Introduction and Evan Brandu2019s Background

Hi there, it's Dr. Jen. Welcome back to Heal Your Thyroid and reversing Hashimoto's summit. So really excited to talk to Evan Brand today. He is going to talk about mold, dysbiosis, dysbiosis in the Hashimoto's connection.

Evan Brand is a board certified in holistic nutrition and a functional nutritional therapy practitioner, and he transfers thousands of lives with his clients and his online practice by finding and fixing the root cause of fatigue, depression, anxiety, digestion and other issues.

He also has a little bit of a podcast he's accumulated over 22 million downloads of his podcast, so that is also really exciting. So we're so excited to have him as an expert today to talk about the connection between the gut and the thyroid.

Evan, welcome. And I would love for you to share about your own health struggles. And we see this a lot that if we can't get healed in conventional medicine, we look for the way to do it.

So thanks for being here. Oh, hey, Dr. Jen. My pleasure. Thanks for having me. Yeah, I mean, I'm a wounded warrior. I mean, you can hear that. My voice.

I got this sinus crap that kids brought home, so I'm still on the journey. Right? But maybe people like the new voice for me. So my story, I mean, I used to tell it back all the way to college and I'd say, okay, business school.

I had the IBS diagnosis and had anxiety, depression, skin issues, but now when I really look at my case and try to zoom out as a third person, I look back and I think, well.

CROWD My grandma's basement flooded when I was a kid and I remember being down there playing video games as a young kid, and I remember feeling really dark energy down there and I didn't know what that was at the time, but I remember feeling depressed and I'd listen to music.

I mean, this could have been eight, nine years old. And I remember just feeling sad for no reason. Now I look back and I'm like, Well, she never remediated the place.

She had carpet in the basement. She had that old 1970s wood paneling on the walls, and she just put a box fan on it and it took two or three weeks to dry out.

So I think back of those exposures and I go, Well, I guess my story goes that far back now. And then I think about my mother because that house had flooded before I was born as well.

We know that in the case of mold toxicity, mycotoxins go through the placenta and they also go through breast milk. So I was probably a victim of this multi-generational mycotoxins exposure as well.

I'm fortunate to be able to see a lot of families. I'll see mother, grandmother, daughter, granddaughter, and we'll track these same toxins throughout multiple generations.

So I think this probably happened for me as well, which really set me up for lots of mood and gut issues is primarily how it manifested. Fortunately, I was able to slowly piece this puzzle together throughout my twenties.

I did have pylori, I did have giardia, I did have cryptosporidium. I grew up and swimming and hanging out in lakes and rivers and creeks and being a typical outdoor boy.

And you get those exposures from the surface water. And so those parasites wrecked me. I lost like 25 or £30

without trying. Didn't know if I had cancer or what was happening.

Luckily resolved those parasites resolved. The pylori, using all natural medicine then ended up figuring out my wife had it. Of course, super contagious.

My daughter, my oldest summer, she had it when she was two at the time, treated her, got using herbs. Luckily we fixed it and conventional medicine only wanted to give me an acid blocker for all of this in an anti spasmodic for my IBS.

Early Health Struggles and Mold Exposure

And I was like, this is stupid. I remember arguing with the gastroenterologist well, why do I feel better when I take acid and enzymes? You're telling me to take an acid blocker?

They said, No, it's not possible. You're going to hurt yourself. Don't take acid. And you know, clinically I would I would say if you have massive calprotectin.

So if you do a GI map stool test like we use, if we see major calprotectin, we see occult blood this microscopic bleeding that yeah, maybe they're correct.

Maybe if there's that much, you know, active ulcerative colitis, Crohn's type flare, maybe we wouldn't use betaine hydrochloric acid in a few cases, but that'd be like a one in a thousand where we couldn't use it.

So long story short, never took a single prescription. Fortunately, resolve that stuff with all natural medicine built a brand new house, got sick from mold, sent me downhill again three tick bites at the same time in the same summer with the mold exposure got wrecked again.

Whole family affected, remediated, moved, threw everything away, restarted. Here we are. So it took a while. Wow. What an amazing story. And that you had to keep keep building and going and making changes because you like you said, you got dig by it after you were out of the house and then you got mold again and a new house.

And I think that people don't realize how common these things are. And and when we're going to conventional practitioners, they're not looking for these things. I, I was in the E. R.

last night, and, you know, there's only so much you can do in the E. R.. And I told this patient, I'm like, you need to look for things like SIBO, h pylori parasites.

And I'm like, the doctor might look at you strange, but keep pushing because we can only do so much testing in the E. R.. So, you know, she's just going to hopefully not just go to GI and get on an acid blocker because she's still going to feel crummy.

So I think that it's so important that people are listening today to you and your story about just being persistent and looking for answers. So how common our is mold and parasites, would you say?

I mean. Well, you know, I used to say everybody had parasites, but I think at the time I was probably just attracting those clients because I was the parasite guy.

I was the gut guy. Right. So they were kind of seeking me out and they may have already had previous testing done from other functional practitioners or naturopaths, and so maybe they struck out with those people. That's the typical case.

They've been to five, ten doctors before they end up calling me. And then I'm the Into the rope guy, which I kind of enjoy. I like that pressure. It's, you know, kind of stimulating for me.

And I really love working with kids, too, you know? We'll see. One, two, three year old kids, pediatrician doesn't

know what to do with them and then I take care of them.

So it's just really fun. But I would say parasites. I mean, if we just let's just say on a given week, maybe it will take, I don't know, 25, 30 patients a week will say 10 to 15 of those.

So probably half of those have positive parasite confirmation and probably many more that the testing still can't find. I mean, we're using more advanced DNA sampling of the stool, but I still think there's things being missed, whether it's a biofilm issue or a lab issue or what.

But I would say half has parasites, so that can include blast of crypto giardia into me behest politica. There's many others. You could also throw whip worm and other types of infections in that same parasite category.

I mean, babesia technically an intracellular parasite, right? I've dealt with Babesia personally and clinically, but babesia will ruin your life and one tick bite could destroy you in regards to chronic fatigue, dizziness, brain fog, blurry vision, deja vu, headaches, migraines.

So if you have crazy symptoms, yeah, you need to be investigating something like Propecia, which fortunately the CDC just actually released some new data in the past few weeks, admitting now that we have a huge babesiosis epidemic and like the numbers are actually skyrocketing more than they thought.

So it seems like this stuff's creeping into the more mainstream. But I agree with you. In the E. R., you probably might get tested for BBC if you're so dizzy you passed out or something like that in regards to mold, how common is that?

My God. I mean, it's everywhere. If I go and take a bike ride in my neighborhood and if someone has their front door open, I could smell the mold from a hundred feet away.

I mean, it's extremely common if you live anywhere east of the Mississippi River and you don't have whole house dehumidifiers in your house. I think you're crazy and you're probably going to develop a mold problem.

So right now we're recording here early summer 2023 and humidity is rising. So you're up in Ohio. I'm down in Florida right now. It's give or take 60 to 80% humidity on average.

Parasites, Gut Issues, and Conventional Medicine Limits

And there's no possible way your air conditioner can suck that much moisture out of the home. So whole house dehumidification is key. I talk a lot about this and building biology.

I would agree with this. Like you've got to mitigate humidity or you're going to develop a mold problem. You do not have to have a leak, a plumbing leak, a toilet leak.

It does not have to happen that way. Simply high humidity. Over time, that moisture has got to go somewhere. Your kitchen cabinets, your bathroom, vanity, your hardwood floor.

Eventually you can develop moisture issues just from humidity alone. And so I would estimate I would say 80% or higher of homes are moldy, and that's based on working with thousands of people around the world.

Since my practice is online, I'm seeing test results from California, Oregon, Nevada, Arizona, Utah, Georgia, New York, Ohio, Michigan. It's frickin everywhere.

And so people say in Colorado, it's drier here there's no mold. You better think again. I see mold in Colorado all the time because there's indoor plumbing.

Now, if you're like the Amish certain you know, certain types of Amish people, they don't even have indoor plumbing. So they got to figure it out. Like if you just build a house and there's no water in it, you're probably fine.

But if you're taking a shower and you're in there and you got it's sodium hot because you women love to do hot showers hotter than man. Typically, my wife, like, cranks it out while you're burning me.

So if you are doing those hot showers with no exhaust fan, you can create a mold problem in your bathroom just based on that, that drywall is going to have to suck up all that moisture.

So mold in homes is a massive problem in that. Let's not forget schools. Think of our kids schools out for summer. They cut the budget. They turn down or turn up the air conditioning.

And guess what? Humidity builds up. So all these teachers, they go back in every August and then we're booked, fully booked, August and September, my my calendars stuffed with teachers.

I'm back to school. My allergies are flared up my thyroid which we we need to tie this into thyroid. My thyroid is acting up. I'm anxious, I'm depressed, my ears are ringing.

My sex drive is dead, you know, insomnia, the drugs, the pharmaceuticals aren't cutting it anymore. So now I'm on Xanax for the anxiety. I'm on Macedon or I'm on, you know, it's a mess.

And so how does this all connect into the thyroid? Well, I really think of thyroid as as the result of all these issues that probably pre-date the thyroid issue.

Now, you may look at it differently. I'd like to hear your thoughts on it, too. But now that I've had a piece in these cases together, before I knew about mold, I was just giving nutrients for thyroid and treating parasites, and all of a sudden thyroid antibodies would drop five, 600, sometimes a thousand points.

And I go, Oh my God, we put their Hashimoto's in remission and all we did is work on parasites and bacteria. That's cool. And then in the last 5 to 6 years, I've noticed people, either people are more sick, which I think that's part of it, but I also think it's more recognition of mold.

And I think I was missing it before. I think I was just not fully evaluating that, asking about the office and why are you anxious and having hard paps by the time you get to work?

Is it because your Mercedes Benz is one of the 2.5 million that got recalled for mold growing in the air conditioning system in the car? And you got mold exposure in your vehicle, in your home, in your office and that's why you're a mess.

So once you really get geeky like this, you can really start to tease it apart. I agree. I think it if you're not looking for it, which a lot of doctors and even some integrative and functional doctors aren't really stealth on mold.

And when you start looking for it, yes, it kind of gets to that point where it's like, does everyone have mold? But like you said, about 80% of homes and yeah, a lot of people have more that it could be an exposure from childhood that, you know, it's living in your gut now.

So we we really have to look at the root causes, especially for Hashimoto's and graves and parasites and mold. They're, they're really big and they're those weird topics that people roll their eyes about and they're like, Yeah, no, that's not true.

It is. I have had patients and I'm sure you have and that have gone into remission from graves and Hashimoto's by treating parasites, by treating their gut health and the mold.

It's really devastating what it can do with fatigue, with anxiety, with energy levels, with insulin resistance. I tend to see and molds can really make that worse and and if we're having problems with insulin resistance, it's affecting our adrenal glands and our cortisol and then that's affecting your thyroid.

And that HP access, as we've discussed in other interviews. So it's really important to really dove into this. But let's

talk about how devastating it is, right?

You know, I don't know about you, but I usually I have a go to mold inspector that I have people have their home inspected. And that's kind of the best way sometimes.

ERMEY Testing, but it's really devastating for the remediate remediation because it could be expensive. And then the other side of that, I've had patients that have worked out of school and they won't remediate.

So I had someone that recently had to leave their job so they could heal their body. Yeah, it's a mess. I mean, that's the hard part, too, right? If you're renting and your landlord just totally blows you off or they're just going to send in somebody to put some paint over it and cover it up.

So, yeah, this is a huge problem. People don't take it seriously actually. So Great Plains Lab is my favorite for running organic acid testing and mycotoxins screens where we can look at the potential for mold colonization, meaning that you're actually growing mold, you're colonized.

You know, there's some debate and some skepticism about urinary mycotoxins but truthfully, even if it is just the tip of the iceberg or if it's missing something, it's enough data for me to show it to a client and save the marriage by showing the husband, Hey, look, man, your wife is not making this up.

She really is sick because of X, Y, Z. And here are the mycotoxins that are causing her liver problems. Aflatoxin could cause liver cancer, okra toxin affects the cerebellum, zero unknown massively affects the hormones.

It's highly estrogenic. All mycotoxins tend to be more estrogenic. We've seen increases in breast cancer, colon, liver, probably adrenals related I would assume to all this to now.

How Mold and Parasites Affect Hashimotou2019s

We actually had a guy in his mid seventies last week in Canada and he was working with a nephrologist for late stage kidney failure and he was going to end up on dialysis very soon.

Is GFR, which is the filtration rate was in the forties. So for folks listening that's frickin terrible. And so he sends me this graph and it's beautiful.

It's this graph from several years of tracking GFR and it's just this gradual decline. Nephrologist says This is progressive, right? Well, this guy's full of mold, so we give him specific herbs to help and medicinal mushrooms for the kidneys.

We use several different kidney products, including Astragalus, one of my favorite routes that most people should take during summer to help with immunity.

In case you get there by a tick. It's good to have astragalus in your system. Well, we did that and then we fixed his gut and we detox mold. Well, guess what?

His GFR has increased now to a 70, which is great. It's out of kidney failure zone. And his nephrologist says this must be an anomaly. Must be an anomaly, an anomaly with what?

The protocol, the lab. What are you talking about? And so these are the beautiful things that we see where truthfully going into that, I was not 100% confident that it was going to fix it.

I just kind of I'm one of those guys. It's like, look, I'm going to fix this, this and that because I know you need to. And then, oh, by the way, we fix your hormones, we fix your kidneys, we fix your brain, your dizziness is gone.

You can sleep, your sex drive, your erectile dysfunction is better. So it's really amazing how many body systems are screwed up by this mold toxicity.

And the problem is, if you just go to your endocrinologist, they're going to miss it. Likely you go to your E. A., they're going to miss it. You go to the nephrologist, guess what?

Nephrologists aren't testing for mold toxicity. And that's the scary part. You go to the guy, they're not testing for mold and parasites. So everything is so specialized.

I mean, that's kind of why I'm I'm fortunate that maybe I didn't go in the conventional path with with, you know, being an M. D. or a deal like yourself, because I didn't have to get boxed in in a way.

Like, I'm just I was suffering and I need out. And so I encourage people that if you have to beg your practitioner to get these labs, they're probably not the right practitioner for you.

Meaning these practitioners should be so well versed in organic acids. Testing Mycotoxins, green stool, urine of any kind, blood of any kind to where they're telling you, Look, I need this data, but if you're running to them like, Hey, would you please run an organic acid to see if I've got colonization of mold, candida bacteria, fungus, it's probably going to end up like this.

They'll do it. They'll give you the result. And then they go, Yeah, I don't know what to do. And that doesn't help. That's a great point. You shouldn't you shouldn't get in trouble or feel scolded when you ask for things from whoever you're working with.

I have a funny story. I got fired from my primary care doctor because I was asking for like a fasting insulin because I wanted to see my home. I asked for and they called and they're like, Yeah, we're just like, not we're getting rid of you.

So that was fun to be fired by a doctor. Oh. Yeah, it was pretty. I thought it was funny, but I'll find another one. Unfortunately, I still. I still do prescriptions.

I had half of my thyroid taken out because my Hashimoto's wasn't even diagnosed until they did a frozen biopsy in surgery. So talk about missing the boat. Right.

So I think it's just you have to be an advocate. And that's that's what, you know, listening to your podcast, watching the summit over, it's going to give you those tools to make those connections, because sometimes you you might ask a patient about mold.

Do you have any mold exposure? And they say no. And then I'm like, Well, I just saw this feeling about, you know, your symptoms that we're still going to get an organic acid and a micro toxin test comes back.

I guess it just happened today and he's like, you know what, the office next to mine learned yesterday? Oh, God. And they had it. Yeah, right. And he was like, and when did it.

He has this very rare rash that the dermatologist wanted him to put on steroids the rest of his life for. And he came to seek out me and the rash started right after that.

The the ceiling came in and the ceiling leaks. So I think it's hard when you're going through it to piece things together if you don't have that knowledge.

And that's why it's good to go to someone that is used to seeing these and piecing that puzzle piece together because it's like we just investigate. It's kind of like a puzzle.

Yeah. Wow. Well, I mean, it sounds like kind of a histamine meso activation problem to me in that guy. So, you know, I would definitely be doing like some herbal antihistamines.

Perea Leaf love that. There's many others have a blend that we use it to histamine MassHealth supports what it's called, but it's a blend. It works great and you know, you can really stabilize people without having to resort to like

chromium in in some of these others.

I'm not opposed to the pharmaceutical, all things like that. But I will just tell you, like with colostomy, for example. So folks listening, if this is all new to you, cause Darmian is a technically it's a prescription drug that was used for cholesterol originally.

Right. And then off label. It's great for bio toxins apparently. I think it really ramped up histamine problems for me. I feel like it tore up my gut.

I do think it affects the mitochondria. I've seen a few papers on it. I just think my fatigue and my gut issues got worse after colostomy and it did help me for my mold.

But God, if I did it all over again, I don't know. I feel like I might have just stuck with the natural blinders. Yeah, that's interesting. I don't I use that natural binders with with my patients.

So you brought up mast cells. So let's talk about that in the connection with mold and thyroid problems. Sure. Well, Marcel's I've actually got a picture of him, so this would be cool if the screen shares turn normal or have fun because this is a really underdiagnosed problem.

You want to try to turn the screen, share on for me next to the screen share button that little arrow boom. You're good at this.

Mast Cell Activation and Histamine Overload

Okay, so so my cells are I mean, just incredible when they when they work properly. But when you get exposed to mold or you get bit by a tick or you even have sexual transmission of things like Borrelia burgdorferi, which is a bacteria that causes Lyme also bartonella and Babesia bartonella can come from cats, it can come from mosquitoes, which a lot of people get bit by.

I see tons of Bartonella. I've had it personally as well and I've seen it clinically. So any of these known triggers, right? Bartonella babesia in a plasma, a really rocky mountain, spotted fever, Lyme mold and so on.

These can all trigger the mouse cells to degrade really and or activate where now you're just leaking out tons of histamine. So the best analogy I give and Dr.

Jen, if this analogy sucks, she told me to come up with a better one and we'll do it. But here's what I've got so far, which is if people are watching the video, these green little buggers here, to me this would represent I almost label this as like these are your bad guys poking holes in the mast cells.

So the Lyme, the mold, the bartonella that's now poked all these holes in this balloon, if you will, full of inflammatory cytokines, which may include histamine trip, the mean and others.

And now you can use pharmaceutical things to duct tape the mass XL. So the chromium in sodium or Perea leaf quercetin things like that to help stabilize the mass cell.

But this could cause all sorts of problems, meaning anything from immune issues to mood issues to sleep issues. Histamine can also be a neurotransmitter, so it could cause any sort of mood problems.

So if your children are having issues with biting or hitting other kids or, you know, the teachers writing a letter home from school, that their behavior is just out of whack, it could be related to this massive activation if they're having flushing after meals like diarrhea or facial flushing or sinus symptoms, multiple chemical sensitivity.

Like when I was at my worst, I could be anywhere near someone with scented laundry or perfume. I mean, I could smell laundry, dryer sheets or like 100 feet away.

I was like, You got to get away because my blood pressure is going to go up. I mean, it was scary for a while. Luckily, I'm stable significantly over the massive activation.

I used to have trouble going in almost any building because all the buildings would cause me to react. My phone, even I developed EMF sensitivity. That was also another manifestation of massive activation where when I would be on my phone, if I'd watch a video on YouTube on my phone, my hand would hurt.

And so I was like, Oh my God. So I thought, well, let me put this on airplane mode. Let me hook this up to a hardwired Ethernet connection. So I literally hardwired my phone to be able to use my apps in the phone paint.

You know, the pain in the hand went away and I go, Oh no, I'm EMF sensitive. I'm the guy that my clients have, you know, told me about. Like I've dealt with the MF sensitivity to the practice.

It's kind of scary because sometimes these people can't even go in a modern car because of the Bluetooth from the key FOB or you know, the Wi-Fi is in every vehicle now.

And so that, oh god, this is scary. Luckily I figured out Marcell and I significantly worked on it. Now if I still go off the rails and go high histamine with certain foods, so the same foods we would say watch out.

In Hashimoto's we'd say the same for this histamine Marcell mold issue, which is like corn. I mean corn is a big no no for Hashimoto's in my opinion, because of the potential gluten cross-reactivity.

Your body may think you're eating gluten, but it's corn. Corn technically has a very small amount of gluten in it, which is no good, and any autoimmune condition.

But corn would also ramp up my histamine symptoms. So I got rid of corn. I'm like, nope, not worth it. I would love a big bowl of some guacamole and salsa and some organic blue corn chips, but it's not worth it.

So, you know, I try to eat low histamine, I take my cell stabilizers, and those are the things you can do while you're getting the mold out the back door.

You're treating the infection. So if you do have a massive histamine problem, just to be clear, that's not your end game. That's just your result. Your mouth activation is the result of this trigger, this toxin.

You still have to work on those. Please don't just get stuck on your Claritin, your Zyrtec, whatever. Like that's not a forever thing. There's a lot of long term issues with those.

Yeah. And viruses can stimulate muscles too. We see this a lot with with COVID and the pandemic and, you know, catching on even in conventional medicine, starting to realize, oh, mast cells and we need to control this and the inflammation.

So yeah, it's it's hard because all of these things are coming at us. So, you know, what do we do to start, right? We have to build a good foundation and it starts in the gut and removing these bad things like you were saying, Evan, that you need to treat the actual mold first and then the muscle will get better.

Well, you know, honestly, sometimes it doesn't work that way because people are so sensitive, they can't even handle binders or they can't handle glutathione.

And so sometimes we have to come in and we'll use like my histamine Marcel support for like a month just to really try to get them calmed down because they can't even tolerate one capsule or a half capsule, a binder.

It's like, good lord, you know, these levels of sensitivities are unbelievable. These are people that they can't even take a pediatric dose of something.

So in those cases, we try to calm them down. We try to work on the brain. Sometimes I'll recommend ketamine as

a way to really jumpstart the brain healing process.

So I've done some I. V. ketamine as well. I think it was a really, really game changing tool to really help get my mind out of that chronic fight or flight sympathetic overdrive.

The problem is, I don't see it going the other direction in terms of society. And what I mean by that is just today, when we're recording this, as you know, the majority of people have iPhones like more than Android, while Apple now just released their new headset today.

I don't know if it's out, but they unveiled their new headset. And it's this virtual reality device where you literally are going to put this headset on.

You're going to have all your apps, your notifications, your messages, and they make it look so sexy, you know, where you're literally just going to sit on your couch, you know, order DoorDash for your dinner, you'll get Whole Foods delivered to your door and you sit and you wear this friggin headset on all the time, which is wireless. So guess what that's going to be emitting.

That's going to be emitting high levels of EMF, just like the Apple AirPods, just like the Apple Watch. And we know that these things aggravate themselves. Dr.

Martin Paul's done some great talks. Dr. Merkel has interviewed him. I've interviewed them as well about this subject. But between Dirty Electricity and AirPods and Apple Watches and now this new headset device, if your mouse cells are already pissed off because you have mold and you have dysbiosis, don't forget the bacteria in your gut can produce histamine as well.

So this histamine bucket can be full already because of the bugs. And then you add mold. Then you had a virtual reality headset on top of it with your Apple Watch, the AirPods, the whole nine yards.

I don't know how everyone is not going to have massive activation. I mean, it seems like it's going to be the majority of society. They probably already have it.

They just don't have a clue. And testing for it is difficult. It's better as a clinical diagnosis unless you want to run like a 24 hour urine histamine, which I just don't do.

You can pretty much look at it and see if it walks and quacks like a duck. It's a duck.

Testing, Protocols, and Recovery Strategies

I mean, it's relatively easy to spot if you probe and ask enough good questions. I'm afraid everyone, if not already, is going to have a massive problem.

And what does that mean? Well, honestly, it might be a good wake up call because the laundry aisle at the grocery store is still filled with lots of synthetic fragrances, which are a mess.

So aggravate and toxic dryer sheets and dawn dish soap with fake color and fake fragrance in it. And perfume and hair salons are still booked with women dyeing their hair every 3 to 6 weeks with neurotoxins.

They have so many hairdressers as clients you wouldn't believe it. So I think it's going to take a major wakeup call. But unfortunately, humans are kind of stubborn and it seems like things are going to have to get worse before people wake up.

Oh, I didn't know about that new device coming out. That's so terrifying. I mean, I do it. Do you go to the gym and like you're wearing your wired headphones like in like you see another person and I like want to like high five and be like yeah we're in the the wired well.

For sure yeah I do I do wired only yeah this headset here, this is an air tube headset. So it's a rubber tube. Yeah, perfect. And then it goes to my USB microphone for recording, which is then hardwired to my computer, which is hardwired via Ethernet.

So I've got a hardwired mouse, hardwired keyboard. I just don't mess around. Like why if there's a wired version that's not going to expose me to that, even if it's not as bad as it looks like it is, why take the risk?

I mean, LeBron James had a salivary gland tumor. Those used to be very rare. Well, where where do you hold your phone if you're talking on it? Typically, you're holding it right here. Your AirPods are right here.

So, you know, I believe this big spike in salivary gland tumors has to be related as well. I would assume thyroid probably as well. I mean, I've measured I did a video that went pretty viral on my Instagram page, got close to a million views and tons of likes.

It was a video of me comparing the AirPods to a microwave or a cell phone tower. And believe it or not, the Apple AirPods actually emit far higher levels of RF than a cell phone tower because cellphone towers are relatively far away.

Even me, I literally did the video of me standing in front of a cell phone tower. The levels were a fraction of what the AirPods were, so it's quite shocking really.

People freak out about cell towers, which. Fine, I don't want one on my kids school, but the phone in your hand could create far greater signals is due to the the proximity to your body.

I could free people out on the impact and it can get paralyzing. So I want to make sure people don't get paralyzed from this. Yeah. Just use common sense like, I don't know, like my, my daughter in high school, all of her friends, they wear their phone in their front like waist band.

And I'm like, that's right over your ovaries. Like, why would you do that? It's just like when people wear their phone tucked in their bra. So just common sense, join the wired, you know, the wired headphone club with us.

And sometimes it's, you know, it's not ideal. Like you you move your phone a certain way or you drop your phone and they get yanked out of your ears. But it's it's worth it.

So just minimize your exposure. I think. But but yeah, definitely you we, we do see patients that have a mold exposure. Then they develop that EMF sensitivity and they're like, whoa.

And I think once again, to reiterate, if you go to the emergency room or the doctor's office, they might just say, Hey, you're getting older, you're going to have these symptoms.

You're just you're aging, you're fine. Take this pill. But like I want you to know is that you can feel good. It's normal to feel good. It takes a little bit of work and you to work with the right people.

But we're supposed to be in homeostasis and work well. And, you know, I just I want to point out, I mean, people probably know this about you already, but I want to point out, like, some of the stuff we're talking about is not necessarily brand new.

They may have heard another flavor or variation of this information we're sharing, but for that to come from an emergency room physician like yourself, that's pretty cool because other people say if you go to the emergency room, they won't do this.

They won't do that. You're working the emergency room, correct? Yeah. So but we still can't we can't do the functional tests and stuff. But I do plant seeds like I say, hey, you know, you're here for heavy bleeding.

It's probably estrogen dominance. You know, your liver is probably sluggish. Let's talk about some supplements

you can go on and dietary and lifestyle changes.

So I try to plant little seeds and even with other doctors, as I do, because let's be honest, doctors are really unhealthy and they're kind of miserable, a lot of them in the non functional world.

And so medicine we're all so trying to plant seeds is helpful because I have noticed a lot of MDs and duos that have, you know, decided to go back and study integrative and functional medicine.

They have been burned by conventional medicine and they know that there's something better like, oh, why is this not working? I was told this was supposed to work.

I spent all these years in school and this was supposed to work, but it doesn't. And things like the micro toxin, parasites, those are things that are just not taught in medical schools.

Yeah. You know, I've actually I coach a lot of doctors that are going to either online or just, you know, any kind of virtual functional practice. And one of my favorite clients, he's his doctor.

He's in his late seventies. He's an M. D. I've been practicing in Hollywood, California, for like 35 years. And this dude just, like, loves me for some reason.

And we have so many fun conversations together about what he's seen in medicine in the last 35 years. And, you know, he just loves what I do. And I'm like, well, if you love it, then let's do it.

And so he's like downsized significantly. His brick and mortar is way smaller. He's helping more people. He's going deeper with more people. He's getting all the labs he wants to get.

He's given the supplements he wants to give. So I think this is really a beautiful time where things are really shifting. And I encourage people to not let yourself get to rock bottom.

Like if you feel pretty bad now, if your sex life sucks now, if your energy sucks now, don't wait until you're like the guy going into kidney failure trying to get on the kidney transplant list before you want to try to do something.

Okay, like if you feel bad now, spend a couple grand, get a good functional work up, maybe some blood, but even organic acids in a stool could go a long way and work through these issues.

Now, like don't wait until you get that scary diagnosis and then you're freaking out. You don't know what you're going to do with your job, your kids, your wife you're going to leave behind. Like life's too short.

Very true. It is. Let's talk about a little bit about protocols and testing strategies. I know you touched a little bit on the MYCOTOXINS testing in organic acid testing.

Yeah, we were having fun before we hit record talking about blood, viscosity and coagulation issues. And so typically in these mold cases, you will have higher Boag ability.

So you could call this hyper coagulation. This could manifest as cold hands, cold feet, cold nose, possibly weak erections as well. I mean there's some nitric oxide enzymes that get messed up in this mold toxicity as well.

So sometimes we're using things like arginine and citrulline amino acid specifically to help vaso dilate to increase blood flow to the brain, you know, as well as to the extremities.

And then also we'll use things like lumbar, okay, kinase, which is an earthworm derived enzyme just really cool product to help with blood viscosity so we can help deliver the nutrients to these places.

I mean, I had chronically cold hands and cold feet for so long it was terrible. Also, we may integrate certain adaptogenic herbs for the adrenals, so I love Rhodiola.

It's one of my favorites. We may combine something like Rhodiola Cordyceps, Ginger Berry, Waitaki Ricci Turkey, Tail Mushroom, Siberian ginseng. There's many different blends that we have on the market.

Some are more stimulating, are more calming. I love these. I mean, I've been doing some form of adaptogenic herbs for over a decade and it really helps.

It doesn't take your stress away, but it can help you deal with the onslaught of toxins, chemicals, emotional stress, family. If you've got kids out of where you out.

So you got to have these adaptogens to keep you up on your feet. You know, I could work as hard as I do if I didn't have those in my system. And then there's likely mitochondrial damage, which is why there's such a massive link between chronic fatigue and mold.

So Dr. Brewer did a study on this 96% of his chronic fatigue patients had at least one micro toxin. So now we're using like B vitamins, co-captain, carnitine, ribose, PCU, things to help create new mitochondria so we can get people out of chronic fatigue.

We may use tribulus and horny goat wheat and other herbs for sexual function to get the sex drive, turn back on so we can save the marriage. And then we're integrating different binders zeolite, charcoal, clay, pectin, volvic.

Can you make acid blends of these nutrients to grab onto the mold toxin? We may provide extra liver support and AC glutathione iron matheny taurine thinks to support liver function because this is often a factor kidney support.

We talked about Astragalus Puri, a mushroom for the kidneys brain support it could be neurotransmitters support I love neurotransmitters. It's a huge passion of mine.

So we may work on tyrosine DL Phenylalanine five http taurine GABA Things to help support brain chemistry so you can get people feeling better. Vitamin C is great broad spectrum.

I think that's the vast majority of it. Probiotics, of course, there's different kinds that we integrate, but these are all really fun tools that are incredibly helpful and the side effect profile is relatively nonexistent unless you take too much glutathione and you provoke too much mold, you make people feel like crap, or you take too many binders like one day just for fun.

I took like eight charcoal at the same time, and I was dizzy for like two days. I just pulled too much out. So, you know, but this is the way forward, in my opinion.

Yes, it is.

Courses, Podcast, and Final Advice on Healing

And, you know, we've both seen people that have felt miserable, like, could you even walk like into my office, you know, without help from their spouse?

And like you said, sex drive, marriage issues, mothers and dads that want to be seen with their kids and they just don't have answers. And these things work. It's not snake oil.

So it's definitely it's just you do want to actually get the testing to see what's going on. I think that's really important. Yeah, I saw a TEDTalk actually this morning, just kind of popped up and it was a woman.

I think she's a sex therapist, psychologist, something of that sort. And this is a few years old. But she said seven single digits, 7% of married couples were reporting regular sex.

So there's all these dead. There's an entire Reddit thread on this called dead bedrooms. I mean, the vast majority of people have no sex life at all. And you look and people don't appear to be that happy in their relationships.

And there's this idea of like the Internet and social media. I mean, I could do a whole hour on this and I won't. But there's a reason for this dysfunction.

Now, some of it you could blame on social media and looking at other people and everybody looks perfect and my life looks boring, that whole comparison envy thing.

But it's more than that, you know, it's the biochemical changes in the brain. It's still hormonal dysfunction. It's the smartphones. You know, vast majority of women, I think it was close to 60% of women said they'd prefer to just play on their smartphone than have sex, too.

So it's like, good lord, and what does this have to do with anything? Well, because most people listening to this are probably they have a spouse and they want to keep their relationship app happy and they want to be happy because why be miserable?

So this is an important piece of the puzzle and I see it go bad all the time. I actually did talk for Great Plains. They just got bought out called Mosaic now, but I just did a talk for Great Plains.

They, you know, have me do a couple events for the doctors every year, which I love. And my recent talk was on mold in marriage, and it was like the highest rated talk.

And you're like, Holy crap, how do you connect the dots between mold, toxicity and divorce? And I'm like, Let me show you. Yes. And if you don't have that sex drive, there is definitely a reason behind it.

You have to figure out why. Why do I not want to do this is my hormones office, my cortisol wrecking my hormones. So I think it's really important to look for that root cause, you know, is mold messing with my hormones and that's messing with my sex drive.

So I definitely that is so important that you touch on that because it's a really it's a really important deal. And it's brought up a lot with with patients of mine.

You know, I said on my intake form, like, is your libido adequate? Is the question 99 out of 100 say no. Couple of men. Men are the only ones, right? Yeah, but not my wife.

I'm like, Yeah, I figured. Yeah, yeah. That's frustrating. Well, it's good that there's an answer and people get people get better. That's the great thing is that people me amazing things happen when you're willing to put the work in and you're doing the right things.

Yeah. I mean, the timeline, you got to pace people, you know, some people get impatient expect 1 to 5 years to really like transform this thing and if you're 50 listening and you got mold from your mom and we fix 50 years of mold, toxicity and maybe other issues, we fix 50 years of toxicity in three.

That's fast. So just pace yourself because conventional medicine is brainwash people into thinking like Take the pill today, feel better tomorrow. It's like, mm, no.

I mean I'm kind of 4 to 5 years my journey and I'm still making progress in certain categories. Yeah, that's a great point. If it seems too good to be true, here's the magic pill.

Everyone looks happy on the commercials, you know, be on another biologic, you know, that's what they want to throw at everything right now. Those have consequences.

And it's it's not a quick fix. And people aren't really they don't look happy on them because people are coming to us trying to get off. Oh, yeah, it scares me.

I know you know more about pharmacology than I do. I just I just kind of, like, look through my eyes. Like, I look through my hands. Like I kind of close one eye and just take a peek at it so I can learn some of the the

biochemistry and the mechanisms behind it and say, okay, if this does that, what can we how can we replicate that mechanism that this drug's working on in natural medicine?

So I do study, you know, some pharmacology in that aspect, but otherwise I'm like, God, it freaks me out. It does. And let me tell you that the people that come in to the E. R.

that are healthy, they're just on a baby aspirin a day. And some the multivitamins, you know, the 90 year old, the sick, chronically ill people are on like ten medications, sometimes 15 in.

The crazy thing is to me is that they act like it's normal, like it's okay to be on that many medications. I'm just like, whoa, no. Like you're going down the wrong path, going, it's not working for you.

It's not it doesn't help anything. Well, I think people should be lining up to come see you, but not in the emergency room. Hopefully they can fix their issues before it gets that bad that they're coming in with a gallbladder attack.

Right? Absolutely. Yeah. I don't I don't want to see people in the E. R.. So, Evan, thank you so much for this amazing conversation. And tell us about you have an event coming up.

Tell us about your podcast and your website and how to work with you. Sure. And next time we do a recording, hopefully my voice will be better. But hopefully it it came through good enough for four people.

This little sinus thing, the kids gave me was a was a gift. So people. Yeah. Like that voice. All right, good. I have one of my wife's friends said that before, so maybe it's attractive.

Okay. So, yes, I have several things that I do for practitioners as well as for health seekers. So I have what's called the Functional Academy of Medicine in epigenetics.

This is an online school where I've taken everything I've seen and done and learned clinically. Dozens and dozens of case studies from Hashimoto's to gut issues of any kind IBS, anxiety, fatigue, depression, children issues.

I work with children of all ages and I put all that and condensed it all into digestible course format where you can have quizzes and you can learn this stuff.

And so that one's called Better Belly than I've got one for mitochondrial chronic fatigue called better energy. I have a home course dedicated to showing you the building biology stuff, EMF, mold mitigation in the home.

And then the most recent project was it's called Better Coach, which is for practice beginners only just to learn to either build or grow like an online practice.

And then I'm working on a new one. It's literally called The Passion Project because I told my Instagram audience, I've got like 37,000 people there. And I told them like, Hey, what do you guys think about a course dedicated to fixing sex drive issues and like, lack of passion?

You want to guess the number of people that said they needed it? It was like 96%. I'm like, Oh my God. I'm like, okay, fine. So I'm going to make the passion project.

That would be my next little thing where I'm going to teach people, what have I done personally? What have I seen clinically? How do you get passion? How do you reignite your life, your drive, your zest for, your spouse, etc.?

So that'll be fun. Podcast is everywhere. It's free. It's been on the air since 2012 and it will I definitely will have you as a guest on there. I think you're amazing.

We'll have some fun together, so we'll do that as it's called The Evan Brand Show. So totally free. Bunch of doctors, other practitioners. We get together, we chat about stuff just like this and a easy, fun, not scripted format.

And my site EvanBrand.com has all the details so courses, consultations etc., it's all there. I love it. You're doing such amazing work and amazing things and I'm really excited for the Passion Project.

Fun people just they don't want to admit that. They want to talk about that, but they want to talk about it. So that's so important that you're doing that.

You know, my, my, my quick tip now is just try to hug and kiss more. I mean, how easy is that? Like when you have kids and you get busy and you're stressed, like you got to cook, you got to clean it out.

Laundry did it a wipe a but I mean, it's like crazy. So it is, you know, and if you don't have kids or your kids are grown and you're listening, same message applies. Just take a few seconds.

Look at each other, grab each other. Slow down. Hey, honey, give her a kiss. Give them a kiss. That's it. My God, how simple. But, you know, I asked that question clinically.

You know, we'll be talking about this lady's diary, and I'm like, well, how many times did you kiss your husband a day? You know, she's like, zero. And I'm like, okay, let's give him three kisses before the night's, you know, just simple things like that can can really go a long way.

At the end of the day, people want to be what they want to be healthy, they want wealth, they want happiness, etc. So this is my way of trying to put a little dent in that issue.

Oh, I love it, but that's so great. I'm going to go hug my husband and give him a big kiss. Do it after this interview. Yeah. Yeah. Well, thank you so much, Evan.

It's been so much fun talking to you today. Oh, my pleasure.