Autoimmunity and Root Causes

Welcome back to the conversation. I have with me Dr. Jaban. Hi. Hello. How are you doing today? I'm great. I'm so glad to have you back. You're one of my favorite people to talk to.

You're an expert in chronic health conditions. You specialize in Lyme disease, PANS/PANDAS, autism, parasitic infections, environmental toxicities, mold, all of it.

You have a clinic in Kansas City and you also see people virtually at your Redefining Wellness Center So you see people from all over the place. Today, we're going to jump into the topic of autoimmunity and, you know, we're going to unpack the root causes of that.

So we're going to talking a lot today about all the different toxins and the reasons why toxins and infections, the reasons why people get autoimmune conditions.

But what I would love for you to start out with is to talk about just kind of give us an overview of how an autoimmune condition develops and what triggers the body to attack its own tissues.

Now, so I'm going to be a little triggering to start here then and say the common thought of an autoimmune disease is your body is stupid, it's attacking yourself.

That is what most doctors and you write like, oh yeah, you're autoimmune. So, so your your immune system is attacking your bone, which is called rheumatoid arthritis or your brain, which is called MS.

or your skin, which can be called a lot of different things, whether that be eczema, psoriasis or even lupus has some effects on the skin. But have you ever stopped to think and just go, Hey, why would my body all of a sudden just start attacking itself?

That doesn't make any kind of sense. Your body's intelligent and let's say, autoimmune diseases start usually somewhere between 20 and 40 years old. So for at least 20 years, your body didn't do that.

So it's not inborn. It's not normal for your body to be attacking itself. So then why? That's the question that I've always wanted to know, because I'm still that little kid inside that keeps asking why, why, why, why?

So as I started diving into the research, I looked at MS and I went to Pub Man and I go, What are some research articles saying about MS? Well, 100% of autopsied brains had nematode parasites, 25% of MS brains had Lyme disease.

Okay, so there's infections that are almost universal in brains that have an autoimmune condition where the brain, the myelin sheath, which is this little wrapping around your nerves, is being attacked.

Well, what are the things do we have out there or we have RA. or rheumatoid arthritis? You can find that there's mycoplasma and bacteria in the synovial joint fluid that wraps around your joints.

So there's this little capsule around the joints so you can find infection and in those joints when looked at. Okay. So there's two different conditions where we're dealing with an infection that is in relation with an autoimmune condition causing damage to that tissue.

So then I go, okay, so is it auto immune, meaning the body's stupid and attacking itself or is the body attacking something? And we just don't know how to identify that something very well.

So you keep going into the research and you find different theories on what's happening. So another condition called PANS/PANDAS, which is a childhood pediatric pediatric acute onset of a neuropsychiatric disorder caused by strep, which is PANDAS. Right.

So this means that strep got into the body, created an immune reaction that led to inflammation of the brain, that leads to depression, anxiety and OCD.

It can lead to food or or clothing or sound or light sensitivities. So it doesn't have to be in children. Although the P is pediatric, it can be an adult's got autoimmune or autoimmune encephalitis or brain inflammation caused by an immune.

So if you know adults with those symptoms, same possible cause and they found that strep causes something called molecular mimicry. Molecular mimicry is where just imagine with me, you have this bacteria floating through the body and it's doing its thing and it's releasing and no toxins.

And it notices that the immune system has identified it. So grab some tissue from your body. One of those favorite places, the basal ganglia part of your brain.

So grabs a piece of your basal ganglia and kind of just hides behind it. So it hides behind the basal ganglia tissue. So when your immune system comes to go, okay, something's weird over here, that's just the brain. I'm going to swim on by.

But the immune system, over time goes, something's still wrong. It goes over there and identifies that that brain tissue actually has some strut behind it or something's wrong.

That brain tissue is causing damage by releasing toxins. So it sticks a flag in it called an antibody, except for the flags, not just in the strep now it's also in the brain tissue.

So we have an autoimmune condition because strep caused a mimicking effect to the basal ganglia. Well, now the immune system eventually, let's say you take antibiotics, you do IVIG, you do a holistic protocol.

Your body beats the strep, but your body still has this antibody to the brain, the basal ganglia. So your immune system, every time you get stressed or go into a moldy house or get too excited, has a bit of a flare that immune system.

And now that immune system attacks things that it has antibodies to, in this case, your brain. So now you have symptoms under stress. And again, stress doesn't have to be an infection, although it can be it can be mental, like too much work, emotional, you know, someone passes in your family.

It can be high excitement. It can be a food allergy, pollen in the air. So any stress then can flare this immune reaction that's an autoimmune condition to your brain.

So to wrap this all up, autoimmunity has a cause. It is not just this thing that happens because your body is stupid and I'm sorry that's triggering. She said the word trigger.

So I'm like, I'm going to just take it. Your body is not just misfiring. There's a reason for it. And if you can identify the reason, remove the reason, reset the immune response by getting the nervous system under control.

So oftentimes you can get control of the situation and potentially reverse the problem. So right now everyone's really paying close attention. So thank you Jaban for being disrupted.

Thank you for saying the things that you know others don't say and I always think of autoimmunity as a distraction from the real issue that's going on.

So yes, autoimmunity is uncomfortable and real and and you know, very symptomatic. But just focusing on the

autoimmunity itself is a distraction from what's underlying what's really happening there.

And unless you figure that out, the autoimmune condition is not going to resolve. So in the Western world, we've got, you know, medications we can give and biologics and, you know, to make life more tolerable.

But the autoimmune condition is still there. So now that, you know, shed some light on this, can you can you start can you do the next thing? Can you do can you link this to inflammation in the body?

So as we look at the development of autoimmune conditions and what's actually causing that, something is causing that. And you kind of unpacked some of that and we can explore those deeper.

But can you relate it to inflammation first? Yeah. So inflammation is this really hot topic because everybody's using it. I mean, shoot a few years ago to America was the number one selling supplement because it was proven to be anti-inflammatory.

And they're like, it cures everything. Like, No, it doesn't. It can help a lot of things, though. I mean, let's just talk about the fact that a depressed brain is an inflamed brain.

So we know that inflammation can generate pain, it can generate depression, it can generate so many diseases that every disease is related back to inflammation.

So inflammation is a big keyword that that kind of gets everybody thinking.

Inflammation and Toxic Burden

So when you have these triggers, when you have, say, mold toxicity in your body, things that I go and look for, I go to look for C-reactive protein, which is an inflammatory protein created by the liver.

That's a blood test. I go is that elevated to a point where I'm going to see inside your body that there's inflammation? You can also see homocysteine, which is elevated when B12 or folate isn't processed appropriately in the body.

Another blood test that you can go look for, you can look at C4A another test, blood test that would be elevated when mold is in your body. So there's testing that we can do that identifies if inflammation is in your body, it's being generated because the body is getting damaged.

Now, how is it getting damaged? In the case of mold, specifically, the mold mycotoxins come into your body, your body, then they're damaging to your body.

They're they're damaging to your mitochondria. They can damage the polarity of your electron transport chain, which makes energy. They can damage tissue, they can damage your ability to do almost anything because they're very stressful.

They're very stressful to your body. So when somebody is living in mold, oftentimes we end up with constipation, brain fog, fatigue. So as these processes are breaking down in your body, as your energy system is starting to fail, as your immune system is being suppressed, because mold also comes into the liver and can block up the detox pathways.

So as all of this is happening, your body is starting to swell. So we're retaining water. It's starting to become achy. Your lymph is backing up because nothing's working, right.

So people end up with what they call inflammation. They go to their doctor, they test their C-reactive protein, the serology proteins, ten, they get prescribed an anti-inflammatory drug, a muscle relaxer.

They get told to take a binder if they're more holistic. But the problem is, is if you're missing the root cause, the

stress is still in your body. And when that stress is still in your body, your nervous system is getting pushed further along.

It's getting pushed further and further because your body's getting more and more stressed out. And even though those drugs, those supplements help reduce inflammation like tumor did, it's not stopping the problem.

And that's where you link the inflammation into the autoimmunity because the driver of all of it is still there. And when your nervous system has been under duress for too long, that's when mistakes are made.

That's when autoimmune conditions are made. That's when your body starts going, shoot first, ask questions later, because now it's it's just on its last leg.

I mean, I know you ask about information about to go way off topic so I'll stop there and and we can jump into as these other things. Yeah. So you mentioned there's an underlying driver of what is causing your body to have this autoimmune response.

And you've mentioned some of those things as you've been talking about this. So I want to I want to unpack a list right now. So go into the specific environmental, genetic or lifestyle factors that really predispose somebody.

And that would be the underlying drivers, as you call it, for this to occur. Yeah. So if you were to sit down right now and look at the way my note actually like drops out when I'm working with patients.

So it gives me this big checklist of things that I need to make sure to pay attention to you for. So first of all, you've got to be in a place that is safe to live if you want to be healthy.

So is the air you breathe clean enough for your body profile and genetics? And I can I'll get into that in just more. The food you eat. Is it organic and clean and not inflammatory?

Meaning it's not just a bunch of processed sugary junk, is it also organic foods? I like to tell people at least whole food, organic the water you drink, is it clean or is it full of heavy metals as a full of radioactive elements and pufas which go to EWG talk look that up and this is going to tell you, hey, this is what's in your water. Pay attention.

Are you putting things on your skin such as makeup, shampoos, cleaning agents as you're cleaning your home that are inflammatory toxins such as BPAs and gosh, I could go down a laundry list recycling cyclones that should not be in there, parabens.

So looking at what you're putting on your skin, so those are some of them. Do you have things in your mouth like mercury, such as dental implants, amalgams that are leaching chemical toxins into your body?

Do you have implants such as breast implants that are silicone that have heavy metals wrapped all around the shell to protect them from being damaged and hold them together, but also is toxic to you.

So that's the safe place. Section Basics. Do You Feel Safe is the next part. So do you feel safe in your environment? Because if you're working too much, not sleeping enough had trauma in your childhood emotionally, not in a good place.

This is going to predispose you to having a nervous system that is more reactive, that is expending a lot of energy and not keeping you healthy, but dealing with these things that make you not feel safe.

Now, if you can take care of living in a safe place and feeling safe, you're going to be in a pretty great place to actually take care of some of the other things that can accumulate.

But if you're not taking care of those things yet, there are some genetic factors that you need to look into. So do you have many of the methylation gene types?

So CMT, MSI, H AFR do you have a HLA d are genetic types? These are some genetic types that I always look at to see is this person possibly, maybe a little more sensitive?

So there is a book I read a few years ago. They called These People the Canary. And the reason why that was important to me is if you look back in history, the canary in the coal mine, they're sent down there because if they were sent down, they didn't come back out or if they die quickly, then people need to run.

They need to get out of the coal mine because there's some toxic agent that is killing the canary and it hasn't got to you yet, but it's coming. So there's a population on earth here of humans that are a little bit more of the canary.

If you go and drink from the river and there's a little bit of giardia or some sort of metal in there, you'll get a little sick. It's probably not going to kill you.

But if it's me, I'm a little more of that warrior type. I'm going to go drink from the river and keep drinking from the river. I'm gonna end up dying because he's not going to notice anything.

So there's a reason why we have canaries, but those people are a little bit more on the sensitive side. Oftentimes, the personality, even people may describe them as a little bit more sensitive to chemicals, to foods, to even emotional interactions or conversations with people sometimes are just a little bit more sensitive.

This is okay. But those people then when they get into a moldy house and they're drinking toxic water, their bodies just break down a little faster, which is maybe why these individual also maybe they're living in a house of four or five people and they're the only one that's sick.

So their spouse is like, Oh, I can be the house actually can be. All right. So that's the genetics, the safe place in the feels safe. And then lastly, it's all the fun stuff that we love talking about and I'm going to run it down an order of the things that I think about and the actual order that I work in them.

Risk Factors and Underlying Drivers

And typically for about 70% of the population, I'm going to see parasites, bacteria, mycoplasma, mold, radioactive elements, environmental toxins, heavy metals, yeast, and then viruses as far as the toxins and infections.

And these are all types, right? These are all categories because say, for instance, metal mercury fits in there or glyphosate fits in environmental toxins.

So those are the different categories in order of usually how I'm going to work on them. And for about 70% of people, of course, if they have them, not everyone has all those things that can come into your body, that can wreak havoc and just bring down your body's overall ability to thrive and survive.

And the problem is, is you can handle one of them out of this whole long list that I've been through, you can handle five of them often. The problem is if you have the ability to lift £100 and these weigh £120 on you, they're going to crush you.

They're going to take you down. So then my job, Laura's job, is to come in and go, okay, you've got £20 on you. You can only handle 100. Let me pick up 50.

So your body now has the ability to get up, adapt and overcome, and then let's keep cleaning. Because just because you feel some better and you can stand up doesn't mean we're all the way well and that we're going to have that resilience to be able to function in life.

So Jim and I have a lot of questions and I'd love to go explore some of those parallels and dig deep into potentially parasites, molds, you know, fungus, some of these things that are really creating that foundation for the body to experience something like autoimmunity.

We have just a couple of minutes left in this first part of our interview. So before we go, dove deeper into this and also talk about, you know, preventive steps people can take and ultimately what can happen if you don't do something about this?

If what if autoimmunity is left unchecked? Before we get into the second part of our talk here, can you give us some hope? Because there's a you just dumped a huge list of problem problems.

And I don't want to leave this this interview right here with, oh, you got to solve all this right now. So what's some hope? The hope is this. I've worked we actually looked there's 10,000 previous clients in our database.

And the hope is this you can heal, you can overcome. Your body's designed to adapt. You're designed to overcome this. You don't have to be perfect. Every time somebody comes into my clinic and they're like, Well, Doc, there's a few spores on my mold test, or I still have this positive to this thing, even though I feel well now, after working with you.

Am I going to. Am I going to crash again? No, you're not. You don't have to be perfect now. You got to be better than maybe when you came in. But whether you are just looking for a little bit more energy, looking to optimize and thrive, or you walk into my clinic, well, don't even walk.

You roll into my clinic in a wheelchair because you can't get up and walk. There's hope because I had a client just the other day who was 21 years old, had been in a wheelchair for the last five years, couldn't function.

And she calls me, she's like, Hey, doc, I just got done skiing. And I was just like, What? And we working together for like six months. She's like, You got me strong enough that I was able to go skiing for three days with my family.

And and I just wanted to tell you that so you you can overcome these things. Yet to be diligent, you have to be able to understand where to go to find the right answers and build your body back.

Thank you for that. And Dr. Jeevan, thank you so much for joining us today for this talk on autoimmunity to our audience. I hope you found our conversation insightful, helpful.

If your summit purchasers stay right here because we're about to dove even deeper into this discussion with Dr. Jameson. If you're not, click on the button on this page to get access to a continuation of this conversation.

And many others, and get the tools you need to reclaim your health. If you're watching this continuation of my talk with Dr. Jameson, thank you for being a valuable member of our community.

And we're going to dove right back in. So, you know, you mentioned a whole big list of things that you like to evaluate for that can be the underlying root causes of these, you know, chronic health conditions and autoimmunity.

And I'm sure there's an order of operations here that you like to explore. So maybe start with the first couple of things that you look for in people.

And why is that? Why would those be the first couple of things that you explore for? There is an order of operations and honestly that is the difference between success and failure.

And so many clients. I've had clients come to my clinic that I've literally done everything that I typically do, and then we do it in a different order and we have success.

And that order is individual and based off of that person, custom fit for them based on assessments, labs, the way they speak, how their body responds to each individual step that we go through.

So as I went through that laundry list, the Safe Place section is more of a checklist that we begin with because that's just stuff we've got to check off.

And you can go back and listen to that. It's in the recording and then the feel safe section so many people haven't ever even started with because they were never you either told to or it just seemed insurmountable, or they're like, No, I've dealt with all my stuff and I'm like, okay.

So right now if you're listening to me and you've got your shoulders up and as I say this, try to drop them. If you can drop them, maybe we're in a little bit of stress.

If I go walk up behind you right now and tap you on the shoulder, you jump out of that chair, maybe we need some nervous system. Or if you ever notice that mean that just wasn't me. I overreacted.

That, or I just feel overwhelmed or generally just unhappy. We probably need the nervous system work. So if I ask you, after having success and I do this all the time with people, rate your symptoms, you're at a ten, all of them, and you rate them no better.

And then I get on the call with you guys are asking you questions and I find that you're a little bit better. Is it a perceptive problem of you seeing yourself because it's been so long that your standard is 100% or nothing?

Maybe when you talk about nervous system outlook mindset, because this is a such an important piece of the puzzle for people that have been dealing with things for so long.

I don't blame you. When I had Lyme disease myself, you're in that state of like, go, go, go. Sometimes you just got to come up and smell the roses. Sometimes you've got to realize that if you're spending a tremendous amount of energy worried about getting well, is that energy not serving you?

And it could be serving healing. So the nervous system is a huge piece of the start. And then after that, I actually add a little step in there that's not in a lot of people's drainage funnels where I put it.

So as we get going, we have to get the feel safe and safe place. Then I come in, I go, Well, what's your hair tests look like? Are we deficient sodium, potassium, magnesium or calcium?

Because if we don't have the appropriate minerals, our body isn't going to be able to detox it isn't going to be able to move energy in and out of the cell, move toxins and waste it out of the cell.

So I like to rebuild that piece of the puzzle first.

Treatment Order and Detox Priorities

Next, after I get through that, do we have the appropriate mechanisms within the liver fed with B12, with folate, with niacin to be able to mobilize toxins out?

Are we then doing the therapy such as coffee in a casserole packs to get things moving? And are there blockages in our drainage funnel, such as organisms that are larger, such as parasites, bacteria that can actually be a dam in the liver and the lymph and the bowel that won't let things out.

So oftentimes people are like, well, you can't you can't detox until you're pooping, and then you've got to do mold first. And I'm like, well, let me break down this first.

There are parasites that actually will dam up your colon, release the toxins that stop you from going to the bathroom. So sometimes you've got to get rid of a parasite even when you're not pooping so you can poop and the meantime, we're doing coffee, animals and colonics to get things moving because I don't accept not moving at all.

But sometimes you've got to do parasites first. Bacteria next, because that also can be in the gut damming up, being able to move things out. Now I do agree. I'll raise my hand.

You do have to make sure you're living outside of mold first, or at least assessing the situation and dealing with it.

But then after I get the bigger organisms out, that's when I'm going to go into mold.

And I just had a through a client argument with a functional neurologist because. So you have to do mold first. And I go, no, you're not even pooping.

I am not moving mold on you first, because if I move mold on you, it's going to recirculate. It's gonna get to your brain. It's going to cause you to hurt.

You're going to be miserable. Let me open up the pathways first. Even though she said not to do parasites first, let's do that first. We did it. It opened up.

And then guess what happened? Mold started flushing out. She could smell mold coming out of her paws and even start there. Yet, because I opened up in the right order that the body said, Hey, let me help you out because you started it.

I'm going to keep it moving for you. And that's when you know you're doing things right. And it wasn't too much for her. Her body handled it and kept up with it is because of the doing things in the right order.

The body starts to get the ball rolling until it just keeps going and that's when your body is adapting and thriving. And that's when I can take hands off a little bit and let you let your body lead the show.

You mentioned a couple of other big categories. So parasites, mold, you mentioned fungus, Candida, metals. When are you going after those things? So I love this one.

How many people know that when they went to their first functional medicine doctor that was new to the game, new function medicine doctors. Right when I first got into it, I'm guilty of this myself and I'm going to make some people mad.

So here it is. When you join the functional medicine world, you start off with vegan and then you usually get into some other diets and then eventually it's like all this biohacking and then Candida and it is like that first thing is we can see it on your tongue, it can be on your skin.

Everybody's got a test for it. So it's that, that like next level down thing. And then from there it seems like it's Epstein-Barr and then we go into Lyme parasites, then mold and mass of the nervous system, just like I do it all.

And when you get to that person at the bottom of that, that chain, which is where I feel like I'm sitting now, like I've been through all of those things I don't even know it's an next is somebody probably somebody that's on the next coming out.

But we look back and I go, Huh? What causes Candida? Well, if you're if you have heavy metals, candida is there to help dispose of it. If you have mold, it suppresses your immune system, allows candy to be there.

If you have parasites, it disrupts the bacteria in the gut, allows king needed to be there. If you are taking bioidentical hormones that are out of balance or if your hormones itself are out of balance or if you have a copper A. D, candida is going to be there cause your hormones are balanced, which causes Candida.

And by the way, if you have a poor diet or toxicities coming in from the outside, you're going to have Candida. And Candida is actually something that can grow so fast.

I put Candida on a petri dish and watch how fast it grows. It can grow overnight if your immune system is suppressed. Why in the world would I go after Candida first knowing you still have all these other things in there?

Which is why I was at the bottom of my list. Only thing below that was viruses. And why are they there? Because Epstein-Barr is a 96% of the population.

It is opportunistic. It will grow out of control when you're weak and it will go down when you're strong. And I've had people test that above the testable range, the 600 on the Quest or LabCorp testing the field.

Great. So like that must not be the root cause. If I removed all this other stuff, you feel good. And I never touched to that. And it still tests as if it was high.

It's not to say that it's not a part of the journey. For some it is. I've definitely worked with people on Epstein-Barr before, but those kind of fall at the bottom.

A lot of people come in and they're like, heavy metals are the thing. And you know, for a few people they are, but they don't reproduce. So if you follow the Safe Place section at the start, they don't reproduce themselves.

So they're in there and you got to get them out. Environmental toxins are saying they don't reproduce themselves. So if they're in there, you still got to get them out.

I'm going to go after those things, that damage op, that reproduce, that reproduce toxins. I'm going to get those out of there. By the way, while I'm getting those out of there, guess what happens with parasites removed?

They take some metals, environmental toxins, radioactive elements of them. What else happens? Oh, well, we're binding and we're flushing, so other things are coming out, too.

I'm not. I'm not going in with glue. This iron iodine c 60 ala initially because I'm like, you know what, let those those toxins live for a moment. Let's get rid of the things that can again regrow, produce more toxins that are actively moving around, causing damage once those are out of there and we've cleared the pipes.

Right. Like, I'm not going to go flush my toilet if there's a giant clog in the pipe. No, I'm going to call the sewer doctor. We're going to get the clog out and then I'm going to go in the bathroom and flush it out. Right.

Like it makes logical sense. I mean, here I am. I'm this Midwestern boy. I was a personal trainer. I was going through school. I didn't learn Latin, speak like so many doctors.

I learned to talk to all these construction workers. I was personal training when I was going through school. So, Mike, let's get that sewer doctor out.

Let's get rid of those parasites and blockages and then we're going to come back in and we're going to flush the rest of it out of you. So that's what makes sense.

That's what I've seen work and logically it just it just does. This doesn't mean that those things aren't important. Doesn't mean that metals and environmental toxins shouldn't be flushed.

It just means they're the right order. So get Jim in preaching to the choir. Thank you for the way you unpack all of that. Everybody go back and listen to that again and make sure you take lots of notes.

So in the time we have left here, what I really want to do is talk about I mean, I think you've made it very clear that, you know, there is an underlying reason for autoimmunity.

It's not that your body is stupid. It there's something it's fighting. We just got done talking about all the things that are creating this fight in the body and the inflammation.

What I want to do now is talk about what happens if you don't solve this. So autoimmunity turns into what? Where is the next step in this? If you're just goofing around with a Western medicine model, trying to take some medications to suppress your autoimmune symptoms, and you're not solving these bigger issues like you just so eloquently laid out for us.

What happens here we go. And this is where it's it's painful. It's sad. You know, I see these people come into my

clinic and their quality of life is destroyed.

Not hopeless, though. So stick with me here for a moment. Have you ever seen that little old lady kind of hunched over shoulders frozen knuckle is giant hands, can't close fully knees that just you just see them and you're like, oh, you just look away as rheumatoid arthritis.

That's osteoarthritis, right? That's that is joint destruction at its finest. So if you get aura and you don't do anything about it, that's what's coming.

Consequences of Untreated Autoimmunity

And when I say don't do anything about it, I mean find the root cause of it because the chemo drugs that they're going to put you on are temporary and they're not good for you themselves.

So read the label. Liver damage, fatigue, depression, brain fog. It's because they're toxic to you. They're suppressing your immune system. They are allowing Candida yeast, steam bars to run rampant in your body.

So it's a matter of time before they take over. They are suppressing you to where you are not going to be able to defend against that next strep staffer coli bacterial infection as well, which is why they keep you on antibiotics which it kills your microbiome, that destroys your mitochondria, which produces energy, which ages you and wears you out.

So unfortunate only the western medicine can model is not a quality of life solution. It's thought of as a quantity of life, but only quantity from the point at which they find you not a quantity, your life of value and quality, unfortunately.

And there are times and places for those drugs. I've had people that have had to get on those drugs while I'm working with them because they're in such a bad place and we've got to get some things under control first.

So I'm not saying it's not an option or something that at moments can be used, but it's not the long term solution in almost any cases I work with because it's just not something I want to accept as you have this life symptoms of being worse.

So here's the other flipside of that R. A patient. I had someone come into my office a sweet elementary school teacher that could not cause her hands to take your hands pulling for your face, straighten your fingers out now only be able to bend the joint closest to the palm.

That's all she could do. That's it. Nothing else. She could not make a fist. She could not grip a purse. She could not write with the pencil. She was in her early sixties, not even ready to retire yet.

She was diagnosed with rheumatoid arthritis. Her RH factor was positive and her daughter said, Mom, there's got to be something else. And our friend who had been diagnosed with some things said, try this guy out here in Kansas City.

He does things differently. Just just do it. She comes in, we talk. I put her on a few serves the optimizer system. We find that she's positive for Lyme disease.

She's positive for parasites. She's positive for Candida yeast, a rheumatoid arthritis factor. Like I said, the positive C-reactive protein was positive and we get to work a year later, all progression had stopped and now she can touch her pointer finger to her thumb.

She wasn't back to full speed, but she could pinch a piece of paper two years later, by the way, we hadn't been treating any longer. She can touch her fingers to her palm.

Three years later, she can pinch a fist and she's feisty. So back off. And, you know, it was so fun watching the re

mineralization, watching the x rays change because her body was was redistributing calcium deposits because she would not give up on moving her fingers after the care had stopped, after the root causes were slowed down and put to where her body could control them, where her body could take over, where her body was in the lead and control and her C-reactive protein, Epstein-Barr RH factors were negative.

And that's just one example. And I want to give another one because I want hope to be what's going on here. Another client came in for a who had dropped so she could not left her foot up.

She could not feel her whole leg and she was losing feeling in that side on her arm and then the ability to flex her wrist. She was 30 years old, so she wasn't old enough to be looking ahead at within ten years a wheelchair.

She was on medication and they just told her, you know, this is just the path and we're sorry. And she had come to me for herself. She came to me because her husband was on a walker, couldn't breathe, and he was diagnosed with B6 toxicity by where he's able to.

But he wasn't diagnosed autoimmune so is not for this. So she starts with me after I'd been working with him for a year and he was a tough case supersensitive.

But she starts with me and she's racing through protocols and he's just like, What's up with this? Like she's passing me up and then she calls me one day.

She's like, Doc, I tripped and fell was just like, Oh, like, are you getting worse? Because we had she's progress and she's like, you know, it was really tough on me and I just I'm so frustrated.

And I was like, What do you mean? She said, Well, now that my foot can lift, I don't know how to use it. So I forgot how to actually walk and had to relearn how to walk.

And I was just like, Why are you messing with me? And she's like, Because it's fun. And she tells me that she now can feel her legs, she can lift her foot and better rest is now back to full strength.

And we're like seven months in. So this is why I'm telling you this. When you remove root causes in the proper order by optimizing the body and giving it what it needs, it does what it's supposed to do, which is thrive.

I'm hearing loud and clear from you that we all have the ability to have our bodies function at a really amazing high level. We just give it a little help to get there in the right order and support the body.

This has been such a pleasure to hear you talk about your clients, your patients. I can see how much you love what you do. Jaban, you know, this isn't our first rodeo together.

We've done several talks together, and I. I know how you practice and I know how you treat every single person who comes through your doors. So thank you for sharing this.

You shed so much light on what's really happening in the body.

Hope, Recovery, and Where to Find Dr. Jaban

The Silent Killers truly what they are. The autoimmunity is not the Silent Killer. Silent Killers is everything underneath it that's causing pulling the trigger, causing the problem.

So thank you for what you do. Tell us again where our audience can find you. Just look me up. My name, Dr. Jaban Moore with two Os So Dr. Jaban Moore the internet, Instagram, Facebook.

I've got lots of free information that goes out every day. Sometimes I'm goofy walking around on in my yard, just personal things because I just simply want people to have the ability to make a decision to take their own health into their own hands.

Because the reality is, when I was sick, when I had Lyme, I was begging somebody to just give me a direction. I'll do whatever it takes to give me a direction.

So it's a part of my mission just to be able to give people the knowledge of a place that they can go, whether it's me or someone else, because I just remember just begging, like where do I go to get the help for this?

So now you created that. That Kansas City boy grew up to be a huge impact in the world, thanks Jaban, until next time. Everyone take good care. Bye now.