Chemicals Wrecking Your Hormones (You'd Never Suspect) Transcript

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Introduction to endocrine disruptors

We have to think about thyroid hormones and a lot of other hormones in neurotransmitters and things that are made as well. When we talk about hormones, and hormone disruption, think of it like two or three members of the symphony playing out of tune.

That's kind of what's going on. So we have these chemicals, they go in, the attach or dock at the receptor site where your natural hormone, your estrogen or your testosterone is supposed to dock.

and they can do a few different things. They can mimic that hormone, they could actually dock at the wrong place at wrong time and deliver a similar message.

The key doesn't quite fit the lock, but it almost does. And so then it tells the body to do something that it ought not to be doing and the bodies says, well, I'm being told to this, so it does it.

Things can malfunction that way. If you're overwhelmed with chronic health symptoms and still don't have answers, you are not alone. I'm Dr. Javan and on redefining wellness with Dr Javin, we'll be exploring root causes like Lyme disease, mold and parasites and I'll guide you with simple and practical steps towards real healing.

Hello, welcome back to another episode of Redefining Wellness Podcast. I'm your host, Dr. J. Ben Moore, and today I have Jared St. Clair joining me and we're going to be talking about a topic that every single one of you are dealing with.

So whether you have the perfect diet, supplements, exercise routine, you manage your stress level, do all the breath work, if you're not dealing whether you're talking about shampoo, nonstick pans, the water you drink, and the receipts you touch, those toxins are still getting in your system and your body still has to deal with it.

Those chemicals can get in as endocrine disruptors throwing off your hormones. So today's HRT craze is being pushed a lot by these chemicals. And what a lots of clients come to my clinic for is I've already done all the Western Med HRRT normal stuff I still feel like crap.

So we're gonna be walking through toxins to avoid endocrine disruptors with Jared today.

Why endocrine disruptors are a hidden epidemic

He's got over 35 years of natural health. he has been doing work to help people and deep diving this topic for years. so Jared, thanks for joining me.

Hey, I'm really glad to be here. Thanks for the invite. Emma, what got you into this arena and why are we talking about endocrine disruptors over anything else we could talk about?

Those are two good questions and the first one is interesting because my answer is not often the same as probably a lot of your guests. I think a lots of people get into the natural health world because they themselves had some sort of a health crisis.

Certainly that's how my wife got there and a lot of my friends in this industry. But I was born into it, literally. My parents started a health store when I five in Bountiful, Utah called Vitality Nutrition.

And I started working there when i was a little kid, dumping the trash and, you know, work my way up into middle management. Then eventually I kicked them out and bought it from them when was 22 years old.

They had me managing the store by the time I 15. So this has been my livelihood to the possible extent that it could be. But as far as this topic, it's an interesting thing because basically about 20 years ago, give or take, I started noticing something in my clients.

And, you know, unlike you, well, not a clinician, so I'm not ordering labs, that kind of thing. I just have regular people coming in, trying to get better and hoping that supplements can help essentially.

20 Years ago. And I remember one guy in particular, I know him really well. He's been a customer of mine for a couple of decades now at least. And he said that he showed me his numbers, his total testosterone.

he didn't have a free testosterone test, but his testosterone was in like the two eighties and he was 29 years old. and so I knew enough about testosterone to know that that was way off.

But at up to that point, i hadn't seen a lot of that. And I didn't have a lot of guys coming in talking about low testosterone. The only time people came in, talking to me about testosterone back then was I want to build more muscle, give me more testosterone, that kind of thing.

Right. But now it's looking like a health crisis. And it started seeing it more and more. So I started digging into it and trying to figure out what's going on because my parents raised me to look for root cause, not for symptomology.

I'm thinking to myself, why is a 29 year old young man dealing with 60 year-old testosterone or older? And so as we were digging into it, we started to recognize that there's this endocrine disrupting or EDC problem that was happening in America in particular, but really across the world.

And as I started researching it I became more and more fascinated and I start figuring out ways to help people detoxify from this stuff and avoid a lot of it.

But the research back then was pretty young. The internet was young, there wasn't nearly the amount of information we have now. And as things were progressed, we've come up with better and different ways to help people.

In the last couple of years, though, things have shifted dramatically because my wife and I were actually at a conference, a health conference. We were talking exactly what you just mentioned to a bunch of functional medicine practitioners that were focused on HRT.

And what I kept hearing is HRT, HRRT but I didn't hear root cause, root, cause root. Why do we need HRD? And my wife turned to me during one of the talks and she said, we gotta go deeper with this.

This is like this epidemic thing. We now call it the hidden epidemic and we've got to be able to help people even more than we have. So for the last couple of years, We're literally writing a book on the topic and also have been developing a protocol to.

Help people with. So you're calling this the hidden epidemic, basically why HRT failed you to some degree. What in the heck is an endocrine disruptor though?

Because I know we talk about it, but the average person, that sounds like some scary science term that they're pulling out of the biochemistry book. Well, so I like to put everything in as layman's terms as possible.

One of the reasons people say they like my podcast is because I don't talk above anybody. Just try and keep it simple. But I look at it this way. First off, what they are is they're chemicals that are, I would say, foreign to the human body.

These are man-made chemicals. Our bodies weren't designed to handle them. And our bodies handle in very interesting ways because of that. This include things that everybody listening has heard of, BPA, Probably parabens is something that's fairly well known at this point.

How endocrine disruptors affect hormones

PFAs, you'll see lots of cookware now at the grocery store and things like that that say it's PFA free and PFOA free, and all this sort of thing. So we know that these chemicals exist and there are issues, but it is not just chemicals that are in like body care, like the paraben and triclosan.

But it's also chemicals that are sprayed on our food or on or lawn, things like that. Glyphosate is one of the biggies that people don't often associate as an endocrine disruptor.

But my gosh, it is a powerful endocrine disruptors and it also a human antibiotic at the same time. Things like receipts, BPA and BPS can be on receips, can beyond the inside lining of canned foods.

And we know that it's ubiquitous in our society because 93 plus percent of Americans have been tested and their urine shows these chemicals in it on a regular basis.

One that is even I think a little bit more startling, 62% of breast milk contains triclosan, which is found as an antibiotic in hand soap and things like that.

So I mean, all of these chemicals I test for, I use a panel like a total toxin panel. I run it, and I see it in people. And to be straightforward, i mean i see BPA in pretty much everyone.

i See triclosan in kind of everybody and i'm not even talking about like your average individual that isn't necessarily trying to avoid.i'm talking to people that listen to your podcast, my podcast.

Follow us on social media, live the life. They're still toxic to all of these things. What I'm curious about is after you've done this research enough to write a book, how am I still finding BPA in people, triclosanin people that are avoiding plastic, that aren't using Tupperware, You know, they're educated already.

This is not new to them. Where is this stuff coming from? Right. Well, there's a couple of things to keep in mind. BPA is a great example of this and a good reason that your question matters.

BP clears the body pretty quickly, usually in the same day, many times in just a few hours. So if you're seeing it in somebody, They were exposed to it like in last 24 hours in many cases.

If they are not doing it to themselves, Who's doing it to them, right? And that's the problem. There have been studies that have done in America showing that if you clean up your act entirely, you get rid of all the plastic, You filter your water appropriately.

You're doing none of the artificial toxic skin care or yard care, or any of that kind of stuff, which in my home, that is the deal. We don't have chemicals like that in our home or in the yard.

We also have more weeds than most people, but whatever. And so we deal with this stuff, we clean it all up, and still about 50% of it is airborne. So like an example of this, Javen, you travel, I think, quite a bit for conferences.

We travel a lot for conference. A lot of times when we do, We go to Airbnbs. and one of the things that we've found that is incredibly frustrating, that We've actually now started proactively telling the person at the Airbnb, hey, don't do this to us, is we'll walk in that front door and they've got nine blade plugins in there.

And they're just, uh, you know, welcoming us with this chemical bath that they think is making it smell good. And so we have that we go into a public restroom and you hear the little that goes off every five minutes.

That's the air freshener in there. You walk into, a boutique store and they've got scented candles going so many different areas where we're going to get this stuff, whether we want it or not.

The good news is, before anybody turns this podcast off, there are answers. Just because it's ubiquitous doesn't

mean we can't do anything about it. But the truth is we could only do something about maybe half of it as far as avoidance goes.

I know that's one thing that people that I talk to, you know, we're avoiding the candles, the chemicals, and the day-by-day stuff. And I just had a gentleman sitting in my office.

Very, very successful business guy. Testosterone, three, four hundred. He's dieting, he's eating, well, He'd done the TRT, didn't like it because he just felt not great.

And he was just like, this isn't what's causing me not to be well. He was in his forties and he said, there's gotta be something else. So we ran a toxin panel on him and it came back with all sorts of parabens and different chemicals from perfumes.

I go, are you spraying cologne on you? Is your wife spraying perfums? He said yeah. Okay, we can work on that. But one of the ones that I told him, cause I saw the clothes he was wearing and this is like 96% cotton.

It's not perfect. I'll be the first to admit is not. Perfect. They haven't completely switched my wardrobe out. Should do better, but I've started really leaning into that over the last couple of years.

And I said, Hey man, your shirt, let's look at the tag. Yeah. And in many cases, 100% nowadays. Yeah. I love the reels and the photos on Instagram and social media of like, here's your plastic bottle and it's being shredded and here is your shirt.

That is one that people do not think about. So I just wanted to put that out there because it still makes me think, my goodness, we're just getting assaulted.

You have no idea. And I brought this for fun. My dad has this in his truck, which means that it is being superheated by the sun in the summer and then he's drinking water out of it and yes, it's open.

No, I'm not drinking it. He tried to give it to my son and I was like, no, nobody. Let's go, let's get your stainless steel clean cup and we'll use our distilled water for you.

Yes, i'm a nut. But what other little places are people getting toxins like this plastic water bottle or their shirt that you're just like no one thinks of that.

Well, one thing I think people need to recognize is what plastic actually means, right? So when you hear plastic, you think plastic water bottle or you plastic food storage, Tupperware or Ziploc bag or whatever.

But it is often our clothes that are plastic. So polyester, these types of things are just other forms of plastic Uh, and then we have plastic bottles that our food is stored in that I think a lot of people don't think about that.

Thyroid disruption and misleading lab results

They've got their glassware that maybe they're throwing their leftovers in, but then their leftover was made out of something that came out a three different plastic sauce bottles, or maybe their extra virgin organic olive oil was actually in a plastic squeeze.

container as opposed to a glass container. So there's those areas that we have to look at. But bedding is a thing. Flame retardants in beddings are there.

And in children's pajamas, which it's a federal regulation that that stuff has to exist in America because, well, America has always been about our health, as we know.

Let me just back you up for a second. There's a federal regulation that says our kids clothing has to have known carcinogens called flame retardants. Pajamas.

Yeah. So you got pajamas and mattresses. Basically, you might not be old enough to remember this. Do you remember the show, The Burning Bed? This came out probably in the 80s, maybe, and I'm an 80's kid.

And it doesn't matter, but it was this woman who was being abused and she burned her husband's bed at night and there he went. But I feel like some regulator was watching that movie and said, well, we got too many burning beds in this country, right?

So we better create a record. a regulation, who knows where it came from. But yeah, we have these chemicals that are in embedding in the mattress itself.

Some of the chemicals are forever chemicals, that we'll talk about possibly, you know, later in this show, and then even in some of our clothing. And then if you've got Gore-Tex on your shoes or on you jacket or something like that.

Anything flame retardant, anything waterproof is generally that type of chemical as well. which man, it's really nice when you're out at a football game or watching your kid play sports and your shoes don't get squishy.

So it is funny because like I get the convenience to a lot of these things as a functional medicine doctor and you are trying to work with it in your own mind of like, should I be doing this?

Should I risk this because that's convenient? And that is the life that everybody lives, right? Like right now we've basically named off like just live in a bubble naked and They're still on purifier air and water and they're like, that's not real.

So with endocrine disruptor, with these toxins in our environment, what is it physiologically doing to our body for the reason of like why to avoid it?

You know, I know we talk about in my clinic at the very base level, like oh, it's inflammatory and it can block up hormones, but let's get a little deeper into what these things are actually doing at a physiologic level.

I think that is really the key because one of the things that I've recognized in my career doing this is that if people don't understand the why, they don''t care about the how or the what, right?

You really need to understand why am I doing? Why am i making this sacrifice? Because it is a sacrifice. I want to be comfortable and there are a lot of things made out of chemicals that can make me more comfortable in my life.

So we've got to understand the lies. First, I think most people listening to a podcast like yours are going to probably associate EDCs, these endocrine disrupting chemicals, primarily at the sex hormone level, testosterone, estrogen, progesterone, things like that.

It goes much further. We have to recognize that the endocrine system itself is a system that none of these glands and organs work independently of the rest.

And so we can't stop at the sex hormones, we have think about thyroid hormones and a lot of other hormones in neurotransmitters and things that are made as well.

I mentioned I think at very top of this show that we look at it as kind of a symphony. And when we talk about hormones and hormone disruption, think of it like two or three members of the symphony playing out of tune.

That's kind of what's going on. So we have these chemicals, they go in, and they attach or dock at the receptor site where your natural hormone, your estrogen or your testosterone is supposed to dock.

And they can do a few different things. They can mimic that hormone. They can actually dock at the wrong place at wrong time and deliver a similar message.

Basically, the key doesn't quite fit the lock, but it almost does. And so then it tells the body to do something that it ought not to be doing. The body says, well, I'm being told to this, so it does it.

So things can malfunction that way. You can also have things that just simply block the signal, like the cells have their ears closed, they can't hear the signals because there's something else in there that's preventing it from even being heard.

Then you also issues with down regulation or productions because the body is so confused as to what it's supposed to be making or not making that it stops making certain things or reduces the production of certain.

And then with all of that can come this imbalance thing. I think most people familiar with shows like ours are aware that hormones is not just a quantity thing, it is also a balance thing too much of one without enough of the other creates issues, even if the numbers are technically okay on their own.

So all these, these chemicals are getting into our bodies are affecting different pieces of the puzzle, but let's make it specific now. I know thyroid is a thing that you've talked quite a bit about within endocrine disrupting.

So if we talk specific to thyroid, let us make, people understand what that is doing, how you can see it, maybe even some tests that are being affected.

All right. So first off, I'm actually really curious because you're the clinician, you are the one that's running all these tests. There's a couple of questions I might throw back at you when it comes to testing that I am sincerely curious about.

But as far as thyroid, let me go backwards just a minute because I probably should have mentioned this that we'll preface this a little bit better. When we talk about the sex hormones, we then need to also talk the symptomology and this will kind of play into what we're talking about with thyroid and I'd like to get into the gut and some other areas as well.

When we talk about the sex hormones and we talked about, you know, lower testosterone, for instance, what does that even mean? Well, it can mean brain fog, fatigue, a lack of motivation, both male and female.

We can never ignore that women with low testosterone are struggling just as much as men with testosterone. maybe in different ways. And so we have that weight gain, poor bone density or bone health because of sex hormone disruption.

I mean, osteopenia and osteoarthritis are off the charts in this country. our endocrine system and its dysfunction. So we have all of those different things, libido, the ability to procreate, to actually have a baby if someone wants to have baby.

There's all these things that are going haywire. And then when you think of it from a woman's perspective, we think about younger women with PMS. Every symptom that could be considered a Pms symptom can get significantly worse.

in the presence of endocrine disruption. And then you can also even just not have a cycle or at least not having a normal or regular cycle because of this.

Then when you look at older women who are dealing with perimenopause all the way through postmenopausal, you could deal with severe hot flashes, night sweats.

I had a woman that came to me years ago. In fact, she was probably one of the first women that really presented this just life-altering symptom that she was dealing with.

She was getting up once or twice every night to change the sheets on her bed because she sweated through her pajamas, through the sheet. We'd have to actually wake up her husband and say, I've got to changed this sheet,

honey.

I'm sleeping in water because her hot flashes, night sweats were so bad. So these types of things can get extreme. And that's again, mostly on the sex hormone side.

so we jump over into the thyroid side There, I talked about mimicking.

Testosterone decline and hormone symptoms

Well, there's perchlorate, fluoride, bromine. These are all things that can mimic iodine that actually attach to the iodide receptor or block the receptor in the thyroid preventing the Iodine from doing what it's supposed to do or preventing perhaps even the quantity of iodines being absorbed into the Thyroid where it belongs there.

So we have receptor issues there. It can actually prevent T4, the inactive thyroid hormone, from converting to T3, which can create all kinds of issues.

And then of course, you know, standard medicine is we look at the TSH number. If T SH is high, then we treat it with a synthetic thyroid, hormone which is not an active thyroid hormones.

But guess what happens? You give someone Synthroid, their T 4 goes up. Their T S H comes down, but oftentimes they don't feel any better. And maybe that's an endocrine disrupting issue because why?

Well, because the T4 can't convert to T3. The thyroid's still not functioning. We haven't treated the thyroid at all. If anything, maybe we're trying to put it to sleep by treating it that way.

So lots of issues that in many cases, won't show up on a lab. And this is where I want to throw it back to you is, you know, You can see things known as subclinical, right?

So it doesn't Show up in a Lab, but the symptoms are there. So the lab doesn' necessarily match what the Symptoms are. People are told, well, I'm fine according to my doctor in my labs, But I certainly don't feel it.

Yeah. Yeah, a lot of people come in. I think the number that statistically I've seen around at the conferences is 80% of the people on thyroid medication still have what's considered thyroid symptoms.

So that means 80 percent of that people taking medication that are diagnosed with a problem, that our paying to see doctors, paying, to take a medication using their insurance, the whole nine yards, no results.

Yeah. 80%. That's insane. That is a massive number. Yeah, I think it was Einstein that said, you know, keep don't keep doing the same thing and expect a different result.

That's insanity, right? But that's there's a lot of that in the medicine nowadays, isn't there? Tons, tons. Because I mean, let's just be honest, like, fatigue, probably not going to kill you quickly.

Brain fog, Probably not gonna kill quickly, even anxiety and You know, hair falling out, nails being brittle, skin being aged, hot flashes, again, not going to kill you quickly.

So there's just not a focus on those symptoms. And I've had people that have just been told, oh, well, you know get on a depression medication or you're just getting older.

We just hear that all the time coming in. Well, your TSH is a four, we'd like it a two, but that's not clinically necessarily going to cause a problem.

And I will even push back against functional medicine. I'm gonna go and pushback against function medicine and say the optimal ranges are not necessarily always necessary.

They're not always optimal. And you also have to look at a person and look, at their symptoms and the other numbers that may matter. So it happens a lot of times that someone comes into my clinic and they have, they, have a TSH of four.

I mean, shoot, that could even be five, which is medically elevated. They could have T4, you know, around 1.2, around the bottom of what I want to see, but they could have it at 0.8. But if their T3 free is at 3.2 and their G4 total T 3 totals are at 125, I'm like, well, your T three, which is your more active hormone for metabolism that's actually absorbed by your body is where we need it to be.

So it's not a thyroid problem per se. We need to go backwards. we need back it up a little bit and go like, why is your brain not showing the same TSH quantity that would associate properly to your T3?

Is this an inflammatory brain problem? Should we run a NeuroZoom or plus and check your brain? should we consider that maybe there's some hormone dysregulations from cortisol and stress that's caused a neurotoxic response that has not allowed your thyroid to communicate properly?

Are you on medication? If you're on just straight T3, then maybe T three is up and everything else is not where it should be. And I'll also say this, if TSH is a five and your other thyroid markers are slightly out of optimal range, and your fatigue is a 10, it is not a thyroid problem.

That is something that gives me so much frustration about our industry as you get new functional medicine docs and that they learn the optimal ranges and they're like, you're barely out of optimal range, still medical, good, they are barely at the functional, but it's not the more range.

that's what's wrong. I'm like if you are a ten fatigue and you thyroid is at 2.7 and the said you need to be at a two, that is no the problem, not far enough off that that the issue or at least certainly not, the sole issue, right?

It's not the sole issue, it's probably down the line, something's going on. Like, oh yeah, we could get you from 2.7 to 2, that'll give you a 3% improvement.

You're a 10, you're not gonna notice that. There's a difference between that person and the person that's an elite athlete that like, I'd like to bump my testosterone 50 points so that I can work out and maybe get that little nudge that gonna get me over the hump in my competitive athletics where it matters because those little nudges are important.

So I do wanna say that, And the same thing goes when we're talking about toxicities here. Is it more stressful to you to give up something that's a toxin because it made your life significantly harder and your nervous system now is a wreck from it?

Or do we just slowly move in that path? Because I know some of the clients I've had come in, when have this conversation, it freaks them out. And they're just like, well, one, I don't want to spend all the money to swap it out and then which one do I use?

And then you're telling me that I got to check it once a year because that company might get bought out by, you know, big corporation and they start putting chemicals back in it they're like ah so i'm like oh let's just do this slowly let''s swap once one thing at a time here's a list of some swaps and if you really really like that brand of shirt and it's uh four percent plastic but you did everything else let' s figure it out i think we're gonna be okay Yeah.

So I do like to throw in the nervous system matters. Yes. And I'm glad you brought that up. I did a show maybe a month ago on my podcast, Vitality Radio, where it's called, obsessing about your health isn't healthy.

One of the things, people listen to shows like ours, Javen, you know this happens, right? They listen on shows, like, ours. They could become empowered and instead they become crippled in many cases because it is like oh my gosh, how do I even do all of this stuff?

I want to be optimally healthy, which means I've got a list of checkboxes so long that I don't even have time in the day to get there, right? So it is step by step and overwhelm is a real condition for a lot of real people in this country.

And I find that, I see more overwhelmed people that know too much than too little. I mean, we saw this during COVID. For people that are listening that were kind of on the natural side of COVID, it was like we had all this information coming at us and it gets a little scary.

Well, all of this stuff can get a bit scary, but we have to recognize that there's two ways to look at it. We look the information, we are grateful for that information.

thank you for giving me this knowledge for me understanding where I stand in this environment with what's going on right now. And then we can take those steps and it is steps.

It's always steps, it's not throw everything out and start all over again. That's, not realistic for 99% of people. So I'm really glad you brought that up.

it a critical thing because you can cripple your health with your emotions above anything you show on a lab test, at least in my book. So we talked thyroid a little bit.

I want to keep digging into some of these topics because I think it helps people that have different pieces of the puzzle that are going on. Testosterone has collapsed.

in the last 50 years. Like it's not, it just gone down a little. It's collapsed. And men honestly use a lot less, let's say chemicals, at least the ones I know, than women.

What's going on and what are the action steps that a guy listening or for that matter, we both probably are aware. A lot more women listen to us than men when it comes to health.

Why girlfriends, moms help their men do. Well, to illustrate the point, since the 80s, the precipitous decline is 1% testosterone per year in America.

1 percent per every year for the last 40 plus years. So that's a collapse. You use the right word for sure. In young men, 15 to 40, we know that over a 15-year period from 2001 to 2016, there was a 25% drop in testosterone.

in men 15 to 40 years old in America. It's an actual production issue. Testosterone is way down. So then why? Well, oh, and sperm counts are down 50% according to a 2017 analysis.

Everything that has to do with the man's sexual function, the men's sex hormone production is crippled and we're not just talking men, we are talking boys and young men.

So it's a real thing. Now, why is it happening to them when they're not, you know, exposed probably to as much as most women are? Well, I guess that's true, but the exposure is so high that I just don't think it matters that much.

Detox strategies: liver, gut, and binders

We know that again, 50% ish depending on which study you read. is done to us. And then if a guy is living in a home that has teenage daughters that haven't gotten on board, he may be dealing with a lot of that stuff.

He may going to an office that carpet that have flame retardant on it, and he maybe going into an officer bathroom that had air fresheners in it and soap that as triclosan and so many other aspects.

So it's not a woman problem. It's a man problem, it is a human problem from the womb all the way down the line. And that's one of the reasons that I was so glad you brought up this overwhelmed thing because it can be overwhelming when you look at it that way.

But I think the healthy way to look it is we know it's a problem. We can do a lot about it on the avoidance side and what we can't avoid, we do things to detoxify from it.

So we have power. we just need to take the reins of that control and make the moves in the right direction. Yeah. It is mind boggling to think that, again, men's testosterone levels, fertility levels are dropping.

And I only even started with the men saying that women tend to use more because I saw a study that was something, and I'm probably off on my number, but it was like women use hundreds of toxic chemicals by noon.

Yeah. I'm thinking to myself like I brush my teeth, I eat food, and then I go to work. And I am just like, but okay, my fiance, yep, she does put a lot of stuff on her body for all sorts of different purposes.

Now she's using all the most natural things she can because she is definitely further along than I with even like Just being super hyper aware of being clean.

I think I'm less aware because I just use a lot less stuff. Less swaps to make, right? I don't put anything in my hair. So it's just easier. But women, the amount of assault to their hormones, no wonder perimenopause.

I mean, a number of women that come to my clinic, they're like, I'm in peri-menopausal doc, and I feel like I am in menopas. And I say, you're 35. Your hormones absolutely look like that when I look at your test.

100%. Menopauly level hormones. You should not be there. three, four months later and I'm going to skip to a different client that I've worked with. She was 54 years old and i love this story.

I have told it a few times. she she'd become a long-term client. We'd worked her on chronic fatigue, Epstein-Barr and we'd help support her with different things and got her feeling much better and she walks into my office one day she's like, I got a bone to pick with you.

And I was just like uh-huh what uh what to do. I was like, last time I talked to you, things were great. She's like I started menstruating again. Uh-huh.

And she was 54 years old. Now at that time, she probably could very easily be in a natural menopause, but I guess she wasn't. she'd already been to her OB, She'd been cleared that her parts were working the way they're supposed to and there wasn' another issue.

Cause she went there first and she knew that she is healthier and that's what that meant. But she really wanted to give me a rash of crap and for about 10 seconds, I always like Oh!

And then and then she's just like, I don't know if I would have signed up for this. I'm like so you would rather been fatigued with no libido and depressed than still menstruating again, which, by the way, it only lasted for maybe another year because it was that time of life.

But all that being said, ladies, you should not have symptoms of hormone issues at least till 45 if things are done right. No, I am not opposed to HRT at times.

I'm not supposed to supplementation hormone support at Times. There are not causes for reasons that hormones go down that are, let's call it more on the natural side of things.

Just want people to know like, no, you do not have to artificially put hormones. You don't care if they call them bio identical. They're not biological to you.

Even if their beneficial. Let's just get that straight. Yeah. Well, and you and I are certainly on the same page there. And that's why my wife and decided to start to actually create a true protocol.

We're only halfway done with it. There's four products on market, there's a few more coming that are designed to

help people as to the extent that we can with supplements and then education, which is why we're writing the book.

to do it the way the body wants to without necessarily having to throw anything exogenous in there. I won't say artificial, but you know, that your body didn't make as far as hormones go.

So yeah, I completely agree with that. And it is, if I've seen, i knew what you were going to say before you said it, when you say 54 year old woman, because I have actually seen that happen a few times with me.

just helping people detoxify from these hormones. They thought they were in menopause and had been there for years and then all of a sudden they have a period or two or three or four and they're like, Jared, what the heck happened here?

But exactly like what you said, I've never had one have it for more than a few, not even a year, but it does take you back. But you feel really good compared to what did before, right?

Exactly. And I mean, I've had this, our 27 year old woman came in that had gone through menopause. So said her OB and of course that came back. I'd had many 30 year olds come in who had, who would gone into menipause and it came.

Like, that's not natural. Not saying it's possible, but it not, not common. and I think this is the time where I kind of want to shift gears like, okay, just so people know like.

Endocrine disruptors and these toxins can cause every hormone issue in the book. There's data to show that diabetes might be more correlated to inflammation and toxins than sugar.

Endocrine disruptor can drive enough inflammation, enough toxicity that they end up with autoimmune diseases. They end with complex body problems. And I want to talk about how we get this out of the body here because it's not as simple as just avoidance.

I think that's the most important piece. Stop it from coming in. But once it is there, if I've ran a toxin test on them and I see boom, boom boom just 10 of these things.

If we're talking BPA, phthalates, pesticides, 2-Hibs, DMTP, I mean all of this other things, and i skipped a letter on that one, but if we are seeing all these thing in there what are you doing within the people you work with to help them get this out.

All right. Thanks for the question because this is where I think people can start to feel a lot more empowered because. This is one where you have complete control is what do you do with your body?

How do supplement your, how do eat that allows the body, the best odds of getting rid of this stuff. and there are proven methods to do this. And the interesting thing about how I work and how i've always worked, because I don't have the clinical background that you have, and I have no capacity to even order a lab result.

I see labs if someone brings one to me to show it to, but I do not have that capacity doing what I. But being in the supplement industry for years, I've seen everything come and go.

Back when I was first seeing this as a real problem, 20-ish years ago, was also around the same time as certain compounds were being talked about for the first time.

Things like DIM and indulphricarbonyl and calcium deglucurate, things like this. And what we recognize now is that avoidance, as you said, is always the biggest key, but we can only avoid half of it.

So the question is, how do we get rid of what's in there? And there's different pieces to that puzzle. The first thing is there are things known as forever chemicals, PFAs, and things They are called forever chemicals because they are very difficult to get rid of and some of them will stick around probably forever.

Our body does what it can to to rid off some it a little bit at a time. The biggest thing we can do with that is just stop consuming it. Stop using those non-stick pans and those types of things to prevent the load from getting higher than it is.

But so many of the other chemicals, we have a lot of say in. And so there are compounds found in cruciferous vegetables, dim and indultery carbonyl. are the two that have excellent research on them showing that they help with the clearance of hormones, our hormones as well as some of these mimicking hormones.

And then there's something that is really critical that we need to talk about, I think, especially because we have, uh, an epidemic of gallbladder removal in America as We've been married eight years and her story is probably the best way I can illustrate this and why it's such a passion project for her.

So we met eight ago, we've married for two and a half years, and eight year ago she came to me as a physically broken person as far as her health picture goes and mentally, emotionally as well.

From childhood, she was given rounds and rounds of antibiotics for ear infections. She was then given Prozac at the age of 13 as a young teen because her brain didn't work according to who she'd been talking to.

And she ended up with severe IBS. She ended with chronic pain that got her into opiate addiction for 10 years from the chronic that the doctor said, yeah, here's this new drug that is not addictive, is what he told her.

And, she had rebounded from suicide attempts, thankfully only attempts. when she and I met, both coming out of a divorce. And she was convinced at that point that she bipolar, like she WAS bipolar.

That was not something that could change. She was sick. Everything she ate was going to hurt because that's just what had always happened. And that's who she was.

And I challenged her on that. I started talking to her about how to supplement the body for nutrition and how the supplement for detoxification. We went round by round.

My wife's name is Jen. If anybody wants to hear this story, there's a series of five episodes on my podcast called Jen's Story. she's a healthy person and she had all of those things stacked against her.

I say all that because I want people that do get to that point where they're feeling a little overwhelmed. And Jabin, you see this. Complex chronic illness is overwhelmed, right?

The two go hand in hand because in most cases, by the time they get you, I have to assume they've been to other doctors and been told, very much we can do for you or what we have done didn't work so you know move on to the next place or whatever it is.

So when you see someone who has not given up but almost did a couple of times and got to point of just resignation is just how it's going to be until the day I die and now she's writing a book to help other people not get to that point or get away from that place then we realize that you It's not about how far down you are, it's about, how you can come back up.

And so to ramble a little bit there, I apologize. I get pretty emotional when it comes to my wife and this conversation, because we see so many people that are just like she was that we want to help.

The detox thing is critical. So I recommend now, we recommend with our protocol that you do a detoxification protocol at least a couple of times a year for two to three months, depending on your health picture.

and the list of symptoms that you're dealing with that could be at least related to endocrine disruption. We almost always see that people who have all these sex hormone issues, many of them also have thyroid issues.

we talked about why. Most of the have gut issues and we didn't get to that, but gut issue, leaky gut, things like that.

These endocrine disrupting chemicals are also gut bombs to a large degree and create all kinds of havoc down there.

So we have to rebuild and strengthen the gut. If the guts not functioning like it should, then we are going to have a really difficult time eliminating things that way.

And if the liver's not functioning like it should, we're going have difficult times eliminating thing that ways. So we developed a product called liver vitality specific to opening up phase one and phase two and helping with that.

We developed our endo cleanse formula, which has the dim and the calcium deglucurate and indole 3-carbonyl as well as other herbs to help with grabbing and binding and keeping the bind together that escorts these chemicals out of the body.

And what we routinely see is the symptom picture clearing relatively quickly. What I tell people is we expect you to notice significant benefit within the first 30 days.

We expect it to get better in the second 30 and we expected to better than that. at the end of 90 days. And then at that point, depending on where you are, it makes sense to have a conversation about, do we need to continue detoxification before we take a little bit of a break?

We like to give people a bit break when it comes to detox. We don't believe in daily milk thistle and things like that. It's got to be used wisely. But that's really the method.

we recommend that you make sure that your bowels are moving consistently, at least once a day. your liver and your gallbladder, if you have one, are functioning well, that they're supported.

If you don't have a gall bladder, then things like Tudka, Oxbile, things that can make a huge difference. Extra calcium, do glucurate, I think makes a lot of sense.

part of the reason I think that she probably struggled with so many of her health issues in the first place and if you do this on a consistent basis looking at it like you know kind of a spring cleaning and a fall cleaning or summer and winter or however you want to do it while you're trimming back the assault by moving away from the plastics and the parabens and thalates and all of these types of things then you start to see significant improvement.

And what I've noticed, and I have to assume you have as well in your practice, I think it's the nature of the business that we're in, is that once people get the win, then that second win and that third win motivation is way more powerful than the overwhelm that they may have felt at the first.

I'm glad to hear that you're doing some things with supplementation that is more targeted, not as just in general, because a lot of the in-general stuff that I see long-term just isn't getting the job done.

And we're never going to stop running into toxins in this world. It's in our water supply. If you live in this world, it's just there. So liver supplement, binder avoidance, I think those are what I'm hearing as some of the bigger pieces for you right now, just for the day to day life.

Podcast wrap-up and where to learn more

That's not necessarily going to get you out of complex chronic illness, but if you're supporting your liver, binding the toxins and then avoiding them as much as possible, that would be your, probably your takeaway notes for someone that needs help on a day-to-day basis.

Yeah, and always be cognizant of your gut because for me, before I ever started talking about endocrine disruption, it was always gut. We always have to be aware of that.

If our gut isn't functioning right, everything suffers. Likewise, if our endocrine system isn' t functioning, right.

Everything suffers, but if we don't fix the gut, we can do a lot of detoxification with endecrine disruptors and still struggle.

So it's, there's different pieces to the pie, those are kind of the key ones. In our protocol, we really have three things that we consider the most important and that is the liver, the detox, and the endo cleanse.

And then we have a formula called back on track, which is a comprehensive gut health product designed to help with leaky gut. So it doesn't have to be big.

It doesn' have be this massive outlay of cash. These things in and of themselves can make a big significant shift. Again, once you start making those wins, things start to change, and as you feel better and you have more energy for it, you can make bigger changes and make big wins.

I love it man. But Jared, how can people hear more from you? Because obviously you've mentioned your podcast. If you can say that again for me, because I think you're putting out a lot of good information all the time.

You bet. It's Vitality Radio podcast with Jared St. Clair is the full name. We're on YouTube now. Uh, we also are on every podcast app out there. What I'm told I deliver is a simplified version of how to do this.

specific to supplements. A lot of people are overwhelmed just trying to figure out what bottle to pull off of their own shelf at home, let alone at the health food store or the doctor's office or whatever else.

So that's what I focus on. And if you're interested in a story of hope from someone who was as down and out just about as you can get, the Jen Stories episodes on that podcast, people absolutely love.

Amazing. Well, Jared, thank you so much for everything you are doing out there and this conversation until the next time. Thank you. Thank you for tuning in to Redefining Wellness with Dr.

Javin. If this episode spoke to you, please follow and share this podcast with someone who is ready to take control of their chronic health symptoms. Also, consider leaving a review.

It helps more people find the show. See you here again.