Dr. Smith Live

Energy Medicine: The New Frontier

October 22, 2026

Topic:

- How inflammation, toxins, and hypoxia triggers chronic disease
- Why natural foods reduce your risk for disease
- 15 top supplements to enhance the terrain

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/Xpf1-yqqQNyTtNVjESX6Qg

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Understanding the Mechanism for Disease

In the early 1960s, Gaston Naessens, a naturopathic researcher discovered somatids, which were tiny micro-organisms. These somatids remain dormant until activated by toxins, inflammation, and low oxygen and then they become the janitorial service of the body cleaning up toxic substances and dead and dying debris. Once activated these somatids transmutate through 16 stages to initiate cancer and disease. In the third stage of the 16 stage cycle, the somatids become a double-spore form that produces a hormone-like substance which initiates cell division. In a healthy person, the cycle, or rate of division, is regulated by blood inhibitors. Disturbance of the cycle due to low oxygen, toxicity or combination of both results in a diminished level of blood inhibitors, which in turn permits the proliferation of disease-causing forms of the original somatids.

In the 1970s, a theoretical biophysicist, Fritz Albert Popp, discovered that all cancer causing substances have the ability to disrupt a specific ultraviolet wavelength. This scrambling of the wavelength prevented repair of DNA, which then caused cancer and disease. In reality, all cancer causing and toxic substances plus low oxygen, suppress the blood inhibitors allowing the somatids to flourish causing cancer and disease.

Understanding this mechanism provides the factual basis to understand why conventional medicine's approach to killing cancer and treating symptoms is not only obsolete but dangerous to the host. The take-away message is that it is the corrupted terrain, as Antoine Bechamp observed in the 1860s, that is the cause for the transmutation of healthy bacteria to pathogenic forms that cause disease and not the germs themselves.

Why natural foods reduce your risk for disease

Chronic, low-grade inflammation sits beneath a wide range of degenerative conditions, and the dietary lever remains one of the most powerful and least expensive tools available to the individual. The evidence base assembled below draws on foods shown to modulate inflammatory markers, support immune function, and reduce the burden on detoxification organs such as the liver.

Fermented foods and probiotics are a foundational category. Yogurt, kefir, kimchi, miso, tempeh, and sauerkraut replenish beneficial gut bacteria and decrease inflammation, and the probiotics in these foods act as a direct defense against viral challenge. This matters because liver problems frequently disturb the gut microbiome; when good bacteria decline, harmful populations take over, producing inflammation and a slowed metabolism. Restoring that microbial balance through fermented foods is therefore both an anti-inflammatory and a metabolic intervention.

Berries occupy a central place in any anti-inflammatory protocol. Rich in nutrients and antioxidants while low in sugar and calories, berries reduce blood pressure and inflammation, inhibit tumor proliferation, and prevent DNA damage]. In a study of 38,176 women, those consuming at least two servings of strawberries weekly were 14 percent less likely to show elevated inflammatory markers in their blood, an effect attributed in part to quercetin and rutin. Blueberries are singled out as a particularly strong choice within this category.

Omega-3 fatty acids from fatty fish such as mackerel, salmon, sardines, and trout carry powerful anti-inflammatory effects; in a trial of 33 participants eating fatty fish four times weekly for eight weeks, the intervention group showed decreased levels of specific compounds linked to inflammation]. Seeds reinforce this pathway: pumpkin and chia seeds

supply omega-3s that boost immune response and combat inflammation, along with potassium, magnesium, zinc, iron, and protein. Salmon and lentils appear repeatedly among foods that support liver and gut health simultaneously.

The allium family and culinary spices deserve emphasis. Onions, garlic, leeks, shallots, and chives positively influence immune and cardiovascular health, help fight cancer and diabetes, and lower the risk of prostate and gastric cancers. Garlic consumption is associated with reduced risk of hip osteoarthritis, likely through its anti-inflammatory properties, while ginger produced improvement in knee pain for 63 percent of 261 osteoarthritis patients after six weeks of extract use. Turmeric, with its strong antioxidant profile, can be stirred into drinks or tea to ease a sore throat and treat coughs, and it is also listed among supplements whose effectiveness is supported by studies for liver support.

Coffee, notably, reduces inflammation and regulates insulin, and men consuming the most coffee showed nearly a 20 percent lower risk of any prostate cancer and a 60 percent lower risk of lethal prostate cancer, with benefits seen in both regular and decaffeinated forms. Green tea and olive oil likewise appear among evidence-backed anti-inflammatory foods, with olive oil reducing specific inflammatory markers in rheumatoid arthritis patients.

Conversely, trans fats—hydrogenated oils in fried foods, baked goods, margarine, and coffee creamers—are linked to heart disease, obesity, type 2 diabetes, and systemic inflammation. Eliminating processed foods is therefore as important as adding therapeutic ones].

Additional foods worth incorporating include almonds, artichokes, beets, broccoli sprouts, citrus fruits, dandelion root and greens, glutathione-boosting foods such as raw spinach, avocado, and asparagus, and leafy

greens generally. Leafy greens are rich in phytochemicals, folate, and calcium and can lower diabetes risk. Mushrooms merit daily inclusion; women eating just 10 grams daily enjoyed a 64 percent lower breast cancer risk, rising to 89 percent when combined with green tea. Beans, lentils, and peas consumed twice weekly can reduce colon cancer risk by 50 percent. Eggs supply zinc and vitamin D, shrimp provides protein and omega-3s that combat inflammation, and honey carries antibacterial properties.

How antioxidants prevent disease from occurring:

If a toxic terrain sets the stage for the activation of the somatid, it makes sense to counteract the process by supplying the body with antioxidants to neutralize the poisons that prevent somatid activation. The best antioxidants that I have discovered are:

1. Glutathione and augmented NAC
2. Curcumin
3. Resveratrol
4. Organic, cold pressed omega 6 oils
5. Organic omega 3 oils
6. Astaxanthin (6,000 times more potent than vitamin C)
7. Vitamin D_3
8. Vitamin E
9. Melatonin
10. PH Balance: Humid and Fulvic acids
11. Food based vitamin B-complex
12. Milk Thistle
13. Carotenoids (Vitamin A, Lutein and Zeaxanthin)
14. Coenzyme Q10
15. Molecular hydrogen: has powerful antioxidant benefits and is able to protect cells against free radicals. A reputable journal (Nature Medicine.

2007) by a team in Japan, discovered that inhaled hydrogen gas could act as an antioxidant and protect the brain from free radicals.

16. Pterostilbene is a dimethylated derivative of resveratrol: (found in blueberries, cranberries and grapes): anti-inflammatory and good for memory loss, high cholesterol, high blood pressure levels and even certain types of cancer. Increases hippocampus *neurogenesis*.
17. Lipoic acid: powerful antioxidant.Found in broccoli, carrots, potatoes, and red meat. Protects your cells against damage and converts food into energy.