



## Supporting the Science of Self-Healing

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BRMI E-Journal

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The Bioregulatory Medicine Institute

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  - *Five Well-Studied Supplements Which Are Making a Difference in the Fight Against Cancer* | Sylvie Beljanski

Dear Friend, Welcome to our 39th BRMI E-Journal. As we approach the 4th of July, and the half-way mark in our calendar year, we are reminded of how time passes so quickly. Johann Wolfgang von Goethe once said, “*Every second is of infinite value,*” and this is especially true when it comes to discovering the truth. With so much happening so quickly, it is easy to miss important news and developments, such as the recently revealed discoveries regarding the ingredients in the COVID-19 injections. Karen Kingston has been instrumental in exposing this information, and it is up to us to use our freedom to seek out the truth and make informed decisions. Kingston is a med-legal advisor and biotech analyst with 25 years of experience. She is internationally recognized as an expert on the harmful biological effects caused by mRNA gene editing technologies. Her substack and the Kingston Report is an evidence-based, med-legal analysis of mRNA technologies and the dangers of the rapidly growing synthetic AI biology industry. She and other researchers have obtained pharmaceutical documents describing the manufacturing processes and exact ingredients in the Pfizer and Moderna COVID-19 inoculations, and it is quite disturbing. To read more please click below.

### Revelations on COVID-19 Shot Ingredients



Please read my full commentary concerning new discoveries revealing the ingredients in the COVID-19 shots by [clicking here](#).

We were told to simply ‘trust the science’ and the experts. However, Pfizer, US healthcare agencies, government officials, and many leading experts have never been honest with the American people or the world about the contents of the COVID-19 injections; or what the mRNA nanoparticle technologies do to the human body.

We need to continue to stand boldly in the truth and share the intended harms of artificial intelligence neurotechnology's, and mRNA nanoparticle technologies. There are two excellent videos to share with colleagues, friends, and family. These are:

- [Plandemic 3 – The Great Awakening](#).
- [Final Days](#).

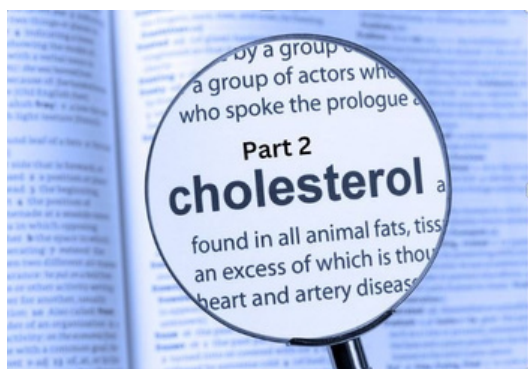
Because BRMI is a non-commercial, non-profit institute, this empowers us to present uncensored open forum information and referenced commentaries, and in turn, enlighten our viewers to more than one medical viewpoint. We continue to update our News Section which includes an abundant resource of recent articles and videos from around the world on current topics related to medical freedom and preventive and therapeutic bioregulatory health. In our news forum, we continue to strive to be a trusted and informed source of factual science-based information for our readers. If there is newsworthy information relevant to the science of self-healing that you would like to share, please contact me. We have decided to move our annual October conference to the spring of 2024. More information about the conference will be provided soon. In the meantime, we are excited to share that BRMI is sponsoring a workshop to learn about the power and healing of crystal fusion light. The workshop will be held September 9-10, 2023, on Cape Cod, Massachusetts, and will be instructed by Mike Broadwell. We will be sending out a separate e-mail in the next few weeks with more details and a link to register! 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.

We maintain an active 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 and have a wonderful 4th of July!

James Odell, ND, OMD, LAc  
BRMI Executive/Medical Director  
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*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.*



## **Part 2: Understanding and Managing Cholesterol Bioregulation Are The Numerous Adverse Risks of Taking Statins Worth It?**

James Odell, OMD, ND, LAc

During the last 20 years, the industry has mounted an incredible promotional campaign, enlisting scientists, advertising agencies, the media, and the medical profession that has turned statins into one of the bestselling pharmaceuticals of all time.

[Read more>>](#)

### Fixing Bad Habits

Jennifer Margulis, PhD

We all have things about ourselves that we wish were different: habits that niggle at us, actions we take that we know aren't good for our health and well-being. We want to change, sure. But how do we do it?

[Read more>>](#)



29	$3s_{1/2}$	30	$3s_0$
<b>Cu</b>		<b>Zn</b>	
Copper		Zinc	
63.546		65.409	
$[\text{Ar}]3d^{10}4s$		$[\text{Ar}]3d^{10}4s^2$	
7.7264		9.3942	

### What Are the Health Consequences of a Copper and Zinc Imbalance From a Bioregulatory Perspective?

James Odell, OMD, ND, LAc

One of the most common trace-mineral (metal) imbalances is expressed in copper-zinc. The ratio of copper (Cu) to zinc (Zn) is clinically more important than the concentration of either of these trace minerals (metals).

[Read more>>](#)

### Have You Heard of The Sun Azimuth? Why Knowing This Will Make You Healthier!

The Bioregulatory Medicine Institute

It is surprising sometimes how the obvious can be obscured. For starters, if the sun causes skin cancer, then those who live where there is less sun should have less skin cancer—yet the opposite is true.

[Read more>>](#)



## CLINICIANS' CORNER

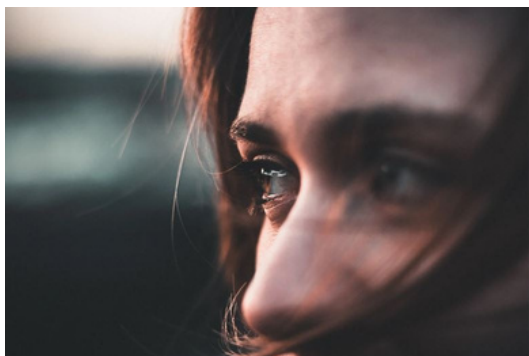
### The Importance of Double-Filter (INUSpheres®) to Remove Microplastics, PEG and Cholesterol

Ralf Oettmeier, MD

Microplastics are ubiquitous across ecosystems, yet the exposure risk to humans is not completely understood. Focusing on the American diet, the number of microplastic particles in commonly consumed foods, in relation to their recommended daily intake was evaluated.

[Read more>>](#)





## How to Regulate Your Emotions for Improved Health and Wellbeing

Ian Kennedy, *True Wellness* Emotional

regulation refers to the ability to manage and control one's emotions effectively. It is an essential skill that allows individuals to maintain emotional balance and respond appropriately to a variety of situations.

[Read more>>](#)

## Pets and Our Health: The Benefits of Our Bond with Animals

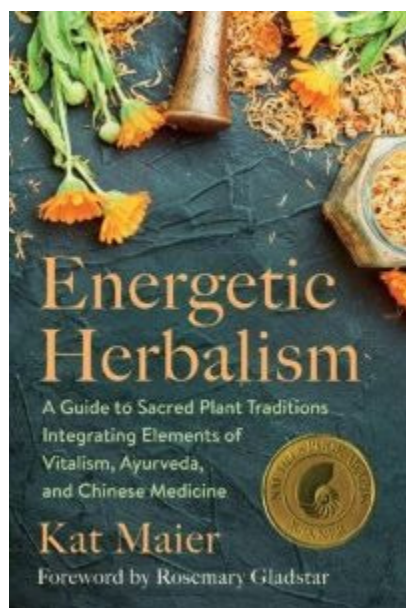
By Marlene Siegel, DVM

According to a recent survey, 78% of pet owners acquired a pet during the pandemic. This represents a significant increase in pet ownership, which has been steadily increasing over the past three decades.

[Read more>>](#)



## BOOK REVIEWS

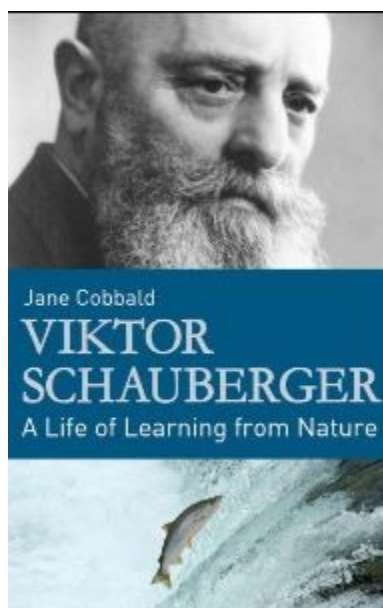


### **Energetic Herbalism: A Guide to Sacred Plant Traditions Integrating Elements of Vitalism, Ayurveda, and Chinese Medicine**

by Kat Miller (Review by James Odell, OMD, ND, LAc)

In this indispensable new resource both for the home apothecary and clinical practitioners, a celebrated herbalist brings alive the elemental relationships among traditional healing practices, ecological stewardship, and essential plant medicines.

[Read more>>](#)



### **Viktor Schauburger: A Life of Learning from Nature**

Author, Jane Cobbald (review by Ricardo Oskam, Reprinted from The Solari Report)

"In her 2007 biography *Viktor Schauburger: A Life of Learning From Nature*, Jane Cobbald offers a short yet comprehensive overview of Schauburger's lifeworks. Breaking down a selection of his most prominent contributions to science, she discusses their implications and how they could benefit us today."

[Read more>>](#)

## FEATURED PIONEER

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We have added the biography of Ryke Geerd Hamer, M.D. to our Pioneers of Bioregulatory Medicine page. Dr. Hamer, the former head internist in the oncology clinic at the University of Munich, lost his son in an unexpected tragedy, then developed testicular cancer. The diagnosis led him to study the connection between traumatic events and subsequent cancer occurrence by investigating the histories of his cancer patients. He became a highly controversial figure for his beliefs and documented research, and throughout his life suffered much personal turmoil at the hands of medical boards. He was incarcerated more than once for his medical practices.

Through all the punishment and unending ridicule from colleagues and the media, he continued to foster what he named German New Medicine (GNM). Beyond his BRMI biography, for those readers interested in learning more about GNM, there are numerous web addresses and YouTube videos that further explain his ideas.

[Learn more>>](#)

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## VIDEO RECOMMENDATIONS

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**Mushrooms as Medicine with Paul Stamets at Exponential Medicine**  
Leading mycologist Paul Stamets shares his work exploring the diverse role medicinal



**How to Use the (Earth's) Electricity to Grow Bigger Plants with Electro Culture**  
Electro-culture is a little-known technology that involves the application of electricity, magnetism, monochrome light, and sound to

mushrooms may have in activating our immune systems and helping treat cancer, to new data supporting the role of fungi in biosecurity and the health of the bees that pollinate our planet.

[Watch here >>](#)

stimulate plant growth. This method can accelerate growth rates, increase yields, and improve crop quality. Additionally, Electroculture can protect plants from diseases, insects, and frost, while reducing the requirements for fertilizer or pesticides.

[Watch here>>](#)

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## FEATURED PODCAST

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The Science of Self-Healing Hosted by  
Dr. Sharon Stills With Sylvie Beljanski



Podcast #109 - Five Well-Studied Supplements Which Are Making a Difference in the Fight Against Cancer | Sylvie Beljanski

### Podcast #109 - Five Well-Studied Supplements Which Are Making a Difference in the Fight Against Cancer

We invite you to listen to the ongoing weekly BRMI podcasts hosted by Dr. Sharon Stills, NMD. Dr. Stills has now completed more than 100 exciting and informative podcast interviews. These are all archived on our website. Our featured episode for this E-Journal is with Sylvie Beljanski Titled: *“Five Well-Studied Supplements Which Are Making a Difference in the Fight Against Cancer.”*

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

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## FIND US ON SOCIAL MEDIA!



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



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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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