

Ozone Breakthrough! A New Form of Nature's Disinfectant – Ian Mitchell with Dave Asprey – #748

Announcer:

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Dave Asprey:

You're listening to Bulletproof Radio with Dave Asprey. Today, we're going to talk about something that I love. It's ozone, and we're going to talk about it with someone who's coming back on the show for the third time, but not an ozone therapist by a long shot. We're going to be talking with a crazy inventor, who I'm pretty sure channels Tesla, and maybe a few other weird people like Royal Rife and Madam Curie, for all we know. If you are a long-time listener you already know him. His name is Ian Mitchell. He's a research scientist, a pharmaceutical developer, and he's always working on cool stuff. We've become friends over the years, long-time Bulletproof guy. Look at episode 514 and 586 where we talked about longevity, inflammation, and Carbon60, growing hair, stopping cancer. I'm talking real stuff. He's been to my house. I've vetted the crap out of what he says. My wife, who is a [inaudible 00:01:02] trained doctor did, and I concluded that he is not crazy, he's just a genius.

Ian Mitchell:

Ha ha ha ha. Thanks, man. No pressure, right?

Dave:

No pressure at all because this time we're not talking about stopping cancer, we're going to be talking about high-voltage electrical discharge, high-frequency plasma field, lasers, and all the cool stuff that makes me happy. I think a lot of listeners are going to learn a lot of stuff that they probably don't know about that goes into the history of ozone and Nikola Tesla, and things like that. Maybe as an easier and more convenient way to get some ozone into your system if you're not sitting somewhere next to an ozone generator with needles that you can use to do it intravenously.

First, we haven't talked in while. You're like, "Oh, Dave, I'm working on concrete. I'm like, "What!" That's why, guys, I'm telling you he's one of those what you call a polyglot. If different forms of science were languages he'd be a scientific polyglot. I love that word. That means someone who speaks lots of languages. He literally goes from chemistry, to electrical stuff like that. So, concrete, carbon-neutral concrete. What is that?

Ian:

Actually, carbon-negative concrete. It started out as carbon-neutral, and then as I typically do I wanted to see if I could take it a couple notches further. So, the idea was to come up with concrete that would actually leach carbon dioxide out of the atmosphere. Typically in a year carbon accounts for 8% of global CO₂, or rather concrete accounts for 8% of global CO₂ emissions. In this case I negated that pretty quickly, but then went a few steps further and was able to get about a 24% reduction. So, net change of about 32%. Of course, everybody's not going to transition to this immediately. That would be amazing and fantastic if it happened but the idea is just to do things that move the needle, and that's a big problem. I've got ... Literally since I opened my lab I've had the same things on my Board as problems that I wanted to solve, aging, cancer, clean water, global warming, supraliminal travel, the easy stuff.

Dave:

Yeah, the teleportation thing definitely needs to be on there. Do you remember the Biodome from the 90s?

Ian:

Absolutely.

Dave:

So, for people who don't remember this, and there's a meaningful number of people who probably have already lost it in the sands of time, there was a group of sort of want-to-be astronaut types who locked themselves in a sealed dome somewhere in the Southwest, and the deal was they were going to grow all their own food, and air, in a closed ecosystem to show we could do it in space. Over the course of about two years they became exceptionally angry at each other, very low on oxygen, way too much carbon dioxide, and their vegan diet trashed them and they're all gaunt with joint problems and teeth falling out, and all sorts of stuff like that. They finally had to open the thing. Well, it turns out years later they figured out it's because the concrete that they had used to build the floor in the structure was sucking the air out of their air, was sucking oxygen out of the air. If that hadn't been going on maybe they'd have been able to have the occasional bite of bunny or something to keep themselves strong.

Anyhow, this is how I became aware of this problem of concrete. You look at the amount of concrete out there, it matters, probably not as much as container shipping, but it's a big deal. So, have you done this? Is it ready to go?

Ian:

Yeah, absolutely. It's, we've done it. It's been tested. We've been doing strength testing for the past four or five months. The thing with concrete is you want to make sure there are no long-term issues with it, because the strength, the modulus, kind of changes over time so you have to make sure that as you protract it out six months to a year everything maintains its strength.

Dave:

Is it more expensive than normal concrete?

Ian:

No. Actually, it's about the same price. Initially, of course, it was, but you just had to think about how to do it, and it's black which is very awesome.

Dave:

Wow.

Ian:

It looks great. It really looks like onyx. It's really awesome.

Dave:

Can I buy it? I mean, I'm actually working on my house in Victoria that was full of toxic mold. We had to tear it down so I'm going to have to put sidewalks in. [crosstalk 00:05:16]

Ian:

Yeah. Yeah, I would love to. Yeah, we'll do that.

Dave:

I'll be a [inaudible 00:05:21] test site for you. I am so stoked. I didn't even know we were going to go there. I want people who are listening to just understand you create a ton of disparate, weird, but world-changing stuff. Before we get into the real deep area of discussion for today, which is ozone, now ozone therapy came about, as far as I know, from Tesla and his work, and it was used even in 1918. In World War II they using it to sterilize wounds, and because you could stop any infection. I have used it, and very openly with my family for topical infections. It fixed my brain after toxic mold, literally every night.

Ian:

I have three different ozone generators. This stuff is grossly underrated. I wish more people knew about it. That's actually that's why I was jazzed to work on this project is because this is something that will actually get out to people as opposed doing, like you and I have done, rectal insufflation, which is probably not a crowd pleaser.

Dave:

It actually works pretty well but you'd just have to describe it properly and the hashtag for it is reversefart. What you do is you make the right strength of pure ozone in oxygen without, so using pure oxygen to make the ozone, not just ambient air, and then you introduce it either in a doctor's office, or at home, via the back door and hold it in there for a while. It'll absorb through the colon, and it causes a massive reduction in inflammation. It makes your mitochondria wake up. The weak ones go away, new ones come back. There's just one problem with it. And that's the second most effective way. The most effective way is you do the stuff that I've done with say Matt Cook where I did an episode where I was doing ozonated blood, where you use ozone via MAH, or even with ozone dialysis.

So, people listening are going, "Dave, what all did you just say?" Here's the deal, if you put ozone in your blood, or in your butt, you will actually live longer and it stops inflammation, and infections, and makes your cells work better, it makes your brain work better. It is something that it should be a major part of our National conversation right now because it stops cytokine storms, it reduces the effect of almost every virus, including Epstein-Barr. It stops toxic mold. It's anticancer. It works well with hyperbaric. It is the bees knees.

Ian:

It really is the bees knees, agreed.

Dave:

Now, you called me up and like, "Dave, I'm working on this Biocharged stuff." Guys, these names are a little bit confusingly similar. There is the Biocharger, which is a cool piece of Tesla technology that has a big Rife coil, and it's impressive. You just saw an episode on that. This is unrelated to that. So, this is Biocharged. The other thing is Biocharger. They both come from the world of Tesla.

Ian:

Yeah, they do.

Dave:

I'm holding a bottle of supplements here.

Ian:

Yeah.

Dave:

Why do you think that you can put ozone in a supplement and make it stay there and make it work?

Ian:

Well, there is zero ozone remaining. That's what's interesting about it, is when I really started to do the deep dive on this. What happens is ozone is about the third most reactive species chemically. So, it's going to have about 100 million interactions in a second. So, when I do autohemotherapy where I pull out my blood and I put ozone in and then I reintroduce it and push the IV back into myself you can see the change in color when you've mixed the ozone in with your blood. It goes usually from a slightly dark to a really beautiful cherry red. The reaction's already done by the time it's going back into your system. The same thing with insufflation, it goes in as ozone but then it very rapidly it's turned into ozonides, which are just cellular signaling modules. So, the ozonides go through and it's ... There's some people who are really top tier in this in the world, [inaudible 00:09:12], Silvia Menéndez in Cuba. In Cuba this is actually one of their frontline therapies everywhere.

Dave:

For tuberculosis, and cancer, like the worst diseases-

Ian:

Absolutely.

Dave:

They're just nailing it because they can't bring the drugs in thanks to their economic injustice, so what's happening there is a new path of innovation.

Ian:

Yeah, necessity. Necessity is the mother of invention. So, they really did a deep dive on this. What they found, and there are tons of clinical studies in Cuba, and they're all linked on the Biocharged website. They found that when they integrated this into their medical system, and then they started using it with people they were getting all these amazing results of Giardia, Candida, all three forms of Candida, you can just eliminate them literally in a matter of days. Like in three days albicans, glabrata, krusei, they're all gone in three days, just amazingly without really weird side effects.

Dave:

They're doing this via intravenous?

Ian:

Yeah. Well, they do a couple of different methods. There is actually Oleozon, which is a type of oil, which was one of the things that kind of put me on the path of looking at oils. So, I initially started just looking at ozone, and then autohemotherapy, and then the guy that I was working with, Bobby, the idea was, "Well, can you do something that's as impactful as autohemotherapy?" That's kind of the gold standard. It's not as good as say a 10 pass ozone dialysis, but that you're not going to do every day. This you can literally do every day. The idea was I went back and I looked at Tesla's work, and it was different. I bought a bunch of different oils from all over the place and tried them. They had an effect but not as pronounced an effect. Tesla's was an entirely different process. Nobody else had done this. I looked at it and I thought, Okay, the guys nowadays they're making the oil, it takes two weeks to make and then they just bottle it and sell it.

Dave:

Let's talk about what that actually means, because you're so familiar with it that [crosstalk 00:11:11] making it. So, since I've had an ozone machine since geez I think about 2004 maybe, somewhere around there. I bought all the equipment that came with it when I first did it. One of the things that you can do is you can bubble the ozone through olive oil and then you can breathe it.

Ian:

Right.

Dave:

It smells like olive oil but there's no ozone left because it's exactly what you talked about. There's ozonides and it's peroxy-whatevers are in there. So, you can do it but the oil is runny. If you buy ozone in olive oil it's like cold Vaseline, it's very thick, and it smells, it stinks of ozone. You put it in the freezer and it will last for years. If you take that stuff out and you have an infection you rub it on the infection it goes away. Every time I eat that stuff you burp and then ... Some people say eat it for detoxing from pesticides, or whatever. I don't think there's much evidence for that, maybe there is. But, man, you get a headache every time you eat it, and I would feel like crap. I'm like, "I don't want to eat this stuff." It kind of looks and feels like is this very thick thing.

Ian:

Yeah, it's like a jelly, and it's disgusting.

Dave:

It's disgusting. Orally I wouldn't want to use it, but ... I think I talked about this with Dr. Mercola when he was on, when I travel, especially when I'm like starting to not feel right, I do have ozonated olive oil suppositories. If you use one of those it feels an awful lot like you had ozone. Okay, you have to put them in the freezer first because the ozone it's not runny enough. I don't get a great amount of pleasure from using suppositories. I don't think anyone does, so it's sort of like, "Well, I could go get an IV at some random place, if I can find one, and I'm not in a meeting," but that never happens.

So, when you came along like, "Dave, what would happen if I made one that had more ozone and you could swallow it and then it would open at the right spot?" I'm like, "All right, I kind of like this." My question is, how many can I take at once?

Ian:

Just one.

Dave:

It says just one, but I'm like not a small guy.

Ian:

Trust me, just one. I've taken three. It's not fun. You could feel it. The problem is-

Dave:

I have three in my hand. I really want to take three. Tell me what's going to happen.

Ian:

One, you are going to taste ozone later, and that is ... The other part is it's not necessary. You're trying to induce a hormetic stress response, so the idea being that the ozone goes in, the ozonides trigger because they're in the oil form, they trigger a hormetic response. It provides a stress. Your cells realize they're being hit with something that's ozonating them, even though it's not technically ozonating them. It's being stimulated in an oxidative fashion, so your mitochondria respond and they start pumping out SOD2, superoxide dismutas, and glutathione. So, you get the benefit but you don't need that much to do it.

Dave:

I just took six.

Ian:

Well, we should probably wrap this interview in the next 40 minutes.

Dave:

I'm just kidding, I took one, and I have taken one before. I just got these last week. I'm really impressed at the idea that for many people you're probably, unless you're pretty sick you're never going to go find an ozone doctor, because they're hard to find and go, "Hey, doctor, I'd really like you to make a bag full of ozone gas so I can stick it up my butt." I'm telling you, if you do that it will be impactful, and awesome, and you might also say, "I'm going to drop a couple hundred bucks and do IV ozone," which I still think has a role that's maybe different from these.

Ian:

Yeah.

Dave:

Man, in terms of letting people have access to what happens after the ozone gets into the blood, it hits the membranes of the red blood cell, which are all fat. It oxidizes some of the fat and makes exactly what's in these pills. So, this is almost like the second step of ozone therapy?

Ian:

Yeah. Well, the beauty part is like I said about the hormesis, you really don't, you don't need that much. In fact, you don't want to have that much because it's a hormetic response. In this case it's a thing called a Janus mediator from Janus with two faces.

Dave:

Right.

Ian:

You have a biphasic response curve. If you take too much it's not going to have the same benefit as if you take just a small amount.

Dave:

It's just like exercise, there is such a thing as Rhabdo.

Ian:

Exactly.

Dave:

You exercise too much, you do 500 pushups when you're not used to it you break down so much muscle that it clogs up your kidneys and you can die, and it sucks. [crosstalk 00:15:38]

Ian:

Yeah. [crosstalk 00:15:39]

Dave:

[crosstalk 00:15:39] 8 year olds when their coaches overdo it, and some CrossFit workouts have been known to cause this, especially when people are new to CrossFit. You have to work your way up to kicking your ass every day.

Ian:

Yeah, Uncle Rhabdo, the clown, right?

Dave:

The classical somebody sue me please kind of workout. I don't think it was wise for them to name it that. So, it's the same thing. I would just say with anything that introduces oxidation, or antioxidation, in the body, you don't need to overdo it.

Ian:

Well, so, a couple of different things went into this, because that's ... Like I said, when I was looking at Tesla's stuff, the normal horseshoe bubble, like you said, ozone through an oil changes the viscosity, creates the ozonides, breaks down into, in this case I used sunflower oil, so it breaks down into four different degradation byproducts, and they're all ozonides, and they're all active. So, it's still organic sunflower oil it's just reconfigured so that it has unstable components.

Tesla did this thing that was brilliant. The guy was very sharp, and he kept it in a vat for eight weeks with exposure to high-strength magnetic fields. Nobody's done that for the past 100 years, so I was looking at it thought, Okay, this guy's really bright. He's probably not trying to triple his expenditure and take three times as long, too, to do this, so what's he doing? Ozone's polar, so he's actually orienting, using the fields to orient the molecules so he can create a higher density of active compounds per unit volume. It was truly brilliant. When I figured out what he was doing I thought, Damn, wow, that's really smart. Nobody's even noticed it for the past 100 years.

Then I thought, Well, what would he do now? I have a whole lot of tech that literally, things like lasers, that he actually had postulated but the technology just literally wasn't there. So, I've got plasma drivers, and Rife generators, and lasers, and all kinds of micro beam splitters and all sorts of stuff at my disposal. So, I thought, Okay, what would he do? That kind of led me down a whole another rabbit hole. In the end it became apparent. The Biocharger guys they have a device with a Tesla coil, and they're using high voltage, high frequency stuff. Well, this does, too, so I'm using arc discharge plasma to create the ozonides, and then I take that and I set it aside and then I get it to resonate. Then, I use lasers to entrain the resonate frequencies by splitting the beams. Effectively it's turning it into a holographic gel.

So, it's a very different process but you use ... The critical part, and this is why it's quantum, and I loathe it typically when people say quantum, and I'm sure-

Dave:

You know what, I thought we we're friends, but when you [crosstalk 00:18:17] quantum charged I'm like, Man, you're smart but quantum charged ozonated olive oil sounds like the scammiest BS I've come across. Quantum biology is a real field ...

Ian:

It is.

Dave:

... with real sciences, and quantum computing is about to crack encryption. Quantum is real, but tell me why this is really quantum versus not just like BS marketing that makes me want to throw up in my mouth?

Ian:

I [crosstalk 00:18:42]

Dave:

Have you seen the Carbon 60 ozonated glasses. I mean, good god, like you can't have quantum in everything. It just doesn't make sense.

Ian:

No. As kind of a subject matter expert on Carbon 60, I really don't understand that.

Dave:

You can put the sticker of quantum on anything, but-

Ian:

It's like gluten free water.

Dave:

Right. It's also diet, gluten-free diet water.

Ian:

Yeah, gluten-free diet water.

Dave:

What are you doing in Biocharged that's actually quantum in a way that isn't going to make me sad?

Ian:

Okay, so I'm affecting things at a fundamental level. You normally the ozonides react and there's a certain gauged reaction. So, I started looking at what Tesla did and then the tools that I have. I thought, Okay, I can count for the unit volume and still pack in as much, but that's it. Then, I thought, Well, I'm trying to replace autohemotherapy so how can I amp this up? It was literally, I was trying to take the same molecular configuration and make it more charged. So, what I did was I used the plasma field to trigger resonance, and so it's resonant entrainment. It sounds a little fringy, but there's so much documentation on it. So, you get everything harmonizing. In this case I did it at 7.83 Hz for human resonant field.

Dave:

What does everything harmonizing mean? This is all-

Ian:

Literally using plasma to pulse through it at 7.83 Hz for-

Dave:

You're lining up the molecules then?

Ian:

Yeah, and actually it's not just lining up the molecules, so and this gets into the actual quantum part, is what you're looking at is you're looking at the electrons and how the electrons are actually moving. So, you're starting to deal with ... To correlate from your previous universe would be spintronics. They're looking at electron spin storage where you're actually-

Dave:

You're entraining them quantumly so the molecules ...

Ian:

Yeah.

Dave:

... are all moving in the same order as they all move?

Ian:

You're additively changing the angular momentum and the spin angular momentum of electrons.

Dave:

That's a real thing?

Ian:

It is, but it's very fringe, and it's never been applied this way, but I couldn't figure out any other way to amp up the signal. Basically it's turned the volume up. Normally if you add energy into a system you elicit the photoelectric, something jumps, the electron jumps in orbital shell, and then when it compresses back to its ground state it releases a photon. This isn't giving off light in that sense. So, what it's doing is it's changing the energy. So, if you look at just something that everybody understands like the solar system, we're revolving around the Sun, or in doing revolutions, rather, around the Sun, but the planet is rotating on its axis. So that's the angular stem. We have our own angular momentum as a planet rotating. So, all this is doing is lining up the rotations.

Dave:

So, if all the planets were aligned on their rotation of axes, and all rotating at the same speed, at the same time-

Ian:

Yeah, it's coherence. Basically, I'm using first plasma drivers to do that, and then I'm locking it into position using an incidence and reference beam, which is just the technology that's used for holograms. It sounded a little bit outside of the box.

Dave:

If anyone but you was telling me this I would, my BS detector would be-

Ian:

I'd be right there with you. So, the technology didn't exist to test for it so I had to actually build stuff to test this, because ... My thought was, How the hell do I test for this? So, what I ended up coming up with was, Well, if I'm putting the energy in then when it discharges I should see a larger amplitude. So, what I ended up doing was going back to like old school kind of like the Kirlian photography, or a gas discharge, and doing basically looking at the coronal respiration as picked up with a luminometer. So, it's the same thing we do in a lab where we just see how many photons are coming off. I just used a photomultiplier to see what was coming off of it. So, that's the basic gist. When I was talking to Bobby that I was working with on the project he was, "Let me get this right. So, you came up with this new tech but to verify the new tech you had to come up other new tech." I'm like, "Yeah, that's basically it."

Dave:

That's kind of how you roll and so-

Ian:

If you don't quantify it, man, it doesn't exist. It may well just be magic. I did a thing ... One of the reasons, and you'll appreciate this. You know Barry Morguelan?

Dave:

Actually he's a dear friend, on the show lots of times, energyforsuccess.com?

Ian:

Yes.

Dave:

Top podcast of 2018, by the way, guys, so you can check out Dr. Barry's episode.

Ian:

Yeah. He is, Dr. B is not your normal surgeon. He's got some serious-

Dave:

He's Dr. Strange, he's actually Dr.-

Ian:

He is Dr. Strange. I've literally seen him do things that are not technically possible by my current understanding.

Dave:

Me too.

Ian:

Yeah, don't know how he's doing it but I know he's doing it. One of the things was about a year ago at a conference he had one of his guys grab a pack of protein powder from just a [inaudible 00:23:41]. He opened it up, separated it in two piles and put his hand over one of the piles, just for a few seconds, and then he goes, "Taste them." So, I tasted them and one was entirely different. It was just great, like I really wanted to eat it. It was a little bit of a cognitive disconnect for me. I thought, What the hell just happened? How does this even work? I said, "What did you do?" I said, "What did you do?" He said, "I charged it with source energy." It sounds very ephemeral.

Dave:

He teaches thousands of people how do this.

Ian:

Right.

Dave:

My daughter used to do his sound, his meditation, every night for a year when she was nine because she just wanted it. I can't explain his stuff but- It's a thing though.

Ian:

Yeah, exactly. That's how science is. When you see something you can't explain you suspend this belief and go ... You don't take the approach of, Well, it doesn't fall within my paradigm so it's not real.

Dave:

Everyone has the scientific method is, That can't happen therefore, it didn't, ...

Ian:

Exactly.

Dave:

... and then you ignore the evidence and you march forward with what you believe no matter what, and you make sure you maintain tenure and funding.

Ian:

You put blinders on, yeah, exactly.

Dave:

You have to pay attention. In your case you said, "Hey, look, why did Tesla do this weird thing that made it take a lot longer? There must have been a reason," even though no one knew about it. You did some research on it. Frankly, I ask myself the same question. I'm in Tibet on the site of Mt. Kailash. I'm like, Why do these people in 10 degrees below zero with no running water put the tea and the butter in the churn and churn it for a while and then wash the thing out instead of just eating the butter like any smart person? It's because they knew something I didn't. So, you're saying Tesla had figured out some stuff and you retraced his footsteps and-

Ian:

It's that Isaac Newton thing, right, if I've seen further it's because I was standing on the shoulders of giants. You don't discount the guys who are the really brilliant guys in the past. Likewise, when I was looking at this whole process I was thinking back about watching Dr. Morguelan do that kind of odd thing that I couldn't place. I started thinking, Well, I could taste it which means I have receptors. If I have receptors it means I can mimic those receptors and it's something I can test for, whether I do some sort of different assay, or something like that.

What I ended up coming up with was to do that coronal discharge using [inaudible 00:26:02] to try and test for it and see if I could get some sort of phased photonic emission. Kind of like dropping back to a ground state. If you hit a normal thing it has a certain level of emission and then if you hit this that's been packed in so that it's functioning coherently it has a greater discharge. So, it was the only way I could come up with to quantify the effect, because in the West if you don't quantify it then it's too fringe and no one is ever going to buy it.

Dave:

It's a really interesting idea and so I'm going to go with what I've observed from trying Biocharged, and all that. I'm just going to say, Okay, so I'm going to assume that at least most of what you're saying is correct. I didn't use the word true because when you say the word true what you're doing is you're saying, Well, that means that someone's lying. That's not what it's about. There's a hypothesis here that is likely to be true because you built Tesla equipment because you did your work. Some of what you believe may be false, but the results that you're getting from it seem to be appearing, and there's a plausible way for the [inaudible 00:27:10], so I'm going to suspend whatever disbelief I might have, in part because I know that you're an expert because I've spent a lot of time chatting with you offline.

Ian:

Yeah. The proof's in the pudding. I mean, really, that's the thing there, if it didn't elicit the right response then I did it wrong. So, at this point I'm hoping that people will not so much really worry about the polyexclusion principle, or anything that's really technical and really drill down to what's happening at that level? I actually did, I really looked at like, What's the interaction between ozones and permeons, and how am I actually modulating this stuff, because it was compelling. I mean it's fascinating. It was very much at the edge of my understanding, which I had to really push the bounds on, because a lot of it at first just didn't make sense. You're right, it's one of those things, hopefully people can suspend disbelief enough to go, Okay, well this is maybe a new way to do something that'll have a benefit.

It has thus far, and you can see in terms of just the basics it already knocks out Candida. That's actually when you talk about the headache, initially I didn't have it set up with a delayed release capsule so it was actually releasing in the GI, in the stomach, and the acid was cracking open and people would taste the ozone when the capsule would crack, and a couple of people had this really bad [inaudible 00:28:34] reaction, almost like a Herxheimer reaction. As it turns out those people had Candida overgrowths so, so much Candida was getting whacked very rapidly that they just couldn't process it out.

Dave:

The way to handle that, by the way, and Herxheimer effect is something that functional medicine doctors know about but most people haven't heard of. What this is is you knocked out a virus, bacteria, fungus, whatever is going on, so rapidly that all the carcasses of what you killed clog up the system, ...

Ian:

Exactly.

Dave:

... and as they're dying they make a lot of extra inflammatory toxins. So, activated charcoal is magic for that, and so is liposomal glutathione. Why are those part of the biohacking world, because I made so in 2010?

Ian:

Yeah, binders, binders, binders, man. Get that stuff out of your system.

Dave:

Get it out, and maybe calcium D-Glucarate. So, I've gone from I used to get knocked out regularly when I was losing weight ... Oh, and rapid weight loss will give you the same problem, because of all the toxins that are in your fat. So, I would just say if people are feeling that from any kind of ozone therapy, like take some charcoal already, it's not that hard to do.

So, let's talk sunflower oil for a bit, because I have the new Bulletproof chocolate-dipped collagen bars and they're really good but on the ingredients it says, cashew butter (cashews), then sunflower and/or safflower oil. I'm like, Oh, okay. The bar's about 1.6% omega-6 oils and they're lab tested to not be oxidized, which I forced my manufacturers to do.

Ian:

That's incredibly important. I wish more people got that.

Dave:

It's less omega-6 than grass fed beef, which is about 2% omega-6, so it's very low levels. You have to have them in for the equipment to work to grind cashews, at least all the vendors that I work with that was how it was. So, I'm like okay, Non-GMO, like do everything right. My concern, though, is chronic consumption of partially-oxidized omega-6s is really bad for you, which is why on the Bulletproof diet no soybean oil, no corn oil, no canola oil, no sunflower, no safflower, and no ... Okay, fine, if it's unoxidized, cold processed and you have small doses of it they're actually essential, you need some Omega-6s, just not that much.

This is not partially oxidized, it's kind of like a chronic stressor versus hormesis where if you walk around all the time wearing a weighted vest it actually wears down on your joints, but if every now and then you do something really heavy it builds joints. So, my take on using sunflower oil is because it's an unstable oil it's actually idea for this?

Ian:

Yeah, and you can pack in ... Because it's unstable you can pack in a lot more ozonides per unit. So, if you did olive oil maybe you're getting just for [inaudible 00:31:17] numbers like a 90 on a scale, whereas if you use sunflower oil you're at about 140. So, you've got a much greater propensity for being able to pack in the ozonides, so you have to use less of it. So, in this case it's about a third of a mL, and it's 300 mg. That dose was arrived at after looking at [inaudible 00:31:36] that I had referenced earlier. He's one of the top guys in the world in terms of ozone, and ozone therapeutics. It was arrived at by saying, Okay, if we do this much it's going to be too much. If we do this much it's not going to elicit the right response. So, we tested a bunch of different variables and then arrived at that as the right amount, which is interestingly very much akin to what you'd actually get in autohemotherapy at the end of the day.

It's about the right dose but it's also really about getting it into the right spot. That's rectal insufflation is such a good thing, or doing suppositories, a great thing. In this case because it's a delayed-release capsule it takes it all the way into the small intestine before it cracks open so you get more absorption at the bottom end of your GI tract, which is exactly what you're shooting for, because that way you can get it to transmit it throughout your body and get red blood cells and really start the process of stimulating hormetic response and up regulating your mitochondria.

Dave:

One thing I've noticed when I do just rectal ozone in general is you tend to get hot, like it turns up energy [inaudible 00:32:40] in the body so you get a little bit sweaty. I notice the same thing when I take Biocharged, even from the one I just took now my body temperature is going up. Do you typically see the same thing?

Ian:

Yep, yeah. Part of that is, you can tell that you're getting the same effect that you do when you do insufflation or a suppository. I mean, just over time you'll feel the same response and that's why I say you really just need one. You don't want to do more than that. In the process of some of the same biohacking testing that I know both you and I do, yeah, I took three of them which was regrettable.

Dave:

Are we talking regrettable disaster pants or regrettable- [crosstalk 00:33:22].

Ian:

No, no.

Dave:

Like [crosstalk 00:33:22].

Ian:

Yeah, more the former.

Dave:

Got it. Disaster pants is a thing. Normal [inaudible 00:33:33] MCT oil will reliably produce it, so that's one of the things that you learn is like, Okay, if it works, if I take a lot of it, I might not do it a lot but I'll do it once to see what's going on. Some of the things that are supposed to restore your mitochondria, I'm not going to pick on certain companies, or anything like that, but you take one nothing. When your mitochondria turn on you get warm, you get energy, you get focused, you can feel it. Okay, I just 30 capsules of this one brand, and there are studies that show ... I'm like, There's nothing going on here.

Ian:

See, that's the issue. 300 mg, a third of a mL effectively, a little bit less than a third of a mL and you can feel it.

Dave:

They're little gel cap sort of things, and they're not even all the way full. You actually flush them with nitrogen, which is kind of cool.

Ian:

Yeah. The idea was to minimize any reactivity, right, so flush it with nitrogen. That actually goes through a special process so it's sealed on the inside of the cap and on the outside of capsule, so that there's no penetration and it really does get all the way down so it breaks in your small intestine.

Dave:

Okay. How many of these a day could you take if you spread them out?

Ian:

Probably really wouldn't want to take more than maybe two, if you spread them out. I've tried it before. I've taken one early and one late and it's pretty much I'd say the threshold. I'm a big guy, too, and I still don't really think it's necessary. It's got the same biphasic dose response curve. There's really not any benefit. Once you've triggered the hormetic response you're good, you don't need to do any more.

Dave:

We all know that daily weight lifting is probably bad for you at this point.

Ian:

What!

Dave:

In that, yes, we're simulating a hormetic response every day but you don't get a recovery period. Most of the ozone therapists I know who do 10 pass or the intravenous they'll actually give you glutathione or vitamin C intravenously later that day, or the next day. They're like, Okay, you've got this signal, we've got the signals, let's turn down the leftover inflammation. Is this something you take every day, or do you do it every other day, do you combine it with antioxidants?

Ian:

No, actually-

Dave:

How do you that?

Ian:

I combine it with antioxidants, but it's something I take every day. So, much like that, just like taking up with vitamin C, it's all about the order that you take it.

Dave:

Right.

Ian:

I like the idea of if you look at a wave you want to increase the amplitude so you've strength in the wave, so I stimulate my body with antioxidants, but then I also, obviously, stimulate them with pro-oxidants as well. The same thing, you can do the same thing with vitamin C. You can use vitamin C to really stimulate yourself, because it flips the switch, it goes from being an antioxidant to a pro-oxidant once you pass a certain biological threshold. The difference is you have to use many grams of vitamin C to cross that threshold even if you're doing lipolyzed or intravenous. This, 300 mg, I'll do my tablespoon of C60 and then 300 mg of this stuff later in the day. I'm golden.

Dave:

Oh, so you take this with your Carbon60 formula?

Ian:

At a different point in the day? Yeah.

Dave:

Oh, so you take, first you do this and then later in the day you're taking your vitamin C, your Carbon60, [inaudible 00:36:42] turmeric, the Curcumin Force, all that kind of stuff?

Ian:

Yeah, exactly.

Dave:

That's later.

Ian:

That's later.

Dave:

That's exactly what makes sense to me if you're doing a pro-oxidant thing. What about if you're combining Biocharged with say intermittent hypoxia, deep breathing exercises, or high-intensity interval training, do you take it before the training, after the training, not at all with the training?

Ian:

If I were doing it with hypoxic training I would probably take it ... That's a good question, actually. I think I might take it before the training.

Dave:

I believe that's what would work best, and that's a core thing we're doing at Upgrade Labs in L.A. and soon to be doing in Victoria when I open my clinic here, where we're briefly exposing people to times with no oxygen to increase free radicals for a brief period so that you can become more resilient the rest of the time.

Ian:

It's amazing how our body works like that. Yeah, I mean, you give it the signal and it responds. We're incredibly adaptive.

Dave:

Okay, and it feels like stacking this on top of that would be useful. Okay, so what you, basically, did is you uncovered some old stuff from Tesla. You looked at where ozone therapy is today. You figured out a way to both make something and quantify that you actually made it. Now we have a pill that's giving you many of the benefits, but probably not all of the benefits, of an IV ozone, or at least a rectal ozone treatment?

Ian:

Yeah. If you can go ... Personally having taken probably more of this stuff since I developed it than anybody else has yet, yeah, I still find that there is a place, I still go have autohemotherapy done, and it's impactful.

Dave:

That's intravenous ozone for people who aren't ozone heads.

Ian:

Yeah, I guess if you have access to it ... Now, I have access to it, you have access to it, do that. By the same token, it's a couple hundred bucks, and it's a bit invasive.

Dave:

It's an hour, and needles, and blood spraying everywhere, and it's-

Ian:

Yeah, I am I wouldn't say lazy but definitely a convenience enthusiast, so this falls in the category of something that's a whole lot easier for me.

Dave:

Okay. I think this is a real breakthrough in using ozone, making it accessible. Are you doing any studies on any particular viruses? You mentioned Candida. I don't know, do you have studies? There's basically- [crosstalk 00:39:04]

Ian:

No.

Dave:

There's molds, and fungal infections. There's viruses, and there's bacteria. There's parasites like Giardia and all. So, what has it been studied on, or what does it probably work for? Kind of walk me through the universe of treating bad stuff.

Ian:

All of them. That's why it's nature's disinfectant. If it didn't work ... It's one of those things ... You can develop a resistance to a lot of things. It's very difficult to develop a resistance to having your [crosstalk 00:39:27].

Dave:

To be really, really clear, Ian, you're saying that ozone works on all those things, not Ion Charged?

Ian:

I am saying ozone works on all of those things.

Dave:

It does. I want everyone to hear that. That's important for reasons that I'm not even going to say. But, ozone, yes, every single one of those there is rich history, ...

Ian:

There is rigorous [crosstalk 00:39:48].

Dave:

... quantum stuff, anything. In fact, if I was to come down with something and I had a little bit of a sniffle right now, the very first thing I would do is I would start treating myself with ozone. People who say that in conjunction with certain conditions, and a number right now get their web pages taken down and shadow banned and all that kind of stuff, so I'm not even going to say what I'm talking about here, except that ozone is a front-line thing to do anytime you don't feel well. Having a new accessible way to get ozone into the body, I'm pretty impressed, Ian. Your C60 research is very solid. I take your C60 product, and your Biocharged stuff is awesome.

If you're just tuning in I mentioned earlier, Biocharger is a separate company. I love their stuff. I used it this morning and it's a big piece of equipment usually used in a clinical setting that has pulsing lights and charged coils and changes your biological state. Biocharged, the capsules were talking about here, replicate ozone therapy, but you can do it orally. I'm impressed. I'm really excited for when I'm allowed to travel again [crosstalk 00:41:00] without [crosstalk 00:41:01] my face and whatever, just because when you fly, when you land is when you most need ozone.

Ian:

Absolutely.

Dave:

I'm looking forward to trying.

Ian:

[inaudible 00:41:11] those things like Pez when you land, still [crosstalk 00:41:14]

Dave:

Just one at a time.

Ian:

Yeah. That's exactly it.

Dave:

I am actually very much looking forward to not using ozone suppositories, because those things are just not my favorite. They're messy and just not ... They're worth if you're getting sick, but I'm not going to do one every time I fly.

Ian:

The technology to make these ... It's interesting with the Biocharger, they're using all of the same technology, it's just it's a different form factor. You can stand next to a unit like that ... For people who have never done it it's hard to explain that there is a tangible benefit, but there are so many things ... The FDA just approved light therapy, right.

Dave:

Twenty-five years after we knew it worked.

Ian:

Yeah, I know. Yes, but, there's so many things that I wish people could see when you do the research for this. I know you've seen all this stuff but Mike Hamblin's research on low-level laser therapy from Harvard, it's brilliant. Some of the other stuff, like the guys that are using, Anthony Holland, he's a professor of music, but he's been working on cancer research, and he's using destructive harmonic interference to blow up cancer cells. It's very ... Even though we don't see it, and it's not so tangible to people, the effects are profound. Lithotripsy, right, breaking up kidney stones. At some point the idea that the things that are unseen are actually eliciting a stronger response on the things that are seen is, I think, going to come to the forefront. I'm very much in a camp of quantum biology. I think the next big

push that's going to be made to make a difference for people's physiology and the benefit thereof is all going to be quantum medicine.

Dave:

There's something to be said for messing with your electron spin, and that's what the Biocharger does, and that's what you did to make Biocharged work the way it does. Your website is biocharged.co for people who are listening to this. If you've never tried ozone therapy at all, and you're just a little bit hesitant about IV, or other places, you might want to give this a try and watch what happens to your gut, what happens to your brain. There is so much science, like hundred plus years of real good science around ozone.

Ian:

Yeah.

Dave:

I use it, ozone on my kids, not specifically this because it just came out, but instead of topical and oral antibiotics. I'm not talking about one of those people who is like, Oh, you know, we pray over our kids when they need a new liver. That's not what I'm talking about. What I'm talking about here is your ear is really swollen and we're going to have to take you to get heavy-duty IVs because you scratched it, and you're six, and your ear is three times its normal size. That's a bacterial infection. My wife's an ER doctor, we know. So, before we do anything crazy we put an ozone funnel full of ozone gas. We just pump a little bit of ozone in there. It was my daughter, while she was watching something on Netflix, which she doesn't get to do very often, so she's like, "Yay," and a fan's blowing so she doesn't breathe the ozone. We do that two times in one day and magically the ear returns to its normal size the next day ...

Ian:

Magically.

Dave:

[crosstalk 00:44:29] is gone. My son, he's got red things moving up his leg, when you have an infection that's going to go into the blood. Same thing. It's gone in a couple hours. We keep treating it to make sure it's gone. You monitor it and you say, "I'll take you right to the hospital for IV antibiotics if you need it." The thing is you don't need it because it reversed that fast. That's the power of ozone. So, I'll just tell you, give Biocharged a try if you didn't want to go do the heavier-duty ozone stuff. I just have to say, it fixed my brain when I had toxic mold and nothing else worked. I had fibromyalgia, and chronic fatigue syndrome, and all those things. Ozone saved my life, my career. It's that big of a deal.

Ian:

It is. It turns the brain on, absolutely.

Dave:

Are you doing more studies on this stuff. I mean it's brand new to the market?

Ian:

Yeah, we are. We've got a ton of studies linked on the website. There are not, surprisingly, a lot of studies outside of the country. I don't think ... There is no ozone actually in it, because it's already stabilized in its ozonide form, so the idea of ... You don't have to have a potentially dangerous gas which, of course, because you and I know isn't actually if you handle it the right way and you're using it in the right [inaudible 00:45:41].

Dave:

If you breathe it you'll cough like crazy, and if you breathe huge amounts of it you'll throw up like crazy, and if you breathe amounts of [inaudible 00:45:46] it'll kill you. Yeah, it's dangerous, but the machine you have can't make that much gas when you leave the room. It's like tear gas.

Ian:

Interestingly, if you breathe water there are adverse consequences, as well. So, it's all about the right thing going in the right place.

Dave:

Yeah, there is that whole drowning thing, and fasting is also very dangerous if you starve to death. It's all in the [crosstalk 00:46:08].

Ian:

We are actually continuing to do studies, because the interesting bit about this is you get a different response depending on where it opens up. So, if you want to affect Candida, you want it to hit the gut. If you want it to affect overall systemic mitochondrial up regulation you want it to hit the small intestine. So, there's different points in that chain to stimulate different things. So, yeah, we're continuing to move forward with it. I actually personally want to continue developing it, because I kind of feel like I opened up something that's really just it's the tip of the iceberg in terms of looking at quantized medicine, quantum biology, and things like that. I really do, I think that's where things are going. All of the people that I know, Marcella Madera and [inaudible 00:46:57], we've talked and that's really what she thinks.

Dave:

She did my stem cells in my spine and my brain. She's been on the show.

Ian:

Yeah, she's-

Dave:

What does she say about the stuff?

Ian:

Well, she's brilliant but she's a big proponent of the same thing. We were all talking, [inaudible 00:47:12] and all the different bonding and chemistry but really it's headed more towards the quanti, what sort of waveforms are actually interacting to cause things. That's where ... She's on the forefront working on stem cells and things like that. Even she, being a very intelligent woman, can see where things are headed. It's all headed towards more and more and more subtle, and refined, levels of interaction.

Dave:

She may be a Johns Hopkins neurosurgeon but she also does Dr. Barry's energy exercises and talked about it when I interviewed her, so I'm not saying anything off the reservation.

Ian:

Yeah.

Dave:

She says, "You know, I do better surgery when I warm up my wrists using the Dr. Strange method, and I do my thing."

Ian:

I started doing it, as well, man. It's just the results ... It's good science to me. It was quantifiable. You do the experiment and you get the result, and if it's quantifiable it makes a difference. That is my experience with doing Dr. Morguelan's stuff is it's a very simple set of routines. You execute on these things and you get this result. It's actually it's been incredibly helpful in the laboratory setting, too, because I've noticed that ... This is a little difficult to quantify, but I'm seemingly more connected. I make logical jumps more rapidly and-

Dave:

From Dr. Barry's exercises?

Ian:

Yeah, very much so. I actually do them every day. Same thing, and it's just proof's in pudding. You find something that works and ... I did TM for a long time because there were really quantifiable benefits to doing meditation. Before that I did neurofeedback for ages, and that was a result of having had, like we talked about, really bad headaches when I was a little kid. That really set me ... Doing hardcore amounts of neurofeedback as a little kid really set me on a path that I think it opened me up to going, Oh, now, there's a lot more to really dealing with the things on the inside and being open to the concept that when I take care of my inner state it's going to have profound effects outwardly.

Dave:

I know a few adults who, for whatever reason, had substantial amounts of neurofeedback as kids, and all of them are some of the most interesting people that I know. They're able to do all this stuff that just kind of comes naturally, and they maintain more of like a creative, playful interaction with the world around them. I've seen enough of that, probably five or six times now, that it stands out and you're sort of like, There's something different about you, and you talk to them for 10 minutes and you find out, Oh, yeah, your parents worked at a neuroscience facility in the 70s. That's why you're like that.

So, I think part of the reason that you're kind of the creative maverick, inventor, genius guy that you are probably has to do with some good things being aligned, or opened up by neurofeedback, because there's quantum effects, especially the newer stuff we're doing at [inaudible 00:50:04], like the math is so advanced it's not conscious, it's-

Ian:

No, there really is [crosstalk 00:50:10].

Dave:

[crosstalk 00:50:10] linear.

Ian:

Back in the day when I first started doing music after I'd done the biofeedback therapy I could do things that weren't normal. I literally taught myself to read music in an afternoon, made perfect sense, never had to do it again. Then, when I would view music the ability to do creative work at the same time as I was doing analytical work was great. Full confession to my music teacher way back when, I never actually looked at the music in class, I was working on other stuff. I would memorize all of the music and play it while I was working on other stuff.

Dave:

It could also be that you're just one heck of a smart guy. That could be part of it, as well.

Ian:

Well, that's possible I suppose.

Dave:

Well, Ian, I think that you've come up with something that passes all of my BS detector, although I'm still a little skeptical that you called it quantum. I actually, since we talked about electron spin, and you're measuring number of photons that come of it, I'm going to give you the quantum as being okay, it was real. Although, as a marketing guy, and perhaps you didn't have to say that, because it's going to sound like, Oh, just add a zero to how much it costs. But you did, you passed my BS detector and I think people listening to this interview understand, this is real. Opening ozone therapy, or at least some of the effects of ozone therapy, to people who are never going to go do it, or don't have access, or can't afford it, that's a big thing, man.

Ian:

It's huge.

Dave:

Really big.

Ian:

If you just ... Anybody, I would implore anybody, look at the studies. They're on the website. Look at the studies coming out of Cuba. It is so applicable to so many things. Obviously, we can't say that it treats, or cures, or prevents anything for obvious reasons, but-

Dave:

Does it work on gluten 19? I guess.

Ian:

I would never say anything other than my gluten-free diet water here, so.

Dave:

I don't know if I'm supposed to say that, too soon?

Ian:

Too soon, probably, yeah.

Dave:

Well, that's a whole another ball of worms we're not going to get into, but there's a level of human resilience where you can handle what the world brings to you. In fact, wait, that was the original tag line for Bulletproof, and the idea here is let's build our immune health so that we can handle environmental threats even if they're slightly larger than normal. I so believe that ozone therapy is one of the fundamental ways, as fundamental as exercise or meditation in practice. It's cellular oxidative high-intensity interval training. I've been doing it for 20 years and it brought me back from being a zombie. I've always felt kind of weird saying ozone therapy because no one knows what it is, but you just made it in a pill. That's cool, that's really cool. Thank you.

Ian:

I, genuinely happy to do it. I think you're doing the same thing, man. We're both trying to move the needle for humanity. That's the idea, right. Wherever we can help, wherever we can make a difference we do it. So for me, maybe it's ozone therapy for the masses, maybe it's concrete. That's the gig, right, just help?

Dave:

Can you say the name of your concrete thing. Are you allowed to talk about that yet?

Ian:

No, not yet.

Dave:

I'm serious about putting that down. I'm shooting a-

Ian:

I will send you a picture when we're wrapped up. It looks amazing. It is the coolest looking stuff. It truly looks just like obsidian or onyx. It's beautiful.

Dave:

Wow. Well, I'm shooting a film about how we're making a house using modern techniques that's healthy and going to last a very long time, is environmentally neutral as possible. So, I think this has a, it would fit right in and it would look cool, so we are going to talk about that offline.

Ian:

Absolutely.

Dave:

Your website for this creation, not the concrete, but for Biocharged is biocharged.co. Again, this is not the Biocharger, which is an awesome piece of technology and has also been profiled here. So, I do not want to confuse them. This is Biocharged.co. I never even asked, what do you guys charge for a bottle of this?

Ian:

Forty-nine bucks.

Dave:

Forty-nine bucks and it lasts for two months.

Ian:

Two months, yeah.

Dave:

That's a fair price, because you're looking at 25 bucks a month and you could do every day, and you could take it every other day if you wanted to.

Ian:

And less than a buck a day. The idea really is to get something that's actually beneficial out to the masses. That's the goal.

Dave:

All right. I approve. Thank you, Ian, for continuing to make crazy stuff that's awesome, and I'm sure you'll be back on after you've teleported or something.

Ian:

Hopefully so. I'll just show up in the studio there.

Dave:

That would be so much easier.

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