Introduction and Dr. Moore's Mission

Welcome to this episode of the Reverse Alzheimer's Summit. I'm your host, Dr. Heather Sanderson, and I'm so excited to introduce you to Dr. Moore. He's been through his own health crisis.

At 25, he was an award winning athlete. And then he started suffering. He explored the ways to get to the root cause of his illness. And now he shares that with his patients.

And I'm so thrilled that he's here to share it with us today. Welcome, Dr. Moore. Well, thank you so much for having me in exactly what you said. You know, my mission is just to hopefully cut out the steps that I had to go through of searching with no direction and just educate people as much as possible on what could be affecting their bodies in their brains.

Because these neuro symptoms, whether it be Alzheimer's or anxiety or depression, are not just normal. There's something causing them. Right. So many of our patients hear that, oh, this is just normal aging.

Like, what do you expect? Your memory isn't going to be as good. You're not going to think as clearly. And I flatly reject that argument. There's so much that we can do.

And you and I share a lot of the same interests around diving into those root causes of disease in and especially of neurodegenerative or mental health issues that really affect us their day to day quality of life.

So let's start by talking about micro toxins. I know that you've explored this deeply, having so many patients that have come to you with that concern.

So how do you test for them? How does somebody know if they have them? What kind of symptoms might they be happy in having if they have been exposed to Mycotoxins?

So I'm going to start with the big picture. Mycotoxins comes from mold. Mold is something that people think, Oh, it's everywhere.

Mycotoxins, Mold Exposure, and Testing

It's okay, it's not a problem. However, there are types of mold that are very toxic and when you trap those mycotoxins, which is their off gassing, their toxin that they put out, when you trap any environment like inside a home where the air doesn't exchange with the outside very often.

So especially like wintertime, you get your windows closed, that toxin recirculate and it increases a lot. So there are studies showing that it's 2 to 3 times more toxic inside a home than outside of a home.

So this can be a major problem in a home, even though, yes, mold can be anywhere, anywhere there's water. It's that when it's trapped in an environment and mold, let's just talk about symptoms.

I mean, this can cause breathing issues. It is extremely damaging to the mitochondria. So do all kinds of testing. We get into testing as we go. But when I see mitochondrial suppression or damage immediately, the first thought to me is, is there mold here?

Right. So double click on that. What is the best test to assess for that? If you see mitochondrial damage, what are you looking at? How would someone know if they had that?

So my favorite says to use is actually an organic acid test. I'm looking at the ketones and I'm looking at the credit cycle, which if you go back to middle school, you remember going through the Krebs cycle, memorizing all the

pieces, right?

So this is your energy cycle. And if you see suppression there, if I see more than 2 to 3 markers positive out of about the 20 on a no test organic as has reversed out I'm thinking oh crap, this person probably has either mold or radioactive toxicity which can be found in water, soil, uranium, radon or radium.

So those are the two things that I found that really cause major suppression and otitis into the brain. If you don't have the energy to think you're going to brain fog, you have the energy to heal.

You're going to end up with neurodegenerative or physically degenerative processes happening in your body. But the brain is the first place this goes because from what we've seen in studies right now, the brain has about 10,000 mitochondria.

Purcell Whereas your muscle tissue only has 500. So of course, if your mitochondria are being damaged and there's so many more in the brain, you're going to see these neurodegenerative processes, you're going to lose memory, you lose that process and function.

And that might be the sign that you're living in an unsafe environment. Mom that makes so much sense that there are so many more mitochondria and in her only cell than there are in others.

The brain. Many of you know this the brain only makes up about 2% of our body weight. But uses more than 20% of the energy that we expend every day. And that ATP that you were describing of the mitochondria, it is responsible for creating ATP, that powerhouse that that currency that our cells run on.

And so if we can't create enough, then it's going to be hard to find that name that we're looking for. Calculate that tip when we're at a restaurant. Right.

And so figuring out why the mitochondria aren't effectively and efficiently making ATP is like step number one for a doctor like you or I and Mycotoxins, these toxins that molds make in a water damaged building, they can be a big part of the equation.

There. So walk me through what that looks like with a patient of yours. What happens next after you figure out that they have elevated mycotoxins or actually, we didn't even say that.

How do you figure out that they have elevated Mycotoxins and that that is what's driving mitochondrial dysfunction? So there's a number of testing. And we were talking you said, you know, studying with Neal Nathan or with Richard Shoemaker are two of the big docs out there that that really pushed this forward as a topic.

And they'll talk about tests like see for a MSH and VIP, which are more of your blood testing. And what I've done is because I came from the line world, I'm like, well, see, Farai goes up with Lyme too.

So this is an immune and inflammation response. As much as it could be for mold, it can be for Lyme. So I look at those tests for some people and that leads me to the next place, which is do we test your home or do we do further testing in your body?

Right. So I like an organic acid test at the start, so I see the markers I mentioned earlier. But also if you have oxygen, it's in your body. If you have methylation or toxic exposure, it tests showing positive.

If you have symptoms of fight or flight, I'm starting to put together this. Okay, mold might really be a part of this. And that's when I go, okay, home or urine.

And so you can test urine tests for medical mycotoxins test. These are tests that look for specifically mycotoxins you can get from Great Plains laboratory real time lab fiber in America.

There's, there's a few other labs out there, but those are the big ones that I've used. And they're testing for specific

types of mycotoxins like okra toxin A or looking at Citron.

And there's so many different types of Mycotoxins vibrant America actually test for 34 of them. If you have those in your urine and there's mold coming from somewhere, whether that's your school, your home, your work, or maybe even a colonization inside your body. Right?

So it's new and it's coming out the other way. You look at this is home or we look at dust sample collections or petri dishes and we look to see what's growing in your home.

What are we finding in your home as far as spores from molds? And then based off of that, we can compare that to either your urine or what we found in your blood.

And the reason why I'm saying there's all these different components is because depending upon the client, their health and their situation, we may choose different testing.

If your body seems like it's kind of wear out and shut down, we see low sodium, potassium in hair tests, we see low cholesterol, we see low markers in your liver.

You're probably not the best candidate to think that your body is detoxing. Well, you might be diagnosed as parts or just adenoma. You may have Marcell or chronic inflammatory response syndrome.

And in those cases, I don't find that this person oftentimes their urine sample test of our mycotoxins coming out of your body doesn't always agree with what we find as far as their inflammatory in their home.

So because it's not agreeing, one thing that some people will say is provoke the test or push stuff out of their body because their body is not naturally detoxing and showing you what's coming out.

Mold, Detox Capacity, and Safe Environment

Well, provoking these people also causes hurt some reactions. It causes symptoms. They feel horrible if you provoke them. So sometimes I lean into some of those other tests that are not the urine tests because of that information.

On if they Lyme disease maybe you can't run the inflammatory type testing because limes triggering that so you've got to look more at the urine so finding a practitioner that can navigate understanding is this Lyme, is this mold, what testing do we do and what does it actually mean for your body based off of your personal circumstances is going to be important.

Yeah, we we provoke everyone and we just basically have a spectrum of how we do that. Everything from grew glutathione to, you know, on the on the more extreme end is big doses of IVIG with a tan.

And then on the gentler end for patients who are more susceptible or more sensitive, we'll even just have them collect first morning urine after a hot shower the night before just to get things moving and then also to get that really the most concentrated urine.

But I think it sounds like similar to you, I found in my practice that people who are not detoxifying we're not going to catch it in their urine. And so we're going to think there's no major toxin there, even though there's an abundant amount wreaking havoc.

But we just aren't catching it because they're not able to eliminate it. And so they need detox more than anyone. However, we just have to go really, really slow and gently so that they can tolerate it all.

Exactly. It's just specifically looking at your client and making a custom fit recommendation for them and understanding how it is not one size fits all.

This is not a area where we can just be like, well, the labs says provokes, just provoke and take that EDTA or that glutathione. And then it wrecks their body and sometimes it's Hey, guys, so I know you saw this little tiny amount, right?

Like, we're we're just barely showing up on mold. So you think that that's probably not from you or maybe it's, you know, probably not your main focus and it maybe it's from food, but based on some other factors, I think it's going to go up.

And and by the way, when we retest this in three or six months, it might be sky high on the tests. And then when we run out of it inside your body. Right.

Because you hidden it, you sequester, you put it off to the side. But now that we're getting the machinery of the body cleaning itself out, it goes up.

And then over time you run out of it because we're we're cleaning it out and it goes down. It's always so interesting to have that conversation with patients.

We say exactly the same thing that that second test I typically follow up every 12 weeks as my goal rate and life happens. So it doesn't always happen. But that very classically the first test is the tip of the iceberg.

And then that second test is where more and patients are like, Wait, what? I thought this was supposed to go down in my but I'm not feeling sick or I'm actually feeling better.

And so we have to sort of square that circle with them. But it's so nice and validating hearing another practitioner who's having this similar experience that like first they go up and then they start going down and it's probably that really high number that's an actual reflection of what's going on in the body.

Absolutely. And, you know, sometimes I just tell clients, especially depending upon the financial situation, I'm like, I run more testing more as a yes.

No question than a how much question now is it there yes or no? If it is, let's deal with it. You're going to get better as it goes away. I'm not necessarily tracking the amount now.

It's nice to know that. But again, if finances don't allow us to rerun labs as often, I can take it as a yes no and we can go from there because again, based off of your detox pathways, based off of the provocation, based off of just the vitality of the body, we're going to see different amounts coming out.

So instead of me going, Oh, you're at 100, so we need to do X, Y or Z, it's okay, you're at 100. But what are these other factors and how does it apply?

And that's just me doing this a long period of time and knowing that chronic illness is not a straight line. Right. There are no doubt about that. So talk us through a little bit of what that would look like.

What what would the patient journey look like for someone who does have moles or mycotoxins affecting their brain and nervous system? So, you know something?

I talk about a lot, something that has really touched my heart in my clinic is kids. And the way that mold can create these inflammatory immune responses is where they can be diagnosis pans or pandas, which is a subcategory of autoimmune stuff like this.

So it's this. So the situation where the toxin has triggered an immune response which triggers inflammation, when this is in the brain, it's called autoimmune cellulitis.

It can trigger anxiety and depression and tics and all of these brain on fire like symptoms. That's a really good description. So I wrote a book on it and it's a really good description that that really resonates with people.

And you can imagine if your brain's on fire, it's going to generate over time, it's going to break down, you're going to end up with Alzheimer's and dementia or Percocet.

These other things are going to happen and understanding that more can trigger that. We've got to do things like you're saying, what's the journey here?

You've got to understand that the first step is we've got to get you to a safe place. So if I see mold in your body, where's it coming from? It could have been from a previous home.

It could be work school, the current home. So there's find where it's at, make sure you're in a safe environment. And I don't just do mold. I'm talking water, food, air hygiene, people safe environment.

Right. And then because mold is such a overwhelming thing, because it's not like it's not like, okay, I ate this food one time, I got food poisoning. It's this thing where you're living in it and it's your body feels like it's at war.

So your body gets into a state of fight or flight. So now your body's always constantly going, your cortisol is up, your electrolytes are draining out of you, your digestion is becoming ofthose dysbiosis developing because your body's using up all of its bile on detoxing mold.

So there's all these pieces that are coming into your bodies, you're living in mold. So once we've got you in a safe place and I got to deal with the fact that your body may feel like it's having this PTSD like response.

So you walk into an A building, there's a little bit of mold in there and you get a headache. Your body on shutdown, you feel like you're not safe anywhere.

So I'm like, okay, safe place, feel safe. These are two of my top priorities for clients. When we're getting going to make sure that we're addressing those pieces.

And then once we know those two pieces are addressed, then I take another step back and I go, Okay, we've talked about those pieces. We know that they have mold, what else they have.

They lined up parasites. They have radioactive elements of heavy metals. We have mycoplasma and we have GI bacterial infections like SIBO. Which one of these things is going to be the first piece of the puzzle that we can address that will make the biggest change for this person, but not set them off?

Sometimes parasites have to be my first step because mold is suppressed immune system and allowed parasites and parasites stop you from being able to go to the bathroom at time.

So now we can't excrete. And if I try to move mold, it's just going to go to the gut and then get recirculated because you not poop. And I think so many people assume that, oh, if you say parasites, I mean, they have like watery diarrhea.

And that is so often not the case. Right. Many people have this opposite experience of not being able to have a bowel movement, which means that it's going to be even harder to get rid of the toxins, which means your immune system is going to be more even more suppressed, which means you're going to build up more parasites.

It just becomes this this downward spiral on the health path. So, okay, I love how you're just like describing intervening at the level that someone can tolerate and parasites being one of them.

Parasites for me is like part of the detox funnel anymore. It's like, I got to get those guys out of the way because literally there's something called a liver fluke that gets in your liver that dams the thing up.

And how common is this, do you think? A friend of mine jokes around and says, If you have a policy of a parasite and I'm just like, all right, well, I mean, kind of.

But is it pathogenic to the point where you need to treat it individual? But let's just throw some numbers, strongyloides, which is a type of parasite that is a nematode piece.

Nematodes in a study were found to be 100 out of 100 and autopsies brains of mice. Patients had nematode parasites in the brain. 25% had Lyme disease.

So you would talk about something breaking down your brain and chomping on it. How about some parasites and some borrelia bad bacteria for Lyme, you have almost 100% chance victims.

What about Alzheimer's? And in this there was some discussion of Alzheimer's in there, too. So that that's a key piece that I know we're talking about more, but that's a really key piece.

But 100 million people in the world of dentistry enjoys 1 million people in the United States each year deal with giardia, which is a type of parasite.

So it's really common. And in the United States, we avoid the topic, we avoid the conversation because they're dirty. And let's be honest here, we worse than our pets.

Our pets eat these little cube things that have been triple tested from whoever that are really super defined on what those standards are and probably have a lot of parasite.

But we sushi and some of us like our rare steaks and some of us like our raw vegetables, all of which can carry parasites. And then your eat this, it goes into our gut.

Parasites: Symptoms, Testing, and Treatment

And if you're dealing with mold or stress or taking a Tums or some other proton PARP inhibitor or digestive track medication, it makes you more vulnerable.

And parasites get in there and they become really common. So if you have GI symptoms, the first thing that I'm thinking about, do we have parasites? You may not, but I'm thinking about it.

I personally do a parasite cleanse, a couple of times a year. Just because I know the environment we live in is conducive for a parasitic infection. Because they're in the ground, they're in the water, they're on our pets.

You dorm your pet twice a year, just like you brush your teeth or go to the dentist twice a year. What makes you think you're better than your pet? Your food is less clean and you're touching the living around your pet.

No, it's so wild. And then, you know, we live in a day and age where people travel and third world travel is another place where many people are exposed.

That it's a question I ask every patient. I'm sure you do, too. But just that issue that came up and 20 years ago I went to Africa on a study abroad or a mission or some trip, and I've never been the same since.

Like, all right, parasite cleanse is probably going to happen in our working relationship together. So parasites are kind of hard to find on stool testing.

They're notorious, right? This is why a conventional gastroenterologist is going to look at stool three times and only times three is what that's called because these tests are notorious for missing parasites.

So what do you put your confidence and how do you know if somebody has parasites or not? Do you treat most people kind of, regardless of what the testing says or do you look for a clue?

So a definite look for symptoms like parasites, something itchy but skin rashes thing, women with horrible cycles, throat. That kind of throws me toward that.

But digestive symptoms are a huge one. Waking at night, teeth grinding. These are parasite symptoms to me. So if you have those things. That's there's a lot in there that I think a lot of our listeners wouldn't have connected to parasites.

So teeth grinding and bruxism that something that you would connect parasites. It is definitely it's one of those ones I've got a whole questionnaire like fill this out if you score over this, you probably got a parasite.

So can we direct people to that? Can we director our listeners to that questionnaire? Is that available? It is on my website, yeah. Dr. David Morcombe.

Job, Animal 0re dot com d our job and ammo are e-comm. Yep. That's it. Great. Okay, so go fill that questionnaire out. And if you are scoring high, I think this is a really unique conversation.

A lot of people don't hear about it because as you said, we think of worms and parasites as gross. We don't want to think about it kind of like we don't want to think about Alzheimer's later in life. Right?

We want to avoid these questions. And yet this is one of the things, certainly in my clinical experience, sometimes cheating parasites is the thing that changes the trajectory of someone's health.

It just really is like a reset for them. They start sleeping better because as you mentioned, like the grinding at night, the for the full moon is such an interesting component of this, too.

I don't know if you've noticed that that people tend to have worse symptoms around the full moon, but there are all of these symptoms that a lot of people wouldn't connect to a parasitic risk and don't realize that this is this is actually kind of likely.

It's very likely, especially in today's day and age, for those who have health struggles. And it just comes down to resilience and their bodies or our bodies being healthy.

Right. Like we don't live in an environment conducive to our bodies being able to take care of itself. How many of us have taken a bunch of antibiotics that may have wiped out streams of bacteria that protect our gut?

And maybe you didn't do it recently, but as a kid, how many rounds of antibiotics did you get from your parents due to an ear infection or something? How many of us don't eat food that is conducive for protecting us, but even food that's not great for us, like high carbohydrate, high sugar foods versus think about what ancient cultures did.

They put wasabi and oregano and these antiparasitic herbs with their foods. Yeah, they might taste good, but they're also also antiparasitic. They're not sugar.

And then our day to day life today is stress and stress and not circadian rhythms. Sleeping leads to decreased hydrochloric acid in your digestive tract, which protect you from parasites.

Then, of course, we kiss on and love on our animals and we touch the dirt. And it's so interesting because one of my clients, when I was out in a small town near where I am at, that was a farm community, and I started talking about parasites.

And he goes, Oh, I remember when I was a kid, my mom would go, Time to dawn, the cattle come over here, you're getting yours to, you know, is, is the same stuff.

And they just gave a little bit less right to the client and then gave some to the cow. And they just did it twice a year. Right. This is so much more common than we realize.

And it is one of those things where people don't get the like, I'm sorry, I don't know what happened to my video. Kept as like I kept talking. I was like, uh.

I'm going to because that's really fast. Yeah. So it's so interesting, right? These farming communities and these people who have been in touch with the earth and like the cycles and the rhythms and the animals that they have this wisdom that we probably want to be treating parasites a little more frequently than we do in our modern day and age, and certainly in more of a city type lifestyle, although they're very rare because in in cities like we eat even more sushi and we might be exposed even more.

We have these higher stress lifestyle like you're describing where we don't have that hydrochloric acid, right? How many of us are eating on the go or eating at our computer, reading stressful emails or that kind of thing that's going to suppress that immune function and the hydrochloric acid production that protects us.

So fascinating. So for your clients, do you use medications? You supplement herbs like what's your go to for a parasite cleanse? What does that look like?

So for a parasite cleanse, for me, I definitely use a lot of herbs and supplements and I use not just one. So there's really common names out there, right?

There's black walnut, there's wormwood. Those are probably the top two that people hear about, but they're also Lufthansa and oregano and clove. And sometimes you're taking those pieces and you're cycling it depending upon the time of year when you're cycling it, depending upon or sorry time, your time of month.

Right. So you mentioned full moon earlier. So during the full moon, parasites come out. They're a little bit more active based off their life cycle and their life cycles due to gravity from the moon.

So we side a little heavier on the full moon. We also use biofilm disruptors to help break down the biofilms that wrap around these parasites so a biofilm can be a fat or a cyst like structure that protects that animal or that that parasite.

We've got to break that down. So timing, protection, protective barriers and then different herbs, rotating those for different types of parasites is all going to be really important.

And I tend to do sometimes three or four different parasite protocols in a row with different herbs, cycling on and off, just to make sure that I get deep enough into that piece of the puzzle to make sure we get the work done.

Yeah, I couldn't agree more. I studied under Simon U and Kling heart to heart and they came up with some of these more aggressive parasite protocols. I think that's, again, one of the two services from the conventional community is that oftentimes they'll under treat.

It'll just be a three day course and then you're expected to have gotten over it. And yet really maybe it's a three or seven day course and we need to do it every month for 3 to 4 months or we need to do one parasite medication or herb followed by the next and as you mentioned, rotating them.

And that that does a much more thorough job so that we can complete this and get your gut back on track. I want to thank Lee. Oh, sorry. Go ahead. Please.

Is just being respectful of life cycles and paying attention to the actual organism. A three day cycle you get just a few of them of any of them augurs well, there's Lyme or parasites or otherwise.

You're only getting a small fraction of what's actually there. Well, I'm so grateful you just said that, because that is a great segway into Lyme, which is where a lot of your personal experience is.

And these bugs are complicated, which is part of why the testing and the treatment is complicated and complex. And and not all doctors agree, but hearing from you, someone who's actually been through the Lyme process, first, can you tell us what your experience with Lyme was in terms of how it affected your brain and your cognitive function?

You know, I was a probably 18 to 22 year old and I was in college, give or take undergrad. And during that period of time I was on the track team. And the biggest things that I noticed when I was going through school is as I just started getting stronger and then I started getting a little bit more brain fog, a little bit more fatigued.

And I just noticed, like this decline from 18 to 22, I should still be going all the way up and out of the way down. Yeah. And then I got hit with erectile dysfunction, which was due to hormones crashing.

So this is how these organisms are affecting you. They're affecting your hormones, your neurotransmitters, your mitochondria, your brain function. Because Lyme again goes back into the brain.

You see this in those studies were 25% of my brains had Lyme. So it's breaking down the tissue there. So that was my experience and I've worked with so many people that experience, so many mental health struggles, all of the emotions and the symptoms because of the fact that this is creating inflammation in the brain.

And I always tell people and inflamed brain is a depressed or anxious brain. So we've got to make sure that we keep inflammation out of the brain. The body's pretty good at that until it's overwhelmed.

Right. Okay. So you brought up erectile dysfunction. And so let's just go down that path for a minute because a lot of people don't always put together that.

Part of that can be hormonal, of course. And as we age, our hormones decrease. And so I'm certainly a proponent of hormone replacement therapy for both men and women to to help the brain, because we know that those sex hormones are so important for signaling in the brain.

Additionally, if there is if a man is struggling with erectile dysfunction, this can be about blood flow. And those arteries, the diameter of the arteries into the penis is very similar to the heart and then again to the brain and so if we're not getting a blood flow to our brain, of course we're going to get cognitive decline, right?

Lyme Disease, Coinfections, and Brain Fog

We don't have enough nutrients or support going into the those neurons that are going to be responsible for, again, grabbing that word that we're trying to remember or putting together the sequence of events for executive function.

And so this can be one of those super clue that tells us, yeah, not just about what's going on in the bedroom, but also what some of that pathophysiology and that the again, going back to the root causes of why you're struggling cognitively so and then additionally right there the connection between how the microbes create inflammation that can clog up and create more clotting so that that can lead to poor blood flow as well.

I mean, there are so many components that overlap here. So take us through there's and also complexity and debate in the field. Right. So what is your approach to Lyme?

How do you get started? What do you guide your clients on here? So, you know, I kind of mentioned earlier the the direction of how things went, which was a safe place, right?

Because if you are living in mold, you're not going to get past Lyme and if you're nervous systems are again, same thing. I'm not going to go dove back into that.

But once I get to the part of Lyme and I've got the parasites, either way, the mold in your environment out of the way and we get to Lyme. So that's the secret is you've got to make sure that you pay attention to these other pieces and so many people within the Lyme field.

It's let me give you a pick line and I've got clients, I've done this a pick line for eight straight years. So antibiotics through an I. V. into their body for, you know, weeks, months, years on end.

I'm like, what are you missing? What is not being done? That's what my mind goes to. I'm like, because most of the

time, within 7 to 14 days, whatever treatment you've given somebody, at least in my experience, that seven or 14 days, the majority of the work is done.

Yeah, you're still catching stuff later. It's like the little stuff here and there. But the majority of the work is done within 7 to 14 days of whatever herb or antibiotic or etc.

is going into the body. So my thing is do the pre-work, make sure we're safe, make sure we're nutrient dense, let's get the the bees and the electrolytes back in.

Let's get rid of the parasites that that Lyme disease can go back in and live inside of to protect itself. And then when we get to Lyme, we're going to use a cocktail of herbs.

That's the way that I like it. I'm not not a huge fan of antibiotics. Antibiotics can't get into the brain anyway. What I've seen studies wise is there's, there's back and forth on agreement but Lyme can get to your brain between 12 and 24 hours antibiotics don't get in the brain very well.

So because we're unable to get in the brain very well, we need to make sure that we are using tools that either can cross the blood brain barrier or you're using tools that are large long enough that don't do mitochondrial damage like antibiotics do, so that we can do it long enough that the body then can go clean out the brain itself.

So I'm wanting to get somebody on things like an eye as bore, which is a product I use from cell corps or in a bio and ALS and buy our ways many different products.

And we're going to do them for 30 days in a row. They're going to rotate to another rotate. They're usually probably doing about three months worth, not that three months.

It's all protocol. It's three months in the spectrum of we took care of mold, parasite, we took care of viruses and toxins around it because so often with Lyme, the missing link is all you focused on was the bacteria.

Right, right, right. We get laser focused on bacteria. We aren't looking for these other pieces. And if we can get the other pieces and lower their threshold, the body can clear out the rest of what it needs to clear out for you to feel well.

Right. The immune system. So to meet the treatment halfway, certainly it does seem like the trend in the world is moving away from I. V. antibiotics or even oral antibiotics and towards more of these combination formulas of herbs.

And, you know, it's a relief to me because I think similar to you, I was seeing patients who were on PICC lines for years. And then as soon as they tried to remove the antibiotics, they would decompensated again, everything would come raging back.

And so these nuances of treating the biofilm and of rotating potentially and there's new, new testing available to do you have a favorite Lyme test that you use.

So I've used in the past that is DNA connections which was decent. This is a urine test and for the price it was great. I Gen-X has been the gold standard for as long as I've been in practice last ten years is kind of the one that that's been coveted.

I did see a study come out this summer that said the Vibrant America panel had beat it out slightly with specificity. So and I do like the presentation of that test.

So I do run a lot of fiber in America. But those those are the ones that I've used the most. Well, I can tell you is the CDC Western blot Eliza testing is just not even worth doing.

So make sure that you're getting some sort of specialized testing. Those are the ones that I loved and don't just

run. BORELLI To make sure that you're running some of those co-infections along with it, because sometimes you miss on a Morelia, but you get the coinfection, which leads you back down that same path.

Right? So this little nuances to Bartonella and the bees. Yeah. Do you can you share with us, you know, something that a symptom that might make someone think that maybe it's Bartonella or Babesia versus Bahia, like the classic Lyme disease.

Yeah. So Bartonella would be heel pain, which is one that's kind of unique to it, but it can also be irritation and rage and anger. So those are two symptoms and there's the classic cat scratch fever.

So you get what looks like a cat scratch across your midsection, your back. That can be like a pink, purple, red scratch looking, skin change or rash.

So that's almost. A stretch mark, right? Yeah. Stretch marks. Yeah, exactly. And then the BCA, but BCA is one where you get headaches in the back of your neck and then you get achy joints like the actual joints, like you feel like you're getting a rheumatoid arthritis, arthritis type achy joint pain where you're aging all this.

And I've had a client come in where their hand is literally stuck because arthritis had started to develop in the hand as she was diagnosed with Aura, which is rheumatoid arthritis.

And then after going through Lyme protocols, including the BCA over the last couple of years, she's been able to actually get her hand back to full function and the arthritis is actually upon x ray left and she's back to to full function.

So it was actually generated by an infection. I tell people all the time, your autoimmune disease is your immune system is dysfunctional. I don't know why IBS is your gut hurts or has symptoms and I don't know why fibromyalgia, your body hurts and I don't know why.

Chronic fatigue. You're tired. I don't know why. So as you start listening to the symptoms that you have or like writing them out and then you go to your doctor and your doctor says, Oh, well, you have this thing and we're just going to diagnose you with it.

And that's just your tag. Start figuring out what's causing the tag or the title. Right? Right. I love that. That's such a great reminder of like so many people are focused and I think there is some degree of reassurance.

People get from having a tag like, right, having a diagnosis like, hey, maybe somebody knows what's going on here and yet we don't want to stop there.

So many of these things are caused by something else and that's where we want to play, is in that root cause level so that we can get real, lasting results.

I want to make sure that people know more about where to find you. So you gave us your website again? D Our job a Anne Emery dot com Dr. Javon Moore And tell us a little bit about what you offer for somebody who wants to sign up.

Is a client with you. Yes, I'm I work virtually. We've got a couple of clinicians in my clinic that are also working virtually. We do have the option.

You can come in the clinic if you want to. Just come see us face to face. We've had people fly and drive and say hello. It's nice after they're getting better and. Well, I'm just.

They want to shake your hand. Right, which is awesome. I love meeting clients, but we offer a number of different things. We offer more intensive. We also offer more just appointments to appointments.

It's really customizable based off of what you probably may need. Based off of you. Right? So that's what we are

trying to always do is make that fit and we're constantly putting out free information to Instagram.

Tik Tok, Facebook, our website because that is the mission. That is the goal is to shorten the distance between a don't feel well and figuring out what it is and then how to get well.

Because I know on my own personal journey it was I don't know what I'm looking for. And if you don't know what you're looking for, it's really hard to get answers.

So that's the mission, is to find a way to get people just at least have the concept of what they're looking for. And of course, I want to give as many answers as possible, but that's the mission.

I love it. Well, we've talked about some really key, critical things, I think, here in terms of root causes of cognitive decline, Lyme, micro toxins and parasites.

So I couldn't be more grateful to you for your time and your sharing your expertize and wisdom and also your own personal journey with us. It's been really having you here.

Well, I really appreciate it. I mean, this is a major topic that is only accelerating as a problem. And neurology magical symptoms and decline. We've got to get this figured out because I mean, that's the greatest fear for so many people is to lose the ability to remember and think.

So I'm just really happy to be a part of this. Oh, thank you so much to you and it's been a pleasure having you.