Mold Exposure and Weight Gain

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So I was the hungry guy. 10 o'clock at night, I going to the fridge, was eating, not satiated because my hunger markers were so high. My metabolism was downshifting and everything I looked at, felt like I'm storing it on my body.

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

Hello, welcome back to another episode of Redefining Wellness Center podcast with your host Dr. J. Ben Moore. Today I have the owner, Drew Canole of Organifi and he's got a story to tell us about how mold truly affected his body causing weight gain, causing mood issues.

He's become an expert in this topic and it's something that I love to talk about so I can't wait to see all the different information that he's learned, but also lived in his life experience.

So thanks for joining me today. Thanks for having me on, Javen. I really appreciate it. Yeah, mold. Mold is nuts, man. I was sleeping on a moldy mattress in a beautiful home here in La Jolla, California.

It was brand new. And there was black mold riddled through the mattress, through house. The Ermi test was through roof, stocky, buttress, aspergillus.

I breathing it in every single night. and I went down the rabbit hole. This was like six years ago. So one of the things I noticed is that mold, and you probably already know this being a functional medicine doctor is, that it jacks up leptin resistance.

So I was the hungry guy. 10 o'clock at night, I going to the fridge, was eating, not satiated because my hunger markers were so high. My metabolism was downshifting and everything I looked at, felt like I'm storing it on my body.

And I didn't know that was black mold. Changed my life completely. And mold can absolutely wreak havoc in so many ways, but not many people talk about the fact that leptin, so your hunger hormone is suppressed by black mold.

And I'll tell you, when I work with clients, When they come in, if they have mold, markers elevated, or they've C-reactive protein elevated. I immediately say, hey, look, I know weight loss is really important to you.

We're going to get there, promise. But the reason why you can eat 500 calories a day or you run a marathon and you just get tired you don't lose weight is because of these markers so that's not being said nearly enough the calories in calories out there's some there are some reasons that that can work with a lot of caveats and mold being one of those so what did you end up doing you know you said your army which is a environmental readiness test was off the chart what'd you ended up having to do to get yourself to a safe environment Well, number one, move out, sell the house, remediate if you can.

Like I spent probably $280,000 remeding that house. And guess what? Do the ERMI again. ERMII, even when you remediate or you kill mold, the DNA still exists.

Leaving the Moldy House and Detoxing

Most people don't know that. So it's floating around. It's in the nanoparticles throughout your house. Your body stores it as a toxin. And where do we store toxins?

In adipose tissue. So my body was like, I'm going to take that. I want to compromise the liver a little bit. i'm gonna jack up your LDL. My ApoB was elevated.

The cholesterol, my doctor's like dude, you're like the health guy, but you look like you are an inflamed puffed version of who the Organifi once was.

and I am like well what's happening? It was the mycotoxins. I was storing it. My liver was compromised, enzymes elevated, kidney was comprised. So my body was being an incredibly intelligent multidimensional suit and storing all of these things in the fat.

And I also had insulin resistance. So insulin was elevated as well, which most people don't know. When you're doing everything right, I was doing incline cardio, like we all do, right?

30 to 45 minutes a day. Zone two, zone five, once a week. I doing the red light and the cold plunge. And I throwing every single biohack at it possible.

But because I living in a place that was creating a chronic state of fight or flight, my body's like, F this, we need out of here. and I just holding on to everything.

cortisol, HPA, access, regulation, gut brain access. I had leaky gut because of the mold, which is a whole nother thing. So my microbiome was jacked. Thyroid markers were way off, Which you look at because you're a functional medicine doctor, but most people have no idea.

They're just fatigued. And what do they chalk it up as? Well, I'm just aging. This is all part of aging, those two or three o'clock crashes. It's just, i'm getting older.

That's the way it is. For me, it wasn't that. No, I mean, as a guy that owns a company that's designed to help health, you live and breathe health. Crashing feels almost incongruent with everything you're doing in life.

It's not just like, oh, it slowly got worse over time. You look back 10 years later and you are like oh wow, i've come a long way. It sounds like this was pretty rapid onset for you.

Was this something where it was a little bit overnight or over a few months where your health went from I'm the health guy to I am. a disaster? Well, I have a pretty resilient composition in general because of all the stuff I do, right?

Like base camp is pretty high for a guy like me. But my girlfriend at the time, now wife, she walked into this house and she's like, Hey, you got mold in here because she had black mold and apartment in LA that she lived in before.

And she would start breaking out with skin issues. So skin issues for her was like the canary in the coal mine. She's like, there's water leaks in here.

There's mold somewhere, some way. So I go out, I buy an ozone. I start ozoning the house like we're taught to do, right? I load up on more greens, more micronutrients.

Meanwhile, she has skin issue.s I'm looking like a puffer fish. And I look like I buried the bodies, but forgot where the truck keys were. You know, my brain fog was so bad.

The brainfog was probably the biggest symptom that I had. And I have to as a CEO, you keep track of reports and deadlines and different, uh, You know, departments in my company and I couldn't even remember some of the names of people that were working with me for 10 years.

I'm like, what is going on here? So it crept up. It creped up, but I mean, it doesn't sound like that was years and years, and it sounds like even for a very resilient guy.

How long had you been in the house? Six months. That's still I, mean that's not fast, that is not overnight, But that moving for somebody that has lived a healthy, healthy life.

So that just, the reason why I wanted to get into that, is So many people think, well, one, it's gonna happen the day you move in. Well, most people, no, that's not the truth.

There are a few. Your girlfriend had the experience, noticed the symptoms, put the alarms out, but she knew what to look for, which is not just a little breathing issue.

It's just not a just little asthma or even not even just the little bit of skin issue, like it can be the brain fog, digestion. it could be so many more things within mold.

So as you were on your journey, So many people also think, hey, you identified it, You moved out of it. You're all of a sudden good, right? How's that work for you?

Oh gosh, man. It took another six months of moving out on the property just to get out out the body. And I was stacking superfoods, so corcetin and nettle and tudka and all this liver supporting herbs and using a binder, fulvic and humic acid and taking detoxification baths with epsom salt and borax and ACV and just throwing everything at this, doing enemas every single day.

and it still took a good six months to get out of the body. I found out I'm genetically exposed. Some people have a gene where their body doesn't clear mold as fast.

And one of those guys, so I got that going for me. So methylation is a little compromised, but it took good, six month to actually get it out in my body and feel like myself again.

That means getting eight hours of sleep, two hours a deep sleep every night. Two and a half, three hours have REM and actually waking up and feeling rested.

Because when you're in a moldy environment, you could get all the sleep in the world and still feel like absolute dumpster fire. I love that this conversation is not with someone, not that these people don't need to be talked about, but it's not someone who's kind of more frail looking.

It's with not who is kind-of scrawny and you don' think healthy or for that matter could be necessarily overweight. You don''t look like a person that is unhealthy.

And you are doing health things and still ended up compromised due to the mold. Because so many times people are like, oh, it can't happen to me. Especially men.

There's two guys here.

Genetics, Labs, and Mold Sensitivity

You're into health you're in the fitness guys all the time. I'm talking to their wives and Guys like I feel fine. It can't be mold. They cannot be in my house I Feel fine and the wife doesn't feel fun.

So you brought up genetics and you know, there's the dreaded mold gene HLA DR Which is kind of your hard genetic if your epigenetic you mentioned methylation so you could be talking about mthfr Which there is a few

different type of gene snips I got that one going for me, too You can look at CLMT and VDR.

You could look one the genes that work with different pieces of methylation, vitamin D and glutathione. Any of these can make you more vulnerable to toxicity.

It sounds like you said you got a couple of this. There isn't a body type, there isn' a person type. It's not male versus female, it's no old versus young.

Mold is not selective, mold just simply hammers you and it is a tolerance thing. So all the time, I just had a doctor in my clinic who works for me, she was talking to a lady and she goes, you know, the lady was kind of pushing back against her saying, my husband is fine, She's absolutely not fine.

She goes, how do we communicate across that? And I go, well, mold itself, it's about the amount of the mold. So how much is it? The type, Stachybotrys being one of the worst that you were dealing with, that is the black mold.

Although a lot of molds are black, That's the Black Mold, which you cannot test for a while through air. And when you have the wrong type which there's numerous different types that are bad, at the Wrong Amount, Which is unique to each type.

So Stachebotyrs, a little bit goes a long way. Whereas Aspergillus pilicinium, it can handle a bit more of that. Typically it's a less toxic. These factors, I think, are just really important for the average individual to understand because you need someone to look at you uniquely and to help you with your physiology uniquely because if you don't methylate well, I bet you took some of your products that upleveled methylation, didn't you?

Well, at the time I didn't have any. So I'm like, now I need to create these products because organic is harder to do and organifies, we're trademarked organic.

We're also glyphosate free. we are one of the only supplement brands that have ever been glyphasate-free. And you don't want glycosate if you're trying to heal from mold anyway, which most of even organic stuff can be contaminated.

I was loading up on, and this is what changed the game for me. Can I tell you kind of my supplement stack? Yeah. talk about it. So corsetin 500 milligrams a day, which I love corsetins great for calming those histamine responses that we get from mold or life in general, the toxic environment that We live in 80,000 toxins in our environment.

bromelain I was taking which i love the enzyme to help break down all this stuff. Like I mentioned, nettle leaf, organic olive leaf. All live is what I like to call.

Olives are amazing, you guys. A really good olive oil. I think Zofil is the one I'm using now. It's 1700 on the polyphenol index, which is like four times higher than a lot of the good Olive oil that was out there.

That was literally downing shots of olive. Change the game. powdery arco I was taking an extract 300 milligrams a day and I also was drinking the powder yorko tea to help with the insulin the blood sugar response because I'm a guy and this is you too like I heard one of your podcasts before and you said you've been around 200 pounds jacked your whole entire life six pack right That's me in a nutshell, my whole entire life, I've been that.

And then when I got hit with mold, that went away. It's like, why am I working even harder? And I'm no longer the health guy or looking my image of what health was that's gone.

So Pau de Arco helped Boswellia, grapefruit seed extract. I had mold biofilm in my nose. So I was taking grape seed extract internasally and I also doing ozone to get rid of all this stuff.

Cause it gets in our nasal passages guys. Oregano leaf and then cloves were game changing too. I drinking clove tea and also taking a clover powder, 75 milligrams a day.

Which is what I put into the mold detox at Organifi. So that wasn't created and that together that stack with a really good binder really helped me. And what do you recommend for mold binding?

I think humic and fulvic acid was game-changing for me. Red clover is another thing that I was taking. Love me some red clove. Organic marshmallow root.

And I'm a big aloe guy. We got aloo out on the farm. I am always chopping it up, making alo smoothies. Have done some videos on that. You probably have too at this point.

But aloh, seal the gut lining, help the got wall. Heal the leaky gut. Because with my elevated LDL and the APO-B, my gut was compromised. And I'm like, I never, you'll know this more than I do.

Is it LPA, your genetic disposition for processing cholesterol? I did that genetic test and mine's actually okay. So I am like why am I not breaking down cholesterol like I was before being the healthy guy?

It's the freaking mold. So I had to deal with all that stuff. So, I didn't suffer a coronary episode later on in my future, which mold just sits as you know, it crosses the blood brain barrier.

I don't want any of the dementia, the Alzheimer's that people get from mold. Parkinson's is a big thing, as, you, know. so I got serious about detoxing my body.

That was the binder that I did. I mean, I see this on a day-to-day basis. So just to put some clinical lab experience on scale. We see a thousand new people a year at the clinic.

And when I say cholesterol elevated, oh, well, your genetics just aren't good. You have high cholesterol. I said, let's look at a number of things. Is your thyroid operating correctly?

You mentioned a full thyroid panel. TSH, which by the way, T-S-H, the one that everybody gets ran, it's not a thyroid test. It's a pituitary gland test So it's telling the thyroid to do something, but it is testing the release from the pituitary gland.

Then you go T3, T4, T3 and T 4 totals, which means bound and unbound. So we got to look at those. Reverse T 3, which means the stress hormone associated with thyroid.

As we look this amongst there's antibodies and a few others we're going to run. But when you're looking at that, if the Thyroid isn't optimal, cholesterol is going go up.

If you are eating a keto diet, a carnivore diet. I'm not trying to hate on those, but your cholesterol is going to go up. Let's hate them. And so like you just know that cholesterol's going be higher when you're eating.

A high, high quantity of fat. Then if you can rule those things out, thyroid's good. You're not taking testosterone. you aren't on a diet that makes your Cholesterol higher, then And now what's going on with the liver?

Can I look at your liver panel? Is it elevated or is it actually really, really low sometimes because you're depleted? Because you've lived in mold and your body is completely trashed.

Your creatinine goes up, your albumin, which is a protein that you can actually look up. And if you look the albumen marker and you go do the research on it, it goes under dehydration.

Well, if you're drinking water all day and you are still dehydrated, it's probably a mineral imbalance due to your body being stressed out for too long.

And that starts giving me signs that I need to go look at a stress marker, whether that be an infection or toxin. Mold is my number one thing that screws with your Krebs cycle, your ketone cycle that are your ability to make energy.

that screws with your methylation toxic exposure markers in an organic acid, creates oxalates, causes B2 deficiency and B5 toxicity.

Supplement Stack for Mold Recovery

I see this all the time in organic-acid tests. And when you clear the mold, cholesterol crashes from three and 400 back into an optimal range, somewhere between 160, and I'll even go up to 220. That's not necessarily what everybody gets told, but depending upon the person and their diet, I'm like 160 to 222. given some factors is good for me.

Yeah, my LDL was 220. So but it not bad could be better liver enzymes are elevated thyroid was definitely a little wonky to Hmm. After the mold. So you're, you are spot on with that.

And I think a good through line to put out here is most doctors simply test, like you said, T3, T4. so make sure that you testing all of it. Cause even the doctor that I saw, he wasn't testing, all it, man.

I had to do the research. You get a doctor getting T 3 and T4, the T three part is, is so rare, extremely rare unless you seeing functional medicine. I mean, you can go right now, grab your labs, if you're listening, put us on pause and just look what has been ran on.

So you got out of the mold, cholesterol started coming down, puffiness started to come down. It took six months. You spent a ton of money on this house.

you did a great supplement stack that you've got into that allowed you to now build the molds stack you are using within your company, within Organifi.

I mean, you've created this for it, which is pretty amazing. And that's what the story is, right? Like I'm here because I had Lyme disease that was allowed to get in me by mold.

So I love that you ended up doing that. But I didn't know you had Lime's disease, brother. Oh yeah. Yeah. My wife, same thing. Mold, mold, Lyme's disease, and then also birth control.

Oh, yeah, like triggered her. Maybe talk a whole day on birth controlling the problem with that. I'll leave that for a different podcast, but I ended up living in a moldy basement in college because I was a poor kid that was paying, you know, in 20, 2004 to 2009, I was paying 300 bucks a month living with four dudes and I were living in the basement.

It was cheap and it's what I could afford. And that was that. Yeah. You deal with it. I can see mold growing on the wall. Oh my God. So I knew it was there.

We didn't know. 90% of buildings in America now have mold. And if you have a flat roof, it's pretty much guaranteed. 100%. You know who doesn't have mold?

China. So they've banned using drywall, using plywood, Using certain construction material that actually causes water damage, causes mold. And they have no mold in China I'd be hard pressed to say no, but I would bet it's less.

Cause I've got a lot of clients in the Middle Eastern areas and in those places, their houses are made out of concrete. Because you know, it was plentiful.

sand. So they make everything out of concrete and we still see it. It's just a lot more rare because you can't have mold growing on concrete. And it looks like a little white growth.

Looks like it's dried funny, but yeah, there's a lots less. But if you have water in there and you any kind of ceiling that's not concrete, Any sort of flooring that's not basically concrete or tile.

And even if you have tile, it can be under there. So, I mean, just a significantly lowered amount. I tell a client in Saudi Arabia that is a prince, hey, you got mold, they're like, where?

It's concrete. We have to go searching and running Hermes like you did. But it is so much easier to fix it because it's usually like oh, well, we have a constant drip in this little spot over here.

You know, some of the other fun places, have you gotten into the appliances where mold are, like front load washers, or when you don't clean out your trap on your dishwasher?

Yeah, front load washers, ice makers are a big thing too, laundry machines, behind the fridge, anything behind. I had to bring in a dog, you know, like the little old sniffing dogs, because the Ermi wasn't liable.

Even after remediation, the ERMI is still going to go off. i hired the guy from 1-800-GOT-MOLD, who was the original guy that found Dave Asprey's mold way back in the day, Jason, great guy.

He has these great air tests. that you set up reasonable now finally to actually put in your house and then check the air. So, I mean, it's everywhere under the sinks, basements, crawl spaces.

I bought a water gun, like one of those infrared to test where water damage was in the house. That was super helpful. And then also just Petri dishes.

I was like, I look like a crazy person. I had Petrie dishes in every room trying to see what kind of mold I could grow, you know? But I feel like there's not a lot of information on it.

People chalk, even the real estate agent that I brought the He's like, you can go F yourself. Like he's, like prove it. It's hard out here in California and the rest of the United States because people don't take it serious until, Like you said, You're in the basement, college kid.

Luckily your mess became your mission and you turned it around. But I mean, there's so many people that have been living in moldy environments, moms with their kids, babies sleeping on beds.

like it's devastating, man. Some of them messages that I'm actually getting. Yeah, we see it every day. We see devastate families. You know, one thing you said about the army, which is interesting, it gets such a bad rap.

I honestly use it everyday to screen a house, but it is not the final. It is, hey, is it worth me bringing in somebody that's going to charge me two grand to do an appropriate inspection?

So I just wanted to kind of give that piece of information people as they're listening a proper mold inspection is not let me put a system in the middle of a room everybody stays out of the house it's one room for a few hours and we collect collect an air sample it is tape testing dust sampling it can be air sampling also it could be cavity wall air-sampling the thermal gun that you talked about I got one too Um, and it can also be moisture meters where you basically punch little holes, the teeny tiny little hole in walls and you can find moisture.

Personally, I had a little flood into my basement here in Missouri. We got basements and.

Testing, Remediation, and Home Air Quality

had a leak and and I was over there poking little little tiny punctures into every wall where that came in and i found this wall had moisture that wall didn't so we got to tear this part out but with it within the ermy what I end up doing with clients is it gives us a couple hundred dollar start point that I found when you can read an ermi correctly, when you've read a thousand of them, and you're not looking at the quintiles on the Hertz meat or the Ermi, you are not look at score that it gives you, but you looking the particle number, that can help you to understand if you have a problem.

And then when do a remediation, because I'm curious about this, You said the DNA is still there. You have to do

small particle cleaning, which means you hire a company to come in and do the full cleaning with a super vacuum beyond HEPA.

It's expensive. Yeah. That's the only way you're going to get the DNA out of a house. But here's a thing that a lot of people don't know and that I run into.

If you do not get all that toxin out and you go back into the house and there's It can get sensitive people sick again, even though it's gone and the living portions are out.

The toxin, which is not inert at that point, is still a problem. So that's where the small particle cleaning comes in. I've seen that missed too many times where people go back in and if you do that, then the army comes back clean.

If you don't do it's gonna still show a mess. Yeah, I bought one of those vacuums and I brought a bunch of hypochlorous, because hycochloreth can get rid of it as well.

Top to bottom, whole entire house, burping the house. Putting, what is it, IQ Air specifically. And I think Jasper's a pretty good air purifier too, the one that all these influencers are promoting.

But in particular, that IQ air has that big carbon filter and you need carbon to actually detox the air. So I had like one of those in every room, we were running it nonstop.

I mean, I became fanatical becoming a new dad. And I know you've been down that path once. It's like, as soon as you have a baby, it's, like okay, come hell or high water, i'm gonna let my kid experience what I have to experience going through this.

So yeah, mold is not to be trifled with. And kids can be reactive so much differently. Kids, they don't come to you and say, I have brain fog. I'm tired.

They may tell you they're tired depending upon age, but they are more like a wired but tired, like they stayed up too late kind of thing. they have ticks so they can get inflammation in their brain where they could start having ticks.

Frequent urination, skin issues, which adults have the skin issue. but they behave differently because they can't articulate, but it also hits them differently.

Cause they don't have a closed blood brain barrier where the mold takes a little longer to create certain problems in an adult than a child. So you do have to look at it differently, But they be way more sensitive.

Testosterone can be a really helpful tool to keep you from getting sick, which is why your girlfriend may be sent up the signals before you even notice, or she's just more in touch with herself.

Who knows? Well, you mentioned something I want to go a little further into that most people don't even know what it means. What is burping your house?

It's, we become so accustomed to just closing all the doors as society. You know, it's the box that we live in. Let's protect ourselves from the outside.

In California, there's fires all of the time, so you get a little smoke in the air and people are worried about that. So now the thing is, is you've got to burp your House every day.

you got open the door, you gotta open your windows and just let the house breathe. It's so important. Spend more time outside. And yes, there's mold everywhere.

There's a mold outside too, but nature deals with it. Nature is resilient. When you plug back into nature, being outside or even burping your house for a little bit, I've noticed my HRV goes up, my resting heart rate goes down.

You just feel better. So do it every single day. Set a reminder in your phone to burp your home. I know that sounds absolutely crazy that we have to tell people to open their doors and their windows, I love it.

And I agree with it, we do that here in Missouri, which, you know, Missouri can be negative 10 or 110 and we still burp our house. We have humidity. Yes, it's going to cost you a little bit of money to do so.

Do it in the middle of the evening after the sun goes down, when it is cooler or early in if you're worried about the energy efficiency part, but energy Efficiency is the opposite of healthy air.

The studies are showing it. You have two to three times more toxic air inside your home, even if You do a lot of the healthy things. than you would outside because you don't have plants that are gobbling up some of that extra toxicity because that's what they're good at, specific mold toxins, things of nature.

Yeah, you can put plants in your house, which makes your air quality better. We can see that. There you go. I was going to say snake plant. There's a bunch of good ones.

And that is helpful because, I mean, we could go down that rabbit hole too. The amount of formaldehyde and VOC compounds coming out of your paint and your flooring, your LVPs.

All these energy efficiency, gel filled mattresses, plastic made clothes that are cheap and accessible. Off gassing microplastics. Just happen to be super toxic.

So you're telling me everything that they made to make life more convenient is actually making it more toxic? Exactly. I'm right there with you. Oh yeah.

You know, it's funny. It's like people come over and they're like, well, why is your wifi turning off? Why don't, Why are you hardwiring this or that?

why, don' you have a front load washer? Don't you like the convenience of XYZ?

Lifestyle Changes and Final Takeaways

I am like not worth it. I will spend the extra five minutes to do something to have three times the energy you have. It changes the game. You know, one of the videos I did, it went viral and it was stop cooking your baby's brain.

And I'm like, get rid of, the Bluetooth wifi plugged in baby monitor. you don't need that. Get it out of room and put a Christmas tree timer on your wifi every single night.

Have it shut off at eight or nine o'clock. People freak out. They lose their mind. What am I going to do without my wifi? You don' keep your phone in the room next to your bed.

what are you doing? Like, especially plugged-in. Dude, The amount of radiation coming off the phone. There's a reason they tell you on an airplane to shut your phone off or turn it on airplane mode.

And it's not because you're going to hurt the plane. It's because your cooking your body. it is legally protecting these airlines from the radiation that's off gassing on you when you are actually on a flight.

Like, come on. Too bad they don't tell people these things out loud and actually publicize all the problems that are out there. That's just unfortunate.

But that is what guys like you and I are for out. They're just. Yeah. fighting a good fight. Yelling to anybody that'll listen. And it's always fun to get somebody that wants to fight back and have a conversation at a family dinner.

But I'm just like, well, here's the data. It's in your cell phone. Yeah. Hey, I did that to a guy at the beach last weekend. He's spraying himself down with this toxic benzene laden sunscreen.

And I walk up to him, and I'm like, dude, my little girl's right here. I am right there. Will you please stop spraying your carcinogenic spray all over the Beach?

He's like, what do you mean? He was like you don't have proof for that. He is like I'm a heart surgeon. I've been doing this for a year. And I am in charge of 12 other heart surgeons.

Let me reach out to my buddy Claude here and just see what I can pull up real fast. he was a great guy. We ended up hugging each other at the end of this.

But the confrontation of just saying dude, you got to change your way. Stop spraying that stuff on your body or lowering your testosterone. You know, it's off gassing all this stuff.

Let's look it up. And he showed me the back. I looked it out and he's like, man, he was like I didn't even know that. He's, like thank you for coming over me.

So you have to be that loving interruption, which you are, I am, even if it is at a family dinner. We are our people, so keep it. Yeah. All you can do is be there and educate and tell people and if they want to hear it, awesome.

If they don't, well, It's their choice. No attachment. Yep. Four agreements. Well, man, this has been a lot of fun. We've just, I feel like we came from mold in a different path.

And I've done this with expert medical providers like Jill Carnahan, who are deep into the weeds of the science, which it sounds like you have that too, but you've lived the experience.

You have fun talking about it and you can articulate in way where I felt like people are just going to relate. So thank you so much for joining me, Matt.

Of course, men. Thanks for having me on. And before we jump off here, you already talked about it. You formulated a parasite formula, a mold formula. How do people find out more about all that?

Just follow me on Instagram, Facebook. It's all Drew Canole guys, YouTube Fitlife TV. And yeah, I'll give you, if you want to link to brother, send it over to you.

I'm going to send you a bunch of product today as well and get you set up. Awesome. Thanks for coming. Thank you for tuning in to redefining wellness with Dr.

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