Got Hip Pain or Alpha-gal Syndrome? Here's What You're Missing! Transcript

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Intro and Ask Doctor Jen

You could try something like stem cells or PRP injection in there, that you just want to make sure you go to like a doctor. Don't just go to a random, you know, person that looks good on paper and make sure you know, like word of mouth that they're legit.

You know, that they just don't have good advertising because sometimes that we see that a lot in functional and alternative medicine. It's good advertising, but it's not good medicine.

So stem cells p r p I actually got PRP in my knee when I tore my meniscus. Welcome to Doctor Talks, the podcast where every episode leads to a healthier you.

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This is Doctor Talks real talk from real doctors on the issues that matter to you most. Hello, it's Doctor Jen. Welcome back to the Integrative Health podcast with Doctor Jen.

This is a new segment called Ask Doctor Jen where we are going to share stories. We're going to share ideas.

Hip Pain Causes and Integrative Treatments

And this is not medical advice, but I would love to hear what you're struggling with and how through an integrative lens, we can search through these things because a lot of people have similar issues, circumstances and stories.

So let's dig in right now. And if you want to submit a question, you can do it on the Facebook group or at Doctor Jen apps like Mint.com. So this person has struggled with hip pain for six months.

That stopped me from working out and hiking like I used to, now recovering from hip surgery. So also not moving like I used to. It takes a lot of mental health to get through stuff like that, working with a physical therapist to meet my physical goals again.

So first we will get to the root cause of the hip pain and this could be a lot of different reasons. It could be from senescent cells and inflammation and injury going on in the joint.

It could be from trigger points where trigger points are tight bands of muscle that tape bands of that form in the muscle, the trigger points and releasing them will take pressure off of the joints.

So in my Amazon store, which I can link, I have this book called the Trigger Point Therapy Workbook. If anyone is having any musculoskeletal pain, I refer them to that book.

Trigger points can happen a lot. Very common for hip pain with women is trigger points in those internal hip muscles so that you have your pelvic floor and you have muscles that are internal in your pelvic floor.

And so think about when you're carrying a grocery bag with your arm. And it's really heavy. And you just hold it there. You can set up trigger points.

You're also going to get stronger, but it's sets of trigger points by having that heavy load there that's not going away. So just think about carrying a baby.

Trigger points can be set up that way. I had this weird hip pain. Nothing was making it better. I worked on my piriformis and my hip flexors. I did all the things that before worked, and it wasn't until I addressed with a physical therapist that internal trigger points and she showed me how to work on them, and she worked on them.

And then I worked on them with a tool at home. So you do have muscles in there and think if they're putting tension on that bone, the referred pain and on those tendons and moving the bone, the referred pain could be the hip, Osteopathic manipulation could be helpful with any sort of pain or hip pain.

You see what's going on there. But inflammation is big. So CP v with PR, which is an oral peptide that is available, you can get it on my website and that one can really help.

The PR calms down inflammation in the CP you've has healing properties and is anti-inflammatory. A lot of times when we have joint pain too, it's coming from things like gluten in our diet that is causing inflammation and, you know, messing with our gut health.

So it's really multifactorial. When you look at pain, you know, how do we not get into surgery and and what is the root cause? Because if you go to an orthopedic surgeon, what are they going to suggest surgery.

So that's that's what you get if you go there. Like if you go to a bakery, you're going to get a baked good. You're not going to get a steak there. So we have to think about that when we go to these specialized doctors as opposed to integrative medicine, where we look at the body as a whole and the root cause and obviously surgery is last resort when we look at anything.

Another thing, when we look at hip pain and inflammation, like I said, addressing the diet is very important. Addressing the structure and function. Also, other things that you can look at are peptides like pizza mean is helpful.

You can inject that. That's what we're using now. Pizza mean because BPC 157 injectable is not widely available. It's for research purposes only. So until we get that back at the compounding pharmacies, I, I'm using Beto's mean because I love WPC 157 it was it was great.

So also hip pain. You could try something like stem cells or PRP injection in there that you just want to make sure you go to like a doctor. Don't just go to a random, you know, person that looks good on paper.

Make sure you know like word of mouth that they're legit. You know, that they just don't have good advertising because sometimes that we see that a lot in functional and alternative medicine.

It's good advertising, but it's not good medicine. So stem cells, PRP, I actually got PRP in my knee when I tore my meniscus. And if you have to have surgery, you can do an adjunct to the surgery and get proper PRP like during the surgery.

And that can really help with healing. Okay, so I hope that helps a little bit with resources and ideas. I, I know that when you have a medical problem, it's really hard to find a doctor that looks at it from multiple viewpoints.

And also, you know, the why, what's the root cause? And for this specific complaint, I don't know more about her history. You know, if we would dig in a little bit more, maybe it could be hormonal.

You know, sometimes when we're in perimenopause and menopause, we get that joint pain. So it could be joint pain from that, you know, did we rule out autoimmune diseases?

Did we rule out Lyme? You know, there's all sorts of reasons for for hip for joint pain. So we would want to like break down all of those. And a good history can help with that.

Okay. So there is another one talking about alpha gal syndrome.

Alpha-Gal Syndrome Overview

It was total life change having that. And this is something that is really, really interesting right now. So let's talk about what alpha gal syndrome is.

So alpha gal symptom syndrome or known as AGS, is an emerging allergic condition. And this is I GE mediated sensitivity to the galactose alpha one three galactose galactose alpha one three galactose.

So that's why they just call it alpha gal. And this is a carbohydrate found in mammalian meat and products. And this so unlike typical food allergies that react to protein this reaction is triggered by a specific sugar molecule.

And we're seeing this in certain species, specifically the Lone star. And it was interesting because in Tennessee, some ladies were talking about how there is the Lone Star.

Now here an alpha gal is here. So these bites are what introduced this alpha gal. And then you get sensitized to this. It's very interesting. I have tested patients for this and they were negative.

I've had patients come to me and we you know, we healed the alpha gal because for me this is an immunoglobulin E and IgG immediate hypersensitivity, which that's like what you know, peanut allergies, food allergies.

You know, and this isn't a sensitivity. This is a hypersensitivity. But I would still consider it like a food sensitivity. And the symptoms are going to be 3 to 6 hours after consuming mammalian meat.

So this isn't going to be like you eat a peanut and your throat closes up. I mean you could have anaphylaxis part of alpha gal, but we're seeing more.

So hives you do carry some swelling that you can have and more abdominal pain and diarrhea. So the main way that we're treating this right now is dietary avoidance.

Now this is how I handle patients I have them avoid mammalian meat for a while until we're healing okay. And so we're healing. That got to where like the root cause right.

And obviously we want to protect from prevention prevent from tick bites. Which is why we're getting a bunch of chickens and guineas at our house. There's other there's other things that like, you know, people are trying or regular acupuncture with this.

And then if you are like in like in it right now and you're flaring and you're having that hypersensitivity, you could try some over-the-counter antihistamines.

But I like has best because it has quercetin in it. Romulan and natural things to help with the control the mast cells. Marcelle stabilizers oral Romulan also can be helpful depending on what you've tried and what's working and what's not.

But I always like to look at the root cause. Like what is the root cause of allergies to begin with? And imbalanced immune system. Okay. And this could go from cat allergies to food sensitivities.

So I like to work in the gut health. What is going on. The gut health is there. Small bacterial overgrowth is there mold exposure. Is there chronic Epstein-Barr.

Was there chronic Lyme before this was introduced? So there's a lot of things. And I love reaching for Thymus and Alpha one and thymus and alpha one is is a peptide.

And it's known for immuno immune modulation. So it has this ability to enhance and modulate immune function.

And this promotes T-cell maturation and activation.

And this is really crucial for adaptive immunity. And what happens is for whatever reason, if our immune system is as out of balance our age one and two, we get these sensitivities, we get autoimmune diseases right?

So I think alpha gal is the tip of the iceberg. Like what else is under there? You know, are they going to have another immune problem. So I love doing a couple rounds of science and alpha one if you know, that would be the start of it.

So thymus and alpha one is balancing that immune system. And then I talked about gut health. So this is where I love the peptide BPC 157 and oral BPC 157 is known for its protective effects on the gastrointestinal the GI tract.

It helps healing ulcers. It helps reduce inflammation. You could pair PBC 157 with La Raza Tide, La Raza Tide helps seal up those tight junctions in the gut.

So if you have leaky gut and inflammation, La Raza is going to help. So those two would really be great. And someone that's suffering from alpha gal. So we can take a break from what's triggering an over hyper reactive immune system.

So take out meat for six weeks okay. And and then we would start reintroducing it after we worked on the root causes after we had some healing peptides.

Okay. And you know, like I said you'd have to treat Sibo and mold or yeast overgrowth. So all these things and we can't we can't forget things like stress and sleep.

So I go through all of this, all of this. How to prep your body for peptides. Basically all of my secrets of sleep and stress relief in my peptides 101 course.

So I and it's for it's for practitioners to learn. It's from just people wanting to improve their health. So you can check out the peptides 101 course.

I will link it below for you guys. But this this with Alpha gal. Like I said, I think that, you know, there are some ideas that maybe it was introduced by someone, you know, we we don't know, but we know it's here and we can test for it and we know it's affecting people, but I look at it as any food sensitivity, like when I heal patients, you know, help them heal from things like dairy sensitivity, like I used to have to be dairy free.

Totally. And I'm not now and then part of this alpha gal, too. I wonder if it's from conventional grain fed soy fret. Tell me, you know, if there's like a protein that's reacting differently too, because a lot of people are allergic to egg whites now, and most conventional eggs are fed with with soy.

So when you're introducing that back in, is that why? Because they're eating stuff that they normally wouldn't be eating. That's not natural for them to eat.

So something to think about anyway, I would love your feedback on the Ask Doctor Jen. I hope this helps you guys. I want to use real people's stories so we can just talk about it and I can.

You guys can pick my brain on what I think. So thank you so much. If you like this, please share, hit subscribe, comment below all the things so we can get the word out about health, longevity, faith and peptides.

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