Beth O'Hara's Personal Health Journey

Welcome to this episode of the Mycotoxins and Chronic Illness Summit. Today I have with me Beth O'Hara. I'm so excited to have you here, Beth. Beth is a functional, natural path specializing in complex, chronic cases of mast cell activation syndrome, histamine intolerance, and mold toxicity.

She's the founder and owner of Mast Cell 360, a functional naturopathic practice designed to look at all factors surrounding health conditions genetic, epigenetic, biochemical, physiological, environmental and emotional.

So, Beth, tell us about yourself. Can you share share with us a little bit about your background and your story? Sure. Well, first, it's always wonderful to be with you and we always have a great time.

And I'm really excited to be part of this summit, because there's just so many people who are struggling and suffering. And one of the reasons I like to share my stories, I think it gives people hope that they can get well as as well.

And I know I shared a lot more in depth with you last summit, so I'll make it shorter this time. But I, I was. Fairly healthy young child. But then we moved out to the country when I was seven.

And this old farmhouse is over 100 years old. And it was your classic home where you would have gotten mold toxicity picture. But of course, back then nobody knew anything about mold.

They didn't know that mold was dangerous. It was just a esthetic problem. Right? But my health started just declining after that, and I developed terrible allergies.

What we now know is, was mast cell activation syndrome, but there was no phrase for that. It wasn't even really on the radar. And research at that point, but it be broken out head to toe in hives.

Scratching my eyes. I was just itching nonstop. Then I had a brain injury. When I was nine. I was kicked by a horse that set off more mast cell issues.

All the while, these toxins were building up in my body's mold toxins. We also were bitten by ticks a lot, so I'm sure I had, a number of tick borne infections, but we know for sure I had Lyme, Bartonella, and the Bijou.

By the time I hit high school, I was struggling to get out of bed in the mornings and just to get to school on time was, a slog every day. I just can't explain the level of fatigue and how challenging it was.

I had all this anxiety that had been ramping up and wasn't sleeping well, but I pushed through push through to college, and then that's when I just flattened me.

And when I look back, and I had gotten a little better when I first moved out. And then I had rented this 150 year old duplex right next to the campus.

And that is when it really took a nosedive. And it always smelled musty in the basement. And I had just severe joint and muscle pain. I just the severe fatigue, the brain fog, just kept building.

I wanted to go to medical school, and I was really overzealous about this, but, I got to my senior year in college and had to turn it down. I had some scholarships that it turned down, and it was just devastating to me.

I didn't know what else to do. And you threw everything that you were experiencing, even got to the point of getting into medical school and having having these scholarships at such a a testament to who you are, right?

Well, I appreciate that. It was, it was it was the one of the saddest points in my life was that I had worked so hard for that and then to not be able to go and I knew, I knew I wouldn't even make it through the courses and much less an 80 hour a week residency just was never going to happen.

I couldn't hardly I couldn't even take morning classes anymore. I could just I barely finished out my bachelor's, and I became a chronically ill patient, and I went physician to a physician.

People told me either they didn't know what to do with me or they told me I was crazy and I wanted to be sick, even though I was hobbling in on a cane.

Yeah, I was told that happens to my patients every day. They've been. They sound just like you. They've been through everything that you've been through.

The mold, the tick bites, the the the physical stress. And then they get told that they're making this up where they want to be sick. Yeah, right. And you get told that enough.

I mean, I was told that enough. I started to wonder and am I wanting to be sick? You know, I felt crazy, but there was always part of me that knew if we could unlock this, there were some answers and there were some ways out.

Right. And it was a long journey. I, that at my lowest, I couldn't work. I couldn't read a book, I couldn't get out of bed before 2:00 in the afternoon, and I might have 3 or 4 hours where I could be vertical, and, hobble with a cane.

I could barely walk. And the pain was just. I don't know how to describe the level of pain. It was horrific. I couldn't sleep, and I was told, you know, no one can go more than about a week without sleep.

But I literally went for years without being able to sleep. I would just be able to get groggy because I had to take Benadryl. And then, I got so sensitive that I couldn't even tolerate the Benadryl.

I couldn't tolerate supplements, even little sprinkles. I would open the capsules, travel, sprinkle, and the anxiety would shoot through the roof. And I was getting these bizarre reactions like, curcumin, which should have made help with inflammation, was making me more inflamed.

Right. And I didn't know about this limbic system and vagal nerve aspect, everything. So my nervous system was so dysregulated. But that so that was the lowest point.

And then I started, I realized if I was going to get out of this, no one at that time in the area that I had access to had any idea what was going on with me.

And this was before we had access to telehealth. And if I could have gotten out to you guys, that would have changed my life. But I don't know about you all.

You know, we didn't have those things where I was living, and so I had to start piecing this together. So any moment that my brain would work, I was reading, I was studying, and I landed on histamine intolerance.

I got me a little breakthrough, then the mast activation syndrome that got me some breakthroughs. And it was like, this describes my life, but I had to look at, well, why are these cells dysregulated?

What what's going on? What has thrown my immune system, my nervous system, all of this upside down. And that's why I just kept going deeper. And I knew already I had lined, but I couldn't tolerate anything for Lyme, any kind of antimicrobial.

How Mold and Ticks Triggered Chronic Illness

Right then the mold toxin piece was what unraveled the, the this, this huge tangled mess was and I didn't. I realized over time how much these mold toxins disrupt every system in the body the immune system, the nervous system,

hormones, they're going to disrupt sleep.

They're going to disrupt. My digestion is a mess. Right. And I got down to only about ten foods I could tolerate eating. Beth, how long were you in this state for?

I mean, was a progression, so I'd probably really started developing health symptoms around nine. I mean, I had the allergy type symptoms, but around nine was when I had the brain injury and I started pulling out.

I'm in my 40s now. I started pulling out in my mid 30s. So, you know, a little under 20 years, a long time to be sick for a really long time. And most of my I mean, my whole younger life, I, I was sick, I was on a cane, I was in bed, I was in excruciating pain.

I couldn't go out with my friends. It was it was a big struggle. The. And then I had to find figure out how to detox from mold for somebody with severe mass activation syndrome and all these sensitivities that were being driven by the mast cells and the nervous system dysregulation and but but I did work my way out of it.

And that's what I want to share with people that it was a lot of work. And I even tell my own clients that this isn't a quick fix. There's no you're going to be done in six months.

But there is a way out. And it took me longer than it takes. Most of my clients. It took me several years, and I'm still on the tail end of my old detox because I had I've had the third highest levels I've seen in my own practice, and when I talk sense, I think of how long you were sick for.

I mean, decades, right? Yeah. It was a case. It would take a long time to turn that ship. It's amazing to me how well you're doing and how, yeah, how productive you are and how happy you are after everything you've been through and that you're this beacon of light, this shining example to patients out there to give them hope and just thank you for being you, Beth.

Oh, thank you Nafisa. And that's that's what I want to tell people, is that I went from where I didn't even know who was going to live to to climbing out of that bit by bit, step by step, pulling things together.

Nothing was consolidated like it is now. Now we've got roadmaps, which is great. But, you know, trying to put this room together, figuring it out. And then, you know, I got well so well it was such a dramatic turnaround.

I was I had really worked a lot on my spiritual life, and I had become a life coach and was doing things like that, and I was supporting people, who had chronic illness.

And on the emotional side, but it was such a turnaround that people came to me and they're like, what? Whatever you did, can you take me through that?

How did you get better? So I went back to graduate school and back to graduate school in my 30s, and got a master's and got a doctorate in naturopathy and built this practice.

And I and I do have energy and I can tell people what I have to do now is balance, not overdoing it because I have energy and I have all this I want to do and I want to take all of that pain and suffering in that nightmare and use it to help people get out of this faster.

And I told up one time, it cost me over $350,000. That's where I stopped calculating. But it doesn't have to cost that much. Right. And and we have all these modalities and we know what we're doing.

We can we can recover, we can get better, we can get our lives back because there's so much life out there to live and to have with our families and to do with our mission and our passion in the world.

So that's what I hope we can touch people with and give them that kind of hope. Today. I think we're doing it because it's our path, both of us. Yeah, sure is to touch people and to and to help change their lives to help, to help

them live their highest potential.

It's it's such an honor to do that. And I know one is for you, too. And it definitely is. There's nothing else I would want to do it, too. We're so blessed to do this work.

Yeah. Let's talk about mycotoxins and how they trigger mast cell activation syndrome. Actually, before we begin then I just want to I want to give a little a short definition of cell activation syndrome for our our audience out there who might not know what it is.

So methods regulate the immune system and they're involved in our in our allergic responses and even in anaphylaxis reactions. They're important in in our immune system, in our blood.

Their blood brain barrier function in, in wound healing. And they act to guard our system. They're primitive immune cells and they protect our bodies from invaders.

All kinds of bugs, molds, viruses, bacteria, parasites, toxins as well, mycotoxins, heavy metals. And so whenever there's this, this threat, then then the cells release histamine and a record time of almost a thousand other chemicals.

And and it's it's actually a good thing. It's the inflammation response. So we we love our cells. We love our inflammatory response. But we want it to be transient.

So sometimes the mast cells can be stuck in a loop of, of secreting these, these these inflammatory cytokines. And then they don't know how to stop. And, and then when that doesn't stop, people tend to feel symptoms in all of their body, all parts of their body, because meth cells exist everywhere in the brain, in the gut, in the bones and the muscles, in the general urinary system.

So our patients have symptoms everywhere, not just the classic allergic reactions. So with that, let's talk about how mycotoxins can trigger muscle activation syndrome.

Yes. So exactly what you've said these mast cells are these I think of them like our front line defending and sensing cells. And they're they have hundreds of receptors on the outside.

So fascinating that that can respond to anything external or internal. So every particle food, every molecule of air, every drop of water. And what's in that in terms of toxins, but also the hormones in our bodies and so on.

So one of these receptors on the outside of the mast cells, and one of the better described is called the toll like receptor. And that's the one that you're talking about that's sensing the bacteria, the viruses also the molds and the mold toxins.

And what happens in in this normal response, just like you're describing is we should be releasing some mediators. Histamine is the best known. The, people now know the word cytokines.

That's a class of immune signals. And mast cells are one of the cells that produce those and all kinds of other things prostaglandins and chemokines. And there's over 1000 is the estimate.

Yeah. So when when there's something that shouldn't be in our bodies, it's a threat that it'll get triggered by that receptor. And then the inflammation response is there to help resolve it.

The what happens is we have this continual onslaught and we we're exposed to all these chemicals. Now we're exposed to electromagnetic fields. And they trigger mast cell receptors, which is quite interesting.

There's a lot of research on that. Yeah. And there's a research going back to the, the early 90s on mycotoxins. There may be actually, some earlier than that triggering these mast cells.

So if you have some exposure, let's say you take a vacation and you go to Florida and you can't find a place in Florida without mold. That's just how it is.

Or so so many hurricanes came along the Gulf Coast of Texas, and the those Gulf states. But, and, and and then you go back to someplace that doesn't have mold.

You might have some inflammation from that trip, hopefully your immune system, if any of those mold spores get in your body, you're going to clear it out and your mast cells will be part of that.

And then you go back in. You're fine. What's happening is we're in this epidemic of mold exposures, and I know you guys see it out there where you are.

I work all remote, and the only places I see people who don't have mold in their homes are in the desert areas around Arizona, New Mexico, Utah, where?

From the lake. That's. Yeah. Me too. Yeah. I'm seeing a lot of mold in Hawaii. Of course. Florida, California, Washington, truly everywhere. And in other parts of the world, even. Yes.

Yeah. Okay. Yeah. UCS really, a lot of mold India, a lot of mold in India.

Understanding Mast Cell Activation Syndrome

Anyway, that's human. And then we have this whole other factor of. So obviously we've been exposed to mold for thousands and thousands and tens of thousands, hundreds of thousands of years long as human beings have been on the planet, but not at these kind of levels.

And I know you're covering that in your summit. Why these these mold toxins have risen to this epidemic level that they have. So we've got these exposures we've never had before.

Then we have people who are naturally a little more sensitive, tends to affect women. More mass activation syndrome does, as far as we can tell in the research.

But we've got people who have naturally a little bit more sensitive mass cells. And we're in this situation where these mass cells are getting this constant onslaught now, including these small toxins at these extremely high levels, so they don't get a break.

And that's where they get over responsive and overly sensitive. And then they're releasing lots of inflammatory molecules. And it's so confusing because it is all these different systems in the body GI symptoms, skin.

Right. People might have anxiety, depression, sleep issues, lungs. But no two people look the same. Know all these various presentations of it. That makes it more confusing for a lot of practitioners who are trying to sort this out as well.

Right. And so what I'm seeing is that, well, going back to to what you said about how, how we've been living with mold probably since the beginning of time.

Right? We we've also been living with viruses, parasites, other infections for a long, long, long time. And, and our bodies were able we're able to handle these infections.

We could mount the inappropriate immune response to to kill these infections. And our detox pathways were clear to to to to detoxify from the mycotoxins and the bio toxins that these infections create.

Now suddenly we're not able to handle these infections across the board, not only just mold. And it I believe it has to do with environmental toxicants.

So not only an increase of micro toxins, I would say due to global warming issues. And but also I'm seeing more metals in people's blood since the fires in California.

And there's more glyphosate, there's more pesticides. And so those environmental toxicants are causing immune dysregulation. And what I'm finding when I see my patients is not only do they have a high load of mycotoxins and, and, mold allergies, mold exposure, but they also have a high load of these other environmental toxicants.

And and I think it's it's this combination of these things that's, that's that's insulting our immune system and causing our muscles to trigger. It's it's huge.

It is it is huge. And it's. Once these mass cells get dysregulated, they're long living cells in our bodies. They live over a year. And and they can state is regulated for quite some time.

And there's another piece in these sensitivities which is this nervous system dysregulation. Huge body of research showing how mycotoxins trigger the nervous system affect the nervous system signaling.

And there are mast cells at every nerve ending. So you can't really tease out the immune system and the nervous system. They're intertwined. They're interlocked.

It's like trying to say your your pinky and your thumb or part of your hand just doesn't make any sense when you look at it at that level. And when you have this dysregulated nervous system that can be occurring because of mold toxins.

But also we live in more chronic stress than we have lived. And historically, especially when we think about the last couple of years, we're in a state of global trauma.

There's some global PTSD happening. The political stressors, even just before this whole pandemic, what we dealt with on a daily basis with traffic and bills and social stressors and social judgment and family stressors, are on a level that when you look at traditional cultures, they don't approximate unless they're in a war zone.

It's just we're not wired to handle this amount of stress. And it's become our our normal. But our normal is not healthy. It's not okay. And that's another huge piece in these sensitivities.

So if you're stressed your map cells know when they're going to respond. And then if you're stressed and you have mycotoxins, any of these chemical exposures and metals from the fires.

And I think too about the fires triggering us from a survival standpoint, just the smell of smoke. I have clients who just the smell of smoke triggers them, and the smell of this forest fires it even when it's not at, where it's really significantly affecting the air quality.

But there's this survival mechanism in the limbic system of the nervous system. So the way out of these sensitivities, and that's what we primarily specialize in, is people who are quite sensitive and they're having trouble taking supplements or medications.

They don't know what to do next is the way out. The beginning steps are to get out of the mold exposure as much as absolutely possible, minimize it as much as possible.

And I and I'm not in the extreme camp where everybody has to throw everything out. And you got to pick up and move to Arizona. And it's not possible for a lot of people, and that's its own trauma.

So that's going to stir all kinds of things up. But we have to find ways to remediate and mitigate and reduce that are reasonable. And then we have to reboot the nervous system.

And those are the starting places for people are super sensitive. Then people have had a lot of trauma like this brain injury I had as a child was fairly traumatic, and I had some other events in early childhood and, I had to work

on really soothing that PTSD aspect.

But I want to tell people without but but not revisiting the trauma I didn't go back through. I mean, I did try doing talk therapy, but it just was very triggering.

Nervous System Dysregulation and Trauma Healing

So when we have this dysregulated nervous system, we can't do it through talking about the trauma, because our limbic system doesn't know the difference between it happening again or you just recalling it, and you have to do it with you.

And so happy to hear you say that, because I think a lot of people, they don't, they don't realize that. So they they go back and I see it all the time.

They rehash the trauma, you know, trying to trying to understand it mentally. But it's like this part of the brain is not the most traumatized is these older evolutionarily parts of the brain.

And they they respond best to things that are very soothing, very, very soothing. So I do a lot of things like Brain Tap and Safe and Sound protocol. And I actually did I. V.

ketamine, which was a game changer at a low dose. I've done a lot of things with weighted blankets and, getting on the beach and covering myself with sand. Yes.

These things are things that are going to shift the neuroplasticity to, to the way that that that's optimal for our healing and just for our living general.

Yes. Yeah, yeah. And these are the starting points. You know, a lot of people just keep banging their head against the wall like I did for years, trying that sprinkle of quercetin again a sprinkle curcumin again.

Right, right. You've got to step back and do it in a different way. There's a role of homeopathic and helping to reboot this sensitivity. Yeah. So I just want to stop here for a second.

Because the reason we're talking about this, just speaking to our audience, is that a lot of our patients are sensitive to the quercetin, they're sensitive to herbs.

They're sensitive to things that maybe they think they typically shouldn't be. Standard herbs, very basic things. Most foods they're sensitive to and and so that's when we know okay we have to work on on on treating the nervous system first with all these methods we were speaking about.

And once we're able to to bring the nervous system back into a regulated place and heal the trauma, whether it's brain related or whether it's emotional or spiritual, we work on healing that trauma from physical to the spiritual, and then we can come in and start giving basic herbs.

Exactly, exactly. And they do things in an order that people it's this order of operations is the game changer for people. Rather sensitive. And I do ten times more than I ask any of my clients to do, because I'm also, I always experiment on every with everything I try it myself if it's appropriate for me.

And but just to say that what I can tolerate now, given where I started with, with putting a sprinkle of a supplement and water and stirring it and trying to take a little sip of that, I mean, I can take 50 supplements was lunch, and I just did sauna this morning before we got on that sauna.

And so there are ways out of this, but it does mean people need some guidance. A lot of times it's too hard to get out on their own, and we've got to reboot the limbic system with something like Asia Gupta's stop exercises, seven step stop exercises, or the nose rounds.

And I tell people, don't, don't do that. Going back to the past parts, just those limbic rebooting rounds. Yes, every day. And a lot of times people need six months of that.

They may need but people even with that can't start with an hour a day. They might have to start with five minutes and ten minutes. And then we got to bring these vagal parts on to.

Right? Yeah. At the same time, I'm often having people do, do cranial sacral therapy, very, very light body work. Where neurologic chiropractic work, working with the new, sometimes they can't even tolerate acupuncture yet.

So it's really, really working on the limbic system, the vagus nerve and and calming the system down so it's not hyperactive first. And you're right, six months sometimes before we can even touch a patient with the supplement.

Yeah. And that's okay. You know, to know that that's okay. And to know that people. And it helps for people to know they're on the right track. Exactly.

Yeah. Yeah. And then usually at some point you see this shift turn, the patient says, wow, I had three days of feeling better. Okay, good. And then I tell them, you know what that means?

That that that state of health is now available to you. It's opened up. It's a layer that's opened up. You might come down a little bit, but it won't be long and you'll get back up.

And we're going to try and make this next state your your new homeostasis, your new normal. And we have higher to go. It goes like that. Different layers.

Sometimes you come down back up and we keep healing like that. So take some time. It does take. And that's one of the keys is to be patient and to be patient with ourselves and to have some kind of faith that we're going to get out of it.

And I and I don't want to make it sound like I just, you know, I was even keeled along my illness, I wasn't I was a mess. I had temper tantrums and I had meltdowns, and I had days that I thought, well, maybe if I could could have drank alcohol, I would have just become an alcoholic, because of the state of my life.

But I couldn't tolerate the alcohol. That's one thing, right? But, But but I would always wake up the next morning with something in my core that I knew there was a way out of this.

It's really important people find. Find that in themselves. They find a way to hold on to that, that that there's a bigger picture to all of this and it's not continuing to walk the path forward.

And, I Neil Nathan is a mentor of mine and a really dear to me. And I was complaining a little bit. I was having a hard, hard period again because I still having mold colonization.

My God, I'm not perfect yet. I'm still trying to get that. And I just been very stubborn and complex. Even with all that I'm doing. And I said, you know, I'm just getting tired of swallowing all of this.

And he said to me, what else are you going to do? And that was perfect. I thought, this is true. What else are you going to do? You know, you're going to keep walking one step at a time forward.

And I needed to hear that. And I think other people might need to hear that when they're having a hard time. It's important because because patients do say, okay, this is taking a long time.

I have to take a lot of supplements or I have to do a lot of things. This is like a full time job. And and it is I want to honor that. And I'm really happy we're talking about this today, because I want patients to know that that's a normal part of of healing when you're this sick, when you're this sensitive, and when you have this many layers, to your illness, there is a way out.

There is. And and it takes that persistence. Yeah. It's slow, it's steady. And then you have people like us to walk that path with you. I always tell my patients, you're not doing this alone.

This seems like a lot, but I'm here. I'm with you. Yeah. You know, when they. When they have this as their guides and they know that that makes all the difference.

Just like it sounds like Neil was your guide has been your guide along this path. How how important that role is. Yeah, it's very important. And then once we get out of the sensitivities, that's when we can start on this.

What I think of is, is precision and mold detoxification. So doing it in a way that's really honed and targeted with what mycotoxins we know people are dealing with.

Precision Mold Detox and Binder Strategies

And I know we're similar in this approach that we want to clear these mycotoxins before we start working further up the queue. We can't often get rid of Sibo or get rid of the, the parasites completely, or get rid of hormone dysregulation, or a lot of times even these chronic infections like Lyme, till we get these mycotoxins out because there's like this big wrecking ball, they keep hitting us and so we, we want to do the testing and know which mycotoxins people are dealing with.

And then there's been fantastic studies on this, and, Neil Nathan and Joe Mathur and I got to be a little involved in this. We consolidated what we've been able to pull from the research literature and which of these small toxins are better bound by which binders.

And that's been so helpful because charcoal actually still hasn't been shown to be an effective binder for clear toxin. So we can't use charcoal across the board.

But it works great for aflatoxin, for okra, toxin, for tobacco. The scenes and to know which ones. But for glo toxin, things like Saccharomyces Velarde and bentonite clay, propyl man.

And that fiber work better for. And if we can use that can matrix to customize this binder protocol for people, they can get through more effectively, more quickly.

That's been a game changer, because when I started and all of this, we were still trying to just use 1 or 2 combo binders or just use charcoal. Or maybe, you know, bentonite clay, but I wasn't getting people through as well as we can now with these combo binders and not couple binders, but precision binders.

And then we also mapped out, Emily Gibbler and I went through months and months of the research, literature and, and mapped out which mold toxins are detox or which detox pathways in the in phase two in the liver.

And we found that glucagon addition was actually the primary phase two pathway. So once people are tolerating things we can support that with calcium DEP, Luke Reed and Rosemary, they're still being SGC.

These types of agents, Astiz, Anthon are effective I love that I love that research and how you how how you can tie it into specific mycotoxins. They're very few things in medicine or herbs in medicine I would say, that are so specific for, for particular compounds as, as these, these binders and these and these mycotoxins.

So thank you for being involved in creating this. It's fantastic. Oh, was so excited to be a part of it. And it's continuing to grow. So I've recently seen some information about ketosis and that or how we pronounce that title Senate titles.

And yeah. To that, that I want to dig into. And then, Jill, Krista, who's a fantastic natural path doctor in mold toxicity, she found research. It was in vitro meaning it was a petri dish study.

But she did find research showing that aloe might be effective for aflatoxins. So we keep expanding this for people

as well and for sensitive people. That's so critical because even when we get to tolerating more things, I still have people who they just can't take bentonite clay or they can't handle even a sprinkle of chlorella.

So we have these other options we can fall back on. Yeah. It happens actually. It's I'm finding that it's bentonite clay is one of the ones that people are, the most sensitive people are less able to handle that yet until we've done other work.

I like to call it pretax supporting the, the detoxification systems before we even get to binders. But yeah. I like to support all of the organs of elimination as well.

The kidneys, the liver, the gut, the lymph, the skin. Even before I'm giving the binders, usually I'll treat muscle activation syndrome first. Definitely.

Yeah. We do immune modulation at the same time. I like to do that with peptide therapies. And I'm going to support the organs of elimination. Give binders to the person.

A lot of people think they can take binders right away. Often they can't. They might be constipated, you know, or have a lot of gut issues that just will lead to constipation if they take the binders first.

So sometimes we have to do a lot of gut healing before they can even begin. Doing detoxification. Yes. That's huge because we don't want to take binders if we're not having that bowel movement daily.

And yeah, I tell my clients this is crass. It it is. You'll remember this if I tell you no poop, no binders, nothing. Yeah. If you don't have a bowel movement that day, don't take the binders because the those toxins are just going to be sitting there in the coal and, and get reabsorbed.

And that's where people start feeling pretty icky. And so we do a lot of work just like you on making sure that we're getting that daily bowel movement.

Sometimes that process itself might take a few months just to get people to where they can have that regular bowel movement. And I'm always surprised how many people are not drinking enough water, even in, and our clients when they come in, are usually pretty well educated, but they miss that part.

So I ask everybody how much water you do drink measure. How much water are you drinking? Yeah, I know that a lot of times they say not enough. They know they know of water.

So I say, okay, but a big picture by your desk. Just make sure you're getting your 8 to 10 comes in. And that makes a major difference. Even just. Yeah.

And dehydration is a massive trigger. Water is nasal stabilizing. So usually when I tell people that I give someone motivated and I do I mean, I'm I'm running a little low here now.

I'm from the country. So we drink from mason jars. And I'll fill up. I'll have different herbal teas on my desk. That's a hibiscus tea. And, I'll measure my fluids and make sure that I've got to get through all of that before I go to bed.

I try to get through all of it before dinner. And that's how I know in the days that I don't do it, I don't even get enough fluids in, so I just get busy.

So that's a good that's a good trick for people. Or if you have to go into an office. And when I had a physical office before we went all remote, I would, fill up my water bottles at home with my filtered water, and I would take my stainless steel water bottles and and have those sitting on on my desk and get things before I left for the day.

Yeah. So those are those are key. And then one of my actually favorite start points for MSL support for people who are really sensitive are by carbonates.

And the reason is that by carbonates modulate a mechanism called Sirt two that triggers inflammasome production as part of this whole inflammatory process.

Supportive Detox Tools and Patient Resources

So people have and I get so many people with pots and low blood pressure just doing something like baking soda, or even better, if they can do a balanced rye salt, that is often not everybody.

If some people with some GI issues or some, stomach lining issues that might have a little trouble with it. But frequently people do quite well with that, and they can start with little sprinkles.

They can try the baking soda first as a single agent. Or if somebody does happen to have high blood pressure, you can get potassium bicarbonate. Want to get food grade? Yeah.

But that's often a way. And then if somebody can't take it orally Genoa has some of trouble. It's going to be a little GI distress. And I say that because I have people in my practice who can't drink water.

I mean, they're that sensitive. So there's nothing I have that anybody everybody can do across the board, but we can even do these in a foot, so. Or a bath and just do baking soda and potassium bicarbonate in a bath and get it through the skin even.

Yeah I love it. Thank you. Yeah. Thank you Beth for, for this interview. It's always it's a pleasure and always so much fun to talk to you. Yeah. Oh it's so good to be here with you Nafisa.

And, and I just want to really encourage people to keep going. And there's so many great resources on the summit. You guys have wonderful resources that you send out and such an incredible center.

And then we do have a lot of free resources for people at Mast cell three 60.com where, people can find our low histamine Loxley at low lectin Foods lists, and they can dig into all kinds of aspects around the nervous system.

And we also have some low cost courses where people can step themselves through nervous system rebooting and supporting their mast cells, and detox for sensitive people.

Fantastic. So for our audience, I would I can easily say that that Beth's website, Beth's Information Center is is really the best one you're going to find of them all on my on my cell activation syndrome.

A hands down any information you want on that is right there on her website. So thank you both for providing that to the people who need it. Thank you so much and for all you doing for this summit.

And all the resources and information is if we work together as a community, we can all heal faster and we can get it. We can get our clients fat healed faster, and then that trickles out and people can go on to to do their mission and their passion in the world and make the world a better place.

So, so much bigger than just healing somebody from mold toxicity. Exactly. It's helping people living their highest potential for themselves and to be in service in this world.

So such a blessing to work with our patients and to be in community with you. Beth, you as well. Thank you. I for now.