Hey, everybody, welcome back to another exciting interview. Today we have Doctor Jessica Petros, and she. She's known as Doctor Jess. Everybody in the world knows who Doctor Jess is.

She has an amazing background, which she's going to dive into in a few minutes and unpack for us. But mostly, you know, I've never met anybody that had kind of the same undergraduate, background that I did.

I had a few major, and she majored in psych bio just like me. And then, of course, she went off to do some amazing things in internal medicine. She's a functional, integrated, medical practitioner.

And now she's got an amazing platform and an online presence, which will tell us all about a little later on in our interview. But what I found really fascinating is just her worldly experience working with infectious disease, with the Lyme community in her, in her travels.

And she's really gotten down to understanding the root cause. And I think that that is so important for people to truly understand in order first for you to get better from Lyme.

But she treats the whole body, which is really amazing to me because I think that you really can't help heal, completely unless you manage the emotional side of the trauma that your body has gone through as you're going through recovery, getting coming out the other end of the tunnel.

So, Doctor Jess, aside from, you know, your reputation preceding you, give us a little backdrop on some of the things that you did. How you got interested, in, let's say, Lyme infectious disease and dealing with chronic challenges, chronically ill, old challenges, patients.

Because that's not that's not the average doctor. That's not the path of least resistance. You actually took on the challenge that most allopathic practitioners of this kind of med school, they kind of look the other way on that stuff.

They want to kind of go down the road, either by doing clinical stuff, being in the hospital or running that practice. But you took a whole other, other road, and we're so interested to find out.

So spend a spend a couple minutes to just give us a little backdrop, if you would, sir. So thanks for having me. First off, Robbie, I'm glad to be here.

Glad to help everyone understand their bodies better if I can. So my story starts. Gosh, I want to date myself. But back in medical school, I graduated medical school in 2006 and residency in 2009.

And don't be fooled, I didn't always have this perspective. I was a hospitalist for almost seven years before I really started to be disruptive within that system, really speak out against the dietary recommendations the hospital provided to patients, especially really ill patients like cancer patients.

I really got upset at discharging patients with upwards of 40 and 50 medications. Sometimes the patients were eight years old, I think. How were they supposed to know what all these different synthetic medications were doing in their body?

But I was labeled, you know, as, you know, a crack in the system, a squeaky wheel, which isn't good if you're in a corporate system. Unfortunately, it may be good in family dynamics or other places, but not in a corporation, because you are really a cog in a wheel, right?

And so they finally sat me down and they said, hey, listen, if you, you know, politely can't shut your mouth, then you can't work for us anymore is basically what they said.

Not so many words and I, I really said I quit at that point. I couldn't it was, you know, at that point in time I was training already in person therapy.

And really, they had ripped the blinders off my eyes. And I was like, whoa, what's in our tap water? Whoa. Why would the government let Teflon be legal then? Like, I had all these questions that were basically rhetorical that no one could answer for me.

And I started thinking all about all the different PVC piping and things that are used in hospital systems. And I thought, gosh, you know, not not all the time is a medication good for you in the short term and good for you in the long term.

And so it was this slow kind of burn for me to finally, feel my heartstrings tugged enough when I had enough education to start speaking out and I knew it was only a matter of time that I could work in the hospital system before I would literally implode, I had to find a different route, and so I knew I was going to switch careers because of that. Once I figured out the truth.

And that was really painful. Like, I if I had known what I don't know now, I probably would have plans a little bit better because I moved out to California after a really painful divorce.

Or Portland, Oregon, and then California. And, you know, my last hospital hospital gig was in Portland, Oregon. By the time I moved to California was shadowing.

And the past 2 or 3 days a week, and then driving to Whitaker Wellness and working there, where Julian Whitaker, Doctor Julian Whitaker became one of my mentors.

And so, you know, and a lot of the doctors there as well, I learned a ton during that time. And Doctor Clement Lee, even after that eye shadow taught me a lot as well.

And so, you know, that was but I didn't have any money, Robbie. I didn't have any money. I had to kind of learn. And so, it's been an education for me because I was taught in medical school to not treat the whole body.

I had to decide which part of the body I liked the best, because that was going to be my specialty. That's really how it feels. And so I chose internal medicine because you can do cardiology or hematology or nephrology.

I love that specialty. So I didn't feel kind of boxed in. But what that told me in the hospital and then what I learned in functional training was that the hospitals still separate things into groups of organ systems and specialists that didn't work together, and it was never the best for the patient.

In fact, sometimes it elicited wars among the specialists. And so for me, you know, when I went to shadow naturopath, when I worked with What Are Koalas, I saw the whole body was treated.

And I'll never forget a patient who had insomnia and palpitations and the capturing the steroid. And I couldn't figure out what it was because it was early on, early days and he had Lyme.

And I thought, oh my gosh, you know, I worked with Doctor Marks, the day there, and he was doing mold and just getting into mold and Lyme and, and water damage buildings.

And I thought, you know, that patient in that going over to him because he was more the expert then and I thought, oh my gosh, I need to even though I'm doing functional medicine, this is a root cause.

Like, how do I get to the how do I get to the root cause so that all these patients would see my mystery patients, I can actually help them and change their lives.

So that's my story. Wow. Amazing. So so then, you know, you kind of took a sidestep from the traditional way and, you know, like what you described as what a lot of Lyme patients that are listening today actually kind of really

zeroed in on because I for me, speaking personally, our daughter that contracted chronic Lyme when she was in her teens, by the time we were 2 or 3 years, 2 or 3 years in, she had a team of doctors and none of them talked to one another.

Her lead doctor was Doctor Joe Stano. He was in New York. Then. We had a corresponding doctor down in Florida where we lived. And then she had a neurologist and she had a pain doctor, and none of them were talking to one another.

They're all prescribing meds. And it became kind of a really dangerous road. I was acting as, as a nurse with my background so that I, we avoided a little bit of the, daycare, changing dressings.

She had a pick line and all that kind of stuff, and, and I think that it gets complicated real fast because the line it's complicated and the body is complicated.

But I really love what you said about even your walk through, because you got an opportunity to see one side and choose consciously that this you didn't want to kind of compartmentalize.

So you wanted to treat the whole body. And that's what we are, a bunch of different systems that talk to one another. And once you start to break them out, then they're not talking to one another.

You can fix one side, but if the other side isn't isn't responding, then the body truly doesn't heal. What I call a primal healing platform. And I think we're both on the same page there.

So, by the way, I didn't notice when something you wrote about, I was also a student of of, person's the person there is. And so I didn't realize that you had actually gone through the road of getting credentialed, had done all that stuff.

And when I picked up his book and I read all this stuff, I thought, my God, this guy has it going on. But mostly he got shunned by the medical community because he actually had some was showing some real results.

And there, oftentimes the, the, the proper methods that are employed aren't necessarily the most economic ones. And there's a big economic, underpinning behind some of the approaches that the Western approach to medicine has taken.

And so you start to wonder about the motives and all that stuff. Right? So let's dive into Lyme a little bit. You mentioned something about, sick building syndrome.

And I find that interesting because because most people don't kind of look at it that way. And, and it truly is a syndrome because it does start to pile up real quick.

So could you just spend a minute and describe to everybody viewing what what that means about your definition? Well, first and foremost, I don't want to scare anyone with these stats because they are you when you first hear and they are staggering and, you know, we can kind of take you back a little bit because I want to say just first and foremost, yes, the stats are staggering, but the people who your body is so intelligent, the people who are listening, probably most of you guys who've been diagnosed with Lyme or have trouble with mold or water damaged buildings, you can smell it as soon as you walk in there.

You can literally like, I call you guys canary in coal mines because you warn the rest of the population that doesn't know what's still bad for them, and it still is bad for them.

You, they just can't tell. It's just buried in their bodies differently. So first and foremost, your body is so intelligent that it's warning you. It's a defense mechanism up front.

So please look at that as a positive for you. Secondly, water damage buildings, there's a lot of them. So we think current water damage buildings, 43% of buildings, according to one study, there's about 87% that have had

previous water damage.

So those are pretty you know, the staggering stats I was talking about. So it's really hard to find a water damage home. Or scuse me, a home isn't water damage.

And then, for people out there, we think that proximately 20 to 25%. I have a certain genotype, which makes them more susceptible to things that are produced in water damaged homes, things like volatile organic compounds that don't just come from mold, but can come from the adhesives and different types of toxic building products in new building construction in homes.

Also, you know, mold isn't the only thing that goes in water damage homes. A lot of Doctor Shoemaker's work is unisex. You know, my studies is another gram positive bacteria.

And actually I used to pry is not gram negative. So a lot of these produce endotoxins, which make us sick. This is a gram positive bacteria, which is surprising.

They kind of acts in between. A fungus and a bacterium can really make people sick as well. And this one has been missed. So this leads me to believe that it's that the way we're building the homes, the modern construction practices, are really responsible for attracting some of these molds that eat at the cellulose in things like drywall, or gypsum.

And so really, it's our modern building day practices that are getting us in trouble here, in my opinion. You know, nature intends for there to be airflow.

That's how that keeps mold in check in nature. With these air tight, energy efficient homes, what are we doing here? And they were, you know, stacking it full of these toxic building products.

It's like a toxic hot box range. So we really have to consider, you know, should we build our house exposed to the elements? Should. That would be rained on.

Should we be building our homes in a in a warehouse somewhere away from these elements with less toxic products and adhesives and paints and carpets, because some people's bodies are appropriately reacting to these practices which are not inherent in nature.

Right. You know, what came to mind was this whole new, you know, sort of building biologists that are called them. Right? And they go in and really, they were they were focusing initially was electromagnetic fields and different kinds of energies that also are creating another stressor that is affects everybody.

Yeah. I never really considered like just the how the new homes are being built. But in if we just look at electromagnetic fields, there are two agencies, the government agencies that control the, dial up.

What frequencies are able to be used in wireless devices is the FTC, the Trade Commission, and the FCC, the communication Commission. How many health minded people actually sit on that committee that actually looks at the ramifications, health ramifications?

So it mirrors the construction industry. There's nobody in the construction industry that says what kind of materials to use and how they work in conjunction with overall health.

Forget like, genetic proclivities and, and, you know, the epigenetics that play into people's health these days. Right. So now you bring a line patient into the room and you know, of course, well, I'm sure you've seen this in clinic.

You've get a and, one patient is, you know, functioning fine. And then they somehow they, they, they, they dive into a mold environment and they go from functioning to nonfunctioning almost overnight like a bomb went off. Right.

And it seems. Yes. Yeah. It's really troublesome. And it's why I love talking to you on many levels, but you've really kind of figure it out how to, unwind that.

But it starts with today making people aware of the things to consider. It used to be like when I was searching for a home. Don't buy a home that's under a high power, you know, electric circuit board, you know, like one of those big, you know, tables, right?

That's all that because that because there were some children that were being born not so healthy and they were trying to tie the those fields, the electric fields to that.

Now we've advanced to all these other things because, you know, we've got an exploding cell phone, cell phone, wireless everything. Right? Bluetooth, wireless everything.

Electric cars now are the next thing. And so these batteries are throwing off lots of fields and I think what it's doing is it's actually kind of turning on, turning off certain people's switches to their good health switches and turning on some of the genetic recessive proclivities that they may have been holding down, that they may never experience in their life other than today's world that we're living in.

And so say, even like, you know, these early studies show that the bacteria change their, you, their growth patterns and how aggressive they are in the petri dish based on the, the 2.4GHz, I guess.

Right? Frequency. Right. Which is what our, our Wi-Fi routers are. And, you know, really mold as well. Some of those studies have shown that it increases growth as well.

So really we're made of bacteria, right? We are back there. The great decomposers. They're there to clean up toxins in my opinion. So so what are these frequency is doing really to our bodies?

You know, we have we're just not tracking the surface of that. And I encourage people out there, if you think you're sensitive to these, this electrostatic smog that Robbie and I are talking about or, you know, just frequencies in general, there's a place in West Virginia.

And I know this because I'm from West Virginia and it's called green Bank. And you can go there and I think it's probably a 20, 25 mile radius where it is a radio free zone.

It is not allowed to have any sort of anything with Wi-Fi there at all. If you have it, the cops will come and tell you to turn it off. They can. They actually have a cops and police station.

That's that search for that because there's a giant satellite there that communicates with space all the time. It can't have anything. Has SSB radio free zone.

So there are a lot of people, I think, upwards of 30 or 40 people who had emfs and hypersensitivity that move there and if healed. So guys just go try it out because if you have are having trouble healing and that's on your radar, it may be worth the trip.

Right. And there's there's easier ways, you know, like that's a big move. And there are a lot of other communities now that are actually talking about building, places like that, but it's just, you know, free it's their green zones and they have their sustainable living areas.

And so this, I believe is going to be more popular coming moving forward. But you can I'm down in South Florida. So it's kind of easy for me to kick my shoes off and, and ground myself to the earth or I ride bike.

That's my thing. I've put on about 8 to 10 miles a day. So I try to really, you know, commune with nature. I'm down kind of in the tropics or just walk on the beach and you can sense if you are someone who is, hypersensitive to electromagnetic fields and, or is they're not really in touch with nature too much.

Just take a walk in the park, take your shoes off, which may not be that practical, it being winter in the colder parts of the country now, but when as soon as it goes away, you know the weather comes back, just try that as an exercise just to see how your body responds and generally a better night's sleep, a little more focus.

Like things that the way we used to be, you know, start coming back. Doctor Klinghoffer did a study, where he actually did a blood study, and he studied, their rural population of about 100 people in the rural areas and a population of 100 in the, in the urban areas of the Pacific Northwest. And what he was testing for was the was the level of mycotoxins in the blood of the two different, populations.

So basically the same area they're breathing the same air, they're eating the same food, and they're drinking basically the same water. So the real significant difference was the concentration of cell towers and the byproducts, the microorganisms, the mycotoxins, the neurotoxins were 80 times more, intense or more concentrated in the blood of the people from the urban areas.

So right there you can see that these these exogenous frequencies, they're actually energize the bugs. The bugs are doing what they normally do. They replicate, they use your your body resources and they poop.

And so you can measure items. Excuse me. I'm sorry. I would even argue that, you know, how do we know it's just the EMF. It could be the toxic load in the urban areas adding to it to totally, in my opinion.

Now, I almost think, you know, bacteria being that great. Decomposers mold is where antibiotics come from, like penicillin. And that's because it stopped bacterial growth in the petri dish when it was discovered.

And so it's all this grand ecosystem that's supposed to be in nature. But we messed it up with a toxic load, EMF, all this stuff. Right? So if you're in the heart of it in suburbia, right in the middle of or, you know, right in the middle of downtown, you're exposed to so many things that are unnatural in general, right?

I know it's pretty amazing. I, I'm often hearing in, in our own clinic and health coaching stuff that we do. The, the enemy line is the enemy. The co-infections are the enemy.

And, the more modern views that I'm getting and a lot of it's coming out in the interviews through the summit is talking about the terrain and rebalancing the terrain.

And, and, and that and the harmony that all these organisms like, viruses and so forth that have lived in our bodies for thousands of years. Right. So are they really the enemy?

And you just kind of said it in a small way, because parasites and a lot of the bacterias are important for us to digest food. It's all part of our processes.

And so are they really the enemy? It's interesting topic because I know a lot of Lyme patients are so frustrated and they'd like to just had one thing, but even the whole process of recovery is kind of shifting it from it being the enemy to understanding that we all live in harmony, both the external environment and the microbiome.

What's going on, inside of us. So, I'm excited to know more as we as we dive in deeper. Anyway, you think, you know, our governments even do that with different populations in different countries, right?

They make them the enemy. And then we have things like war on terror, rather than seeing how we could all live in harmony, which I think is exactly what you're saying with a microcosm of the macrocosm.

Right, exactly. So, so, oftentimes people talk about I use the term called cytokine cytokine. A cytokine storm is usually what people talk about. I find it very appropriate when you have that line mode combination because of the activities going on in your brain.

But I think that the, the people tuning in might want to hear your definition or how you describe it, like as far as what is really going on inside their bodies, because I think that oftentimes these medical terms are used and referenced,

but it's confusing to a line patient that probably is a little impaired anyway in the way that they're thinking.

Just because of being overwhelmed with a symptom of sort. So how how do you describe a cytokine storm. Yeah. Cytokine storm is an all these this is a phrase that's become pretty popular in the last couple of years because of the Covid, 19 virus SARS-CoV-2.

And, and, you know, that's, that's very similar to what happens in bio toxin illness. Or, you know, the heading of mold, Lyme, and sick building syndrome in general.

Really, you guys are the OGS of cytokine storms, unfortunately. So you know what that feels like. You just haven't gotten the popularity that Covid 19 has gotten.

And really, that means that one side of the immune system is signaling that there's a problem. And the other side doesn't see the problem very well. You guys don't even need to understand the nitty gritty scientific details of it.

But cytokines, the definition of them are they're chemical communicators. They really are there to say, hey, do you see this problem over here? We're holding up this sign and we're signaling to set off the inflammation cascade, which is another signal that there's a warning going on within the body.

And so your body is seeing something as a foreign intruder and setting off that alarm and trying to communicate. The problem is based on your other toxic load that you might have your other frenemies in your toxin bucket.

What stress or emotional trauma you might be going through at that time, as well as genetic predispositions that may be harder for you and your body to overcome because it doesn't see the problem, it doesn't see it properly.

And when the body doesn't see something properly, when one system spinning out, the other one's going, who the heck am I? Where the heck am I? Then the body is out of homeostasis or out of balance.

And if you can look at nature and see how when nature's out of balance, it causes problems, it's spiraling in all other areas. Our body's very similar.

If one is overactive and the other is underactive, that's when something like autoimmunity is diagnosed. That's just one example. Cancer is another one on the other side of things.

And so that's an imbalance, almost like a scale. It has to be right here all the time. The body's really good at that. Unless it becomes overwhelmed and that bucket's overflowing.

And then it's just kind of in, danger mode all the time. That threaten is push that flight or fight button is pushed all the time. And some of you guys may feel like that.

Right. And then that affects another area that people also talk about, which is sort of the mitochondria, how the mitochondria has kind of two functions.

But when it's in the it's in the fight mode in a way, when there's when the body is having trouble, creating that balance, then a part of the mitochondria that would normally be or the energy that's being focused towards normal body function right now is deployed in trying to get the lymphatic system and your, your, detox pathways and your immune system mostly, strong enough so that you can sort of settle that down and get into that, that balanced state or homeostasis, like you say.

So, and people, the autoimmune piece is so, so, so also interesting to me because as it applies to Lyme, we've got this unique multi layer system immune system that goes after invaders.

Sometimes the invaders like Lyme, they cloak. Right. So they can't they become invisible sometimes like Lyme in the co-infections they actually dive deep, either change into a state where they, they're much more protected from, from, our own immune system, mental health.

But sometimes and very often, they dive into the cell, they dive into the tissue. Right? Yeah. And then now we've got our immune system that's trying to chase after these guys, and they're inside our cell.

So the immune system starts to attack itself. And it's in its way to try to go after the invader, which is kind of an interesting concept because many people on it don't really understand the interplay in how an auto immune, disease or challenge can start to develop.

And it could be something as simple as that. Yeah. We actually think this clear morphism that Lyme shows that you're talking about where can form different shapes.

We actually think a lot of different bacteria may be able to do that. They're really smart. There is all this. We are like they they're not bad at their jobs.

You guys come on. They're really good at their jobs at hiding, innovating. And maybe they're there for toxin cleanup, right? Maybe we have some sort of toxin in us that's calling them in and attracting them.

So how do we detox our body enough to where our body can say, oh, yeah, I can turn that part of myself back on and work properly and fix this a little bit more because it was stuck, right?

Yeah. Oftentimes I kind of think like maybe we like our GPS. Our guidance system got turned off. And you know, if you're if you're a weekend warrior workout advocate, do you hear the term muscle memory, the body and the cells have that same memory in it.

And unfortunately, I think when we develop chronic challenges, some of those, memories are kind of those switches. Those light switches are turned off temporarily while it's busy trying to take care of what it considers the emergency at that moment. So, what I think is really interesting is because you can turn those switches back on is is kind of not as easily, but there's a process and that's where I want to kind of talk about something that you've coined called kill, bind, sweat, which I absolutely love, because in those three words it says it all.

So first off, how did you come up with it? And secondly, please tell everybody what it is because it's a it's such an important area for Lyme patients, really.

Everybody in today's world, to be cognizant of the environment and how it affects us and also what we can do about it. And it doesn't have to cost a ton of money.

This is these are things that you can actually do every day to shift with the foods that you eat and, and different kinds of lifestyle choices that we that we make.

So what is kill, bind, sweat? So it sounds like I'm sort of an S&M talker from that name. It sounds it's very catchy and sexy sounding, I know, but it is sort of caught on online by accident.

I just hash tag that on my stories and people really loved it because you said it, you know, everyone can do it. It's pretty practical. People can understand it with a name like that.

Once you tell them what it's about and, and it's, it's really available to everyone. And, and I think that's why it caught on. It sort of went viral on its own with how much help was for those reasons.

And so what is it kill by and sweat is kill means really you want to take some sort of herbal antimicrobial like obviously on the side of holistic thing, of the holistic thing.

So that's my choice. You know, take a binder for hopefully 20, 30 minutes afterwards. I have, of course, my favorite binders that I look for, something that crosses out of the gotten work systemically in the SAT and things like that, where a lot of toxins hide and then climb in the sauna.

If you don't have a sauna, maybe start saving for want to make that a priority for a holiday or a birthday. But you

can also do it in a hot Epsom salt bath.

You can even drink ginger tea before the sauna or before the baths to really get yourself sweating. Because there's so many people that tell me they have problems sweating or they don't like to sweat.

And although it may seem super, super glamorous to just listen, it's really important that you sweat when appropriate because sweating isn't just to cool you off, it actually releases toxins from the body too.

It helps turn on and recharge our mitochondria, which we talked a little bit about how it's important for the immune system that your mitochondria work and for your energy, your mitochondria work.

So there's so many benefits from this, not just another chance for misfolded proteins to unfold and refold properly, which code for proper genes. And so this is there's so many benefits from sauna.

And what I've noticed from people have trouble sweating or turning on their mitochondria is that binders are sort of like this secret message to your body that, hey, we're doing the damn thing, we're getting in the sauna and we're going to sweat.

And what we do naturally is pull things out and lock them up with a with a binder. And so the binder is actually removing toxins more readily from the bodies.

The body kind of wakes up quicker and says, hey, we're detoxing. Okay. I understand. And so over time, people who are difficult sweaters will be able to sweat more easily with this bind sweat formula.

And oftentimes with people that are really sensitive. Robbie, I will leave out the kill part of it and just start them on a bind, sweat to sort of get their terrain more acclimated before we throw in something that's going to be sort of like a maybe like an antibiotic naturally for them.

So we want to be careful. You know, I found and this is just from our flow, that for some reason, women are always articulate, that they have challenges sweating more than guys.

Maybe it's a manly thing because we're out there hunting and whatever we're doing, you know, and so sweating is just a part of our, you know, like our normal deal.

But the number one reason that we discovered that people have trouble sweating is because they're not properly hydrated. And then when I bring that up, they say, well, but I drink so much water, maybe I could be a fish.

And I think that the water that people are drinking now isn't structured, it isn't properly balanced. There aren't the right electrolytes or aren't the right different minerals that we need.

It's not how nature intended water to be coming in a plastic bottle that's been sitting on a shelf for nine months, getting all those PCBs and. Yeah, so water, that's what I call it.

If you want people to stop drinking it, just be like, oh, you're drinking fertility water. They will stop really fast. But I joke, I joke, but it's very serious.

I'm not kidding. That stuff. The endocrine disruptors, it will absolutely mess up your hormones. Sorry. Oh, no, it's good to know. Even tap water. Municipal waters have fluorides in it which mess up, you know, like and chlorine.

And now they're just they're finding that there's trace, amounts of pharmaceutical, in, in our water systems. And so you kind of can't trust any of that.

You have to kind of take it upon yourself. These are the primal things. And so, in getting them and getting people ready or primed for sweating, hydration is kind of a key.

When in part of what we do with our sauna protocol is to just have people drink ten ounces of water before, no matter how much water they're drinking.

And hopefully it's filtered and structured and all that stuff. But it does help promote the sweating. And then after your sauna session, we also ask for another 8 to 10oz of water.

And that's mostly to, to lower the toxic burden, because if in an infrared sauna setting, we're really stirring up immobilizing your toxins, the more easily available ones are the ones in your fat and they come out, you know, but then the ones that are deeper, like the heavy metals or the biofilms, the small salt, I call it, and that's where the binder comes in.

So you mentioned binder and I don't want to get like in the gutter on this topic, you know, with with the title. But people out there don't know what binders are.

It's amazing to me. That they don't even kind of get the like the whatever the top headlines. So what's a binder? That's a great example. Give me some examples of binders. It's a great question.

You know, when you use it with bind sweat it sounds like it means something else. But here a binder, you guys, is a toxin binder. And they can perform.

They all have different efficacies or how well they work. They kind of are specialists in binding different things depending on what you're going with.

The ones you guys will have been like, oh yeah, I use that when I was like, pull over or something's probably activated charcoal. Everyone's heard of that one.

That one stays mainly in the gut. It doesn't go to other places so that when I use only if, that's the only thing I can get. My favorite ones that are everyone may have heard of too, is our bentonite and zeolite clays.

These are great. You just have to be careful with source because they do come from the soil, so they pick up things that the soil can have in it as well, which can be good or bad.

I really like, bioactive carbon binders as well. These, use not only long and short chain carbons, but they're usually bound to something like full wicker, humic acid, which work is a mild binder.

And they also help to turn on specific anti-cancer anti-tumor detox pathways within our genes. And so that helps the body acclimate and return to homeostasis and fight better on its own, which I always preferred rather than forcing things.

And so you guys can look up, there's now information available about which toxin binders are the best at binding, what things. And it's really useful, especially if you know what you're dealing with chronically.

So when you start somewhere and I'm your patient now and kind of symptomatic, but, functioning. So would you start me on a combination of, let's say, a carbon and a zeolite or just start with, let's say, the big sponge, which would be the clay or the or the charcoal to start with, and then sort of ease me into taking the binders that go after metals and, and chemicals and so forth.

Yes. Okay. Yeah. For sure. There's different phases to how that works. And if a person comes in and is pretty overridden with a toxin in their, I can tell their drainage or detox pathways are pretty stagnant or shut down.

I am careful giving someone even a binder or even just something basic out the gate. Because I really want to optimize their terrain first, which means if their bodily functions are all shut down, I really.

You know, if you can't sweat, I probably shouldn't be giving you a binder right off the bat if you can't. Whoo! Guys, big red flag like binders can sometimes find people up more and bulk up stools solidify stools more, which is

great if you've lost two stools, but not so much if you can't get stools out already.

So that will make you don't want to be friends with me and we won't talk anymore. So I have to make sure your terrain is optimized with things like that.

You know that you can like, think properly. You can keep the schedule properly. Your energy's okay, your basement, your liver functions okay. And I have specific questions and ways I screen these things.

You know, but really, once the person is a little functioning that way on their, their drainage pathways, then I'll throw in usually something, I usually we'll go something with food phobic and humic and maybe a zeolite as well.

The because the zeolites, if you look at the charts, they have a wide range of being able to find a number of different things. And so I prefer something like that to start people out with something that does get out of the gut.

And, each person is different. Each person has things you have to watch out for too. So I go bio individually with you as well. With the individual. How original.

You know, I want to kind of flip it a little bit because this always irks me from my side. Or maybe even you can appreciate this from your experience, but a lot of Lyme literate doctors, I don't know if it's necessarily an ego thing, and I'm glad that people are listening closely to this, because oftentimes they just said, you, you have Lyme disease, you got diagnosed, and they just set you on to a protocol, and they don't consider that if they're effective in the protocol, it's going to create another toxic event.

And if you're already coming in and you're expressing through the way you're symptomatic, how how are you symptomatic that some of those detox pathways are kind of shut down, just like you just said, if you're not peeing and pooping, if you're not moving around, Salem's attic system isn't moving, then, then and now we're we're doing a line protocol to go after potentially a root cause.

It's not going to make you feel any better. I'm not going to talk to me anymore. Not going to talk to me. Yeah. So we want to be we want to be friendly, right?

We? Yeah. It's just a better way to do things sometimes. Sure. So what we are talking about now is that the order that you do things in, and possibly the way that you dose what you do as you go along your journey can make all the difference between you having an okay result, having a horrible result, or having like a really knock the leather off the ball.

Kind of like, you know, each person is so different. They're all going to have to go, you know, you have to be really diligent and trust that they're not living in a, in a damaged home, that they don't have a constant exposure while you're treating them all the time.

Right. You have to make sure you check for trauma that needs to be worked on. You have to make sure they don't have root canals or breast implants. Those are the big reasons.

Or they're always stuck in flight or flight because of their their thinking or their lifestyle choices. Every day. Because you ultimately can't go, say, 9 to 5 with them or live with them to see.

So you really have to be kind of like Sherlock Holmes to see, because these roadblocks exist in each person and they're all different. And you in your own practice, the way you're set up now, people can get to virtually.

I want to talk in a few minutes about your platform because it's incredible. But but just that, like we think about the setup, is that it's you. It's wonderful because you can touch so many people all over the world.

Right. But in the same sense, they're not right in front of you. So you don't have the same you've had to create a series of questions and, and a ways to find the same information out that you would as if someone was standing right in front of you.

Then there's that's an art form just in itself. So my hat's off to you in creating, this kind of a way that almost anybody from any place can get Ahold of you.

And let's talk about that. How what is your platform? Talk about that for a minute and how you got to that. Sure. So, you know, way back it feels like a lifetime ago I was seeing patients one on one through a clinic in San Diego.

And I just felt like, you know, this patient population has it feels like to them there's so many things wrong and they don't know if they're ever going to heal that a lot of them have medical PTSD.

And it's just it's really heartbreaking. And it's it's really emotionally taxing too, because really, I've cried with 40% of my patients maybe. So I had to figure out a way to broadcast my message.

And, you know, really put the pillars and the foundation down that I tell every single person because I believe it's not that difficult to understand your own body.

We've just really been misguided and misinformed forms. It's really not difficult to be your own best healer and advisor and doctor, but you you can't do it if you're misinformed.

And so you have to have someone sort of be a guide to help you out. But once you get that perspective, once you get that down, and understand what the warning signs in your body don't mean, anything's broken.

It means your body's like, hey, pay attention over here. And if you don't listen, it'll get louder. So if there's that. But that perspective, rather than a fear based perspective, people can learn and they can learn how to heal.

And that was my whole goal in creating wellness. Plus, and I still wanted people to be able to reach me if they had a hang up or a roadblock or really frustrated because that happens a lot.

And I can't standardize and put a protocol to everything because everyone's so different. So how do I still help people? Right. Well, Wellness Pass is a website app.

It's app doctor jassem.com, and it's we try to make it super affordable for everyone. And we're still talking about ways to do that as well. We're always brainstorming about how to make it better, but we want to make it the holistic version of web and so we have professionally film courses.

I do my monthly webinars, I answer questions on a community forum, like a Facebook forum. I have two other doctors helping me on there. We do records quickies that you guys writing and ask us the reason chronic preventable diseases exist and how to help them holistically.

So it's a plethora of information. And really, I did this to try and teach people the perspective and my mindset and how I've helped to reverse chronic preventable disease and things like Lyme disease, sick building syndrome.

For people with these methods and these protocols, that they are intelligent enough to learn and understand well, besides creating the platform and sort of easy access.

First off, I've been following you for ages, and I learned so much just from the questions that the community is asking and the way you're answering that makes me feel more at ease.

That's the first part. Secondly, like you've created again, another platform where anybody can come from anywhere, anytime, zone and, and lock in. And you've made a lot of the information very available.

It's not like you have to hunt for it. And and you've also made it pretty affordable. So I think all that really makes it, creates a really great environment, particularly in today's world.

And then I love, the way you talk about, like, the inner doctor inside of you, like, be your own best doctor. Really, what you're looking for me to do is team up with you like you're the practitioner.

You're going to give me kind of the tools, but I'm going to do the heavy lifting. Really. My body is. And what we've seen, I'm sure you could probably agree if you give your body the deficiencies that maybe, you know, the imbalance of Lyme or the co-infections might have caused inside, the body has an innate ability to bounce back and to heal.

And so I think that's the greatest joy about being a health provider is the smile that you get on the on the patient and the family unit that's supporting that patient.

Because it's not it's not a single journey, right. It's everybody's in it. And when you can team, when your patient can team up with you to take care of their their take responsibility really for their health challenge.

It makes all the difference in the world. And the result I find. So I mean, I think that that's original, amazing and terrific. And besides being a pioneer in so many of the ways you figure figured out just another way to stay ahead of the curve.

And I think that that's really wonderful. People need to know and get more of you. And you've created that platform that people can do that, you know, and I think that's fantastic.

So, okay, we're coming to a close because I know how busy you are. So, I'm your lion patient and I need to know what I can do tomorrow to feel better.

Sometimes it's psychological. I think earlier you touched on a point with my daughter. At one point, I think we counted. She had seen more than 25 practitioners.

And towards the towards the end, I. I couldn't hardly even get her to see another practitioner. I had to actually almost have a debate with her, you know, like say, okay, just found this original thinker and he's over here.

Let's go and check him out. So I know that that kind of Merry-Go-Round or that roller coaster that people are on, it's not it's not easy physically. She almost was a zero sum game.

After close to 15 years of challenge. Psychologically, emotionally, every time she would have kind of a relapse, she would make a new low. So the emotional piece is so important to, to everybody, you know, not just, people that have health challenges, but even for people that are healthy, they they need to have that emotional piece always in check.

Yeah. So what's a good tip or two that you might want to recommend to somebody listening that they could do as early as tomorrow that might make a shift or a difference in their lives?

You know, sometimes especially people that live in a city, especially if you're in a city, you know, most of these people, by the time they come to me, their diet is like on point.

It's not their diet that's the problem, right? It's it's other things. It's they have this medical PTSD. If these practitioners have gaslit them so much, they're never going to heal.

Isn't it weird, you guys, that you come in with positive antibodies to so many other things and viruses and you have deadly diseases, they're going to kill you.

But if you have antibodies with Lyme, you're crazy. They'll kick you out of their office. So just know that this system is very sick. It's really not you and but your mindset can be great.

You just sometimes have to get out of the city, go on a walk. Some of my best prescriptions for people have not been medications or herbs, but actually going, you know, on a hiking trip if they are able, or a camping trip, right, if it's not too cold where they are just getting out in nature, let you reflect on how many things in this matrix society we've built that aren't aren't very important, and we make them important.

And you realize how many people are stuck within that mindset of that system and are just playing roles in that system. And, you know, you have been victimized, but you are not a victim, and you can totally pull yourself out of that.

And this is just a journey that perhaps you're going through. Some of my sickest people ended up being the best healers. They have to go through it as first because once you heal, no one can tell you better because you've been through it on your own.

So that's really what I want to get people and a message here about a message of empowerment is that there's a purpose to everything, and you have no idea how you can optimize and revolutionize this.

So keep a positive mindset, get out in nature. And you know, nature recharges mitochondria. And ultimately, Lyme disease is a problem with mitochondria, in my opinion.

Okay. So I tap into nature, I get myself grounded. There's a there is a line publisher that actually sold his home and just bought an RV and decided to just travel with his young family around the country.

He had line and line. He had line. And he talks about Lyme and all that, that combination. So what? As soon as he hit the road, many of his symptoms started to go away and he found himself, his body re acclimating and his inner chemistry, his microbiome started to match the the outer outside environment.

And all of a sudden some of his symptoms started to go away little by, little by little. And he I think he hit the road for like about a year. And then he realized that his environment was sick that he was in.

But it gave him perspective. And that's really what you're saying now, you know, that first off, you can you can heal. And also that sometimes you have to kind of step out of your normal routine and just sort of get grounded and just do maybe what your grandparents did, you know, simple things live your life a little bit more simply, and then things come back into balance.

So, you know, it just come to mind about fasting. I'm not sure why that popped in, but I get these downloads. And so fasting is kind of like a hard reset used.

You've been used to eating whatever your diets were, and then all of a sudden you just decide not to eat for a day or two, and it gives your body a chance to sort of relax your organs, a chance they don't have to kind of be so busy digesting and doing what they normally do, and then all of a sudden your home balance to start to come back into place and, and a lot of other things.

And so I love what you're suggesting. Thank you so much for spending time fasting on a camping trip, you guys. Thank you for that, Robbie. So okay. Well there you go.

We'll send you on a fasting camping trip. Help you my Lyme patient. Well, you know what? It's simple and not that expensive. And, you know, net net. We're just searching for that.

That, you know, the way to kind of catch back. Maybe, part of what we used to be before, as we redefine the new you. And we're living in that world, and we need pioneers and thought leaders like yourself to help us find our way back.

So, Doctor Jess, as usual, you hit another home run. Thank you for your time today. Thank you for being part of the Lyme Healing from Lyme Summit, and certainly for your contribution to the community, to people that follow you.

And big fan Doctor Jess, thank you so much for joining us. So much for having me about. Everybody it's Robbie. Best nerd. Thanks so much for joining us today.

Please share this content with anyone that you think might benefit from it. And we're looking forward to having you with us tomorrow for another great interview.