Uncovering Hidden Infections And Environmental Toxins Impacting Hormonal Balance Transcript

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Introduction and Guest Welcome

Hello and welcome back to Mastering the Menopause Transition Summit 4.0. I am still your host doctor Sharon Stills and always excited to be here sharing all the latest and the greatest with you.

And I have a very special guest today. Doctor Javon Moore. And we are going to have a good, good conversation about infections and toxins. And how is this playing a role in your menopausal transition?

Because a lot of times we just think hormones, hormones, hormones, when there are a lot of other pieces and that gluten free, dairy free pizza pie that are affecting you.

And so he is an amazing human being, an amazing doctor. He's a doctor of chiropractic. He's located in Kansas City, and he works virtually with clients through functional medicine, all over the globe.

And so he has his own health story, his own journey, how he got here. He is a rock star on social media. Go check him out on Instagram and all the places, and he'll tell you where you can learn about him more at the end of our talk.

But welcome! It's so great to have you here. Thank you for having me. I'm excited to be talking about this. This is one of those topics that close to the heart when you talk about, well, infections for me, because I've been through Lyme disease myself.

But just watching so many of the women I work with and the men for that matter, in my clinic that come in because they're like, my hormones are off. Like, yes, well, let's talk y let's figure out what is generating that problem so that we can get you real, long lasting, long term results that don't necessarily leave you on either a pile of pills or long term, hormones, which sometimes may be needed, but let's figure out at the root why.

Stealth Infections and Hidden Symptoms

And that's the key for me, because, I mean, I'm getting older, I'm not old, but I'm getting older. I'm thinking to myself, man, I'm 38. How long until, you know, I'm thinking about longevity, of staying young and being able to keep with my kid riding his four Wheeler in the yard right now as to like how long it's all going to be at the gym.

What that means be trying to lift me. So how do I keep myself going? That's that's the name of the game. It's like what we, what we're doing now is you know for the present moment.

But it's also for who we're going to be in 1020 years, 30 years, 40 years and who we're going to be as we're aging. And so those choices are so important.

And I agree, I just I just literally had a patient, before I saw you, who, you know, just already had it, decided that hormones were the bane of everything that's kept her chronically ill for 20 plus years.

And, you know, just a quick little chat and it's like, well, your hormones actually looked pretty good. So we need to look at other things. So let's talk about stealth infection and what does that mean.

And how do you know if you have them. And how do they play a role in affecting how you're feeling. And potentially your hormones? I love the title stealth, in fact, because you don't know you have them.

That's the whole thing. You get symptoms of, you name it, hormone dysfunction, autoimmune disease, fatigue,

brain fog, IBS, you name the symptom. It probably comes from either an infection, a toxin, or a lifestyle dysfunction. How about we call it that?

I've never said that before, but a lifestyle dysfunction, like, I don't know, not eating enough food. How many people have you met going through your clinic that are like, you know, doc, I want to lose a little weight and you start looking at their diet and you're like, you're actually not eating either enough food or enough nutrients, which could be even protein, which then leads to hormone dysfunction or something of that nature.

So stealth infection could be Lyme disease, which is an infection that most people think comes from ticks. But it can come from so many places. It could be Sibo in the digestive tract, it could be parasites that came from the sushi you ate, the grass you walked on the lake you swam in, the animal that you let roll around on your bed.

So these infections get into your body without creating an acute, immediate response that lets you know something bad just happened so that you go to the doctor.

They're a little bit better at being stealthy. They're a little bit better at getting in without triggering that immediate reaction. So you then just think, oh, I'm getting older.

My hands ache a little more, I'm getting a little bit of achiness in the back of my neck. My hair's falling out a little bit. I'm graying. My brain doesn't work quite as well.

My hormones are declining. I'm going into menopause. Oh, but wait a minute. You're 45. That shouldn't happen for at least 5 to 10 more years. By the way, menopause should not be this extreme experience.

We shouldn't be getting brain fog at 45 and 50. I'm 38 and I still like to CrossFit, and I was in CrossFit with 50 and 60 year olds that were still doing some amazing things.

So why are you different than these people? Maybe it's that stealth infection that got into your body and it's wearing you down. And the way I describe this to people is we should be thriving into our 60s, thriving, hiking, working out, enjoying life.

And if you're not, what's in your backpack that you're carrying around? This weighing you down. So just give me a mental picture right now. Put a backpack on right, and you're walking around all day with your backpack empty.

Then slow down. You're fine. But let's take that childhood trauma and put it in there. And let's think of that being a big boulder, 40 pound boulder. You still function, but it weighs you down a little bit.

And if you have any trauma or difficulties from life, you know that. Okay. Let's talk about putting in there a little bit of mold toxicity that you have in your house.

That's another 40 pound weight, right? 80 pounds. Now how do you feel? Can you walk around very well. Not as well, but you might still be functioning but not as well.

You wear out a little quicker, you're a little more achy, your next height, because that backpack's pulling on you. And just keep stacking it. Because if you throw a little lime in there, little cibo in there, a little yeast TV, you name it, those are the stealth infections that don't stamp on your forehead, that you have a sore throat called strep that has white spots.

If you take an antibiotic for it's the subtle behind the scenes ones that are weighing you down that you need to fix. I love that because I use the backpack analogy all the time.

Just even from thinking of things from a constitutional perspective.

Nutrient Deficiency, Diet, and Hormones

Right? Because if you have a weak constitution, you get this tiny little backpack and so you get weighed down. You can't even fit half those things you talked about.

And some of us have stronger constitutions. We have bigger backpacks. But still, there's a lot of things that are filling that backpack. And so our job is to unlike you can't control everything because certain things are just happening in the environment that you don't have as much control over.

But you can certainly control a lot of like, what you are putting in your mouth and what you're using in the house and all the things, and yes, to so many women.

And I think it's like just what we grew up and what we were taught. Like, you don't look like, you know, a size zero, so you need to restrict what you're eating.

And so, so many women who are having weight problem. That's just what you said. They're underfed, not overfed. And it's not just underfed quantity of food or calories.

You can be eating way too many calories and the underfed nutrients. So that's another key piece to this. I talk to people, but I go like, what causes you to be in a fight or flight or a stressed state of your body?

Sure. Infections, toxins, traumas? Absolutely. But the diet piece is so interesting. I just did a talk on stage to 1800 docs, and the topic that I was asked to give was nutrient deficiency, and I was reading it.

Listen to this stat a apple from 1950 is the equivalent of five apples today in nutrients calorically it's still five x or even actually went a little higher because our food has less nutrients in it from the way it's farmed, the way it was hybridized to have more taste and sugar and meat to it and less nutrients.

So to get full nutrients today, I'm not actually sure that you can even eat your way into full nutrients. So just from that perspective, we're a population of nutrient deficient people.

So we're constantly hungry. So we're eating, eating, eating, eating, gaining weight, and we're not getting nutrients. And so we're always hungry. Even when you're trying not to overeat.

Your body's desperate for nutrients, which then leads to be vulnerable because now you're being told lose weight. And it's just this cycle of stuff that that is traumatizing for so many people.

And I just, I could take this so many different directions talking about that. But especially for the women, it's a it's you're different. You're not the same. I'm sorry.

We're not the same as men. My male clients that I work with, even the bigger males, like the more muscular males to this, to the less muscular males, the higher body fat, to the lower body fat matters.

So the more anabolic we are, man or man or woman, the more testosterone we carry. It seems like you tolerate toxins and infections better because you're immune system can tolerate a little bit more fight.

It can regenerate a little bit quicker. And this is observationally speaking. But you also step back and you look at the studies men require a little less sleep on average.

You look at it, men are more of that 7 to 8 hours requirement. Women a little more of that 8 to 9 hour requirement, partially because we operate differently.

Men are testosterone produced testicles, which are a separate organ. Women, especially after menopause, use their adrenals to produce some hormones. And if you're stressed out, not eating enough, dealing with infections, toxins, putting toxins in our body, dealing with whatever else is happening to you in your life.

If you feel at all stressed on a day to day basis, you're producing probably little cortisol, which means that's taking

away from your ability to produce estrogen and progesterone appropriately.

So now you're at a little bit of a deficit. So what's going to happen. We're going to go into menopause earlier. So you add all these stones into the backpack.

And it ends up taking away from your body's ability to thrive. So when I'm working with my clients I have a little bit different rules on diet. I'm not going to put the ladies I work with into a carnivore or keto diet.

And the same way that I'm going to do it with a male, especially around cycles, especially if they're hormone depleted. I'm not saying never. I will use those, but not long term either.

Whereas men can be a little bit different because of the way that we produce our hormones. And when I look at your hair tissue mineral analysis, if you're totally depleted, you got sodium, potassium, low, if I look at your mitochondrial markers and organic acid urine tests for Mosaic Laboratory and your ketones and your Krebs cycle, which are mitochondria, that's your energy powerhouse.

If those are low, I'm going to be a little more gentle with you on the lack of carbohydrates in the diet. And by the way, I was a personal trainer for I don't know, eight years or something going through school.

That's how I made money to eat when I was going through school. I can't tell you the number of women and men that I worked with where I was like, hey, actually, we're going to increase your food and then they lose weight.

I was just working with a medical doctor who is like. I mean, her specialty is women's surgeries, women's parts surgeries. And she literally told me, I used to wear this trainer.

I may eat way more, and you get back with them, so eat more. It's so backwards to what we think is normal. But will actually works for people. And when you deplete yourself of nutrients you deplete yourself of detoxification.

You deplete yourself of immune function. You put yourself in fight or flight which puts you running from a tiger. And when you're running from a tiger, you are not defending yourself against the day to day stress, toxins and infections.

Yeah, so eat more. But you gotta eat the right foods, eat the right foods. And maybe, I mean, I hate to say it, but after I did that, that conversation, I did that study. I was like, oh crap, can we eat ourselves into health anymore?

I can, I mean, I have patients, you know, I don't want to take supplements. I just want to do it through diet. And I'm like, yeah, I want to live in a fantasy world too.

But like you said, I usually is like broccoli. Like the amount of vitamin C in broccoli days gone by is like such a fraction of now. And, you know, so the apple, it's like it's just the reality I mean our soil is depleted.

So I'd love to say yes, your food is my medicine. Right. But unfortunately it's not the case anymore because of the toxic soup we live in. So you know what is what is your take on toxins and hormones and how do you like to.

And I want to circle back. Like, how do you like to test? Or how can someone who's listening know if they have a stealth, virus or something that's infecting them?

And then the same with toxins. Yeah. So there's a lot of questions in there. I know. Let's start with toxins affecting nutrients. Every toxin strips you of some nutrient, every medication.

I shouldn't say every, but basically every medication strips you of some nutrient.

Testing for Infections, Toxins, and Mineral Imbalances

So whether it's PPI and B12, whether it's statins, taking away your CoQ10 every compound that you put in your

body affects other minerals and vitamins that you use.

So when I work with somebody that's dealing with mold toxicity, they're probably at some point going to be deficient in B2B one and B12 likely folate is is on its way because these nutrients are used for producing energy and detoxification through the liver.

So you have enough toxin. You're going to strip yourself of these things because your body's trying to get it out, so you deplete. You also might see things like if we're talking about bones, bone health, osteoporosis, which relates drastically with hormones, when your body is depleted of calcium, it will pull in other positive ions.

And this blew my mind. This is like eight years ago. I was listening to a natural path and he's like, my wife was osteoporotic. But we do everything perfect.

And I didn't get it until I ran $15 million of studies that he was working for a company, and he found out that all these osteoporotic women in the oil fields in Canada had lead and uranium in their bones.

I was like, wow, so what's happening here? And he explained to me, he goes, when you get lead and uranium in, it displaces calcium out of the bone because they're both positive ions.

And then your bone starts being made out of this stuff. So over years and years and years, you have deposits in your bones. And then when you go into the change of life for women and your hormones change in your body starts analyzing your bones.

When we're like, oh, 40 years old, here it comes, 50 years old, here it comes. He's like, no, it's actually your body's detoxing all this metal out of you.

And that detox coming out of your bones triggers all these immune responses and inflammation because of that toxins coming out of your bone. And now you have to deal with it.

So it's displace the calcium for so long, and now it's going to liver. You're using up your glutathione. So now you're not processing estrogen and progesterone as well.

Right. Because toxins go in your body and your bone your bones then process it for years. It comes out of your bones into your blood. Your body goes, oh crap. Get it to the liver.

The liver has to use up all its nutrients to then flush it out, or it puts it into fat. Oh, what happens to a lot of people? We gain weight at 40 and 50, so it sequesters it into fat, while trying to process it out.

So now we get fatter and more hormonal because of that shift in life. I'm like, oh man, like this is incredible. So that's just a few parts of where toxins can affect nutrients, and toxins can affect how we're operating moving forward.

And then your other questions of like testing. So I'll leave hormone testing to some of your other experts here yourself. I am not the expert on hormone testing.

I have some ladies in my clinic that, of course, passionately. They like hormones for women because they're women. And I'm like, I like them enough to know what to do with them up and to the point where I can hand them off to you.

I'm the one working on that chronic state to get us from symptomatic to non symptomatic. And my belief oftentimes is, yes, your hormones are off. Why.

So we could run a dust test at the start. It's going to not look great for many people that come in because they're really sick. My initial point is we could do HRT or we could do supplemental changes, adding in, you know, if your your high acid and bringing in dam or, or calcium to glue create.

And I'll leave that expertise to you of what you want to do. But those are some, some quick changes that we've made or bringing in. DHEA can be a piece of the puzzle, but that's a Band-Aid until you figure out what's below.

So I'm going to go and run an organic acid test, which gives me 76 markers. It's looking at infections like yeast, bacteria, and mold in the body. I'm going to look at the deficiencies of the bees and a few other markers for detoxification in that test like CoQ10, NAC, vitamin C.

From there it also gives me mitochondrial markers. It's got about 15 mitochondrial markers. So your energy system is not working. It's going to test glucose, iron and methylation.

Is that working. So can we detox is going to test mineral content and kidney output. So let's give me a lot of markers around the physiology of your body.

And based off of the thousand we run a year over ten years, I've seen a lot of these in the clinic and I get patterns from that. So I use that with a hair test, because the hair test tells me a least a 30 up to 90 day picture of your mineral content and your mineral usage tells me a lot about your body.

So if you're dumping magnesium into your hair, you're stressed out, your body's trying to relax you. If you're dunking calcium in your hair, you have a calcium shell.

You're probably irritable and edgy and hardened, personality wise and that tells me your body's trying to protect you from something. If your sodium is up, you're inflamed.

If it's crashed, you're probably standing up and getting dizzy and lightheaded. You don't have go power. If your potassium is up, you're burning through your cells and they're actually dying off.

If it's bottomed out, you really have no power and you're probably in that parts category. And that's just the four macro minerals. If you're depleted of B vitamins, you're not detoxing.

And there's so many others on there. But it also brings up toxins. 170 million Americans drinking radioactive water. So I see that from uranium. I mean, there's so many markers in there and in the general blood panel.

So your thyroid, I will run through blood, your sex hormones, progesterone, estrogen, testosterone for women. I'm looking for more of a after word. Go to a doctor. Salivary urine type test.

Because I'm just running these physiology tests to beginning from there. This gives me a big piece of information. I'm going, okay, based off of you having I'm going to talk about mold for a moment.

Oxalates elevated more than two mitochondrial markers off in the in the organic assets. And like I said, I use mosaic laboratories because they for me have the highest resonance.

I get it actually gives me the information that makes sense to run the next test. I've seen a lot of organic acid where I don't like the range as much.

It doesn't calculate out to what I see at the end and your symptoms. And I'm a pattern guy. I love patterns, so if you have the oxalates, a B2 deficiency, more than two mitochondrial markers, methylation, toxic exposure elevated in an organic acid test.

If you have actual mold showing up in the first like infection section, these markers tell me go look for mold. And then I'm going to run a urine micro toxin test with mosaic also has.

So I run that test which is you pick up and is looking for mycotoxins in your urine. If it's positive, we're dealing with mold and we go down that rabbit hole.

That may not be all you're dealing with, but that's a piece of the puzzle. If we're looking for stealth infections, a tick

borne 2.0 panel from Vibrant America is phenomenal.

Some docs have said, oh, it's too positive too often. It can't be that positive. I'm like, actually. So my experience is this you get the results, you use the results to trigger a treatment plan.

You get successful results of getting rid of symptoms. It must be right. I don't typically get those results, do something about it and not have positive outcomes.

So I'm like, it must be right. What we've known. And the CDC even admitted in 2015 that they got 25,000 positive results out of their Lyme test, which is the standard one that you do through LabCorp and quest.

They estimated somewhere between 300,000 to 1 million people actually got infected. So their results are crap and they don't catch anything. To add to that, there are now probably 30 subspecies or mutation of Lyme that are not Borrelia burgdorferi, which is the actual Lyme disease infection.

So there's 30 subspecies that they don't test for in the CDC test that vibrant does. And then it also runs Epstein-Barr parvo cytomegalovirus. It's a little expensive, but you're getting a smorgasbord of of infections for us to understand where your body is with that.

And this is just the Lyme and Co even if you don't have Lyme, the Co are common. And then the total toxin test from them is another toxin panel that you can run through mosaic.

They have their version or vibrant. They have their version. Those two tests give me a ton of toxins and infections that I do on my second tier. And that really gives me a ton of info.

And I know I just talked a lot, so take it away. Yeah, that's that's awesome. I love vibrant I do this testing too. And I think, yeah, they show positive a lot because they're actually looking and getting accurate results and they're positive because a lot of people have issues that they think they don't.

I do have a question. I don't know if you have an answer, but I'm curious in heavy metal testing, I've been doing this for 23 years and over the last, I don't know, 4 or 5 years maybe.

Heavy Metals, Water Contamination, and Detox

All I see, which I never saw before, I see cesium, I see thallium, I see uranium like almost in every patient. And I never used to see that. And I'm just curious, like I've been told it's in the water used for fracking.

I'm just wondering if you have any or is it being sprayed on us? Like, why does everyone have that? So if you look up your water base water database so everybody listening do that right now.

Look up your zip code and then click it. You will see what's in your water supply from the CDC or sorry, not CDC, the EPA and the EPA's reporting what's found.

Now, the EWG ranges are smaller than the EPA. The EPA made their ranges based off of what they would expect a municipality to be able to afford to remove, not based off of what is healthy.

So let me repeat that the standard is not based off of health. It's based off of finances. To remove uranium, cesium, thallium from a water supply, you basically need to distill it.

Some other types of filters, whether it's ionic carbon or reverse osmosis, claim they can remove it. Here's my take. I've ran thousands of hair tests on people with oral systems.

It did not remove it, not fully, maybe partially, but it did not fully remove it. So I still found it in their hair. Once that is done, we detox it. Wait a year because it's coming out of bones and other places.

It stops showing up. Interesting. So you think the main sources from water main source is water? Whenever I find radioactive elements, it's basements, water, radioactive power plants, basically.

So a nuclear power plant, there's one of those, I believe, in Austin, a small one that it was like, the schools or whatever, and we couldn't find any other place except for she lived across the street from there.

There something a rather testing reactor, I don't know, she's next to the university. And I was like, I can't promise you that's where it's from. But that's all I got.

She moved and went away. That's all I can say. It's correlative, not rock hard, but sometimes you just got to take some gases. The cesium can also be washed by soaking thallium.

You can find it there, too. There are other places. So there are times where you find, like farmed fish are in areas where there's radioactive deposits, and then that gets into the water.

California, like the whole state has it in their water supply. Miami has in their water supply. Lots of the northeast New Hampshire, Connecticut area does.

New York City doesn't report it. And their water supply, a lot of, Utah has in their water supply. I just do this every day. Right. So, I start to get a feel for where this stuff is going to be.

Colorado. I have a person I just saw two days ago, and she's like, yeah, I live in the mountains over by Vail. And I was like, can I come visit? But, it is beautiful out there.

I love the summer and mountains. You can go hiking, I go, but you probably are drinking radioactive water. Sure enough, we lucked out. There it is. And I go, you're one option is distillation.

That's it. It's a little annoying. You get one gallon for two hours. So if you're wondering, oh, is mine a distiller? If you get more than a gallon for two hours of water, it's not.

And part of the reason why this works differently is because it evaporates from one container to the next. And the melting point for water in most cases is lower than the melting point for a lot of these individual ions like uranium.

So then that leaves the toxin into the pad. Then it filters it again. Yes, people will say that this is dead water or it's higher acidic water. Sure. Let's get it cleaned first.

Then we can restructure and we can add minerals back to it. If that's important to you. I think it's a great idea. I do that myself, but I first have to make it clean.

And unfortunately, where we live in, you know, you're not drinking from a natural spring running off a mountain where you don't have a bunch of toxins already in your body, or mold in your house, or stress and trauma on your body that's depleting your nutrients, not allowing your liver to be able to clean it out itself.

Also, sure, in the past there were times where you drink water, probably had some mineral deposits in it because a mountain shifted and that went down running down your water stream.

That's not what we're getting. A lot of our toxins today. Today, it's runoff from toxins that are elemental, created in a lab that are from your, farmers or from a plant or something else.

A farmer in California that I'm working with, he's like, yeah, when? And, dropped off a load of metal from the AG in my land, and they literally tested it and it was radioactive because he'd been running California water through it for 20 years and had just accumulated that much sediment inside of it that it became positive.

Right? Yeah, it tested hot. So when I told him his water was radioactive, I yeah, I know, like get a distiller that's and distiller you I and I want to be mindful of the time because our time is up.

I know you have you're busy and you have another thing to be at. So do you have a distillery you recommend on your website? Where can people like you just dropped so many different nuggets?

Like, I know the ladies are going to want to learn more. So do they go to your website? What do they do? Yeah, I mean, if you wanna find the information I put out there, just go to doctor J and more.

Jabba N is my first name spelling more military. And I mean we have it on our website, Instagram, all over the place. We we constantly put out content because when I was sick with Lyme, my goal was to find a way to get better.

Where to Learn More and Closing Remarks

So my goal for all of our stuff is just to fuel back information, give you the ability to get well. My pure water is we use, so you click that in our stores and get it.

It's a little bit more effort than all the rest of the type of filtration. But if your water is radioactive, that's what you got to do. Well, thank you for for everything.

For being you, for all that you do in the world, for taking time to come. Be a part of the summit. So go check him out. Go check out his website, check him out on Instagram.

He's like the Instagram king. And, obviously, you know, you can learn a lot from him. So be sure to give him a follow and check out what he's doing. So thank you for being here Dave, and I appreciate it.

And, we'll be back with another. So stay tuned everyone.