Could Your Symptoms Be Lyme or Mold? A Fascinating Conversation with Greg Lee Transcript

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Podcast Intro and Guest Background

This is really not well. And they look at it like, is that normal? Like, no. Do you normally look like that when you bleed? And they're like, you know, they're freaked out, but they feel me, man.

I feel like so much better. And so we kept doing these treatments on him. And, about the four month mark, he comes to me and he says, I'm going to go on vacation for the first time in over a decade, and we're going to go on a cruise to Alaska.

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Get ready to unlock the secrets of lifelong health and vitality. This is Doctor Talks, real talk from real doctors on the issues that matter to you most.

Hello everyone. Welcome back to the Integrative Health Podcast with Doctor Jen. Today we're going to be talking to an herbalist and acupuncturist all about Lyme mold and talk a little bit about NASA.

So today we're going to be talking to Greg Lee. He is the founder of Lyme Research and Healing Center. He specializes in uncovering hidden factors like infections, toxins, and inflammation that disrupts thyroid health and metabolic function.

For over 30 years, he's helped over a thousand patients heal faster using advanced evidence based functional medicine strategies. Now, before he became a natural medicine practitioner, he was a NASA systems engineer working on robotics, space station and pilot projects.

In this high stress environment triggered his own health crisis irritable bowel syndrome, which conventional medicine couldn't resolve. After healing himself with acupuncture and natural remedies, he shifted his career to help others overcome their chronic health challenges.

Currently, he practices at his clinic in Frederick, Maryland, and he uses advanced electrical scanning to identify underlying infections, toxins, and inflammatory cytokines.

So we're so excited to have Greg here today. We're going to dig into a lot of stuff. Welcome to the podcast Greg. Hey, doctor Jen. I'm so happy to be here with you.

I have gone. Yes, of course, of course. And now you are kind of in Lyme Central, so I'm super excited to talk about that. But first I want to hear about your journey to from going from NASA, being an engineer to now a natural medicine practitioner.

From NASA Engineer to Natural Medicine

That's kind of a big jump. Yeah. You tell me about well, are we worked on these projects or we would we have like astronauts in the space shuttle and they'll be controlling robots in our lab.

And we would be like, do preparing for the experiments and getting them, you know, executed like sometimes like three in the morning. So we'd be up like 24 hours straight, like working on these.

And after many of these, I began to like, man, I'm I just not as, you know, as strong or I can't like last. I'm just I was like, basically burning out at the young age of 29.

So, but this happened so much. This is so common. Yeah. I mean, I was like, I mean, I was doing martial arts, I was doing sports, and I was just like, I don't know what's going on with me, man.

So that was like the beginning of, like when I said, okay, I need to go to a doctor. And he diagnosed irritable bowel, and he gave me medication and it gave me the worst brain fog.

Like, I go to work and I couldn't think. And I began to fell behind on deadlines. And I was just like, Holy, you know, I'm going to lose everything because I can't work.

And, you know, just freaking me out. I got insomnia, I got anxiety, and, you know, and just into my bowels, you know, saying in the middle of meeting, we got to go now.

You can't stay here. So I had a shootout and people were like, what's going on, man? Fortunately, a colleague of mine suggested want to try acupuncture?

And I was just like, okay, I'll try anything, because my uncle, he actually used to work for, the which was called the OSS and, World War two, and he's a sting himself with bees like bee sting therapy for his, arthritis.

And I was like, you know, I never like these things. I thought, oh, man, get off from me. But now that I had my own health issues, I was just like, okay, I'm talking.

I'm going to do it, man. So my acupuncturist called me like, hey, when you eat certain things, that's going to affect your symptoms. Oh. Duh. You know, I gotta change my diet.

Oh, I gotta get better rest. I gotta take the remedies to get better. And within several months, most of my symptoms got better. And it was just like, oh my gosh, such a relief having going from like, the lowest part of my life to like, feeling, you know, 90, 95% better.

And it was this hit me that, wow, that was amazing. I didn't think much of until a year later, my symptoms started to come back and I was just like, no, don't, you know, going through burnout, going through all the symptoms.

It's like, I can't deal with that. And so it hit me, go help other people to heal. Like I was helped my acupuncturist. So I gave up my, I, I was a manager in a robotics lab at the time, and my colleagues were like, you are nuts.

You're going to go study acupuncture? Are you crazy? And I just said, okay, doing it. And so what happened was I gave up my job and acupuncture and herbal medicine, and then opened.

And since I was an engineer, I was like, let's deal with some real complex issues. Started with chronic pain patients, fibromyalgia. And then they turned to five major patients and they turned the Lyme patients.

And then the been Lyme chronic infection, autoimmune, patients have just been who I've been working with the most absolutely. Well, it's hard to niche down because usually the co-infections are the root cause of these kind of garbage bag diagnosis is like irritable bowel syndrome, you know, chronic fatigue, fibromyalgia.

And that's what's so frustrating. But I understand, like where you're coming from because when you're so science rooted, you know, from undergrad or graduate courses from all of it, and you're in the lab, you're doing studies, you think that you have a problem and a medication is going to fix it, or there's one solution and and it's outside of like the root cause and you changing what you're doing and you change in your environment.

So it's it's kind of like an moment. And most of us that do what we do now in the alternative space, we've all had issues that conventional medicine hasn't helped.

And we we knew enough to know that it doesn't make sense to not actually feel better. Like you were saying, you got that awful brain fog because they were just mandating your irritable bowel syndrome.

So it's it's it's so great that, you came over to the other side like many of us have. And isn't it crazy now because you want to, like, shake people and be like, wake up.

But they can't until they go through it? Well, unfortunately, people have to suffer some level of pain and struggle before they say, okay, it's not working.

I got to try something else. Yeah, yeah.

Entering Lyme Treatment and Herbal Approaches

And, you were saying you're pulling all nighters and all that stress and, you know, I tell patients that stress has such a big impact on our gut health and then our gut health on, you know, everything hormones, cortisol, thyroid, immune system.

And the stress can also be from silent infections or stealth infections like Lyme. So let's talk about how you got involved in the Lyme space. I know you're kind of seated at a really good not a good area, I guess a bad area for Lyme, but how did you get interested in treating Lyme?

Well, my chronic pain patients had. Then they I had to mention I got the fibromyalgia patients, the subset of the fibromyalgia patients that were the most challenging to get better were actually Lyme patients.

And at the time I there was very this is like, you know, 20 more than 25 years ago, there wasn't a whole lot of natural medicine remedies or research.

So what I did was I looked at the Chinese medicine research on spider okay, diseases like leptospirosis, and found herbals and other remedies that were effective for people with these spiral infections, and that putting those together in like herbal formulas really help them to, you know, resolve persistent symptoms and recover, faster than just antibiotics alone.

And that's where kind of all started. And, you know, being a geeky researcher, I know engineer, it's like, well, there's got to be more so than I went into, like essential oils.

And, what we do, I studied with a natural path. You actually know some French system where they use essential oils, internal only. So what we do is we take those oils and then, I'm one of the.

I was at a conference with Detroit Clean Heart, and he was talking about doing micro encapsulation of herbals. And I thought, why should they all do some essential oils?

So one of our, remedies, that's really a game changer for many of our neuro line patients is putting the essential oils encapsulated into microparticles, liposomes.

And then patients take that and we get a much greater delivery through the blood brain barrier into the nervous system for clearing. There are neurological infections.

So oh that's really cool. Yeah. And this is all like outside the box stuff. And a lot of people they try to, you know, give a battery of antibiotics for Lyme.

And from what I've seen that does not help. You know I try to tell patients, we got to get your immune system booted back on first because our immune system can really take care of a lot of these infections.

It's when our immune system is just down and down for the count kind of like a computer when I, you know, I don't know, maybe this is dating me, but remember, like, it would come on and it would be like a frowny computer, like upside down because it needed a reboot.

It was totally dead. So that's what our immune system needs. Yeah. Speaking of that, we're looking at how do we retrain the immune system using, different acupuncture, treatments?

I studied, with a doctor, Solomon on his, treatments for, like, Alpha gal. And so what in theory, what he what I kind of surmise from his, training is that you're retraining the immune system, especially focused around the liver.

And Marcel activation to lower that reactivity. And then he has one study where he's had a 94% success rate with alpha gal. You know, peer reviewed study.

So that was what caught my attention. I was this, like, alpha gal patients, you know, they're especially now it's warming up. We're expecting many more cases, you know, coming in.

Yeah. Could you dive in a little deeper to what Alpha Gal is and how we get it? And I think the biggest thing like, talk about, like, why now? Like, why are we seeing this a lot in the past few years?

It's like booming. So Alpha Gal is a sugar that's found in animal products, dairy products and, certain ticks. Actually, there was a recent study of they found that the black legged, you know, line tick can also transmit alpha gal.

And it before it was just the whatever the other tick, the Lone Star is. We have so many freaking Lone Star. We just moved to Tennessee and we just take them off.

My cats, like, all day long. And my son finally got one on him. So we're sending it in and he's like, am I going to get an alpha gal? I'm like, no, because I'm going to give you some herbs and immune support and gut support.

I'm like, you're not going to get that. Don't say that. Yes. Good, good. Mom man. Yeah. So I was on it. I was like, oh well we knew moving here. But but anyway yeah. So now they're finding it.

And even more ticks I mean there's a lot of like conspiracy theories out there about Alpha gal. I mean, I think it's a little weird that poof, all of a sudden we have this and identify it and from my understanding, correct me if I'm wrong, but you can only test the person.

For alpha gal. There's no testing for the ticks that are carrying it. Correct. But all all ticks, it's some saliva compound in those ticks, which then triggers the immune system to become allergic to alpha gal.

Not everybody who gets bit by a Lone Star attack or a black legged tick develops it. So it's really unique to the person and their immune system and reactivity.

And it's just a matter of how do we calm that immune reaction down.

Alpha-Gal, Immune Retraining, and Acupuncture

And so this training I got was using this different ear acupuncture points has been helpful for, significant number of patients. So is that the seeding or you're using seeding like this really tiny what are called intradermal needles.

They're about a millimeter, maybe two millimeters long. And they sit in the ear, anywhere for up to like three weeks. And it's been really good but doesn't always work with every patient.

But as I said, as I mentioned, that one study that got me to take the training was a 94% efficacy rate. Yeah. No, that's specific for Alpha gal. Is that helping with that training with other symptoms like with Lyme and the immune system also where we also treat other allergies because obviously, you know, our patients are more immune reactive.

And so it does help them with their seasonal allergies or food allergies. And that's what we're seeing, using this treatment. They are also changing their diet and avoiding the triggers as much as possible.

And, you know, in the training, they talked about different, people who had alpha gal, they get treated, and then they go the trigger food, and they don't have the anaphylactic reaction like they normally do.

They don't have any reaction in some cases. So that's what got me like all over it. Yeah. Is that one of the favorite things that you do, the regular acupuncture.

It's one of the things in a in our toolbox. And we do lots of other therapies like molecular hydrogen therapy for like mast cell activation patients. They'll be inhaling it.

And that really calms down lowers histamine, lowers mast cell activation. It's also great. Doctor, there's another eliades doc, who uses it in her IV clinic in Chicago, and she said that she, Parkinson's patients, Parkinson's symptoms just go away when they're on the hydrogen.

So. Okay, let's break that down a little bit more. And how we jump from line to mast cell is a lot of the times that they're related and plots and overreactive immune system and sympathetic system overdrive.

So your body's freaking out because it's like, hey, like I have this infection. The immune system is not reacting to it properly. I'm freaking out, I need help, pay attention to me.

And then you go to conventional medicine and they just label you with diagnosis. And sometimes I mean, Crumlin would help. That's conventional. But a lot of the times it's just not helpful. Right.

So that's why we're talking about alternative routes and treatments. Now could you explain this molecular hydrogen therapy to the listeners out there.

So it takes we have a lab here where we get, purified water. And basically you put it in the hydrogen generator, it breaks apart the hydrogen and oxygen.

The patient breathes it in at a sub explosive levels. You're not going to have a spontaneous human combustion or anything like that. And when the hydrogen is such a small molecule, it goes right into the tissues, right into the blood brain barrier, right into the nervous system.

Like I had a, woman from Calgary. She works on an integrative clinic, and I'm like, you can get everything you can. I have here. Why are you here? And she goes, my brain fog is really bad.

IV's aren't touching it. And remedies, you know, medications put her on hydrogen and 30 minutes she goes, my brain fog is 50% better in an hour. My brain fog is 80% better.

So now she does hydrogen therapy with her patients? She does it when? When she goes home. She's not tired anymore. She can be a mom. She can take care of her family versus just crashing because it's such great.

Detoxify her. And it drains inflammation quickly out of the brain. Awesome. So what would it look like if someone's like, wow, I want to try this. And how how often do you have to do it?

Do does like the positive benefits. Did this like last? How does it work exactly. So my patients that are really chronically infected, inflamed and toxic, they'll buy their own generator and do it at home.

And it's kind of like my own self-care, routine also. So I'll do it in the morning or I'll do it at night because it is calming and settling for the nervous system.

And I get deeper rest according to my, you know, wearables, when I do it and that's makes a huge difference in my mood also because I got better rest.

I'm not and I'm detoxing. And it's really simple. Just putting a nasal cannula in and just breathing it for half an hour. And kids don't have a problem with it, you know, it's really well tolerated.

They the only like people who have lots severe heavy metal toxicity. They'll sometimes taste the metals coming out of their mouth, during it. And that's that's when we say, okay, let's back off.

We're only doing short dose. Hydrogen therapy, but otherwise it's one of our go tos, especially Marcel, and highly allergic patients. Yeah. That's awesome.

I tried it once. Biohacking. Was it? Forget which one it was, but it felt really good. I only did it for 15 minutes, and I'm like, maybe. Maybe we could add one of these to our home biohacking area, but not yet.

Not yet. But maybe. Maybe in the future if I can convince my husband. So. But that's great. So that's something that you can do at home. Get a unit at home, but maybe try it out in an integrative office first, or see how well it works for you.

Have you noticed it works better for some people because a lot of therapies are like that. Some people are like, wow, it's amazing. And some are like, yeah, I didn't really notice.

Yeah, I had one patient, chronic Lyme. He had a lot of detox vacation mutations in his genetics, so he really couldn't detoxify. And that's why he kept, you know, getting benefit from coming in for treatment.

And he decided he's going to, you know, buy his own unit. And this is right before Covid hit.

Molecular Hydrogen Therapy for Brain Fog and Detox

And he had severe lung congestion when he got Covid. His wife also and he said to me later, if I didn't have that hydrogen unit I'd be dead. And they have, different videos.

And also studies in like respiratory journals about hospitals in Asia using hydrogen therapy on, you know, really congested severe Covid patients. And it really clearing out a lot of that congestion sometimes within hours.

And they're reporting like as much as a 70%, improvement it with just using the hydrogen therapies. So well we we definitely won't be seeing that at a hospital any time soon then.

I'm just kidding. Well, if we have someone who wants to have an alternative hospital, I'm very happy to talk and, you know. Right. But, Right. Yeah. If any, you know, venture capitalists are out there, just maybe we could get something started.

Yeah. I mean, it would be amazing if we actually worked with our bodies, right? But but those are the good thing. You guys can take control of your health and do a lot of these things at home.

Now, you were talking to me about how you live really close to where Doctor Shoemaker, which is, a like the Goat of Mold protocols you had. His office was really close to your.

So you kind of got all these mold patients. So tell tell us a little bit about mold and how it correlates with Lyme. Right. So when we get mold patients we want to know, you know, what kind of micro toxins they have.

Oh if we can what kind of species. And you know you can do that like testing for metabolites. But we use, advanced scan uses electrical frequency so we can determine that in the office, like we and we can scan for over, like, 30 different mold species at about 40 mycotoxins.

And then we get a sense of, you know, is it Aspergillus, is it oak or toxin. And then based on that, we can custom formulate, remedies that are research.

Will it be, supplements that actually can bind to or have efficacy against that kind of toxin? And then we custom form like those for patients often into what are called microparticles, because that'll get deeper in the tissues where, you know, mycotoxins get often sequestered in cells.

So we want to be able to get penetrate in and get those out. And that's part of our our strategies that we use for the you know, since Doctor Shoemaker closed this clinic, we are seeing, I'd say probably 60% of our patients are mold patients at least, slime mold or just mold themselves.

And then in addition to that, we use, frequency specific microcurrent. There's, mold, mold, detox frequencies. I think it's like 23, 95 and there's like 97 or 98 that we use.

And according to doctor, McMeekin, who's one of the, you know, leaders in the industry, those are, what she uses and sees efficacy for mycotoxins detox.

So in addition, there's lots of other anti-inflammatory and other frequencies, but those are how we are able to get, like, you know, a lot of our patients that we scan for often have sinus mold, mycotoxins.

And we can direct those frequencies into, like the, different sinuses or different regions of the brain to see if we can reduce the mycotoxins, inflammatory load in those areas.

Exactly. And how would you say that eliminating mold and mycotoxins, how it can kind of accelerate line healing? Oh, yeah. You know, it's like you're exposed to this toxin every day through whatever exposure or, you know, periodically it's just going to slow down the progress because your body needs to detoxify that, your immune system.

And it gets overtaxed. You start lowering that burden, and then the immune system will say, hey, now I can start to deal with these other things like infections and co-infections and parasites and viruses and whatever else is there have any metals now that this mycotoxins also, we also look at like oxalates in our skin because a lot of our patients, even though they've been through the Shoemaker protocol, they often have high levels of oxalates.

So they need some sort of oxalate detoxification, through using different supplements. And remedies, to get those out. And that also helps increase their, improvements in their health.

Yeah. It's it's like an onion. You're just peeling back these layers and it's very it can be very complicated. But this is why, you know, alternative medicine is so helpful because you're actually getting to the root cause and and pulling out that root.

You know, we all know if you just snip off the top, the weeds going to grow and it grows back. Yes. Yeah. Rip it all out. What is it? Burdock at at our old home in Ohio.

There are these which burdock can be, you know. Good. It can be used the burdock root for our different herbs. Yeah, but I'm telling you, like like you just can't get that root out.

And it's so, so deep in there. So sometimes it might feel frustrating like that. Like you're trying all these things you're not getting is better as fast as you think you should be.

But this could have started in your childhood. Some of these things with a tick bite or a mold exposure in a dorm room in college, and then your body is very resilient and it's just doing its thing, trying to survive.

And then you have one other exposure or a stressful job, and that kind of puts you over the edge. So that's why it's great that, you know, we can really get down to that root cause with all of these different strategies and testing.

Mold, Mycotoxins, and Lyme Recovery

So it's great. Now you also use peptides in your practice. Do you want to discuss what your favorite peptides are.

Yeah. Well there's the peptide strong from Doctor Andy Franklin eats got the eye and he's discovered over 6 million plant peptides.

And so, and he's coming out with this. I think there's 1 or 2 others that, he's coming out with soon. So we use, that, and also, TPV we use a lot of Cfpb, BPC, C-Max.

What else? Those are kind of the ones off the top of my head that we use. Tb4. Thymus and beta, for those are the main ones that come to mind for our patients.

So yeah. That's great. Yeah. And peptides strong. So this one's great because I like to pair it with patients that maybe they are losing muscle mass. And we really need to stabilize that.

And the these I derived plant peptides as you were talking about Greg. You know how they're I drive in and they have all of these just kind of sitting at their fingertips that they found, but they they're testing them.

So they're only coming out with so many for a quarter or for for a year. So that's, that's an exciting, just an exciting space for peptides to, to be watching.

And then you mentioned Cfpb and BPC. 157 both great for gut health, which the gut health is really what is struggling with so many patients? I've actually had some cell activation patients that would go into anaphylactic shock when I gave them the Cfpb.

I o and I gave them the Cfpb. Then, when they would eat their trigger foods, they didn't go into anaphylactic shock. It stopped it. So it was like amazing for these it all.

And now there's a Cfpb PR from Health deputy that really they have also an uptake compound in there that really helps just stabilize Marcel's, best. So. Well, so you gave oral Cfpb and it stopped their allergic reaction like, overnight.

So no more kid er visits and things like that. So the parents are like, thank you. So yeah. Yeah it's amazing. And there's so many different things out there.

I was reading some studies about how vagal nerve stimulation that they used to use that to cut down asthma attacks. And they would like use that like in the hospital.

And I'm like, why don't we use that in the year now? Because, you know, you're activating that parasympathetic system. And anyway, yeah, if I could open up a hospital using all of these techniques, it would cut hospital stays down.

Right? So, yeah, that's great. And then you said c c max. So you're using that for the neuro effects in your brain fog line patients that you're seeing.

Yeah. So yeah use nasal delivery on that one. And that really helps get it more directly into the brain nervous system. So that's been really a game changer for some brain fog line patients.

So yeah yeah that's awesome. And that's just like you said it's another tool in the toolbox. All that that will help. Now you also, it piqued my interest to hear that you treat a lot of thyroid dysfunction too.

So tell us maybe if you have some key stories or tell us a little bit what you do with thyroid health. So we have, one one patient comes to mind. He, he's a local farmer, and he went to Hopkins 37 times over, you know, nine year.

Those are really specific number I love that 37. That's what he told me. I was like, I believe you. And, you know, he had been diagnosed with, you know, over a dozen different issues and given many medications.

And he just kept getting worse and worse and worse. And so eventually, you know, if, you know, farmers, they're

kind of like, I'm going to get up and, you know, do what I need to do and push through it.

But it got to the point where, he was ahead of it. He's the head of the farm. He couldn't add two numbers up in his head, and he's, like, doing the books and all this stuff.

So it got to the point where he goes, like, I can't do this anymore. I don't wanna live this way anymore. He told his wife, you know, I want to just end it all.

And she goes, you're not going to end it all. You were going to go to this new place I found so she brought him in and he brought me all the test results from Hopkins.

And I was just like, okay, you know, that's good. And then we scanned him and we found three things that Hopkins had missed. One, he had Aspergillus in his sinuses, multiple mycotoxins that were just, like, in his brain.

And obviously that's gonna create havoc with thinking and inflammation and all sorts of other, you know, downstream effects. He had, clostridium in his gut, which was creating a lot of, you know, Sibo like conditions, material bacterial overgrowth, digestion problems.

And then you have the gut brain, you know, communication that gets disrupted. And he also had, tickborne infection called brucellosis, which is like Bartonella and, one of the, you know, you get lots of, inflammation, especially in the lymphatics.

So he was basically had three things that were not being addressed. And so we started him on peptides to start him on, detoxification. And, we have actually a reflex ologist in our office that does amazing work with opening up the lymphatics and the drainage.

So he was like all over that because he could feel a difference just after getting that kind of treatment in a sessions frequency specific microcurrent, we initially program it for like detoxification and drainage.

But as those, you know, pathways get open and then we start going after, you know, the mold, mycotoxins in the sinuses, clustering in this got, brucellosis in, you know, the different areas we found it's a systemic, and so what he kept and also we do, kind of like an out there radical treatment called cupping.

And we're actually pulling out toxic blood out of patients. And we pulled that out of him.

Peptides, Thyroid Support, and Complex Case Stories

His was not like normal blood. It looked like jello. It was like, you know, it was just so coagulated. And that's what we also. Yes, that's what we were also seeing a lot in post Covid patients would have the elevated hyper coagulation.

You do this extraction and it's like this is really not well. And they look at it like is that normal. Unlike no. Do you normally look like that when you bleed.

And they're like you know, they're freaked out but they feel it, man, I feel like so much better. And so we kept doing these treatments on him. And, about the four month mark, he comes to me and he says, I'm going to go on vacation for the first time in over a decade, and we're going to go on a cruise to Alaska.

Thanks. You saved my life. And so he says, and if you want to tell anybody I'm happy to talk to anybody, I'll get you can get my name and number, and I'm happy to tell him all the stuff that you did.

And that was, you know, one of the patients that also had severe thyroid issues because, the, toxicity from the mycotoxins that were also in his thyroid.

And so as we started to really detox, we sent, you can do, a frequency specific microcurrent, as I mentioned, 23,

95, but also there's a thyroid frequency of 98.

And you paired those together, you can really start to detox out the issues in there, lower the inflammation. There's an anti-inflammatory frequency of 40.

And that was really helpful for restoring a lot of his thyroid function. And in addition he also took some glandular, thyroid glandular to really help support the healing and energy in that system.

So I love him. And that's so beautiful that you were able to help him. That's great. And that he it's sad though. Like he was so desperate when he came to you.

Don't you wish sometimes that you're just like, can I get someone that just maybe has, like one thing wrong, but otherwise they're healthy and we can optimize them instead of, like, getting these, like, food, like they're so sick because that happens a lot by the time people come to see us.

Right. I'm I'm just committed to I feel like what I'm doing is more rescue medicine. And then if later on then they can do the maintenance and stuff like that.

But I usually don't get the patients that are like, you know, I got bit by a tick yesterday, can you help me? You know, it's just like, you know, I live in Lyme, Connecticut.

And then it's like, usually you get the three ring binders of tests and lab results that they bring in and the bags of supplements. And, you know, it's, it's just, overwhelming for these people.

And so we try to make it as clear and make a quick path to, faster path to recovery as we can. So absolutely. No. That's great. It's interesting you brought up, like, Johns Hopkins.

So, I had someone that they were at Cleveland Clinic, and they were post cancer treatment, blood cancer. And I was like, there's something fishy, there's something going on.

And I'm like, I think it's mold. And we tested high mycotoxins. They found mold all in their house. Like all along the chimney line. There was a leak.

So it was in the living room where they were at, and they showed the results to the oncologist. The oncologist was actually kind of interested. He was like, oh, like, this is a real lab that a PhD runs.

And we're like, yeah, like this isn't, you know, voodoo. Like, this isn't woowoo like, come on, this isn't like we're not doing crazy stuff here. This is science.

And it was really interesting because when he was sent home after the chemo, they're like, you have to wear a mask while you're mowing the lawn because we don't want you getting mold spores and breathing them in.

And I'm like, but is. But you don't check mycotoxins, but you don't see if they're living in a home with mold. I did a podcast a couple weeks ago, and with the founder of the Dust Test and, you know, like 50% of homes have mold in them.

And this is suppressing your immune system. So say you live in a house with mold. You get bit by a tick. Your immune system's already freaked out. It's going to freak out more as opposed to getting bit by a tick, and your body just takes care of it.

They take, you know, I mean, it's just it's a little frustrating, right? I mean, we need more awareness about all of these issues, and that's why we're here talking right, to bring more awareness.

So first, one of the things that, since I'm in a research facility here, one of the other researchers was looking at cold plasma for actually wound healing.

And there's multiple studies on how it kills mold species, detoxifies mold toxins. So we're kind of talking about what do we perceive able to use that to get it into, you know, spaces that are totally and, you know, and get rid of the mold.

To a more or less invasive method where you don't have to rip everything out and stuff, but, you know, that's kind of the conversations we have here. So yeah.

Yeah, it's and then there's all the, you know, some use chemicals, some use the, the dry blasting. And then I think you just got to rip it all out. It's so hard. Many cases. Yeah.

Yeah. And, and sometimes it hides and sometimes mold inspectors still don't find it until, patients renovating a house that's just happened to one of my patients.

And it was in their bedroom. And you just had to be aware, and know that this is something that can happen instead of just being, you know, ignorance is bliss.

Nothing's going on. So, I mean, you know, we're not trying to stress anyone out. But more so empower you and also that there are different methods and modalities to heal from these insults.

Yeah. And there's, you know, people like Doctor Jen, who obviously has a wealth of knowledge that can guide people, you know, and through these challenges, you know, and it takes a team because, you know, we have actually patients that are our mold sniffer.

So like they'll go into a place and like I went into this office and they're like, oh, there's no mold in here. And so I was like, great, I'm moving in.

You know, they've gone to other places and they're like, no, don't go, don't do that. So that's so cool. I know there's a dog. Someone sent it to me on my Instagram.

There's like this dog that you can hire and it can go to your home and go right to the mold if there is any. Have you seen that? I read it. I saw an article on that.

It was really cool. I was like, I need to get a dog. Like, you know, I know, I'm like, I used to train, train a dog for this or train my kids. Yeah, well, we can all smell it.

So I think that's like the big thing. Like, those people are really fine tuned when it's really subtle. But if it smells musty, like my kid's old preschool, like, you can smell it there.

They they had someone inspected and just got a few plates in there. And I'm like, you can smell it. If you can smell the musk, that's VOCs. There's mold. You just got to find it, you know.

But yeah. So that's that's one thing. And you know, I tell my patients you're out mulching your outside. There's going to be mold. You're going to be exposed to most mold.

But it's the the bad black mold, the mycotoxins. It's living in it. That's when it settles in into the sinuses, the lungs, into the gut. And that's when it's just causing havoc, producing lots of mycotoxins in there.

And then that's disrupting the immune system. And your body can't handle these stealth infections anymore. Yeah. So that's why when we do the scan on patients, we look at what kind of mycotoxins we can.

Also it creates a computer model of the patient. Then we can also apply what like essential oils. Adamantium mold properties would be most effective against those in that patient.

Clinic Information and Closing Remarks

So we can actually measure remedy of efficacy through our system. So it's just been really helpful to, you know, find what works more quickly. Yeah. That's awesome.

And what I like about a lot of the techniques at your clinic is they're very gentle for kids, and they're gentle for those patients that need gentle, because a lot of patients that are sick with mold, with Lyme, with co-infections, they need a more gentle approach.

Yeah. Usually it's like, supplements that don't taste bad or homeopathic so they can mix in applesauce or something like that. With our kids. We use a lot of, German biological, homeopathic with the Lyme kids.

And, it helps them detox and get rid of their infections more quickly. Yeah. So that's awesome. Well, I love everything that you do. I'm glad you're not working for NASA anymore, because it seems like it's a little weird now.

Anyway, I joke about that. But with the women going to space anyway, so I would love to hear where everyone can find you in Maryland and how people can become a patient of yours.

So we're, in a research facility here in Frederick, Maryland, and you can find us on the web at Lyme Research center.com. Also, we have, online communities.

One is called heal for real, where we do weekly trainings. And this month we're actually training on DMs. Oh, for Lyme arthritis and inflammation, CRP, chronic regional pain syndromes.

And how we are using that to really help patients get over those, Lyme issues more quickly. So that's, you can contact us, also at our phone, we use the old phone (301) 228-3764 and we look forward to talking to you.

And we are taking new patients at this time. So happy to share and talk with anyone who's interested. Oh, well that's awesome Greg, so glad you're taking new patients and so glad that you are just really, you know, you're in a research center.

You are doing this the right way. We need brick and mortars out there. We really do need them still, so I think it's great. Thank you so much for being here today and sharing your expertise and knowledge with us.

It's been great. Thank you so much for having me. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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