Introduction and Guest Background

Welcome back to our Reversing Mast Cell Activation Syndrome and Histamine Intolerance Summit. I'm your host, Dr. Meg Mill. And today I'm joined by my esteemed colleague, Dr. Wendie Trubow.

Dr. Trubow is a functional medicine gynecologist and author of Dirty Girl: Ditch the Toxins, Look Great, and Feel Amazing She's going to talk to us today about toxins in our environment, and we know that our environment and our overall toxin load can contribute to mast cell activation and histamine issues.

And, you know, when we've been talking about this and talking about the bucket that's filling up, we want to think of all the things that are coming in and filling your bucket.

And then the clogs that are stopping you from detoxifying and processing these toxins. And we just don't often really think about all those connections.

So I'm so excited to talk to Wendie today about the connections, environment and all the things that are going on around us. Thank you Meg. It's great to be here. Thanks for having me on. Yeah.

Thank you. Thank you for being here. Well, I know that everyone has a personal story that brings us to where we are. I think so many of us have been in this place and have had all of these problems in the past.

And so I just wanted to see if you could give us a little bit of your history and how you got to where you are today. Sure. We're going to I think we should fast forward through a whole bunch, because otherwise we're going to be here for a while.

But 100%, my mess became my message. So let's fast forward through the first 48 years of my life, and I'll give you the high points, but I'm not going to give you the story.

There. I was born with terrible genetics, had antibiotics throughout my childhood, had irritable bowel by the time I was in my 20s, was diagnosed with celiac in my 30s, had infertility, mineral nutrient deficiencies, and that was my intro into functional medicine when I was 35 and then ultimately went into functional medicine because I was like, this is the coolest thing since sliced bread, and there's a lot of people who can deliver, baby.

I mean, honestly, if you leave women alone, they deliver their babies and then there's a lot of people who have good hands and surgery, but there's not a lot of people who do women's care.

So fast forward, I'm 48. I'm a functional medicine doctor. I've been working on myself and my patients for years now, and I had that drop that made my bucket overflow.

And I went and my family and I, we went to France on this amazing vacation. And when I came home from France, I lost hair in clumps, like my hairdresser said to me, what's wrong with you?

I was like, I don't know, but my hair's falling out. And she said, yeah, I really see it. And then I gained about 10 pounds and I had this rash on my face.

I had brain fog and fatigue. And, you know, I'm in functional medicine. And whenever you say to someone, my hair's falling out, I'm gaining weight and I'm fatigued.

Personal Toxic Exposure Story

They of course, they sit in the chair and they go, I have a rate issue, which is what I did. So I checked my thyroid.

Perfect, perfect, Meg. Pitch perfect.

Then I checked my hormones because I was 48. They were perfect. And then I thought, okay, all disease starts in the gut. So I do a stool test which, you know, the least pleasant test to do as a stool test because it's poop.

My stool test for a celiac with years of undiagnosed and irritable bowel, blah blah blah. It looked good. Okay, now I'm kind of stumped. And then I read this report that when Notre Dame burned, it released almost 500 tons of lead dust into the air.

And the closer you were to Notre Dame, the more lead exposure you got and the farther away you were, the less you got. That makes sense. Well, I spent a week right around Notre Dame, and in fact, we didn't go to Notre Dame because it burned the week before we got to France, we had tickets and then they were refunded.

So I spent a week there, and I remember saying to my family, so dusty here, like, we're going to have to wash our sneakers. It's so dusty. And I went off the cliff and I came home and I went to when I heard when I read this report, I go, oh my God, I got to let exposure and and it was enough to tip me off the cliff.

Right. It was enough of a lead exposure that I really got sick. And so I promptly did a lead test and my lead level was 25% higher than it had been the last time.

Now doctors are the worst patients, okay? And my previous lead level had been just slightly positive. We use a cutoff of eight on the test and I was nine and not knowing now what I not not knowing now what I didn't know then I blew it off and I was like, well, it's just a little bit over range knowing now, and I didn't know then.

It's a huge deal. Okay. So, at the time when I originally got it, I blew it off. Then I got it and it was 12. So it's 25% higher. And I'm like, oh geez, I got a little exposure in France.

We all got a lot of exposure, but I'm the sick one. So I did a treatment and then I retested. And what happens is it's like the tip of the iceberg. So it went from 12 to 21 and and my mercury went from negative to 40.

And I'm like, oh my God. And then at the same time I tested for mycotoxins. I know you have other people in the summit talking about that. And those are the toxins that mold puts out when it's in your body.

And it's implicated in everything from brain fog to skin issues to weight gain to mast cell issues to, you name it, rashes, pretty much anything. And I had five strains positive. Okay.

The same company that runs that test also does the environmental toxins testing. And I thought, okay, well, in for a penny and for a pound of I'll run all of it.

And I ran the environmental toxins testing. And that way I had a whole slew of things positive like gasoline fumes, plastics, nail polish fumes, had a whole ton of things.

And I looked at my husband and I said, I'm such a Dirty Girl. And I was like, and we're writing that book because, you know, we're in the scene and we walk the talk.

I'm the poster child. We've been eating organic and I exercise, and yeah, I'm a stress ball, but I try to decrease my stress and I sleep enough, and I take all these supplements.

And if I have this, what does everyone else have? So that was my entry into it. Essentially, my mess became my message so that no one else would go through what I went through because I was so sick and I was barely functioning and, you know, I crawled my way out, but no one else should have to go through that.

Wow, that's really amazing, and I can't wait to dive into all the ways we can work through all of the work this out for everyone. But you did point out something that actually I want to bring up as we go into this, that your whole family was there, your whole family was in France, but only you were having the symptoms.

And I think that that's really a key thing when we're talking about some of this, because everybody processes toxins different. And you may be living with people that aren't having any symptoms while you feel like you're drowning.

Exactly. So your genetics, your microbiome, your stress levels, your lifestyle, they all essentially think of that as going into that rain barrel that fills up with with toxins.

And so I, I knew my genetics because I tested them and I have terrible g talks. Terrible. Like I actually sat my parents down about a year and a half ago.

And I said to them, I'm so happy you had me, but you really shouldn't have had babies together. They were like, what? Yeah, when I was in there. What?

But really, you know, I have the worst genetics. I have two copies for celiac. I have two copies of MTHFR, two copies for vitamin D deficiency, a couple of sprinklings of other D, terrible detox and Comt.

And so I started life at a disadvantage. So I work even harder to stay healthy because my genetics aren't that good. We've diluted it with our kids, so they didn't get their compound heterozygous for MTHFR instead of two copies of the same.

So they mixed it up a little bit and a little bit better. There was slightly improved, but they yeah, nobody was as sick as I was. And usually I'm the canary in the coal mine for things that happen.

And yeah a lot of people that are dealing with mast cell issues are where I love that canary in the coal mine, because the things that you're actually sensitive to that you're like why is no one else sensitive to this.

Because you're having you're actually more activated than everyone else. So let's talk a little bit. You know, we know that toxins are everywhere.

How Toxins Affect Mast Cells

We know that they're environmental pollution is out there. Can we just dive into like a little bit of the background of how this is affecting the mast cell activation?

Yeah. Some really smart guy was like, if you're sitting on a tack, all the motion in the world is not going to fix the problem until you remove the tack.

But if you're sitting on ten taxing, you take one tack out. You're still messy. And so that, I think is a good analogy here that that once your system gets jacked and you, you lose your way and the systems are inappropriately activating, so you're anxious, you're not sleeping, you may have breathing issues, you have rashes, weight gain, difficulty losing weight, messed up periods, brain fog, all of this stuff, everything.

You name it. And here we go. So where or you have hypersensitivity when your system gets jacked up. All of these toxins serve to act as tax and to irritate the system.

They're toxic to the gut. They irritate the adrenals, they challenge the liver. And when you're not processing well in the first place, and then you pile all of these things on it, it just looks like this irritability soup.

And you can't figure out what's going on. Like everything's irritating me and I'm always not right. And so the environmental toxins play this role of of serving as additional tax to throw your system off.

Do you see any specific toxins that are more notorious for mast cell versus others? So outside of the. So yes and no. Right. Because when your system decides that it's going to go off the cliff, then you can essentially wave anything in front of someone and they start to go even more off the cliff.

But having said that, I will say that mycotoxins and I know you're talking about that separately. Mycotoxins are very

irritating to the system. Heavy metals are independently very irritating to the system.

They're corrosive to the gut. They stress the adrenals. They're stored in your bones, your organs, your tissue, brain. And so they hang around and you have them.

So most people think, oh, well, I didn't live when there were lead lead pipes and lead paint. So I don't have that. I'm like, no, you came from someone who might have lived during the time of lead paint, lead, gasoline and lead pipes.

So you you inevitably get it. And we also get Mercury when the wildfires burn, or if you had mercury fillings or were born to someone with mercury fillings.

And then the environmental toxins are similarly, corrosive and irritating to the system. So that's things like the gasoline fumes and plastics that leads fast makeup products, vegan leathers.

There's just a slew of things that we get. And don't forget the herbicides, pesticides, insecticides. And so when the system, it's like when you lose your way and you're on the wrong path, you.

It's like you're lost in the forest. So everything kind of irritates the system. And unfortunately, because of the earth we live in and how polluted it is, we are all getting exposed all the time to the environmental toxins.

Yeah, I agree. And so let's just start with I would love to talk about sort of how we can minimize exposure and then how we can help our detoxification process so that people can build that up.

So let's just start a little bit about where is the first step someone could take if they're, you know, new to really looking at their toxin overload and where things are coming from.

I mean, I know a lot of our listeners are educated in this already and eating organic, but you're saying I mean, I loved how you were candid and said you were eating organic.

Common Environmental Toxin Sources

You were using air filters. You were you're a functional medicine practitioner. So we know all the list, but it was still bothering you. So, you know, that's a really good point to make.

But even to the basics, going back to like where someone should start. Yeah, I think it's important to start with, first off, where are you getting exposed to these toxins.

And let's set mycotoxins to the side. Let's set the heavy metals to the side and focus solely on the environmental toxins that are around us. So I like to categorize things.

I think it's easier to think about. And it's also easier when we start to address treatment, to think about, okay, where are they coming from. So the first big category of how you get exposed to environmental toxins is what you put in your mouth.

So that's your food. And it's very helpful to eat organic. But that includes the herbicides and pesticides, insecticides that are found in grains. You know, think about if you're eating grains.

Those are very moldy. They have pesticides in them. They've been sprayed. The ground is contaminated. So even when it's organic, it's often contaminated.

That includes your alcohol. Alcohol is extremely difficult to deal with. The liver takes it as a priority number one. So you'll shut down your detox. If you drink alcohol, that will throw the system off.

It leads to it's a direct correlator with leaky gut. It stresses the adrenals, it stresses the liver. So right there it's a toxin. Sugar is the devil.

I can't say in any other nice way. Sugars, the devils of sugar that throws off your gut balance. And then your gut balance throws off the rest of the system.

So the, if you're drinking from plastic water bottles, single use plastic water bottles, if you microwave your food and it's in plastic, or you store hot food in plastic, you're getting endocrine disruptors.

So the first category is what are you putting in your mouth? Because you can it can be contaminated in a lot of different ways. The second category is what are you putting on your body, especially women.

We put anywhere from 300 chemicals to a thousand chemicals every month based on how much we do. If you dye your hair, those are chemicals. If you put product in your hair, there's chemicals.

We use lotions and serums and salves. And then we put makeup on and we do body lotion, and we take our clothes to the dry cleaner. And every point that I've mentioned is another point where there's a toxic exposure.

If you're using products from other countries, they're not regulated. So you have no idea what it's contaminated with. And so you can be exposed to heavy metals, you can be exposed to, contaminants.

You can be exposed to PFAs, phthalates, endocrine disrupting chemicals. And those are all because they go on our skin. Our skin is our largest organ, and it can help you thrive or die.

So it absorbs it helps you get rid of toxins when you sweat, but it will absorb the toxins that you're exposing it to. So that's a second key area of how we get exposed.

And then the third area how we get exposed is I'll call it the other. It's all the other around stuff. So that includes emfs air quality plastics. Vegan leather is a huge thing.

And I just looking down because I'm sitting on a vegan leather chair. The bed we sleep on has flame retardants, the cars we drive and the, the public transportation that we sit in.

Those have up to 10,000 chemicals in them, including all strains of PFAs and phthalates and endocrine disrupting chemicals, as well as things like formaldehyde.

They're, I think I mentioned your bed has a flame retardant in it. If you live in the flight path, there's gasoline fume. If you drive a gasoline powered car, there's there's gasoline and that and those have chemicals in them that are harmful for you.

if you buy furniture, it off gases, if you do house construction. There are volatile organic compounds in that there are tons of chemicals in construction materials.

And we get exposed to all of these. And so that's the last category. And if you live near a golf course, an industrial plant, a farm or highway, those are all very toxic, industries or places.

And so you can get exposure to toxins if you live near a farm or a golf course. They're spraying a lot of glyphosate. So that's, that is implicated in fatty liver disease and liver cancer.

It's a probable carcinogen. Classified in 2015 by W. H. O., World Health Organization. if you live near, a highway, as the cars drive, the plastic in the tires degrades, it becomes airborne.

So the air quality is very poor near highways. And then if you live near an industrial plant, you have no idea what's off gassing from that. So for example, plants that take corn and make it into high fructose corn sirup use mercury.

So you're getting exposed to mercury in any byproduct or off gassing. And if you eat high fructose corn sirup back to what you put in your body, you're getting a dose of mercury with the glyphosate.

And I just want to make sure that I say that it's not all doom and gloom, it's serious and it's important, and we need to take it. And take action. But it's not.

The sky is not falling, and it is possible to impact this. Okay. Yeah. And then that's a good point. I would say you really do kind of get afraid sometimes when you're getting all this.

I read a book about 20 years ago, and it was when a lot of this was coming out more and more, and I read it and I wanted, you know, I wanted to know. And I read the book.

And then I had to put it aside for a minute because it felt to me like, oh my gosh, I didn't even know I had brand new babies. And it was just like, okay, what is happening?

And what do I do and how do I protect them? And I just felt overwhelmed. So I sort of put it to the side. And then I brought in things as I could, one after another after another.

And I often tell people I'm working with just start. If you can't do everything all at once, just start with one thing at a time and focus on that and get that in your routine.

And and do you do that approach to? I do because you can feel frozen when you say, oh, I need to fix everything. And that's not really true. You just need to fix.

So I say to people, I believe that food is medicine and what you are, what you eat. And the most impactful thing you can do for your health is level up your food wherever you are.

Even if you have an amazing eating plan, there's always room to improve. You can add in more detox supporting supplements or, detox supporting foods, or you can minimize the grains or minimize processed and there's always someplace to level up.

And so always level up on food. Minimize your alcohol is able. And then what I say to people is you don't have to sort of solve everything today. What you need to solve and address is what you're running out of.

That's the place to impact. Deal with what you're running out of, and then all the other stuff is going to fall into line because as you run through your cleaning products, which I didn't even mention, your cleaning products, your laundry detergent, your air quality, your makeup, your hair products as you're running out, that's the opportunity to go one level up or ten levels up depending on how good or bad it is, and take fewer.

You put fewer things into your system that are going to irritate the system and make themselves look quiet, because they won't be irritated by all the other irritants that you're getting in your system.

So go systematically, one at a time. And again, you don't have to. You don't have to fix everything. You just have to fix what you're running out of, and then it'll take care of itself over time.

Yeah I know because I think that is that takes the overwhelm out of it and makes it more reasonable and doesn't feel like, okay, I have to uplevel them like an upheaval and change my whole life right now.

Reducing Exposure Step by Step

Yeah. It took me years to get air filters. Literally years. I was paralyzed. Analysis paralysis like what am I going to get? Yes. And then finally one day I said, you know what?

Anything is better than nothing, right? So if I'm not filtering my air at all, it's not working at all. So let's get something, even if it's not perfect.

And, that's what I did. And that's what I recommend you do, is get something. Even if it's not perfect, it's better than nothing. And I think do so I started with them in the bedrooms because I feel like that's when I was introducing the

air filters I thought well okay we spend the most time in our bedrooms.

So if you can't you know, if you have a house that you can't get one for every room and it can be expensive. So start with your bedroom and at least you know half of your time while you're sleeping.

When you're rejuvenating, you have the air filter. That's kind of a do go with that approach. Do I do? And it's funny because we got air filters in our bedrooms and they weren't loud.

So what we now do is we run them during the day and we turn them off at night because they disturb our sleep. Another thing you can do if you sleep with the doors open, is put the filter outside the room and then just run it 24 hours so that it's it's filtering the air in, in, you know, we, we put it like outside the kid's bedroom so that it gets both rooms.

so there's, there's a lot of ways you can hack it. A lot of filters are good for anywhere from 1000 to 2000ft². So if you keep the doors open, it should, over time, filter that air in the house and I would also recommend filtering in the kitchen area, especially if you have a gas stove, because the gas stoves release a ton of chemicals into the air quality in your home.

And so I would recommend filter your kitchen. Filter your bedroom to the best of your ability. Everything's better than nothing. Perfection is not the goal, just improvement.

I have a pair of filter that changes like it will actually increase as it needs to. And sometimes after cooking you start to hear it running. And it really is amazing.

It's like, oh, that it's working to to hear those kind of things happen. Well, this is just so wonderful. Let's switch over now to supporting detox in the body, because we also need to we need to reduce our toxic load, but also make sure that we're detoxing internally too.

Yeah this is great. Thanks. So okay so you're doing your best on food. You're leveling up the products as you run out of them. You can no longer take your course.

The dry cleaner, your filter, your air and water. You're you're trying to sit not on vegan leather as much as possible. And now you got okay, I want to increase how my body detoxes.

Now what I want to say is, if you have muscle issues or if you're a hypersensitive person, what I'm talking about is kind of for you, but you're going to want to take it really a small dosing.

So a lot of the hypersensitive people, if if you're listening and you're hypersensitive, you're going to want to first of all see a functional medicine provider so they can oversee your care.

And second of all, go slowly, right? Rome wasn't built in a day. Do not slam all this detox stuff in. You're going to feel terrible. Okay? So go slowly so things are can toward detox.

And this is where you can go fast on stop drinking alcohol. That you're not going to harm yourself. That the reason that matters is that when you drink alcohol, it is the most toxic problem in the liver at that moment.

So even though the other stuff at high levels can kill you, alcohol can kill you imminently, the other things will kill you slowly. Alcohol will quick kill you quickly.

So your body, when it experiences alcohol, stops, suppresses everything, focuses on alcohol and so as a result, your stop dealing with your hormones, the toxins that you had in your bed, the gasoline fumes, and all the other ways that you're getting exposed to things.

So you stop the presses. So one really easy, quick way is eliminate all alcohol. It would be helpful to eliminate sugar because you when you have sugar, it throws off the microbiome and the microbiome and the gutter stress

that stresses the adrenals and the liver.

So you shut the system down and then you think about, okay, what can I do to actively support removing toxins? So I'm a huge fan of what can you do. What do you have access to.

So very low hanging fruit. If you're healthy enough, move your body until you sweat. When you sweat, you get rid of chemicals, so get sweaty if you can do Epsom salt soaks.

Those help not only for sweating, but also for moving toxins and supporting detox.

Supporting Detox Safely

If you can do a sauna that supports detox, especially near mid far infrared sauna that best in class that that supports detox, the goal would be to have a 30 minute get 30 minutes of sweating at least 30 minutes.

So 30 minutes of a sauna is great if you sweat the whole time. But if you get in and you don't start sweating until you know, 26 minutes, four minutes isn't quite enough.

So you're going to want to lengthen the time so that you sweat and you can do dry brushing. That will help open up the pores and sweat faster. Then there's things you can do on your own that you don't require a functional medicine provider for.

I am a huge fan of seeing someone so you can test and not guess because you might not need to take all these supplements. And so I don't recommend that you take everything, but this is a list of things you could take B vitamins, especially methylated because they donate their methyl so that you can methyl your hormones and other toxins and acetylcysteine.

It's a precursor, an alpha lipoic acid precursor for glutathione used in the liver supports detox glutathione also helpful for detox fiber, particularly the purple man and konjac fiber.

It specifically removes toxins from the gut. and removes heavy metals, and it also cleaned out and binds to all the strains of mold mycotoxins, so that that's a very gentle way to start cleaning out.

And again, test on gas, you know, what are you treating you can do IV which you would absolutely need a functional medicine for that functional medicine provider, for sure.

Things like I. V., glutathione IV, alpha lipoic acid. And I want to take a step back, Meg, because before you do any of these cool and interesting detox things, you always want to make sure that the gut is as optimized as possible.

So you never, ever do detox on a broken foundation. And the foundation is your gut, your adrenals, your liver health, your sleep, your your exercise, your relationship to self, relationship to others.

That's a foundation of your health. You cannot and should not do detox if those are out of whack because you'll make yourself sicker, it's not worth it.

So always make sure that you deal with the foundations first. And I have a lot of people that will come to me like oh I want to detox and, and I say no we, we have to take a step back.

And that's, that's not the first step that we do because you have to make sure that you have all those foundations that your drainage pathways are open and all of those things before we go there.

But but it is powerful when you're really focusing on and able to get the to detox and do it the right way. And, and I agree with you having the support of someone who really knows how to bring you through that process.

Yeah, I'm a huge fan of functional medicine guidance because this is what we do know. It has to be a senior

medical senior functional medicine person.

You know, if they're within a year or two of starting out, you probably they might just not have had the training that they need to get you where you need to go.

But this should be able to refer you to someone if that's not their sweet spot. Yes, and I'm going to throw like a little bit of a curveball and say, what about stress in the mix?

Because, I mean, stress is sort of a different type of toxin to. Your stress is its own form of toxin. Actually, I just spent about an hour talking in another podcast this morning about that.

In and of itself, stress is the nastiest actor and we haven't really talked about that. So okay, when you're stressed, you shut detox down because the adrenals, the adrenals are like an on off switch.

They're not they're they're very intricate and they do the coolest things, but essentially they're they're putting out cortisol or they're not putting a cortisol.

And so if they're putting out cortisol, those cortisol signals go to the liver and say, well, you know, a lion's coming to eat us. So instead of doing detox, what you want to focus on is let's put sugar into the system from the stores in the liver so that you can run from that lion that's coming. Okay.

And then it says to the gut, you know, why don't you quiet down, detox? I'm sorry, digestion right now because we're about to run from a lion. So detox is not really what we want to spend.

I'm sorry. I keep using detox instead of digestion. Digestion is not what we want to spend our energy on right now. Nor is detox because we need to get through this crisis.

So when you're in stress is is what acts as its own crisis center. Right. So and stress can be in any form. And someone said to me today, we'll talk to me about the difference between big T and little T for trauma.

And I was like, it doesn't really matter. All trauma is trauma. And if your body experiences it as trauma, you're going to go down this fight flight, freeze pathway, shut down your detox, shut down your digestion.

So stress can come in the form of the way we talk to ourselves.

Stress, Detox, and Closing Thoughts

Most of us are really hard on ourselves to the point of saying things like, you're so stupid or how could you make that mistake again? Or I can't believe you were dumb enough or or how could you?

Anything in that accusatory we're pretty quick to say to ourselves, and it's very harmful for ourselves. So that's one form of stress. Another form of stress is things people say to us, because often people say the same things to us that they're saying to themselves.

So how could you do that? Or how could you know? Why didn't you think that through? Or you're you're really you're never going to amount to anything. Those are all very stressful, toxic relationships driving down the street in the holiday time, driving down the street at any time, having a lack of control.

All of anything can serve as a stressor. And so what we want to look at is what can we manage, what do we have agency over, and how do we flip the switch on the conversation, what we're saying to ourselves, because it doesn't sound like much to be hard on ourselves, but it it starts the whole cascade.

And so if you're prone to multiple chemicals, it's sensitivities or, or mold related issues, it makes it worse because you now don't have the ability to keep detoxing, right?

You've shut detox down and now you're just sitting in the soup. And so anything you can do to manage stress is better than nothing. Again, this is or anything's better than nothing.

Breathe deeply. Meditation. Go for a walk. Remove yourself from the situation. Retrain your brain so that you say things to yourself that are kind and helpful.

You know that acronym true, helpful, inspiring, necessary and kind. Apply it to the things you say to yourself, right? Don't let yourself talk to yourself that way because they're not true.

Those are just things. But the more you hear it, the more you believe it. Yes, they and they're so sticky. Those spots, they just keep coming back at us and assaulting us over and over.

Well, that's so helpful. I do feel like that's a toxic component. I feel like a degree it does play into it. And while it's not one of those true toxins, it can, like you're say, affect the way we're detoxing and all of that.

So I really appreciate all the information you gave us and everything was so helpful today. Can you tell our audience where they can find you if they want to learn more?

Sure. We have a bricks and mortar. We actually have two bricks and mortars. Now, recently we opened a second location. So if you're looking to have a consultation that's at our bricks and mortar in either Newton, mass.

Or Boston, mass. That's at fivejourneys.com. And then if you can't get to Boston for your initial consult, we have an online brand at drwendie.com. And that's where we do some limited testing.

We do programs to support you in getting healthy. We have supplements and we have coaching and that's at drwendie.com. And then I'm on Instagram and Facebook at Wendie Trubow, MD and I'm that's where I am.

And we also have our own podcast, the Feel Freaking Amazing podcast, where we, we really dive deep into all these things. And so it's a broad look. Oh, great.

Well, thank you so much for being here with us today, Wendie. Thanks for having me on this is great. Absolutely. Have a great day everyone.