## Introduction and Guest Background

Hello everyone. Welcome back to Reversing Hashimoto's and Thyroid Disorder Summit. I am your host, Doctor Anshul Gupta, world Hashimoto's expert. I help people reverse their Hashimoto's by using functional medicines.

Now I'm really excited for a discussion today. You know, because we have covered so many different aspects of Hashimoto's and how to improve and things.

And today's discussion is all about like different kinds of infections as well as toxins, mainly focusing on toxins. That hijacks, you know, thyroid gland.

Obviously, we have so many different people who have spoken about different aspects of toxins, and that's where, you know, I'm really excited about discussion today because it's a unique take on toxins and more importantly, the methods that she uses, to help people to detoxify.

So let me introduce my speaker first, and then we will go into the discussion. So Doctor Jessica Peatross is a functional medicine expert specializing in chronic illness and root cause medicine.

After graduating from the University of Louisville Medical School and working as a hospitalist, had her own health challenges led her to explore alternatives to conventional medicine.

She developed the kill bind sweat method to address infections and toxicities, and created the Wellness Plus app to help thousands heal from conditions like Lyme disease, mold exposure, and hormonal imbalances.

Doctor Jess combines her medical expertise with holistic approaches focusing on lifestyle, diet and environmental factors. Doctor Jess, welcome over here.

Thank you so much for having me, Doctor Gupta, I appreciate it. Absolutely. So I think, you know, functional medicine realm. You know, I always say there is a joking going around that how did you land up in functional medicine?

Because we are so hardwired and hard trained into our conventional medical system that for us to make that switch, something has to happen with us. And you definitely dealt with some health issues.

So if you are fine with sharing your story about your challenges and why you switched over to this side of functional medicine, that might be very useful for people to know about that.

Absolutely. So I started out, as you mentioned, in Kentucky, where I wouldn't say that's the epicenter of functional health back, you know, in 2009 ten when I was there.

But mine was a slow transition. I guess my own health journey was a slow transition into really being burnt out, sympathetic overdrive that built slowly, probably like most people's health over time.

And, that really spun out my hormones. I leaned more towards probably a progesterone deficiency estrogen dominance. And eventually, really, when I got my labs done about three years ago, I had, you know, a mean corpuscular volume MCD of 106, meaning I really lacked B vitamins.

I had a homocysteine of 13 and a CRP of eight, which is really bad inflammation in the body. I was 30 pounds overweight. And the vitamin D of ten. So I was really depleted and burnt out and stressed out.

But just from years of neglecting my body and taking care of other people, and I started to see where the system

lacked the answers. As a hospitalist, I remember discharging people on 30 or 40 different medications, and there were Coke and Pepsi contracts in the hospital.

## Jessica's Health Journey Into Functional Medicine

So, as in my own health journey and my own health got better through diet and lifestyle modification, I wondered why that wasn't the first line of defense.

As a hospitalist. So that really cracked me open, I guess. And once the sweater starts to unravel, you want to keep pulling on that thread? Absolutely.

I think this is so common with all of us, you know, being caregivers, sometimes we forget that, you know, we can have the same problems and obviously the hospital system doesn't take care of that stuff, doesn't provide us, you know, with the right things that is needed to, you know, improve our own health.

And we all took our own health in our own hands. And that's what I also tell my patients, is that, well, sometimes you have to watch for one yourself.

You know, you just take your health in your own hands, find the right practitioner, do the right things, then only you can get better. So I'm so glad that finally, like, you know, I mean, it's unfortunate that finally, you know, that you had to go through so many things before finally like, you know, you thought about improving your health.

And I think this is very common with a lot of Tigran Hashimoto's patients, too, because they have been going through so many symptoms of being tired, being fatigued, you know, having weight issues, you know, all the things that you mentioned, having so many deficiencies, but nobody has checked them.

And obviously they have been told multiple times that, you know, nothing can be done. Just keep on taking that medicine. So I think they can really resonate with you that easily.

I mean, I, I resonate with them. I know that's for sure. So I think, you know, you were talking like, you know, you had so many health issues going on and then similarly with Hashimoto's and disorder, that is very common.

And one thing repeating, like before we started a discussion, was that toxicities are kind of such an important factor that nobody knows about and nobody addresses.

You know, obviously, we know that we live in a toxic world. But why don't we start with like, you know, what different kinds of toxins, you know, are there in the environment, which can literally sabotage the thyroid health?

Absolutely. You know, there's a I want to say just and foremost, I don't say this to scare anyone. They're pretty ubiquitous in the environment. It's impossible to avoid some of these things.

So all you can do is control your local environment and do the best you can. And keep, you know, your your natural drainage, your detox pathways open.

So when things enter, they're able to leave quickly. So, you know, first and foremost, the big categories heavy metals. And there are a number of them that can that can go after the thyroid that we can go into too.

I would say they're the biggest and probably most robust category for most people that I see on, like the total tox tests and all those type of things are things like, manmade industrial toxins.

So, you know, fluoride, chloride, chlorine, bromine in the same row. The periodic table is iodine, which is necessary for thyroid function. Things like perchlorate, which is, made.

We use the chlorine to clean the water supplies. And this is a byproduct that's made in the water supply that can really interfere with thyroid function as well.

Phthalates, which are forever chemicals, I would say things like that are endocrine disruptors like BPA. BPF beeps, are known to do this. Things like poly chloride, polychlorinated biphenyls or PCBs as well.

There's a lot of different, pseudo or forever chemicals that can cause a problem. Oh. Sure. What happened there? And I think we lost you for a second over there.

Yeah. We did. Sorry about that. I just realized what happened. So sorry about that. Yeah. So hopefully you're able to hear me. There there are other things, too. Pesticides.

Things like, you know, herbicides as well. All of these are known endocrine disruptors. Even pharmaceuticals can interfere. And so there's a list of things that can really, you know, the thyroid is very delicate in there.

Can gland. And so there are lots of things that can cause issues or, almost like a traffic jam within the synthesis or the symphony of how the thyroid makes all our hormones and that feedback loop.

So, so why don't we, like, talk a little bit? We know obviously people know about well toxins are there. Okay. So what what to do with toxins. How does toxins really affect specifically the thyroid gland.

So as you said it is such a delicate gland which gets affected by toxins. So that a little bit about like more about maybe, you know, some mechanisms or some ways that, you know, these toxins do affect the thyroid gland.

Yes. So let's take mercury for example. Right. Mercury is a known heavy metal that we used in a lot of different amalgams and things as, most of us, probably our age, were growing up.

Now the American Dental Association says no, but we've got a lot of people that had this. Right. So it competes with selenium and the thyroid gland, which is a critical cofactor, as we know, for making thyroid hormones and synthesis.

And it actually can damage some of our IT enzymes as well. It can trigger autoimmune reactions and inflammation within the gland. And that leads to things like Hashimoto's, as we know.

And so, you know, we it correlates. We've seen people with studies that show that mercury correlates with increased thyroid antibodies in some of these people.

So, this is just one some of the ways that mercury can cause a problem. There are other heavy metals that can cause issues too. It's not just mercury.

Another one is cadmium, which can accumulate in the thyroid tissue, and interfere with, thyroid globulin synthesis. So this almost acts like a pseudo persistent chemical, if you will, within the thyroid is it binds and builds up within that gland.

It can also inhibit iodine uptake within the thyroid, which as I mentioned earlier, is necessary for proper thyroid function.

## Toxins That Affect Thyroid Health

So, you know, where do we get cadmium things like vapes which are big with all the the younger generation now unfortunately batteries cigarets in general have cadmium.

So even things like rice can have arsenic or cadmium in it. And these are just a couple of the, the ways that cadmium can interfere. There are things like lead which we know stores in the bones and is and is also linked to lower IQ in children.

But it does interfere with the whole feedback loop from the hypothalamus pituitary down to the thyroid, and the TSH receptor signaling. So, these are just some of the heavy metals that can cause issues within the thyroid.

And you can see just from me talking, there's a lot of different, feedback loops that happen and different receptors and enzymes that are used, that can be disrupted if there's something that causes a traffic jam within that, that synthesis.

Absolutely. I think heavy metals has been known for the longest amount of time of, causing so much damage to our body. So, you know, we had known about it, but I think recently, more importantly, like, you know, you know, reading more and more about these hormone disruptors, right?

Because nobody, you know, like, thought about, well, a certain amount of chemical or a certain chemical which has been produced artificially can mimic my hormones and then kind of, you know, also destroy the, you know, unique balance between estrogen and progesterone.

And when you went through this hormonal imbalances in your own body. So, you know, like, you know, what kind of crazy effects can happen. So tell us a little bit more about, you know, what do you mean by these hormone disruptor chemicals?

How do they like you know, harm the body? And what are some of those examples of hormone receptors and how, you know, people can get exposed to them. Right?

So I think when we talk about hormone disruptors, we think about how estrogen is actually altered most of the time. Or, and or agonized, I should say, when things bind to estrogen receptors, they don't let go.

But this can also happen with thyroid receptors. And I don't think we always talk about that. And we know in some of the studies now that, you know, BPA can actually, antagonize the thyroid receptor and cause issues there.

It's it's an endocrine disruptors, which means it alters more than just estrogen can alter some of the other endocrine gland hormones as well too, which this being one of them, it also change the antibodies and the the genes that produced the antibodies.

So, you know, there are epigenetic changes that are happening from some of these endocrine disruptors, that are antagonizing or changing the hormone cascade when they bind to these receptors.

Absolutely. And this is so important, you know, because, lot of females specifically, obviously, we're talking about females over here. Their hormones are so delicate.

And then, you know, causing damage to the thyroid. Plus, you know, like, you know, a double whammy of damaging your estrogen or progesterone balance creates, like, a perfect, you know, storm for an auto immunity.

And that's when, you know, we see Hashimoto's happening around hormonal changes of like either, you know, perimenopause, like menopause or like around like, you know, a post delivery cases.

So do you see that also happening? Like, you know, having this double whammy around it? I have to say that I, I had a personal experience with that, you know, as I head into perimenopause years, I really suffered the last, you know, 3 to 5 years with mood changes and I'm sure linked to a lot of different hormonal changes and, you know, estrogens out there as well.

And, and, you know, endocrine disruptors in general. Especially when you, I mentioned my labs earlier and then that was due to a lot of the hormonal changes that were happening, stressors in my life combined.

It kind of makes this perfect storm. And I myself experienced that is the hormones are really delicate, as you said. Yeah. So, let's talk a little bit about, like, you know, specifically as we talk about females, you know, another like, you know, major topic about using skin care products and then, thinking about them as a potential source of toxins.

I know, like, you know, females would not like to discuss this, and then they don't want to hear this news, but, you know, can you share about that also?

Absolutely. Yeah. We don't. The makeup industry, cosmetic industry, a lot of the skincare brands are not regulated the same way as, supplements, pharmaceuticals or other drugs. And so there can be a lot of claims made.

There can be a lot of ingredients added that, work as stabilizers or solid visors or emulsifiers within the products, preservatives that are actually, in small amounts.

If you just got them in 1 or 2 places would be a different story. But these are things that are persistent or forever chemicals many of the times, and they build up in the body so small amounts do matter in some of these things.

And they come in a lot of different places, especially with the skincare industry that isn't regulated as well. And so it's really important to educate yourself and know when read labels and, understand that what you put on your skin absorbs and it does get into the bloodstream.

Absolutely. Now let's talk about, you know, obviously, like if a person wants to know, like their levels of these toxins and things. So, you know, is it like everybody that works with you goes through a certain like, you know, detox protocol or is it like, you know, you rely a lot on testing to know the levels before making a detox protocol?

What is kind of your approach? Absolutely. So everyone that comes through my clinic gets two tests. One, they get pretty comprehensive blood work. And you know, if you if, you know, functional ranges, they're a much more, I guess a smaller range for functional ranges than they are just in conventional ranges.

So looking over that with a fine tooth comb tend to can tell us a lot, especially if you're checking CBC, CMP, you know, all the inflammatory panels, full iron panel, full thyroid panel.

Which I appreciate. And I check antibodies to on everyone that comes in, because the way you treat an autoimmune condition is different than the way I would treat maybe someone who's burnout has high or low cortisol that's affecting that access.

Right. So I check that everyone goes through that blood work, vitamin D, all that stuff. And then on top of that I'll check. I'll use Vibrant Labs. They have a total tox test and that checks or mycotoxins, heavy metals, which we discussed.

And a lot of the environmental toxins, things like Roundup Ready or, glyphosate as well as, a lot of the forever chemicals, the phthalates, the pesticides, the plastics, the endocrine disruptors in general.

And so that tells me a lot about a person looking at their inflammation in their body, how their blood work and their vitamin status looks. And then on top of that, you know, what?

Their toxin load, you know, looks like in their body because everyone has a toxin bucket that kind of fill up over their life with trauma, toxins or pathogens.

And once it reaches a certain specific level, that's where a label is given or a diagnosis. And so if we can empty that toxin bucket, we can save people.

Sometimes a chronic health condition. And so for me, something simple that a lot of people can go through besides nervous system regulation, besides making sure they can have normal bowel movements every day, they can sweat regularly.

They can, you know, their liver and bile is flowing and performing at peak performance. They're regulated with their sleep or their cycles. That's really important to make sure your body's in homeostasis.

## How Heavy Metals and Endocrine Disruptors Harm the Thyroid

And then once it is, I like my method kill bind sweat, which is a trademark protocol. And really, I love it because it's affordable and it's pretty practical for most people.

What this means is that, often I'll give people an herbal, anti-microbial, think something like oil of oregano or cloves, something like that, or a mix of different herbs and weighed about 30 to 60 minutes.

And take a binder of your choice. My favorite. Or fall back in humic acid binders that don't bind up too many minerals. They actually add micro minerals, and then get in a sauna or a hot bath if you don't have a sauna or if you're privileged enough to move your body.

Bonus points if you can work out in the sun for a little while, and recharge your mitochondria. So this really is helping to kill things off when your drainage pathways are open, so you're able to sweat them out and bind them up like a sponge and sweat them out.

And making sure that your drainage pathways or detox pathways are open ensures that you don't recirculate what we're killing off. So once that you take a binder, this acts like a sponge to mop up what we've killed off.

And you get in a sauna, and this is a way to release it from the body. And in the studies, we. I can show you a small study where you can sweat out lead, mercury and cadmium.

I can show you, how many of the pesticides and some of the highlights and forever chemicals and definitely BPA and some of the endocrine disruptors can be sweat it out.

It's really important to have that pathway open and this is something that everyone can understand. Most people can do, and it's affordable even if you don't have a sauna.

Absolutely. I think that's the best part about, you know, like your method I love. Is that so easy? You know, like instead of having very complicated protocols, people can do this on their own and, looks like it is very safe, you know, because again, I've had so many patients having so many detox reactions by doing certain detox things on their own.

But this is easy to follow, have less side effects, you know, like they can be safe for them. And as you said, it is very affordable. So so absolutely like, you know, I think people should listen over here like what you're saying and at least are doing, you know, these basic things, you know, which will be very, very useful for that.

Absolutely. I hope that, you know, that method helps a lot of people. It's a bit, like you said, doable for almost everyone. So, I mean, let's say, like, you know, a person, you know, has thyroid issues, Hashimoto's, they have some idea that they might be exposed to some, you know, chemicals, whether it is mold or you know, they're not eating the best, cleanest diet.

So they might have some insecticides or anything else. Right. And then, you know, you give us this great method, but what else, you know, like have you seen that could be very, very useful for them in moving those toxins and what is needed by them to doing it?

So maybe if we can share like certain things, you know, or which you have seen, move the needle for your patients. Absolutely. So just about everyone I don't know how you feel about this, Doctor Gupta, but just about everyone that I see in clinic is in flight.

Fighter freeze and their cortisol axis, cortisol, cortisone interaction and access is not balanced in the least either. The breakdown of cortisol cortisone is all skewed messed up or, you know, their their cortisol is, flatlined sometimes or being broken down too much where they have a paradoxical pathway where their cortisol, instead of being high in the morning, is high at night and low in the morning, they don't have a cortisol awakening response.

And this really is detrimental to a thyroid over time. It's kind of like a leg to a stool they're both on. And so for me, a lot of times really working with a client to get them into, parasympathetic mode and making them feel safe in their body, mind and environment again is a big deal.

Because if I can regulate the cortisol, it's kind of like screwing in a leg of the stool. That helps the thyroid too. And

same thing with the liver, right?

I see a lot of people whose liver is functioning as well, too. So, so what I do for these people are things like high dose minerals. A nervous system needs a potential recharge for the nerves to fire properly.

And this comes from minerals. Minerals are also needed for, synthesis of a lot of the thyroid hormones, which is a pretty laborious process for the body.

And so you need, you know, things like vitamin D, you need things enough protein, you need things like magnesium and selenium and iodine. And there's it's a very taxing process that needs high minerals.

And many of us have our food stripped. And so we and we have the standard American diet where so really regulating someone's diet, regulating their stress and often for stress.

Besides, minerals all use things like Gaba, liposomal Gaba, which is a calming neurotransmitter that you can take. I also really like vagal nerve stimulators.

I like calming, certain types of, somatic training and brain retraining for people sometimes as well. So I use that in combination with sometimes opening the liver pathway using tadka or some bitter herbs.

Really regulating digestion and their diet. We're moving to an anti-inflammatory diet for people. And on top of everything else, this really helps besides just detoxing, optimizing the body so it can do what it's supposed to do on its own.

I think that's a very comprehensive approach. You know, like, you know, you were mentioning it like so easily, but for a lot of people, like, you know, it's a comprehensive approach, are working on so many different aspects of things.

So yes, you know, unfortunately detox is complicated and you need, like to optimize all the legs of detox. So that is very also important. And that's where I think obviously working with the professional is also important at some point of time.

But until the time, you know, like, at least, you know, these basic things of regulating your cortisol, you know, de-stressing yourself, you know, improving your diet as well as, you know, like the simple methods of sweating, you know, or can be so powerful and useful now in terms of supplements, you know, like, a lot of people will use like, glue to tie on or like, you know, other ethnic or other significant detox supplements where are you with those?

## Testing and the Kill Bind Sweat Detox Method

You know, definitely I use, I will use some glue to tie on sometimes I'm just really regulating phase one phase to the liver. And all of the nutrients and amino acids and minerals that it needs, vitamin B, vitamins.

It needs to regulate properly and run on its own. A lot of times I'll use bitter herbs as well to open the liver pathway, castor oil packs. And then, you know, usually I'll give just about everyone who comes through with parasitic symptoms.

Because their tests are so inaccurate. I'll give them almost all a parasite cleanse because many of them, therapies are crossover for bacteria and yeast to.

And, they also really are indigenous relatives cleanse probably once a year. So most people really improve. There's also a study showing blastocyst as hominins is connected to Hashimoto's.

And so oftentimes I'll give people parasite cleanse and that will often help to for people's thyroid. So so all of this you know, these are different detoxes based on people's I guess, bio individual needs and what I screen them for.

The other thing is making sure they don't have infected root canals, which can be silent, but it's right here with the thyroid. And that's a huge thing to help reverse thyroid conditions too.

Absolutely. So let's talk about these things also, which is very interesting. Let's talk about parasitic cleanses. So again you know there are so many different ways of doing it.

And every functional doctor I guess does it in the old way. Some people are very big on like pharmaceuticals way of, you know, parasitic cleanses and some of them are using herbs and other protocols.

What is your like, you know, thought process, you know, do you use pharmaceuticals or it is mainly around, like, you know, just herbs and things. I'm not against ivermectin or, you know, something like that.

Or even been benzoyl or med benzoyl, but, I, I usually don't prescribe that to people because I think that usually you can get the same things done with herbs if you know how the body works.

And so once I've regulated the nervous system, I'm making sure people, you know, can sweat, go to the bathroom, sleep. Their drainage is open, is what that's called.

Then it's time for the cleanse. And often incorporate a Calvin sweat with the parasite cleanse. So I'll do something, you know, like, mimosa, Perdiccas seed or Artemisia, and which is wormwood.

Cloves, black one at whole, party Arco. There are a number of different things and herbs you can use, that are synergistic. And then after that take a binder.

Because people often do have symptoms with parasite cleanse. Even if you prep the body, sometimes you can't avoid everything. Binders help to mop things up so people don't experience negative symptoms as much.

And then, you know, getting a sauna, make sure you move your body, make sure that drainage stays open is we're dumping things out. This is really normally how I cleanse the body for people.

And like I said, parasite cleanses. Well, I didn't say this part, but the parasite cleanses. In animal studies, they hold things like many more heavy metals than we would expect.

A fish to hold on its own. So we by by pulling parasites, we also, if we are believing the animal studies, are helping to pull toxins that parasites are digesting as well.

That's interesting. Let's talk about the root canal thing, because again, this is, the thing which has not been talked a lot, you know, like you know, infections in the dental areas and how that can actually specifically cause Hashimoto's or, you know, sometimes I see in my patients that the antibodies are not coming down.

Doesn't matter what we do. And then suddenly, like when we start talking about the dental health, we realize that, you know, there are infections over there.

And what you when they go to regular doctors, they will not know about these things. So shed some light about it. Like, you know what you talk about. Like, you know, these hidden root canal infections while their regular dentists might not be able to identify those exactly.

Well, you know, just like a few years back that mercury amalgams were okay. And we all knew they weren't. This is similar with root canals. Root canals are the only place we kind of leave a dead body part or dead tooth in this case.

And they leave the periodontal ligament intact, which tells the immune system there's not a problem here, and it can't reach this simmering pocket of infection because with its within the tooth, there are thousands of porous channels where bacteria, parasites, even some stone mold in tooth cavities can hide.

And then you cut off the blood supply the way the body's immune system can't get to it. There's often a simmering pocket of infection. It's silent. Many times, people will have a cone beam scan and see that the the jawbone is being eaten away here.

Actually, and it's silent. There's not symptoms at the mouth. There's symptoms actually, within the body, like, you know, in on the skin eczema. They'll have, you know, autoimmune conditions.

Hashimoto's, as we discussed. This is this is you got to think about mercury amalgams here or infections right here. There's not only just a nerve to go to the cranial canal, but there's also nerves.

There's a whole nerve and blood supply system that's very, delicate and intricate that we had to learn about medical school and gross anatomy, and it's pretty intense.

And so everything here is connected. So if you have thyroid issues, you have to look at the mouth. And if there's a hidden or silent infection. So do you work with like a biological dentist or you have one kind of on the board, you know, who like, you know, takes care of these things.

How do you approach that? Because a regular dentist, you know, in my experience, all the time, my patients will go to them. They will do like a regular X-ray.

And they said, well, everything looks okay. Like, just go home and, you know, like you're doing an amazing job. But I said, okay, well, no, I know there's something going on.

Exactly. And this is where, you know, there's not a good option because it is an expensive thing to have done if there's a problem.

## Supporting Detox With Nervous System and Liver Care

So I always suggest that my, my patients go have a 3D cone beam scan by not just a regular dentist. You know, you can have a regular dentist do it at their office, but please have only a biological dentist.

Read the 3D cone beam scan because we're a holistic dentist. And that's because regular dentist don't think there's anything wrong with root canals. So they don't they don't read.

They don't look at scans or have a trained eye to see a pocket of infection there. So I always suggest to go to a biological dentist who looks at these scans daily, or at least it's commonplace for them.

So they have a trained eye to tell you if there's, there's a problem and there are a number of biological dentists, people can check I et omt.org, and that's and put in their zip code and it'll bring up the closest biological dentist to you.

But I would suggest making sure someone visits conferences and gets accredited quite often. Make sure they know and our credit accredited in the smart procedures.

Smart mercury amalgam removal technique. Otherwise the dentist poisons you and themselves if they remove the mercury amalgams and safely, which again, could be quite damaging to a sensitive body and thyroid.

Yeah. That's a that's again another point that we have not discussed is like no removing mercury about atoms. And again like I think different functional doctors are different places.

Some will say, well don't touch it. You know, like, you know, let's just leave it. And then some people are like, okay, no, let's just remove all of them together.

So let's say if a person has 5 or 6 amalgams and then obviously the way to know is that, you know, if you see the silver in your mouth, that's a way, you know, those are silver or like gums.

So yes, you have all of them removed at the same time. You put them on a detox protocol of your own, or you just let the biological dentist take care of it.

How do you approach it? I think that it should be a combination of the the functional doctor and the dentists, probably combined heads to make a decision.

I say this because I don't think if someone's really, really sick and frail, I don't think it should be the first thing they go to. I think the stress of that may put the body into a worse place.

I always like to prep the body first. Make sure you know each patient is bio individual, so make sure that their body is ready and that they can handle something like that.

Because even if you're using the smart technique and removing mercury as safe as we can, there's still can be some negligible exposure or sometimes. And so if a body is sensitive, this can be too much for some people, especially if they have a number of chronic fatigue issues and brain fog.

And you're already, you know, so taxed on energy. And I would be really careful, I would really want to make sure that, you know, you do a little bit of work with a functional doctor or some a root cause doctor to get your body back in normalcy a little bit so it can handle something like a detox, because I do like to give people binders before and after to make sure that that they, they're binding up the mercury.

And that's so important because I think a lot of functional doctors or even like a lot of patients or clients think that, okay, the first thing they need to do is detox and their body is already frail or fragile or it's not working.

And then suddenly they do a detox and it breaks down further so that was a very important point that, you know, people should be aware that okay, well detox yes is great, but you know, there is a time and place for everything.

## Parasite Cleanses and Hidden Dental Infections

So starting with the detox might not be the best choice, right. You know, and you really do want to be able to take binders if you can before a couple days before a couple days after something like a root canal remover or removal or a mercury amalgam removal.

And if you can't, you know, binders make you dizzy. You know, they kind to paint you. It may be a sign that your body needs a little bit more time before you go, doing a bunch of dental surgery, which could push someone over the edge.

Absolutely. You know, like, these are so important points. So, I mean, if you can keep going on and on, you know, with the detox and the toxins which are there in the environment.

But I think you nailed it also very correctly initially starting that. There is nothing to worry about it. You know, there are toxins and there are ways to lowering it.

So don't worry about it. You know, start looking from where the exposure is happening and then obviously start working on them slowly. So, people would like to know more about you, like, you know where they can find you, where they can work with you.

So tell us a little bit more about that. Absolutely. So there are a number of ways people can consume information or work with me, whatever they choose to do.

drjessmd.com is my website. I also have a do it yourself platform where you can learn the combined sweat method and how to regulate nervous system, open drainage, and detox with the kill by sweat method on wellnessplus.com.

I give out, I'll give out a lot of free information on social media. On Instagram it's doctor period. Jess period. md and then YouTube doctor Jessica Peatross, and then finally, if you'd like to work with me or my team, you can book a

consult, with my team to make sure we're a good fit.

First at drjess.health. Absolutely. That is so great. You know, anybody. And one last thing. And then my supplement company jessformulas.com. If anyone thinks that high dose minerals or liver cleanses are important, you can check more out there. Sorry to interrupt.

Not necessarily. That is very important because, you know, again, as you mentioned, time in again, the high dose minerals are so important not only for thyroid hormone production, but for detox, you know, for your liver, everything you know, that you need also.

Absolutely. Please, guys, check out, you know, her supplement line, which is great. We'll have all the, obviously all the links in the description. So you have it all there.

So. Yeah. So tell us a little bit like, you know, any parting words you have for people who are going through Hashimoto's or thyroid disorders, you know, that you think would be useful for them.

Absolutely.

## Mercury Amalgams, Biological Dentistry, and Closing Advice

You know, I just think that if if you're a woman who's suffering from something like Hashimoto's, just, just, you know, know that you can heal, you can calm the body down, you can calm the inflammation down.

You can regulate again and just know that just be patient with your body. As long as you've been sick, sometimes it takes that long to get it back, but you can get it back.

So absolutely, that is a very great message of hope. Do not give up. And you can get better. So I am so glad that you are doing what you are, sharing all the information and, you know, helping so many people across the whole country, who can, regain their health back.

So thank you so much again for joining us and sharing your wisdom. Thank you for having me. Absolutely. So this is it. Please listen this again and again because there was so many great wisdom nuggets, you know, over here, so many actionable steps that you can take today to improve, you know, specifically your toxicities and prime your body for detoxification.

So, listen again and write down, make notes. And this is it for me right now. We will see you again next time. Take care. Bye bye.