

# 131 - Full Ep.

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## SPEAKERS

Josh Dech, David Sandstrom

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### Josh Dech 00:00

My lens my view as a Christian, and it wasn't till I it's part of what it was part of my how I became a Christian. But once I started looking through that single what was the original design? How are things intended to be only then were my eyes opened to the reasons why people are getting so sick, which is why we're so successful. We haven't. David, we have a 90 to 95% success rate in reversing Crohn's and Colitis. Diseases that we're told are impossible. It's autoimmune. There's nothing we can do. You're stuck on drugs for life. Five year olds, 20 year olds coming in perfectly healthy, boom, they're sick. The doctor goes, yeah, here's the drugs. You're a lifer now. We can turn them around in a couple of weeks once we find the route. But it's because we understand how we were originally designed in that lens is what's given me the ability This is what gave me the clarity and the vision. And truthfully, it's a gift. I'm not a doctor. But here I am educating doctors.

### David Sandstrom 00:50

This episode is brought to you by fullscript. When it comes to nutritional supplements, I don't trust my family's health to drugstores or warehouse clubs. I use fullscript. They curate dozens of professional grade brands, only available through healthcare practitioners, such as myself. Whether you're dealing with a serious health challenge, or simply want to age more gracefully fullscript should be a part of your daily routine. It is mine. When you finish listening to this episode, go to my website [davidsandstrom.com](https://davidsandstrom.com) forward slash full script, create an account using my link, and you'll lock in a 10% discount for life. Welcome to the Natural Health Matters podcast where it's all about maximizing your health potential so that you can look and feel your best at any age. I'm your host, David Sandstrom, and this is episode number 131. Today we have in the show Josh Dech, Josh is an ex-paramedic and holistic nutritionist specializing in gut health. He has been recruited to the Priority Health Academy as a medical lecturer, helping educate doctors on a holistic approach to gut health and complex digestive issues. Josh, Welcome to Natural Health Matters.

### Josh Dech 01:56

J Josh Dech 01:50

It is an absolute pleasure to be here, David, thanks for having me.

D David Sandstrom 01:59

Well, it's really a pleasure having you on you're such an expert. And I'm really looking forward to hearing some of your about your expertise here on on the gut and, and the complexity of human human being. But first, I'd like to start off with how did you go from being a paramedic to a holistic nutritionist?

J Josh Dech 02:16

That's probably the question I get asked the most. And it's one of my favorite to answer. You know, way back when I was in my late teens, I was 19, maybe 20 When I started as a paramedic. And I very quickly realized I was picking people up over and over and over again, the same health conditions, I pick them up. And besides trauma, but I picked someone up for a heart attack or a stroke or diabetes related incident or whatever it was, you take them to the hospital, they either get more of the same medication or get their medication changed, and they'd be sent back home. And I'd see them a couple of weeks later for the exact same issue. It was a cyclical health sickness, it was really sick care, not health care. And it's not what I wanted to do. And so like to say God really put me into a place where I do what I do now. And so I've been in the fitness world for a long time, I used to do bodybuilding and fitness and I thought, well, I'll get a job as a personal trainer. So I moved across Canada, I actually tried David to become a paramedic, I wanted to do it elsewhere. And when I went from across Canada, I couldn't get my license transferred. And it wasn't even a medical exam. It was jurisprudence. They asked questions like how many members of what board will sit in the hearing committee if there's a complaint against you for professional misconduct? There's things that no paramedic needs

D David Sandstrom 03:28

to know that don't matter hill of beans, right?

J Josh Dech 03:31

You know, there's an entire committee of people who have that job. And I tried this test, it was open book online, I had myself a friend who was transferring and my dad was computer programmer, all going through and speed finding keywords on these documents trying to find the answers to this open book exam. I failed that seven times by one or two points every single time. And then they show me where it was in the paperwork. We just looked there. It wasn't there. I swear God just put a blind over eyes and said you will not be a paramedic anymore. And so I became a personal trainer. It's what I kind of did in the first place. Anyway, I was really interested in one of the first clients who came to see me her name was Lynn. And she was 57 years old. And we started together she was on 17 pills, David for breakfast with insulin, nine more pills and insulin for bed. She had high blood pressure slept with a CPAP machine. Her work actually had her on the disability list. And so all these issues she was dealing with by 59

She was off all but two medications. her eyesight actually got better. Like she had to get her glasses change your prescription was better. And at age 59 She broke a world record as a weightlifter in the raw powerlifting division.

**D** David Sandstrom 04:43

Wow. And how long were you? Was she seeing you as a client at that point? Two years, two years. Oh, wow. That's really awesome.

**J** Josh Dech 04:49

Went from 26 pills and disability to breaking world records. And she kept breaking them for the next several years until she was about 62 when she retired. And it just showed me how amazing the Human body is its complexity and its ability to heal itself is one of the coolest things it is designed to heal. And my sick care process as a paramedic was only in the way of that we were simply masking symptoms and symptoms arise from dysfunction. The body's signaling processes are remarkable. Any symptom we have is dysfunction presenting in some way. And we just mask it and we gave it the tools to heal and look what it did. And that's effectively where I'm at now I follow that chain of events and I specialize in gut disease.

**D** David Sandstrom 05:33

That's awesome. I'm glad you mentioned designed to heal because I'm going to have a guy named Dr. Ben rol on the show in a couple of weeks. And his his podcast and his book is titled exactly that. Designed to heal.

**J** Josh Dech 05:46

I'm familiar with it.

**D** David Sandstrom 05:47

You know him Okay. Yeah, I think he's gonna be great interviews. He seems like a really solid, solid guy and a great human being. But anyway, let's since you mentioned it, let's talk a little bit about the body's ability to heal itself. Can you can you dive into that a little bit deeper? Because, you know, when it comes to the medical paradigm, they don't really believe in that. They believe that you know, your headache is, is a is caused by an aspirin deficiency. Right. It's tongue in cheek, but you know, you don't know. Right, exactly. So can you can you talk to that a little bit?

**J** Josh Dech 06:21

Yeah, I mean, I think that's an excellent way of putting it ironically enough that we see the same thing in dentistry that, you know, cavities are a fluoride deficiency, but it's not. You know,

it's really amazing. When we look at what it means to be designed to heal, right. Every aspect of our body is reparative and regenerative from day one. And if we even look at the concept, very stark difference, we can't deny look at indigenous tribes who live on the land, right, basically as close to the Garden of Eden as you can possibly get. They're living, they're hunting, they're eating off the trees, they're barefoot in the grass, they're rising and sleeping with the sunshine. And those people, they are healthy, they don't have the fertility issues we do. They don't have cavities, how many times you've looked at a National Geographic and seeing perfectly white teeth. We don't have that here. We have crooked teeth, we have yellow teeth, we have all kinds. And those issues come from a modern lifestyle, which is further and further away than how we were originally designed to work with the earth. You know, my wife, and I talk about it. If you ever seen avatar? Yes, the blue aliens, right? We talked about Earth in the original designs, sort of having been like Pandora, where everything was designed to integrate together the animals would you know, integrate with humans and humans with the grass and the flowers and leaves would sing and all these cool things. But it's really interesting, we look back at it. The reason I bring up these indigenous tribes is they have elders, right 80s Still going out hunting, still working 90s 100 years old, contributing to society, we have elderly who are a burden who are sick or deteriorating. And so the body being designed to heal very simply put, is that every inflammatory condition, right, in fact, 93% of the leading causes of death are connected to our gut. But every inflammatory condition of some kind is a signal saying something is wrong. The only reasons those things went wrong in the first place is because we've strayed away from the original design. We've gone into a modern lifestyle made by mankind, who effectively it's modern slavery. I mean, really, right. We go to work, we're on the grind all day, we work nine to five, sometimes nine to nine, we barely get an hour to ourselves, we're high stress, high function. Our food is fake, our nutrients are void. We're not getting sunshine, we're not touching the earth. We're not doing anything we were supposed to do. We have these diseases and inflammation. Illness is a presentation. A diagnosis is just a word in the medical language that we use to describe symptoms and a snapshot. It's a very easy way to understand what's going on.

D

David Sandstrom 08:49

That's right. It's a collection of symptoms.

J

Josh Dech 08:51

Exactly. It's a collection of symptoms. Exactly. And so we label that we identify with that. But these other people don't have these diagnoses, because they don't live the life we live. And that is effectively how we're designed to heal. We're not even designed to have disease.

D

David Sandstrom 09:05

Absolutely. Well, you know, the mission statement of the podcast and I often say this is we maximize our health potential by aligning our lives more fully with God's natural design for spirit, mind and body. So God as our Creator, He has preferences as to how we treat our spirit, mind and body. And when we get in alignment with that design, will help tends to follow there's no guarantee. But that's because God has our well being in mind when he gives us an instruction. That's what tends to happen. You know, our God can use trials or a health, a

physical ailment to get our attention and help us to grow spiritually, because that ultimately is what he's mostly concerned with. But, you know, I don't want to let my poor lifestyle choices cause a trial that God would prefer to spare me from. Right. So that's what we're talking about here. And so, see that was my another thought I had there. Anyway, do you have any anything else to add there?

**J** Josh Dech 10:09

Yeah, I think it's really interesting, you bring that up as being spared these trials on the opposite end of that spectrum, right? Everything's push pull, everything's plus minus. If you are ill, you cannot live to your full potential, who cannot do what you're supposed to do, you cannot go out you cannot speak you cannot teach you cannot engage, you cannot interact. I mean, I specialize as you know, in Crohn's and Colitis, which is the worst gut disease we can get. And it can start as benign as a little bit of bloat. And then it can get much, much worse over time, or it can come up seemingly out of the blue, but there's always a reason. But we look at that these people can have lives, they can't have intimacy, their sex lives, that personal lives, their relationships get destroyed, their work, life gets destroyed, they can't go and play with their kids, their joints hurt, they can't leave the home, because their their urgency in the bowel is so severe. And so we're ignoring these things. It's not just well, it's health, I'll deal with, it's like I cannot live to the potential I was designed to live to. And if we don't give ourselves that latitude, I mean, your body is your temple, right? And so it's there for a reason, there's a lot more to it. And when we really extrapolate out the consequences of poor health, it goes beyond just our comfort of his comfort.

**D** David Sandstrom 11:18

That's right. Ephesians 2:10 says, We are created for good works that God planned beforehand, where is his masterpieces are his workmanship, in order to perform Kingdom work? You know, so if we are in a state of compromised health, if we're if our energy is sagging, and our mood is sour, and our mental clarity is not what it should be, we are going to be compromised in our ability to fulfill our purpose. You know why we're walking the earth?

**J** Josh Dech 11:49

Absolutely, unquestionably. Yeah. Yeah,

**D** David Sandstrom 11:51

For sure. So we talked a little bit about the body. But let's let's jump into why. Or what, what is the best use of allopathic or modern Western style medicine? And what is an inappropriate use of that and could contrast that with a natural an holistic health if you could?

**J** Josh Dech 12:12

Absolutely. So when we look at health and Western medicine, they are fantastic, some of the best in the world at emergencies and surgeries. But it stops there. Everything we do is medicine

best in the world at emergencies and surgeries. But it stops there. Everything we do is masking symptoms, right? If I go in and I got in a motorcycle accident, my arm ripped off, I don't want lavender oil, you know, I mean, I want a surgeon, I want an anesthetist, I want the best of the best to reconnect my nerves and get my body working as it should. On the other hand, that's it so that's acute. Now if I have something that comes up, that's an inflammatory condition, or you have a gut issue, you have Crohn's or Colitis, you have arthritis, any kind of itis, any kind of diagnoses, they do the same thing. They medicate you and send you on your way they operate on you and send you on your way. That is acute treatment for acute inflammation or acute illness, something that is fast, quick, accidental trauma. Unfortunately, we have this degradation process in the body, where we are eating foods that are void of nutrients are eating artificial foods that were never designed to eat right things your great grandmother would never even recognize it will be afraid to put into our body. We have these things that we consume, we have these lifestyles that are chronically stressful, we have a billion pounds of pesticides put onto our food every single year, we use 17,000 plus different chemicals or pesticides on our food, herbicides, fungicides, rodenticides, all that on our food, and we're becoming increasingly toxic. And so what they do then in western medicine is treated as if it's acute, you have arthritis, that is arthro, joint itis inflammation. So you have inflammation in your joints to give you an anti inflammatory, but nobody asks, Why do you have inflammation in your joints? The same things in gut disease, we have acid reflux seems relatively benign, we assume? Well, it must be acid to give antacids. In my practice, the number one cause for acid reflux is actually low stomach acid. And then on the far end of the severity spectrum, we have Crohn's and Colitis, which anybody can get really, it's not just a bad genetic or random thing, the stats on that will blow you away. But these are severity and nobody ever asks why like autoimmune diseases don't fall into the sky and drop onto your head, something has to cause the immune system to imbalance or if it's not actually autoimmune, I don't believe all these cases are autoimmune. And that's what I argue in my lectures. So why do you have inflammation not just well, it's there. Here's an anti inflammatory. And that is a stark difference. Whereas functional medicine peels back the layers and figures out why this happened in the first place to undo that so that your body can heal itself.

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David Sandstrom 14:43

Yeah, very good. It's a good it's great explanation. You know, I wanted to point out that a lot of times people will blame things like heart disease or cancer or you know, you name it. There's a long list of diseases, disease names, and the doctors you'll go to the doctor say, Doc, why Why do I have this? And the answer will be? Well, it's probably just in your genetics, right? It's a genetic weakness surrounding your family. Well, you know, if you subscribe to the medical paradigm, which is basically a reductionist view of human beings, we're nothing more than a collection of random collection of atoms and molecules. We're a machine. Yeah, we're just just a biological machine. If you believe in that, then you would you would say that, well, the God has nothing to do with this. If he does exist, he's got his hands off. And then if you if you subscribed to that mentality, you would have to believe that it takes millions of years for genetic mutations to occur. Well, why do we see things happening in one or two generations here? And we didn't even know what heart disease was, for the most part in the early part of the 20th century. But I think the first heart is a heart attack in the United States was recorded in something like 1915. But now it's the leading or the number two cause of death. So if it's genetics, how did our genetics change so rapidly? You know, that's the question I have for the reductionist I don't I don't really I can't that doesn't add up to me.

J

Josh Dech 16:09

Well, you know what, David, I'm so glad you brought that up, because that is the core that is the hook line message of my most recent lecture I've done for the Priority Health Academy. It's a functional medicine Academy. And I've had the absolute privilege to be helping educate and work with doctors in the holistic methods of reversing these diseases. And mine was actually again on Crohn's Colitis. And the question I'd asked I said, if we look at the the data, the data and the stats starting in 1990, we know according to the CDC is own info, there was one and a half upwards, up, but no more than 3 million so but 1.5 million cases of inflammatory bowel disease, that's a Crohn's Colitis umbrella, across the world actively being seen and treated by a doctor that was 1990. In 2020, it's 7 million. So how did we three or 5x, and call it just genetic or idiopathic? no known cause, if it's no known, cause you better figure it out pretty freakin quickly, right? But here's one more tidbit. In North America, is the inflammatory bowel disease capital of the world. Now those listening go I don't have inflammatory bowel, I don't have Crohn's or Colitis, this is for you, too, because anybody can get it. It can be a progressive disease and wear and tear. So you have to know this 50% of the world's population of inflammatory bowel disease is in North America, who has less than 5% of the global population. So when 5% has 50%, that is a statistical impossibility to just be genetic, in the growth of 5x and 30 years can't possibly be idiopathic, which is no known cause. So how can we say this, again, this reductionist while the human body is breaking down, it's a lack of medication or lack of pharmaceuticals, it's a lack of things we refuse to measure. It's the 8000 Plus chemicals we approve into food and food additives every year that simply get put on the GCS are generally considered safe list. They're tested individually, they're not tested together. And we have over 100,000 Different artificial manmade chemicals in our food, plus that 8000 of so being added every year 7000, whatever the number is, and so these are breakdowns these processes I'm with you, it can't possibly be genetic,

D

David Sandstrom 18:20

Not even to mention the genetically modified food or pesticides, herbicides that go into farming. Yeah, we're ingesting a lot of ways fake food these days, aren't we, you know, if you if you deviate from God's design, just to illustrate this a little bit more, if you take an animal capture an animal in the wild, they're healthy and strong. Let's say it's a giraffe. And then you put them in a zoo, they become less healthy. And a lot of times these animals that are in zoos that can't even reproduce, they they lose their vitality, they lose their health, because they're not in the natural environment anymore. Well, I would suggest that we're living in a zoo. We are not living in the on the earth the way God designed us to live. And that's the reason why we have such skyrocketing chronic diseases just left and right. Because we've gotten away from the basics haven't we?

D

David Sandstrom 18:28

Well, you know, what's interesting is in North America, we've gone away from the basics even more, we're now proving lab grown meat, like animal tissue grown in vats. We have, like you mentioned GMOs. I don't know if you knew this data, but Vladimir Putin, whether you guys agree with his policies or not, that's totally fine. But he actually has banned all GMO crottle, crottle... he has actually banned all GMO Cattle and Crops. That's what I was looking for.

**D** David Sandstrom 19:41  
Your just invented a new word there.

**J** Josh Dech 19:44  
I's a cow with flowers growing out of it. But they're banned and it's actually considered an act of terrorism in his country now to grow these GMOs because of so bad they banned fake meat, but in the US because sickness is so profitable on an insurance-based model, the FDA lets anything and everything come in with very little regard for human health.

**D** David Sandstrom 20:05  
You know, I was thinking this morning about that very concept. And the song from the Eddie Money did for Miami Vice back in the 80s. And the lyrics go, it's the lure of easy money, it's got a very strong appeal. Right. And so we're seeing that lived out where and we're suffering the consequences of that, that, you know, the pursuit of profits, you know, you know, I believe in the free market economy, but it has to, it can't be void of ethics, it can't be void of virtue. You know, we've got to practice the golden rule in business. And that is treat other people the way you want to be treated. So you can't just say, well, heck, what your health, I'm going after the bottom line. You know, we see a lot of that today. And we've got to be very, very careful who we're getting information from.

**J** Josh Dech 20:52  
Unfortunately, the FDA, the pharmaceutical companies like to joke my hairlines back here, because my tinfoil hat keeps rubbing it back. But the truth is, the the FDA and the pharmaceutical companies are some of the most evil organizations on planet Earth. If I were to go into the heart of any war zone and sell a bottle of water for \$100, that's war, profiteering. I'm a criminal, right. But if you sell an epi pen that cost \$2, to make for \$700. It's called free market. And so it's a very different lens when you have the money to pay for said lines. And it's really unfortunate that, you know, the pharmaceutical industry also governs medicine and health care what they learn in schools, what they get taught, what studies get published, we were conditioned to see this hard evidence show me that randomized controlled double blind trials was cost millions of dollars to do millions and who pays for that the people who can who can benefit from the study coming on the back end, you can use those studies that quote, sell more products. And so unfortunately, we've lost our way we've lost their way with the herbs that God has given us. It put them on planet Earth, many you can grow in your own backyard. In fact, there's a book, I think it's called flora and fauna, or forests and flora or something like that. But it actually come out in the Civil War, the American Civil War. It was just herbs used in the Carolinas that you could find in North and South Carolina. And they found that these herbs they suspected had extended the war by two to three years because the healing properties were so potent, but that's the stuff we find on Earth. But you can't patent that now, can you?

**D** David Sandstrom 22:24



Well, you know, in the late 19th century, medical doctors were naturopaths there were many Pathak doctors and herbalist as you said, herbs, they would use Homeopathics they use essential oils, you know, and other therapies like hot cold therapy and you know, sunlight and connected with the earth all that diet. But then that there's something shifted in the early part of the 20th century, didn't it? I know you're familiar with that. So can you speak a little bit about what what the Rockefeller family did?

J

Josh Dech 22:54

JT Rockefeller, one of my favorite people on Earth, I say with some begrudge, unfortunately, back in the late it was after the Industrial Revolution and all these extra byproducts, these chemical byproducts, they found petroleum, right, they can use it to make they make our clothes and make our computers and make everything with petroleum products. And they found they could actually take this waste product. This is right at the rise of things like penicillin, right, a lot of life saving medication has come up, but they found these pharmaceuticals could be made from these waste products. And so that suddenly became a market. John D. Rockefeller had all of his scientists and his doctors go through and completely rewrite all the medical textbooks, everything herbal, anything, Ayurvedic anything homeopathic, or holistic, over the next couple, you know, a couple of decades, became scrubbed from the medical textbooks. And by the time the 40s and 50s, rolled around, it was pharmaceuticals, it was drugs, look at cough syrups are no longer using anti tussive plants that we can grow in our own backyard were using back in the 40s and 50s. They were using morphine and all kinds of stuff and cough syrup. That's probably why your parents could walk, you know, to school uphill both ways in the snow barefoot. It's all the drugs that they were using. But pharmaceuticals became the new norm that became study that became pushed, they sponsored medical schools bought out a lot of education curriculum and started paying for it. And then here we are, you know, 150 years later, and the very thought of using herbs is considered quackery, right. And so those terms I believe the term quack was actually invented by the same regime as well if I'm not mistaken. And so this whole thing came out where they used to use sound therapy in light therapy, the infrared that God gave us through fire through sunlight. Those are some of the most healing things we have actually earthing and touching your feet to the ground we can see using science we have now on live blood analysis how it improves your blood flow and circulation, oxygenation even pH in the body. And so the things we are given we're supposed to integrate with but we all wear rubber shoes we all sit indoors, we don't breathe fresh air, our windows actually block out in fact might we all only get that nasty UV coming in? And so there's a lot of degradation of the human capabilities and human health because of that, not even we haven't even touched on gut health yet. It's it's quite amazing how this all this all ties together.

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David Sandstrom 25:14

I want to get to that for sure. You know, another thing that you left out on grounding is it acts as a powerful antioxidant. Huge, you know, if you sleep on a grounding mat, it's like taking a handful of any oxidants on the middle of the night because it's it's that good of a free radical quencher. So it's, it's just, you know, again, it's I've got our God given design and our foot is designed to walk barefoot, or we're not actually barefoot is not engineered to walk with shoes on.

J Josh Dech 25:41

Right? I'll tell you, David, I'm I'm actually barefoot right now he goes, he's standing on a grounding mat. That's where my feet are planted. Oh, no, all day long.

D David Sandstrom 25:49

I got my grounding mat beneath me too. But I actually have socks on have to, but I'm probably getting half about half as much grounding as you are.

J Josh Dech 25:56

You saw me lean down earlier, that's all I was doing is taking my socks off to get ready for the call.

D David Sandstrom 26:01

I should have done the same thing. But that's really cool. Yeah, well, for sure we're like minded, right? So we want to get to gut health, for sure. But there's another thing that I want to talk to you about. And that is the complexity of the human being. I mean, our bodies are complex, right? And doctors and nurses, again, they do a lot of good, they save a lot of lives. Amazing, but there but the paradigm that they're taught in school is that we are bodies only. And human beings are more than that. Right? And we are spirit we have a mind and we live in a body. Genesis two seven says, The Lord God formed the man out of the dust of the ground. So there's the body. And then he breathed into him the breath of life, there's a spirit, and the man became a living being and the word for being his soul. So there it is very succinctly, very plainly, right? Just matter of factly there's a human beings spirit, soul or mind and body. So can you speak to that complexity a little bit and how that works, how they interact with one another?

J Josh Dech 27:00

Yeah, I mean, you know, we look at Father, Son, Holy Spirit were created in the same image or trifold beings as well. And, you know, soul and body are very, very interesting spirit is interesting, because there's not something that science can tangibly measure yet or even wants to measure a lot of the time. But, you know, I believe that everything has frequency and vibration, right, we are created in a certain way, if God created everything through the spoken word, our words have power. And we've seen that we can see that through studies using rice or plants where you take IKEA did it for a commercial antibullying it took a plant two of them side by side, and one had a speaker playing constantly the exact same conditions. You are beautiful, you are green, you are luscious, you will grow you are special, you are precious, and it bloomed in bloom, and after a month, the other one says you're ugly, you're Brown, you're gonna die, your leaves aren't your leaves are falling off, and that plant did die. And so our frequency and vibration of our words matters, which actually ties us back to sound therapy that they used to use. I mean, Nikola Tesla was started using this with doctors, we can see now this TED talks, you can look up on YouTube, sound therapy, and certain frequencies and vibration, like

beehives actually break up cancer cells. And so these things are already there. One segue and I'll come back to the rest. My dad was telling me a cool story about some missionaries over in Africa or wherever it was, they work hands in the air or something. And one of them had actually gotten bit by a venomous snake. They took a taser in it, tase it in an X pattern twice tase tase. And what it did is that electricity actually restructured the proteins apparently so I've been told and it healed them that venom became a healthy thing, which is really interesting back to original design under different canopy under a vapor canopy or water used to come from the earth say pre flood under these certain conditions. Fruit flies, for example, scientists have recreated this stuff where fruit flies with live seven days instead of 24 hours, which gives more clout to you know, Methuselah and Moses living hundreds and hundreds of years. And so it's really interesting the original design before the flood before the fall. And so what we figured was that snakes were actually part of the original design because they use infrared they seek heat, they go well, it's helps them seek out prey. Well, what if they were originally designed to help seek out infection and bite with venom under different electromagnetic field and circumstance that would then become healing for you? Right for that infection? Or that one?

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David Sandstrom 29:26

Interesting theory.

J

Josh Dech 29:27

That's an interesting theory. Right? So things to explore. But that's how you know I believe the body is connected to Earth. If we look at the soul and look at the spirit, I mean, again, frequency vibration in life is us. Everything vibrates. Everything gives us a frequency, everything gives off energy. And so we can track a lot of this we know we have an aura in a field around us. Interestingly enough, it goes out about six feet, or this aura of energy and electricity can interact with even our micro biomes or what's called our hola-biome, and that is our bacteria or microbes, our skin, the cells, these things actually surround us kind of like Phippen from Charlie Brown, right? It's a six foot thing that goes around us, and you actually interact with people then that way. So everything is designed to work in harmony together. And it's when we look at all these moving parts and pieces, we can start to understand the breakdown of the human body and why that's happening. And we can start to really fix some of these diseases that are just told their auto immune or unfixable.

D

David Sandstrom 30:28

Yeah. You know, I'm glad you brought that up about the the energetic aura that each human being has, I think this, every living thing has that as well. And a lot of people will hear that and say, Well, it's kind of woowoo. I don't know if I can really, you know, buy into that just yet. And I'll ask them this question. If two people are having a heated argument in a room, and you walked in, in a silent moment, could you tell that they were arguing? Almost everybody says, Yeah, I think I could sense that. That's energy. Right?

J

Josh Dech 31:01

You gotta say you Angela energy. Yes. And it's so undeniable. I mean, when you spend enough

You gotta say you have energy. Yes. And it's so undeniable. I mean, when you spend enough time in someone's aura, right, not only I mean, there's a whole connection, we get into the microbes and how to influence personality. But you spent enough time around somebody who spent enough time around your spouse, you just know, you can look across the room and know what they're thinking, you pick up the mannerisms, you walk into a room, you know, how they're feeling, because you're attuned to that energy to that aura. And it is testable. We can tell there's certain we have scientific instruments now that can actually measure it. So for those who say, No, it doesn't exist, you're just you're not looking? Because it's out there. We know.

D

David Sandstrom 31:35

Yeah it's out there. Well, you know, another obvious example is an FM radio, you know, you've got an antenna in your car, I used to use a stick up out of the fender, but now it's, you know, it's inside. But you know, these, these energetic radio frequencies are beaming through the air, they're invisible, we can't feel them, or see them or touch them. But your radio, your FM stereo can pick it up and reproduce that sound in your car as you're driving down the highway. How is that possible?

J

Josh Dech 32:04

Isn't that amazing?

D

David Sandstrom 32:05

It is amazing. When you think about it, we just take these things for granted. Because there's there's so every day, but it's there, it's there. And you know, Energy is everywhere. And you know, it's we can't explain it all. We don't know where electricity comes from, but we can we can make it. But we don't know how it's made. Really, you know, it comes from God's design,

J

Josh Dech 32:25

we harness it. Everybody's electrical are human beings who embodies electrical, the heart contracts at minus 70 millivolts contracts. And so every cell passes electricity, and it goes down to the smallest and smallest atoms and molecules and how these things transfer in and out of the body to make our cells fire. And so it really is an amazing, amazing design. We are electrical beings, vibration based beings, verbal beings filled with spirit. And once we understand this and can look into it, we can finally understand the roots of sickness and disease from a different lens. It's interesting, because in my field, you know, specializing in gut disease I don't often use in my specific field medicine to evangelize it can turn people off very quickly who are just looking for the science. But on the other hand, I will tell them that my lens, my view as a Christian, and it wasn't till I it's part of what you know, it was part of my how I became a Christian. But once I started looking through that single what was the original design? How are things intended to be only then were my eyes opened to the reasons why people are getting so sick, which is why we're so successful. We haven't. David, we have a 90 to 95% success rate in reversing Crohn's and Colitis. Diseases that we're told are impossible. It's autoimmune. There's nothing we can do. You're stuck on drugs for life. Five year olds, 20 year olds coming in perfectly healthy, boom, they're sick. The doctor goes, yeah, here's the

drugs. You're a lifer. Now, we can turn them around in a couple of weeks once we find the root. But it's because we understand how we were originally designed. And that lens is what's given me the ability. This is what gave me the clarity and the vision. And truthfully, it's a gift. I'm not a doctor, but here I am educating doctors. This is a gift he gave me in a clarity and wisdom and understanding of this field.

**D** David Sandstrom 34:08

You know, I'm glad you said that, Josh, because the medical teaching the medical paradigm is that they will treat the illness that has the person in naturopathy, we treat the person that has the illness. It's a very, very different way of approaching health. Right. And and I'm sure that you do the latter when it comes to helping your patients with gut health. So could you start off when talking about gut health? Can you talk about what exactly is Crohn's and Colitis?

**D** David Sandstrom 34:36

a day for lab testing, you generally do a stool sample. Generally,

**J** Josh Dech 34:36

Yeah, so there's two ways we get these gut diseases. Now, Crohn's and Colitis as an overall it's an umbrella that basically describes inflammation of the GI tract, colitis or ulcerative colitis is the colon. Crohn's disease can be anything from mouth to anus. So you can get ulcers in the mouth, you know, inflammation, but most of them are accompanied by either severe loose bowels or severe constipation. Oftentimes, there's mucus and blood, there's lots of pain. I've had people come in David 30-40, even 50 bowel movements a day, who just, you know, have to keep stuff in the car, they have to wear diapers, like I said earlier, they can't leave the house, because the urgency and inflammation is so severe, especially in the lower rectum. And what we need to understand is people again, I mentioned this, they think, well, it can never happen to me, or it's just genetic, or it doesn't run in my family, anybody can get it. We acquire these diseases in two main ways. Only two, these are the only ways now there are genetic predispositions right, but 75% is a lifestyle. If it is truly genetic, only 25% genetic, and genes can load the gun, but they don't pull the trigger. It's traumas, its lifestyle, it's some kind of insult to the biomes or the tissues that can cause this. So that's number one. It's going to be acute, right? Something has to happen. It's a mold infection. It's a heavy doses of antibiotics. I'm working with a woman right now she's in her mid 30s. Over the last three years, she was given 30 Plus doses of antibiotics because her doctors, she kept getting recurrent UTIs. Well, we're actually looking at the liver and oxalates and we're going to acellular path to see what's going on that way. But they gave her so many antibiotics, she got all sort of colitis and they went Oh yeah, it's probably the antibiotics that did it. But you had this disease now. So good luck, Godspeed. In that's not fair either. Because this is induced like that should be a lawsuit at the very least. I have another fella he's in his mid 20s. This comes back to the genetics. His doctor said, Well, you got it because you're Jewish. Your parents are Jewish, it probably runs in the family. It's just genetic. I pray to God that answer. And so he's it doesn't make sense. Like nobody has it. Well, we actually sat down for more than six minutes, seven minutes, which is the average doctor spent for per patient in the United States. We sat down for 35-45 minutes we did a whole history went back. Because most people come in and they'll tell me, here's my

current disease process. And I think I got a bit mixed up there. I was saying chronic acute, it can either wear and tear and happened to you or as an insult to the to the area. So I'll clarify that. But this fella, we did a proper history, we found out he was in acute case of ulcerative colitis, he was perfectly healthy until he started a brand new job in H-vac two months into his job. He developed some irritable bowel went to the doctor. They said yep, IBS. He said okay, no problem. It got progressively worse. Six months after that diagnosis. They diagnosed him with ulcerative colitis, which could develop and turn into Crohn's disease. And so we did a history on him found out he wasn't wearing his PPE is personal protective equipment. He was in H-vac. I figured, well, it sounds like it looks like it smells like you got a mold infection. So we did a urine test that tests from mycotoxins that mold toxic infection. And it turns out he did have oka toxin A, which is a very common mold, which is known to attack the gut, the kidneys, the liver, which explains all of his issues. Well, three weeks and he's already feeling better when his doctor was about to give him medication for life. Yeah, I have a five year old, exact same thing. Just by H-vac. He was perfectly healthy. They moved into a new house. All of a sudden, he's got Ulcerative Colitis, we did a family history. He's got two sisters, we're having behavioral issues, cognitive issues, Dad's got asthma, Mom's got ezema got a GI map his bacteria that's a bacterial measurement profile of your stool. His bacteria was all over the place. One of the worst I've ever seen, even in adults doesn't make sense. He's five. We did a test on him. Because the whole family history that proper history we took, he was also a mold infection. And his body was riddled with it the most mold I've ever seen in one body. And so now we can actually take intervention. Another girl came back after travel, she had a mid 20s. And I see people all the time of all ages. And her doctor said, Yeah, you got ulcerative colitis, your life she goes, but I've never had bowel issues. How did it happen? It's just genetic; oh well, major parasitic infection, got that fixed, seven weeks in issues are completely gone. And so that's our acute process, I hope people get it. Then there's the wear and tear process, which I usually do

**J** Josh Dech 39:05

Generally. There are two tests that I like to do the most often. One is a stool sample, that's your bacterial profile measurement. And the other one is called an OAT. That's your organic acids test. And that one is if you're familiar with them, I know in your practice, be familiar if your listeners aren't. Everything in the body produces byproducts. Every cell produces byproducts. You know, when you go to the gym and workout, you can produce this lactic acid that's the burn. We had these acids, toxins produce acids, cells produce acids, up them out. So we do a urine test to measure all the organic acids in and out of balance in your body. And it tells us on a cellular systemic level, what's going on, we can really explore in that way as well. And they point us as kind of a bird's eye view into where to start to go combined with history and careful symptomatology, which can take 30 minutes to an hour at least some practitioners I know we'll do a four hour interview in order to figure out all of your health issues and problem blooms. And we go like right back to how you're born. Where you vaginal, where you see section where you breastfed? Where you bottle fed, what kind of home? Did you grew up in? All kinds of stuff that we can trace back to birth to figure out what started this issue that allows us to reverse the problem.

**D** David Sandstrom 40:15

Yeah, wow, that's really awesome. You know, going back to that story said about the guy that had the acute mold infection from the, from the H vac work, you know, if he would have continued on that path? You know, maybe it was it maybe take a decade or more, I don't know.

But he could get to a point. And many people have that the doctors say, well, we'll you have no choice but to remove your colon. All right. And I have a buddy that that actually happened to because they never did figure out what's going on, you know, and that just goes to show how you know how drastic the medical approach can be. You know, we name-it, blame-it, and tame-it. We take your collection of symptoms, we put it put a name to it called a diagnosis or disease, then they blame your symptoms on that disease, then they want to tame it with drugs and drugs don't work at surgery. And, you know, that can be tragic at times. It really can be and I know hats off to you for really doing the hard work and you know, going the extra mile and working with these people and changing their lives, right? I'm going to show you probably have a lot of people that say, you know, you, doc you You saved my life.

**J** Josh Dech 41:22

I'm working with a fella right now. He's a bodybuilder relatively like never know, very healthy, fit looking guy. And he's in his late, late 30s, early 40s. And he looks great. I mean, he's like I said, he's a bodybuilder you never suspected to be sick, but he's got severe ulcerative colitis. And again, 20-30 bowel movements a day with pain and blood. He's on all these biologics and immunosuppressive and they're not doing anything. He's just getting worse and worse and worse. And his doctors, he was up for colon surgery. And he actually posted in one of my Facebook groups about the surgery he was he was asking for advice on and I said, Tell you what, just meet with me one phone call. If you haven't changed your mind by then. That's okay, like, do what you got to do. We jumped on a call he got into the program. We just made some simple dietary changes, his symptoms are cut in half within two weeks, just with diet alone. And he's now he says I was ready to get my colon cut out. He says I will never do that now ever again. He says, Well, it's not even on my mind, because I know how possible this is anything. It's a combination of a lot of things. It really is amazing. But the body is meant to heal itself.

**D** David Sandstrom 42:25

Absolutely. You know, I had a colleague, he's not really a friend, but a guy I know he works out of LA. And he often gets some celebrity clients. And he says, David, I have these people come in. i My policy is I don't mention names. So if I mentioned these names, you'd know who these people are the beautiful people on the outside, they are stunningly beautiful. But on the inside after I do the lab workup, they are in really poor health. It happens all the time.

**J** Josh Dech 42:51

All the time. I mean, Drake, he's a very popular rapper. He recently just set aside his career, because he has got issues and he's not able to perform duties supposed to do. And I can look at them, I would bet that we could probably fix them in 90 days, because we just have to look differently. But even the best money in the world, this no matter how much you have, if you're putting it into the wrong view, you're going to keep getting the wrong answers, or at least answers that simply mask your symptoms. And so we get guys like this, I mean, Dan Reynolds, he's a singer, lead singer for Imagine Dragons love their music, right? Millions and millions and hundreds of millions of downloads. But he's also got ulcerative colitis, or Crohn's disease, it's one of the two. So it doesn't matter who you are, you can get it. And again, if you're not looking in the right spot, you're gonna continue to be sick. And it's just having a reverence for the

complexity of the human body and understanding. I mean, we've really just scratched the surface here on gut and what it means and how it connects and how it works. But the whole point being that it is one of the most complex systems in the human body, we understand less about the gut and the gut microbiome than we do the human brain. Yeah,

**D** David Sandstrom 43:59

yeah, the amount of cells and bacteria down there are incredible. And then the nervous system connection between the gut and the brain. You know, we don't have time to get into that today. And we have to have you back on the show. Josh, we'll talk about that for sure. For sure. But if this message is resonating with someone and they'd like to get a hold of you, what's the best way to do that?

**D** David Sandstrom 44:15

That is really awesome. And you said you had a free gift for the audience.

**J** Josh Dech 44:15

The best way to do that there's two places you can reach me one is through my podcasts, the others directly through my website. And through there, of course, you can contact me you can join our Facebook groups, we have all kinds of stuff. And I do specialize in Crohn's and Colitis, I do see a fair bit of severe irritable bowel syndrome as well. So if you're dealing with gut issues, you need help, you can certainly reach us on our website, we work all over the world. That's [gutsolution.ca](http://gutsolution.ca). And then the podcast is called reversable, the Ultimate Health podcast and that's spelt revers Abel, you can always check the website [reversabelpod.com](http://reversabelpod.com). And we do all kinds of talks there we do quick tips. We do interviews with world famous experts and professionals, some of the top doctors on planet Earth. And that's the best way to get a hold of us if you're looking for help with your gut. schedule a call head to [gutsolution.ca](http://gutsolution.ca). And we can certainly help you out or at least talk to see if it's a good fit.

**J** Josh Dech 45:09

I do. So funny enough, on my podcast website, as well as my gut solution website, you can find some free programs, because people especially dealing with more minor gut issues, you don't need a full program those with Crohn's and Colitis. Absolutely, it's a very nuanced complex disease process. But for those who are dealing with benign things, you know, mild IBS, fatty liver, maybe you're dealing with acid reflux and bloating and some discomfort, a little being in there, my wiener dogs running around. But yeah, we have free programs on the websites, if you head over to either [reversible pod](http://reversiblepod.com) or [gutsolution.ca](http://gutsolution.ca), click the tab that says free stuff. There are free programs that you can take and you can use for yourself. It's complete with meal plans, instructionals, there are supplement recommendations. And we've even put some links in there as well, to specific podcast episodes about those topics. So you can learn more about it and be fully versed their 15 to 20 page documents, they're very, very thorough, and that's just my free gift to the world. People shouldn't be sick. And if we can give you some very simple tools without having to spend a lot of money. That's what we want to do.



D

David Sandstrom 46:13

That's fantastic Josh. I'll make I'll make sure to put all the links in the show notes for sure. Just one last question. Before I let you go. What is the most important thing that we talked about today that you'd like to you'd like the audience to remember.

J

Josh Dech 46:26

Wow. did cover so much ground? The most important thing? I would say from this conversation so far, no, we'll get into a bit more in another episode here, David, is that just because your doctor tells you one thing, that doesn't mean it's your only option? It doesn't mean you're pigeon-holed. It doesn't mean there's no other opinions. It doesn't mean other options don't exist. You know, I had a fella come in he's 15 years old Crohn's disease down to 93 pounds at five foot seven, and just horribly, horribly, ill eight weeks and he gained 25 pounds, his symptoms are cut in half, if not two thirds. And he went back to his GI doctor who said, Well, I'm glad you're gaining weight, but I don't love how you're going about it. They didn't want to see the tests. They didn't want to see the programs. He didn't want to speak to me, they didn't care. And not all doctors are like that. I'm actually where I am. Because there are some amazing medical doctors who said, I like what you're doing come into our circle and teach us we want to learn and they taught me much as well. And I'd meet with them every week we'd meet with these doctors and learn. And so the whole moral that one is just because you've been told one thing by a doctor or several doctors, it doesn't mean there aren't people out there who can help you. Sometimes it seeks becoming your own advocate seeking other opinions, advocating for yourself against conventional wisdom, conventional medicine, and even what your friends and family might tell you. I have people all the time who join our programs, and their families try to talk him out of ill it's a scam, it can't be done. We know it's the oldest, there's no cure for this. And that doesn't mean you can't make progress doesn't mean you can't reverse doesn't mean you can't begin to heal. And so always seek another opinion. Always look outside the box and don't be afraid to ask hard questions.

D

David Sandstrom 47:57

Excellent. That is so such good wisdom. Thank you, Josh. I really appreciate your time and sharing your wisdom with the Natural Nation today.

J

Josh Dech 48:05

It's been a pleasure. Thanks so much for having me, David.

D

David Sandstrom 48:08

For more, go to the show notes page at [davidsandstrom.com/131](http://davidsandstrom.com/131). There you can find links to all the resources that we mentioned. I put a summary of the episode there, as well as a video and an audio version of the podcast and more. Don't forget, I'm still looking to get to know my

audience better. If you'd like to talk to me personally. Go to my website [davidsonstrom.com/coffeetalk](https://davidsonstrom.com/coffeetalk) all one word, and schedule a ten-minute call with me. I'd love to chat with you. That's it for now. Thanks for listening. I'll talk with you next time be blessed.