

Dr. Smith Live

Energy Medicine: The New Frontier

September 18, 2025

Topic: Why am I still sick?

- Why am I getting worse when I am taking all my supplements?
- 31 factors keeping you sick?
- Why can't I take my chemo along with my supplements?

With Co-Host Patricia Sihlanick

Time: 07:00 PM Eastern Time (US and Canada)

Register in advance for this meeting:

https://us06web.zoom.us/meeting/register/YuehAVUGQBC6DF_e4jwpmg

After registering, you will receive a confirmation email containing information about joining the meeting.

Why am I still sick?

The human body is extremely complex. There are over 70,000 miles of blood vessels and between 80 to 100 trillion cells in our body. There are over 86 billion neurons in the brain; 100 billion in the nervous system overall. 2.6 million red blood cells are produced every second. There are between 1 to 3 trillion pathogens in our body. There are 600 skeletal muscles. There are 21 sq. ft. of skin and integument (tough outer protective layer), in an adult. There are 30,000–40,000 skin cells shed every minute. There are 20–30 feet of intestines that process our food. There are 480 million alveoli in the lungs to process the Co2 and oxygen, and the body processes over 1 ton of food per year on average. There is a lot going on.

In reality the body is like a sponge. It can take anywhere from 35 to 65 years to reach the saturation point where the cells can no longer store the toxins. That's when all hell breaks loose.

Why am I getting worse when I am taking all my supplements?

The answer is simple. It's detoxification, healing crisis or Herxheimer reaction. The following are commonly reported symptoms during detox include:

- **Headaches** – especially from caffeine or sugar withdrawal.
- **Fatigue or low energy** – as the body adjusts to new nutrient intake.
- **Digestive changes** – bloating, gas, diarrhea, constipation, or cramping.
- **Flu-like symptoms** – mild nausea, sweating, or chills.

- **Skin breakouts** – acne, rashes, or itchiness as circulation and elimination shift.
- **Mood changes** – irritability, anxiety, or brain fog.
- **Sleep disturbances** – insomnia or unusual dreams.
- **Cravings** – especially for sugar, caffeine, or highly processed foods.
- **Body aches** – mild joint or muscle pain.



Sugar

- **Headaches**
- **Cravings and irritability**
- **Fatigue or low energy** (sugar spikes/crashes are gone)
- **Mood swings / anxiety**
- **Brain fog / difficulty concentrating**

(These usually ease within 3–7 days.)



Caffeine

- **Headaches** (very common, can be severe)
- **Drowsiness / fatigue**
- **Difficulty focusing**
- **Irritability / low mood**
- **Flu-like symptoms** (mild nausea, muscle aches in some people)

(Typically lasts 2–5 days, sometimes up to a week.)



Alcohol

- **Mild withdrawal (if casual drinker):**
 - Anxiety, restlessness
 - Headache, nausea

- Sweating, irritability
- Trouble sleeping
- **Heavy / dependent use** (⚠️ medically risky — seek supervision):
 - Shaking/tremors
 - Severe anxiety, confusion
 - High blood pressure, rapid heart rate
 - Seizures, delirium tremens (life-threatening)

(Mild withdrawal: a few days. Severe withdrawal: requires medical care.)

Nicotine

- **Strong cravings**
- **Irritability / anger / anxiety**
- **Difficulty concentrating**
- **Restlessness / insomnia**
- **Increased appetite & weight gain**

(Symptoms peak within 2–3 days, improve over 2–4 weeks.)

Refined carbs / processed foods

- **Cravings**
- **Fatigue / low energy**
- **Mood changes** (anxiety, irritability)
- **Mild headaches**

(Usually settles in under a week.)

In short:

- **Sugar & carbs → mood and energy crashes**
- **Caffeine → headaches + fatigue**

- **Alcohol → mood/sleep issues (or dangerous withdrawal if heavy use)**
- **Nicotine → cravings + irritability**

31 factors keeping you sick?

1. Eating processed foods.
2. Drinking unfiltered water.
3. Taking prescription drugs.
4. Wearing an Apple watch.
5. Wearing gold and other metal chains around your neck.
6. Body piercings especially with nickel in the silver jewelry.
7. Have negative thoughts.
8. Environmental toxins like mold in the house.
9. Spend hours on the computer without Blue Blocker glasses.
10. Surrounded by wi-fi all day.
11. Associate with negative people.
12. Do not exercise.
13. Worry a lot.
14. Get less than 7 hours of sleep a night.
15. Exposed to toxins at work or your house was build on a toxic waste dump.
16. Us an electric blanket in cold weather.
17. Wear magnets in your shoes or belt (Nikon magnets).
18. Have dental infections, root canal teeth, mercury fillings, toxic resins, or toxic bases under fillings.
19. Live near hight tension wires.
20. Live near numerous telephone towers.

21. Have toxic chemicals (glyphosate) from your or neighbor's lawn or live near a farmer who sprays his fields.
22. Toxic chemicals stored in your house.
23. Toxic fumes from carpets, paint, insulation, and other building materials.
24. Live near a small airport: small planes use leaded fuel.
25. Routinely vaccinate with flu shots, COVID.
26. Negative emotions imprinted during fetal development and childhood.
27. Trapped childhood vaccines in various organs.
28. Trapped Prescription drugs in various tissues and organs.
29. Cooking with a microwave oven.
30. Eating foods that were stored in plastics.
31. Lack of stem cells.

Why can't I take my chemo along with my supplements?

Chemotherapy uses known toxic chemicals derived from mustard gas. Plus the fact that chemo will damage and suppress your immune system. This is the last thing a cancer patient needs is to have their immune system suppressed. What sense does it make to put more toxins into a body that is already toxic. The medical literature has documented that chemo treatment is only 3% effective in curing cancer not to mention the collateral damage and loss of quality of life. Using chemo is a race between killing the cancer and killing you.

Using chemo also requires more supplements to counteract the loss due to detoxing the poisons from the chemical drugs. The key to successful cancer treatment is for the patient to acquire a good understanding of the real mechanism of cancer, have a positive attitude about the natural process, and embrace the concepts of energy medicine.