Alzheimer’s and the Hidden Toxins Damaging Your Brain Transcript

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Alzheimer's Timeline and Sleep Risk

It turns out often Alzheimer's may take up to 30 years to develop and, but you may not be aware of it for the first 20 years because normally the brain has incredible reserves.

By the time you notice that you're having trouble, new trouble remembering where you put your keys or people's names or, or directions, or you're getting anxious or depressed by the time that happens.

there's been significant injury already to the brain. So one thing we can do is, sure, we have advanced the surface EEG allows me to image the brain relatively early.

But if I had to pick one thing to look at, I would look at sleep, because it turns out not getting enough sleep, specifically the N3 deep sleep, is the number one risk factor for developing Alzheimer's.

You've tried everything. You've changed your diet. You've detoxed. You've even moved homes. And yet, you still feel sick. Headaches, brain fog, fatigue that no one can explain.

What if it's not you? What if it's your environment? Welcome to Mold Microtoxins and More. I'm John Bode. Each week, I sit down with experts uncovering how mold, microtoxins, and environmental exposures affect your health and what real recovery looks like.

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Never disregard professional medical advice or delay in seeking it because of something you heard on this podcast.

Podcast Introduction and Guest Background

And while we strive to provide accurate and up-to-date information, we make no representations or warranties of any kind, expressed or implied, about the completeness, accuracy, reliability, or suitability of all the information discussed.

A guest's experience and outcomes discussed on this podcast are individual cases and should not be considered typical results. Your situation may differ significantly.

As always, if you think you have a medical emergency, call your doctor or 911 immediately. By listening to the MolePros podcast, you acknowledge that you understood this disclosure.

Welcome back to mold, mycotoxins and more, the podcast where we dive deep into the hidden health hazards lurking in our environment and explore cutting edge solutions for optimal wellness.

I'm your host, John Bodie. And today we have an absolutely incredible guest joining us. Our guest is a true Renaissance physician who bridges multiple worlds of medicine, from emergency care to lifestyle medicine.

from Harvard lecture halls to healing centers around the globe. Dr. Joshua Hellman is a Harvard-trained physician who holds not one, but two degrees in biochemistry, a bachelor's magna cum laude from Harvard, and a master's from the University of Cambridge in the UK.

He's earned his medical degrees from Harvard Medical School in MIT, and he's a board certified by both the American Board of Emergency Medicine and the American Board of Lifestyle Medicine.

Currently licensed to practice in 14 states, Dr. Josh brings a truly unique perspective to healthcare. What makes Dr. Josh particularly relevant to our conversation today is his pioneering work in the intersection of environmental health and cognitive function.

He's the chief medical officer of the Alzheimer's Treatment Center of America, and he's been at the forefront of natural healing approaches. For six years, he helped run a clinic in Tampa, Florida, where they achieved remarkable success in reversing Alzheimer's and dementia.

And as many of our listeners know, the connection between mold exposure, mycotoxins, and cognitive decline is an area of growing concern in research. Dr.

Josh co-hosted the Truth About Alzheimer's Summit in November 2023 and hosts the podcast Alzheimer's Breakthrough. where he explores the root causes of cognitive decline and shares actionable strategies for prevention and reversal.

Dr. Josh, welcome to Mold Microtoxins and More. We're thrilled to have you. John, thanks for having me and thanks for those glowing words of introduction.

That's really nice. Glad we've talked about this, getting you on the podcast for a while. Glad the schedules were able to align. You're a Harvard trained physician who's dedicated the last six years to Alzheimer's and reversing Alzheimer's.

What led you to focus specifically on Alzheimer's prevention and reversal and how does your plant-based root cause approach differ from the conventional treatment methods that we see?

Yeah, those are two great questions. So I actually became interested in Alzheimer's when I was a teenager and my own grandmother Eileen got Alzheimer's.

And what I saw not, what was concerning was not just the effect it had on her, but I saw through the eyes of my parents, their generation, they're thinking, wait, this is grandma Eileen today.

What is going to happen to us in 20 or 30 years? So as a teenager, I was like, I want to figure this out. I studied biochemistry. I was one of those nerds.

But the cool thing is what I learned back then, many decades ago, is helping me today as we speak, help diagnose and treat my patients with Alzheimer's and other brain disorders.

And you also asked about plant base or plant forward. Basically, I explore that as another lever as part of lifestyle medicine in terms of helping people with their health without starting with medications or procedures.

Root Causes of Alzheimer's and Type 3 Diabetes

There's definitely a place for all of that, but it turns out that just getting people to eat whole plants and stop eating processed foods with lots of added salt, oil, and sugar, just taking that step is amazing for improving people's health.

Was it Hippocrates who said, let food be thy medicine? Actually, it's been attributed to him. I mean, I guess that this is an ancient Greek medical doctor from over 2000 years ago.

And basically, if you look at his original writings, he did talk about food and many different things, but the quote you just attributed to him, I've never been, I studied ancient Greek in high school and college.

I looked for the original, it doesn't exist. So that's a more recent attribution. I think it is true that we are products of our environment, right? The air that we breathe, the food that we eat, all those sorts of things.

I think on two podcasts ago, we had one of our doctor friends on and the comment was made, you know, when a plant starts to go south, you don't look at the plants and say, what's wrong with the plant?

You look at the soil, the water, the air, the environment, right? And we're no different from that really. So it makes a lot of sense. Around Alzheimer's and dementia, there's so much going on.

You hear about it all the time. You can't watch a TV show without seeing commercials for, you know, medications and that sort of thing. But recently you hear a lot about this type three diabetes or type three Alzheimer's.

So if you can share a little bit about what that means and how insulin resistance can contribute to cognitive decline and why is it so important for people to understand that?

Sure. So just taking a step back though, we now understand that each case of Alzheimer's, you're normally looking at between 30 and 200 root causes. And one of those 30 to 200 root causes could be insulin resistance, And that's why it's been called type 3 diabetes, because there's a common metabolic connection there.

It turns out that the brain is highly metabolically active, so that if there's insulin resistance, if your brain cannot metabolize glucose, which is normally its preferred fuel, there are often problems.

Going into the naming type one diabetes is you normally see that in childhood with an autoimmune condition against the pancreas and type one diabetics require insulin.

Type two diabetics normally are insulin resistant. We see that acquired through a Western American diet where you see huge amounts of added processed food.

Patients are overweight. there's a lot of added salt, oil, and sugar that lead to the insulin resistance. And because we see many patients with Alzheimer's also have insulin resistance, that's why the term type 3 diabetes has been coined.

But just to be clear, that is not the only cause of Alzheimer's. Normally, you're dealing with between 30 and 200. And there are different ones in each person and in different proportions.

metabolism extremely important, but that's just one lens to look at Alzheimer's through. Got it. Well, that makes sense. So it's not diet alone. You said there's up to 200 root causes.

So very complex. What are some of the other root causes of Alzheimer's? Would it be environmental toxins, stress, sleep, any of those things factor in?

All of those are. Other categories are infections, whether we're talking about infections from the mouth like P. gingivalis. If we're talking about parasites, viruses, there's autoimmune where your own immune system is attacking different parts of your brain, whether it's the dopamine receptors or the purkinje cells or other parts of the brain.

Another common cause is trauma. And not just recent trauma, head injury when you're a little kid. I can see on PET scans of the brain with neuroclin imaging, historical areas of the surface of the brain that were injured from previous trauma.

And then genetics is very important. But the reason, I think, John, why we're talking on your mold podcast is one of the many toxins I see commonly associated with Alzheimer's turns out to be the mold or mycotoxins that these fatty

toxins that can, that are specifically attracted to fatty parts of the body, including the brain.

Mold, Mycotoxins, and Detoxification

And what's scary about many of these fatty toxins is once they get into the brain fatty tissue, they normally don't leave unless we take an active approach to somehow push out those fatty toxins.

Is there a particular mycotoxin that you see more commonly? Is it the aflatoxins or ochratoxins or trichotoxins, any particular mycotoxins in general that you come across?

I see all those and many more, but in terms of those are definitely all concerning. But to me, the biggest concern I have is with the black mold toxins, the trichotoxins you mentioned at the end there.

And I think one of the reasons why the trichothecines or trichothecines are most devastating is that they do two different things. Number one, they destroy mitochondria, but within the mitochondria, they stop energy production and they stop the mitochondria from being able to remove toxins.

So I talk about it like a Trojan horse, because once those black mold toxins get in, your cells no longer have a way to get those toxins out. And that's when I need to take an active approach to push those toxins out.

I'll use things like IV, phosphatidylcholine, low dose to start with, a natural detergent. along with intravenous glutathione. Glutathione is the master detoxifier.

I even created a website called glutathionefirst.com because I think it's so important, and not just to do glutathione first, but to continue doing it.

Glutathione is a really small peptide, three amino acids stuck together, but it is a method that the cells use to help remove the toxins that we're exposed to.

Yeah, I'm a huge, huge believer in glutathione. You and I met at a medical conference. I attend a bunch of them every year, as do you. I think one of the presentations I saw is that actually these mycotoxins impact your body's ability to produce glutathione naturally.

just by, you know, the work that I do, we're in a lot of molding buildings. So, and I travel a lot too. I have eight locations nationwide. So I pack my glutathione everywhere I go and make sure that we take it religiously.

Good. And I suggest that my dementia or mold patients do the same thing for that reason, never leave home without it. One of the things you mentioned you know, trichothocenes and that's produced by Stachybotrys chartrum, right?

Among other molds, yes. Yeah. But a lot of, so that's what people call, you know, black mold. And a lot of individuals will hire a mold inspection company to come in and do just like quick air test, which can be good data, but it's a very limited data set.

Sac and botryos doesn't really aerosolize very well. It's a heavy spore. And so if you're relying, you're only getting like a small picture. And so with a lot of with yourself and your patients that you may refer over, we think it's important to have that linkage between the clinical data that you do.

So if you're testing them for those mycotoxins in their system, there's actually tests out there. We could actually test the structure to see where that exposure is coming from.

It could be that we've had, or someone's had water damage in the past, whether before they bought the home or maybe they did own the home and someone came in and removed the molds or the moldy building materials, but they actually didn't remove the mycotoxins.

We see that kind of quite common. It's a whole different process. That's interesting. And so you're kind of looking at the history and anatomy of someone's dwelling, and I'm looking at the history and anatomy of their brain.

So it's interesting that we're both analyzing in lots of different dimensions. Yeah, we kind of do the same thing. It's just in our patients a little bit different.

I probably want to have done more house calls than you do since every one of our project would be a house call. It's true, but I'm seeing many people around the world via Zoom.

So in some way, that's a house call. Yeah, yeah, for sure. That's interesting. telehealth as well. I do. So I'm licensed in 14 states in the United States, but I'll also help people from around the world.

And obviously it's very hard for me to do an invasive procedure over the over the telephone lines or over the internet lines. But having said that, there are many things that I can do initially to help them remotely before they may come to my clinic in South Florida.

Well, that's good to know. You've been working the last six years, like I said, up in Tampa earlier, we mentioned that, and I'm sure there's been a lot of progress from where we were treating this condition six years ago versus today.

Is there anything that you can share maybe that gives hope that this is reversible? you're seeing today. Oftentimes, we think of it as once you have it, it's kind of almost like a death sentence.

You're just going to be on this perpetual downward spiral, right? Are you seeing things that would give us hope that that's not the case? Yeah. And that's exactly why we're talking today.

And that's why I have a weekly podcast on Alzheimer's because there definitely is hope. And I'm seeing it in my own practice.

Hopeful Treatments and Environmental Links

It used to take literally a full year of daily IVs to reverse my patient's dementia, but with newer technologies, I've been able to get that down to just potentially a few months or six months of treatment.

And so there's hope from that perspective. There's also hope I'm seeing new technologies when I go to conferences like you. Literally, I just got back from a conference.

I've got 80 different potential treatments I can bring to my clinic. I have to figure out which of those 80 make the most sense. So I'm chomping at the bit to deliver these new therapies.

And it's really exciting times. But unfortunately, for most of your listeners, if you talk to most physicians out there, most neurologists, or the general public, they're basically being told there's not a lot you can do, Alzheimer's, it's an inevitable course, it's going to get worse every month, and unfortunately for my patients, that is not the typical experience.

You've cleaned, repainted, and replaced filters, and still, you're not getting better. Headache, fatigue, brain fog? The doctors can't explain it, but your environment can.

At The Mold Pros, we specialize in uncovering what's hidden in plain sight. Our environmental testing looks beyond surface mold, identifying bacteria, volatile organic compounds, and even microtoxins in the air that you breathe.

Then we correlate those results with your clinical data, showing how your space may be affecting your health. Next, we use our patented remediation process to safely remove toxins, restore balance, and prevent them from returning.

It's more than just a cleanup. It's a science-based system designed to help your body heal by healing the environment first. If you're ready to breathe freely again, visit TheMoldPros.com and schedule your free consultation.

Because wellness doesn't start in the doctor's office, it starts where you live. Ah, that is good news. You know, I, you happen to know that we, you and I have spoken, you know, offline and you know that we, I've lived this, right?

So not only have we, we're the primary care provider for my mother-in-law. We are currently the primary care provider for my mother who has some severe dementia issues as well.

And it's not just the. lack of memory, right? There's all these things that pile on. I always say that mold is the pebble in the stream and the ripples are much bigger than that pebble.

The mycotoxins, the impact on family finances and all that other stuff. Well, Alzheimer's, I don't think is much different in that. The memory issue is one thing that's central, but it's the ripple effects, the weight that it doesn't just impact that individual.

Obviously, it's the family as well. But there's also these other symptoms that you don't really think about. It's this fear. There's a lot of fear and there's depression that kicks in with that as well.

So it's good to hear that there's progress being made to be able to help folks in that way. And what I really like about Your practice that is very data driven.

It's not just certainly the feeling better is important, but being able to have quantifiable data behind that, I think really speaks volumes. It definitely is data.

I'm not just testing for mold in my patient's urine. I'm also looking at plastics and heavy metal and forever chemicals and autoimmune antibodies and testing for parasites and viruses and bacteria like Lyme.

or Bartonella. I'm also looking at genetics, not just APOE. Some people may have heard of APOE4. I'm literally looking at hundreds of different genes that can either increase or decrease your risk of getting Alzheimer's or other dementia or brain problems.

So you're exactly right. It's data-driven. And then it's also data-driven looking at at my patient's memory and processing speed. I've got computer tests they can take.

I have an EEG if they come to one of my clinics that they can put on their scalp and we can measure their cognitive ability that way and also image amyloid and tau in their brain that way too within non-invasively no radiation for it might take 30 minutes.

So it's exciting that I have all these new diagnostic and therapeutic techniques and it's really an exciting time for me. That really correlates well with, again, the environmental side, as we touched on.

We started out, we did a lot of mold testing. That's the name of the company. It's the Mold Pros. That's kind of what we did. And then we started going down this rabbit hole of environmental illness very early on.

where we realized that, hey, it's not just molds that create some of these health issues. Obviously, a lot of chronic health conditions can be attributed to mold toxins.

And so we're actually able to go out and test the environment for mold toxins. And then it's these plastics, or formaldehydes, or benzenes, all these other chemicals that get inside of our homes that can cause issues.

And so we said, okay, We can test for that as well and help identify some of those root causes. And now the most recent thing that we've added to our home inspections for several folks that have this exposure is heavy metals, seeing where that exposure is coming from.

So that way we're able to correlate exactly with what you do on that clinical side. Right. And I would say it's very exciting to me that, for example, we're using something called TPE Therapeutic Plasma Exchange to remove many of the toxins you just shared with me, because when I learned basic toxicology decades ago, There are certain chemicals like PCBs, DDT, I was taught.

Once they get in the body, there's nothing you can do to get them out. Well, that's changed. We now have this way to filter the blood TPE. Within a few hours, I can, in maybe six sessions, I can get this stuff out of people.

I can literally get mycotoxins, mold toxins out of my patients' brains, and they can start thinking clearly again. So what I love is there are specific techniques and tools that And they give instant feedback.

I mean, often within a day or two after the procedure, people are like, hey, I feel so much younger. I'm thinking more clearly. It's like a fog lifted off of them.

Well, that's incredible because, you know, traditionally people have to go on binders to help get those detox.

Early Detection, Sleep Testing, and Prevention

Like in some of those binders can be a little harsh on folks like colestyramine. Some folks can't handle that really well, but that takes a period of time, right?

For that. to be efficacious. So you're, you're actually seeing immediate results with this new type of therapy. I am, but let me just be clear. I'm not advanced.

I'm not reversing advanced, even moderate Alzheimer's with just one treatment, one time, but, but, but the feedback I'm getting often is, is extremely positive and very quick afterwards.

Wow. That's amazing. You talked about, you know, being data driven, et cetera. which is extremely important. Are there any particular specific tests or biomarkers that people maybe in their 40s or 50s should be monitoring before they develop, you know, type three Alzheimer's symptoms?

Is there something particular that you would recommend? Yeah, and that's a great question because it turns out Often Alzheimer's may take up to 30 years to develop, but you may not be aware of it for the first 20 years because normally the brain has incredible reserves.

By the time you notice that you're having trouble, new trouble, Remembering where you put your keys or people's names or or directions or you're getting anxious or depressed by the time that happens There's been significant injury already to the brain.

So What one thing we can do is sure we have advanced, you know this the surface EEG allows me to image the brain relatively early and But if I had to pick one thing to look at, I would look at sleep, because it turns out not getting enough sleep, specifically the N3 deep sleep, is the number one risk factor for developing Alzheimer's.

And if I'm worried about someone's sleep, I'll ask them to get a formal sleep study, not just to wear an aura ring or an Apple watch. Those are great, but they're not as sensitive.

at picking up and figuring out what the issue was with sleep than a formal sleep study, whether you do that sleep study in a hospital, which historically has happened, or now some of these sleep studies we can actually do at home with different devices.

Interesting. Yeah. We do track, you know, the Apple Watch. Some of these things have been certainly a lot more accessible than what they have in the day.

And maybe directionally, that's a start. But good sleep, that's pretty basic, you would think. But you hear that over and over again about the impacts of not doing that.

So that seems like a pretty easy fix. You said that this condition starts 20 or 30 years prior to. I can tell you from, like with my mother-in-law, in retrospect, when she was more advanced, we'd look back and we'd say, you know what?

That was it. Aha. We should have picked up on it then, but you just don't. It's kind of subtle. Then all of a sudden it seems to snowball and you don't maybe see them all the time.

And then all of a sudden here you are, right, with a much bigger issue. So I would imagine it's like anything else, early treatment, getting on it, getting identified quickly.

probably helps out, I would imagine, success rates. Is that the same here as it is with other conditions? Yeah, so definitely. It's a lot easier to prevent than to reverse.

And it's easier to reverse early than moderate-stage Alzheimer's. And yeah, so for people listening, yeah, it's great to address this early. And I think the difference is decades ago, this was scary.

It was basically a death sentence. Like every month you're going to get worse. The cool thing is when I start treatments, instead of getting worse every month, initially they may stay stable every month.

And then once we layer on lots of different treatments, we're able to turn the corner and every month see them get better. You talked a lot about like a plant-based diet and how that's kind of one of the pillars or foundations of helping to get this reversed.

Are there any particular foods that are especially beneficial or maybe any food groups that are harmful for cognitive health? I'm hoping that you say broccoli because I can't stand broccoli.

So if that was the state away from broccoli would cure a lot of things that would be all right with me, but I haven't filmed that's probably not the case.

Now, broccoli is great for you. You don't have to eat broccoli. It turns out you definitely want to stay away from processed foods, foods with added salt, oil, and sugar.

And also, many processed foods are processed in plastic, so you end up getting plastics. inside. And then the other issue is the further you go up on the food chain, there are higher, higher level of toxin levels, whether we're talking about plastics or heavy metals, et cetera.

So if you eat mainly at the bottom of the food chain, your dose of toxins is going to be lower and you are what you eat. So if you're eating fewer toxins, you're going to end up with a less toxic brain and other tissues in your body or organs in your body.

So yeah, so I think, and then the other thing is it turns out that adding salt oil and sugar will normally do damage to your blood vessels. So if you're not taking that stuff in and you're not doing that damage.

Very good. It makes a lot of sense. I, uh, I'm a, I'm a sushi guy, but you understand if you're eating sushi, if you're eating fish that are higher up, uh, on the, on the food chain, right?

Like tuna and swordfish, et cetera, they had just had more mercury, right? And so we've actually gone back and had to limit my, my wife was pescatarian for a lot of years.

And so we had to make sure we're eating those, you know, more sardines and that sort of thing. So you're not getting that, uh, that exposure because it's, it's everywhere.

So unfortunately, even sardines will have some heavy metals, will have some pesticides, plastics. There may not be at the very top of the food chain, but they're not at the bottom.

The other thing I would say with raw fish, raw sushi, you're at high risk of getting parasites, which are not good for your brain. So you now have two reasons not to eat raw sushi.

Yeah, thank you. Well, we did a glucose monitor and found out the spike from the rice was completely off the charts. So that's been removed from our repertoire, so to speak.

You know, you started out working a lot in the, you know, emergency medicine, right, in lifestyle medicine.

Diet, Toxins, and Cognitive Health

And so I think that's kind of, if we stop and think about, you know, ER or the show, The Pit, this high adrenaline kind of world of emergency medicine, and then you've transitioned to where you're treating dementia and Alzheimer's.

So I'm kind of curious to see, you know, does that create, it seems to me in the medical space, two polar opposites, but maybe that's not the case. And how has it benefited you, that past experience in your practice today?

Yeah, it's not polar opposite. It's the same approach. Specifically, let me give you an example. So in the emergency room, I was trying to keep my patients from dying or losing a limb or something bad happening.

I'm trying to do the same thing for my patients with brain problems. So specifically, I have to do things in the right order. If I, for example, try to treat their parasites or infections first.

I could actually, when those parasites die, they release potentially heavy metals and other toxins inside of them that they use as a weapon against other bugs.

So if I don't focus on detoxification first, then potentially I'm hurting my patients. That's number one. Even though I enjoy saving people's lives in the emergency room, that's most of what I saw in emergency medicine around the country working in 14 states for over 20 years.

Most of what I saw was not acute heart attacks or strokes. It was chronic problems. They were chronic problems. that specifically they were coming to me as a third or fourth opinion because the two doctors in the small town I might be working in have said, oh, there's nothing we can do to help.

And in retrospect, sometimes those people had chronic conditions because they had, for example, mold toxicity that their doctors didn't know how to test for.

an address because it's in the silos that are modern medicine. If you have a chronic condition with 200 causes, no one's looking for 200 different causes.

So to me, it was a rigorous approach to problem solving and I've carried that approach and I'm not afraid to work with, for example, a patient who's seizing because I know how to take care of seizures.

And frankly, if you uncover some of the infections, whether it's from mold or Lyme or parasites, and someone starts seizing on you because of increased electricity of your brain, you need to know how to turn down the electricity.

I did that in the emergency room and I do that in my clinic because many of my patients are wired and tired and they're not able to function unless I'm able to turn down the excess glutamate and bring up the GABA levels of neurotransmitters in their brain to help.

And it turns out it's the black mold toxin trichothesine that ends up blocking the enzyme that converts glutamate to GABA. It's called GAD. And because trichothesin attacks that enzyme, most of my patients would have too much glutamate.

So again, it's not just what I learned in emergency medicine. It's my two degrees of biochemistry. I can use that to

help patients with brain disorders.

Yeah. And really like the overall holistic approach. It's not just writing a script and managing the condition. I wish I had one magic drug that would fix everything.

I don't think that's going to work for something with 200 root causes. Yeah. Yeah. No, I think you're probably right there. I don't know if there isn't anybody that hasn't either had a concern for themselves or they have a family history or they have a loved one who is going down this path.

So while we have you, we'll kind of pick your brain. If someone is suspects that, Hey, this is, uh, I have some concerns here around dementia for my family member or even myself.

What, what three actual steps would you recommend the take today to start that prevention or, or early reversing process? Sure.

Emergency Medicine Experience and Treatment Strategy

So the first three steps, number one, footless focus on diagnosis and make sure if you haven't had a recent brain scan, and by that I mean a CAT scan or MRI of the brain, please get that first, whether you do it in the emergency room, however you get that, please do it because we don't want to miss a stroke, a clot in the brain, and we don't want to miss a tumor in the brain, because the treatment for those are going to be different than some other things.

And there's, to my mind, there's no other way to look inside the brain without imaging it. And so I would start there, but then I would do some objective testing to try to see objectively, is their memory good or not?

Is their reaction time good? And then once you have a diagnosis, then I would focus on treatment. I find that there aren't many other medical doctors like myself who are frankly thinking outside the box for treatment, but there's nothing wrong with going to your primary doctor or your neurologist and saying, hey, something's not right.

Let's start the testing. What I find is they don't like what they're offered by their physician and they will come to me for a second or third opinion.

See the parallel with the emergency room? I'm used to people who have been to 20 different expensive famous clinics and they were told there's nothing you could do.

they would come to me, it's like, oh, you're my last chance. So I'm used to that pressure. I guess it's similar to the pressure of, you know, I'm about to die.

What are you going to do to save my life? I'm used to that adrenaline rush. But again, the three steps that you would take to address this, get a good diagnosis, find some experts to help you, and then start treatment.

That's good information. It's such a complex issue. How can individuals, if they're listening to this podcast, can your center help them out? How would they contact you?

What course of action? Do you do telehealth perhaps that maybe you could do video conferencing? Any sort of resources there? Sure, sure. They can make an appointment with me for anywhere around the world using Zoom.

They can reach out to me at my website, which is drjosh.com. They can email my office at drjosh.com and then they can also watch, if they like this interview, they can also watch my weekly podcast, which is easy to find at drjosh.com drjosh.com slash podcast.

And then they can find me on social media under green brains with an SMD green brains MD.

Next Steps, Resources, and Closing Remarks

I'm trying to be there for people, whether they just want some free information on YouTube or through Spotify, or if they want to meet with me one on one, I can do that.

I also have some programs that they can find at drjosh.com slash program. So there are many different options. Very good. Yeah, it's important work that you're doing.

It seems like this thing just seems to be getting bigger and bigger and bigger. And the good news from talking with you today, it seems like there's hope.

It's not the sentence that it appears to have been for many folks, right? So that's fantastic work that you're doing. Thanks. And there definitely is hope.

I just got back from a conference, 80 different potential treatments that I could bring to my clinic. And I have to figure out which are the ones that make the most sense.

So this is an abundance mentality, not a scarcity mentality. It's not like it was decades ago where it's like, get your affairs in order. Every month is going to get worse.

No. help to stop it from getting worse and then we're going to work on reversal. So there is hope, take action, and if the doctor you've talked to said there is no hope, find someone like me who's willing to look at other options.

Fantastic. Dr. Josh.com. You got it. That's all they need to remember is fantastic. Six letters. Thank you very much. We appreciate you being on today.

Really good information. Thank you so much. Awesome. Have you on again? Yep. We'll do it. Peace and plants. Yes. All right. Thank you. All right. You've been listening to mold, mycotoxins and more with John Bodie.

If you're ready to take the next step towards a healthier home, follow the show and visit TheMoldPros.com for your free consultation. Because clean air is the first step to true healing.