



BRMI News & Updates

May 1, 2025 | Issue 50

We hope this E-Journal lands in your inbox like a warm hug—because our BRMI tribe means the world to us! So, grab your favorite cup of coffee or tea, settle in, and enjoy Dr. Odell's heartfelt message along with the latest insights we've gathered just for you. - BRMI

Our Bees Are Declining Worldwide

Dr. James Odell, ND, OMD, LAc

Welcome to our 50th BRMI E-Journal!

Happy May!

In the Merry Month of May, we celebrate many national and international events. The one most dear to my heart is May 20th - *World Bee Day*. Honeybees do so much for our world, it's only fitting that they be honored on a special day. As you may know, honeybee populations have been declining globally...

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



What to Plant in Your Garden to Feed the Bees!

Dr. James Odell, ND, OMD, LAc

Honeybee populations have been declining globally over recent decades due to habitat loss, intensive toxic farming practices, cell towers and non-ionizing radiation, climate geoengineering, and the excessive use of agrochemicals – particularly insecticides such as nicotinoids. This in turn poses a serious threat to a variety of plants critical to human well-being and livelihoods. We depend on bees for pollination and agriculture. About 90%

DMT - A Psychedelic Compound With Promising Mental Health Benefits

Dr. James Odell, ND, OMD, LAc



Over the last few decades, there has been growing scientific interest in the endogenous neurotransmitter and hallucinogen N, N-

dimethyltryptamine (DMT) secreted by the pineal gland and present in numerous plants and animals worldwide.

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of the flowering plants in our ecosystem require pollinators to help with reproduction.

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The Risks of GLP-1s (Glucagon-Like Peptides) — and Safer, Natural Options

Dr. James Odell, ND, OMD, LAc



This article reviews the mechanism of action and formulation of synthetic GLP-1 receptor agonists, their history, potential benefits, adverse effects, contraindications, drug interactions, and natural alternatives.

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Announcing New FREE Learning Modules!

Mary Coyle, DIHom, has created learning modules on homeopathy, homotoxicology, and bioregulatory therapies that present these topics clearly and practically. Her goal is to empower individuals to confidently support health and wellness for themselves, their families, or communities...

[Click here!](#)

Clinical Corner



You Can't "Believe" in Science, Here's Why

Jennifer Margulis, PhD

I'd wager you've recently heard someone say they "believe in science," or you've seen a lawn sign proclaiming "science is real," or you've been told by a friend that you should just "trust science."

But you can't "believe" in science.

In fact, "believing" in science is the most unscientific thing you can do.

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The War on Salt May Be Doing More Harm Than Good

The Bioregulatory Medicine Institute

The word *salus* in Latin means health—and interestingly, it also shares roots with the word *salary*, both derived from *sal*, meaning salt. This linguistic connection reveals salt's deep historical and symbolic ties to well-being, value, and human life. More than a mere seasoning, salt (sodium chloride, NaCl) has served as a critical force in shaping human civilization, culture, and biology.

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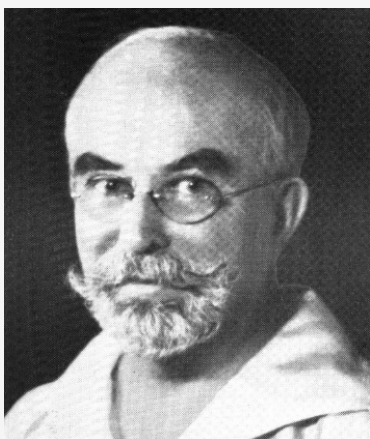
What You Need to Know About Your Pet's Gastrointestinal Issues – Expert Insights From a Vet

By Dr. Marlene Siegel DVM

Gastrointestinal (GI) issues are one of the top reasons for veterinary visits.

Symptoms can range from anorexia (refusing to eat), vomiting, diarrhea, constipation, to a rumbling tummy. Understanding the underlying root cause of these issues can help create more effective, long-term solutions.

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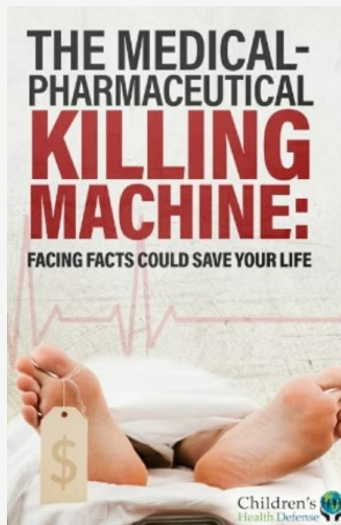


Pioneer: George Starr White

Dr. George Starr White was an American physician, homeopath, and prolific inventor who is best known for his chronotherapeutic apparatuses, such as the Bio-Dynamo-Chromatic (B-D-C) Diagnosis system, and his Rithmo-Chrome Therapy devices.

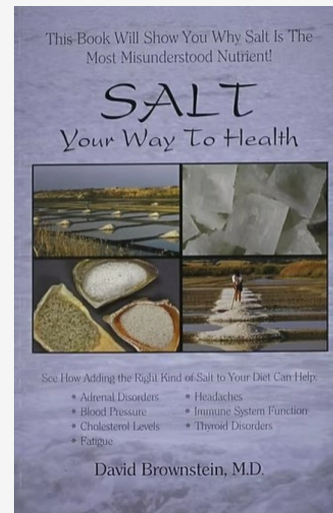
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Book Recommendations



Book Recommendation | The Medical-Pharmaceutical Killing Machine

The Medical-Pharmaceutical Killing Machine—a new release by Children’s Health Defense, published by Skyhorse Publishing—sounds and looks dramatic (the cover image of a toe-tagged body pulls no punches), but its clear-sighted analysis of recent and historical trends in the medical-pharmaceutical space makes for compelling and necessary reading.

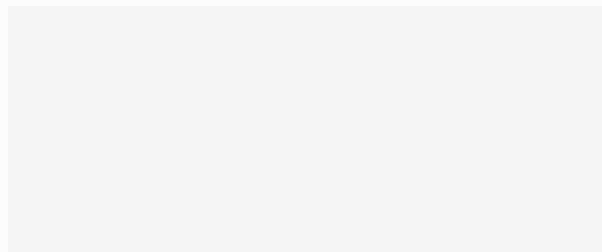
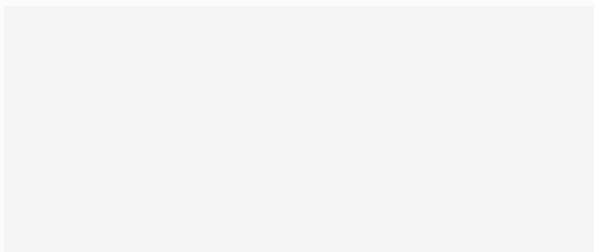
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Book Recommendation | Salt Your Way to Health

Author Dr. David Brownstein challenges long-standing medical advice about salt consumption. Brownstein, drawing on both scientific research and clinical experience, argues that salt—especially unrefined sea salt—is a vital, misunderstood nutrient essential for human health. This evidence-based perspective empowers readers to make informed choices about one of the most fundamental nutrients in the human diet.

[Read More](#)

Video Recommendations





Our institute had the honor of being interviewed by Mary Holland of Children's Health Defense. We invite you to watch this special roundtable.

[Watch here!](#)



Square Foot Gardening: Easiest Way to Grow MORE Food in LESS Space

Square Foot Gardening is one of the most effective strategies to maximize the amount of food you can grow.

[Watch here!](#)

Featured Podcast



What Researchers Are Discovering About Nature's Powerful Impact on Mind & Body

Join Dr. Odell as he explores the fascinating science behind nature's remarkable healing powers.

[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.

