Introduction to Terrain-Based Menopause Health

Hello, everyone. Welcome back to Mastering the Menopause Transition Summit 3.0. Our third rodeo, but all new information for you. All new exciting stuff to help you on your hormonal journey.

And as you always hear me say, I know hormones are amazing and you want to learn all about the hormones, but when we put hormones into a body, it has to be a healthy terrain that we are putting those hormones into.

And so as a bio regulatory physician who practices terrain based medicine, it would not be a menopause summit if I didn't have someone on to interview to talk about viruses and parasites and all these other things that are contributing to hormonal havoc.

And so I told you I was going to get you the best of the best, and I did. So I have Dr. Jaban Moore with me here today. He's a doctor of chiropractic.

He's in Kansas City. He works virtually with clients, helping them overcome chronic health conditions. And he's got the lowdown on parasite rates and viruses and toxins and heavy metals, all things that you need to know about.

So we are going to have a really good chock full of information talk today. So welcome to the summit. Thank you for being here. Thanks for having me. I love talking about this stuff and how it affects hormones.

that's honestly like my part of my origin story. My mom turned 40 years old and her body just shut down and throughout my life, as I've learned more and more and more, it's just like I can look back into my memory from childhood and be like, oh man, I remember this happening.

Oh, I remember her having that dental procedure, having dry eye socket leading to infections in the mouth and then cortisol. Now knowing cortisol spiking, gaining 100 pounds leading to estrogen issues.

Having gastric bypass was like I just start putting it all together and and it it makes so much sense. Yeah. It really you know I always say the Kneebone actually is connected to the hip bone.

Right. It is all you can't really separated out. And what happens in the mouth is usually affecting everything in the body. My patients are always amazed when they come to see me.

And the first thing I'm doing is kicking them out the door to go see the biological dentist, because it makes my job a lot easier when their mouth is taken care of.

So so infections, toxins, hormones. What do you want the women to know? What is the interplay and how?

How Parasites Affect Hormones and Detox

How does this affect them and what do they need to know for their own health? You know, if you want to step back and just think of the big picture, I tell people all the time, it's like hormones are super important, but I don't typically, at least within my clinic, start with like, hey, get on estrogen or progesterone.

It's let's look at what is disallowing the body to operate optimally on its own. Because if a woman comes into my clinic, the fastest way I can piss her off is give her a period back after it's been gone for four years.

I actually had that happen. And it's not that I wanted to make her mad, it's that she came in complaining of chronic fatigue, depression, anxiety, brain fog and she was 50 years old.

Her cycle had stopped and I said, you know, jokingly I go 50, you might be going through menopause. You might not be like, it's that's that borderline time frame, I said.

And just in passing, I'm like, hey, as your body optimizes, it's possible that your hormones will reregulate. And then that's all we talked about. Eight months later, she comes into my office.

She's like, I got a bone to pick with you. I was like, what I do? She's like, I started having cycle again and I was like, I'm sorry. but as as we'd removed parasites, as we'd removed bacterial infections, dysbiosis of the gut as we worked on Epstein-Barr, as we detoxed out, Mercury has actually got to go to the biological dentist.

Her body now, instead of being stuck in fight or flight, instead of being focused on survival. Now, it was starting to go back toward optimal function.

And when your body is running from a bear, that's the mindset it has. When it's running away from something like toxins and infections. It's not worried about sexual reproduction, which is partially what estrogen and progesterone, testosterone those things are for.

So that big picture is if you think your hormones are dysfunctional or not. Right. Or testing off, look back at what could be causing them to not be operating appropriately, whether that be toxins, traumas, infections, and a lot of other reasons diet, caloric intake.

But these are things that I start to look at. that is such a good point because I have that conversation with women all the time. It's like, I don't know if you're going to get your period or not.

The wisdom of the body is going to decide that as we balance you out. And so I just want to be clear, for those of you listening, we're not talking about if you are postmenopausal, you haven't had a you're 60 years old.

We're not bringing back your period. But if you're in that age range where you're perimenopausal and you don't have a period and it's because of dysfunction, then actually, you know, what Doctor Jamal is talking about is really good because you're balancing your body and your body's like, no, I'm not done.

I'm still cycling. And so I do think that a lot of women go into menopause prematurely because of all these things that we're talking about, about the toxins and the parasites and so forth.

So I want to ask you about parasites, because I think that is such a huge topic. And I know you are a leader in parasite world. And so what? You know, what comes first, the chicken or the egg.

It's like what comes first though? The worm or the hormonal dysfunction? How does that actually play out? And what is the role of parasites in hormonal dysfunction.

Yeah, I mean this is a huge one. So let's just start off with parasite one and one. I'll try to keep it short and sweet because I'm a efficiency minded kind of person.

So parasite one and one, they're everywhere. I don't care what country you live in. They are in our food supply. So whether you eat meat or plants, they are on them.

If you have animals, they're there to they're natural to our environment. If you live anywhere westernized world or not, you do. You warm your animals, you go to vet. They do. You worm them. Right?

Because parasites are in our environment, our soils there and food. That's why you do worm animals, so we all run into them. So don't think your immune to this because you live in a city.

It's they're all over. So parasites are supposedly because a parasite means that it does only harm to you. It doesn't help you, but parasites can actually be symbiotic and your body will bring them in to support your health.

If there's a problem that the parasite can help you with. The problem is when those become pathogenic and can't be excreted or gotten rid of, that's when we become aware of them and they start causing problems.

So now we know that parasites are everywhere. Well, everybody thinks of parasites as being these worms that that we all see in the movies, and they're scary.

Well, 70% of parasites are microscopic. You cannot see them by the naked eye, the other 30% you can. And they can be anything from a worm that, hey, I see these things come out of people every day when I'm working with them.

I don't see them. I get pictures and then, we see little rice like ones which are nematodes. This is a different type of parasite. So it looks like rice or pearls in the stool.

You can even see flukes, which can look like tomato skins and things. So if you've ever seen this in your stool and you're like, I don't need a tomato, then eat rice.

But I see those things in my stool might be a parasite. So parasites now we're coming into contact with. They get into our body. They have to have a body that is hospitable to them.

You have to be a good enough host for them to be able to get into you. How does that happen? Well, if you've taken antibiotics and wiped out your normal immune function or microbiome your gut bacteria, this can weaken your digestive tract to allow parasites in.

Or if you are stressed. And if you're listening right now, who isn't stressed in today's society? But stress can create a decrease in hydrochloric acid in your stomach, which is one of the barriers that protects you from parasites, bacteria, and yeast.

So if you have less acid in your stomach because you're taking, any antacid, you're taking a blocker. So a acid blocker or because you're stressed, you're more vulnerable to these infections, getting into your gut from the mouth, meaning from food, from eating sushi, from eating meat that's not well done, from eating vegetables that aren't, you know, boiled and cooked.

And even that sometimes isn't enough. But most of the time, your body protects you with it's normal hydrochloric acid and gut. But remember this is the things that are making you vulnerable.

So if your digestive processes are protected appropriately, then you can pick up parasites and the reason why you pick them up and what they do good for you is parasites can carry 6 to 8 times their body weight and toxins.

And if you look around the environment, I'm sure you have other people speak on this. We've got plastics which can mess with estrogens, parabens, we've got phthalates.

These are all different toxins in our environment that come from hygiene products, that come from plastics. And then we also have metals which are in our food supply.

So we have GMO foods that now can grow on anything. So they grow in places they shouldn't be growing, picking up metal. And then we eat it. So if you're eating GMO foods, you can be getting more toxins that way.

We have pesticides, insecticides and herbicides on our foods or just in the air. If you live by farmland and these toxins also get into your body, disrupting your digestive track and parasite can be brought in to absorb that.

So your body is actually allowing these organisms and at once that so they can absorb these toxins. And then in a healthy body, the body would then use the immune system to remove the organism.

And then it's gone. You didn't get sick from the organism and the toxins are removed. But in today's society, we are so inundated with toxins that it's like you're the perfect host.

You bring in this parasite, it gets food, it gets more food, it reproduces, you feed its children with more toxins, and now they're like, oh, you know, now it becomes pathogenic.

It becomes a problem. So parasites are everywhere. Our lifestyle makes them possible to get in our environment, puts the toxins in you to feed them. So it's not typically a question of do you have parasites?

It's what are you doing to maintain your body to get rid of the parasites? And how does this then correlate with hormones to the hormone conversation?

Parasites release endotoxins themselves. These toxins have to be filtered out by the liver. Well, what is another job for the liver? Dealing with hormones, excess hormones, conjugating and clearing them, removing them, filtering them.

So if the liver now is more concerned with, let's say, an endotoxin from a parasite and not as concerned about estrogen, we may test. And I see this every day as estrogen dominant because the body's no longer clearing the appropriate amount of estrogen.

So when I see somebody come in with a Dutch test of elevated estrogen, has multiple questions to myself and to the rest of the labs, is this because we're overproducing estrogen due to like a fibroid or we're on an estrogen hormone, patch or pellet or something of that nature?

Or is it maybe because the liver is too focused on toxins or infections and isn't able to clear that estrogen appropriately? So that's one thing I'm looking for.

Another thing that parasites can do is they actually are large enough that they can be in the liver. So liver flukes can actually get in the liver, and they can dam up some of that space to where filtering is being done appropriately.

They can get into the gallbladder to where we don't have as much function in storage for bile, which is a body naturally made chemical, good chemical, biochemical that absorbs toxins and can pull those toxins out of your body and you can excrete it.

But if it's already being used up by parasites or not being able to be making enough because of parasites, now we're back behind the normal function of our body as it is so parasites, and especially in today's society, are something that we need to talk more and more about because it's not an if you're around them, it's a if you're vulnerable in a good host to them and you're being hospitable, then we need to do something about them.

And what is that something? So should everyone be doing? Continual parasite cleanses on the full moon. What is your what is your playbook? What does it look like?

How do you know if you need a parasite cleanse? Because I know all the women watching. It's like, this always floats around and no one's really sure. Do I? Do I have to address this?

Is it a continual thing? Do I do a one time parasite cleanse and I'm good to go. So yes, two questions in there. Like how do you know if I need to do it? And then what do you do.

So how do you know. So common signs and symptoms of parasites grinding teeth, skin issues, digestive backup pain over the upper right quadrant. So find your nipple.

Go straight down from your nipple to the top of the ribcage, like the bottom of the ribcage, right where it connects to the stomach. That's where your gallbladder is.

right to the right of that, your liver. If there's pain or tenderness there, oftentimes there's something going on with your liver. Gallbladder parasites can have a high likelihood of involvement.

if you have an itchy bum, that's a common parasite problem. Also, if you have excess irritability, which could be

easily an excess of hormones, but it also is a common side effect of parasites.

So those are symptoms lab work wise. It's really difficult to test for parasites because they've figured out over a couple thousand years. I don't want to damage you to the point where you die.

I want to just make you a great host where we can thrive and reproduce and grow. they hide in tissues. So if you go and do a colonoscopy, they hide up in the, the villa in the, the folds of the digestive tract.

So they're not necessarily easy to see just by picture. So you have to take signs if you have a light or a T which are liver enzymes elevated. These are common with parasites.

If you have LDH low or alkaline false. Low. I've seen this often with people who have been beat up by parasites for a long time, and they're now weaker.

So that's not the initial test, but that would be a longer term test. Eosinophilic elevation, which is a type of white blood cell. If it's over five, this can suggest parasite involvement because eosinophilia with parasites.

If you have a pesky bacterial infection in the digestive tract that you simply can't get rid of, like Sibo pylori, if you have consistent yeast infections.

Now, this is systemic body infections, not just vaginal, but body yeast infections where you have, a yellowing or white, film that can get over your skin.

You have stool where you see white or yellow, almost, like paper like, or felt like just kind of stuff like toilet paper coming out. This can mean yeast disease, those sorts of things.

If you have a white tongue, that's a yeast, but oftentimes is allowed to be there by parasites. These are common signs that I look for to think, hey, maybe a parasite cleanse could be a good thing to do once you identify that you need to do this, I tend to do a cleanse that lasts about 3 to 4 months to start, so I'll do anywhere between 2 and 3 weeks on one week off for 3 to 4 months in a row, making sure that I address different herbs that support the immune system for parasites and address different types of parasites.

So whether that be the the worms, that which is the more of the, the Hellmouth or then I go to the nematode treatment on, type parasites. So I do different protocols for each one.

Testing and Treating Parasites

So that gives me a good groundwork once I feel like they're taking care of you. Asked is this a forever thing? Well, as long as you live in an environment that has a lot of toxins and an environment that creates a lot of stress, it creates vulnerability to organisms.

So like going to the dentist twice a year, I tend to say at least twice, if not four times a year. I want to do a ten day parasite cleanse and I added some anti-bacterial herbs.

I want to say antibacterial. So, like the terrain theory, I'm not looking to obliterate an organism. I'm looking to harmonize the system by bringing your immune system up and pathogenic load down.

So I think of the immune system is crowd control. It's bringing everything into a balance. Right. So I do that about four times a year to make sure that I keep parasites at bay.

So they're not overgrowing. They're just too. Treg dysbiosis isn't getting out of control. So bacterial overgrowth aren't over growing, keeping the Candida yeast into control.

So I'm trying to make sure I do all of those things again about once a quarter. Once I've gotten to the point where I feel like my body is strong, well, healthy and stable.

So I think that answered the, the pieces of your question. I think it did. I'm curious, are you relying on stool testing or are you just going on symptoms?

So I use a combination of the the different labs that I mentioned along side of symptoms, because I don't find that stool sampling is the best thing. I mean, I've ran stool samples from 10 or 15 different companies.

They were negative. We do a protocol and you see a whole bunch of funny things come out different parasites. So I don't really find that stool sampling is a trustworthy method that I am willing to spend people's money on, honestly, because I'll spend $3,000 running 4 or 5 tests of stool samples.

Maybe we catch one parasite on one of those tests because that company is better at that parasite, and I'd rather just do a $100 parasite cleanse, see what comes out, and if nothing did no harm, no foul, and you didn't spend near as much money and you probably helped to regulate your digestive track anyway.

Exactly. Yeah, I find that too. That I like if I'm going to use, testing. I think Doctor Amin at the parasitology center in Scottsdale, who I have. No, no, you know, no connection with or anything.

I just think he's probably one of the best if he's going to, you know, if you want to test some people like to test, they want to see the proof. So I think that's a good place because it can easily because of life cycles and so forth.

And technology can easily be missed. And then you think, oh, I have no parasites just because a lab test missed it. And yeah, I like his stuff too. And just to speak on that, part of the reason I don't like the stool samples is you can literally put a a parasite on top of a stool sample.

I've seen it done and send it in like I've had clients literally pooping it up. Put the parasite on top, send it in. And it's a lab tech that's looking at this.

So they actually scoop the stuff to the side looking for the right kind of sample, put it on a microscope and they're looking for specific ovum or signs of parasites.

It's not a parasitologist like, the one you mentioned looking for multiple different signs. It's a technician that's trained to look for very specific things.

They get 2 or 3 minutes to look and they're done. The sample might be a week old or two weeks old, depending upon how long it took you to get it in and get it taken care of.

So I just don't find those tests to be good enough. I want better reliability if I'm going to spend significant amount of money from somebody I'm working with.

yeah, that's that's kind of crazy. So. All right, let's switch. I think that's a good overview for the ladies on parasites. I want to switch just to the endocrine organs, whether it be this thyroid or the ovaries.

And are there connections you see with specific like, for example, Hashimoto's? I see almost always there's an overload of mercury in the body that's affecting the thyroid.

So are there other connections you see? Or how do you think that through as far as Lyme and autoimmune disease and the impact it has on hormones and the endocrine organs?

Yeah. I loved you brought up Hashimoto's because I had an incredible experience early in my career that really shifted my gears to wanting to run much more on the lab side, just to have statistical data, evidence.

And here's what it looked like. So I had a client come in and she had Hashimoto's. Her antibodies were tested through her medical doctor, and he used a specific lab that would test the antibodies as high as they went.

They just keep counting. Most companies don't do that. They give you like a greater than something like, oh, we're

cutting you off at 1000. So she had 7000 antibodies.

Hashimoto's. We I didn't run labs at times like my first year into practice. so I was doing, some bioenergetics testing. We found out she knew she had Lyme.

We found out that, that's where we were going to start. We started did a protocol for Lyme. It dropped from 7000 to, I believe it was 2200 to 2200 antibodies on her next test.

And it had been at 7000 ish for a few years. So it cut by like two thirds by one Lyme protocol. I was like, Holy crap, what happened? Well, a decade later, here's my opinion.

Autoimmune Thyroid, Lyme, and Toxic Load

When the body is overly stress by Lyme parasites, mold, environmental toxins. You said mercury. I find uranium often associated also with the thyroid.

it will have collateral damage of a tissue type. In Western medicine, we call this autoimmune disease. To me, it just means that the body's overwhelmed and it's attacking at whatever it is.

And there is damage being done around that collateral damage. And in Hashimoto's, that's the thyroid. So the body actually stuck a flag into the thyroid because it was dealing with Lyme or Mercury or whatever in that area.

So then with the same client, we went through a couple more bacterial protocols, a couple of parasite protocols, did some metal detox. By the time we were done with about eight months to a year of detoxing, her antibodies were like 100.

So at this point she had no more swelling in her thyroid. She had no more metabolic issues. She could get off her medication. She felt fine. She lost all this weight.

And I see I see her on social media here and there because this was like my first year of practice. So, we'd become friends and I went and spoke for her church and, and when I spoke to her, women's group and things.

So we'd become, you know, a little bit of friends who's referring to me, helping me build my practice. And she's doing amazing. Now. And it's been ten years, so for me, if you look at autoimmunity, it takes me back down the rabbit hole of why is the body attacking itself?

Because the body's not stupid. It's not just going to attack itself for no reason. There's something going on. And when it comes to, say, the thyroid, specifically the number, like one thing that I hear talked about is mercury.

And it's definitely a problem, especially for those who have amalgams in their mouth. So dental issues like you put metal in your mouth. So this mercury is sitting around your thyroid.

But one thing that I don't hear talked about nearly enough is radioactive elements. So places like Scottsdale, Arizona, Phoenix, Arizona, Chicago, Miami, LA.

These are all cities, major cities with large populations. If you look up on IG, which pulls the report from the EPA, there is radium or uranium in the water supply like it's actually there in the water supply put on the government website.

So you run a hair tissue mineral test on a lot of people in that area, especially dealing with different conditions. And you'll find elevated levels of radioactive elements.

Okay. Well, give those people iodine, which competes with uranium or radium, but it also is a vital part of hormones from the thyroid. And all of a sudden they have massive detox reactions if they're fairly sick.

Remember I said that not every person out there is is sick where their body has a hard time adapting to changes, but with people that are sick, you give them a little bit of iodine.

And I have had big hoaxes and flares happen to people that I've tried that I have learned since. Don't give iodine to people with uranium on their testing initially.

Make sure that you've gotten rid of parasites and bacteria. You've opened up drainage pathways, you've decreased antibody loads, you've dealt with histamine intolerances.

Then you can bring iodine in again because it displaces the uranium and it comes out. And by the time you get done doing that you get the uranium down.

So often I see the antibody load for Hashimoto's dropping back to non testable or non problematic. And then I also see that oftentimes when there's not a significant amount of damage done to the thyroid, which means that we're seeing nodules or different other damaged tissue signs that the thyroid comes back online and starts producing hormone for us again, to where medications can be reduced by their providers because their bodies doing it for themselves.

And you can test and prove it, which is just incredible. So I mean, that's just specific to the thyroid. And there are examples of this amongst many other hormones within the body.

I mean, for instance, I see oftentimes with ovaries a correlation to where we work with nematodes like strongyloides parasite, I oftentimes see cycles go from being just painful, miserable, really heavy PMS symptoms.

back to being what I find to be a typical cycle, which is women go through it with very little knowledge besides the fact that they have the normal, bleeding but just normal levels.

It's not painful. They're not dealing with massive mood swings. They're not having extreme bloating. It's not a detriment to life that is making a major shift in their day to day activity.

When they're going through their cycle, it goes back to that more normal and I didn't know that was normal as a male that didn't focus on hormones going into practice, until I had several clients from like Japan and other countries who were like, yeah, we don't really think of like, menstrual cycles as being anything outside of almost like just a normal daily thing where you have one added situation where you may need to use, a pad or a tampon, whatever your choice is, we don't really think of it.

But in westernized American culture, it's normal to have like these PMS symptoms, releases normalized. And when we deal with the stressors on the side, like I said, in this case, strongyloides is a nematode parasite.

I see significant improvement. Yeah. What do we say. And it's common but it's not normal. And I always drill down with patients because I'll say you know what's going on around your cycles.

And they're like oh no, no problems. And then you know well are you having headaches. Oh yeah. Are you bloating. Yeah. Well that's not, not, you know, we just like you said, we just think it's it's what's expected.

Of course that's going to be what's happening because we've just normalized dysfunction. And and as you're talking about the uranium and you you know, I'm sitting here in Scottsdale, Arizona.

And so, you know, and then there's also the fluoride and the chlorine. And it's it's I used to I've been I've been practicing for over 22 years now. And I think just in that period of time it's gotten exponentially worse and worse with the toxins.

We're exposed to it. It's never are you toxic like you you know, it's not. Do you have parasites? It's how is your body handling it? How is your terrain handling it?

How are your among arteries opening and draining. And so I want to end on a positive note, because every time I go to an environmental toxic conference, it's always like, wow, this is super depressing.

But yeah, there are things we can do. So what would you recommend for women listening? Are there's some easy at home things, steps they can take to mitigate their exposures and to just give them hope because we are resilient and we can be healthy among all these toxins.

Absolutely. I always try to end with something like that. People are like, yeah, one more thing to add. I'm like, yeah, your body's designed to adapt.

It is designed to thrive and be feeling good. touching on what you just said, so many people come into my clinic and they're like, yeah, I mean, headaches don't really have too much.

I'm like, okay, well how often? Oh, just like five a month. That or migraines. I'm like, that's not normal. Headaches are not normal. Waking up feeling exhausted is not normal for getting names often, or where you're going, or why you're walking into a room is not normal.

Knowing that your digestive track exists because you like feel it and it bothers you isn't normal. Knowing that you have a heartbeat when you're sitting still.

Besides, when you're like trying to touch it or feel it isn't normal. Like these aren't normal things, right? The great thing is, some really simple steps can make massive differences in people's lives.

So the simplest one is drink clean water. Tap water is not clean. I always say you have to start from the from clean and then get picky about your water.

So for me, the only way that I have found to clean water enough that you remove radium or uranium is distilling water, which I know some people don't like because they say now it increases the acidity and it's dead water because it's not structured.

I'm like, okay, that's fair. I'm not going to argue with that. However, I don't like radioactive water, so getting on radioactive water, if you have to distill it in your local municipality, do that, add back Volvic minerals to decrease the acidity, and then get a water structuring type pitcher which many companies have them.

I use their sources and now you have clean, structured, mineralized non acidic water which decreases your toxic intake massively. If you're listening to this summit, I'm going to guess 70% are eating organic whole foods, which if you're not that's an easy switch.

It may not be easy. And the fact that the food doesn't taste the same, you have to learn new recipes, but going to the store and not picking up a box is an easy thing to understand, because eating organic whole food reduces also your toxic burden.

So clean water, clean food, and clean hygiene decreases the likelihood that your body's going to bring in parasites because it's no longer has the toxins to want to bring them in, and you're also taking away all their candy.

Reducing Toxic Exposure and Supporting Resilience

You're taking away all their sources of desire to be in you. So when you become a bad host, nobody wants to come to your house. So become a bad host for parasites, and they're not going to want to come in and inhabit you.

So just learning these things that are honestly somewhat simple conceptually to understand, it's just then taking those steps to make them part of your lifestyle.

And once you make them part of your lifestyle, once you have a distiller in your home, or once you only buy organic, or once you only buy nontoxic hygiene, it just becomes habit.

But it's a habit that is going to make you feel so much better and honestly decrease your medical bills massively into the future because they set you up for success.

And the last piece I'll leave mental health matters. Your nervous system matters. When you spend time regulating yourself and your response to the environment, it decreases the amount of energy spent stressing and increases the amount of energy you have to adapt to everything else in the world.

Yeah, regulation. And for us women, it's a great time to regulate because we're we're older, we're wiser. Yeah. It's like I, you know, I was a huge drama queen back in my 30s, and now I'm much more interested in regulation and feeling peace and being mindful than I am in drama.

That does not serve my system. It does not serve my health. And yeah, those are great tips. I actually, water wise, I'm a big fan of Spring Aqua. I use them here, they come in, they filter out everything, structures, the water.

It has the hydrogen option. So there's good, good options for what you know you resonate with and what works with you. And yeah like just never drink. It was so funny.

I just ran a woman's retreat. We were in New Mexico at Ojo, the hot springs spa there, and it's all mineral water. It's all pure fresh mineral water. And for like the whole first day, I was like, are you sure?

Because it was so weird to me to, like, be drinking out of the tap, because that is something I'd rather go thirsty than drink out of a tap. So even just starting there, like saying, okay, I'm a no tap girl from now on.

And so just, you know, making these steps, if you went to the farms where they spray the pesticides and you saw like the skull and crossbones on the canisters, and then they were like, come on, we're going to give you a free lunch.

You would probably be like, yeah, I think I'll starve. And so a lot of these things are some, some of the worst toxins, right. Are they're invisible. We don't see them.

So we have to have this awareness. And so what Dr. Jaban is talking about about fresh water, fresh food and regulating your nervous system, like these are things we can control on our own.

When you go, when we go to the restaurant, it's like are using seed oils because we're not going to frequent you if you are or we're going to, you know, buy oh, oh, bring your own oil.

And so speaking out and demanding change from the restaurants you're frequenting and so forth, you do have power. And the more of us that ask for these things, the more common it will be.

So I hope that you know, this is such a huge conversation session. And, I hope that Dr. Jaban gave really great examples just so you can start seeing how there's a different way of thinking through things.

I mean, we could talk about this for 45 years and probably not cover everything, but I just, you know, my hope is that it opens up how you're thinking about things and you're not just thinking, oh, my thyroid isn't working.

What pill do I need? But why? What's the underlying issue? And how can I detox so that my, my organs and my system has a has a fighting chance to regulate itself?

So are there any last words of wisdom that you want to share? And where can, women and whoever's watching in the audience find out more about you and your work?

The last thing is just stay positive. You're meant to feel awesome. Feel well. Take one step at a time. Don't overwhelm yourself with trying to do everything at once, and you'll get there.

And every little step counts. So just, give yourself grace. And if you want to find me, I put out all kinds of content all

the time. I just want to educate.

I know from my mom that just a lack of knowledge is out there. A lack of resources, a lack of people to get information from. I went through Lyme disease and barely could find anybody that can help me.

So we're putting out content constantly and I it's under drjabanmoore.com for my website, @drjabanmoore for Instagram. TikTok Facebook. So spelled J A B as in boy A N find us there and we'll give you as much information as we possibly can.

Ask them. We'll go follow him and keep the conversation and keep the mindset open. Thank you so much for being here and sharing with us. And thank you to everyone watching.

You're probably going to want to rewind and watch this one again, because it's probably not exactly what you were expecting. But super, super important were two physicians, you know, in the trenches, in the field, working with patients.

And that's why I wanted to bring this to you, because this is a super, super important conversation. You have to have a healthy terrain. And then we could talk bioidentical hormones.

Yeah. Thank you. Everyone will be back with another conversation. So stay tuned. Be well.