ADHD, Anxiety + Inflamed Brains — Dr. Bauerschmidt on What's Really Going On Transcript

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Chemical Exposure and Hormone Disruption

Genetics points to the gun, environment pulls the trigger. We now have 500 pounds of chemicals available to be delivered to every man, woman, and child in this country on a daily basis.

Our food supply is contaminated, our water supply's contaminated. And people wonder why we have these problems neurologically. There is an absolute epidemic of low testosterone in young men.

These guys are walking around depressed, they're sitting in the chairs, that can't focus, They can do anything. No one is talking about this. I saw a urologist, this was a few years ago, he was talking about like, we're worried there's going to be another generation because the men don't have, they don' have it.

It's the disruption of the hormones caused by the chemicals. Plastics are huge hormone disruptors. What's everybody drinking out of? Plastic water bottles.

You've got to have a bisphenol to make plastics. They may have taken out BPA, but now they're using BPS, which is a bigger molecule that has a longer half-life than B. P. A., but somehow is magically less toxic.

Teflon, it's a forever. It stays. Part of the way that the toxins involved is it blocks the receptor site on the cell. Your hormones are your cellular messengers.

You're telling your body what to do, when to it, and how to to. If the message can't get through, they are doing you absolutely no good. Welcome to the Deeper Healing Podcast.

I'm your host Danielle Howley. This is for everyone who's been dismissed, misdiagnosed, or told to just live with it and refuse to accept that answer.

You're going to hear amazing patient recovery stories, raw and real in their own words. People who found answers after everything had failed them.

Podcast Introduction and Mission

you're gonna hear from medical experts we trust that are pioneering new approaches to healing the body because we deeply know we're designed to heal. Let's dig in.

Hi, everyone. I'm so excited to have you here today. And I have Dr. Michael Bowerschmidt and Danielle Howley. They are the co-founders of Deeper Healing Medical Center in Charleston, South Carolina.

So we're going to talk about a big topic today, I know you're all fired up. Dr B is over here to educate you guys. We have a mental health crisis happening in this country and there's some stuff on the news and you know we see a lot of people with mental issues coming into deeper healing.

ADHD, autism, anxiety, depression, neurodivergent, dyslexia, like it's just kind of everybody has something it seems like these days. And it's very, I think, misunderstood and convoluted.

It's just get on meds, you go to see these neurologists, and you get the testing. And what do we do at Deeper Healing? We dig deeper. So Dr. Bowerschmidt is here, Danielle is there.

We're going to break this down because we've helped a lot of people. I'm chomping at the bet.

Mental Health Crisis and Neuroinflammation

Yeah. Chomped at that. Danielle might fly out of her seat. Please let her talk. Go for it. We have an epidemic in our country right now of just everyone's mental state is a mess.

And, you know, there's all this pointing the finger of, but we're pointing a finger at a lot of the wrong things and completely missing the elephants in the room.

When I look at, when I'm talking to these parents with the kids, and then the teenagers, and the young adults, then by the time they're in the workforce.

I mean, we have an entire generation right now who are behind the eight ball when they are born. And by third grade, a large portion of them are on amphetamines.

and they're not able to sit still, they are not be able focus. They have learning differences, anxiety, depression, goes into hormone disruption. By their time they were teenagers and all of a sudden they like, I need an antidepressant.

And I'm like whoa, this kid's 15, he's already on three drugs. What is happening? And then the parents are like my kid is suicidal, what can we do? Go.

Well, Danielle, you've pointed out one of the basic flaws in our medical system and that's in we're so focused on treating an illness with a pill and we are treating a symptom, we aren't treating cause.

And so we're the equivalent of, you know, trying to put out a fire without arresting the arsonist. And we may put the fire out temporarily. We may get it under control.

But the Arsonists is just going to be freed out there to start another fire someplace else. All these things, to me, just kind of boil down to neuroinflammation.

It's the inflammatory response the body has that's run amok. You're supposed to heal the bodies with the use of your immune system. Well, if your immune system's not working right, you're not going to heal right.

But that, again, is what's the cause. And, let's take autism as an example. When I was in residency, I in a family practice residency and within the hospital we had family practiced internal medicine and pediatrics.

One of the internal medicine residents had bought a house and next to them lived an autistic child. Everybody, and I mean everybody, every resident in those programs wanted to get invited over to dinner so they could see what an Autistic kid looked like and how they acted because nobody knew.

What is it now? You know, one in 16? One in 18? No. No! It was one and a thousand when I was in residency. What's changed? What has changed in 40 years?

This is one generation. Yeah, this is not a genetic issue. Oh, God. Say that again. This not the genetic issues. Because they're all looking at the genes.

Genetics points to the gun, environment pulls the trigger. It's the environment that's at fault. Well, what has change in our environment? Well, we've turned into a chemical society.

We've turn into an indoor air pollution society because of building code changes going back to the 70s. Chemical manufacturing ran amok starting in 1948 with the development of C8, which later became Teflon in 1954. Since then, it's been every man for himself.

we now have 500 pounds of chemicals available to be delivered to every woman and child in this country on a daily basis. Our food supply is contaminated, our water supply's contaminated.

And people wonder why we have these problems neurologically. The inflammation is running amok.

Environmental Toxins and Childhood Development

So before I jump off a bridge, you're going to tell me that if I clean it up, I'm going see a big change. We can, yes. Now here's the deal. What do you have to clean up?

Everybody's ability to handle toxicants is different. And, you know, one of the probably major issues we have is that the intoxication of our society begins before birth.

Oh. Where did mom grow up? What was mom doing? You know? We, we, again, in residency, it was rare to have a mom that was, unless you happen to be in inner city in New York, It was rarely to a have mom who was on drugs.

Well, now it's very common, the maternal, maternal drug use. Yeah. Not to mention, you know, when you're saying that, yeah, not like heroin. We're talking about they're on antidepressants because they are, these 30 year olds and 20 and 30 years olds that are having children grew up within this, within, this timeframe where, where the use of chemicals and, and internal air pollution and external air, pollution has just, just gone crazy.

I want to say something that I think is really important. A lot of people, you just said, like, what do they have? We used to run a test of deeper healing that would look at what are the chemicals in your body?

It was a toxicity test. I'd think it was like a $400 test and I mean, I, think we did it for maybe six or seven months and one day you're like we're not doing this test anymore.

Every single test on every single person that came in had a long list of chemicals on their body. Back in the eighties. They did a study on newborns, and they checked for something like 360, I believe it was, different chemicals.

Every last infant born had at least 180-something chemicals in their system already, gifted to them at birth. So we're wondering why the kids are sick.

And we wonder why they're sick? And these chemicals, I mean, they can be primarily inflammatory in their own, but if you think about, how is it that we even exist?

And the bottom line to us is this thing called oxidative stress. Oxidative is stress is inflammation. If you about why are we alive? What is that keeps us alive and people say, oh, you're breathing or your heart rate or whatever.

You know, it comes down to a very basic cellular chemical reaction called reduction oxidation. Reducing agents can donate an electron. Oxidizing agents accept the electron, but then that electron goes from the reducing agent to the next oxidizing agent and so on and that turns all our biochemical wheels in this thing called the Krebs cycle.

which allows us to take one molecule of glucose and turn it into 26 molecules of energy. But because of the nature of that reaction, every time we produce a molecule energy that keeps us alive, we're also producing an oxidant or an oxygenized agent.

Oxidation is the process by which we rust. So the very thing that keep us live is a very blueprint of why we can't live forever. We're basically slowly rusting.

Well, anything that accelerates our resting is going to age us quicker. It's going cause us damage to our central nervous system or our heart or lungs or gut or joints or whatever the issue is.

In my experience and practice, the three major areas that get affected first, central nerve system, immune system and hormones. And these all feed into one another.

As an example, there's an absolute epidemic of low testosterone in young men today. These guys are walking

around depressed, they're sitting in the chairs, and they can't focus.

They can do anything. And the thing is they don't know they have low-testosterone because they've never had the experience of what high testosterone feels like.

So they had no idea that they are missing it. No one is talking about this. I saw a urologist, this was a few years ago, he was talking like, we're worried there's going to be another generation because the men don't have it.

It's the disruption of the hormones caused by the chemicals. Plastics are huge hormone disruptors. What's everybody drinking out of? Plastic water bottles.

You know, and think, oh, I only use BPA-free bottles. Guess what? You've got to have a bisphenol to make plastics. They may have taken out Bpa, but now they're using Bps, which is a bigger molecule that has a longer half-life than BpA but somehow is magically less toxic.

Teflon. It's a forever chemical. Once it's in you, it stays. Hmm. guess what it does? It disrupts your hormones. And even if you have an adequate level of hormones, part of the way that the toxins involved is it blocks the receptor site on the cell.

Your hormones are your cellular messengers. They're telling your body what to do, when to, do it and how to. If you don't have them or if the message can't get through, they are doing you absolutely no good.

So how do we reverse this problem? If we could have a megaphone on a mountain and whisper into every parent's ear that's having all of these struggles of mental problems with their children and their teen, it would be simply cleanse them, get them cleaned up.

Lots of different ways to do that. Sauna, foot baths, lots of things. And the second part of that would being looking for their deficiencies. Whether it's hormones, copper, minerals, you know, we really deep dive into what's going on with their body and we calm their system down with our microcurrent neurofeedback.

And that trifecta of really digging into their systems, they blossom. You arrest the arsonist, put out the fire. And that's decreasing the inflammation at the cellular level.

So now the cell's messengers can get in and out.

Low Testosterone and Hormone Blockers

And the neurotransmitters are like hormones. They're just in there telling the body, you know, this is what I want you to do. Why does the brain exist?

The brain exists as a predictive organ. It's predicting what you're going to do in the next few minutes and trying to choose the thing that's going keep you alive longer.

Take riding a bike, for example. The first time you got on a biker, all fall in, but your body sooner or later started to learn like, well, if I go too far over this way, I'm going fall.

If I got too, far this, way I going, to fall, But if stay right like this and pedal and just keep my cool, stay upright and moving. And the brain learns to teach the body to this.

Well, that what your brain's doing all the time is it's learning what it needs to, do to keep alive for the, so it keeps you from falling off your bike.

That's the purpose for the brain. There's also these little things called memory, which also are very helpful in remembering how to get on the bike and what to do once you're on a bike.

All these things all take place, but it's really just a predictive organ to say, what do I need to to stay alive? Along with handling all the processing of the information coming in through your eyes and your ears and you touch and smell and taste to also help with that predictive paradigm.

So it is a fascinating organ. But you put a, you know, put little match in there, light a little fire. It doesn't take much to screw things up. So especially with like the anxiety and depression and ADD, like any kind of basically neurological issue.

is you're looking at neuroinflammation. I don't care. Put whatever name you want on it. The diagnosis is not the disease. But if people out there listening have been diagnosed with that and they're taking a medicine for that, they need to be thinking, OK, my brain has inflammation.

My cells have inflammation there. They're not communicating right. Right. And there's toxins out there that are lowering my hormones, and I'm probably deficient.

So I think that's where, because these doctors don't explain this stuff to people. They're just like, here's a med, you have this, this diagnosis, take this med.

And then by the time they get to us, we're like whoa, your on how much? Like what's happening? So we got to kind of reverse engineer it, but I What we need to do and like the big picture which you just kind of nailed it Yeah, like I think people I mean no one's doing deep dives on kids.

No, no, not even test They are not testing the basics and when I see when i see some of the deep diving testing that we're doing on the children and the teenagers and I'm like Whoa, this is crazy.

And then you see them just a little bit longer making the changes and they're like a different person. The parents are like, This is amazing. So let's just change that.

We just had one kid, 22 years old. Had a horrible, you know, birth experience. I mean, just, everything has gone wrong for this kid throughout his life.

Drug abuse and just can't get off the drugs. His testosterone level is like 300. 22 year olds should be 2000. This kid hasn't got a snowball's chance in hell to getting rid of his depression, his anxiety or his drug abuse until his testosterone levels comes up.

And honestly, even if it might not be the only thing you need, it's like sometimes you that step to be able to just feel different. Like, oh, I do feel differently.

Well, the two rules in the office, one, that diagnosis is not the disease, and two, is always about everything. You may identify one thing and that's part of the puzzle, but it is the whole puzzle.

It's not a whole jigsaw. You got to get all the pieces in the right order in order to see the whole picture. I mean, I've been watching these ads lately.

Just told Dr. Bowerschmidt this and you parents might have been noticing it. They're advertising forms of Viagra to college boys. It's like Roman, Bluetooth, and they're like, we'll send it in packaging you won't recognize.

And I'm like why do college kids need Viacra? They shouldn't. No, this is why they do. So why do we have so many men suffering with low T testosterone?

Well, to me, it's chemical. To me the big implicate is plastics. Plastics are huge hormone disruptors. So the plastics or I don't know if there was anything specific that I know of studies that link this like mold sometimes I know can really lower people's testosterone, the plastics, like is there any big ones?

You know what, Walter Crinion taught us both about environmental medicine and his thing is, you know, it's all

about total body burden and Dr. Bill Ray out of Dallas is the same way.

It's a total And yes, it is plastics, but it's also the molds and the metals and other chemicals and now the EMFs.

Detox, Deficiencies, and Healing Approach

As a matter of fact, Bill Ray actually was quite through, he says the emfs are going to kill our young kids, the electromagnetic frequencies. In what way?

Cardiac arrest. Oh, really? Yeah, just the electrophysiology behind it. He was afraid of that. But so, I mean, it's all these things taken together. You know, you can look at, okay, i'm gonna quit drinking out plastic water bottles.

Don't expect your testosterone levels to rise. Because that's part of the problem, but it's always about the total body burden. Are you living in the moldy dorm?

Likely if you're in college, probably. You know, are you eating GMO food? Is your diet full of processed packages and preserved? I mean, all these things play a role.

I mean, it's just as simple and simple as, oh, I'm going to go and get the carryout food. Even if it seems like decent carry out food, and even if they put it in cardboard, there is going be a plastic lining to that to keep the water from seeping out and help keep it warm by keeping the steam in.

And you're getting the chemical lining from that paper into your system as well. We are being poisoned seven different ways from Sunday. I remember a study, and tell me for a moment, hoping you know this study.

If not, but it was about the fish, I think it's done in Clemson, where they were exposed to all the plastics in the water and the fishes, their sex actually changed.

Yeah, they can. Because of being exposed all of the plastic toxins, that's how much of a phytoestrogenic effect that the… Is it the estrogen in the plastics knocking down the testosterone?

Well, I mean, it could because, you know, the brain does, hormones are based on feedback loops. The brain is monitoring hormone levels and if levels are falling it sends a message to the anterior pituitary to send the message the end organ, whether it's the thyroid or the testes or ovaries, to produce more of that particular hormone.

Well, if the brain doesn't realize it's being tricked because of something like Xerelinone, which is a mycotoxin that happens to be a very strong estrogen mimic, or say something atrazine which heavily used on corn products and will feminize a male frog, all these things.

The brain gets fooled into thinking life is fine when it really isn't. So, yeah, I'm sure there's probably more studies in the animal kingdom than I care to think about that shows how sex change can occur as a result of the presence of plastics or other chemicals.

Yeah. Well, let's go to, because I know a lot of people out there, we've talked about ADHD and toxin exposure and what to do. Are we having a crisis with too many toxins in our society and that's what needs to get dealt and not, you know, being or is it being overdiagnosed?

Is it just being oversubscribed? But I want people to understand like when they come to deeper healing and what are you hearing from parents or young adults or even I mean older adults have attention issues and I wanna just talk about ADHD because I know we've helped a lot of people at deeperhealing with that and like what do you hear when people call in And then walk us through what's kind of the deeper healing journey with how they would start getting treated for improving their symptoms and how long does it take to see symptoms.

I know that's different for everyone, but give people just a snapshot of what is it like if I'm going to come to deeper healing and I really want to help decrease the neuroinflammation in my brain.

I want start feeling better, I wanna get rid of the brain fog, i want more focus clarity because we're looking at the whole body. It's different. The thing that excites me and i think what excite other people is you know what i see out there is it's either a pill or it is a strategy for how to deal with your raging child, your impulsive teenager, you're anxious kid.

No one's actually even talking about healing them, healing the brain, getting them back to their natural self, living their best life. That's really what we're trying to do.

We're actually trying get them better, get to them to the best self and let them go live their lives. of strategizing how to deal with the rages or their anxiety.

So it's an intake. We're going to look at their whole history all the way to birth, which I think is really cool. Um, we'll do a deep dive into, and no one's doing that.

Like we will really look their blood work and like what's going on with them. their exposures. If the doctor or the practitioner suspects like mold or high chemical levels or heavy metals or whatever, they'll test for it and they will say, okay, we got an issue here.

And then we'll reverse those things, clean them up, and the microcurrent neurofeedback, I can't even talk about how incredible that is.

Microcurrent Neurofeedback Explained

What's fun about it is You're passive, it takes about 20 minutes, but you feel it, not only as you're going through it. But like even the teenagers, I see the teenager, they make their own appointments.

They're like, They enjoy coming in, and they enjoy talking to our practitioner because she's awesome. And they also like feel their anxiety drain away.

And as they're going through the course and it's intended to become more spread out and sustainable, eventually they don't need the treatment anymore.

It just kind of sticks. I mean, you can talk to the science of that. Yeah, explain what micro neurofeedback is because most people don' understand what it is.

So give us the breakdown. The official name is IASIS Microcurrent Neurofeedback. It was developed at the University of California San Diego. Barry Bruder was the founder of the company.

And what they did is they looked at the folks coming back from the Middle East with the traumatic brain injuries and the PTSD. So we had real disease and they magnetic EEGs and functional MRIs and looked to the brain and saw what areas weren't working as well.

And they determined that the delta waves, which are one of the, one the of brain waves that are used and that were found in the which are normally kind of low amplitude, slow frequency, low-amplitude waves were almost non-existent.

I mean, they were being squashed out. The IASIS microcurrent re-establishes that communication. So, looking at it a slightly different way, your brain ordinarily, of the trillion cells in your brains, any one of them should be able to talk to any other one with no more than three degrees of separation.

It would be like playing telephone with the three of us. Well, you put in some kind damage, whether it's emotional, mental, physical, chemical, and now all of a sudden we've got seven people playing telephone because the brain's not going to be able to do that direct communication anymore.

It's got to find alternate circuitry. Yeah, that makes sense. So now we got, you know, if you ever played telephone

with seven, what comes out of your mouth, the first person does not come back to you after the seventh person in the same way it went.

So the brain starts not working well. And what they found with the IASIS microcurrent neural feedback is that it reestablishes those delta wave patterns to a more normal level.

And not only did the brain become easier and quicker to think about, but people lost their addictions. They no longer depended on the things, they were eating better and they're feeling better, and there were sleeping better.

So, you know, in general, to kind of go back to the overall overarching treatment, medications may be necessary in the short run just to keep symptoms under control until, But you're trying to put out the fire without finding the arsonist.

And what we want to do is we wanna find and arrest the arsonist and put out the fire. So I wanna say something about that because it's very hard to find.

I've had a lot of parents call and they're like, we're having all these bad side effects. Talking about meds? Yeah, the med and the doctor will say, oh, your anti-anxiety medication is causing you suicide ideation.

We have another pill for that. And the parents are like… Okay. Hold. No. We need something different. And what I love is while you're using something for a short-term fix or they're coming in already medicated, we have a medical brain program where you can wean down and someone's supervising it.

A lot of people don't know where to go when they're like, you're transitioning to this healing modality. How do you then find the balance of weaning down?

And that's something that we offer that I think is also very unique that, we have expertise in doing both of those together. So, let's go back because a patient comes to you and they want to get help for getting off their meds or for their ADHD.

So they're going to go through a whole full workup with the practitioner. You're gonna run some blood work. you're, gonna dig deep. Do we have a mycotoxin exposure?

Could it be a viral exposure causing inflammation? What are other things that could cause inflammation that you may potentially test for? Well, again, go back to that basic equation we talked about earlier.

Anything that puts a tax on that system is going to create more inflammation. So if you're having a very bad, if your having poor diet, If you got a diet rich in processed packaged and preserved foods, you've got crummy fuel coming in, the exhaust coming out is gonna be even worse.

Cleaning up the diet is something you can do at home that is not only going be contributing to your health, but also if not maintaining a good diet it's certainly going contribute to you illness.

Testing, Water Quality, and Environmental Burden

Emotionally, I mean, these kids are anxious. They don't know what's wrong with them. If they feel something's running, they're not like every other kid in class.

The parents are anchors. I don' know to do with their kid. You know, the you know and they are suffering as well and that that whole stress situation in the house is going to interfere with her ability to heal.

So parents need to learn some coping skills along with the kids. Environmentally, what you need do at home is what everybody should be doing anyway. Clean air, clean food, and clean water.

You need a good water filter and I'm not talking about the one on your refrigerator. I'm talking about something that

complies with some ANSI standards that removes not just the chlorine and the sediment stuff, but removes the chemicals and removes heavy metals.

In Charleston here, we have 1,4-dioxane in our water supply. This was the Aaron Brockovich chemical. Now the EPA hasn't set a safety standard for this stuff so they don't check for it.

But it's in water supplies. It's considered to be 0.2 parts per million is dangerous. We're well over that. I did not know that. I didn't either and that angers me.

And let me go a little further on this one because now we also have radioactive elements in our water supply, thallium and cesium, I see routinely in people and it's simply because there's these little things like the nuclear A-bomb testing in the atmosphere back in in 40s and the 50s, and you throw in a Chernobyl here and a Fukushima there and three-mile island over there, Now we have radioactivity in our water supply that needs to come out.

There's only one filter I know of that gets rid of. Okay. I want to give him a little hope here because anyone who's listening to this and is like, oh my God, there is a free guidebook that Dr.

B wrote is absolutely free on our website that has all the live links for every single product that he loves, that knows works. And we always update, if we're making a change, we'll update it on social media.

And it's also same that you were saying in our previous episode, which is we have it for, you know, I'm literally a kid living in an apartment. Here's a pitcher that actually filters, a water bottle that filters all the way to your whole house.

So it doesn't have to be expensive. And there's also air filters. I hear Walter Crinion, who taught us, Tiffany, environmental medicine. Avoidance, avoidance is your job in the real world, and that's clean air, clean food, So you know, you have a HEPA filter and you, know you a room air Hepa filter.

You have pleated air filter for your HVAC system. Your have your air ducts cleaned out every couple of years. you're going to have better air quality indoors.

your going reduce pollution. And you choose your food. Eat organic as much as possible. Get rid of the process packaged and preserved. All these things reduce that inflammation, that inflammatory response.

It slows our rusting process. And that resting process in the brain is showing up now with all these myriad things. And I would posit even to the point of some of the sexual identity stuff and just the chronic fatigue.

There's no doubt that that is a chemical. That is definitely. I mean, we have an entire generation of gender confusion and everyone's always yelling at social media.

and I've seen them like the kids three years old. This isn't social. No, this is chemical, physical problem. This is life in our world as it exists now.

There was no such thing as this in my day. I know this is not genetic. Boys were boys and girls were girls and we play. That's all there was to it. And it's literally and you can have a lot of compassion when you realize like, oh, this an actual chemical physical reality.

Yeah. It's not the patient's fault. It is not even the parent's. Parents like to blame themselves too. I see it. And it's necessary and it is even not accurate.

You do the best job you can but we have to be aware and I hope I'm scaring people into taking action. and It doesn't take much and you don't have do everything all at once.

Pick one thing that you could do. Quit buying the Quit buying the potato chips. If you want to have potato chip, go out and buy an organic potato, slice it up, throw a little olive oil on it and put it in the oven with a bit of salt and let it bake.

Make your own. There's never been a better time to learn. YouTube, everything, there's so many fun people showing us how to eat better, healthy. Obviously, we have coaches, We have medical professionals that can help.

We offer a lot of resources for free on all our social platforms and also the guidebook itself. And we will continue to do that. Will probably have an environmental course.

You know, but I love when you say because it does feel very overwhelming in the beginning when You're making changes. It's just you do one thing at a time.

Yeah, it's the micro changes that over time add up and don't like try to get everyone like just pick one thing. Okay, this month. Let's get a new let's focus on healthy clean water.

Yeah. That's a big deal. Your body's made of water, your cells are bathing in water if you're drinking out of your faucet if Fridge if you're buying bottled water like your it's this constant exposure that is just inflammation inflammation Inflammation and your body's overwhelmed.

So as soon as you say, you know what? I'm gonna clean that up yourself. I mean, it"s crazy just switching people's water sometime I don't know if it happened to you They will start to detox and they're like, oh, I feel even worse drinking this clean water It's because your body's finally dumping out all the other stuff and it's like, okay, well maybe slow down on drinking the good water.

Has that ever happened? I'm serious. Oh my gosh, I've seen it happen to my people. And it just like turning my cell phone off and putting it, you know, keeping it away from my bedside at night and getting the TV out of my room.

I start to detox because the EMFs are no longer sitting in there screwing everything up, making things worse again. So yeah. People oftentimes feel worse and you know people come in for our two-week stay and heal program and I'll tell them day one I said by the end of this first week, you're probably not gonna like me very much But by end to the second week you have a different opinion.

Yeah Because oftentimes you will feel worst before you get better Yeah, I mean you start dislodging toxins and pulling them out, You know the toxins so weird sometimes people are like what do you mean toxins are in me, but different toxins like heavy metals and molds and All sorts of just the plastic they get lodged they have a high affinity to certain tissues so they can get your bones they Can get in your liver they, can, get, in, your kidneys they.

Can hide in the cell membrane, which is And let's just talk about microplastics here for a second you know Because of the process packages and preserve food world that we're living in and all the plastics that are used in the storage of that food and our water and All we are getting the equivalent if you're on a standard American diet the sad diet you are Getting the Equivalent of a credit card's worth of plastic every week.

That's crazy They have found these micro plastics in coronary artery plaque and carotid artery plaque. And listen, guys, when they go in for the penile prosthesis because of erectile dysfunction that doesn't respond to all those drugs, guess what they find in the Penile tissue?

No way. Microplastics. University of Miami did that study. Holy cow. I had no idea. We might get a whole health system now. Honey, did you know this? Yeah.

Yeah, it's true. It is true, absolutely. That's crazy to think about. Published data. No, and I take it back for a second. Back to the kids, all of the the kid and the teenagers and young adults that are dealing with all this brain stuff.

So avoidance obviously is a big part of it and parents can help with that. Like, and a lot of the parents, like, you know, we see because their kids are not well, they're doing a lots of things already.

They're a doing lot the diet and stuff and they are still. But I remember something you told me that was very shocking to me and I've seen it.

Microplastics, Eczema, and Childhood Symptoms

Our youngest patient at Deeper Healing was an infant with severe eczema. And you said to me, this is a child being born with an autoimmune condition. We did not used to have children born, with eczema.

It's an epidemic now. it's in epidemic. All these babies have exima. Well, how old is the man? Yeah, no, I get it. So it's rolling downhill. You take your baby with a skin condition to the pediatrician.

It's steroids and hydrocortisone cream. This kid was doing that for a year and they had to literally strap her arms down because she was scratching so much and it was so severely painful.

And I'm like, God, if parents were clued in sooner, like there's some red flags going on. And then I see this new thing that I am seeing now in the younger kids, I've seen it in three-year-olds, four- year-old.

I saw a kid the other day, he was 10, with these really dark circles. I never used to see kids like that before. Allergic shiners. Yes, yes. So if these are things, if you're hearing this and you were like, my kid's got a lot of anxiety, he's gotta love stuff going on in school, He's having social issues, having impulse control.

Oh yeah, you've got the dark circles. He had a lotta eczema, lotta skin problems. He's a perfect fit for deeper healing. There's lot that can be done for these children.

They can heal. That's the great thing about youth is when you give their bodies the opportunity, they bounce back really fast. It's amazing to watch. You know, and I love with the Brina line that the parents are like, It's working.

Oh my gosh. You know, because they'll really start to notice them not having their breakdowns or they're focusing and they are doing better or just doing the chore that they asked them to do.

They'll start notice the little micro changes way faster than the teenager will. And again, we have to look at the neurofeedback, the IASIS neuro feedback as putting out the fire, but we still, please remember to arrest the arsonist.

It doesn't remove the responsibility of making sure there's clean air, clean food, and clean water. And there is an ongoing, since it is always about the total body burden, it's a total accumulation of toxins throughout lifetime, Not only can we help you get rid of what you've already developed, but we want to teach you how to keep from re-accumulating them in life and what can you do to maintain a clean, healthy body.

It's not that hard once we get you cleaned up. No, and these teenagers, you know what's nice? I had a conversation with a mom the other day about her teenager.

And she's like, I can't tell him anything. I'm like oh, girl, i feel your pain. Yeah. Can't I tell my teenager anything? So what is nice about deeper healing is we will teach them.

We will. Teach them, yeah. Don't fall in the hole with the vape. don't follow the whole with, thinking your phone is fine and you can just leave it plugged in all night right next to your head or sleep with it or You know, all the things like will definitely and you know it's like, look, everybody loves a little ice cream or Chick-fil-A.

It's just not all of the time. These kids, you, know they get they, get a, little freedom. They get their, they got their driver's license. they're like I'm going to go and just go get, the junk and we'll remind them that, junk's okay sometimes.

You, we're all living in the world. Believe me, I'll eat junk sometimes and, but, 80% of time I am really good. I try to eat really well and make food and.

you know, try to not have my lettuce come in plastic, you, know simple things. So it is a triangulation to have sustained healing, which is always our goal.

Our goal is to get you better and keep you there and fly away. Yeah, I would love that you never come in and see me and I never have to see you again.

We're going to do a whole campaign called Never Be My Patient, you know? And it's all going be about doing those small changes at home. That, the parents, it is great when the kids are little because you control the environment.

It's wonderful. It gets really hard, much harder when those aren't well-established habits and the kids don't know better when they get older because then they're like, you're crazy.

And we have had some moms that have come in and kids are now early teens, mid-teens, but they started at a young age eating clean and knowing about what to avoid.

They have absolutely no interest in the Chick-fil-A's and McDonald's, and Burger Death, Yeah, no, that is a really good point. It is part of palette. So there are things that parents can do for their kids early on that can last them a lifetime.

But again, I just encourage parents not to blame themselves if they haven't or to try to take responsibility for events they have no control over. Yeah.

Oh, and I have to say I did a million things wrong. I mean, my kids are in their 20s. And I've had a learning evolution not only with deeper healing, but through all the years before that, dealing with chronic sickness in my family.

Even when Gavin was born as a newborn, as a premature newborn, I was like, these chemicals can't be good for this baby. I had like an awakening. Mm hmm.

Uh, it was a product of the seventies. Everything was chemicals.

Practical Prevention and Program Details

You know, and I think, the young people now, you know what you think? I mean, they're getting smarter. They seem to be a lot more like using the yucca app like there i see them they're out there like checking the like what are the ingredients in this and like What's a good self-tanner?

That's not toxic. I'm like, yay And the answer to that is none There are it's called sunlight But I see there's a lot of them talking about the sunscreens and they're trying to be smart shoppers.

And I'm like, oh, these kids are smart. This is a new generation of shopper. And I think they are a little bit more curious because they're just on social media so much and they just want to learn and want those little fast tips.

We just got to get the right algorithms in front of them. Yeah, we got make sure the information they receive is correct and not just tilted towards selling your next best product.

I know, the TikTok shot. Well, this is great. Thank you guys so much for being here. And for those out there listening, we do have a deeper healing medical brain ADHD program.

So it's specifically designed for ADHD. It'll work too if you have some other mental health issues. We've really tried to dial in and hit the ADHD community because it's just rampant here, especially locally in our Charleston area that we've seen and we know that can help these children or, and I think we're doing younger children and teens, right?

So, our practitioner on staff is just amazing. It's really helping the parents navigate and with the brain align, which I don't think you mentioned, but they're like electrodes that you put on your head as the neurofeedback.

So is it a 10 week or a 12 week program? There's different, whatever the practitioner will recommend. Most people would start off with the 10. Generally, you want 10 sessions and then twice a week for five weeks is ideal.

Perfect. So on the deeperhealing.com, You can go under medical programs and you'll see the medical brain program information. And under the healing services, there's the brain align page.

Really cool science for people who are into that. And in the podcast notes, we'll put the guidebook link and any other resources around what we're talking about today.

But just leaving it with know that there is so much more that can be done to help your family be sustainably well and age well with your mind. We do not have to settle for aging.

I want to be rounding third heading into the home with a chicken wing in one hand and a beer in the other going, damn, this was fun. Can we do it again?

And not in a wheelchair drooling on myself with an IV sticking to me. Exactly. Amen to that. That's a perfect close. Thanks guys. Thank you for joining and we'll see you next time.

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