

Dr. Gabriel Cousens - Germs, Terrain, and Opening to Sacred Ways of Eating and Being

Dr. Will Tuttle:

This is Dr. Will Tuttle, your host for The Worldwide Vegan Summit for Truth and Freedom. We now have the precious opportunity to learn from the deep experience and the inspiring example of Dr. Gabriel Cousens, MD. Dr. Cousens is based in Israel, functions as a holistic physician, homeopath, psychiatrist, family therapist, Ayurvedic practitioner and a Chinese herbalist. In addition, he is a leading world diabetes researcher, ecological leader, spiritual master and founder and director of the Tree of Life Foundation. Dr. Cousens is the best-selling author of many books, including *There is a Cure for Diabetes*, *Conscious Eating*, *Spiritual Nutrition*, *Creating Peace by Being Peace*, *Torah as a Guide to Enlightenment* and *Depression-Free for Life*.

He's considered one of the leading live-food vegan medical doctors, holistic physicians and experts on spiritual nutrition. He presently has established and supported over 100 health and diabetes prevention programs, organic veganic farming projects and orphanages in 26 countries and has received the Cesar Chavez Award for his nutritional education of migrant farm workers in the U.S. I've known Dr. Cousens for many years, and it's a wonderful honor because Dr. Cousens actually is a living legend in many ways, and he's renowned for his capacity to bring spiritual teachings and veganism to many, many people and to embody these teachings with spiritual wisdom and the vegan teaching of compassion for all beings. So thank you very much, Dr. Cousens, for joining us.

Dr. Gabriel Cousens:

Will, it's an honor to be with you. I love the work you're doing! It's good! I give my love to everyone here. What I like to do, which is key to understanding veganism from my point of view, is do a prayer that merges the heavens and the earth, and it's about oneness. To me, veganism is about eating in a way that brings sacredness to the planet, and certainly no doubt, sacredness. Here's the prayer. [Hebrew language] Amen. Now just feel the merging of heart and mind, just for a moment. Now we're ready to talk about veganism, which is a sophisticated merging of heart and mind when you really understand what it's about.

Dr. Will Tuttle:

Thank you. I love the opportunity that we just had to connect in this way through the spiritual dimension and connecting heaven and earth. I want to start with just getting a little bit of your background. I had the opportunity with my wonderful wife, Madeleine, to visit Tree of Life Foundation quite a few times over the years, and so I think a lot of people know you as the founder of this wonderful organic vegan healing center. I know that's just one of many projects that you have been undertaking over the years.

I was wondering if you could spend a few minutes. You have an MD from Columbia University. You were an amazing athlete in college and as a middle linebacker led your team to victory, I

think as a most valuable player and so forth. You have all these sides. And now, even in your young age, I'm not even sure what it is, you're still in tremendous physical condition. I'd love to hear a little bit about that too. If you could just share with us some of the benefits of veganism that you've experienced and how you've been able to share this with the world. I think it would be great to hear a little bit about that.

Dr. Gabriel Cousens:

Okay. It's a very big question and it's nice. My introduction to veganism really began in 1973 when my wife was pregnant, and we both had this nightmare. What was the nightmare? The baby was a chicken and we're eating it. I mean, that's quite a nightmare, right? We both had it and became simultaneous vegans. Done. Okay. That's a funny way to become vegan, right? Okay. Then after that, in 1975 I began working. Really, my spiritual path is both Kabbalistic, but also very yogic and also Native American. Those are my three truths.

I was in a deep meditation with Swami Muktananda and received the awakening energy. I went into the nothing and I came down. A little voice rang out and said, "You should learn to eat and live in a way that supports the spiritual life." Okay. I'm this doctor. I have thousands of people in the hospital I'm taking care of, and I began to observe what's the diet that's best for spiritual life. What became very obvious to me was it was a vegan diet, at least 80% live food. Okay. But the truth is a vegan diet, it's the turning point. It's where the crossover is.

As a person involved with not only spiritual life but Kundalini, I was working with people who may have a Kundalini crisis or things, and they would self-medicate by eating meat, because the energy was too much for them. I reversed it around and said, "Okay. Obviously, the way to enhance your spiritual energy and to become a super conductor of the divine is to go vegan." Wasn't that complicated and people were using it as a suppressant, then great. It's just the opposite. It was kind of funny in that way as it unfolded, but it was very clear. In the yogic system we have what's known as nadis, 72,000 channels through which the Kundalini or spiritual energy flows. It became very obvious that meat, fish, chicken and eggs act as a sludge to the Kundalini. Therefore, it's antithetical to spiritual life in that way. That's part one.

The other part is when we kill an animal, we create pain, misery, fear, death. When you eat it, you're taking that pain, misery, fear and death into you. Obviously, that's going to block you at all the different levels. We're not just this physical body. We're multiple levels, like five levels of soul and five of the body. You have astral plane and you have the mental plane. The point is every level would be taking in the energy of death. Obviously, that's not what's most supportive for spiritual life, right? You are blocking the nadis, the flow of the kundalini, and you're also bringing the energy of death in. That's just a no-starter. For spiritual life, a vegan diet is clean and clear, and it's the best. It's the most supportive of it.

I'll just say it now, and I'll say it at the end too, is that this is the medicine for the world today, is a vegan diet because it supports spiritual effort and it supports every other level of our life. You asked me about my age. It's 78, okay? What happens at 78 on a vegan lifestyle? I've been doing this for like 46 years. There's a little a trial by error, but trial by fire, right? What happens is at this time compared to when I was a captain of an undefeated college football team, I could do 70 pushups. Now I'm on average doing 1,800 pushups at one time. I can sit in the full lotus. I can do up to 100 pull ups. Although I go at 80, but 100. The point I'm making is how did that happen? Well, the vegan diet supports a physiology that actually can help with age that you grow stronger and more flexible.

I mean, I couldn't even touch my toes when I was captain of an undefeated football team. Now I can sit in full lotus. How did that happen? Well, it didn't happen by accident. All these things are supported by a diet that is a vegan diet. That's really what I'm saying. I mean, there's more to it, right? I'm doing yoga every day, and I'm doing breathing, I mean, I'm doing things. It's not like I'm not working, but the vegan that supplies me with the energy to do that. Typically, when we understand that food is energy, that's a key concept. You want it the cleanest you can be. You don't want any death in it. That's how I see it. That's been the progression, and it gets better in a sense. On this lifestyle, as I say, "You get stronger and more flexible and more endurance."

I mean, what can I say? It's really practical. It isn't like a theory and then you get weak and fatigue. No. I will tell you that if people don't understand it, and I work this out in my books, we all are unique in our physiology. On chromosome 19, there's three loci that tells you how much meat, how much protein, how much fat and how much carbohydrate you should have. If you know how to balance it, which is part of the work I do because I worked with people all over the world...

I mean, today it's somebody from Australia and the U.S. and then all over the place. Spain. A key is to get the right balance. We are not a bunch of cows who just eat grass. We are unique in our physiology. Chromosome 19. Part of how I get people to be 99% successful on this vegan diet is getting the right combination of carbohydrate, protein and fat. That's extremely important. We are unique. That's part of the work I do is like, "Okay, how do we balance it? What's your constitution Ayurvedically? What's your constitution in a variety of different ways?" Without getting too technical.

Dr. Will Tuttle:

What about the importance you say of clean food? You're pretty renowned also I think for organic and veganic, not just the fact of not eating meat, dairy products and eggs, but how they're grown. Can you say a little bit about that?

Dr. Gabriel Cousens:

Oh yeah. It's really important. First, the difference between organic and commercial is very big energy-wise. We've taken Kirlian photography. We can clearly see that organic food is way more energy, per se. Okay. Second thing is we know that organic food, with over 300 studies have shown, that organic food has about on average 25 to 30% more nutrients. It's more nutrient dense. I mean, that's just out there. Third, is it's about 60% less in toxic metals. There's no organic food that's really totally clean, but it's way less. That's the important thing here. Way less cadmium, way less lead, way less mercury, okay? That's a big deal. Same thing with pesticides and herbicides. Now, when we eat lower on the food chain, what we know is higher on the food chain like cow, any flesh food, it has 95 to 96% of the pesticides, herbicides and toxic chemicals that are in there.

Immediately by vegan we cut down our exposure by 95%. That's a big deal. Okay. Now the other thing we find with organic is it has significantly more antioxidants. I mean, 30 to 80% more antioxidants depending on which antioxidant you're looking at. So yes, and it has 25, 30% more actual nutrient in it, 30 to 80% more antioxidant depending on the antioxidant you're studying. It has significantly less neurotoxins, pesticides, herbicides. It's way better for every aspect of your life. This is well researched. This is not like, "Oh, I think organic's better." I'm saying, "This is the real data that we have out there." It's very significant. I eat, what am I going

to say, 100%, 99.99% organic and I have for years because of this evidence. There's no question that that's important. You've got vegan, but you have to... The organic is really important.

Dr. Will Tuttle:

Right. Plus, it's not killing all the birds and insects and so forth like the pesticides.

Dr. Gabriel Cousens:

Go ahead.

Dr. Will Tuttle:

Yeah. Are you able to get actual veganic food sometimes without any bone meal or blood meal and that kind of thing you think? Is that possible?

Dr. Gabriel Cousens:

In the U.S., our farm was one of five farms that were organic veganic. We used no animal products, no manure, nothing. Okay? You can do it. Part of it is we had this thing that has like 82 different nutrient, the bacteria in it. The key to this is activating the soil. We do the double dig and we're putting in this, I don't know, hyperactivated organisms and the soil comes alive. The biggest problem with farming including organic farming is we're not nurturing the life in the soil. It's a subtlety here, okay? We clearly lived that way for years.

Where we live now in Israel, well, there's a really good organic farm that we get our food from. They have a market, so it's like three blocks from where we live, but we visited the farm. You want to visit the farm. This guy, he's been doing it for 25 years. He's Swiss, so he's really precise. He's totally committed to the full meaning of organic versus the other kinds of things that sound organic. That's how we approach it. We eat a lot of sprouts too. In other words, we're kind of off the grid in that way, if you see what I'm saying. We've lived this way for years. I've lived this way since, again, 1973.

Dr. Will Tuttle:

Right. You've done a lot and helped a lot of people I think over the years with cleansing, with fasting and with juicing. Can you say a little bit about that, about the importance of cleansing?

Dr. Gabriel Cousens:

Yeah. I really began fasting in 1982 when I returned from seven years in India. I started out with my typical style. I did a 40 day fast. It's not the way. I began seeing it. Wow, this is powerful. This is really good. We have been since really the late '80s doing spiritual fast. There are levels of detox. You have physical detox, emotional detox, mental and also spiritual detox. We organize the fast. In fact, I had one in early October because right now it's hard for people to gather together with all the fear. We do an over-the-internet fast, which we've been doing the last two rounds. I recommend half diluted green juices. We don't do a lot of sweets because the fructose activates a few different things for people. It isn't the best in terms of blood sugars, okay?

In fact, part of my work with the fasting is I use it in healing type two diabetes, and we get really, really good results in three weeks. 61% of the people are healed, meaning blood sugar less than

100, no medications. When they say, "It's just a downhill course to early death," 10 to 18 years off your life, that's a big turnaround. Fasting is part of it because the other part is it rests the organs and they can regenerate. It's part of the cleanse, but it's also part kind of a rest is what I would say. I'm not just a medical doctor, but I also publish papers in biochemistry and biophysics, okay? I have a certain way of thinking about things. I measured people's urine to check the toxins coming out. It takes about six days to get the measurable toxins in the urine down to about zero.

You do a one- or two-day carb fast, it's not really a fast. You have to move into fasting physiology, and then you're detoxing day three or four. By day five and six then you start actually having a clear urine. That's why our minimum fast is seven days, because I feel most people are cleared of the toxins by that time, and particularly the bowel toxins. Remember, the bowel toxins affect the brain. We're looking at a mental clearing going on at the same time. That's why we meditate, and we're doing the yoga, we're doing all these things to support the total approach. As well as the group meetings with emotional clearing and so forth like that. That's kind of how we do the fast. That's why I call it a spiritual fast. The intent is yeah, you'll lose weight.

I've had people lose 45 pounds. Type two diabetics because they stopped being insulin resistant. Their blood sugars go to normal, and so their weight also goes to normal. It's nice. Generally, people do lose a certain amount of weight, seven pounds or 10 pounds. Something like that. It's good that way, but that's a little bit more gross level that I'm talking about. We really work on the emotional, mental and spiritual levels. We're meditating twice a day; we're sharing a little bit deeper on what's going on. That's fasting. It's huge. People have been doing fasting for 5,000 years. It's like the only really proven, proven, proven, proven approach to health.

Dr. Will Tuttle:

That's really fantastic. I think it's very exciting to hear the great successes that you've been having with not only an organic, mostly live whole food plant-based diet, organic of course, and also fasting and cleansing not just the physical body, but really healing emotionally and intellectually, psychologically, spiritually. Let me know what you think about this, but I would think that it seems to me anyway, the last few years the level of toxic chemicals in the environment seems to be increasing. We have glyphosate now like everywhere. Pervasive. We used to say to people, "Well, we would prefer organic food when we come and give a lecture in your city when you're going to feed everybody." Now we say, "Listen, it has to be organic."

Dr. Gabriel Cousens:

Which is what I say. I say this.

Dr. Will Tuttle:

Can you talk about that? I mean, with glyphosate and everything? How should people be responding to all this?

Dr. Gabriel Cousens:

Well, at some point there has to be more of a movement. There is a movement where we say, "No, we can't start. We have to stop poisoning the planet, and stop poison all life on the planet." Glyphosates have been associated with leukemia and a variety of cancers. This is dangerous

stuff. Everybody is having some in their system because we live on the planet. To me, there needs to be a move towards organic in general as a way of life. Now we do know that organic growing is equal to or 10% better, meaning more productive. We are working towards that. Actually, in Israel, some of the people I train had come to U.S. now are sharing the organic veganic way and with the different microorganisms to make the soil come alive. We're doing that.

In Cameroon, because I have five countries, and Cameroon, we have a group called WARES, which is West Africa rural development, okay? In Cameroon we have 55 organic veganic farms. 55! I mean, we have five in the United States. Think about that, because people get it. They're close enough to the earth to really get it. I think that's the important thing. We have Nigeria and Cameroon and Ghana and different, but the point I'm making is we are teaching this farming approach, and it is more effective, and it's way healthier. It's not hard to convince people. I don't have an argument about it.

Dr. Will Tuttle:

Yeah. That's really good news because I think the big problem, as I've studied this for many years, is the so-called green revolution, which basically was the big oil companies and big chemical companies moving into places like Africa and Asia and bringing Western ways of doing agriculture, of poisoning basically the soil and converting the whole foundation of agriculture from soil to oil, and people are getting sick and needing medications, needing vaccinations and all this stuff. What you're doing is basically connecting people to their indigenous roots of wisdom, connecting actually what they already know, right? I mean, that's fantastic.

Dr. Gabriel Cousens:

That's right. We always say, "Go back to your natural way of living." That's it. It works.

Dr. Will Tuttle:

You're really a revolutionary. Can you say a few words about what I just mentioned, the whole I think anyway, an overemphasis on reliance upon pharmaceutical drugs and vaccinations to be healthy? We're seeing a big push for that right now that the only way to be healthy now is to get a job, and anything else isn't going to help. Can you talk about that a little bit, because I think that's an important issue right now?

Dr. Gabriel Cousens:

Well, I wrote an 80-page chapter in my book *Conscious Parenting*, okay? It's actually really important. I know people are thinking about COVID, but I'm talking the big picture. For example, in Brazil they did a five-year study using homeopathic prophylaxis, meaning giving people homeopathic measles and mumps and rubella and so forth. Then they compared it to the vaccine approach. Homeopathic prophylaxis, and this is done around the year 2000, like a five-year study, was 93% effective. Vaccines are 10 to 30% and they make you sick and you have lots of side effects and they're all kinds of problems. It's 10 to 30% versus 95%. We actually have something that's really better. In the flu epidemic in 1917, homeopathic prophylaxis again had far superior results versus any kind of allopathic medication. It was like 24% versus one to 2% in terms of effectiveness.

We see that it works. That one. Two, it's not expensive. That's important too. That's why homeopathics were important in India because it didn't cost much. It works, it is better and people don't get sick. That's one concept. The other concept that's very, very important is the argument between Louis Pasteur and several key doctors. His theory is one germ, one disease. The other theory is the terrain is the answer. Build a strong terrain and you're not going to get sick, okay? We have Claude Bernard is one of those doctors. Now on his deathbed, Louis Pasteur admitted that they were right. It's the terrain, not the disease. That's big. Louis Pasteur is saying, "It's the terrain is more important." Get healthy. That's more important than a vaccine or that kind of thing. It's a whole way of thinking that has been proven to be far more successful. Be healthy.

Without getting into too much with the COVID vaccines, the research in Israel since they did a lot of COVID injections is that the immune system gets suppressed. It can be effective for six weeks to about eight months. Now they're pushing for more vaccines, but the problem is you have all these other things going on. What they're finding is that people end up getting sick again from this [inaudible 00:28:59] are people who actually got the injection. The unvaccinated are the people who are far healthier and are far less disease or hospitalizations.

It varies. Some people say it's 70%. Some people say even 95% of the people in the hospitals are people who've been quote, "Received the vaccine versus the people who haven't who are healthier because they have built a broader immune system." That's just a rough idea. It's the same principle. Build the terrain, get healthy, eat good food. Vitamin D deficiency is somewhere between 75 and 95% in the U.S. People need vitamin D. They need zinc. They need immune building herbs to build the terrain. Plus a better diet, plus obviously vegan with at least 80% live food diet. You build the terrain and you have a greater resistance. That's been the argument since really the Civil War, believe it or not. [crosstalk 00:30:28] argument.

Dr. Will Tuttle:

I mean, what you're saying is really good news. You're saying that, "If we just focus on being healthy," and being healthy means all the things you're saying. A holistic approach, so having food that's alive and vegan, having positive thoughts, having a spiritual practice, having healthy relationships, doing plenty of exercise and all that. Why don't we hear about this? I mean, why didn't we hear about the homeopathic study in Brazil or these other protocols and other options that we have? It seems like people are just not getting this information at all.

Dr. Gabriel Cousens:

Well, you don't have to be a genius to figure that question out, right? Because it's rhetorical. I know you know the answer. It's like, "Well, it doesn't make money."

Dr. Will Tuttle:

Is that all it is? It's just basically the money?

Dr. Gabriel Cousens:

There's more to it. The intention that's been stated again and again is about depopulation. That's not a theory. That's not a conspiracy theory. That is what has been said now for quite a long time. That's what's been in play and that's what people are saying is in play like the Bill Gates and

different people. We have levels of what this is about. I know Bill Gates has been very upfront about the intention.

I remember when I was working in Nigeria, he had just started a whole thing with the polio injection and lots of people were dying. Same thing happened in India. He's not allowed in India anymore because what they did with... The point I'm making is people are more sensitized when you get out of the mindset of the United States or the Western thing. People are very sensitized because they've seen it happen. They've seen their children die from the quote vaccines that are going to help them. The HPV vaccine in India killed, I don't know, 70 girls or something like that. That's it, man. You're out of here. He's not allowed back there. He's not the top of the thing, but I'm saying there's an intention. It really goes back really to part of even the 19th century. This is not a new thing.

Dr. Will Tuttle:

Right. It's maybe part of the old that eugenics movement basically to-

Dr. Gabriel Cousens:

Not maybe. It's definitely part of it. There's not a question. That's what we're talking about. I was trying to be gentle with it that time.

Dr. Will Tuttle:

Right. Well, what you're saying is that, "In other countries outside of in the Western bubble, people in many cases are more conscious or more aware and actually are more savvy about what's going on, and so they're not so gullible and not so easily fooled as people in the West." I've noticed that actually. It seems like sometimes it's the more educated people that are the most gullible. Does that seem true to you, or do you have-

Dr. Gabriel Cousens:

It's a way of life. When you're living off the earth, in Africa or places, Brazil, it's a way of life that makes much more sense to you because you're not that much removed. In the United States, even in Israel or Canada, we're a few more steps removed from the way of life, so it's harder to see the obvious.

Dr. Will Tuttle:

That's the problem. Since we're removed from actually connecting with the food we're eating and being part of nature, we're much more dependent on other sources for our information and so much more vulnerable. Wow.

Dr. Gabriel Cousens:

We're more open to hearing sources that aren't based on real science.

Dr. Will Tuttle:

Can you say a little bit about science? I mean, what do you think has been happening with science? I think this is a huge issue right now, and you yourself are not just an MD. You're also a researcher.

Dr. Gabriel Cousens:

Yeah. I've published papers in biochemistry, biophysics, school health, and there's a real protocol. If you start to look at the amount of science and doctors are speaking up now, because they are speaking up, they're pointing out that science is not the science. It's just a propaganda tool. There is science. There is research. It does exist. Now, the other problem that's really hurt the credibility is leading journals like The Lancet. They published a false research thing on hydroxychloroquine. They had to retract it, but how much credibility did they lose you see?

Same thing with the New England Medical Journal. They've had to retract because they've been pressured and pharmaceutical companies are paying for the advertisement. There's a huge compromise in promoting actual scientific results. That has really hurt because you can't read a journal and trust it anymore. That's terrible. If you're counting on getting your information from the journals and they're cheating and they're getting caught cheating. It's like, "Whoa." This is very bad for the scientific community to have this going up.

Dr. Will Tuttle:

Right. That's what doctors rely on, right? I mean, they're proud of the fact that they rely on the best journals to get their information to treat people. It's really a direct assault on the people. I mean, the fact that science is being corrupted by the pharmaceutical industry, it's not just harming their reputation. It's actually harming human beings.

Dr. Gabriel Cousens:

Yeah. It makes it really hard to figure out what's going on. You're looking. "Okay. Now I have to actually read the research, see who did what." Something was quoted to be the vaccine was 95% effective. When you really look at it, [inaudible 00:37:08] effective. That just happened. Okay. You have to have the eyes to see it. It's a lot of work. It's a lot of extra work. Let me put it that way. My approach is really simple. Do your organic, which I consider equally as important to veganic, okay? Organic veganic diet Because you got to eat not only lower on the food chain, but you have to eliminate the pesticides, herbicides and toxic chemicals that we're all accumulating, Okay? Then organic, veganic, and then sleep is very important.

What we find is that you miss a good night's sleep two nights in a row, your blood sugar is going to go up. Your immune system is going to go down. Your neurotransmitters also get depressed. I mean, just at night or two. Sleep is a sleeper, so to speak. It's like, "Whoa, this is really serious. "We have to take good care of ourself. That brings us back to kind of the natural way of living. I just add this other piece to it. The natural way of living that supports the liberation process, because when you're eating well, and exercising, and meditating... I will just say something about meditation. They did a variety of research, but the bottom line is if you've been meditating for five years or more, your physiology is 15 years younger.

Dr. Will Tuttle:

Right. Yeah, I think that's true. Yeah. It makes a huge difference.

Dr. Gabriel Cousens:

It's huge. The research out of Harvard shows that people who are meditating and praying actually increase their brain mass in the frontal lobes and in the hippocampal areas. It was like, "Wait,

you're now increasing your brain size." Normally your brain shrinks 1% a year. You start meditating, just that one alone besides eating, sleeping and doing all the things we're talking about, and you're actually going to increase... You're going to decrease the shrieking of your brain, but I think we're also looking at increasing it. Some of the research is showing you literally increase critical brain areas like the frontal lobes, which is thinking, reasoning and so forth. The hippocampal area for memory. All this is like, "Oh, wow." We can make a big difference in terms of our thinking process and our anti-aging process because we're regenerating ourselves. That's huge. The science is there now that supports what I'm just saying. There's enough research out there for that.

Dr. Will Tuttle:

What you're talking about then is the connection between our body and our mind that if our mind is at peace, and if we're focused and concentrated, and if we train and cultivate a meditative awareness that our physical body improves, our mind improves, our body improves. Can you say something to everybody, because I think this is really an important question? What do you think about the protocols that have been rolled out to keep people healthy during COVID? For example, wearing masks and social distancing and not having a job anymore.

Dr. Gabriel Cousens:

Well, you're asking more of a science question. It's not what I think. It's not my opinion. There's been over 24 studies that showed that lockdowns don't work for protection against COVID. They do work for increasing the rate of suicide tenfold. They do work for making people depressed. I'll tell you that. That does work. But in terms of prevention, there's no research that shows that. I said, "Over 24 studies." In terms of masks, same thing. Well, except they have a negative effect. Now, here's where the negative effect is with the mask. Two things. You decrease your oxygenation. Some studies are showing with kids when they're wearing masks, there's a 3% reduction in oxygen, so their brain development is negatively affected. That's really serious, okay? The kids should not be wearing masks, and kids do not transmit. They don't really get sick. If you're less than 18, your chance of dying from COVID is .999998. It's very low. More likely you could be hit by lightning. Literally. I'm not meaning as a metaphor.

Okay. Masks also create gum infections. With the gum infections, you also increase the rate of pneumonia. Masks can be detrimental. They have been proven clearly not working. I think it was Norway. Oh, it was in Denmark. There was a study with thousands of people, and they showed masks made no difference. The CDC has at least eight studies at least that show masks don't make any difference. Social distancing is actually destructive for the development of kids because kids depend on social interaction. For adults you're talking, again, 10 times more suicide? How is that a good thing? And it doesn't work.

If something doesn't work in a positive way and it works negatively and increases suicide and depression, that obviously doesn't make sense. Wearing masks clearly proven not to work, but it does increase gum infections and increasing bacterial pneumonias from the mask. These are things that, again, that's straight science. There's enough even by the institutions that are pushing it. If the CDC is pushing it where their own research shows it doesn't work, pushing wearing masks, then at least the research is probably pretty valid that they don't work, if that makes sense.

Dr. Will Tuttle:

Yeah, no. That makes a lot of sense. I really appreciate your bringing in those scientific studies about mask wearing, about social distancing and lockdowns. It seems really obvious that those are counterproductive, but we're being told that they're better. Would you say the same thing is true of the vaccines, that they're more of a risk than of a health for most people?

Dr. Gabriel Cousens:

Well, there's a study that came out in 26 different countries, the graph of how people are doing. What it was, in 26 out of 26 countries after they received the injection, there was an increase in the rate of COVID. That speaks for itself. I have a study.

Dr. Will Tuttle:

Right. I noticed that in India. As soon as they started rolling out the vaccines, all of a sudden, they had this huge spike in cases. Yeah, that's interesting. Probably in a lot of countries it was similar.

Dr. Gabriel Cousens:

26 out of 26. I didn't say, "A lot." I said, "26 out of 26." That's 100%, okay? That's just on paper. I mean, that's what they're showing. It's not an opinion. That's just the research that's out there.

Dr. Will Tuttle:

Now we could talk a lot longer, but I think in interest of the context that we have here, we're going to have to bring this to a close pretty soon. Are there any final thoughts you'd like to share with everyone who's watching and listening, because you are to me a fountain of very important, helpful not only scientific information, but spiritual and life wisdom information? You could just say maybe some closing thoughts and also how people can be in touch with you to learn more and to stay in touch. That'd be great.

Dr. Gabriel Cousens:

I can talk for a long time, so it's real easy. I just want to mention environmentally. I don't want to ignore that. We know that a vegan lifestyle conserves enormous amounts of water. A swimming pool difference of water each year. Okay, that's huge. It conserves a lot of land productivity in a big way. The environmental is important too. I'm just making that point that it has an environmental... When you add it up physically, emotionally, mentally for the individual and spiritually, and then how it protects the environment and the living planet, we see that this is the medicine for now for healing the planet and the future. Now and the future. It's that simple. Profound.

Dr. Gabriel Cousens:

I just add one more thing that I like to talk about for people is that it's a way of eating where we create a level of sacredness in their life. It's like, "Well, we're not just eating. We're actually creating a sacredness in the act of eating that's uplifting the planet on all these different levels." That's how I like to think about the eating process. It's like, "Well, I'm eating vegan. My food is fine." This is healing the planet, healing myself and deepening my connection with the divine. That's what the sacrament of eating your food. When we were doing organic, veganic at least up to 80% live food it says, "This is a sacrament, a sacredness approach to eating. That's the final

thought that I'd like to share. This is way beyond getting stronger, your mind working better. It's a whole way of life that brings sacredness to the living planet and to the humanity.

Now, people can reach me. That's how I think about it. I mean, that is really that important to me, if you get what I'm saying. It's like, "Okay, I'm doing this because I love it." It makes me feel good. Yeah, I get stronger, but I'm bringing sacredness and holiness to the living planet. It's like, "Wow, that's just a turn on." That's how I look at it. People can reach me at www.drcousens.com. Then it can take you to we have a kind of support community. It's www.treeoflife.mn.co but www.drcousens.com, that's pretty easy to remember, and that takes you wherever you need to go.

Then we have a newsletter and we have information. I also have a regular Thursday evening program, one for spiritual nutrition and then one for what I call Alive and Liberated with Dr. Gabriel. We, that's you and I and our circle, have really been uplifting the planet to our life, to what we're doing. I want to bless you for all the good work you have been doing over the years, okay? Wow. Yeah. I want to honor you for that, and the summit is part of that, so it's great. I want to bless all the listeners for being wise enough to listen to you and tune into what I have to say too.

Dr. Will Tuttle:

All right. Well, thank you so much, Dr. Gabriel Cousens for shining the light of wisdom with us during the summit. We really appreciate it and we wish you all the best. May we all live a life of sacred harmony with all living beings. Thanks very much, everyone. Thanks for joining us. Peace be with you.