy reform, including scaling back childhood vaccine schedules and reforming vaccine advisory panels, sparking both support from his "Make America Healthy Again" (MAHA) movement and opposition from pharmaceutical supported medical groups who question these changes, leading to policy conflict.

#### Are you a practitioner? Come join our database!

Much of the science we share—bioregulatory medicine, root-cause healing, and terrain-based approaches—is routinely suppressed or buried on mainstream platforms.

By following us on our other social media channels, you help ensure this information continues to reach you—uncensored, unfiltered, and intact.

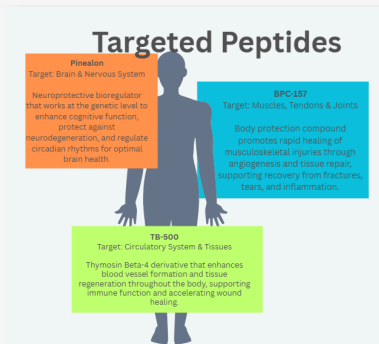
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[Read More of Dr. Odell's Message](#)

## Featured Articles

### How Peptides Accelerate Healing: BPC-157, TB-500, and Pineaon Explained

James Odell, ND, OMD, LAc



Peptides are strings of amino acids, which are the "building blocks" of proteins. Peptides are generally categorized according to the number of amino acids they contain. Peptides are an essential part of nature and biochemistry. Thousands of peptides occur naturally in the human body and in animals, and new peptides are being discovered and synthesized regularly in research laboratories. This ongoing discovery and innovation in peptide science holds great promise for the future of healthcare and biochemical development.

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### Sweet Medicine: How Okinawa's Rare Honeys Are Changing Natural Healing

James Odell, ND, OMD, LAc



content and stop hiding it.


This also helps protecting access to science that empowers informed, sovereign health choices.

Thank you for being part of a community that values truth, curiosity, and medical freedom.


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Okinawan honey is a delicate, terroir-driven product that reflects the taste of its subtropical islands. Longan honey is the crown jewel, but exploring the other varieties offers a delicious journey through Okinawa's unique ecosystem.

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for in-depth articles, upcoming conferences and workshops, practitioner education, and the latest BRMI news—all in one place.

## Article Spotlight



### Genes Load the Gun, Epigenetics Pull the Trigger: A Bioregulatory View of Trait Expression

By Christine Dionese, Integrative Epigenetic Health Specialist

Genes load the gun. Epigenetics pulls the trigger. But the environment decides whether the trigger is ever touched—and whether the organism is stable enough to keep the safety on. If you want to change outcomes, you don't argue with the genes. You change the terrain.

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## Clinical Corner



### The Best Time to Take Levothyroxine — And Why American Doctors Are Getting It Wrong

Jennifer Margulis, PhD

J.P. believes that American doctors are catastrophically mismanaging thyroid medicine administration. The American Thyroid Association's dismisses the idea that bedtime dosing can be effective for some patients, dubbing it only a "weak recommendation" based on limited evidence.



### From Famine Food to Superfood: The Remarkable Story of Irish Sea Moss

BRMI Staff

Irish Sea Moss earns its superfood status through an extraordinarily dense and diverse nutrient composition. A single serving provides approximately 41% of the daily recommended magnesium—a mineral critical for over 300 enzyme reactions, muscle function, and bone density.

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## Webinars Series with Host Dr. Tia Trivisonno



### Beyond Antibiotics: Emerging New Innovations in Phage Therapy

David A. Jernigan, DNM, D.C.

What if your body already held the ultimate weapon against chronic illness—hidden in plain sight?

In this eye-opening BRMI webinar, Dr. David Jernigan reveals a revolutionary discovery that’s redefining medicine: Induced Native Phage Therapy (INPT).

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### A Neuro-Chiropractic 3-Pillar Approach to Chronic Illness

Michael Pierce, DC, DACNB, QEEG-DL

Dr. Pierce explains how true healing is often about restoring regulation—not chasing symptoms using his three-pillar approach.

His three pillars include a targeted neurological exam + brain-based rehabilitation, EEG/neurofeedback and photobiomodulation, and advanced lab-informed nutrition.

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## Two-Minute Takeaways



### Your Gut Problems Might Just Need a Vitamin

Most common MTHFR gene mutations:	
MTHFR 677CC	a normal MTHFR gene - no mutation
MTHFR 677CT	a heterozygous mutation which is one mutation - may cause some issues with methylation
MTHFR 677TT	a homozygous mutation which is two mutations - this is two mutations of the same gene- this impairs methylation
MTHFR 1298AA	a normal MTHFR gene - no mutation
MTHFR 1298AC	a heterozygous mutation which is one mutation -may cause some issues with methylation
MTHFR 1298CC	a homozygous mutation which is two mutations -this is two mutations of the same gene- this impairs methylation
MTHFR 677CT + MTHFR 1298AC	a compound heterozygous mutation which is one mutation from two different parts of the gene - this causes significant impairment of methylation (2)

### The Impact of a Defective MTHFR Gene: Reference Guide

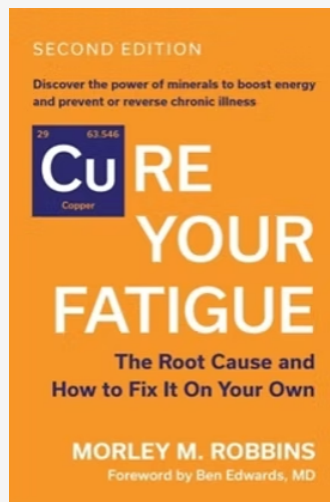
A new study published in Gut has uncovered a surprising link between vitamin B1 (thiamine) and digestive health. Analyzing data from over 268,000 people, researchers found that genes involved in thiamine metabolism play a key role in gut motility, pointing to promising new treatments for IBS and constipation. Read the full study below.

[Read More](#)

MTHFR is the abbreviation for *methylenetetrahydrofolate reductase* and if you have the gene defect or mutation, it causes impairment in the process of methylation.

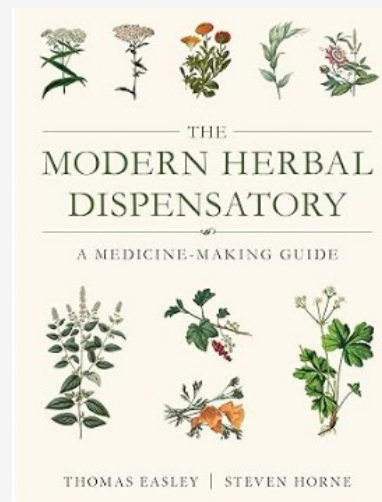
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## Book Recommendations



**Book Recommendation | *Cure Your Fatigue: The Root Cause and How to Fix It on Your Own* by Morley M. Robbins**

*Cure Your Fatigue* serves multiple valuable purposes. It makes a compelling, evidence-based case for why critical minerals such as magnesium and copper are absolutely essential for optimal health. In addition, it functions as an invaluable reference guide for understanding how our cells function at the most fundamental level.



**Book Recommendation | *The Modern Herbal Dispensatory: A Medicine-Making Guide***

*The Modern Herbal Dispensatory* is a comprehensive manual for making herbal medicines at home and in clinical practice. But to call it merely a "how-to" guide would be to underestimate its ambitions.

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## Featured Podcast



### Why You're Still Hypothyroid Even With Normal Labs (And What to Test Instead)

You're exhausted. Your hair is thinning. You can't lose weight no matter what you do. You're cold all the time, your brain feels foggy, and you just don't feel like yourself anymore. So you go to the doctor, convinced something is wrong with your thyroid—and they run a TSH test and tell you everything is "normal." But you're not fine. You know something is off.

Listen to this eye-opening episode to learn what you have been missing.

[Click Here!](#)

*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.*



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