

HAP and Prof Ian Brighthope 2Jul20

📅 Wed, 7/8 10:54AM ⌚ 1:28:13

SUMMARY KEYWORDS

vitamin c, vitamin, virus, doctors, vitamin d, system, zinc, ian, immune system, government, produce, people, body, milligrams, exposed, intravenous vitamin c, health, tonight, supplement, infections

SPEAKERS

Prof. Brighthope, Molly Knight



Molly Knight 00:03

And tonight It's my absolute pleasure to welcome Professor Ian Brighthope to our live discussion. Professor Brighthope is a medical practitioner who graduated over 40 years ago with a Bachelor of Medicine and Bachelor of Surgery. He originally specialized in immunology, but he decided early in his career to focus on nutritional and Environmental Medicine. And he's the founding president of the Australasian College of Nutritional and Environmental Medicine. Now I've been a fan of the work of Professor Brighthope since I first heard of his work back around 1990 it would have been and having been to several of these talks over the years. I know the information that he's going to share with us tonight will be of enormous value to everyone. Tonight, Professor Brighthope will discuss the research behind vitamin C, vitamin D, and zinc. He will also address the efforts that he's made to campaign widely to try to get our government to consider introducing preventive protocols and evidence based natural treatment options for COVID-19. That kind of makes sense, doesn't it? And hopefully, he'll be able to give some insight as to why our government just isn't listening to his incredible expertise, and why the current protocols that we're using now are being pushed. Welcome, Professor Brighthope, thank you so much for joining us tonight.



Prof. Brighthope 01:33

Thank you very much, Molly, that's my pleasure. We can impart some knowledge and

wisdom to those who are on Facebook with it.

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Molly Knight 01:44

Yes, I'm sure we will. Now. And we've really already received many, many questions from emails from my patients and from people in the community. So there'll be quite a few questions at the end of this. So I hope you you're up for that. I'd like to start off tonight, I wanted to ask you about your journey from being a medical doctor to becoming such a great advocate for natural medicine. So can you tell me how you made that transition? And has the journey been smooth? Or has it been a bit, you know, rough and difficult at times?

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Prof. Brighthope 02:23

Well, I first did a diploma in agricultural science and read some research into foods and nutrition in animals. And that exposed me to the importance of trace elements in particular in the soil, and also natural fertilizers compared to synthetic fertilizers in the production of crops and pastures. And it was also interesting to observe that reproduction in animals was very dependent on on nutrition and, in fact, I was involved In a study to do with reproduction for sort of facilitating reproductive rates in sheep, we found that supplementing the sheep during mating season actually produce more healthy lambs and an increase in twinning in lambs. So other issues around the production of white muscle disease in cattle and sheep, a selenium deficiency, and with that the observance of cardiomegaly a very, very large heart in these animals, it will start with selenium. And I mean, this didn't make sense to me in terms of human health until halfway through my medical career when I left agricultural science and went to medicine. And I was very disappointed in medicine in my training, because there was very little in the way of the study of nutrition in health. And in my fourth year, I asked Professor of Medicine, about a particular patient an elderly lady lady, being drip fed sugar and salt and given jelly and ice creams a meal I asked about her diet because she was wasting away. And the Prof said, You don't worry about the diet, her diet, okay, we're talking about her cancer. Well, you know that, that changed me completely. I said I'm not going to be a doctor like that. But I found it very difficult after I graduated to do anything different, until I was exposed to a very small group of like minded doctors who had formed an association or in the formation of an association. And I joined them and finalized the constitution to this organization. And it was very basic after that, that I was feeling fairly comfortable. I had colleagues who were aligned with me and looking at the nutrition and supplementation of people to prevent and treat illness and disease. So it was a very interesting start, because I, I was not happy with the way medicine was being practiced. In particular just giving drugs and chemicals to sick people without looking at their diet and their lifestyle and

exercise themselves and filling them up with salt and fats and so on. It was very, very against what I've been brought up as a kid with my grandparents who believed in you know, in garlic and growing your own vegetables, cod liver oil, whatever.

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Molly Knight 05:32

Yes.

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Prof. Brighthope 05:35

And so we started a an organization called the Australian college Australasian College of nutritional and Environmental Medicine in the early 1950s. And from there, we actually looked at all the researchers available, we ran courses for doctors and and other healthcare professionals as well. And that organization since the 19, early 1980s is flourishing up until today. And its getting stronger and stronger. Yeah. But it's been a rough journey sometimes because as the founding president and president for a long time, I was the focal point for the medical authorities who didn't like the fact that some doctors were not prescribing medications when they thought they should be. Put it diplomatically? Yeah.

M

Molly Knight 06:32

Yeah, it's, um, I mean, I know I've been working as a herbalist since 1983. And my journey would be nothing like yours. But there's been a lot of a lot of rough journeys along the way with authorities that just don't like what what do we do?

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Prof. Brighthope 06:55

Medicine was meant to be a profession, but the medical industry and that includes everything from medications to hospitals to clinics to pathology and investigations. And, and, and procedural work is a very, very big industry a very powerful industry. And if we reduce the amount of illness, sickness and disease in the community, then that industry contracts and a large number of the population are dependent on working in the industry. However, I do believe it's a lot of work to be done in prevention and health optimization. And what I believe is the utilization of the tools that we have now to produce super health optimal health or for even patients who are very sick to optimize their, their well being so they can have a greater chance of beating their illness and their disease and, you know, being productive members of the community, my colleagues and I've seen literally thousands of people achieve this, whether they go to a nutritionist or a natural therapist or a herbalist or a doctor, practicing nutritional, environmental medicine, all of these

things should be integrated. And that's another story about integration, all of these modalities for the benefit of them.

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Molly Knight 08:17

Yes, it's some of the bigger picture is integration and caring for each other rather than the dollar, really. But that's where we're at right now in our healthcare system, certainly. And I wonder if we can jump in and can you talk to us about vitamin C because I know the work you've done with vitamin C and particularly intravenous vitamin C over the years has been quite amazing. So can you talk to us about vitamin C and I know that there are lots of different forms of vitamin C, and it can be quite confusing. You know which one should you take, is one better than another. And now we've got liposomal vitamin C. So, you know, how do people make a choice around what they take is one better than the other?

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Prof. Brighthope 09:12

I guess I'm talking to the members of the general public more than to herbalists and doctors, is that correct? I think we're a bit of a mix, because there's a lot of practitioners who certainly would be viewing tonight, but there's certainly a lot of the public as well. So, I mean, basically, when we look at vitamin C, it is really not a vitamin. It's an acid, an organic acid. And most animals, apart from the human being, the higher apes and the guinea pig, and maybe a couple of other animals, most of them produce vitamin C in the liver for glucose, simple sugar. We have evolved a very large brain that requires all that sugar so we don't make vitamin C. So that's very, very simple. We've lost the enzymes omega and vitamin C. We have created an environment for ourselves, we've come out of the caves, we're not eating natural organic food any longer. And we don't have access to high levels of vitamin C in our diet, and we don't make it. When we're under stress, we tend to produce things called free radicals or reactive oxygen species. And these free radicals are very dangerous molecules in the body. They are oxidation substances that cause us to oxidize cause our fats to go rancid and cause our water soluble compartments to go rusty if you like. So this is a natural part of, of aging as well. But when we're exposed to medications and radiation and drugs and trauma, surgery, inflammatory disorders, a whole range of things that actually cause the production of these free radicals we need antioxidants to mop them up and I don't like the term antioxidant I prefer the term a redox reagent, something that actually takes these radicals and neutralizes them and pulls them away from your system. And the best substance that we have organically for that is vitamin C or ascorbic acid. It is actually the cleaning agent that cleans out all of these radicals that we collect in our systems. And because we don't make it and because our diets are often deficient in a whole range of nutrients, it's important to make sure that this redox system or this antioxidant system is in our bodies and functioning well. So this is why

I advocate the use of vitamin C to everybody as a supplement so that if you are under stress or exposed to diesel fumes, or you're taking medications that produce oxidation species that you can actually ensure that you are going to mop them up and mop them up so that they don't do any damage and a cup of one to 2,000 grams of vitamin C per day is wise for all adults, some people may need more for wellness. And if you get a cold or a flu, then you have to increase it. One of my colleagues in the United States used to talk about a two gram flu or a 10 gram flu or 20 grand depending on how much you needed to feel well, most important thing is if you do catch a virus, the first thing you do is increase your intake of vitamin C and take it every hour until you feel better or until your bowel starts rejecting. I mean, I think we'll talk about the the side effects of vitamin C, the side effects of big doses of vitamin C, are wind, loose bowel's and chronic good health. So those three sided one which is highly desirable, is worthwhile if you're going to prevent yourself from suffering from a severe cold or a severe flu-like illness or any viral illness for that matter because it has anti-viral activity. It's a very one. It's a wonderful molecule because it works at so many levels in the body. It works for detoxification, it works on the immune system to actually help the white blood cells to kill viruses and bacteria and fungi and this sort of thing. It even works on the central nervous system and reduces the oxidation and inflammation that occurs in the central nervous system. So supplementation orally is what I recommend for everybody. Now, this is not a this is not a medical recommendation for everybody out there. I recommend you go and see your health practitioners who know about this for for the best advice. And you mentioned liposomal vitamin C liposomal vitamin C is better absorbed and some of the other forms of vitamin C. It's more expensive. And if you can, if you can take the liposomal vitamin C then by all means it is better absorbed. But whether it's more effective clinically or not, there is no hard evidence to that effect. There's there's the other forms of vitamin C or a ascorbic acid the acid form or sodium ascorbate a salt, magnesium ascorbate, which is magnesium combined with vitamin C, calcium ascorbate calcium combined with vitamin C, you can take mixtures of all of these and quite often you find those mixtures in tablets and powders in health food stores and pharmacies. And

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Molly Knight 13:27

Now, I was just going to say, um, what actual action does vitamin C have against viruses? Is there something specific that it does?

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Prof. Brighthope 14:42

Yes, it does have a direct antiviral effect. It does change the nature of the coat of the of the virus, the protein coat if you have significant levels and concentrations in blood. But more importantly, if the virus has got into your system, it actually potentiates the effects

or improves the effects and activity of the white blood cells of your lymphocytes. The white blood cells are the cells that fight bacteria and viruses and they, they engulf them, they the white blood cells take the bacteria and viruses into the cytoplasm into the plasma into the, into their body. And in there, they have little bodies that actually produce hydrogen peroxide and vitamin C potentiates the production of hydrogen peroxide. And vitamin C becomes a radical itself. So it actually acts as a very powerful oxidizing molecule. It's it's fascinating that it can act in so many ways. And so the white blood cell can actually kill off the, the virus by producing hydrogen peroxide which is a very, I mean, it's the bleach you use to put on your hair and so on is a very powerful oxidating substance, H_2O_2 to the oxygen. It really is. It becomes a radical. And the electrons in that radical just fire at the, at the virus and it's gone. It's dead.

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Molly Knight 16:18

Zap it! Yeah, so it's, it's certainly something that I've used a lot in practice and it's yeah, it's little used in well certainly not medically use it, they, they don't even think about it. And it's really sad because it's such a vital vitamin for human health.

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Prof. Brighthope 16:43

I mean, if you go for 54 days without vitamin C, you end up with a disease called scurvy, which is the where you start getting very easily bruised and bleeding from the gums, you bleed old wounds open up or disease and start bleeding And you will eventually die from scurvy. And that was discovered by a fellow called James Lind on the HMS Salsibury, a ship at sea. He did a blind study where he gave the men who were suffering from scurvy. He fed them pork, he fed them vinegar, he fed them saline from the sea and he fed them the juice of limes. And that's how the cure for scurvy came about because there was something in the limes and of course in limes and other citrus fruits, you've got that vitamin C. But we're walking around many of us are walking around with subclinical scurvy. That means we don't have enough this is why we we feel tired. We feel aches and pains. We get this, this furrow in the brow, you've got this grey compl exion, you don't feel very well at all. A significant number of people I see in Collins Street from time to time.

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Molly Knight 18:05

Mm hmm. Yeah. That's interesting, isn't it? Yeah. The fatigue aspect is interesting because most people are tired, or definitely tired.

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Prof. Brighthope 18:14

Oh, it's natural thing to get tired of my time, not doing during the day. And then sodium ascorbate we use in large doses intravenously. And this is when somebody is ill, and it doesn't matter what they're ill with, because any illness will produce reactive oxygen species or free radicals. And they need to be they need to be controlled, they need to be mopped up and they need to be sunk away in either a thing called glutathione or vitamin E or some other compartment of the body where they can't do any more damage. So the vitamin C sits in the middle, it takes the electron from the free radical and it gives it to vitamin C or sorry vitamin D or glutathione some other pathway in the body that actually mops up the in the rubbish. Its like a whole lot of dust and dirt in your house causing havoc inside, you've got to get rid of it. So the vitamin C is there at the doorway. It picks up all the dust and pushes it out into your rubbish bin. Simple.

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Molly Knight 19:21

Interesting its a broom. So you mentioned vitamin D. So let's talk about vitamin D. There are a couple of different forms of it again, what's the difference? Well between D two and D three and is there a better form to take and is it something that people should take all the time or just when they're a bit crook or just during winter? What's your thoughts on that?

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Prof. Brighthope 19:47

In this context, the best form to take is vitamin d3, no other. The body makes vitamin D by exposure of the skin to the sun to ultraviolet light B or UVB. And the molecule in the skin that is used is cholesterol. So your cholesterol in the skin, the UVB light falls on cholesterol and converts it into a form a different form of cholesterol, which is a precursor to vitamin D. This precursor goes to the liver, it's acted on by the liver, and you've got to have a healthy liver. It goes to the kidney, and the kidney then converts it into its third stage and that is vitamin D3 and that is the active component in the body. Vitamin D3 is not a real vitamin. It is now classified more accurately as a hormone. Because very small concentrations of it have a profound effect on so many aspects of our well being and health. Not just for healthy bones but just for healthy skin, hair and nails and teeth. But it has a very important role in the immune system and defending us against not only viruses and bacteria, but also certain hormone de`pendent cancers like perhaps prostate cancer and breast cancer. So it's very, very powerful and important molecule. It's like basically like taking the energy and information from the sun, delivering that information to the deepest cells within our, within our being. And every cell in our body, including the cell membrane, and nuclear membranes that hold down our chromosomes and genes together. We've got receptors for vitamin D. So in that respect, it's a very powerful and ubiquitous molecule. It's everywhere. It's so important to have enough of it in our systems,

just like the vitamin C. I've elected to look at a campaign with regard to helping us defend ourselves, not just against this virus called COVID-19 or SARS cog nine, book 19, whatever you whatever classification, most people just refer to COVID but the next pandemic and the pandemic after that and the pandemic after that. And this is not new. Cod liver oil has been known for centuries to prevent these these outbreaks of infections. And even during the plague in Melbourne and Sydney, the turn of last century from 1800 to 1900s people died from the plague, but those who did better and survived were the ones who were taken out of their beds and put into the sunshine. The same for the TB sanitarium it had a balcony in the hospital so it can take patients out and put them in the sunshine. That's when you get the better results. Why? We know now it's Vitamin D we know so much more about it than we had in the past. So D3 is the best form to take. Most of us as kids back in my generation, we got cod liver oil during the winter.

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Molly Knight 23:22

Yeah. It was disgusting. Still is actually

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Prof. Brighthope 23:27

We had for our kids we had halibut oil capsules because they were more potent in vitamin D and vitamin A than the cod liver oil, 4000 units of A and 400 of D so they pop two little of these capsules in their mouth. Virtually no infections, no antibiotics, my kids, basically healthy all the way through. It's sad Molly, that it really is sad that we have moved away from nature. And we require synthetics from our medical professionals which should know better, but they don't because of an attitude, the attitude being, you get sick and go to the doctor and he'll fix you up. And we've got all of these marvelous medications Well, we are par excellence in terms of a queue in defending medicine. In Australia. We've got the best doctors, the best hospitals and the best equipment and so forth or so we think we have. And so we say we have, but we do have a very, very good disease care medical system, but we haven't. We haven't. We don't have a healthcare system. You know, you've got you've got to do your own health care yourself in this country, like, go to a nutritionist or natural therapist or herbalist or a doctor doing nutritional medicine, and you have to pay for it. And it's not rebated, whereas doctors like yourself should be rewarded for keeping people healthy but the illness system requires a certain amount of disease. And that's a that's a fact of life. And this is why we're in the situation we are now because there's been, or despite the fact there's a huge amount of research in vitamin D and vitamin C and zinc, what we're talking about tonight, massive amounts of basic research, but all we all we need is intelligent people like yourself and your and our colleagues. To actually translate that information into practical use. Translational work is so important. If you see somebody with a deficiency, you correct the deficiency or low levels of nutrients

you correct them. You know, you don't, we don't wait for a double blind, placebo controlled study for every individual with a disease because we just will never have it and we need to be, we need to be pragmatic and practical and, and also be safe, effective and ethical. In our dealings with the you know, the people who are listening to us tonight I'm sure most of the people listening to us tonight do appreciate the importance of self help and and taking responsibility for their health.

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Molly Knight 26:11

Yes, I think in the the old first do no harm is hidden a little, isn't it? Ian, just with vitamin D. So if we go out into the sun, can we get enough to keep our body going? And I would think that by using all the sunscreens we're actually counter productive to what we need from the sun with our health if we're covering up our body with chemicals, but can we get enough just by going out in the sun in summer, for instance, to last us through winter?

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Prof. Brighthope 26:48

In ideal conditions, No, we can't. We can't do that. Because we've moved away from you know, good sunshine and reliable sunshine we've moved you know, either far north of the equator and south of the equator, as human beings we've migrated away from those parts where we get a lot of sun although Tasmania gets a lot of sun a lot more sun than Victoria, but it's too cold to go out in it. And we, I mean, we live in caves, we're even worse off than the cavemen because cavemen left their caves and went out and foraged for food. We go from one cave, our home to another cave, our office or workplace. So we very rarely see enough sun, we need more, we need a half an hour, and we need to expose our arms, our legs and our face v for a reasonable period of time when the sun is at its zenith or close to its zenith without being burned. And, you know, a young white male can manufacture up to about 20,000 international units a day by doing that, and the amount that we have allowed in this country to take as a capsule is 1000 units, so supplements are very low in in dosage form here. There is another supplement you can take once a week 7000 units but still, thats only 1000 units a day and it's pathetic. Dark skinned people and people who cover themselves with clothes, a lot of clothing and that expose themselves certain sectors of the community like female Muslims they they don't expose their body to enough sun to get any vitamin D and relying on your diet for it from meat and eggs and milk and an oily fish is just not enough and it's not scientific these days. You know, when we know that the majority of the population in many countries are low or deficient in vitamin D. We should be doing it more scientifically and that is measuring the amount they've got in the blood because that's an indicator of what they may need. And to get somebody up to normal you may need to give them 5000 to 10,000 units a day to get them to a level of vitamin D in the system that's going to be protective against acute viral

infections and and give them optimal levels. You know, long term doses of 50,000 units or higher may may produce some forms of toxicity, but 4000 or 5000 units a day during the winter will protect you against a lot of infections. And we know that. The doctors that I work with and my groups around the world and we're not just a group in Australia, but we've got people everywhere in nutritional medicine, including even in China. They are all in agreement about the dosages and forms that I'm talking about tonight. So it's not just an idea that I've got it's basically very well established and entrenched in in nutritional medicine and that we don't get enough from our diet and many countries around the world and officials in many countries around the world, including Europe, UK, agree that supplementation is important. People over the age of 65 in Germany in the Scandinavian countries it most people supplement. It's not a decree by government either, although some governments insist that people supplement even in England, Scotland and Ireland now. Great Britain, and the governments are telling people to consider supplementing with vitamin D because of the the the evidence that it's effective for immunity and covid. I don't know what the question, was now.

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Molly Knight 31:03

Going out in the sun getting enough, I think we're way behind the times down under here with what to do with nutrition.

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Prof. Brighthope 31:12

Even a colleague of mine in India has got philanthropists supplying vitamin D to the poor in India via the Red Cross. The government in in Egypt has supplied vitamin D to all of the frontline health care workers.

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Molly Knight 31:32

Makes sense?

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Prof. Brighthope 31:34

It does, it makes a lot of sense. When you look at the overall literature but it's not just looking at the the medical and scientific literature Molly, it's actually listening to the people out there in the front line who have actually had the experience. I'm not talking about, you know, just one generation I'm talking about, you know, 40 years 50 years of experience, you know, high level experience in clinical practice, people have been doing this, but still there's this massive pushback. From doctors.

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Molly Knight 32:10

Well, Big Pharma the dollar big business. Yeah, it's very frustrating. I've always found it very frustrating. Um, okay, so a couple of thousand milligrams of vitamin C four or 5000 milligrams of vitamin D. What about zinc?

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Prof. Brighthope 32:28

Oh, sorry, units of D. Easier to think in micrograms. But just think about units 4000 C, 4000 milligrams of C, 4000 units of D. This is for the period during going through COVID. And, and of course, if you do know, if you've got anybody in a nursing home or institution, make sure that they get their vitamin D even go to the administration of these organizations and say look, we've had deaths in these institutions, you should be given advice to supplement your elderly people, if you don't want to supplement, then at least measure their blood levels because if you find that their blood blood levels are low, then they will need supplementing. And there's a legal requirement there is a there is a there you will if somebody is in a, a, an aged care home, and they're deficient in vitamin D, and they die. I think the management and ownership of the of those organizations and the medical people responsible could be culpable. So, you know, I think there's going to it's going to have to be, I think, accountability applied to various organizations around the world. And that's all I'll say about that because we rely on our governments and health departments and training organizations for healthcare practitioners and the World Health Organization for advice. And I must say there's been a distinct denial of effective therapies that we're talking about tonight by these organizations. And for the sake of humanity, we have been let down by the World Health authorities as a race. As human beings, we deserve better. And there's no there's no antiviral agent that affects these viruses. And always the vaccines, like the cart before the horse and all the stable door the horses bolted. you close the door stable door after the horses bolted to try and do something after the event with a vaccine. And it's just not good enough. I mean, I'm not being overly critical. I'm being realistic about this. We have information, we have enough information to defend ourselves against these viruses. And even if it's 50% effective, or 20% effective or 10% effective, we will save lives. Why? Why are we continuing to watch the authorities and ignoring the pleas and I've actually sent letters to the authorities pleading with them to make some announcements. And the next day I find somebody on television is crying on television because they're lost their gran. Simply because gran was in a in a nursing home or institution. And she didn't have her vitamin C and vitamin D levels mentioned measured.

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Molly Knight 35:56

Ian do you have an idea or a thought about why the WHO and the authorities are taking

this stance? Why do you think because to me, it makes no sense that they would do this.

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Prof. Brighthope 36:11

It's an attitude. As I as I mentioned before, I think we grow up thinking that doctors going to heal everything for us. And then we'll go to the doctor, we'll get an antibiotic and we'll get some cortisone and the problem will go away. But doctors are trained to think and act in terms of disease. They're not trained to think and act in terms of prevention. I mean, statins, for example, patients who've got cholesterol, there are far better ways of dealing with impending cardiac problems than than giving somebody a statin. And I won't go into that now, but or anti inflammatories for for inflammation, inflammatory disorders, there are naturally occurring anti-inflammatories such as Kirkman, for example. And just changing one's diet. I mean, these are very simple approaches or even just some exercise for inflammatory disorders. But this is not it's it's a little bit harder than just writing a prescription. And I think we we've lost contact with nature. We certainly have lost contact with nature. And we only command nature by obeying her. Many of the things that we're doing, we're disobeying her with the way we live sedentary lifestyle, the alcohol, tobacco and the synthetic drugs, the sedentary lifestyle. There's so many things that humanity is doing to destroy itself and we're doing it at a rapid rate. And we've got to put a brake on it. I think there's a there's a consciousness now like there was a consciousness in the 1960s when I grew up, and there's a consciousness now amongst especially the younger people that we've got a planet we've only got one planet to live on, and we're destroying it, and we're destroying it at a rapid rate. And these people who think go to Mars and live and I mean, they're almost I mean to me, that's almost schizophrenia. You know, schizophrenia is a denial of reality, delusions of grandeur, you know, believing things that are there that aren't really there. And it really is a form of mind illness, if you like, and many of the authorities have got this. And it's, it's almost infantile, the way they defend the positions that they take when logic tells us that there are different ways and I tell my students that you don't follow your leaders and don't listen to your leaders, including people like myself, who might think they're your leaders, you use your common sense. You always ask the questions and dig deeper and that's when you find the truth but I am I have forsaken governments around the world, we need better leaders than what we've got. Because when this when this whole thing COVID started, we were told it's a pandemic. Yes, it is. But it's it's very, very, it's not as bad as the next one there is going to be. This is just a dress rehearsal for the real one. And we got to shut them down next time as well. I don't think so. We were told it's a war and that we're going to be working all together and be inclusive. Well, as far as being inclusive is concerned, people, like me around the world have been totally excluded from decision making by government and healthcare authorities. I mean, are we crazy. I don't think so. I mean, I've got hundreds of thousands of articles dealing with health care in another way. And it's to do with a lot of its to do

with nutrition A lot of it's to do with the environment you know. Why did the people in northern Italy have such a high death rate? One they were elderly, two they lived inside, three they were very close to freeways and more pollution, four they smoked, five, they drank too much, six many of them were on ACE inhibitors blood pressure drugs,

M Molly Knight 40:35
A cocktail, isn't it?

P Prof. Brighthope 40:37
And you know the underlying thing of course, i mean is that they're low in the very important building blocks to support their immune system, not boost their immune system, just support it with basic levels of C, D and zinc etc.

M Molly Knight 40:57
The basics yeah What about zinc Ian talk to us about zinc? What do you recommend there?

P Prof. Brighthope 41:06
Zinc is a very important trace element is quite often deficient in populations that have high intakes of refined carbohydrates such as sugar, white flour products and alcohol. Because it's washed out of the system. it is involved in over 300 different enzyme reactions. It's a cofactor for enzymes in our body, and enzymes are proteins that make the chemical reactions in the body work faster and more efficiently. And so if we don't have enough zinc, then these reactions these enzyme reactions just don't work very well. And that applies all the way through to our genes and our chromosomes. Our genes and our chromosomes require zinc dependent DNA repair enzymes so we can repair any mutations in our in our in our genes. If we have a mutation in our genes, just the right sorts of proteins, for supporting tissues and for, for the enzymes that are made of proteins, so we end up with systems that cannot function properly when we're looking at the immune system, which is very highly dependent on zinc immune system doesn't function very well at all. So the immune system requires zinc and there are many studies now that show that just seeking supplementation can reduce inflammation in the throat, reducing the rates of colds, reduce the severity and duration of colds, and, and many other viral infections as well. It also protects us against bacterial infections. So it's not again, nonspecific defensive agent like the vitamin D and the vitamin C. I'll just explain two aspects of the immune system. We'll come back to zinc in a minute Molly, but there's the innate immune system

that we inherit, there is the acquired immune system, that part of the immune system where we actually get an infection or receive a vaccine, and we produce antibodies that's acquired immunity. That's after life. The innate immunity is what we're born with, we developed that in the womb. And as soon as we're born, we're exposed to viruses and bacteria, our innate immune system starts producing antibodies to these. We also receive antibodies from our mother's breast milk, which protects us and there's a close relationship between the innate and the inherited sorry, the innate and acquired immune system and they speak to one another. And then there are chemicals produced by the innate that help with the acquired immunity. This relationship is very, very important. And this relationship depends a lot on the nutrients that we're talking about tonight. If we don't get zinc during enough zinc from our mother during pregnancy or in the breast milk, we end up with immune problems and deficiencies of immunity. And that's when we see all of the infections. So if our early diet consists of Coca Cola and sweets and doughnuts and this sort of thing, then we're actually really stressing the immune system to the point that Okay, you've had five antibiotics this winter, you can expect probably 10 next winter if we don't, and this is sad you know, that we do so much damage to ourselves and our children until it affects not only their immune system, but their behavior as well.

M

Molly Knight 45:02

So Ian you mentioned that you had written to ministers and government officials. Can you tell us more about that? I mean, as a person in the community, I often feel very helpless in how I could possibly get change in our government or get some of these officials to actually wake up and make a decision with information that isn't necessarily what they're what I believe they're told to say or do. What have you done? You've written letters, have you spoken to people? What sort of responses have you had from the people that are meant to be there to protect us?

P

Prof. Brighthope 45:54

Well, I know some of these people. I've met some of the senior people in the government, the federal government here. To all intents and purposes, they've ignored my letters. And I've sent them the information. I've written to the Prime Minister. I've written to the health minister many times. I've written to the chief medical officer. I've written to the president of the Australian Medical Association who actually trained at the College of Nutritional Medicine and should know better. I've written to all the officers of the Royal Australian College of General Practitioners. I've written to members of parliament on both sides, labor and liberal. I've sent letters to the unions including the health care workers union. I've sent letters to some of the larger business corporations. It seems to fall on deaf ears. People think because you're advocating for something natural that you're anti

vaccination. And the issue here is the emotional side of the vaccination. And I'm not going to get into that debate tonight. But everybody's waiting. But no longer waiting for an effective antiviral agent because the most recent antiviral agent that's been taken up by the United States costs \$10 for a course of the drug, but it's being sold for over 4000 US dollars. So that's the most recent antiviral. The other one was hydroxychloroquine, which in sick people at high doses will kill them in the early stages, low dose probably helps them. So we're left with the vaccine, and we're not going to have a vaccine for quite some time, although there are 100 or more companies around the world experimenting with vaccines and usually the recovery rate of that is around about 5 percent. So there may be five or 10 companies that actually produce a vaccine Whether it's safe, whether it's effective, I don't know. But we don't know. We know that the vaccines that have been manufactured for SARS in the past, have had serious side effects, very serious side effects not only when they've been given but also when a person has been exposed to the wild virus just after the vaccine has been given. So I hope that they will come up with some safe and effective vaccine for the majority of people who want it. But I also believe that there should be an opportunity for those who want to achieve wild virus immunity through the use of defense mechanisms that we're talking about tonight, C, D and zinc, that we can achieve some degree of relief from this virus. I also point the finger at the research establishment and the clinical establishment who have ignored all of the literature and the science to do with vitamin C and D and zinc. They are culpable. They should have been doing work on this because we knew it wasn't a matter of when the pandemic was going to hit us but it's a matter of I'm sorry, it's not a matter of if, but a matter of when. And my question is they're getting closer and closer. Now we've had SARS, we've had swine flu, we've had MIRS, we've had bird flu. And the next one may not be the dress rehearsal. And how far off is it? With this current one over the last few months, mutating, virus mutating at least seven times? Is it going to be less potent, less virulent? Or is it going to be more virulent? We don't know. But we've got to be prepared and we fail. We plan to fail, because we fail to plan this one. And we've been pretty lucky here in Australia, you know, we got in early, we didn't get in early enough. We had, of course, the Ruby Princess cause most of the trouble. But we've been fairly lucky in coming out of summer when it started here. And so I think a lot of people probably had reasonably high levels of vitamin D. We don't know if we've got immunity to it, we're still testing vacuum flasks, but we don't know accurately how many people have had it, how many people will be walking around who are asymptomatic and carrying the virus and actually now have their own acquired immunity to it. But I do believe that if we could, we could implement a program over the next four weeks starting in two weeks time to achieve a defense for everybody in the country, simply by the government putting its hand in its pocket, not spending billions of dollars on some of these other programs. But perhaps half a billion dollars at the most and giving everybody seeking and educating the population about how to defend ourselves because we're talking about a couple of hundred billion dollars to defend

ourselves. From a military point of view, we've got to have our own internal defenses as well and protect the public and, and especially those who are vulnerable and high risk in the community. And it's just not my opinion. One of my colleagues in in the UK works in Harley Street. We agreed this could be turned around globally. In six weeks, he believes four weeks. I'm a little bit more pragmatic things a bit. Things don't work that fast. But I even made inquiries with the vitamin industry Do we have enough vitamin C and vitamin D in the country and the vitamins industry said, yes, we can ramp it up, but we're dependent on importing vitamin C and vitamin D from China. So we've got to stay from China as well. But in Wuhan, I've been to Wuhan probably about 25 or 30 times and professionally got colleagues in the US who work with the doctors in Wuhan and when it broke out in Wuhan, there was a truck a couple of truckloads of vitamin C taken into Wuhan and the doctors were using vitamin C intravenously there and getting very good results. The Chinese have a culture that's a little bit different to ours, you know, they appreciate so they will, they will use anything that they see that works. They won't wait for a particular population of people with COVID to test vitamin D and take six months to 12 months to produce a paper thats published and tell the world they have discovered something. I think we've got a lot to learn, and our authorities have got a lot to learn, they've got to open their minds up, otherwise, when it comes time for accountability, who's going to be held accountable? Who?

M

Molly Knight 53:21

And that time will come Ian I think I think there's such a lot of disharmony in the community around and distrust with our authorities. It's, it's coming.

P

Prof. Brighthope 53:31

Molly, I know that my information got through to the task force in Canberra, because my local member actually told me that my letters were getting through to the health minister, the chief medical officer, and the others there, but did they bother to communicate with me? No

M

Molly Knight 53:51

It's very disappointing.

P

Prof. Brighthope 53:53

Well, it's a disgrace because is this is a democracy, are we all included? And it's not as if I'm not known by them. And it's it's either doesn't matter to me, but you know, another

person may regard as an insult or an offence. I how I see it is it's very sad situation for humanity when our leaders don't listen. All they listen to is the information coming from a particular sector of the medical profession. We just don't believe in natural healthcare, who had not been in training in it, but make decisions about it

M Molly Knight 54:44
Doesn't make sense,

P Prof. Brighthope 54:46
No it doesn't? Well, when when you consider that there, possibly trillions with at least billions of dollars being poured into vaccines and the amount of lobbying that goes on from the big companies, they make sure that the the the advisors are getting their advice so that the leaders can make decisions based on biased advice. And we also have a media in the country that's also very biased, including the ABC. It's a very biased media. There's so many journos. I mean, only I've only met one or two really honest journalists who really want to get to the truth of the matter. One of them was, was with the ABC and her show was shutdown that was Catalyst in she exposed the truth about statins. So, we, we don't as it's been said in the past, many times the first casualty of war is the truth. And somebody else once said the only way to deal with a pandemic is the truth.

M Molly Knight 56:05
We're not seeing a lot of that Ian are we?

P Prof. Brighthope 56:06
No, unfortunately. But I think we've been pretty lucky. I just feel very sorry for those of us who've lost their loved ones because they they could have been saved. There are doctors in the US, there are doctors in in some of the Middle East countries and there are doctors in China who are giving intravenous vitamin C and getting very good results. But the intensive care specialists here refused to give intravenous vitamin C. Because there's been some successes, and they don't want to admit that they've been wrong

M Molly Knight 56:46
There could be a lot of that wouldn't they're definitely ego and yeah. It's very distressing. I find it very distressing.

- P** Prof. Brighthope 56:59
There is some light at the end of the tunnel we've just got to shine it on the powers that be or change the powers that be
- M** Molly Knight 57:07
Yes, yes change we need change. I agree. I couldn't agree more and I think probably most of the population agrees as well.
- P** Prof. Brighthope 57:18
The cause of death in Australia and America, one of the top causes of death is iatrogenic its fear physician induced, it's the wrong diagnosis the wrong drug. And, and this is a fact of life. And we estimated in integrative medicine 80% of people would be far better off if they reduced or stopped their medications and went on a number of different vitamins. And it's like changing diet and went for a walk. With a pet. You know, it's easy, right? It was good prescription for a pet friend of mine does So,
- M** Molly Knight 58:01
yeah, it's, well, the whole system would collapse. There's so much money involved in medicine and healthcare.
- P** Prof. Brighthope 58:10
There is and we've all got vested interests in it. I mean, if you've got a superannuation fund more than likely that the superannuation fund has got shares in drug companies, the most profitable companies in the world. So we've really gone down.
- M** Molly Knight 58:27
Yep, down the gurgler big time. We need a reset. Everything needs to be looked at and reset every country around the world.
- P** Prof. Brighthope 58:39
Look, I agree. And I think the force is not going to come from the powers that be or those who are experts. The force is going to come from the public, who become more and more informed.

M

Molly Knight 58:52

Yes, absolutely. Couldn't agree more. Ian let's move on to some of the questions that people have sent in because we've got quite a few of those. Now, the first one was if you contract COVID-19, what is the best course of action? I think we've probably covered that. But is there anything you want to add to that?

P

Prof. Brighthope 59:15

Well, hopefully, if you can track it it is only going to be a sniffle or a mild cold because you would already be taking vitamin D, vitamin C, and zinc. If you haven't been and you can track it, then you go straight on to it. I'll go and get the vitamin D levels measured. The government in its wisdom stopped rebates for vitamin D testing some time ago. Doesn't make sense, but go figure. Or, and if you're low, you might need to go up to 10,000 units a day but do it under the care of somebody who knows what they're doing. If you start getting a cough, be careful. If you start getting short of breath, and you think you may need to be hospitalized. The first thing you do is get some intravenous vitamin C from a doctor who gives it or increase your dose of vitamin C to 10,000 20,000 milligrams per day. Or until you get loose bowels or until you feel better or it has improved. And if you get worse and you start coughing, you've got a fever and you've got shortness of breath, it's not being relieved that and you'd be admitted to the hospital, I'd demand that the hospital start giving you some intravenous vitamin C. And if you're low indeed, they can give you an injection of vitamin D a bolus dose, maybe 50,000 units or even 300,000 units depending on (indecipherable) and of course, if you're taking your zinc as well, and you've stopped sugar, white flour, products, alcohol, and anything with chemicals in it. And, you know, get really into your fresh fruits and vegetables and perhaps oily fish in your diet. If you know somebody who's going into intensive care, you'll get pushback from the intensive care specialists. My suggestion to people is you may need to seek legal advice in that situation and have your lawyer talk to and go by the doctors. And I don't mind. I don't mind speaking my mind here because that some of the doctors have seen people's lives saved in intensive care. There's a couple of 60 minutes reports from New Zealand about a decade ago, where a gentleman was going to be taken off life support after being on it for six weeks. He was unconscious, he had lung whiteout he had renal failure and he also had hairy cell leukemia. And the doctors over there refused to give him the vitamin C until the family went to the lawyers. The lawyers insisted on it being given and in three days his lungs started clearing and he was taken off life support. He's still alive.

M

Molly Knight 61:54

Oh, gosh.

P

Prof. Brighthope 61:56

Experts around the world said this gentleman didn't had no chance of surviving. And still the doctors who witnessed that don't have a level of inquiry that I would say should be there for somebody who's been scientifically trained. Very, very, very sad. so shameful. It is shameful making judgments about people who should know better. But that's the situation if you're put under, If you're given oxygen, then you need a lot of vitamin C because the oxygen produces oxygen radicals free radicals. And if you're put on a ventilator, then your relatives should start praying hard because the ventilators actually increase the risk of death. Mechanical ventilation, putting a tube down. That's when you really do need very, very high doses of vitamin C intravenously. You may need may need 50,000 milligrams But more likely you're going to need 100,000 milligrams. And you know, when you really get to a point where you know, life is almost finished. And you should never get to that stage doses of up to 200,000 milligrams or 2 million grams have been given. I mean, I was told that if you give any more than 100 milligrams, this by the so called medical experts in this country, who train a lot of doctors, you're going to cause kidney damage. Well, 100 milligrams is nothing compared to 100,000 milligrams. And you still don't see the renal damage they claim, you've got to be cautious, you've got to be sure there's plenty of fluids going in. But I think the message is got to get out there and Health Australia Party can keep pushing this message message out that there has to be change. And these people in powerful positions who are responsible for people's lives need to look at the experience of those who've actually been out there and become experts in vitamin therapy, you know, when you go to a doctor and and with that a migraine headache and ask the doctor for herbal medicine because he wouldn't have a clue. You might look up a little book, give you a few or give you something else or whatever. No, you go to an expert, people with experience. And this is what happened in Wuhan in China and Shanghai, in China and other parts of China. They give the orthodox treatment, the mainstream medical care and drugs to the covid patients but they also give them vitamin C and other nutrients and they also give them traditional Chinese medicines.

M

Molly Knight 64:40

Yeah, exactly. As it should be combined therapy approach. Absolutely. Okay, next question Ian a doctor in the US and ICU doctor has said the treatment is wrong for COVID as these patients don't have pneumonia, but seem to be presenting with symptoms as though they have altitude sickness. What, what's your thoughts on this?

P

Prof. Brighthope 65:06

`Well, it is like an altitude sickness. It's not a classical pneumonia. What is happening and it's only been recently discovered that these free radicals produce stickiness of the blood

and the blood becomes very sticky and the blood that's circulating around the air sacs in the lungs, the blood circulates around the air sacs and picks up the oxygen and gives off the carbon dioxide so you breathe off carbon dioxide, that blood becomes very sticky and those little arteries are called arterioles. Around the air sacs the lining becomes hyper oxidative it becomes damaged. And so free radicals are formed there and it causes stickiness of the blood and that blood when it becomes sticky forms little clots. So the the air sacs are surrounded by clotted blood if you like. So it's not a classical pneumonia where the air sacs fill up with whole lot of white blood cells and become solid is very This is why they give these patients heparin. heparin is anti-coagulant to stop the blood getting sticky. What else stops the blood getting sticky? Vitamin E? vitamin C?

M

Molly Knight 66:18

Vitamin C, yep.

P

Prof. Brighthope 66:22

So you give it before all of that happens. And you give you can give other things to stop the damage to the blood vessel walls as well. I won't go into that tonight because I want to try and keep this. You still give your C, D and zinc and let the doctors give you heparin in the hospital . And the other thing to stop me from being shown recently is a cortisone substance called dexamethasone. And I don't have any objection to heparin into dexamethasone. They're very, very important in this. Okay. cortisone is a natural substance and heparin, isn't it? Yes.

M

Molly Knight 67:05

Okay, next one. What is the difference between the Coronavirus that basically causes the common cold and this variant called COVID-19?

P

Prof. Brighthope 67:15

Good question, hard one for me to answer? I'm not a biologist. My understanding is that these spike proteins on this Coronavirus are different in terms of their mechanisms of action. And they actually, I think, have an effect on the ACE receptor, which is the angiotensin converting enzyme receptor of the cell and actually just damages the receptor. And that damage allows it to enter the cell And the ACE receptor, the angiotensin converting enzyme receptor is one of these receptors involved in blood pressure regulation. So people on ACE inhibitors, where these inhibitors actually allow the formation of more of the receptors, because there's more receptors, they're more viral

particles can actually enter the cell. That's my understanding of it. And that's how it's different. And the spike protein produces some sort of an enzyme that's unique to that to this particular COVID-19 virus. And it's probably because of some mutation.

M

Molly Knight 68:46

Okay, there was a question about using ventilators. But we did touch on that, that it's the wrong treatment.

P

Prof. Brighthope 68:54

Well, I would prefer with our techniques. All of us know now what we would do, we would not get to the stage where we need to go into intensive care and preferably, we would also not be in a situation where we need to go into into a hospital. But if you have to, then the intravenous vitamin C should be started straightaway. We're actually designing a study at the moment to follow these, these recommendations but I can't say much more about that at the moment.

M

Molly Knight 69:23

Sure, okay. But that's, that's great. Now, next one, why do hospitals get paid for certain diagnosis for instance, in the US, the hospitals get \$39,000 for each patient that uses a ventilator? I believe this does also happen here in Australia. To me it sounds like a conflict of interest to the true cause of illness or to the correct form of treatment. Can you share your thoughts on this? Please? Don't know okay.

P

Prof. Brighthope 69:55

I really don't know. I mean, I've heard I've heard things along those lines, but I don't know any detail and I hope that that sort of thing doesn't happen, but I can't say much more than that.

M

Molly Knight 70:10

Well, I don't know. Okay, next one, what are your thoughts around wearing masks?

P

Prof. Brighthope 70:16

Again, that's controversial. But if you've got good masks, it does help to reduce the spread. If you've got covid and you're breathing out or spitting out, particles with the virus

in it, and you've got a mask on, there's much less risk of those particles getting into the environment. So if you if you've got active illness, definitely wearing masks is important. If you are asymptomatic, but you've been shown to have the virus, then wearing the mask is important in protecting others as well. Because even when you speak you're spitting out particles of virus in saliva. coughing Absolutely. I mean, if you are simply symptomatic reside at home too, until you're over the infection. Wearing masks or protection is possibly a scientific but there's there's conflicting evidence, but certainly I think in places like Hong Kong and Taiwan masks were used and social distancing and hygiene thing of the hands and other forms of hygiene were strictly adhered to right from the beginning because Taiwan had experienced SARS. And no it was serious, and they knew exactly what to do when Wuhan announced the this virus had leaked out and causing problems in your home. So Taiwan shut down immediately. Taiwan is the island off mainland China and I have colleagues there who I know and basically they didn't shut down. They kept on going because they knew what to do.

M

Molly Knight 72:14

All right, someone thanks Ian, sorry, is there anything more there? Yes. All right. Um, what what do you do if you have a vitamin C allergy?

P

Prof. Brighthope 72:25

No such thing.

M

Molly Knight 72:26

No such thing. No. Okay.

P

Prof. Brighthope 72:31

If somebody's saying that they've got a vitamin C allergy maybe vitamin C made out of sugarcane, or maybe made out of sugar beet, there may be residual bits and pieces of things from the sugarcane and the sugar beet that they're reacting to, but the amount of vitamin the amount in the vitamin C will be neutralized by the very powerful anti allergy effects and vibrancy. The best thing for an allergy is vitamin C. Okay, what these people who say that they've got allergy to vitamin C, probably suffering from is a, an early commencement of a detoxification program that the vitamin C is initiating the vitamin C's immune system to become more active, it stimulates them to be more active with the enzymes in the liver to be more active. So what's probably doing is helping the liver to clear out substances that have been residing in the system for a long period of time. And

it's like a dirty old pipe, you know, you get to pump up the dirty old pipe and pump all the rubbish out and all of a sudden you've got rubbish coming out at the other end and causing a mess. Well, it's relative, she is actually forcing the liver to pump a lot of rubbish in to the gut, into the bile, and your system is having a reaction to it. So what I say to these people, you know, take very small doses And very frequently over a period of time so your system can get used to it and not forcing all the rubbish out of the pipe all at once, but you're just slowly pushing it out. So the other end you can cope with the rubbish and disposal of it.

M

Molly Knight 74:14

Okay, so crawl through the pipes, I guess. Yeah. Okay, um, the next one. Do you think COVID-19 was a man made virus or naturally occurring somehow jumping from animal to human

P

Prof. Brighthope 74:30

jumping from animal to human? I don't know. I mean, yes, men as making viral is making viral particles we can do that we can make parts of viruses. But the the, the evidence is not very, not very good evidence from from what I've read. And it's more likely if you've seen the wet markets in China. I've seen many, many wet markets in China and you know, there, there are so many different animals and animal parts all being mixed up together. There are live animals and they're dead animals. It's so easy for a virus in that situation to jump from one species to another, and into a human being. I mean, it when you talk about a wet market its wet, wet wet, wet with blood, wite with pieces of animals and you know, there's a chopping block here and chopping off some unusual animal and another one over here, but that's the Chinese culture. It's always been like that. It's just that in the villages it was small. Now we've got these huge cities with these huge markets, there is a there is a very slight opportunity for a virus to say, Okay, I'm adapted to this particular animal but that one over there is looking pretty good. So you know, there is an opportunity. So you know, it's gone from one particular animal and probably from the bat to the, the animal that's good like a anteater and into a human, and the evidence for that is strong.

M

Molly Knight 76:05

Okay. Okay, thank you. Um, so someone said, assuming vitamins and herbal medicines will help is good to take them on today or just wait to when you get some symptoms. And I think you're saying take it daily take stuff protect yourself all the time.



Prof. Brighthope 76:24

Yes, there's no evidence to say that you live a normal life in this country that you're going to have the right levels, the optimal levels of vitamin D, there's no there's no evidence, the evidence is that you're going to be low or deficient, especially during the winter, especially if you're white, and you know, and the other is "collectors", if you've got darker skin you're certainly going to be low and or deficient. And what is low or deficient depends on your definitions. But what I like is, this is low, and this is high and I like people to be up here or even a bit higher providing to certain levels that we know in the lab 18 to 85 milligrams per millilitre is one factor and another is millimoles per liter. Above 130 140 millimoles is the other measure so it's important that we be scientific about the vitamin D everybody needs vitamin C. You don't worry about testing for it because there aren't any reliable tests the only the best test is the white blood cells.



Molly Knight 77:36

Ok that's the dog, sorry, having a coughing fit. Do you want to take them out I'll open the door sorry sorry everybody. Now another question Can vitamin K2 be taken while supplementing with D3? Should it yes should it be taken together?



Prof. Brighthope 78:00

What Why would you be taking it? Number one for bones and number two for the health of your coronary arteries and reducing the calcification in coronary arteries? I think K2 is a very useful vitamin as well. It's a fat soluble vitamin like D. So if you've got a really good reason for taking it, yes



Molly Knight 78:25

Allright, I know, someone else has said, what about the mandates of flu vaccination to visit the aged in nursing homes? That must be for the visitor for people visiting people. Do you think that's reasonable, I guess. Protect the elderly?



Prof. Brighthope 78:51

The more flu vaccines you have the more likely you're going to have a bad Coronavirus infection.



Molly Knight 79:02

Okay, so,

P

Prof. Brighthope 79:03

You've had half a dozen flu injections your immune system, in some people, possibly many people, will have a bad reaction to to COVID. So I don't, I'm not supporting the use of mandated vaccines. And I would prefer people to do to do the program that we're talking about but more importantly for hospital, the nursing home, the institution to begin with vitamin D and vitamin C and zinc. And that's the that's the best way to protect them. And also put these give these people an opportunity to go out in the sun even in winter. When the sun is at its zenith and exposed and you know, 20% of their body, to their skin, to the sun rays. Putting blockou on actually stops the UVB get into the skin so blockouts no good.. And vigorous, I don't know how good this science is, but the vigorous washing of the skin with soap after being in the sun may wash out of some of the cells that actually produce the vitamin D but I don't know how good that science is. So something to research Ian Don't wash very often and who live in a, you know, not a sunny climate, it's probably a good thing not to do.

M

Molly Knight 80:34

Okay, in Victoria, the numbers of COVID positive patients is growing and as the government is paying 1500 dollars to everyone who has a swab done, so of course lots of people are lining up and of course the numbers will escalate. And it says it doesn't make a lot of sense to me as most people are clearly asymptomatic and not ill. So Do you understand why there's a purpose in this?

P

Prof. Brighthope 81:02

No, I don't. I really don't. And I think it's, it's, it's the situation's been absolutely chaotic right from the start. And the science has been chaotic, you know, arguing about social distancing, how far apart wash your hands wear masks and so forth. And decisions are being made on the hop, Fail to plan, plan to fail. I mean, that's the story. And it's, it's working within chaos and making decisions to do something that's causing a lot of this. Yes, the social distancing, the fence, the fence, ringing, ring, ring fence, or what are they calling it, the hygiene, all of these things are very, very important. But paying money to the people to do tests, it's just more waste. waste. waste. waste is what we're seeing huge amount of waste, wasted lives, wasted businesses wasted economy. And there there are better answers. And this is what makes me very, very frustrated, very sad and very angry that these sort of activities are occurring. I mean, I wrote to Daniel Andrews, at the beginning. I mean, there's not too many people I didn't send a message to and, you know,

it's sort of like it falls on deaf ears, you know, this guy must be a crank, you know, what's vitamin D? In? Just, you know, vitamin D is what you get from the sunlight. How can that prevent, you know, they don't understand this stuff actually goes into the cells of the immune system and facilitates the production of antibodies. It's simple, you know, I just, I mean, a lot of these politicians are so poorly educated. In fact the entire population needs educating with regard to self help and healthcare and not rely on a disease care system, which is very, very good when when you need it, and should only be treating people who suffer from trauma. We shouldn't we shouldn't be having most diseases that we're faced with, we can prevent them. But as I said before, we're on a fast train to ruining, runing the race. And it's quite scary, isn't it? Well, they need to wake up. This is this is just a dress rehearsal. Not you know, virologists have been telling us about the coming pandemic for a long time. Even Dr Professor Bill Gates was telling us about it. He got that message from better educated people. You know, we know what's going to happen and we know that's going to happen because the environment is suppressing our immunity. There's so much so much documentation about that one of my colleagues in Melbourne wrote a paper about pollution and the closer you live to a freeway more likely you're going to have heart disease lung disease strokes and and possibly many cancers and it's and it the closer you get, the more likely you're going to get these disorders and that's just one aspect of our environment There's many isn't there There are Molly you know, we're full of chemicals and pesticides, heavy metals and residues and these things you just test the fat and test the blood you find it you do a hair analysis you find everybody's got lead arsenic cadmium mercury in their systems. You know,

M Molly Knight 84:45
Its a wonder we're all walking around really

P Prof. Brighthope 84:48
We're pretty resilient but the more resilient we become sometimes I think, the more insane we become.

M Molly Knight 84:56
Yes, blase perhaps

P Prof. Brighthope 84:59
Well blase or living in a toxic environment. I remember reading Rachel what was her name "A Silent Spring" back in the 1960s Rachel Carson's book. It was scary then and

hasn't hasn't improved. It's got worse.

M Molly Knight 85:19
Well, you have to wonder where are we going?

P Prof. Brighthope 85:21
Well, your listeners, I mean, it's very important for your listeners to talk to other people about this. And, you know, I think the more we try to get messages out, the better off we are in the long run, because if we keep losing the environment, at the rate we're of doing it, there's going to be more and more disease and new diseases. We're seeing new diseases, we just type disorders and cancers that are becoming more difficult to treat and the canary in the coal mine or the canaries in the coal mine are our children and its being reflected in their behavior disorders, learning disorders, ADHD, autism and the increasing neurological neuropsychiatric conditions that are affecting our children.

M Molly Knight 86:14
We have to wake up and learn, make changes make a difference.

P Prof. Brighthope 86:20
Yeah, I agree. But I think changes to government policy is very important. I delivered a National Press Club address in 2002. I've got it on my system here. And I was talking about it back then. Was there

M Molly Knight 86:36
Twenty years ago basically,

P Prof. Brighthope 86:38
Yeah yeah, was there any, any change?

M Molly Knight 86:42
No. Well, let's hope we can start a new path lan and actually get some change.



Prof. Brighthope 86:47

Well I hope that the Health Australia Party can get bigger and stronger, you know, because there's no political party in this country that focuses on health. I mean, the closest party to health is are The Greens. And thats to basically look at the health of the environment, our health is not considered. But heealth is health of the environment, health of the individuals, health of the economy, and health of business, health of all of our activities.



Molly Knight 87:26

hmm. Exactly. Yeah. Health for all. Alright, well, Ian, on that note, I'd like to thank you so much for joining us tonight and imparting your wisdom with us, I've learned quite a few things. So I thank you for that. And I'm quite sure that our audience will have gleaned some good information and so hit the vitamin C, the vitamin D and the zinc and get us through winter from anything basically. Thank you Ian much appreciated.



Prof. Brighthope 88:01

You're welcome. My pleasure. Good night everyone.