Introduction and Guest Background

Welcome to another episode of the Restore Your Mitochondrial Matrix. I'm your host, Laura Frontera. I'm bringing you experts to help you boost your energy and fix your health so you can build the life you love.

And today, my special guest is Doctor Jessica Petros. Hi, Jess. Welcome to the summit. Thanks so much for having me here, Laura. I'm honored. I'm super excited about this talk we're going to have.

But first, let's tell the audience a little bit about you. Doctor Jess, you are a chronic illness expert and a visionary for the future of health care.

And you actually left your position as a board certified internal medicine hospitalist to pursue functional medicine so you could serve your patients better.

And this is significant. Everyone you know, I come from the Western medicine world for 20 years as a nurse practitioner. Doctor Jess was working in the hospital, a hospitalist is an intense job.

You have to know everything about everything. Life and death is in your hands and you literally walked away from it. It's probably one of the most respected positions you can be in.

In the Western medicine space. So just astounded that you moved into this space and for good reason. So you're known for your ability to help identify the root cause of illness.

And we're talking a lot about root cause on this summit. And you teach that it can often be traced back to stealth infections, hidden infections like Lyme parasites and mold.

So we'll get into some of that today. And you're trained in the Gerson therapy and functional medicine neutral genomics, ozone therapy. You have your own huge practice with a huge waiting list.

And you have this amazing membership site where people can get access to real health information and access to doctor advice and everything. 24 over seven.

It's really amazing. So really excited to bring you here. Can you tell us real quick you just elaborate a little bit more on that story of why you left for sure.

You know, you said, hey, one of the most respected physicians out there, but I didn't respect myself after a while, when I was in the position. And that's what's important to me over time, is not it was I happy and satisfied and felt like I was truly helping people and for a long time in the system I did, I drank all the kool aid in medical school.

I got my flu shots, I ate cafeteria food. I didn't see anything wrong with discharging people on 30 medications. And then slowly, over time, especially when I moved to the West Coast, I just got a different perspective, hanging out with different people and seeing new ways of doing things and maybe better ways than we were doing things.

And I just couldn't keep my mouth shut. The cracks started to form in the system for me, and I just never would have made it through medical school if I had seen it earlier.

It was supposed to be this way. I would work six years almost, in the hospital system, at a hospital that everyone knows, very popular hospital out there.

And I was noticing kind of the factory, farm meat and processed dairy and sugar. They were feeding cancer patients. And yeah, this is the Coca-Cola and Pepsi contracts in the hospital.

I know I no longer was okay with discharging patients on 40 different medications when those studies had been done with that much, that many medications before.

And I was writing in the chart that people were putting people in prison for six years rather than changing their diet. So it was really kind of a Wild West liability for them.

And they sat me down and they said, you know what? We know this system is broken. We can't do anything about it.

Why Detox Matters for Root Cause Healing

You really have to shut up or you can't work for us anymore. And I wasn't married. I didn't have kids, so I quit. And, the way my personality is, I kind of jump out of the plane and figure out the parachute on the way down.

And so it was sort of that same situation. I jumped and then thought, gosh, you know, I thought there was going to be this ready made system for natural doctors.

And there's not you have to be your own businesswoman and businessman and a practitioner at the same time. So I kind of learned the hard way and you crushed it.

So when we get to respond, yeah, when we get done with this talk, I want you to tell everybody how to get Ahold of you, how to find your, find your programs and get enrolled in what you're up to because you can benefit from doctor just without ever even stepping foot in front of her.

She's she's made it so easy for you to get support online. So we'll go into that. But today we're really going to I want to focus. I want to tap into your brain about the importance of liver, gallbladder, the pathways for detox because this is critical, critical for restoring mitochondrial health, for removing infections, for removing toxins.

It all comes down to that. And so we're going to get into that. So why don't we start by you telling us why. You know, people just like say, you know, just I did a gut test.

I can tell I have leaky gut and I've got some overgrowth of bacteria. But why is it important to detox? Why is this the crux of what we're doing? And if it's missed, you're not going to get better.

Or there's a lot of different theories about why people get sick. But for me, I will never believe that it's just something wrong with our genes and that we're powerless to change this.

I never will believe that because I've seen different anecdotally with with hundreds of people. And so I have to ask myself, why are people getting sick and so much more now in modern society, we have so many more advances than before.

What it is, is a toxic society that epigenetic. They can trigger and change our genes, much like the keys on a piano being pressed or not pressed. And if that's the case, I have to look at it and say, gosh, I'm more of a subtraction ist in health.

And an additional test. And that means I think most people are not sick because of what their body is missing. They are sick because there's something stuck inside their body that does not belong there, and that is sort of the foundation of what I believe and how I treat people.

There's something stuck inside your body that's making you imbalanced. Your immune system is trying. It's spinning. Its wheels like a truck stuck in the mud.

How can we bring you back to homeostasis? And the way you do that is through detoxing. And that you know your body naturally has these wonderful monkey trees, things like the liver, the bile, the bowels, the sweat pathway, the not only clothes you.

All of that can release heavy metals and flavor tart as well. If those things get stuck in your body long enough, they create stagnant drainage pathways.

Your body can't get rid of them. So we need to kind of see how the body does it on its own and then help to support that and remake it. Remember what it always used to know in the first place.

And any doctor that goes it gets the body's way, isn't that smart? In my opinion, I love that, just say it like it is, girl. It's sort of, yeah, I kind of do get myself in trouble with that.

Okay, so what I'm hearing is detox is really important. We're living that. We live in an environment where we're exposed constantly. Tell us what this does to our mitochondria.

And then I want to get into the signs and symptoms of, you know, liver stagnation. How we know this is a big problem. Mitochondria are interesting. They the little oblong organs in every cell except red blood cells that produce ATP or energy.

So it's really silly to think that our organs can function properly when the cells that make them up aren't functioning properly. And so mitochondria also they come from our maternal side and origin and they have ancient DNA.

Unfortunately, this DNA does not have the same repair mechanisms as our regular double helix DNA. And so when it's injured by things like toxins, heavy metals, trauma, we know these things can happen.

They're published in the studies. How does our DNA and our mitochondria repair. We really need to help with antioxidants because there's a lot of free radical release.

There's a lot of mitochondria and things like the brain, the liver that we're going to be talking about today. So if those organs start to get stagnant, full of toxicities, the mitochondria is damaged.

You can see how it becomes a snowball rolling down the hill into an avalanche because the body can't help itself any longer. Right. So what I'm hearing is gotta fix your mitochondria.

Gotta support those guys. If you want to have successful resolution of health problems, build your immune system, detoxify, get rid of infections. You can't leave these guys out there.

As you know, they have so many functions of the body, including not just energy but immunity. Right. So I'm I'm assuming that your programs build in mitochondria support to everything that you're doing 1,000%.

You know, we can't continue to detox the body if it doesn't have the energy, the cellular health.

Mitochondria and Liver Stagnation Signs

All of that needs to be looked at and addressed. It can't just be neglected and of course, okay, so let's get in and talk about what are the signs and symptoms of liver stagnation.

How might our viewers know that they need some more liver support? I love this question. Okay. So the liver, if you guys kind of don't know where you're stuck, there's an old saying that goes, it's probably the liver.

Just look to the liver and to kind of solidify that point. I will say in my own practice, when I was practicing, probably 1 in 3 Americans that I saw did have stagnant liver symptoms.

And you guys may be thinking, I got liver enzymes Alt and AST their normal on my labs. My bilirubin is normal. Doesn't that indicate good liver health.

And I want you guys to just think yeah those labs can be really really helpful in certain times. But they don't elicit everything and nothing is perfect.

In fact, those labs haven't changed in about 30 to 50 years. So I often will see people with liver stagnation symptoms with normal blood work. And so I want to kind of give them some hints, but there may be something wrong with the liver here beyond that blood work.

Number one now can you guys handle caffeine or coffee? Right. You may say that's a genetic polymorphism or snip. I can't process coffee because of this.

Guys or genes aren't as static. You can turn them off or on sometimes with detoxing and removing pathogens and toxicities. So let's if you can't handle caffeine, you turn into a tweaker.

You're super jittery, you're angry at everyone and irritable. That's a problem with your liver because it processes caffeine and coffee. Another one is alcohol.

So if you don't drink and drink coffee, it kind of makes it hard for me to screen you. But alcohol, if you drink one glass of wine and you're loopy, you start getting itchy, swollen, nauseous.

You have three day hangovers. There might be something wrong with your liver, guys. Just having a really hard time processing that toxin. Wait, wait, wait.

So even though your doctor told you that your Alta, AST and bilirubin are normal, if you can't drink a few glasses of wine or a couple drinks without looking like crap, there's something wrong with your liver.

Okay? Just slowly come back in that. Absolutely. And the last question I always ask is, how do you do? What if I was going to ask you to fast for like 12 hours, maybe 24 hours?

Water fast, would you be hangry? Would you be homicidal trying to kill your significant other? Would you be lightheaded and jittery and feel like you're going to pass out?

The liver's job during fasting is to break down glycogen into glucose to sustain that blood sugar. If your liver is stagnant, it can't do that very well.

So you're going to kind of get angry, right. And hangry. So that's a liver's job, right? The liver in general stores a lot of anger and resentment. Short fuzes is an organ that holds a lot of emotion.

And so you can almost see personality types that have stagnant livers as well. Sometimes. Yeah, right. For sure. And in Chinese medicine, the liver meridians detach from the sinus cavities and ice to the liver.

So I will see dark circles sunken in eyes, allergies, puffiness here, headaches, all liver symptoms. Oh, this is so good. I'm sure light bulbs are going off right now.

I mean, I'm even thinking, yeah, there were times in my life where my liver was not working just by the hangry pace. I could not fast to save my life.

I'm like intermittent fasting. You're crazy. I would never do that. In fact, I have this reputation of being, hangry and from my best friend likes to make fun of how I used to be when I went.

You better feed Laura. That was like the whole joke, right? For, like, my fiance, I was the same way. It was liver, mitochondria, 1,000%. Yeah. So this is cool if you guys if your liver met. I'm not.

Numbers are normal, but you still don't feel right and things don't process right. Liver is one of the biggest detox organs in the body. It's. It really. But it's hard to tell when it's stagnant.

These are just clues okay. So we're going to go into toxins and pathogens that screw all this up. But real quick can you touch on phase one, two and three liver detox I know you must have a really simple way to explain that for people.

Yeah, we'll see here. So there's three different phases. As I mentioned in In the liver. And all of us docs know about these phases. But I actually think the nitty gritty details aren't visited enough for people.

And so phase one, you guys can get a good representation of this. If you've ever done a Dutch test with all your hormones on there, it actually lays out really easy for everyone to look at.

Phase one is where we basically turn kind of turn toxic substances, xeno, biotics, you know, estrogens, all these toxins we're introduced to on a daily basis.

We can, put a certain biochemical group or the hydroxyl group, what it's called hydroxyl ation, and actually turn that toxic substance into something less toxic.

Now, every now and then, phase one does this thing because this is the way the body works. What turns into is something more toxic. And then phase two has to finish the process.

What does this mean for people? This means for people that if their phase two is stagnant, they can have a toxic metabolite just hanging out there from phase one, right.

Phase two is a lot of different processes. You guys may have heard of glutathione. That's one of the nastier antioxidants in the body that's used in phase two.

There's a bunch of different other biochemical reactions that can happen to neutralize toxic substances as well.

Liver Detox Phases and Gallbladder Function

Once phase one and phase two are over, the body pushes things out into the bile, the bile and the, astragalus, which is a bunch of genes in our got that help us process toxins and get rid of things in the bile that God is involved with, that in the bile.

And that is phase three detox, where the gut and the bile are actually involved with the liver. Because the body does not work in single organ systems, it works as a whole.

So good. Oh, this just brings up a question. So, so many people say, you know, my doctor told me I've got gallstones and I should probably just get rid of it.

And it's no big deal because we don't need a gallbladder anyway, and I'm just going to get it removed. What's your thought on that? Great question. I'm so glad you touched on this.

So you guys, this is one of the main procedures that's done out there for the hospital. Makes a lot of money, but there are so many other things that I would do first before I decided to take out someone's gallbladder.

There usually are infections, toxicities, even trauma that can be wrapped up in this. And you got to think about what the gallbladder does. It's this little sac that hangs below the liver.

The liver makes the bile. The gallbladder is the storage unit for it. So what what is bile? It's a bunch of different cholesterol, bilirubin, all kinds of stuff that acts as a detergent that scrubs down our fat so we can absorb nutrients instead of dumping them out in our poop, which is what would happen if we didn't have bile.

So the bile, because it loves fat, it carries a lot of fat soluble toxins. It carries a lot of pathogens that want to digest and eat those fat soluble toxins.

So the gallbladder is one of the main organs we know that can get things like e-coli, different types of infections there, and that causes it to rot and have to be taken out.

So you guys can imagine if you stagnant bowel gets thick, it's got toxicity, it's got pathogens. You're not going to

have a healthy gallbladder. You're not right.

They got bile is going to get stagnant sludgy. It's not going to move that forms gallstones when the bile gets hard and stagnant. That is a that's a stagnant drainage pathway right.

How can we make the bile thinner. So it freely flows because really stagnation breeds disease. And that is exactly what a gallbladder that sick is all about.

That's why there's cholecystectomy. Yeah. And so what happens when people think, well I'll just remove it now they've got bile dripping forever from the liver into their intestines.

What's the drawback of that? You don't have a storage unit to hold it right? When you eat every time. Your body is constantly having to make it, which is a very, energy, laborious process for the body actually to make by all the time and recirculate it.

Also, you know, just because they rip an organ out doesn't mean it fixes the problem. What if you have high estrogen that caused the bile to get sick?

So I pregnant women have trouble with gallbladder issues and cystitis. Estrogen can thicken bile. So if you remove the gallbladder the problem with the hormones is still there.

The problem is there are toxicities are still there circulating through the bile in the body. Just because it's not stuck in that one organ that holds the bile right.

Yep yep. All right. So I just wanted to touch on that for a minute because I really want people to save their gallbladder and know that there is hope.

So we're going to talk to doctor just about how to protect and save your organs and liver. But but first, you know, there's some pathogens. You're known as this person who helps really get these sneaky, sneaky infections, stealth infections out of people's bodies so that they can heal.

So what are some of these pathogens and infections and even toxins that can really screw up your biliary tree? This whole process that we've just laid out for you, first and foremost, I want to talk about persistent organic pollutants.

A lot of those are fat based. They love the adipose tissue or fat. So they're going to be found in fat tissue as well as bile which is mostly fat. What else is fat in the body? The brain.

So all these places are going to have similar toxins and things like pesticides. Really are love the fat tissue. You'll find them in a lot of the bile and biliary tree as well.

One of the big ones that I would be remiss if I didn't say is mold. Mold is very lipophilic. It loves the bile. In fact, in animal studies, we have found it in the bile of animals.

In China, some work animals in China. So we know that it affects the bile. We know that it affects the hormones which are intimately tied in with the bow and biliary tree as well, pathogens.

I mentioned E coli. You may also have some problem with other types of anaerobic bacteria there too. Parasites. Remiss if I didn't say parasites. They can infect the entire biliary tree.

They can have full life cycles inside of a human. They do not just stay in the stomach or the digestive tract. They can move all over. They're super fun, let me tell you.

So you have to watch out for that as well. And unfortunately, a lot of the conventional tests will miss things like that. They don't believe that parasites and mold can cause illness like that and that prevalent.

But doctor, just I've never left the United States. I've been here my whole life. How is it possible I have a parasite? Laura, I know parasites are smart, but they don't know about borders.

No, I'm just kidding. So really, though, guys, it's true. Like the parasite that you picked up in Mexico doesn't mean when you cross the border over to Florida or Texas or whatnot, it's, you know, and honestly, we don't have the best food system in the world anymore.

We don't have a clean food system. We don't have a system. We're we're farming organic. And naturally, all these pesticide and toxins out here are why the pathogens are attracted to us.

In the eco system of life, you have bacteria is the great digesters.

Pathogens, Mold, and Hidden Toxic Burden

They digest organic waste. You have mold that eats bacteria. That's how they found penicillin in a petri dish. It was eating bacteria. The mold was. So this is a grand ecosystem.

When you're full of toxins that is attracting them, they're clean up. They have a purpose. That is a really important point. So what you just said was my immune system, my body is allowing the pathogens to be there to solve a bigger problem.

Dive into that for a second, because that's a really important point. You know, over in Switzerland, in Germany, where they have medicine, it's head shoulders above the United States.

They know this. They believe that pathogens are and morphic, and they believe that they are in a certain place in the body, a certain organ to land wherever, at a certain time for toxin cleanup.

And we see this out in nature on our own. We see why bacteria and mold forms on certain things after they're left out. It is for the digest. It is a whole ecosystem.

And so if we are riddled with toxicities, dare I even say trauma, we make ourselves more of a hospitable host for things that need are needed for cleanup.

Right. Okay. For example, I'll give you one example. Sorry to interrupt. When I went and had my dark field microscopy done with a drop of my blood, they looked and they said, there's a bunch of yeast in your bloodstream.

And they said, do you know why that yeast is there? And it said, because I like sweets sometimes. And they said, no, actually, the reason is because you have this little metallic drop of everything inside your red blood cells.

We can see it all on this slide here. That is a heavy metal. We can't identify which one it is, but that Candida is right there helping you digest those heavy metals.

Right. So I'm so glad we talked about this because I think this is what this is clearly missed in the Western medicine space. I never learned this in Western medicine school.

You didn't. And even in the functional and integrative medicine space this is missed. So what you just said was to put this in really simple terms. You can detox all day long, but if you don't address the infections, you will never get rid of the toxins because they are loaded with them.

Parasites and Candida are full of toxins because they're there to help solve a bigger problem. Yes, and we see this in the studies. We see that parasites can carry twice the heavy metals you would expect in a fish, says toad.

Then because they're in the worms or the parasites. We've found viruses, retroviruses inside parasites. We have found heavy metals, like I mentioned, and other different things that interplay with the parasites.

So they act almost like, frenemies reactivating each other into playing off your immune system. And they're there for a purpose. Remember, viruses embed in our DNA bacteria and influence epigenetic changes within our DNA.

They're not all bad. They're there for a purpose. You need to address the toxin overload, which is allowing them to continue to flourish, especially if you've done 100 detoxes an hour better.

Absolutely. This is so good. So I tell you every day, I mean, I've been on one parasite cleanse after another because I know that I've got them. And the funny thing is, you know, when we think, oh, I didn't even travel to Mexico, but half of my produce comes from Mexico, even my organic produce, because I'm here in California and it anywhere that you're along the West Coast or in the southern part of the country, even I'm sure you get mixed.

I'm sure you get produce from Mexico up in the eastern part of the country as well. So it's coming in on our food, our pets are, you know, any hotter?

Oh my god. Or water. Right. It's I know you can relate because I'm sure you've got a ton of parasite clearing in your own body. And sometimes we see them and sometimes we don't.

The microscopic ones we don't see, but the big ones we do. And I'm telling you, I bless those as I'm getting rid of them because they are solving a bigger problem for me.

I want to get them out, but I know that all those that I'm getting rid of are full of toxins from my environment. I live in Southern California. There's no way for me to avoid toxins.

You said something funny when we before we started this talk about the zip code. That's all right. Yeah, I, I always like to tell people, you know, sometimes there are sensitive people who I have a really hard time getting better and keeping better because they live in an urban or city environment.

And so I say to them all the time, you think it's your genes, but your zip code is actually more important than your genetic code right now. And and that it's hard for them to hear that, you know, it's hard because a lot of these people, if they're in the city, they like those dopamine hits, they like that go, go, go being second flight or fight.

And that's part of healing too. Yeah, I just mic drop on that. So I'm committed to keeping my beautiful property here in San Diego. But I'm also committed to lifelong detox so that I can be here.

And that's just what I have to do. Unless I'm ready to go. Move back to the woods, back to my roots. But I'm not quite ready yet. So. All right. So we've we've we've covered a lot of ground I want to talk about we want to tell people ways that they can take their health into their own hands, and they can start solving some of these problems.

So let's give people, you know, how do you save your gallbladder? How do you how do you get rid of these toxins? You've got tons of resources. You've got lots of tips.

So let's give everyone some things they can start doing right now, and then tell them how they can find more from you too. I love that. So you guys some clues also that your liver may be a problem.

Chronic migraine headaches, estrogen sex hormone problem, PMS stuff for women, right? So it's really I know this all seems overwhelming and it seems to give to address so many things, but you really don't.

There's some key avoidance things that I would like to give people. First of all, because everything in environmental medicine is avoidance. And then I'm going to give them some practical tips that would really help to.

So first and foremost, avoidance.

Practical Ways to Support Detox Pathways

What help what hurts the phase one face to face three the liver the gallbladder. What are some of the environmental things that we need to look at to avoid.

And some of these are unavoidable. But just kind of being your own advocate can help. So things like antibiotics, unless you absolutely need it, be careful with those right.

Avoid things. You really want to refine your diet, right? You want a high fiber diet to help sweep the GI tract clean? A high good fat diet produces more estrogen sometimes.

Or excuse me, had bought high bad fat diet can produces more estrogen sometimes. So careful with that. With the thickening of the bile. Birth control pills can add to that too.

Convenience store food with endocrine disruptors and fillers. You really want to make sure you guys are eating as close to nature and things that your ancestors would recognize, and little pesticides as you can grown organically as you can, you know, lots of leafy greens, lots of good fats, lots of wild catfish grass fed me, you know, processed dairy, gluten, sugar.

Get those out of your diet. If you can make a big difference in things that actually empower you. Probiotic foods and strains of prebiotic foods are really helpful as well.

The other thing is, watch out for water damage buildings. And because certain mold metabolites are estrogenic and definitely can stick in the bile and hide out in the bile as well.

You also want to, make sure you're looking out for toxins in your household cleaners, your personal care products, all that stuff around the house that are considered, you know, estrogens that bind your estrogen in your body and the receptors and trick your body, those really can cause disease as well.

Things like, PCBs, flame retardants, BPA, phthalates, perchlorate that's in the water supply, arsenic, mercury, lead, all those heavy metals. You know, those things really, can make a big difference as well.

Movement. Exercise is super important to balance serum estrogen levels that it helps recirculate and helps your immune cells recirculate. Really helpful stress.

And it's disrupted circadian rhythm. So getting enough sleep, right. Kind of calming down getting in rest and digest, just sitting in silence every now and then to be with your own thoughts, no matter how uncomfortable, helps to balance your circadian rhythm and your autonomic nervous system.

And then I would be remiss again, if I didn't mention opening drainage pathways, which is huge for people. Most people, probably 70 to 80% feel better after just doing that before any sort of killing detox.

So you really want to make sure your lymphatic system, your liver, bowel, kidneys, lungs, skin, bowels, breast milk and even cycles are drainage pathway.

So we're going to address all that sometimes to be done with a one on problem practitioner. The things that you guys can do at home to to unstick your drainage pathways.

Infrared sauna helps with lymph turns on mitochondria. Getting out in the sun and walking can help turn on mitochondria everywhere. If you guys want to help with the liver and gallbladder, think about things like chewing your food 30 to 40 times before you swallow, sitting in silence, thanking your food, thanking your gut, pausing for gratitude before you eat right so you're not rushing with that flight or fight that will mess up the gallbladder.

It needs you to be in parasympathetic mode before it works. Enemas and colonics, especially coffee enemas can really help the liver. Although I will tell you guys that sort of a second tier.

Not for you newbies out there. Things like castor oil, pats on the right upper quadrant castor oil can help the bile

move. It helps some of our immune cells be stimulated, and it can actually help with constipation and pain.

That time of the month, if you put it on your abdomen. And then for mold and some of the other pathogens and toxicities out there, I love toxin binders.

Anything that's molecularly sticky that pulls stuff out that doesn't belong there, which is a lot of the times, what's wrong with the gallbladder? And then if you guys are missing a gallbladder, don't worry, that sucks.

But you can still kind of stimulate bring things back to how they should be with things like ox bile, digestive bitters or enzymes and probiotics. So so good.

You just dropped like so much information. I know people are going to go back and listen again. It's like, wait, wait. I said, I'm sorry. That's like sort of my hallmark is just but here's the good news.

You actually have all this information available to people in like an easy access, a way to get this information. You've got thousands of people getting access to this.

So tell us how they get everything you just laid out. Plus, you've got doctors in there answering questions. You're in there. I mean, you showed me the back end of this, like thing that you've created and it's amazing.

So yeah, I thank you guys that we kind of moved out before we started recording you guys. So what she's talking about is Wellness Plus. And the inspiration for this was that I was repeating myself every single hour, hour and a half consult.

Wellness Plus and Final Takeaways

And I thought, you know, how can I help more people and use my time more wisely since I'm repeating myself? How can I broadcast this out? Because I truly feel the health care, the future is going to be being your own best doctor and not outsourcing as much and listening to your own internal knowledge.

And so I wanted to make people understand their bodies. I feel like people can understand their bodies. People can understand what's happening. They can totally get it if we're just educating the right way.

And so that was my goal, was to give people the knowledge to empower them, not scare them. But if they went and they looked for something, they could type in the search bar and they could get the answers they needed without having to wait to see their doctor, or without having to feel anxious all the time.

So good, so good. So happen. How can they find it? Where do they go? What's the website? Where do they find you? On social media? On on online, everywhere.

Their hierarchy as to how you guys can work with me. So if you like free stuff I'm really active on social media. Instagram doctor your period. Just period. And, TikTok doctor just seemed in Facebook to even I'm never on there.

And then that's the for I provide a lot of free information on there. And then I have my regular website doctor Jess md.com and there's how to kill buying sweat on there.

There's a bunch of facts that my audience asked me and I answered and lots of blogs. And then finally, if you guys want more hand-holding protocols, the answer is on wellness.

Plus that's app dot Doctor johnson.com. And you guys will see me answer questions on a community forum and in webinars for you on there, as well as having lots of different store and root cause cookies and all kinds of fun stuff.

Oh so good. So I'm sure we'll have somewhere on this page where people can get, access to you. And this has been amazing. Any last words before we wrap up?

Because I could seriously keep this conversation going for another hour because there's so much good stuff coming out of you. What else? Anything else you want to say about you guys?

Just to keep it simple for you guys here? The number one thing that you can do. Seriously. So address trauma, right? Look and go in, go into that shadow side and address that stuff that you've been putting off.

I really want you guys to understand your bodies and heal, and I think you can. And so just remember that every day you want to be pooping, you want to be sleeping, you want to be sweating, you want to kind of find some happiness and your dharma and life.

And you guys really, you can do it, I promise you. Health has been complicated a lot. And what you know more than you think you know and you can heal.

Thank you so much, Doctor Jess. This has been amazing. I cannot wait for people to get this information. Thank you for having me. Yes. Okay. Take care. Bye.