TFTC 395

**Marty:** [00:00:00] What is a freaks boy, Marty here. For a very exciting episode, I'm sitting down with, uh, Dr. Sabine Hazen, who I came across last week while listening in on a project Veritas Twitter spaces and. , Dr. Hazen. I think, uh, what you were discussing in that space is just something I had not come across. You've been talking about the ramifications of the Covid vaccine on the show for a couple years now, and your domain expertise is microbiomes within humans.

And, and you said that you have seen a disruption in human microbiomes, uh, after the rollout of these vaccines. Is that correct? Correct. And so, Before we dive into exactly what you're seeing, uh, in terms of people's microbiomes being disturbed by the [00:01:00] vaccine, I, I think maybe to start just talking about the concept of microbiomes more, more broadly.

I think this is a subject that, uh, many people are a bit, uh, ignorant to too. These, these microbiomes that exist in our bodies and how they interact with us as humans. .

**Dr. Hazan:** So the microbiome is essentially, you know, uh, um, a way of looking at a group of microbes that interact with each, with each other essentially.

So, bacteria, fungus, viruses, you know, all basically living in the bowels of humans, right? And those microbes are obviously gathered from the outside, right? We're exposed to microbes all day long. We touch the soil and there's. Trillions of microbes in the soil. You eat a fruit and there's trillions of microbes in that fruit.

You eat a yogurt and there's trillions of microbes in that yogurt. Um, so essentially there's a lot of microbes that are pretty much in our foods [00:02:00] around us, surrounding us. Uh, and we only know a few of them, right? There's only a few that we've kind of like tackled and said, you know, this one's a bad bug and this one's a good bug.

But really, when you start looking at the microbiome, you realize that there's no such thing as a good bug or a bad bug. It's really all about the balance of these bugs, and it's all about. their function, right? So every single bug has a utility, right? Kind of like every human on the planet has a utility, right?

Not everybody could be plumbers, not everybody could be accountants, right? So everybody has a job that's being done that makes the planet continuing to go and, and, and continuing to move on. . If you look at a microscopic picture into the gut, into the microbiome, each one of these groups of microbes have a function, right?

So you look at, you know, the occus or doing something, the clostridiums are doing something, the bactes are doing something. So when you alter that balance, And [00:03:00] you get rid of a bunch of microbes, uh, especially ones that were potentially your immunity, cuz immunity starts in the gut. Um, then you have to kind of say, well, maybe that's why, you know, I got an infection maybe.

I have an imbalance because the microbes that were supposed to be giving me immunity are no longer there, or the microbes that were supposed to digest my foods are no longer there. Or the microbes that are, you know, uh, absorbing my vitamin Bs are no longer there. Right? So we really have to start thinking of the microbiome as.

Not only the bugs that are causing the problems and overgrown and causing, uh, uh, dysbiosis, but also the lost microbes. Right? And I think to me, what we lose in our microbiome is more important than what we have overgrown, because what we lost is what we lost our immunity. And so when you start looking at the microbiome of [00:04:00] humanity and you start looking at, you know, covid and the.

I started realizing that, you know, when you look at patients with Covid, the number one risk factors were, you know, obesity over, um, uh, aging process and comorbidities. Like autoimmune processes, patients with cancer, et cetera. And so looking at those people, you know, and you look at the microbiome, and I was doing microbiome research before the pandemic, so I kind of, you know, had an insight on what those microbiomes looked like.

And when you see people that are super healthy, they have a completely different microbiome than the people that are, that have these comorbidities, right? So, you know, Questioning the idea of maybe the loss of microbes and the imbalances. What really created a problem and got us into problems with covid to begin with.

And so that was my research, that was my hypothesis from the beginning. And [00:05:00] then, you know, through that, uh, you know, came to find covid in the stools first, cuz that was the most I. Piece of the puzzle we needed to figure out at the beginning of the pandemic. So we had already stools that we had collected from March, 2020, and we discovered that Covid was in the stools of these patients, um, that were symptomatic.

And um, so that was the first discovery, the whole genome sequence of C O V I D. The second discovery was really looking at patients with severe covid compared to patients who were exposed to covid and high risk and realized. that there were a key, a group of microbes that were really prominent and almost, I don't wanna say protective, but almost, you know, wondering if that's not a susceptibility marker.

Right? So the severe covid had, for example, zero bifidobacteria, and I mentioned bifidobacteria because that's a bacteria that's present in your probiotics, in your yo, [00:06:00] in your good yogurts. And then the. The non-severe, but high risk exposed, asymptomatic negative for covid non-vaccinated, had high bifido bacteria.

So that was the first thing was, wow. So bifido bacteria should really pay attention to the bifido bacteria, right? Because one, it's a trillion dollar industry of probiotics, so obviously it's got a role in immunity because we've made such a big deal out of it selling all these probiotics. . And then the second thing was the difference between, you know, the babies had so much bifido bacteria and the old people had so little.

So even the process of aging was loss of bifidobacteria. And then from there, discovering vitamin C increased the bifidobacteria. and then Ivermectin being very similar to bifidobacteria in the sense that it's from the same phylum, the same group of microbes. You know, ivermectin is a fermented product of a bacteria called Streptomyces.[00:07:00]

And so, you know, when I looked up Streptomyces being from the same phylum, Actinobacteria as bifidobacteria, I said to myself, maybe one feeds the other. Right? Because in the world of the microbiome, it's all. , you know, microbes together, right? So it's always one suppresses one microbe, one increases another microbe, one feeds another.

You know, I mean, it's all about that relationship between microbes really. And so when I saw that, I said, maybe that's why Ivermectin is working in my patients. And remember I was doing the clinical trials on Ivermectin Doxycyclin with the FDA watching me. So I was seeing, you know, No one on the pandemics.

Even on the pandemic, even though I was running the clinical trials, placebo control trials, where, you know, one group was getting Ivermectin, doxycycline, the other one was getting nothing. And then, and, and those people, you know, and. Basically no one died. I, you know, I monitored those patients as soon as [00:08:00] their oxygen started dropping because they were probably on placebo, um, or whatever they were on, because I didn't know I was blinded.

Then right away I would treat these folks with. How I knew to treat with Ivermectin and also added other products like Hydroxychloroquine, Zak, you know, because these people's oxygen started dropping and they didn't want to go to the hospital. So when I started treating people with low oxygen and one after the other, they survived.

And in fact, I started posting on Twitter the before and after. . I mean, imagine the confidence of a physician to ask your patient that's crashing, to take a picture of his oximeter, right? And then also to see that oximeter going up after treatment, knowing that it was gonna go up. Like in my gut, I knew these patients were gonna be fine.

You know what I mean? So to me, you know, having. When I saw that, I started publishing the paper that Ivermectin helped patients with hypoxia. [00:09:00] And then from there, ivermectin combination therapy cuz it's not a one drug at this level. When your oxygen is low, you gotta push, put everything in the fire to turn it off.

Um, and then from there I started looking at the microbiome of patients that were vaccinated before and after vaccination. And you know, the first focus again, What's the bifido bacteria doing? And when I started seeing that bifido bacteria was dropping post vaccination, I started asking myself a question, well, is this why people are catching covid after being vaccinated?

Are they dropping their immunity? If we assume that? You know, bifidobacteria is a big component of your immunity in the gut. Is this the reason these people are having covid? Is this the reason these people are, are having problems? Um, neurological problems, you know, doctors on the frontline of treating patients?

You know, we're noticing C M V encephalitis, C M V, [00:10:00] um, I mean, uh, herpes encephalitis, uh, a l s, Parkinson's, and they all were questioning. the short because the, it was such short term after the vaccine. They were all, all these neurologists would call me and say, what do you think I'm seeing CMV encephalitis.

Do you think it's from the vaccine? And I'm like, well, that's possible because I, I've done clinical trials, I've done like 300 plus clinical trials between me and my sisters. And you know, the number one rule of thumb is essentially due, you know, once you have a side effect, like a person is dying or a person is having a neurological.

Problem post vaccination, you have to report it, especially within the month because that's called a serious adverse event and that needs to be reported. So basically that's been my path. Uh, I started being very concerned. When I started seeing the microbiome of babies, and probably why I started becoming more vocal and more on all those spaces because I was seeing that the [00:11:00] bifido bacteria of babies born to moms who were vaccinated and breastfed, uh, was affected.

So, you know, babies are supposed to have 90% bifidobacteria in their guts, and these babies were born with. . And so that's when I started speaking and I started coming out because if you wait for me to publish the data, um, you know, a lot of people are gonna die. And, and the future of humanity is bleak. So, you know, I went, I came out talking about my research, my preliminary findings, and basically saying, look, prove me wrong.

If I'm wrong, then I'm wrong. But right now what I'm seeing is concerning to me.

**Marty:** So, Do you have, uh, a hypothesis or a thesis for what exactly is in the vaccine that is destroying this, uh, bifid bacteria?

**Dr. Hazan:** Well, I think the spike protein acts as a bifid phage, as a [00:12:00] bacteria fage. I think it, it goes in and probably destroys the bacteri.

So I think that's, that's the only explanation that I can see. And what's interesting is when you look at long haulers and vaccine injured, they've, they're very similar in their presentation. And I know people say, well, you know, covid, you know, it's not covid that caused, it's not the vaccine that caused that.

It's covid. Right. You know, what if it was the spike protein in Covid that caused that, right? What if all this was a spike protein injury? Right? And so therefore, the spike protein is probably not the best solution as far as vaccination, if the spike is the issue, right? Is the problem,

**Marty:** yes. And originally, correct me if I'm wrong, but it was being marketed that the vaccine.

and the spike protein would stay isolated into the part of your arm that it was injected. So the fact that it would be affecting, uh, bifid [00:13:00] or the, the bacteria, bacteria, bifid bacteria in your gut is a bit alarming.

**Dr. Hazan:** Well, a and this is, so this was the false. , the mis, the misinformation, if you want to put it, uh, that was actually told, and the poor marketing to sell a vaccine that anybody that's a scientist or a doctor with a critical mind should have.

Really paid attention to that because nothing just stays in a deltoid, right? You put something on your skin, that skin is gonna get abs. That thing is gonna get absorbed by your blood, and your blood is constantly traveling, you know, to the brain, to the heart, to the, and then eventually to the bowels. And then from that, the bowels, there's a circulation that occurs as well, right?

So the concept of, well, Vaccine is only localized in a deloid. Well, that would be great if the deloid was by itself without any blood supply or nerve supply. [00:14:00] But that doesn't happen because the human body is basically created that there's blood that circulates constantly and that brings all these microbes back to the colon to be, you know, re-looked at and either recirculate or put back into the dump, into the septic tanks.

So I think that's, uh, you know, to a person that's basically doesn't know any anatomy, you know, that's a very, you know, interesting concept and a very, uh, you know, a narrative that's, uh, very simplistic. However, uh, to anybody that's done biology or anatomy, they should know better to know that anything you put in your skin ends up in your gut, ends up in your heart, ends up in your, in your all over the body.

The body, the blood vessels, circula.

**Marty:** Yeah, I mean, I'm not well versed on biology or have a medical background, but that always seemed suspect to me and that, I mean, that just dovetails into the whole overarching [00:15:00] con conversation of the, like you brought it up, misinformation. There was, there was an attack on doctors like yourself.

That is still ongoing to an extent. Like we won't be able to post this on YouTube because it'll be consider. Medical misinformation by the, uh, YouTube curators, uh, whether it be ivermectin, uh, recommending that people take high doses of vitamin C as a preventative men, uh, uh, a preventative measure hydroxychloroquine, uh, vitamin D like for some reason or another from the onset.

It was always, you

**Dr. Hazan:** gotta get the vaccine. Well, you couldn't even talk about vitamin D or vitamin C. You'd get. I mean, you saw that physician that's getting sued by, you know, by the government for bringing up vitamin D. So I think there's, there's definitely, there was a misinformation campaign, um, that was created to sell a stock.

You know, that's what it comes down to. Um, [00:16:00] I think this is, this has done a disfavor to humanity because we're not computers where we can just put an antivirus into the computer and then it stops, you know, and it starts working again. The human body is much more complex than that. So if you create a synthetic vaccine and you create a synthetic, you.

Uh, spike protein, that's not really gonna, the body's gonna recognize this as, as being foreign, and the microbiome's gonna recognize this as being foreign and reject it and create a superbug to fight that non-natural. , um, spike protein, and that's basically what it is. So, you know, we talk about, um, you know, narratives and look who the narrative is coming from.

I mean, you know, I, I'm arguing on Twitter with people that don't even have a medical degree or biology degree for that matter. And so I have to constantly remind myself, wait a minute, I'm the MD with the education. Why am I arguing? I mean, it's like me arguing with a [00:17:00] contractor about how to build my house.

Well, I have no idea how to build a house. I've never done it. Why would I argue with a contractor? Right. I wouldn't. So, you know, and, and the thing is, the narrative has really gotten so, , you know, disgusting to the point that when you see commercials now, I mean this, today, this morning I saw the commercial of Martha Stewart.

Mm-hmm. , uh, chopping a pineapple and basically saying, well, I'm so glad I got boosted. And the whole time I'm like, why is Martha Stewart of all people that doesn't have, you know, the best you? Health wise, right? Looking at her giving advice, fir first of all, giving advice, and second of all, um, she's not a medical D doctor.

Why is she influencing people to get vaccinated and boosted? She should be influencing people on how to improve their microbiome, how to eat healthy, how to lose weight, because weight is what got us into this problem to begin with. So you. [00:18:00] When I see that, and I see that influence using a celebrity to influence people to get boosted, you know, I have a problem with that because we should be influencing people to get into health, to exercise, to lose weight, not to like, Keep eating, drinking, using drugs and, and, and, and creating a system that is constantly a patient and, and burning out the physicians that are trying to help these people because unfortunately, so many diseases are on the rise.

And, um, you know, it starts with obesity. , you know, diabetes is on the rise. It started with obesity, you know, I mean, the fatty liver is on the rise. It starts with obesity, you know, heart attacks, et cetera. So I think we have a job as society to be a little bit more conscientious and I think, you know, it's time to stop the noise and stop the people that do not [00:19:00] know what they're talking about to talk, they need to stop talking.

**Marty:** I agree, but do you think particularly in the last three years, it, it seems like there was a divide driven in the medical community. You had that whole trust, the science meme, and I've had many doctors on like yourself who are putting out messages very similar to the one that you're putting out now, but there does seem to be part of the medical community that is bought into the narrative being put forward by the World Health Organization.

The fda, the C D C, the big pharma companies. And from your perspective, has that created a lot of confusion and led people astray in the last few years particularly.

**Dr. Hazan:** There's definitely been a division that was created, you know, marketing, marketing 1 0 1. If you wanna sell something, you gotta create division, right?

Controversy sells, right? [00:20:00] I mean, that's how you know when you see these people that have such. Polarizing personality, they, they're hated and they're loved. They're either loved or they're hated. There's no in between. But what happens is both parties are talking about them, right? Because the ones that are, that hate them so much cuz of their polarizing personality are talking about them.

And the ones that love them so much are talking about them. So there's a controversy that gets created that gets that person that. Polarized to be on stage. On top of that, you add, you know, controversial topics like, um, you know, the gender, uh, like the politics, your, your, your favorite politics, your then the race, you know, you know, the Black Lives Matter movement and all that.

That was all mixed into the whole pandemic. You know, if you'll remember, and I think it was during Delta, we had riots in California and the whole time. Thought, my God, I'm dealing with riots and I'm dealing with covid [00:21:00] and I'm risking my life on the frontline. I mean, come on. It was just too much. Right.

But the whole movement was to kind of keep you on your toes, constantly fearful so that you can like, just be controlled, right? Because the, the whole way of controlling a human being is to keep them constantly in fear so that they don't develop the strength the. and then essentially you can give them whatever you want or sell them whatever you want when they're in control.

So that's what we saw.

**Marty:** Yeah, there was no logical consistency. Thinking back to the protest of the summer of 2020, it was okay to go protest. I think they made an official statement that since they're outside,

**Dr. Hazan:** I mean it was kind of funny because they, on one hand they were saying, everybody needs to be masked.

Everybody needs to be quarantined. But yet here we are protest. . I'm like, really? You know, it's just, it was, it was chaos. It was pure chaos. But again, you, you know, they needed the chaos to kind of get their, [00:22:00] their, their distraction, to get the distractions so that they could start, you know, manufacturing all these vaccines and start getting, you know, all the, the, the plan into motion to sell, sell, sell.

So,

**Marty:** Yeah. And they're still, they're still pushing it and they're pushing it on children. They're pushing it on pregnant women. But you seem to think that this vaccine campaign needs to stop. What? I mean, I've

**Dr. Hazan:** had, well, I think they, I think they stopped like yesterday. You know, there was, uh, news that in California, the California, the mandates for children is done.

Like it's over. Uh, that's good to. . Yeah. So I think, you know, I think it's gonna stop and listen. The thing is they played with something, they had no idea what they're doing and it backfired. And not only that, it's backfiring, it's gonna backfire even worse because now the immunity of humanity is kind of messed up.

Um, cuz we've killed, uh, a bunch of good microbes that were needed. , you [00:23:00] know what's gonna happen is there's gonna be other bugs coming in that are much stronger, you know? And at that point, what do you do? You're gonna create a vaccine for the next fungal infection that occurs, because right now there's a bad fungal infections in the lung that's occurring, right?

So I think at some point we gotta just let doctors be doctors and step away from the. , you know, drama over dramatizing, uh, and give people confidence and hope that they're gonna be fine because it's really about following the light and not the darkness. It's about having hope that we're gonna be fine.

Regardless whether you were vaccinated or not vaccinated, you're gonna be fine, I think. We need to have that hope as humanity in order to heal enough of the fear factor. Um, you know, whatever will be will be, and you know, people will deal with it and doctors will be on the frontline taking care of patients like they always have.

You know, taking care of heart attacks and taking care of GI bleeders, [00:24:00] um, you know, those have not disappeared. Uh, taking care of cancers, those have not disappeared. So, you know, we need to pay attention to those diseases now because, you know, covid is something that just stopped and interfered with everything.

Um, and it, and there's other people that are suffering, you know, mental health is through the roof right now. We need to deal with that. We need to help people through this mental crisis that is happening, um, all around us. So, you know, this is time for healing. It's time to understand science, to do the science properly, and to, and to basically bring balance back into the planet.

Stop the destruction of good microbes.

**Marty:** Well on that topic, the stru destruction of good microbes. If the vaccines have, uh, sort of des destroyed some of the essential bacteria in people's biomes, is there a way to build that biome? Back up. Introduce, [00:25:00] reintroduce those essential bacterias and microbes to begin rebuilding your immunity.

We just loser. I think we're getting censored

**Dr. Hazan:** Hi, can you hear me?

**Marty:** Yes ma'am. Yes.

**Dr. Hazan:** All right. Perfect. No, I was saying it's kind of like the Woolsey fire, if you remember the Woolsey fire, everything burnt and then life grew back again. Right? Like plants grew back and tree, you know, everything started blooming again. I think in time, um, healing is gonna happen.

We just need to let it start rebuilding naturally.

No. Lost her again. , you know, we need research and we need to do the research properly, uh, in my opinion and peacefully and not have interruptions with [00:26:00] the media and all that because I think, uh, the days of, of pharmaceutical companies interfering with the media and sponsoring everything I think are done in my opinion.

We really need to be a voice as people to say enough, we don't wanna hear about the commercial. on television or in the radio. It's a relationship between me and my doctor, and I wanna have that discussion with me and my doctor because I think the moment that pharmaceutical companies took it away from the patient doctor relationship and took it to the media, we left the doctor out of the discussion and essentially the patient became the director of their health without really knowing all the complications that could happen with these.

**Marty:** So what drives you? I mean, these are, and they're not controversial to me, but many people, many doctors that I've spoken to seem to be afraid to express these ideas publicly due to the backlash [00:27:00] they may face from their hospital system or just other professionals in their industry. What, what drives you?

You seem very passionate about all. .

**Dr. Hazan:** Uh, what drives me is I've been hit multiple times along my career. You know, I've had multiple roadblocks as a woman gastroenterologist, you know, I was the first woman to be accepted at University of Florida. Somebody said, oh, we don't take women in gi. And I said, well, I guess I'll be your first one, and then, you know, From every little challenges that someone gives me, well, you don't need to look at the microbiome.

We've already looked at it. Well, I guess I'm gonna be looking at it, right? So, you know, every time I, I have a chip on my shoulder and that chip on my shoulder I think stems from, you know, being a young immigrant girl that came from Morocco and grew up in Montreal and, uh, moved to California and became a Malibu p.

And so that chip on my shoulder moves me, and when somebody you [00:28:00] know is telling me, well, you need to do this or you can't work, you need to get this or you can't practice, then I say, well, I'm not gonna do this because my freedom matters more than anything and my life matters more than anything. So I'm very, very driven.

Um, freedom of choice. I'm very driven by that. I think that's my, my sole passion in medicine is really, you know, patients should have a choice on whatever they wanna do to their bodies if they're dying. That's my opinion. If you're dying and you wanna try X, Y, Z, nobody should come in between you and X, Y, Z if you made an informed consent.

And the fact that that's not happening and we're not allowing people to have that freedom of choice or to make a proper informed consent, and we've certainly seen that with this vaccine. That's what really woke me up to ask the question. Well, [00:29:00] is the vaccine the only solution? Is the vaccine the only. . Um, so of course as a scientist, you know, the, the whole purpose of being a scientist is to, is to defy the narrative is to basically go where no one goes.

If you are, if everybody goes to the right, then you're never gonna find the answers, because otherwise someone would've found it in the right side. So you wanna look at the left where nobody's looking, because that may be where the answers are. So I'm very, I'm not controversial, I'm just, I, I'm gonna take the other side.

I'm always gonna look at the other side because if everybody's jumping off the bridge, why do I have to join them in jumping off the bridge? Right? , let me find the shortcut, not to jump off the bridge and get to my destination. So I think that's in nature, that's in my nature, that's in my personality. Um, you know, and really again, it's the chip on my shoulders, you know, so I, I, I believe in freedom to [00:30:00] choose what you wanna.

Believe in. If you wanna believe in God, great. If you don't, great. That's your choice. If you want to love x, y person, it's your choice. You know, I believe in choices and freedom to choose. So here we are. You know, we're, we're asking humanity to start, you know, becoming, Liberal in our, you know, not tagging people by genders.

Um, but here we are also, you know, tagging them by race and by religion. So, you know, it's a bit hypocritical in my opinion. It

**Marty:** is, it is. It's good to know that there's doctors like yourselves that aren't lemmings out there. We'll just jump off the cliff with everybody else. Seek, seek out truth. That was the most frustrating part of the last three years.

just the complete, uh, obstruction of anybody looking for the truth in all this, when it was so, no, it was so raw to think that the [00:31:00] establishment had all the answers right away, it was, it was very alarming.

**Dr. Hazan:** And, and they forget that the establishment is actually asking for answers to the people that are doing the research.

Like me, myself, you know, when we have complications in research and clinical trials, you know, I've been doing clinical trials for almost three decades. Uh, when we have complications in research, we basically go to. . We go to the FDA A and we tell them, Hey, we noticed a complication with this medication.

Obviously if we didn't tell them about this complication, the FDA a would not know about it, right? So they expect us to tell them what we're seeing, right? So when. The voice of the person that's conducting the research or the clinical trial is not being heard and it's being censored and we can't even get to the f d A to be heard, there's a problem because ultimately, you know, people at the F FDA A will tell you, you know, they expect the [00:32:00] doctors on the frontline of research to tell them, you know, the side effects.

They don't, you know, they. Waiting for pharma to tell them, cuz pharma's not gonna necessarily tell them the side effects cuz it's gonna affect their bottom line, their stocks. Right. But they expect us as physicians to be the vigilante. So that's what I've always been and that's what I. Intend to stay. Um, you know, I'm not here to sugarcoat if a problem, if there's a problem from a medication, I'm gonna mention it.

You know, I'm the person that basically, if a patient is coughing of blood after a medication, I'm gonna call the f d A and say, this medication causes coughing of blood. And then it's up to the f d A to investigate and look it up. Um, You know, that's what we, that's what it's called to do good research and to be ethical in research.

Otherwise, medications pass. And guess what? If you are that person that's in a pharmaceutical company and you are doing nefarious things, eventually somebody's gonna [00:33:00] pass a bad drug that's gonna affect your kid or yourself. So, you know, karma is a weird thing. It comes around. So it's best to just stay.

And do the right thing because unfortunately, you know, if you interfere with research when you're the patient, it's gonna affect you.

**Marty:** Yes, yes. Doing the, uh, the right thing didn't seem to be what most people were doing, particularly in the medical community in the last few years. So again, just very thankful for the work that you've been doing.

And I know you've gotta go here soon, but I think, uh, more broadly speaking of the microbiome. Uh, like what, uh, you obviously wrote a book, let's talk shit, uh, about the microbiome and its importance, but, but again, I, I think there is an area, this is an area that, that many people are, uh, a bit ignorant to.

What, what are some of the. [00:34:00] Top things people should understand about the microbiome, how they can improve their gut bacteria, and how they should be monitoring that if possible.

**Dr. Hazan:** So I think right now all we know and what I recommend to everyone is basically don't overuse anything. You know, keep your body in balance, not only in stress, but in peace and, and so if you're high, And you work hard and you're super stressed, then take some time off to just decompress and, and, and kind of like, you know, decrease that stress level.

So, you know, I'm a big work hard, play hard person. Um, also, you know, what you intake in your foods. Make sure that what you're taking in is, does not have a ton of pesticides. Does not have a ton of toxins, does not have a ton of metals. You know, be very conscientious of the foods you're eating, um, because, and where they're coming from and whether they're real, um, or [00:35:00] synthetic, or have GMOs or, you know, have, don't overdo it on anything.

Don't overdo salt, don't overdo sugar. Um, take your vitamins, take. You know, your vitamin D, make sure your levels are above 50. I like a level of above 50 in my patients. Um, make sure that if you're deficient in vitamin C, probably take on some vitamin C. That glass of oranges is probably not gonna be enough.

Um, you know, and then your zinc, your magnesium, your, you know, your copper. So all those need to be, you know, monitored at some point to just make sure you're not nutritionally deficient. Because I think the. Common reason why people are sick is they're nutritionally deficient to be, to begin with. And then, you know, of course, don't overdo it with alcohol.

Don't overdo it with drugs, don't overdo it with antibiotics if you don't need to. You know, a lot of infections are viral and don't necessarily need antibiotics and you know, kind of toughen up the body a little bit. [00:36:00] Exercise is very important. Intermittent fasting is very good as it decrease. . Yeah. As it increases your bifido bacteria actually, and also will decrease your weight and its sustainable weight loss.

So, you know, I think on the whole, those are the recommendations that I make as far as like, you know, testing the microbiome, we are not there yet. There's a lot of companies that are selling commercial samples, but those samples really don't mean anything. Let's face it, there's a lot of microbes out there, and we don't know what they do at this point or this stage of the game.

We're the beginning of the research on the microbiome disease. We are doing it, we are doing 57 clinical trials on the microbiome in every disease. So we're looking at, you know, the, the, you know, Crohn's, all ulcerative colitis, Parkinson's, autism, Alzheimer's, looking for markers in those diseases, but.

Looking at the races, the populations, you know, Japanese in Japan versus a Japanese in America. A person that's [00:37:00] vegan versus a person that's vegetarian versus a person that's meat eater. You know, which population should be a meat eater versus a vegetarian and, and essentially doing it clinically. because, you know, these artificial, uh, intelligence, unfortunately are not the doctor.

Um, you know, you need a doctor to take the proper history from the patients. A lot of patients will drink alcohol and say they don't drink alcohol, but it's up to the doctor to get that history from the patient. Because if the patient drinks alcohol, that screws up your whole record, your whole, um, you know, um, Pipeline into diagnosing properly what's going on with those patients.

So I think that's, uh, that's as far as commercial testing, we're not there. Eventually we will be, but we're not there. This is the beginning. Um, I'm hopeful, you know, I think this is covid has lit up a lot of things for us. Uh, it has lit up that a virus can possibly cause coagulopathies. It [00:38:00] has lit up that a virus could possibly, uh, cause autoimmune process.

Um, it has lit up. Neurological and it has kind of lit up the whole gut-brain access when you see people having, uh, Tourettes. I had a young girl with Tourette syndrome, Tourettes like syndrome, who basically, um, had covid in her stools for six months. We treated her, we re, we removed the covid and basically her Tourette symptoms, um, Tourettes like symptoms disappeared.

So that was very, um, that was a great case because it really lit up the. Brain got access, you know, and at the same time as I was taking care of Covid, I also had a kid with autism that I had submitted an I N D to the F D A, and we did the case and the kid improved with fecal transplant using his sister.

So that there's a lot of, you know, hope out there and promise out there. Looking at the microbiome, obviously it's gonna be very challenging and difficult to find [00:39:00] these great stool donors. But I'm hopeful that as we understand these microbes better, their interactions better, that we're gonna be able to find out what's missing and replenish, just what's missing, rather than just doing fecal transplant, which is the process of taking stools from a healthy donor and putting it into an unhealthy so, , I think that's on a hold.

That's what drives me. I see the future is bright and I see that there's gonna be a lot of healing in the future, and we just need to unite together and understand these microbes because the process of dying and, and the process of the body being decomposed with micro, uh, you know, microbes decompose our bodies and puts us back into the dirt, right?

So we better understand these microbes before they do that. because they have the power. You know, when a virus shut out, humanity and humanity was in quarantine. The virus had the power. So it is, you know, [00:40:00] we need to be humble to realize that there's a force out there that is stronger, stronger than we are, and that we need to basically understand it and live with it rather than destroy it.

So, yes. Well, that's what drives

**Marty:** me. Well, thank. I appreciate number one, you're taking some time to do this. Number two, getting the message out there. Um, that there are different ways to approach this because I do think that the vaccine campaigns, even though they are winding down, it seems have been terribly misguided.

And, and I do think focus on preventative care, good diet, good exercise. Taking care of yourself was something that. Swept under the rug vigorously. And, uh, there were counterproductive measures, particularly lockdowns that were put in place that really didn't even give people a chance to, to become healthier, to, to prevent [00:41:00] adverse effects from covid in the first place.

So, Dr. Hazen, appreciate your time. I know you're an extremely busy woman, so, um, I hope you have a great rest of your afternoon. And I guess before we go here, where can anybody listening to this find out more information about what you're doing, your book, uh, where you, they can find you on social media? .

**Dr. Hazan:** So, uh, my book is Let's Talk Shit on Amazon.

I highly recommend it for everyone. There's a lot of good diets, good tips, you know, we've had some great reviews on it. Um, my website is proje ba.com, P r O G E N A B I O m e.com. It's, it was named that way from your gene to your microbes, essentially. So Projeta is like your progeny, your your genes. To your biome.

So proja biome.com and, um, I'm also, I'm on Twitter tweeting, you know, probably controversial for some, but, you know, illuminating for others, um, Sabine Hayes and md, you can find me. [00:42:00] And there's a lot of videos. There's a lot of our papers on the microbiome on progeny website. Um, and so anybody that wants to educate themselves, I'm easily reachable, you know?

PM me all the time on Twitter, so happy to answer all questions or anything like that. So thank you. Thank you. And thank you for having me, and thank you for doing this.

**Marty:** Yeah. Uh, pleasure is all mine. Hopefully we can do this again at some point in the future.

**Dr. Hazan:** Perfect. That would be lovely.

**Marty:** Thank you. Awesome.

Have a great day. That's all we got today for each piece of love. You too.

**Dr. Hazan:** Take care.