



**HEALING FROM LYME  
DISEASE AND CHRONIC ILLNESS  
NATURALLY SUMMIT**

## **Using nature's essentials to help heal**

**Dr. Robby Besner PSc.D. interviewing  
Adam Gelfand**



### **Robby Besner PSc.D.**

Hey, everybody, welcome to another episode of the Healthy Hotline. And today, we have an amazing guy, he's been doing what he's doing for 30 years. He doesn't even look 30 years old, frankly, because the things he does keeps you healthy. He's got the secret for longevity, which is amazing, in the things that he does. His name is Adam Gelfand. And he's out, you know, and about, I think he's on the West Coast. As you know, I'm on the East Coast. And he's a real innovator, he's a real pioneer. He was doing the things that you guys are reading about on the internet for all the ways that you can kind of get yourself healthy. He's one of the guys that kind of was on the foundation of actually doing it, not talking about it, not writing about it, he actually was doing it. And he puts all of those sort of elements into the love that he puts into every formulation that he puts together and the theories and foundations behind the things that he does. In fact, the name of his company and the way you can get a hold of him is [www.elementalwizdom.com](http://www.elementalwizdom.com). It's that easy, Elemental Wizdom. Like, we all need elemental wisdom, and he puts that into the things he does. So Adam, welcome to The Healthy Hotline. Everybody viewing today, give us a little backdrop on kind of who you are, how you got inspired to do what you're doing today, and you know, give us a little background and bring us to where you are today. And then we're gonna dive into some of the things that you're doing that is unusual. I mean, I've been around this stuff for many years, but no one does it the way you do it. So this is really cool. So tell us about yourself a little bit, Adam, and then we can go, and then we can dive.

### **Adam Gelfand**

Thank you, Robby. Yeah, thanks for having me here. You know, it's an honor to be your guest, and I'm very happy to share all the wisdom I possibly can with our audience. Yeah, so I mean, I sort of had an epiphany, or I literally had an epiphany at 15 years old. 14, 15 years old, I was working for my friend's father's company, you know, making up samples of supplements, you know, to make, really, to make some money for Grateful Dead mail order tickets.



**Robby Besner PSc.D.**

How perfect was that! So tell me you're a Deadhead, right? That you follow around, and follow Jerry Garcia, and .

**Adam Gelfand**

Yeah, just for the last, you know, two years. I mean it started, I got into it in '93 and then, you know, so yeah, I caught the last couple of years of it.

**Robby Besner PSc.D.**

Yeah, I just found a collection of tie-dyed T-shirts upstairs then I was thinking, "I got to give these, I haven't worn them in a year." So I was thinking, I got to give them away, but how can you give that away? Like, that's like a relic, you know?

**Adam Gelfand**

Yeah.

**Robby Besner PSc.D.**

All right, so keep going. So we started, and people don't even know what you do. I mean, you make supplements and other kinds of things. So you started in the supplement business sort of as a young man, and that gave you a little bit of sense of what they could do, I guess. So tell us more.

**Adam Gelfand**

Right, well, I had these supplements, these pills in different capsules for different formulas. And I was presented with there's some, you know, a lot of questions with my experience 'cause here I am, you know, into music, playing guitar, going to Grateful Dead shows, expanding my consciousness, you know, really looking deep into the fabric of reality. And when I got hungry, it would contract this expansion that I was experiencing. And I started recognizing that simultaneously with how these supplements would enhance the experience. So I started changing my diet right away and found other options to get the nutrition I needed, and support my body without risking or compromising the consciousness that I was cultivating. You know, just to be real, straight to the point about it. There's a direct link between your diet and your consciousness, they're a reflection of one another.



**Robby Besner PSc.D.**

Wow, you know, most people don't look at nutrition at all as a function of either emotional or, you know, your wellbeing in terms of your consciousness. You know, people say, "Oh wow, I've got brain fog, so I'm gonna do something that's gonna help me, some supplement that's gonna help me with, like a neurotropic that's gonna help me with my brain function or the brain connections, right? But they don't really make, they don't make the direct connection that one serves the other and the other serves the master, like, they both serve each other. And it's really interesting that you've found that at that early of an age. So that kind of set the stage in the backdrop, right? So then bring up, fast forward, like, you know, like, in my own discoveries as a pioneer and the things I do, it's like one discovery sometimes opens up a door that brings you into five other areas, you know? I imagine that there was some of that kind of cathartic process in even your growth. So tell us all a little bit about that.

**Adam Gelfand**

Right, so yeah, back to, you know, what you're saying, what you're asking me. I actually found other food sources or nutritional sources that were not impacting my consciousness detrimentally, you know, like spirulina and probiotics. And I literally started eating that in conjunction with all of my other extracurricular activities, and realized how well I felt in my body and how sharp my mind was. You know, it was easy to get my region's diploma. It was easy to learn to play guitar, or to pick up basically any skill. The intuitiveness of the experience that I was having led me to pass of yoga, and chi gung. I mean, we're talking about someone, I grew up in the streets of New York City. They didn't have yoga studios or the chi gu... Like, if you wanted to do chi gung, you went to Chinatown, to the park with the old people, and then you do the gung, and you do whatever they're doing. Or Tai Chi, and that was the extent of it. There wasn't any yoga studios back then, maybe integral yoga, you know, downtown. But even then, you know, it wasn't big. And we're talking about before AOL launched. You know, it was right around the time when AOL launched, and the worldwide web launched. So there was no information to look up.

**Robby Besner PSc.D.**

I think you just lost half the audience 'cause nobody even knows what AOL is, and nobody could ever imagine the world before internet. Like, was there a world before internet, you know? But for all of you that are out there just tuning in, we're talking to Adam Gelfand, and he is telling us that there was life before the internet, because he lived it. And that's kind of interesting because



you found or tapped into sort of an inner guidance or source that it fed you or led you on this path, right? So this is crazy, amazing. You know, I was thinking, at age 15, most people out there, they were going to gas stations, they weren't buying Red Bulls, but they were buying Ring Dings and Twinkies. That's what they were eating. And you found, that, by the way, for all of you out there, there's nothing, I have nothing, there's nothing wrong with Ring Dings if they even make them anymore, and Twinkies, but anything that has a shelf life of 500 years, you have to kind of think about what the ingredients might be before you kind of ingest that. And that's where you're leading us. So you seem to have somehow drawn a line in the sand, where you were able to focus on nutrition, and kind of separate, things that you can supplement, things that are grown naturally, things that come from nature, and then the other kinds of foods that are out there, processed foods, and sort of functional foods per se. So tell us like more about like, kind of why nutrition is so important, the nutrition of today, and it's not just about GMO-free, and, you know, eating organic, you know, those are big labels and vogue things to talk about. Let's talk more about, you know, sort of why elemental or primal nutrition is important, and the differences there, because from the world that I see, in the way that we've, you know, sort of brought the food industry along, it's not about feeding the body to nutrition, it's really more about marketing and packaging and what they can put on TV. And you know, the kinds of smells that can, talk about New York City, just walking down the street, the smells that would pipe into the street, that would get you hungry, right? But whatever food, fast food place you walk by, hard to avoid all that because they're playing on all the senses, your visual, your audio, and obviously the things that you smell and taste, you know, so interesting stuff. Let's talk more about it, tell me what got you thinking about that, and try to explain to the people listening, how you define that, or where the lines are, you know, in your view.

### **Adam Gelfand**

Well, with my senses enhanced, as they were pretty much all the time as a teenager, and teenagers themselves are really in tune with a lot more than they're given credit for. You know, a lot of magic comes from being, you know, from teenagers, you know, like, all the music that we all grew up with or used to, you know, all the, before influencer was a word, you know, it was teenagers, you know, people, young adults that were really impacting the world with all of their art forms. You know, so I was there doing my thing, you know, and I had my academic background, you know, like I knew there were herbivores, carnivores, omnivores. There were three classifications of what things ate, what different life forms ate on the planet. And it all



worked, you know, supported one another, there was like a system of checks and balances, and there was a food chain. There was a bottom of the food chain, and the top of the food chain. So using all of that information that I had learned in school, that I was educated with, I started watching National Geographic videos, and watching . And was really sensitive to life force energy. And with the concept of everything that you eat, you assimilate into you, you know, not just physically and nutritionally, but consciously. So the consciousness of whatever organism that you're going to consume, is assimilated and uploaded into the full matrix of the being that you are. So I was very picky with the things that I started consuming, not just because I recognized, you know, what would help me play guitar more, or better, you know, or keep that way of going, you know, of excitement and inspiration and the consciousness that I was riding and cultivating, like the power, and I mean, power, like the strength and all of the ammunition for my physical body to keep up with my mind, because the mind is super powerful. And if your body can't keep up with it, it's, you know, like, whatever, it leads to depression or whatever it is.

**Robby Besner PSc.D.**

Well, you're only as strong as your weakest link. So if your mind is way stronger than your body, then the body holds you back. But you know, this is a hard concept for people to understand that when you eat something that you absorb the consciousness of that being in a sense. But I will tell you, you're not alone in your understanding of all this. Again, you know, you were very unique to discover and be interested in this as a young man, 'cause that's generally not age-appropriate. Mostly they're thinking about going to college and going dating or whatever, you know. I mean, it's not about that, this kind of primal thing that we're discussing, but there's a, I have a really cool friend, Dr. Zach Bush, and he has, we've had, he's said many of these things publicly, but even in some of our discussions over the dinner table and things like that, he's talked about in the slaughtering process for animals. If it's not handled exactly right, you can imagine that there's some pain involved, like, we see pain in a different way, and you never think about that necessarily when you're going out and ordering food at a dinner, for a dinner at a restaurant. And I'm not coming from a place of judgment, I'm just reporting this and sort of jumping on the back of what you said. But Zach talks about that emotional, you know, part of the process in bringing animal protein and seafood, you know, to the table involves the capturing. And that emotional piece is captured and transferred into the DNA of the animal, which then gets passed on to us when we consume it. But you know, this isn't something new. I mean, we're seeing it more modernized in the meat packing industry or the fish catching and



processing industry. And like, you talked about National Geographic, in the wild, you've got, you know, big guys eating little guys, you know, and little guys eating little guys, and all the way up the food chain. So this isn't a new concept, it's just the idea that you also get that emotional piece. I have some dear friends that are emotional healers, and they always talk about emotional DNA, what you inherit in your DNA from prior generations. So this is all part of the same thing. So it's pretty amazing that you locked on that, and you did it at an earlier age, and that you've kind of, you know, weaved it into some of the pillars of the foundation of what you put into the various different formulations and things that you make. You use this term high vibrational. And I love that, you know, because you're actually talking about that even in your own journey, through your own health and nutrition, and how that created a higher vibrational thinking in your own body, connection between body and soul and your brain, you know, and then that made you a better guitar player. Or whatever you wanted to focus on. And so this is really great information for everybody out there, you don't have to be chronically ill, you can just be looking for like, all the biohackers out there that are looking for optimal health. This is what they're searching for. What you're talking about is what everyone is searching for. And it's pretty cool stuff. And so that high vibration, you not only have discovered that within yourself, but you also instill that in the formulations and the things that you do, which is pretty cool and unusual. Let's kind of shift a little bit, are you good with all this so far?

**Adam Gelfand**

Yeah, sure, I mean, if you are, yeah.

**Robby Besner PSc.D.**

No, I'm good. Everybody out there is good, but I don't wanna cut you short if there's some things that I jumped in and there's some things that you need to say, so I'm gonna shift... Go ahead.

**Adam Gelfand**

I was just gonna say that, you know, that with those National Geographic videos and watching gorillas, you know, it made me become a raw foodist for a long time, you know, and I did it right. You know, I ate vegetables and leafy greens and sprouted things. And that's before, you know, my only influence really was the National Geographic videos, my intuition and my daughter's mother, you know, who took my daughter on a raw food retreat in '99, I mean, later on. That all being said, I found that, you know, that emotional aspect where I didn't want to harm anything



else, you know, it'd be a piece in how that oneness and I kept that up for over a decade. Well, over a decade, but I was also, I'm also an O blood type and I was an inch and a half taller and could not at all maintain any type of muscle mass or any kind of weight. You think I look young now and, you know, I looked like I was still in high school when I was 30, you know, it's because of all that.

**Robby Besner PSc.D.**

I just recently went to go buy a bottle of wine for dinner we were having, and the person behind the counter carded me. So I said, "I mean, yeah, like, wow, really like, look at me like, sir, I, love to be able to serve you, but I need to see your identification." So I said, "I'm taking that as a compliment, let me go get my wallet." So it's very funny. So let's shift a little bit and just talk about kinda the importance, how the body works, like, the relationship between our external environment and the internal environment, the microbiome. A lot of people will talk about that, but you have kind of a different spin on it and more insight, a little deeper insight. So I think it would be important for people to understand what that is. So you know, in your words, just explain to people what it is, and the relationship, why it's so important to maintain the integrity of both environments.

**Adam Gelfand**

Well, you know, microcosm, that as above, so below that, everybody loosely throws out there, but your microbiome can this of beneficial microorganisms. They're bacteria that have their own consciousness. I mean, we come from them, you know, we evolved from that originally. We are not all that we are like, there's like this I, the you and me here, it's just, we're representatives of those, of our microbiome. You know, we're a legion of those things, we're nothing without them. We have no immune system without them. We have no cognitive functioning without them, without their support. You know, we must support our microbiome.

**Robby Besner PSc.D.**

We are not digestive, we have no GI track. I mean, yes, you're right, all this stuff, there's more than 60,000 colonies, different kinds of colonies of bacterias that line the interior of our GI track alone, right?



**Adam Gelfand**

Right, right, that's right. They're responsible for everything. Everything that our bodies do, you know, that's the army, you know, or the, you know, all like, that is who we wanna support. And those are other living organisms that are in favor of our life at our highest potential. So we must support them, just like, we must take care of our environment. You know, there's no one or the other, you know, that's the dichotomy where we're faced with here. We must support both if we want both to support us.

**Robby Besner PSc.D.**

Great, that's a great statement there. And you know, it hits on so many levels, right? But I got a great microbiome thing, and then we're gonna shift on a little more, because you're really onto something. I read just last week that some of the bacteria that's inside of us are responsible for the way we smell, like our scent, you know, and this is something that's, again, part of the animal kingdom thing, you know. And because of that scent that we have, as, and we are part of that, that food chain or the animal kingdom, oftentimes, the way that we attract a mate is because of that scent, right? Just like in the animal kingdom, right? Like, you see on National Geographic. So we have to support our microbiome because those bacterias actually are responsible for me finding my wife of 42 years right now, or her finding me, okay? All right, so what's the ways? Like, how do we make sure that the integrity of the inside, the internal environment, 'cause the external environment with chem trails and glyphosate and GMO, and I mean, that might part might be out of control, but the things we can control is what we breathe, what we drink, you know, what we eat. So what's your spin on that? Unpack that a little bit for us.

**Adam Gelfand**

Oh, well I designed probiotics for that. You know, I have superhuman probiotics that are every strain of human microorganisms available for me to offer the public. That's just the easy answer right there, but it's about what you eat, and it's about what you leave out, you know, and including different products, you know, any type of preservatives or glycols or process like even glycerins, I mean, those are plant sugar alcohols, and they're all mostly from GMOs. And the supplement industry is full of GMOs, and it's full, and so is the food industry, you know? And even if it's organic, you know, it's still something that's totally like, you know, you can induce nephrolithiasis from your kidneys with glycols and, you know, glycols, and glycerins are all like, one molecule different, you know? Just like, if you heat them, they turn like, one turns to



antifreeze, and one's turns to formaldehyde, which is embalming fluid. And like, what they stick in your face for Botox. We're talking about something that has no life force energy, something that actually draws the beats, and takes away from all that. So you're gonna wanna leave those types of things out, you know, and you're gonna wanna eat foods that promote and feed the microbiome. You know, healthy fiber-rich foods, you know, nutritionally dense foods, that's really what I loved about spirulina, it's the first photosynthetic bacteria of the planet. And it's prebiotic as well. You know, everything that I offer and consume supports my microbiome. You know, and you wanna stay hydrated. You wanna stay mineralized. You wanna drink pH-balanced water, because just like your pH needs to be balanced, so should your water. There's a lot of hype and marketing about drinking high alkaline water all the time. The first thing that hits is your esophagus, and your esophagus is full of candida, and the candida is forced to go everywhere else to survive. And then people's bodies are written with candida.

So there's a lot of misinformation out there, you know, and there's a lot of people making a living spreading that information. And for whatever reason. So the best thing you can do to support your microbiome is listen to it. That gut instinct, that's the microbiome talking to you. The ideas have, or not all your own, you know, granted, you know, there's a lot of information put out there through the media, you know, and that's run on the same radio frequency transmissions as your brain. So that's in your head, but what's in your gut, you know, if you listened to that, your instincts are usually right on, it's just may or may not be easy. You know, it's just not the easy way out, especially with what we're faced against. And if this whole thing is for consciousness, because we're just a consciousness housed in a body, then the game, or the whole purpose of all this is to evolve your consciousness, so I've always just paid whatever price that I've had to, and the price is high. Don't get me wrong, but it's worth it, it's well worth it.

**Robby Besner PSc.D.**

Got it, that's a great message to, you know, for people that just tuned in. Adam is really talking about the difference between the way he does things, and what Adam say, almost everybody else out there, particularly the commercial market. There's a big distinction between natural approaches to things and this synthetic or pharmaceutical approach. And under a microscope, a synthetic formulation might look exactly like it's organic counterpart, but the way that the body interprets it is completely different. And that's where the vibe comes in. When you capture the vibe of the living essence in the formulation, or in the extraction and the way that you actually



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put your stuff together, it's really the way that nature intended us to get nutrition or to transfer that energy, to make it into people energy. And/or feed the full families of different interactions that are inside of us. That's a big thing. And you know, you touched on organic, a little bit of organic chemistry, and when you take a substrate or a powder, even if it's a natural powder, and you put it into a pill machine, just to make a pill, not a capsule, a pill, they put in, like, a glue-type substance that's called an excipient, that kind of holds it together. And then the machine takes this powder and it presses it, sometimes they even use heat. And whenever you use pressure, like, if you put pressure on carbon, you'll turn it into a diamond. It completely changes the molecular structure, and makes it a whole other thing. And so the drug companies, they're not lying when they say that this particular medication has the stuff in it, but they don't necessarily tell you like, what you're actually eating. They may be talking about what went into the machine, like, in the beginning or coming into the tunnel, but they're not necessarily reporting what came out the other end of the tunnel, in terms of what you're actually putting in your body and then what it'll do for you. So in the end, you may get some benefit, you get some benefit, but you're getting a whole different kind of benefit when you go down the road that you take. So like, you talk about the price you pay.

It's not easy to do what you do. It's not easy to make these formulations and to put your heart into it all, but the outcome, like, the difference between taking one of your supplements with the same name, generic name, as the one that you might get from the local, you know, vitamin shop per se, or even from the, you know, from the pharmacy, the difference, the way your body interprets it, is gonna be completely different, and in favor of what you do. Okay, so why don't we shift a little bit again, with your permission, of course, and talk about, like, the interaction between the different systems in the body. So we have this nutritional system, and we've got a neurological system that's sort of electrically-driven. Tell me, you know, because it seems like you've amassed cross-cultural aspects in the things that you do, you know, and I want to, next segment, I'd like to really talk more about, really dive into the kinds of things you do. 'Cause we mentioned probiotics, and that's an elemental, certainly elemental, because it supports that microbiome and the imbalance. And for most people that, again, just tuned in, if you've lived in America, just America, and you're over the age of 20, you've probably taken some kind of antibiotic, maybe at least one type, but you may have taken 10 to 15 types of antibiotics, just in the course of, you know, your childhood. You get sick, you go to the doctor, it's easy for the practitioner to just say, "Hey, take this antibiotic for 10 days." Every time you do that, you're



changing the internal environment of your body. And so you have to somehow claw that back in order for you to be balanced. So you talk about, you know, your probiotics, what other things before we shift away from microbiome, what other kinds of things that you would offer as a sense of suggestions to us of ways to maintain the integrity of our internal environment.

**Adam Gelfand**

Like, processed foods, you know, just from what you were saying before. But really, to maintain the integrity of your internal environment, you need to take things, or you need to consume things that are true to nature, congruent with nature, that are naturally occurring, not that are marketed as all natural, not marketed as organic, right? Those are standards and, you know, put together by organization. That's not true to the original meaning or definition. 'Cause when we were raw foodist, and I say we, 'cause there was like, a bunch of us back in the day, you know, 20 plus years ago, that were doing this before this plant-based diet craze went crazy, we were all ridiculed. I was made fun of, left and right, everybody, especially in New York, you know.

**Robby Besner PSc.D.**

You were a veggie, right? They could say, "Here's Adam the veggie coming again."

**Adam Gelfand**

Yeah, I mean, I got called all kinds of names, right? And the philosophy that we subscribed to was you don't supplement enzymes or probiotics, you just eat the food from the soil, you know, and you eat those soil-based organisms, and those turn into, you know, healthy human strain bacteria, you know, as you need it, right? Now, that's all out the window for all the reasons you mentioned before. You know, count trails like per se, Bayer, the, all the companies out there, you know, everything, you know, the what's in the rain, you know, what's in the air. So forget all that. So that one out the window, right? So to really just to maintain a healthy internal environment, you have to maintain a healthy mindset. You have to maintain a healthy disposition. You have to be emotionally healthy, 'cause everyone's making emotional decisions when you're really, you know, even with like, "Well, should I eat meat? Should I not eat meat?" I mean, it's very emotional, right? But it's a very fine line, you have to hold things in a proper perspective, so that you can sustain your life, and you have to respect all other forms of life. It's a balance, you know, and I believe the native Americans originally knew that, you know, and treated the earth that way, but they ate their meat, you know, there's stories that you've heard from different tribes, like the



Lakotas of how the Buffalo would choose one of their own to feed the tribe, you know, there was a balance there.

**Robby Besner PSc.D.**

Right, it was impactful, it was done in harmony, it was ceremonial. You know, it wasn't just like for fun, for sport, let's go out and, you know, do things, hunting and all that. And I'm not, again, I don't come from a place of judgment, but you know, I certainly understand when you hunt and you, you know, to put food on your table, that makes way sense to me, it's all about survival and understanding and being respectful about all that. So you know, we're drifting a little, and I wanted to talk about some of the unique enzyme formulations and things that you, you know, like you do, that's different. So we touched on probiotics and kind of why they're important. Let's just talk a little bit more about, you know, the, well you have, even on your website, which is amazing, did you do all that design work yourself, by the way?

**Adam Gelfand**

No, I have helped with that.

**Robby Besner PSc.D.**

The graphics are amazing, really beautiful, but you categorize things in very interesting ways. So you talk about the different categories of pain, or system or symptoms in a way, like, if you want to do something for pain or, you know, support your libido or, you know, just things that you do that support, you know, fundamental foundational health. And I love that because then, the viewer can just go to your website, pick that category that, you know, in their minds, or the way that their bodies are expressing, and then you give us the, you know, the complimentary or the bundle of what you do, that, you know, supports that kind of health. So in a way, and being corny now that you kind of chew the food for us. And I think that that's good, because sometimes there's so much information on these sites that you can get lost in the information, and for that, not ascertain what you need to in order for you to make a proper decision. So let's talk about like, the enzymes, and how they help support the body, you know, and what you do that's different than others in that way. 'Cause I know you have a few different variations to the theme.



### **Adam Gelfand**

Right, well, enzymes in general are responsible for, you know, numerous, you know, functions of the body, you know, protein synthesis, you know, neurotransmitter function. The enzymes in your body are like, are supposed to be produced, I guess, naturally, you know, and also in conjunction with the food you eat, similar to the bacteria. There's a big issue, is that is glyphosate, is an enzyme inhibitor, right? And people, I don't think people are aware of that. You know, they just think they're gluten intolerant, but we all grew up on gluten, textured wheat gluten was the supplement for vegetarians back in the day. And we all had no problem digesting that because it was, you know, it's a protein, but because of the glyphosate contamination that we're all experiencing, we're unable to process a lot of lectins anymore, which are plant proteins. Now, enzymes are very helpful for not just digestion, because intestinal tract works in parallel with the skeletal system, your digestive system, your skeletal system, your respiratory system, you know, your endocrine system, they'll work in parallel with one another, you know, just like an electrical circuit. So a bunch of series circuits work in parallel with one another. And if one series circuit is down, it's going to impact the other ones that it's working in parallel with. You know, where enzymes are, are there to really support all of that. You know, just like, you know, that libido formula you mentioned that libido it's for your whole endocrine system. You know, libido in the sense of, or in the definition of yummy and definition, you know, where it's your psychic energy, you know, not it's, what's willing you, what's driving you, you know. And you know, if you're, or that's including all your organs and glands, you know, they need to be working right. You know, and that's part balance. Traditional Chinese medicine always calls for balance. You know, you do seven to 10 days of some herbs to bring you back into balance.

You don't just keep on doing it endlessly 'cause it'll bring you out of balance, just on the whole other end of the, you know, if you're cold, it'll make you hot, too hot. If you're hot and you're trying to be cold, you know, then you'll just end up being cold. You know, it's all about the middle way, you know? So the enzymes, like you said, they really do help with that. You know, there's a systemic enzyme formula I offer for inflammation and fiber metabolism. There's regular digestive enzymes, which really help break down everything in your digestive tract, you know, that's not meant to be stuck in there. There's all sorts of remnants and particulates that are stuck in people's digestive tract, that form and turn into mucoid plaque, or breed parasites, or breed other pathogenic bacteria. And it ends up as a snowball effect, like, you know, simple indigestion or inflammation in your intestinal tract results in pinched nerves, you know, and results in all



sorts of issues with your back and your lower back going out. But then the people go to the doctor, or people see their nutritionist, and they're treated for back pain, but really, they should be treated for intestinal inflammation.

**Robby Besner PSc.D.**

You know, no one would make that correlation. That's amazing, really, truly amazing.

**Adam Gelfand**

Yeah, I mean, that's really how it works. You know, just like you mentioned before, you know, with, you know, with our arthritic conditions, you know, and bodily pain, you know, plants have a lot of contaminants or harmful components of that are in there that you may or may not be able to really assimilate, or break down, or pass through your system anymore. I had to give up eating all produce grown up outside because of the oxalate content. My body hurts so bad, and I'm a former raw foodist that ate six pounds of leafy greens a day. I couldn't get to 60 pounds like the girlies did, but six pounds was all right. You know, but I can't do that, it hurts my body so bad so that I just drink my metamorphosis formula, and that provides me more nutrition than any salad or veggies I could possibly eat.

**Robby Besner PSc.D.**

Right, without having to worry about it and consuming, unfortunately, in our lot of our produce, now we have this glyphosate, you mentioned that that's roundup, it's an insecticide that was sprayed by Monsanto and Bear now. 200 tons a year for 20 years into our environment? I mean, give me a break. And you talk about it being an inhibitor, it's also a master key later. And so it's not only, you know, preventing the body from utilizing the enzyme chain that's necessary for us to form proteins and other life-sustaining elements in a way, but it's also key leading out of our cells and tissues, some of the important minerals like calcium and magnesium and things like that, stuff that will feed chronic ailments, overgrowth of mold, creating a cytokine storm, Lyme disease, you know, all of microbial world, the ones that are anaerobic that don't belong. Like, they all are part of us, but it's really the imbalance of that, that creates a symptomatic process, and then it expresses in everybody a little differently. But it's interesting though, that you had to, you even through your own journey yourself, you discovered that even the diet that served you for so many years, actually turned out to be something, as the world turned, as the environment got more toxic, it didn't become your friend anymore. And so that led you to create another



formulation that will do it for you, and do it for all of us. And that's what's important here, that even through your own journey and your own quest for your own health to maintain your own health in the ever changing world we're living in, it became the sort of the playbook for a lot of the formulations that you put together, which is just remarkable.

**Adam Gelfand**

Thanks, yeah, everything I offer, I've actually have created for myself. And I used to go with a backpack to the Natural Products Expo, and sell to all the vendors that would be in town that I knew. 'Cause I mean, I know people 'cause I've been doing this so long. And I've been working, you know, just old working for other people. And so I just ended up starting my own business. But everything I offer, I originally formulated for myself to really support myself.

**Robby Besner PSc.D.**

So like a five star Mercedes rated chef, you're out there either growing the ingredients, or you're sourcing from someone who you know, or you've tested to make sure that it meets your standard for vibrational input, not just in a nutritional part of it. And again, that's like the chef that goes to the local market to pick out the tomatoes and/or the ingredients, whether he's gonna serve at his restaurant that night, that's different. So you're not one of these big companies with big board members, you are a guy, you've got a staff, you've got people that surround you and support you and your journey and the things you do at your company. But it's not a mass production, it's really more like a boutique. And that again, separates you from almost everybody else out there. This is all good stuff.

**Adam Gelfand**

Yes.

**Robby Besner PSc.D.**

Wow, okay, so enzymes, the one I really wanna talk to, 'cause that's actually kind of how we first met, was just over the different aroma therapies that you do, those formulations. So generally, it's from a plant or it's from a flower. So the one that I got, I still have it, you sent me was one of the ones that is my wife's favorite, which is the rose oil. And she we've been collecting aroma therapy, or essential oils since the early 80s, and we've gotten some of the best out there. And your stuff, it doesn't hold a candle, it's so much better than even the things that we've sourced from some



pretty high-end places. So kudos again to you on that. But again, you're just instilling this whole vibrational piece that you've been telling us about from the beginning of our talk today. And now you just did it in a different medium, which is the oils. So how'd you parallel into essential oils, or is that just again, part of your journey?

**Adam Gelfand**

I've actually never worn deodorant. I've always intuitively used some sort of scent or oil instead. So it would mix with my natural pheromones and natural body odor. And I've never gotten any complaints. You know, women, and, you know, anyone who's ever smelled me, you know, usually can't really keep quiet about it. So yeah, I just looked for what I could do, you know, to produce that stuff myself, or, you know, have that stuff custom-made. Again, it's about small batches, just like grandma's home cook and, you know, microbreweries, you know, just smaller, it's like bigger is not always better when it comes to production. Maintaining the integrity of the actual original form of everything. So all the terpenes are there, all the flavors are original, so nothing is sweetened, nothing is flavored, nothing's adulterated, everything tastes and smells like it does in nature. That's the key, and it also supports your neurological system. So anything that's masked in flavor or scent is not doing you the justice that you think it is, it's actually undermining, you know, the development of your neurological system and the proper synopsis firing off, so that you can consciously conceive what it is that you're engaging, right? 'Cause everything is consciousness, everything is vibration, you know, and those plants, they have as much feelings as the animals do, they just don't. They're just not given the same credit.

**Robby Besner PSc.D.**

Yeah, I get it, I get it, people don't really go that far, especially today's world, because it's all so fast-paced. I mean, I think COVID, and the restriction of us, you know, initially for the first year or so really was a hard stop or a big speed bump that people just started saying, "Whoa, like, what am I doing?" They really made you think about some of the choices you were making, especially when things were taken away, like, your ability to go out in public, and you know, just simple things, you know, that we just took for granted. So it slowed us down, and that's good. On the note of the way that you do things, I think it's important for people to understand that because you're using natural ingredients and your processing is not using any chemicals that all your extractions are all done with natural means, the shelf life, your formulations, the vibrations, the actual constitution, and the ability for these different kinds of formulations that you make to



actually potentiate into your cells, into your bloodstream, is much greater than others out there. And you know, where your stuff, most other products, I mean, maybe they've got an exploration of a year, some supplements, if it's a pharmaceutical, they may only be two to three months. But your formulations can last for years because of all the natural things that you do. And that's another big difference between you and everybody else, from what I can tell out there. You know, Adam, this has been really fascinating, and I think it's just the beginning of more interviews like this, because what you do is different. The light and the energy you bring to the world. And especially in this tumultuous world we're living in today is so needed. I certainly appreciate you, and I think everybody listening today will. So I'm wondering, you know, before we're coming to a close, so I'm wondering if there's some more things that, you know, that you were asked to say that you didn't have a chance to, or I didn't ask the right question through our talk this afternoon. In closing, are there some other things you'd like to say to us? Tell the world about it. We've heard so many important concepts today, back to you.

**Adam Gelfand**

Just cultivate a relationship with yourself. All that you are, quiet your mind, you know, listen to your heart, you know, listen to what's coming up inside of you. You know, it's usually leading you where you need to go. Shut your Wi-Fi off when you're doing it. Now, shut the cell phones off, 'cause those are all interference. Just like when we were growing up, there was none of that. So I think I had an advantage, definitely as a teenager to grow up without all that interference, so I could cultivate all this. I mean, there was, you know, just spending all that time alone. There was nowhere else to look, but within, so, you know, I just hope everybody else can do the same, and embrace the life that they've been given, and enjoy it to the greatest extent that that's possible.

**Robby Besner PSc.D.**

Wow, that's wow, that's a home run. When I coach, one of the things I'm doing these days, is I'm asking my patient or my customer to start to awaken that inner voice inside of them. Mine I call my inner Elmo. But that voice, your consciousness, your connection to your higher power, it's all of that, right? And that voice is the best doctor on the planet, it knows you and your insights better than anything else, than any other advice from the smartest Harvard medical students and the guys that are really doing the cutting edge stuff. They're super smart, but the guy inside of you is even smarter. And awakening, and understanding, and having a dialogue with that inner voice, I think is super important. And I love how you got there, it seemed like you learned it,



**HEALING FROM LYME  
DISEASE AND CHRONIC ILLNESS  
NATURALLY SUMMIT**

or you found it at a very early age, and you've just maintained it throughout your life, which is, again, very unusual Adam, cool dude. Everybody out there, you gotta check out Adam Gelfand and his very, very unusual and amazing company. And you can reach him at [www.elementalwizdom.com](http://www.elementalwizdom.com). Just like it sounds, it's cool stuff, his website is cool, check out his supplements, check out the way he looks at the world, and compare it to what you're doing now. And you know, it's not inexpensive to go the route that Adam went, and he mentioned that earlier. But the benefits, like, when you get all these other supplements that you get, because you've seen them on TV, or Amazon, or marketing, or your friends, or whatever, because your body's not absorbing most of what you're taking in and that supplement, then it may cost less, but you're also getting much less. So I'd rather spend a little more and get a hundred percent of everything that I'm looking for, because I know it's better for my body, and it's better for the long-term plan, and it's certainly better for the health platform that, and the optimal health goals that we're all looking for. So you're a cool dude, thank you for all your wisdom, 'cause it truly was amazing today. And I just love your idea, and the concept behind that being, looking at things from a lens of higher consciousness. And I think that that's super important, and I just think it's a great message and I love the fact that you are on that path, and thank you for being part of the Healthy Hotline today.

**Adam Gelfand**

Yeah, Robby, it's great to be here.

**Robby Besner PSc.D.**

Hey, everybody, it's Robby Besner, thanks so much for joining us today. Please share this content with anyone that you think might benefit from it, and we're looking forward to having you with us tomorrow for another great interview.