

BRMI News & Updates

"Spring does not force the flower open—it simply creates the conditions for life to return. Healing often works the same way."

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 56th BRMI E-Journal!

*Spring has sprung, and the world is alive with
life and light.*

One of my favorite spring poems is by Emily
Dickinson, called *A Light Exists in Spring*:

*A Light exists in Spring
Not present on the Year
At any other period -
When March is scarcely here*

*A Color stands abroad
On Solitary Fields
That Science cannot overtake
But Human Nature feels.*

*It waits upon the Lawn,
It shows the furthest Tree
Upon the furthest Slope you know
It almost speaks to you.*

*Then as Horizons step
Or Noons report away
Without the Formula of sound
It passes and we stay --*

*A quality of loss
Affecting our Content
As Trade had suddenly encroached
Upon a Sacrament*

The Bioregulatory Medicine Summit at Sea:
From Cell to Biofield



Cozumel | Belize City
Costa Maya

*Ferris Bueller took just
one day off—and it
changed everything.
Now imagine what 7
days at sea could do!*

**Come sail with us!
March 28th—April
4, 2027**

Join us aboard
Celebrity's cruise ship,
Summit!

We'll set sail from
Tampa on a 7-night
Western Caribbean
cruise, with stops in
Cozumel, Belize City,
and Costa Maya.

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

Featured Articles

Red Light Therapy: A Passing Trend or a Powerful Therapeutic Tool?

James Odell, ND, OMD, LAc

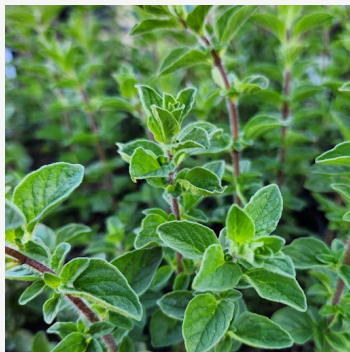


Red light therapy, also known as photobiomodulation, uses low-wavelength red light (typically 620–750 nanometers) to support cellular function, reduce inflammation, and promote tissue repair. This wavelength range has the longest wavelength and lowest energy within the visible spectrum, allowing it to penetrate deeper into tissues with minimal scattering.

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The Incredible Medicinal Properties of True Biblical Hyssop: *Origanum syriacum*

James Odell, ND, OMD, LAc



The plant commonly sold today as biblical hyssop (*Hyssopus officinalis*) is a European member of the mint family. However, many scholars now believe that the true hyssop of the Bible is more accurately identified as *Origanum*

Our sea days will be dedicated to the conference—an opportunity to expand knowledge, connect, and network—while port days are yours to explore, unwind, and enjoy.

We've secured Aqua Class staterooms featuring exclusive amenities, including Wi-Fi, a classic drink package, Canyon Ranch Spa access, and private dining at Blu. The rate is \$2,234.93 per person (double occupancy), inclusive of taxes, fees, and port expenses—plus the conference registration is just \$395.

We also have other more affordable staterooms!

We have an amazing line-up of speakers and will be adding more soon!

- Dr. James Odell
- Dr. Tia Trivisonno
- Dr. Lee Merritt
- Dr. Michelle Perro
- Mary Coyle, DiHOM
- Mary Holland, JD

"Life moves pretty fast. If you don't stop and look around once in a while, you could miss it."

syriacum, another mint-family plant native to the Levant region

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Clinical Corner



Sound: A Place Within — Practices for Inner Attunement

Moira Lo Bianco

Amid the whirlwind of our ever-distracted reality, the space around us often feels filled with a constant stream of dissonant notes that can draw us away from our center. The relentless pace of news cycles, the curated images moving endlessly across our screens, and the pressures of daily life can make our shared reality feel increasingly dysregulated and unsettled.

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The Broke Care Medical Model Is Broke

Marlene Siegel, DVM

Today, statistics on pet health and medical care are the worst they've ever been. Dogs are living seven years shorter than they did just 20 years ago, and cancer rates in dogs have soared to an alarming 1:1.65 (nearly 100%). Cats, too, are suffering, with cancer rates estimated at 1:3—though this is likely underreported.

[Read More](#)



Why Retreat is Essential to Healing

Mike Broadwell

As the philosopher Soren Kierkegaard put it, “Life can only be understood backwards, but must be lived forwards.” The transactional approach to health ignores this truth, which is why it is so limiting.

To get to the heart of the matter, let’s look at the three basic questions we should always ask. What, Where, and Why?

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More Parents Saying “No, Thank You” to Vaccines and Other Unnecessary Interventions

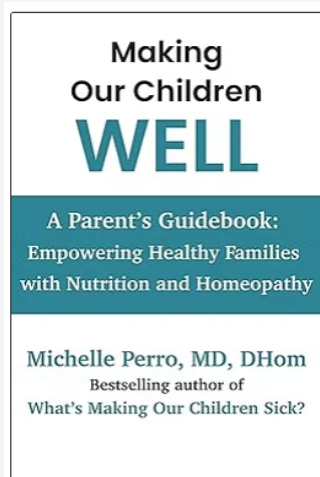
Jennifer Margulis, PhD

Young families in America opting to have their babies in the hospital are increasingly opting out of routine newborn care.

It appears that younger Americans are no longer as willing to outsource their brains to the so-called experts as they have been in the past.

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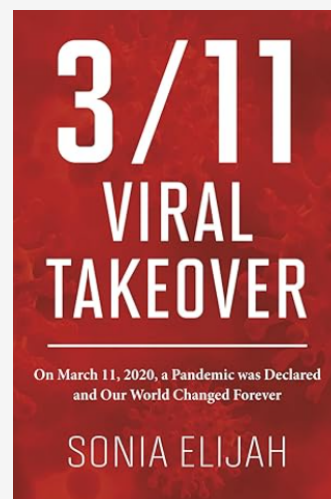
Book Recommendations



Book Recommendation | Making Our Children Well

Dr. Michelle Perro has spent her career doing what the best physicians do: keeping her eyes open and following the evidence, even when it leads somewhere outside the mainstream.

[Read More](#)



Book Recommendation | 3/11 Viral Takeover

There are books that comfort, books that entertain, and books that disturb — in the most necessary way. Sonia Elijah's debut, 3/11: Viral Takeover, belongs firmly in the third category.

[Read More](#)

DIY Insect and Tick Repellent Recipes



DIY Insect Repelling Recipe

Dr. Odell shared this recipe, which we prepared and gifted to attendees on our 2025 cruise—everyone was shocked by how incredibly well it worked!

[Click Here!](#)



DIY Tick Repelling Recipe

With this year's tick season expected to be especially intense, having an effective tick repellent on hand may prove to be essential for staying protected.

[Click Here!](#)

Featured Podcast



5 Adaptogenic Herbs That Ancient Healers Swore By — and Science Is Finally Proving Work

What if the secret to handling modern stress had been hiding in nature for thousands of years? Long before pharmaceutical interventions and clinical trials, healers across India, China, Siberia, and Scandinavia were using a powerful group of herbs to help the body adapt, recover, and thrive under pressure. Today, science is finally catching up — and the results are fascinating.

[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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