

April 29, 2018 Clarity Radio Broadcast Exercising; Foods that Gain Weight; Longevity Foods; Neutrinos

(Intro: "Live is Life" by Opus)

That's right: live is life! My name is Bryan. And wow, we're back. We have a incredible, incredible broadcast. April the 29th, 2018. Of course, you know that. And you know that you are listening to Clarity Radio.

So, welcome everyone. And I'm feeling good. I'm looking outside. It's sunny. It's a little bit cold, right? But it's going to warm up. Later on this week, it's supposed to warm up.

So, we have four segments.

We've got, wow: "How to Exercise Correctly." This is one of my favourite topics... not. (laughs) Those who know me... I mean, I've got to listen to this advice here.

And Segment 2: "The Top Nine Foods that Cause People to Gain Weight." I mean, we're going to... This is really, really interesting.

And Segment 3: "The Five Foods that Extend Your Life." Of course, we all want to live longer, right? So, we're going to learn something new in that area.

And Segment 4: "Why Scientists Should be Careful with Neutrinos and," yes, "Pentaquarks."

So, wow. Wow, wow. Welcome. And we've got a little, short Segment 5... a little short announcement.

(Segment 1: How to Exercise Correctly)

So, here we go. Welcome all of you. And we're going to get right into the exercise. Let me just stretch a little bit here. Move my shoulders. And let me see if I can just take the advice that I've just learned very recently.

So, number one... Let's take a look at the general facts. Worldwide... We're talking worldwide, only 10% of people who exercise on a regular basis: they know how to do it correctly. I mean, this is a very, very sad, sad state of affairs. With all this hype and everything about exercise, that only 10%, for the most part, is doing it correctly.

Now, of the people who exercise: 95% of the people who exercise on a regular basis experience some sort of injury while they're exercising. I mean, the stats are not good here.

And then, what was really interesting is that I learned through my gift of discerning that 90% of people who exercise, exercise for vanity. And I've seen that in the gym. I've seen that one that's looking like a GQ, George Magazine, muscles and he's lifting the weights. As he's lifting the weights, he's looking over to another woman and he's saying, "Look at me. No, don't look at him! Look at me. I'm much better looking." And I'm telling you, it's just unbelievable. I know this is true. So, when I discerned it, it made sense. It really, really did. But he did say, overall, there's a 20% factor that people do actually exercise to be in shape. I mean, that's a very low percentage. It should like 100% of all the people who exercise, exercise to stay in shape. But to see that vanity supersedes being in shape... Wow. Wow.

And then, on top of that, I said... I asked the question: about those that exercise... like I mean lifting weights, running on the treadmill like a rat for half-hour, 45 minutes... I asked the question: of the total human population, what percentage of the human population is genetically programmed to do this aggressive exercise routine? Only 5%. And so, that's the reason why there are so many injuries. Because people are being very aggressive in the gyms and they don't fall into the 5% that can handle this. They're not genetically programmed.

It's like watching these cyclists. I mean, they're all lean, mean machines. They are mean machines on the road. Well, I mean... But I mean, I'm talking with truth here. A lot of them are like this. I mean, they take control of the roads. They stop in the centre at the stop light. They're supposed to go to the right but they're right in front of you. They know they're doing something wrong. But minute you bop your horn, you're going to get the finger. And I've had that experience too. So, I'm talking from experience. So, what is going on? So, these individuals, the cyclists, they are genetically programmed to be slim. They're not programmed to weigh 400 pounds, 300 pounds to be on a bike. This is the same as though the 5% of the world population being genetically programmed to do aggressive exercise. I'm only using that as an example.

So, as we go to point number two... So, what are most people doing incorrectly when they are exercising?

- Okay, the first thing they're doing... we just discussed it... is they're putting their body through aggressive exercising and over exercising, for the most part.
- And they're not taking correct resting periods while they're exercising. And that's the second point.
- Then, the third point on two... on point number two, who's making notes out there... The third point: they have a very poor food diet. I know this is true because, through the years, I've counselled a lot of trainers. And almost every one of them had a very poor food diet. But yet, they would be advising their own clients differently. They wouldn't tell their clients that they go out and they will grab two

burgers... hamburgers... from one of the local, famous chains of restaurants. They won't. But they'll tell me. Because I can discern. I look at them. I say, "You're fit. But you've got a very poor diet. What does your diet consist of?" Then, they start telling me. Because they can't lie to me. Oh, they can, but they know they're going to be found out. And that's my gift. And it's not to make them feel uncomfortable. I need to have the truth in order to help them. And that's why I seek truth: is to help everyone, to help 7.6 billion people plus growing people on this planet. The population is growing. So. I want to help everyone.

So, the third point, major point... How to exercise correctly. Now Bryan, listen to what you're saying. Okay. Here we go. So, you listen and I'm going to listen at the same time. So, what you do to exercise correctly:

- You start for ten minutes and you do stretching. Before you do any sort of major exercising... Did you hear? Now, Bryan, are you paying attention? Yes, I am. Okay? (laughs) You do stretching. And you start with the lower body, to the middle, to the top. You do this for ten minutes. And you can go through different YouTube situations and see how they do the stretching exercises. And you're not supposed to overdo it. Okay?
- Then, you can go to the treadmill, after the ten minutes, at speed 2.5 for most people. For ten minutes, you just do the walk. For ten minutes. Just ten minutes. You're like a rat, and you're watching the TV, or you're watching some video. That's okay. Or you're listening to some beautiful song. Or you're listening to Clarity Radio. Whatever you're doing, you're doing something.
- Then, after the ten minutes, you come off the treadmill. And then, you do upper body stretches, moving to the lower, for ten minutes. So, now you're doing more stretching.
- Then, after you do this for ten minutes, you get back on the treadmill. And you set it for level 3. And you do this for ten minutes. And you just do it. Do it. And don't get panicked. Now, if you're upset while you're exercising and you've had an argument: you shouldn't be exercising. You need to forgive everyone before you get on that treadmill. Because that... You can have an injury over that. So, you need to be like focussed, free of anger when you exercise. Very important. That's another reason why many people will have injuries.
- And so, the ten minutes is up at level 3. You come off it and you do more stretching for another ten minutes. And you can start at the mid-range, going down to the lower. From the lower, mid-range to the top, doing exercising, but stretching exercising. And that's the routine. It's a very, very simple routine.

If you're doing aerobics: ten minutes of aerobics; ten minutes of stretching. If you're doing weight lifting: ten minutes of weight lifting; ten minutes of stretching. If you're

doing any other type of exercise: it's ten minutes of the main event, whatever that is; then ten minutes of stretching. That's it. That's how you're supposed to exercise. And yes, I got it. Thank you. (laughs)

I mean, that's it. It's not difficult. It really is not difficult. What's difficult is to get off the chair, the couch and not succumb to the idea that you don't need to exercise. Because exercise is the major way for you to detox your body. There's no other greater way to detox your physical body. Okay so, as we move on.

Let me just think something. I got to think about something here. Hang on. Yeah, can I do it? What do you think in the studio? Can I do this? Okay, I've got a lot of people that actually believe that I can do it. I'm going to try. Because it's been tough for me.

So, the fifth point... The fifth major point... So, signs... physical signs that you should not exercise, do the treadmill, do whatever. And a lot of people don't adhere to these signs. And what's really more disturbing is that, when you go into a gym, the trainers, they don't have the education to spot this out and say to the person coming in to exercise, "You should not exercise." So, here are the signs. And you need to pay attention to these signs. And don't ignore them.

- So, number one... If you have swollen ankles. That means you're probably retaining fluid. So, for some people over exercising: this can trigger a blood clot, causing a stroke. So, you look at your ankles. And get familiar with your ankles. Know when you are in a very relaxed state, you're in a healthy state, what your ankles look like. When they... And if they should start to swell up: do not exercise. Go for short little walks. That's all you should do, until you've got that issue resolved. And you may need to go see your doctor.
- Now, another sign is dark eyelids. And I never understood this. And I have to go deeper. So, people are more prone to heart attacks with dark eyelids. And so, I need to really, really understand this. And I don't have enough time to actually go deeper. But this is just a general broadcast. But I'm going to. You know I will in the future. And so, you need to pay attention. And I've known many people who've come to me and they've had dark eyelids. And they've went through... They had depression, major depression. And we were able to understand what the actual depression was about. Once we resolved the issue, the eyelids were no longer dark. They weren't dark. And so, what I'm really talking about when I say, "eyelids," is really the circles underneath the eyes. Is that what it is? Yes. I'm being told yes, that's what it is. So, those circles just beneath the eyelids... And that's a sign that you are prone to a heart attack if you exercise aggressively. So, you have to be very, very careful.
- The third sign is chronic mental depression. There you go. Here we go. I just mentioned depression. Now, we're mentioning depression again. And for some reason, I have to look at the brain structure, the chemical structure, the hormonal

interactions, you know, as we talk about serotonin, as we talk about dopamine. I really need to understand this. Because I've discerned that these individuals are at high risk to commit suicide. A higher risk to commit suicide. It creates a... promotes a greater depression imbalance. So, this I have to look into.

But you have to be aware of this. Trainers should be aware of looking for these signs. Because we're here to help people. We're not here to help people commit suicide. And we're not here to help people have heart attacks. And we're not here to help anyone have a stroke. Our purpose is to minimize those events, to the best of our ability.

Now, the sixth... What are the other signs that one should not do any rigorous exercise? Rashes on the body. I mean, most of you: you've been into a gym. You've never heard about this. This is why. What we talk about: we are a step ahead of everyone else, for the most part. Because rashes on the body could be a sign of cancer. And exercise promotes a different hormonal reaction. Estrogen: the body can produce more, feeding the cancer. But we don't understand.

We don't understand how these hormones really behave. We think we do. Because when you take a look at the total biochemistry of the human body: the knowledge that we have now is not more than 10% total of the different reactions that occur and take place in the human body. We don't have that. We act as though we have 100% knowledge. But we don't. And we need to cough up to the idea that we don't have all the answers, and behave in this manner, and stop pretending that we know everything. We don't.

So, for women... If you, for example, have blood in your urine, it could be cancer. But you'd be looking for a different colour blood. Maybe the darker blood. You're going to be looking for a different type of blood.

But rashes on your body could also be... You can get rashes from having some sort of food allergy reaction. Like there's a lot of people who are buying these coffee pods, these new ones with different flavours. They're putting stuff into this coffee that is causing rashes on people's skins. And those rashes are hanging around for a long time. And this is one of the reasons why we did develop the cancer screening test, the urine test: so, that someone could have a quick test to see whether or not there is cancer or there's no cancer. But we're here to help. We're here, to the best of our ability, to save lives and transform people's way of thinking so they have independence. They have self-empowerment

He says for men and women... And we're still on the sixth point. Blood in the stool, dark blood, exercise: this can over-stimulate, again, certain hormones that will feed the cancer. Again, this is one of the reasons why we have developed that cancer screening test, which is the number one in the world. A lot of people are talking about their test. But their test does not work on a yocto level, period. Our test does. And our test will be proven to be the number one and most effective test for screening cancer. And this is

any cancer in your body. This is any cancer, anywhere in the body, whether it's genetic cancer or whether it is environmental cancer. Our test... screening test... will be the number one. It will become the number one in the world and accepted as that in the world.

So, let's move to point number seven... Still on exercising and eating correctly. You know, I do sometimes have a problem with that. And sometimes, you just can't help it. I mean, we're basically actors on a stage, reading our lines. And so, I just go along with whatever I'm supposed to read and do. And so, for most, it's best to have protein before you exercise. Wait 20 minutes. Then you... you exercise. But remember, you do your ten minutes and then you do stretching. Your ten minutes, then you do stretching. Ten minutes and you do stretching.

See, here's the thing now. Lack of protein is going to, on some level, make you at greater risk for muscle injury. Because when you exercise, you need energy. And that energy comes from your muscles. But your muscles need to have that energy replaced with protein. So, if you're not having protein right away, it's going to go directly and feed off your muscles. And it's going to make your muscles weaker during that exercise period. And so, when you do have a little bit of a mishap or whatever, your muscles may not be able to handle that mishap. And this is because, when you exercise, your muscles create a higher lactic acid level. And so, when your muscles have a higher lactic acid level... ah... higher lactic acid level... thank you. I'm thinking of two, three things at the same time... you should stop exercising.

When you're feeling the pain, the cramps, it's not for you to continue to exercise. You're supposed to stop. Stop and do stretching. Don't continue. And this is the problem worldwide: most trainers will have you continue. So, if you've pre-paid your whole thirteen weeks, you've signed the contract. You injured yourself on the first session, maybe the second. Now you can't go back. And now, you go back to the club, "I want my money back." "Nope, you signed a contract." You really need to understand the importance of ten minutes of this, whatever exercise then ten minutes of stretching. You need to really accept this. This will help you. And it may even save you quite a bit of money in the future.

Eight. The eighth point... Over time, what harm can... we're talking, over buildup of lactic acid, do to you, potentially? What can it do? And researchers, other researchers are going to catch up with what I'm saying because eventually they do. At first, they're going to say, "No, this is not true." But they will find out, eventually, what I'm saying today is true.

Number one disease is MS or a muscle disease that mimics MS. This is the over stimulation... lactic acid, over time... over stimulating... stimulation will... I'm getting excited because I know that this is going to help save a lot of people. That when you do the stretching, you are reducing the lactic acid levels. But when you continue, you are harming your muscles, to the point the myelin sheath is damaged. It's damaged. It

continues to be damaged. It continues to be damaged. Then all sudden, you're not... You know, your balance is off. Chronic overdoing of lactic acid build up may compromise your stem cells. Eventually, we're going to be on the same page, everybody, with this truth. This is why you do your ten-minute routine, then you do ten minutes of stretching. And if you feel that you can't do a rigorous exercise: you know. Ignore what the trainer is saying. Don't do it. And watch for the signs. Rashes. You know, swollen ankles. Just look for the signs.

So, the ninth... Blood pressure medication is the number one medication that says you should not do rigorous exercise. Okay? This is very important. This exercise will increase your blood pressure. You don't want that to happen. See, what happens is, the blood pressure medication can end up in the muscle tissue, which interacts with the reaction of the lactic acid.

And certain blood pressure medications mixing with the lactic acid, may trigger over time... here it comes... an aneurysm. So, we don't know this. Because you don't get the aneurysm at the gym. You may get it three months down the road at your office, at your cottage, your home. But no one's going to say, "Hey, that's because of the medication interacting with lactic acid." No one's going to think about that. So instead, go for walks. Stretch. Eat correctly. Combine your foods correctly. Get a food allergy test. Get tested. Invest. Even if you've got to pay the money yourself, find out which foods you have an allergy to. Because that will also interfere with your exercise program. It may do you harm.

So, the information that we've given today: I hope it helps somebody. It's going to help me. Because I cannot... I simply cannot see... see me... See, it happened to me. I injured myself and I paid for the whole contract. And then, I went back. I said, "I can't do the exercise. I've injured myself." And it was a lot of money, by the way. And they said, "No, you're not getting your money back." So then, I realized that I'm one of those individuals of the 5% that I cannot do rigorous exercise. So, I hope you take this to heart. And I hope it helps you or someone that you love.

Okay, we're going to break. And we're going to get right back. And when we come back, we're going to talk about, "The Top Nine Foods that Cause People to Gain Weight." Thank you.

("Go West" by Pet Shop Boys)

(Segment 2: The Top Nine Foods that Cause People to Gain Weight)

That's right: I would love to be west. La Jolla Beach, California. Looking at the sea lions. I remember walking down there, looking at all those sea lions. And I said, "My God, it's so beautiful. They are so, so beautiful." And the whole... I mean, the

restaurants there... I mean, expensive, right? But very, very, very nice. Beautiful spot. If you ever have a chance to go to La Jolla, California, I highly recommend it.

So, Segment 2. We're still on the food topic. And this is the April 29th, 2018 segment for our records. And yes, you're listening to Clarity Radio.

So, here we go. So, the foods that potentially... the top foods that could cause you to gain weight. So, let's look at the first major point. There's nine points, those making notes. Of course, you know that you can, later on this week, you can just get the manuscript from the website. So, you don't even need to make a whole bunch of notes. But you can if you think you need to.

So, let's look at the genetics predisposition. So, weight gain. So, one of the many different reasons for weight gain... And there are many, okay? We're going to talk about today, which is food allergies. And this is why I highly recommend that you get tested. I mean, there's books out there, "Eat Right for Your Blood Type," but it's not 100% accurate. What is: if you get the correct food allergy test using your blood. And I highly recommend it.

So, for the most part, let me help you. So, our body is set up to crave the foods that we have an allergy to. Really important for you to understand this. And this, again, this is why you need the food allergy testing. Because you can sit down and make a list of all the foods that you actually crave. With a lot of people, it's sugar and it's wheat. And what else is it? Milk. Dairy. Dairy products. So, this is what a lot of people crave. So, if you see that you're craving this: You need to get a food allergy test and see it's the reason why you're craving these foods is because you have an allergy. And this is your body, in a way, trying to send you a message that you have a problem with this food. And the answer would be yes. Because that's why you crave foods. That's how your body's telling you that you have a food allergy, besides eating peanuts and you almost die. But I'm talking in general. In general, this is how our body communicates with us.

So, going onto point number two, the major point... So, what are the nine top foods that can trigger weight gain? Okay so, here we go.

- So, number one is wheat.
- Number two is sugar.
- Number three is beef, animal meat.
- Four: fats, oils.
- Five would be creams, cheeses.
- Six: deep-fried foods.
- Seven: alcohol.
- Eight... Carbs, in general.
- And nine: it's there... salt.

Salt's a big deal, particularly if you've got high blood pressure. It's a big deal. And we're going to talk about that. I've got some really incredible information about salt and... connected to high blood pressure. But we're going to talk about that further down the road here.

So, third point... Let's talk about wheat. And you should listen to this segment three times. I can tell you: every time you listen to this segment, you're going to learn something new. Every time. In fact, you can listen to it a hundred times, you're going to learn something new. Why? Because it's truthful. That's why.

So, the number one reason we're talking about **wheat is: where** you've got this allergy, it's because your body is not producing enough amylase. It's an enzyme. So, amylase is there to digest... help you digest wheat. Now, some people don't chew the food correctly, enough and therefore, the amylase is not being generated. I mean, that's a big reason. But even though... It shouldn't make any difference. Your body should be able to just naturally produce enough amylase. But some people have to just chew to have that amylase become active in their saliva.

So, why not producing? Now, this is going to be a common theme for this segment. It's to do with drinking cows' milk. If one has an allergy to wheat, one really should not drink cows' milk or animal milk. It's going to create problems for you. It's going to create a lot of problems with your pancreas.

And I remember years ago, where people would come to me with diabetes. And I would look at this individual. And I could actually discern how many times this person drank milk, how many glasses a day, you know, very accurately. And this person's in front of me with diabetes. He's already been diagnosed. And I would look at him, I said, "So, you love milk." "Oh yeah, I drink lots of milk. I drink two, three glasses a day." "I see." And that was it. But there were other factors, on a biochemical level in the human body, that triggered the diabetes. But there's a lot of people that don't have certain enzymes in their body, and they're drinking the cows' milk, and they're ending up with diabetes. But it's not the cows' milk. It's their body. Their body doesn't have a certain enzyme that they need. So, I'm not going to blame the dairy industry.

So, one should only drink milk, if you've got this allergy to wheat, milk from nuts, whether it's almond milk, cashew milk. You have to figure out which milk you like. And that's by getting a proper food allergy test. And you will be able to see which milk source, from which nut, you can have. But you have to be very careful. You have to be very careful. Because you don't want to end up with some sort of blood sugar issue because your body is not able to break down the fats and proteins connected, the sugars connected to drinking cows' milk. You need to be on top of this.

Now, let's go to the fourth point... Sugar. Now, white sugar is not compatible for anyone on this planet... DNA. It's not. And we're talking refined, white sugar, which I guess, all of it is. And this can trigger... too much of this... type III diabetes. A lot of

people are not aware of the fact there is a type III diabetes. But let me tell you. Not only is there a type III diabetes, there is also a type IV diabetes that's coming down the pipeline. And if I have to be the one to come up with that test for type IV, I will do it. But it's coming down the pipeline.

And so, they are missing a major enzyme. I got to see if I can pronounce this correctly: alpha-galactosidase. Close enough. I don't care. It's produced in the saliva and the pancreas. This enzyme, when you don't have it, is going to cause you big problems. Now, it says this enzyme does everything. And I'm only being smart here. The only thing it really does is breaks down white sugar. For the most part, that's what it does.

And if you don't have this enzyme... If you don't have it, it's going to create problems. Diabetes. Yeah. But not only that, it creates toxins. There's a buildup of toxins in your colon. And it can, eventually over time, trigger colon cancer. Environmental colon cancer.

But what's really neat is: the enzyme product that we have developed has this enzyme. It has amylase. And as I was discerning the broadcast, making my notes... Without considering the ingredients of the BioClair enzyme product, then I compared my notes to the ingredients and I said, "Oh my God, this product has all the enzymes that people need." And I couldn't believe it. And then, again, I discerned, this is the number one enzyme product in the world. And will be. Because it has all of those expensive, tough, important enzyme ingredients. None of this fruit stuff. None of this sugar stuff. None of this fillers. It's like the real, real McCoy. And that's why the price is higher: because it costs us much more. Our overhead is much more expensive compared to those who are coming out with a cheaper line of enzymes, which may over time do you more harm because your body's not getting the enzyme that you need.

Okay so, go onto the fifth point... Beef. Animal meat. Due to a lack of enzymes, three enzymes. And these ones are, for the most part, produced by the pancreas. But that doesn't matter. Because I'm going to do another broadcast about the pancreas and why these enzymes are produced, on a deep, deep level. This is very general today.

Okay so, why, you know, you can't absorb the meat, the protein: you don't have protease 6.0, 4.5 or 3.0. Three enzymes. So, our body's not able to actually release that on a natural basis. And so, the protease 6.0: what is this connected to? It's drinking too much coffee with milk and sugar. So, if you do this on a regular basis, you can shut down protease number 6.0.

And protease 4.5: why shut down? It's mixing animal meat with dairy, milk, the cheese. And doing that: it shuts down protease 4.5.

And protease 3.0: why shut down? When you overindulge in wine, alcohol, beer.

So, when you do all these things: eventually, your body's not going to be able to digest the beef, the protein, the animal meat. Then, you create toxins in your body. You gain weight. Heart disease. There's so many things. There's so many things that you can trigger in your body and shorten your life, if you're not adhering to what I'm speaking of. I know, after this broadcast, the way my family eats, from this moment on, it's going to change. It's going to change drastically.

So, the sixth point... Fats. Oils. And by the way, the enzyme product has all these ingredients. You know, I just couldn't believe it. Because I was just discerning, writing down the notes as the information's coming to me.

And so, talk about fats and oils. Six. Lacking two enzymes. And so, lack of lipase. I mean, produced in the saliva, liver, pancreas, the stomach. I need to really understand this. Because, to me, when someone says it's produced in these different areas: it means nothing to me. I have to go deeper and find out really what's going on. I have to find out and learn what is the trigger, what is the mechanism for lipase to be released. What other enzyme or hormonal activity... something... mineral... something that needs to be in place first for lipase to be released, so that your body can deal with your fats and oils correctly. So we can understand. Catalase, another enzyme.

And so, when we go back to lipase: why? Too much white sugar, artificial sweeteners. So, if you're doing this, you can potentially shut down the lipase activity that your body needs to breakdown, digest, to move, to flow fats and oils throughout your body. Sugar. White sugar.

And again, down the road, science is going to catch up with me. And I'm hoping that one day our school system, worldwide, will teach this truth to our young, so that they can live healthier and longer lives. You know, where they say that, hey, that the children are going to die before their parents? It's because of this crap. We are not eating correctly. Way back when, our parents ate better. We didn't have all these additives... additives, preservatives and everything else, all these different options, all these different chemical foods. We didn't have that.

Catalase: why? Too much soda pop. The overall chemical makeup of soda pop. But the thing is, what's really good: if you stop putting the bad stuff into your system, you can reverse it. In a lot of cases, you can reverse your condition and your body will start to produce, manufacture these enzymes. That's the good thing about it. So, it's not all bad.

Okay, the seventh point... Cream, cheese. Lacking an enzyme: lactase. Enzyme produced in the small intestine. Milk again. Wow. Milk again. It's mostly about drinking too much cows' milk. So, what is too much cows' milk? More than 11 ounces of cows' milk every day, roughly. Roughly. Eating too much cows' milk, cheese. The cheese should be maximum one ounce. Even that's too much of cheese. Every other day. It's better to go with the unsweetened milk from the nut. That's why people need

to have their allergy blood test: to see if there is an issue with cows' milk, dairy products. And if you're craving dairy, if you're craving cheese and you're craving milk, cows' milk: get tested. Get your children, your loved ones tested. If you see someone who is craving this: get them tested and help them change their diet. Help save their life.

Okay, the eighth point... Deep-fried foods. Eventually shuts down three enzymes: glucoamylase, lipase and amylase. Three of them. I mean, this is amazing. So, when you have your glucoamylase shut down: it's not going to be able to digest the fats. Now, science believes it's mostly for sugar. That's not true. You will go on the website. You're going to see that it's for sugar. It's not true. It's mostly for fats.

Then lipase: you can't digest protein.

Amylase: you can't digest wheat.

So, the deep-fried foods... And what we're really talking about is rancid oil too. Because if you're having rancid oil... And rancid oil becomes rancid after 20 minutes of high temperature cooking. So, this is what you, your family will be up against, if you continue to have, on a on-going basis, regular basis, deep-fried foods.

But there's an answer to everything. You know, we're going to talk about lemons. But you can have the deep-fried foods. Then about 20 minutes later, half-hour later: you can take lemon water. It will actually help to wash that rancid toxins out of your system. So, it minimizes the harm. But if you're not using that lemon water and you do it on a regular basis: you're going to end up hurting yourself. Again, we're talking about rancid oil.

And so, let's go onto alcohol. Point number nine. And we're going to include carbs and salt. And we're going to go just about three, four minutes over the clock.

So, alcohol. Invertase. Another enzyme. Small intestine. Drinking too much alcohol can shut down your body's ability to produce invertase, which prevents you from breaking down carbs. See, there's a price that one pays when you are drinking too much alcohol. Now, for other people, they're really skinny and they're alcoholics: it makes no difference. But for a lot of people, they have different genetics that doesn't allow them to drink a lot of alcohol. And therefore, they run into problems.

And the thing is... What's very interesting: the antibiotic, amoxicillin, can also shut down invertase. It's not a lot of people. But some people, it can. It's not a problem with the antibiotic. It's a problem with the individual. And how do you know that you've got an allergy to this? In most cases, if you hate onions. It sounds kind of crazy. If you hate onions, you should not take amoxicillin. Ask your doctor for another antibiotic. It's really amazing.

And as we move on to salt... Now, here's the thing. When you go on the website and you search around, there's something that is called, pectinase. So, this enzyme pectinase: they say the body doesn't produce this. But the body does produce it. And it produces it out of the kidneys. And when you don't have pectinase, it prevents the kidneys from absorbing salt. You retain water. Connected to blood pressure. Eventually, you end up with a blood pressure issue.

But pectinase does exist in the body. And I was talking to my researcher and I said, "We got to produce... We have to do a test that shows that someone doesn't have pectinase." And she looked at me and she said, "We've already done it." I've done so many different formulations, I forget what I've done. But I thank God, I've got someone who's got a good memory, that knows what I've done. Because I live in the moment. And I allow the notes to look after the notes. Because my brain... I can't retain all that information because I have too much information coming through my brain and leaving my brain because of my gift.

I mean, you can eat apples. Apples is very good.

But this issue with pectinase: they also believe that it breaks down plants. And that's not true. It's absolutely not true. It's mostly to handle salt. So, there's so many different ideas that people have out there. I'm not trying to be in conflict with them. All I'm doing is bringing this to a higher conscious level out there. Then, whatever I say throughout the broadcast and other broadcasts: people who know me, you know, I'm going to come up with a test to confirm that what I'm saying is true. And so many people have high blood pressure issues because they don't have pectinase being produced by their kidneys. But if they go to a doctor and some doctors will say, "Well, the body doesn't produce it," or some doctors may say they do... I don't know. I don't know what they're saying out there. All I do know, based on just looking at general comments, what's out there: there's a belief the body doesn't produce it. And that's not true. The body does produce it.

So, it's 3:04. And we're going to take a break now. And we're going to come back with, "The Five Foods that Extend Your Life." And you need to listen to this segment at least three times. And right down your notes slowly. And just trust. And as time goes on and you change your diet: you're going to see that you're going to start to feel a lot better. So, we're going to break now. My name is Bryan. And you are still listening to Clarity Radio. Thank you.

("Live is Life" by Opus)

(Segment 3: The Five Foods that Extend Your Life)

That's right: life is live, right? That's what it is. How do we extend our life? And... So, we can have that live experience for a much longer, longer time.

So, this is the third segment. And my name is Bryan. And you're listening to, yes, Clarity Radio. And it's still April the 29th, year 2018. And we are going to talk about the five foods that extend one's life. So, I just love this. I love this segment. This is going to blow you away.

Okay so, the first point of nine major points... Foods that extend your life. Now, this is assuming you have no allergy. Okay? So, the first food, which is an oil... We're going to talk about flaxseed oil. And there's lots of different brands out there. And the brand that you need to use, providing it's suitable for your DNA... and I'll explain that in a minute... is the brand that has not been filtered. You want it unfiltered; just crushed. And as they crush the seed, that oil goes right into the bottle. And they don't do anything else to it. They don't try and thin it out. They don't add anything to it. It's just... It's crushed. And it hasn't been filtered. Because otherwise, if it has been filtered, the overall chemical makeup has been changed. And therefore, that oil is useless. It's not going to extend your life. So, I want to make this very clear to you. It has to be an oil that has not been filtered.

So, flaxseed oil is DNA compatible for 50% of the human population. That's it. And how do you know if it's compatible? Taste. By taste. If you taste flaxseed and you like the taste: in most cases, it's compatible. It's that simple. But also, there's a behaviour character profile of someone who eats or who is, rather, compatible with flaxseed oil. These are people who are followers. They're not leaders; they're followers. So, ask yourself: are you a follower or are you a leader? And ask your friends that. And if you're a follower: flaxseed is probably the oil. Or you can just go and get an allergy test.

So, flaxseed: it helps to prevent for many, potentially, strokes. Helps to clean out your arteries. It can go beyond the blood-brain barrier. They're smaller yocto particles that can go and help clean up the mess in your brain. And for a lot of people, using this correctly and looking at your overall lifestyle: it can add up to... extend your life by up to 15 years. It's also good to protect from sun, exposure to radiation and sun. I mean, it's good, assuming that it's compatible with your DNA.

So, as we go onto point number two... As we talk about olive oil. So, that's the second food that can extend your life. So, only 50% of the world human population is compatible with olive oil. 50%. And you can taste olive oil. And if you like the taste of olive oil like I do... I love the taste of olive oil. I don't need to add it to anything. I take my olive oil with my enzymes. And the babyface that I have... When I'm 90, I want to have that babyface. I don't want to lose it. And I know the olive oil is going to help me, particularly when I combine it with my enzymes. I know that. Because it's helping me right now.

And you can know if you're compatible by taste also. If you like the taste, again, you're likely compatible. An if you're also a leader: you're likely compatible to olive oil. And

olive oil... I mean, this is... It's incredible. And there's over 400 different species of olive oil. And these different olive oils can do different things, as it relates to health.

And again, the olive oil... You don't want to take any olive oil that has been filtered. It's useless. It's not something that you can use to actually extend your life. Those valuable properties has been removed from the oil. You've got to get the good stuff. And you know, when you buy the good stuff, it costs you more money. When you buy the correct flaxseed oil, it costs you more. They're more expensive on the shelf, compared to the other brands. Why? Because the other ones, they go through a filter process, which makes that oil useless.

So, the olive oil can repair damaged skin from sun... it helps to. Helps clear out the artery walls. Again, it can go beyond the blood-brain barrier. Again, it can help prevent strokes. It can even help prevent environmental cancers. And so can the flax. But this one can extend your life up to 20 years. But don't go with the olive oil because you think you're getting five years more. No. You've got to go with the oil that you are DNA compatible with. It's very important that you do this.

So, the third point... Mixing flax with olive oil. So, some of you would say, "Hey, you know what? Let me get the best of both worlds." So, the genetics, the biochemistry, the chemistry body makeup, profile... whatever word you wish to use to express what I'm about to say, it doesn't matter. But the bottom line is flaxseed oil and olive oil is not compatible. You don't take it together. You don't do it. It's not compatible. You have to find out which oil is best for you: either flax or olive oil. And most of you, you already know. Because if you've been taking olive oil, and use a lot of olive oil, and you continue to use olive oil: the chances are, olive oil is your oil. If you've been taking flax and you continue to take flax: the chances are, flax is the oil. You're there already.

So, flax is an antidote for what? So, it can extend your life up to 15 years. Well, it's an antidote for rancid oil, for having too much sugar in your system. It helps to get rid of antibiotic residue. And so does olive oil. If you have too much alcohol. A food allergy reaction. Because usually there's toxins that are built up as a result of food allergy reactions. And too much sun exposure. So, for those who can handle, on a DNA level, flax: I mean, there's huge benefits. But only if you get that oil that has not been... It's basically unfiltered. Again, as soon as it's been pressed, it goes right into the bottles. It doesn't get pressed and goes somewhere else and they add something. They thin it out. Or they add some additive to extend the life. Once they do that, it's no good.

Olive oil has the same benefits as the flax we just discussed. And it has a huge benefit, again, in reference to sun exposure, damage... cuts and bruises. I'm going to say, "Damaged skin." I mean, it's incredible. These oils are incredible. They really are. But they have to be used correctly. They've got to be used correctly.

And the thing with the enzyme product which I realize, I mean... We've got the enzyme, lipase. I mean, it's like I couldn't believe it. You've got incredible enzyme product that

has helped many. You know by the testimonies. Written testimonies. And if anyone wants to do a new video, a new testimony based on newer information: let us know. We'll put it up there. And don't make it too long because sometimes, if it's too long, we can't upload it. We've got some problem with our system. We're hoping to get that repaired.

So, the next point, the fourth... If you have an allergy to flax, olive oil, and you take it, what can happen? Okay. So, you need to understand this. Okay? Because I can't just say flax does this, this, this, this, this... all these benefits and you take it. It would be wrong for me to say this. Because not everyone can take it. Only about 50% of the world population. Seven billion point six. I can't believe that that population is so, so high right now. I can't believe it.

So flax, if you have an allergy to it: you're going to gain weight. And you could end up with type III diabetes, connection to the milk. Because what happens is, drinking too much milk has already compromised your ability to digest, process the fat. And so, it puts a lot of pressure on the pancreas and other organs in the body. And the fat, oil cannot be broken down. And you could end up with type III diabetes. Personally myself, I'm not going to be drinking too much milk. I don't anyways. But milk is a big issue.

Olive oil. Again, you can gain weight. It's the same thing. And it's with any other fat. Again, type III diabetes, to do with animal milks. People are going to say, "What about goat milk and all this other stuff?" Animal milk period. So, you need to find out which oil is really good for you. Get an allergy test. And to see if you've got an allergy to dairy products. It's very, very important. You've got to be able to... Your body has to be able to process the fats.

Now, if you do gain weight from taking olive oil or from taking flaxseed oil, you know right off the bat you have an allergy. There's the sign. So, what you do: you take a look at your diet. If you're having a lot of cheese, a lot of milk, a lot of dairy products: come off it. And come off it for about a month. And see if everything goes back to normal. Then, start taking the fat again and see if you're gaining weight. It's hit and miss. You just got to try it.

Okay, five... Walnut, walnuts. Okay, so we're talking about walnuts. It's an antidote for cleansing out yoctotoxins, which is very small... 10^{-24} . And it's including some microbes, which I don't understand. That's what I've discerned. But I'm going to go with it. And so, if it's 10^{-24} , that means that there's something in the walnuts that can actually go into your brain. And this is very good. And so, the walnuts: this can actually help to prevent environmental Alzheimer's. And that's about the only disease that it can actually help prevent, is environmental Alzheimer's. And so, walnuts is very good.

But again, you've got to be DNA compatible. Because only 50% of the human world population is compatible to eat walnuts. So, I know I'm getting you confused. But be patient. Because I'm going... I've got some good news. There's some good news coming down the pipeline here. And so, it may extend your life up to, what? 15 years.

But the walnuts actually goes with flax. So, if you're going to take walnuts, you take it with flax. Strange, eh? Absolutely strange. So, you got flax oil; you've got walnuts.

So, let me go to the sixth point... Let's talk about the almonds. I love doing this education broadcast. Because this is what it's about. This is where I get excited. And then, as I speak this, researchers around the world start working on these things. And then, all sudden, you hear two, three years... five years down the road, "Oh, did you know that walnuts is good with flax and it does this, blah, blah, blah." It's like they just discovered it, which is okay. I'm okay with that. I'm fine. I have no issue with it. It's not about that. It's not about my ego. I just want to get the information out there.

So, almonds. Sixth point. Almonds is an antidote for, again, yoctotoxins. Now, this helps to prevent dementia. So, walnuts is Alzheimer's. And almonds is dementia. For some people. But you can also get dementia genetically, passed down from your ancestors. Same with Alzheimer's... in a gene. You can get it from an injury. But what we're talking about: Alzheimer's and dementia related to toxin build-up in your brain that causes this condition. And there's a lot of people that have this condition of lots of toxins in their brain that causes them to have memory problems.

And almonds is compatible with olive oil. Again, the oil cannot... It's got to be unfiltered. The first press; that's it. The olives, the olive oil: the first press. That's what you want. It's expensive. It's expensive olive oil. But you've got to say to yourself you're worth it. You get what you pay for. This is how you need to live. I mean, why would you want to go buy a \$400 sweater, a \$1000 suit that you only wear once and you cheap out on something that can really help you live longer? Why would you do that?

Okay, seven... So, what happens if you take walnuts or almond nuts and you have this allergy? Now, this is going to be proven down the road. So, what happens? With walnuts, if you're not supposed to take it and you take a lot of it every day: you could end up having a stroke. See, this is why you need to really have a proper medical test by someone who's licenced, who knows what they're doing, who does this all the time. A professional lab. And spend the 2, 3, \$400. Whatever it is, spend the money.

The almonds: if you have this allergy to almonds, over time, what can it do? A stroke. Same thing. So, what we do know now is that flax goes with walnuts and olives goes with almonds. That's what we do know.

So, let's go to the eighth point... Lemons. Lemon juice. Incredible. Lemon juice clears toxins in your colon. It's the number one food in the world to minimize environmental

cancer. There's no other greater food than lemons. Okay? And this can extend your life up to 20 years.

Again, it's incredible as a general detox. It's the only food that cleans out, that clears out yocto-toxins. We're talking 10^{-24} . Again, 10^{-36} ... They believe nothing exists beyond 10^{-36} . Nothing exists. So, you take a look at the relationship between 10^{-24} and 10^{-36} : that's fairly close. So, look at it, my gosh, you know, it can't be possible. That is the small stuff, that what you can't see... What we don't see is the stuff that kills us.

But the lemons... well, they can sense it. And they go after it. It's the only food that can clear out yoctotoxins, particles out of your body. So, if you go to a restaurant and you're bad: lemon water. And the next day, drink lemon water. You'll be surprised how you will minimize bringing harm to your organs. You'll be surprised.

Okay so, the ninth... It's 3:32. We're just a little bit over the half-hour mark. But that's okay.

So, the ninth... the ninth point... So, the first group... There's a group that can take flax oil, walnuts and lemon. So, those are the three, working together, that can extend your life. There's no other food that does what these combinations do for you. And the second group is the olive oil, almonds and lemon juice. Okay? So, you just need to find out which side of the fence you're on. And again, ask the question, "Are you a follower or are you a leader?" The followers is flax. And the leaders is olive oil. And there's a reason for that. I'm not going to get into that. It's not bad. It's just the way it is. It's the way it has to be. The population is evenly divided between followers and leaders. It has to be this way. But I'm not going to explain it today, other than think about what has been discussed.

Listen to this three times. Go and get an allergy test. And I mean, start changing your life. Start changing your family life. Help your family out. Get people educated about what is being expressed in today's broadcast. Tell the world about this. Let everyone know about this new information.

So, we are now going to take a break. And I'm going to dance to my next segment. Because my back is a little bit... It's a little bit tight. And the next song is going to... Again, you've heard it before. It's going to really help you. So, when we come back, we're going to Segment 4 and, "Why Scientists Should be Careful with Neutrinos and Pentaquarks."

Now, this fourth segment is not tough. It's very easy to understand. And it's not so deep scientific where your brain's going to go all kind of funny. I've been talking to a lot of people about the last broadcast. And they were saying, "No, it's just too deep." So, I basically, I have lessened the load. It's much more interesting. It's lighter. And you're going to feel much better. So, we'll be right back. Thank you.

("Havana" (feat. Young Thug) by Camila Cabello)

(Segment 4: Why Scientists Should be Careful with Neutrinos and Pentaquarks)

And I'm back for the fourth segment. I'm feeling much better now. I feel much, much loosened. Thank you, "Havana." I just love that song. Okay, here we go.

It is the 29th of April, 2018. And you're listening to, yes, Clarity Radio. This is more for the YouTube version. This broadcast is going to be... It's going to end up on YouTube. So, here we go.

Now, "Why Scientists Should be Careful with Neutrinos and Pentaquarks." So, there's nine points.

So, the first point... I'm talking to myself. And I'm thinking, you know, should I be releasing deep scientific information that no scientist on this planet is able to have access to, that I can discern very accurately, and release it to the world? And the answer was no. And so, I thought about it. I thought about it. And why did I get the answer no, not... there would be no benefit.

And so, the thought that I got when I was thinking about pentaquarks and trying to get the answer, as I discerned this topic, what came back to me was, there is no... or rather that there is nothing that is good that will come out of pentaquark research, if it continues. There's nothing. And so, I asked the question... Of course, you're going to ask why. Because the research technology will likely lead to man building a super war laser weapon. And I said to myself, "I cannot be part of this. I can't be part of this agenda." I can't embrace the idea of some of the information that I broadcast will help some scientist develop this laser technology. So therefore, I choose not to talk about this topic, pentaquarks, any more. So, I'm not going to do it. Even though I said I would. But it's more of a moral decision that I'm making. I love mankind, I love God too much to be a facilitator for those who have no respect for human life, that it's a game for them, that their weapon is bigger than someone else's weapon, that they can kill more people than someone else. I don't want to be part of this whole idea of war.

And I asked the question, I discerned... When we talk about something being really stupid... And war is in the top five acts of really being stupid. It's one of the highest acts of stupidity that you can imagine. And so, why would I want to embrace this energy? And the answer is: I don't. So, that's why I'm not going to continue. I love the world. I love the United States. I love this country, Canada. I love Europe. I love the Middle East. I love everybody. But I can't be part of a research project that could take someone's son or daughter out within 20 minutes, within 10 minutes of them landing in the country on the front line, with a laser weapon. I just... I don't want any part of it. So, that's it.

Okay so, let's go to point number two... So, on the other hand, the study of neutrinos may lead to five positive technologies. See, that's what I'm about. So, the five technologies is:

- Better x-ray imaging by understanding this technology, which I'm going to really get into.
- Better cancer treatments, using frequency treatment. Now, there are some frequency treatments that are being used to kill certain microbes, bacterias. You can go into some practitioner's office. I've discerned you should be very careful because some of these frequencies, this equipment that they use, can actually trigger cancer in one's body. So, I'm a little bit nervous. I need to research this more. But I would encourage you to be very careful and consult with your medical doctor before you go and have this type of treatment.
- Okay so, another technology, by understanding neutrinos, is superior artificial technology intelligence. It may be good or bad. But I'm looking at the positive side. It can be used to help us in a big way.
- Better telecommunications technology. Safer, on some level.
- And the fifth would be conversion of ocean water into drinking water. By understanding neutrinos, we the world can come up with better techniques on how to take ocean water and turn it into usable drinking water. That means, for example, Africa. You can take that water from the ocean, convert it, and the people, they have drinking water. They've got water to... for their farmlands. They can grow. They can become much more productive. 7.6 billion people on this planet and it's growing: we're going to need that technology so that we don't end up being stupid and going to war for water.

So, that's why this neutrino technology... studying neutrinos can be very beneficial. Okay now, he's saying this is the five main technologies. Maybe something else will come out of it. But this is the five main possible technologies that will come out of neutrino research. I mean, it's not bad. It's all good.

So, the third point... Let's look at neutrinos. It's very simple. It's a type of energy. Okay? It certainly is a subatomic particle. I mean, that means nothing to anyone. Doesn't matter. And neutrinos come from atoms. Okay? But here's the thing that's really neat. There are 144 different elements that exist in the universe. We recognize, to date, about 118 different elements. Neutrinos are fragments of elements. You can look at, very simple, a fragment... Make it very simple: a fragment of an element. And it could be a fragment of any of the 118 elements that we already know, up to 144, the difference of which we have not discovered. So, I guess, soon, we're going to understand 144. That would be nice.

So now, as we go to the fourth point... Man's understanding of: what is an element? Okay? So, a chemical element is a specie of atoms, having the same number of protons in their atomic nuclei. That absolutely means nothing to you. Right? Like, I mean, your brain is saying, "Well, what is he talking about?" Exactly. It doesn't matter. Again, there's 118 elements that have been identified. The first of the 118: 94 occur naturally on Earth. And 24 of the 118 is basically created by man. Okay? So, we got 118. And what I'm doing right now is, I'm in the process of trying to understand the purpose of each element. Each element has a purpose. And I need to understand the purpose of each element. Then, once I know the purpose of each element, and when I comes to creating new technology: I'm able to compare my notes and match the correct element with other elements to create that technology. For example, a urine strip test for cancer. That's an example. Or a urine strip test for some other disease... for high blood pressure. A urine strip test that shows me that your body is not producing some enzyme. I can do this. And I have done these tests. It's just that I forget sometimes. I've done so many of these tests. Because I've got so many on the go. And when you're gifted like me, you don't retain the information. Other people retain the information for you.

You know, I was even... I was the other day discussing something with someone brilliant. And I said, "Yeah, I would have to develop that test." And my research assistant looked at me in the meeting and she says, "Bryan, you've already done that." (laughs) And so, that's where I'm at. You know, I basically... I'm in the moment. I'll say, "Sit down. Here's the formula. Write it down." And we'll go through it. And we'll take five days and confirm the formula is correct. And I will know, that I know, that I know that it's correct. And once I know that it's correct, then there's a process of how to mix it. And if you've got a chemical formulation and you don't have the right sequence: it's not going to work. You've got to have the right sequence. And you need to know what needs to happen for those chemicals to bond nicely together, to be able to be stable, all the time. And when the test is done, that the test itself is stable, all the time. So, it's very tricky. But we are able to actually do it.

Five... So, what is the discerned answer to: what is an element, as it relates to chemistry? Okay so, very simple: it's the basic building blocks of matter. And so, we know there's 118. And again, each element has a unique, different purpose from each other element. And what's really interesting: all elements share the same intent. And there's twelve different intents, which I'm going to come to you in a future broadcast. But they share the same twelve intents. By understanding what those intents are, I will be able to understand what I'm supposed to do and how to do it.

Now, an element cannot exist without another element. That's very simple. I mean, that's very simple. An atom cannot exist by itself. It's very simple to understand. I'm not using these words to confuse you. It's very easy to understand. And so, when we do our research: our research, our patent work is similar. When people read our patents, they're easy to understand. You don't need to have a PhD to understand our patents. Why? Because we want to share this knowledge with the world.

So, the sixth point... Let's talk about cancer. So, a lot of people, unfortunately, are struggling with this illness, worldwide. And yet, this new frontier of science that I'm bringing to the world... yoctoscience... looking at the urine... looking at particularly the urine and discerning the urine. That's what we're doing. We're actually discerning urine. We put everything together. Then, we have to be brave and we have to do our proof-of-concept, which again we're in the process of setting that up. And it takes time.

We've got a group that will be working hand-in-hand with Health Canada. And it takes time. And... But that's the nerve-racking part. You know? Because we haven't tested the technology to say that it actually does work. We got to get a lot of people. And so, it's nerve-racking. It's actually nerve... But I know I've discerned that it's going to work. And we have to go and do everything according to the book.

But when I talk about cancer and I talk about neutrinos, these fragments... I mean, in the urine, when someone has cancer, there are neutrinos active in the urine. And again, these neutrinos are fragments and/or an expression of some sort of energy from one of the 118 elements. And when these neutrinos come together in the urine, it changes the overall chemical charge from a negative charge to a positive charge. And what's really interesting with our cancer strip test: cancer is the only, only disease that changes the chemical charge from a negative charge to a positive charge. And this is done by these neutrinos. And so, our strip test will screen for any active cancer, anywhere in the body, whether it's genetically-driven or environmentally or other driven. It doesn't matter. If there's any type of cancer that is active, it will show up in this test. And it's a very, very simple test. But these neutrinos are very important for us to understand.

So, the seventh point... The real question: how do we create these neutrinos in the human body? So, the neutrinos... what we understand today... are created within the physical, human cell by basically having two different cells coming together. And they're two red blood cells. One's healthy; one's not so healthy. And when they come together, when they bond: there's some type of nuclear energy exchange that is released. The atoms in the cells, on some level, collide, which I have to understand what does that mean. This is what I've discerned today. Collide with other atoms in the cell, releasing these neutrinos. And this takes place in our bone marrow. So, that was very simple for you to understand. You can listen to it again. You're going to get it. It's very easy to understand. And this is how science should be.

So, the eighth point... There are more than two neutrinos found in the urine cancer. And so, when we talk about neutrinos in this sense, neutrinos are not really friendly to the human body. They're like indicators. They're like expressions. And the purpose of the neutrinos, on some level, is to play a role in creating the cancer environment, to have cancer continue. And the truth is: if neutrinos did not exist in the human body, cancer would not exist. So, this is the key here. But it's part of the key.

So, what happens when you take a look at radiation treatment? The radiation can actually target the body, where the cancer is, and it can target and destroy the neutrinos in that part of the body. So, it could stall... it could actually stall the cancer. But in truth, it does more harm to other parts of the body, the radiation treatment. In a lot of cases, it does more damage.

And so, the whole idea of trying to understand these neutrinos, where I can discern where science really doesn't have the technology to study neutrinos... where through my gift of discernment, I alone can study neutrinos, and study the make up of neutrinos, study the energy of neutrinos, and study the behaviour. And have someone write it down. And we can come up with a test that can basically help destroy the neutrinos without going after any other aspect or property of the human body. To have a singular hit target and take these neutrinos out, whereby people are not losing hair, they're not vomiting, they're not getting sick. It's just a very, very easy, easy take out. But the problem is, there's something else that I need to think about. And it's not so easy.

Because as we go onto point number nine... The neutrinos, they really hold a dominance, position in the human body, as it relates to disease. And once a neutrino is there, it basically has dominance over every cell in the human body. Every cell. So, we've got the neutrinos. But what's really happening is, is trying to understand: what's triggering these two cells to come together and have certain atoms within the cell collide and create some sort of nuclear reaction, on such a small scale that you can't even measure that reaction? But yet, it occurs.

And so, the culprit... what I'm trying to understand now... is something I spoke about in prior shows, which is gamma rays. So, the gamma rays, they come into the human body, and they're causing these two cells to come together, collide and release the neutrinos. So, what I need to understand is, how to get rid of the gamma rays. Because I'm working very seriously, and we're almost done, on creating a cure for environmental cancer. But I don't want to be caught in the position where that molecule simply takes out the neutrinos, only to have a gamma ray coming back with another set of cells and creating the cancer again. So, this, we're going to be able to figure it out with our group. We're going to be able to do it. But this is, again, government approvals, patents. It takes a long time.

So, my main concern right now is, are these gamma rays. How do we stop them from coming back? That's why a lot of cancer patients, they go through remission, whatever chemical drugs they use to fight the cancer, gets rid of the neutrinos. Now, they don't have cancer for three months, four months, six months, five years. Five years down the road, the gamma ray is active again, takes two cells... one healthy, one unhealthy. They come together. The cancer starts all over again. And that, folks, is what cancer is.

See, we're going to find out in the future that cancer really is a very simple thing. But it's only simple once we understand what cancer is. Right now, most people who treat

cancer: they don't know really what cancer is. They don't understand the neutrino activity. They don't understand gamma ray. I mean, it's like the 747 going over their head. They don't understand it. Why would a 747 go over my head? Maybe I'm standing on the runway? (laughs) But... (laughs) "Hey you, get off the runway! No, no, I'm discerning. I want to discern how close my head can go to the closest wing. Hang on for a second, I got to move to the right." (laughs) So, anyways, the manufacturing of neutrinos by gamma rays...

So, to beat cancer, we must figure out, on all levels, how to stop the creation and the manufacturing of neutrinos. So, at least, we can start with the urine strip test confirming that neutrinos are there. It's changed the chemical charge from a negative to a positive. That's a start. It's a good start. And then, I can think about what needs to be done to get rid of those gamma rays and make sure that they don't come back again. So, I've got some work ahead of me.

In the meantime, we're going to take a break. It's 4:03. Actually, we're on time because we were actually just three minutes behind. We're going to take a break. And we're going to come back. And I have a very brief announcement.

My name is Bryan. And you have been listening to Clarity Radio. Thank you.

("Somewhere Only We Know" by Keane)