Introduction to Dr. Kelly Halderman

Welcome back to the Reverse Alzheimer's Summit. I'm so excited to have Doctor Kelly Halderman here with us today. She's a researcher, author, clinician, consultant and nutraceutical formula.

She's got a lot going on, and she completed her family practice medicine internship at the University of Minnesota. She has a naturopathic medical degree from Kingdom College of Natural Health, where she is the current academic dean of students.

She holds a certification in method Genetic Nutrition by the Neutral Genetic Research Institute, and a certification from the American Functional Neurology Institute in Functional Neurology and Neurofeedback.

She is an active member of the American Academy of Anti-Aging medicine, president and founder of the American Association of Nutraceutical Formulas, as well as a member of the American Medical Association and Physicians Committee for Responsible Medicine.

Doctor Halderman is also a board certified in Clinical Nutrition by the CNC. B has certification in plant based nutrition from Cornell University and a health coaching certification from the Institute for Integrative Nutrition.

She has tons of training that is really important for us to understand when it comes to Alzheimer's disease. One of the things she specializes in is phase 2.5 detoxification, a phrase that she coined, which involves properly restoring bio physiology.

This is our body's built in toxin transport system, and she's successfully developed novel nutraceutical products and clinical strategies to support this important, really essential phase of elimination.

Doctor Kelly Halderman, thank you so much for joining us. It's a pleasure to have you. Thanks, doctor. Heather, I'm so excited to be here. So I want to dive into why this, especially this phase 2.5 detoxification is specific and really relevant to Alzheimer's disease.

Absolutely. You know, when you asked me to be on the summit, I thought, you know, what, an important topic to really to reach people now. You know, whether you're in the stage with have Alzheimer's or whether you have family members, you know, we really want to make sure that phase 2.5 is optimized.

So, you know, in a nutshell, if I had the audience members in an elevator, I would say that Violet flow, as you just said, doctor Heather is our body's inherent way of getting rid of toxins.

We know that we're living in this completely toxic world, right? I mean, there's thousands of chemicals that we're exposed to, on a daily basis. Air pollution, the water system, our foods.

Unfortunately. Detoxification, in the words of Doctor clean Heart, who is one of the best doctors on the planet. It's. You know, he said it used to be his hobby.

Like, oh, yeah, this is my hobby to, you know, eat, really clean and detox. He says now it's absolutely essential for life. It's absolutely essential that all of us learn how to optimize the detoxification, the getting rid of these toxins and that's really what phase 2.5 is all about.

These 2.5 is about optimizing, maintaining the bile flow in your body, which let me tell you, I didn't learn about this in medical school. I did not know how to optimize this whatsoever.

When I was 20 years old, I had my gallbladder taken out because I complained of some abdominal pain. If I would have understood bile physiology, if I would have really understood the downward effects of what that was going to entail.

And I'm not saying that if you don't have a gallbladder, I'm not saying, excuse me, you're screwed because you're not. You're not screwed up. Keep listening. Okay. Keep listening to this podcast.

What I'm saying is that this inherent mechanism, this this God given flow of, of of of bile in our system, it's it really it's not appreciated. It's not appreciated by even I don't think the best doctors, I think, were really starting to understand it of all kinds of practice and understanding it.

But today I'm going to teach you easy strategies on how to, you know, know maybe if it's not working, to just make sure that it's optimized because, again, you want to be in the, in the, in the the the mindset of prevention.

Why Detox Matters for Alzheimer's

Right? We want even if we really actually have disease. Because I will tell my story in a, in a very quick way is that I, when I was, practicing medicine, I started to have all these very strange neurological symptoms.

And I was diagnosed with multiple sclerosis. And I was given pharmaceutical medications. I told to go home and be with my family and my children. I was given a death sentence.

And really, I didn't understand, you know, what was going on until I got to the root cause. And I will say, one of the subtypes of the cause of Alzheimer's by the work of doctor Dale Bredesen is a toxic overload.

Right. And so a toxic overload. It could be from, Lyme disease, HSV there's things in our, in our system that will cause amyloid to form and amyloid actually antimicrobial.

I have Lyme disease. I found out I had Lyme disease root cause of what was going on. If I wouldn't have found that out, of course I probably would have Alzheimer's.

Of course I would be that person, because my body, my brain was reacting to the stress. My brain was reacting to that. So let's, let's let's really educate right now on this.

In this next hour, we can and how we maximize our body's ability to not have to create amyloid, not how to create tau protein. Right. If there's anyone doubting how important understanding detox is for Alzheimer's, I can say that of the hundreds of Alzheimer's patients that I've seen in my clinical practice, 100% of them have high toxic burden.

Now, whether that's lead, mercury or other heavy metals like arsenic or cadmium, or its mycotoxins from water damage buildings or chemical toxins like glyphosate or parabens, PCBs, phthalates and the other chemicals associated with exhaust fuel exhaust.

The things that we can measure 100% of our Alzheimer's patients have elevated numbers of some, and sometimes even all of those things. And so I do a lot.

I spend a lot of time in my in my clinical practice, educating about the different phases of detoxification. And I love that you call this phase 2.5 because we know scientists are and medical doctors, we're always talking about phase one and phase two liver detox.

Well, we don't always talk about what happens after that. So the liver has to work with the gut. And I think of bile is like this toxic sludge that your body forms, that your liver, like you said, like this God given divine design, your liver.

There's so much work to get rid of that toxic sludge called bile, but it needs the help with the gallbladder. It needs the help of the gut. And so making sure that we actually eliminate we don't just do all the work of detoxification in the liver.

And then it sits around in our in our gut and like, where does it go? Bile is so important. And bile flow is so important for actually eliminating getting it out of the body.

So let's jump in. And also I want to mention wow, you were diagnosed with Ms.. And here you are super successful doing great work in the world. And that's a neurodegenerative disease.

Not not you know this is neurology. You and you go to neurology. They talk about M. S. and Alzheimer's and Parkinson's and Lou Gehrig's or ALS. You know these neurodegenerative diseases.

We we kind of we type them and we diagnose them in the medical community based on the set of symptoms. But when we take that step back and look at root cause, a lot of the same causes end up manifesting a slightly different symptoms in different people.

So it isn't going to be that different from Alzheimer's. Sorry. Go ahead. No, it's absolutely they say the old adage in neurology is diagnosed in adults.

Here's your diagnosis. I'm sorry. There's not a whole lot we can do for you. You know, go, go get your affairs in order. It's so, you know, it's so black and white.

And, Heather, you're saying exactly what I'm saying is that when we go into the doctor, let's say we have a fever. We go into the doctor, we have a fever.

They don't say, you have a fever. Put a period at the end. They say you have a fever because, right. That's the exact same approach what we should be using with Alzheimer's.

It's not. You have Alzheimer's, period. It's you have Alzheimer's y. Let's go explore why. And that's where functional medicine comes in. And that's where we, you know, we sometimes need to seek out help.

We really need to optimize that gut. We need to have someone who understands detoxification and, maybe a better level so that they can really help you.

But I'm going to give you some tips, things today that people can do to just start to help to optimize the bile for. But I think that's important is that we're surrounded by all these dimensions.

You talked about it more HSP, you know, in the brains of Alzheimer's patients. I'm upset. I'm happy. They find, at times they find, pathogens from poor dentition, from her mouth issues.

So, again, it's really something where we have to take a holistic view. And I put a period at the end. Right. We have to really figure out what what the root causes.

So tell me more about by a flow how it just describe the anatomy. Yeah. Okay. So let's let's do this really simplistically okay. So I have some teenagers and they're always like mom what do you talk about in Allie's pocket.

So I'm like, okay, well let me just break it down for you guys. Okay. So detoxification, process that you don't have to control. You don't have to think about it. You don't have to tell your heart to beat.

You don't have to tell your liver to start making bile. You don't have to tell it to start detoxification. But in your blood, there's things that need to be excreted, and those can be endogenous.

So like leftover thyroid hormone, leftover cholesterol, metabolism metabolites, or they can be exogenous xeno biotics, like we just rattled off bpas and heavy metals and things that just do not bloom.

Right. So they're in your blood flow and they're going to go into the liver. So just for simplicity terms, because we have detoxification and pretty much all of our cells are kidney is a workhorse.

How Phase 2.5 Detox and Bile Flow Work

But really the main one is the liver. So the blood flow will, go into the liver into the hepatocyte. That's a liver cell.

And phase zero is actually the transport of that toxin into the liver.

So that's number that's the actually the first one is phase zero. And then phase one is where that toxin is made a little bit more toxic actually. It's made a little bit more reactive because the goal is to get it to be water soluble okay.

So it has to get a little bit more reactive. So hydroxylase and oxidation those are all phase one reactions. They rely on vitamins and minerals and all kinds of sulfur.

Really good stuff that could usually come from our diet. Sometimes we want to increase those, those those nutrients to help with phase one. We can actually have an I can give you a paper that was published that shows foods that help with specific phase one enzymes.

It's really cool. And so you can kind of look through it and make sure your diet's hitting like all of these great things. So I'll give that to you so we can have everybody see that.

So then when the toxin is made a little bit more reactive and not every toxin needs to go through phase one. But it will get passed off to phase two. So phase two detoxification is things like do the thing comes in so you'll have the glutathione conjugation where you're hooking on glutathione to that.

Your sulfate. You're methylated it. Right. All these words we've heard before. So what you're just doing is you're making sure that toxin becomes water soluble because your bile is 99% water.

So I would suggest everyone take hydration very seriously for the millionth time. Right. It's like, oh gosh, if we're told to drink any more. But really, if we're dehydrated, you're bile.

It depends on you being hydrated. Okay. So the toxin then goes through the other side, the liver cell to get to the bile flow. Right. Because that's like the evacuation area okay.

The movement of that. So that toxin into the bile flow, it is not willy nilly. So that's what we call the phase 2.5. It needs a lot of things. It needs a lot of things to go right.

A lot of things shut it down. So this movement, when you're toxins all ready to go, it won't be able to get into the bile flow. If you're inflamed, if your gut is bad, if you have, deficiencies in Fos, the title colon, which we'll talk about if you're not making your bile, you're not making your bile acids.

And again, there's things that that nutritionally that you can do to help. And I will talk about those. But so phase 2.5 is at working. You have a toxin that's wanting to get out into the bile flow to get to the toilet.

Right. But it cannot. So let's say like you're inflamed and have a bad gut. Right. And the toxins like I can't get out, I can't. It's like not being able to flush your toilet. Right.

So the toxin, which has been made a little bit more reactive, will go back into your blood where it just has free rein to go wherever it wants to go. And toxins like fat.

What's your brain consist up? It's a fatty tissue. Right. So this is kind of I'm going to go in for a very small tangent. But people always ask me what is phase 2.5 have to do with weight gain?

What do you mean toxins and weight gains? Well, guess what, guys? When that toxin goes back in, your body goes, okay, we have an emergency. We need to keep the fat on the body because the fat's going to house the toxin that went back into the blood.

Right? So, of course, we can't lose weight because the body's like, if we lose weight, we lose our protective mechanism for these toxins. Right? Okay.

So but the neurodegenerative part of that is that then you have these heavy metals, everything's going back into

your blood when it should be going into your bile flow through your intestine, keeping everything nice and acidic, keeping that that gut really happy.

And those micro, you know, microbes in there really happy. And the pathogens don't want to live there and everything. And it stimulates the the migrating motor complex.

So if you're constipated, that could be a sign that your bile flows, you know, not working. So I kind of digress. But once the toxin, if everything's working well back to the phase two, it'll go in.

And then so that phase three is considered bile flow to the toilet. Okay. So that's like the perfect world is that then it's all working exactly the way you know, we were designed.

What sounds a little scary there is how you mentioned that inflammation is one of the things that can prevent this from working. Well. Well, if those toxins then go back into the blood, it's almost a self-perpetuating cycle of now you have more toxins in circulation, now you have more inflammation, and now you're going to have an even harder time getting rid of these toxins.

Absolutely. And I get this cycle. Yeah. Yeah. So I think it's really interesting when, you know, I talk about inflammation even in front of these brilliant doctor's groups, you know, when we have seminars and things and you think about inflammation, so esoteric, it's so like, what do you mean?

Okay. Yeah, I can test my crp and yeah. And I'm like, let me show you the most important tool that you can ever use to really help you manage your inflammation and hold it before they send it out.

This is it. This is what you can do to make sure that you that you're not inflamed every bite of food that we're taking in. I mean, there's a lot of other things, right?

But really for simplicity terms. What are you eating? Right. What what are you what are you nourishing your body with? Like, if it's, you know, a lot of processed fats and you know, things that you can't pronounce, I, I just screenshot it because my, my middle child likes Lucky Charms, which I don't buy.

But every once in a while as humans that I just screenshot from the food. Babe, what what toxins are in, you know, Lucky Charms percentages, you know, and all these dyes.

And I mean, talk about neurological insult, right? I squeeze it and I send it to me. He's like interesting. You know, it was so it's like it's like if I had to say one thing about inflammation, it's like it's really in your hands. Yes.

There's like predispositions that we have in people thoughts in my dreams. And it's like, you know, that's a little bit of epigenetics. You know what plays the genes, what controls them?

I would say number one is dietary, right. And in our in our brains are so sensitive. There is a type of Alzheimer's that has to do with diabetes, with how if you're not managing your blood sugar, if your insulin levels are high, that you're actually like, like cream, laying your brain with this like high glycosylation, I mean, right.

So it's like I really think let's just like dumb it down and, and just focus on things that you don't have to read the labels. And we hear this over and over and over again.

But wow is it important. And it just it's never going to go away. Just like water. Right. It's just you're just you're always going to hear another reason.

Another reason to to drink water and eat. Well, you know, one of the things that comes up with my patients also is that the brain game. So people ask, oh, what about Sudoku?

Should I be doing crossword puzzles? And like, no, just figure out new recipes, go to the store, shop for new types of foods and make them, because that is like not only you're you're basically saving yourself a ton of time because

you're going to have to do that anyways.

You're going to have to change your diet. And that is brain exercise. To learn new habits around food is exactly the type of really, really important brain exercising and neuroplasticity.

Creating new pathways in the brain around your habits, around food, around shopping. Like what? What lanes do I go down in the grocery store? Or maybe I should start going to a new grocery store.

Maybe I should chop these vegetables differently. Maybe I should bake them instead of fry them. You know, thinking through all of these new things and creating these new habits actually helps with neuroplasticity.

And in addition, you get this incredible benefit that you're talking about that really, you know, if we could bottle that, that if we could get the benefits of really good, high quality food, if we could get that in a pill, oh my gosh, we wouldn't have jobs.

But alas, it's a little bit more challenging than that. But that challenge is also beneficial. Absolutely. I totally, totally agree that that is that is very, very insightful because, I love sulforaphane, for example.

It's in the literature, you know, you can get it on Amazon, but really the best place to get sulforaphane is from broccoli sprouts. Right from the I mean, that's the creme de la creme.

So I have an exercise where I give people, a PDF on how to grow broccoli sprouts. Right. Because it's like, what better way to get this amazing nutrient that actually will help phase 2.5 open up.

It'll decrease your inflammation. So you're going to do the twofer. You're getting like the oh my gosh I got to buy this and water this. And they're getting that brain exercise.

Inflammation, Diet, and Brain Health

And they're also reaping the benefits of this wonderful nutrient. We're so excited. Our artichokes at Marana at the residential care facility are just about ready to be harvested.

And artichokes are in the thistle family, which is also really, really great for liver support. And I don't know, maybe you can tell me are are they still for things directly good for bile flow or is that where we where we want to focus on things like fast food or cooling.

So so the stabilization of that transporter that takes that phase two conjugated toxin and actually pushes that through. Think of a tunnel. There's got to be a tunnel or door.

Stabilization of that MP2 transporter is actually done by sulforaphane. So your door that you can get the toxins out really loves sulforaphane. It really loves to decrease your inflammation.

Milk thistle. Also the thistle family will also help stabilize that P2. So you can get, you know, more of the toxins out. I love artichoke actually learned about that.

We're working with the Amish. We're just fantastic with teaching so much about food and how it works. That actually has some and I always, I always mess up this word, violent dog or like, secrete a dog, you know, like where it's literally like the, the squeezing almost.

Because there's actually little muscles around all these vile, manipulative. So you literally need these little muscles to, to really squeeze that bile out.

So artichoke also has that property in it. And that being said, bitters. Bitters are something that are really underappreciated, I think underutilized in that the bitter herbs will also help the bile flow.

And also help support the liver. So your dandelion, that's actually my favorite one to help help with that stabilization. Yeah. So some good, like plant based bitters or dandelion gentian, it's sort of like none other than here.

And usually comes in a teaser for them. But like dandelion greens, just even a little bit, even a raclette is a little bit more bitter. Some of the endive and, escarole, some of these more bitter greens are helpful.

And we have, again, all of them growing in the Maremma garden. And the other thing with artichoke is you often are dipping it, usually olive oil and some garlic and some garlic and onion, highly sulfur containing.

Yeah. Foods that most people like tolerate pretty well. Oh yeah. Absolutely. And that kind of reminds me of a mistake that people often use is when I had Lyme disease and I was literally bedridden, I was seeing some fantastic practitioners, but they were really loading me up on phase one and phase two pushers, supporters.

So just think of that as my doors closed, my toxic door was closed because I was in plane. My gut was inflamed. I didn't have phosphor metal choline on board.

And we're going to talk about that in one second with that one. But first of all, choline makes our bile flow. So everything in our body that flows. So if you're a woman you've ever had a plugged milk duct when breastfeeding, that's a clue.

And that you might have a cooling deficiency because the government says 75% of us do, especially for breastfeeding women. We really need that postural choline on board.

Anyhow, if you're if you have, responded negatively to a detox, let's say, you know, someone put you on a bunch of phase one and phase two up regulators, probably because you're phase 2.5 door was shut and then your toxins went back in your blood and you felt worse.

Right? I have seen people really do themselves harm with doing that. Like, oh, I'm going to take a ton of glutathione down. I'm going to take a ton of energy.

See, I'm going to say and then there it backfires. And then well, that's a clue that the phase 2.5. Is it working? Lots of other things that I'm just going to kind of rattle off real quickly that that may signal that your bile flow is not working, because bile flow is involved in thyroid physiology, cholesterol metabolism, again, migrating motor complexes, if you have constipation issues.

It also has some other endocrine signaling. If you've ever had Sibo. You know, really there's so many things, that can in my mind, I think while we better make sure phase 2.5 is, you know, is optimized, but if you have a history, clueless, call suspect to me means like your cofactor was your bio physiology was shocked to the point where, like, you had to get your gallbladder out.

That's a big clue. But there's a lot of other things. I have the whole list. A doctor, Kelly Halder, Mint.com. My website. If you want to take a look at that.

But, just a lot of different things. And people are very surprised to learn that bio physiology and having that, that flow optimize even. I mean, I did not learn that it had to do with, with thyroid physiology.

I did not even I am a medical doctor and I didn't even know that. So I'll you know, a lot of these things, I think when you go to your regular doctor, they are doing the best they can.

They are working inside the constraints of what they have learned in the protocols. My husband is a medical doctor. I mean, they do amazing things, but sometimes like, you know, digging deeper in, you know, from a naturopathy, standpoint, from a root cause protocol, I think that's super, super important.

Okay. So down the the moment everyone's been waiting for it, where do we at plus the title Colleen. Sure. So the best place to get it is eggs, beef, almonds.

A lot of people have problems with those foods. A lot of people who have gallbladder issues don't do well with eggs. There's some people who are vegan and vegetarian and they're not going to do meat, and some people just don't do well with nuts.

They just it's just not their thing. So you can supplement, you know, really there's a lot of really good options. I really have found that, sunflower, sunflower is really high in all the fast food hides.

So not only do you get fast, but a alkaline that makes sure your bile is flowing because in order for that toxin to get out the door, it needs to be moved in.

In the same movement with the fat. So it depends on the faster alkaline. So, you can again supplement just be wary of a soy because I really, you know, if it says non-GMO, I still think like there's better sources.

That's why the sunflower sunflower is more complete. Again, fossil choline phosphate and ethanol. I mean, that's still inositol. So you have all your very important phosphate ties.

And that's just so important. There's just one key thing. Think about the fossil coin. Think about, talking to your doctor about, supplementing making sure with your license, health care provider of everything and saying that that's something that's appropriate for you or increasing those foods if you can.

And so with sunflower, do you recommend like sunflower seeds? Can you just go to the gas station, pick up sunflower seeds or that sunflower lecithin or sunflower oil, like, what's the best source of sunflower oil?

Foods and Supplements That Support Bile Flow

Sunflower lecithin is what I prefer. Professional health products. Has a sunflower lecithin powder. It's it's white. It's tasteless. Actually. It's kind of got a little bit of a nutty flavor.

I just use a scoop of that a day in with my other stuff, with the greens and things, and I'll. And I'll take that. So I will. You sure can. You can definitely put in a smoothie. Yep.

So since we've got these colon groups that you don't need to take them separate from other things, a lot of the other kind of detox things, we talk about, it's really important to take them far away from everything else.

And that can feel so overwhelming for someone that's like, oh, 30 minutes go for a meal and two hours after and all of these things, I think that like supplement contortion ism because you're having to put all these different things and different spots in the day.

But this is a great way to help support detox. And you can just add a scoop of it to whatever you're already doing your smoothie in the morning or you're, you know, whatever.

Can you put it on? Make salad and salad. You can't. You it's the instructions say to sprinkle on things. So I will sprinkle like oatmeal and things and put like some extra nuts on it.

But I think people get pill fatigue and they get where they just don't want to do all these potions and lotions. And it because it's not natural. It's not natural for us to have to be grabbing.

But I feel like if we're using food based supplementation, nutritional things, it's more natural to be like, oh, I can put this in my smoothie. I could put this on my salad, I could put this on anything.

I want to like enhance the flavor. So again, it's always been my, mantra, you know, food. It's not a 100% an hour supplemental. I definitely take and and, I forget who it was with the potty mouth that says you can't out supplement a shitty diet, right?

But you never make up for eating junk by supplementing. So really, it does start with that foundational piece of

getting really, really good food in and being a little bit strategic with some of the things we've talked about that can enhance and do the supplementing for you of those.

So sulfur compounds, the things that support good a thiamin and phase one, phase two and phase 2.5 detox. Absolutely. And then I think we should probably just mention is that when you start to move your bile appropriately, let's say you're really going to take this seriously and you're going to try and have a better diet and you're going to maybe do some, sulforaphane and you're going to, you know, get on some dandelion herbs and things in your fast alkaline.

You're going to, have, bile that has a lot of toxins in it. Right? Because that's what it's designed to do. So where that bile goes is into your small intestine and it goes through your colon, and it should hit the toilet a lot of times if we haven't optimized our digestion, if we're not going to the bathroom, we're not having a bowel movement daily.

What can happen is that the bile gets to the colon, but then there's internal panic recirculation. Those toxins desperately don't want to end up in a toilet.

So they will go back again into your. It's like they just don't want to leave us alone, right? So people will use binders. Now we intestinal binders and binders will bind.

There's like insurance policy. Right? It's like your liver's worked so hard to get those toxins in. And your these 2.5 is working in that in the in the toxins are in there and your brain's happy and everything's happy.

And then they get to your colon and they're like, oh, well, we're just going to go back. It's like binders are a strategy that some people I there's people who are more knowledgeable about binders than me because, I mean, that's just their whole strategy is using them.

I'm judicious because binders will bind your medication. They will bind a lot of other things. Who Stier amine is a medication that people that is prescribed, but it can also bind like minerals and things that, you know, bile acids and things that we, we need.

So, I, you know, I, I don't give a blanket statement to anybody. But again, using binders is something that I think you want to talk to a pers, a savvy practitioner about.

But certainly, you know, with a, with an onslaught of toxins moving out, like when I'm really going to hit detox really hard, when I'm actually going to try and rev it up, I will use binders at night time.

I will I will do that. And we're so lucky because we're going to talk to Doctor Neil, Nathan, doctor the FSA and Doctor Joe all about and Doctor Margaret Christiansen.

So there's a lot of other really, really great experts on the summit. It just click on on their talks and to learn more about binders because I think defer to them.

That's amazing that you bring up such a great point about, you know, balancing these things and just the way you described, the bile flow being sort of at the end of the liver's job.

It's got to you don't want to back things up. Right? So if you have a block in the road, then you start releasing things upstream. You're going to end up with this flood of toxins.

And the analogy I use is like a river valley. But like with the stream flowing to the ocean, if you have a dam and then you start releasing everything from the top, you just have a destructive flood.

And so what we need to do is open up elimination. And that's sweating all movements and urination and exhaling. Right. That breath out is another great way that gets forgotten about in detox.

But if we have if you're not having a regular daily bowel movement, then we need to be. I think, like you said,

cautious about how we open things up upstream.

Absolutely. Yeah. I really seen, that order reversed and problems happening. So it's like number one, you have to optimize going. You have to optimize evacuation.

You have to make sure you're having those bowel movements because again, it's not your it's not going to work. It's it's just like that's that's the whole mechanism.

So it kind of goes backwards. It's like phase three comes first. And I think with phase two right. 2.5 rather like you want to make sure that the that you're, that you're going to the bathroom and that you're also making sure that you're, you're really optimizing the bio flow.

I feel like those can be just done in tandem, because it's not like if you start to push on the gas for phase 2.5, it's not like you're going to backfire is if you're pushing on phase two, you know, and then you're like, your doors are open.

So I think that's a good, very good strategy to remember is like we just have to optimize digestion. I love sun fiber. You can get it anywhere. Amazon I everybody in my family is on sun fiber because it nourishes the gut.

It's a prebiotic naturally occurring. It's FODMAPs approved. It really helps to regulate out and get, you know, get the strategy going. Now, of course, I'm a fan of functional medicine testing.

I think that if you're having issues, it's really smart to go and really have some good quality functional medicine testing. I like the GI map to look at what's going on in your gut, because LPs so lipopolysaccharide from a bad gut will shut down your phase 2.5 so fast, right?

So fast. So we never we never omit the gut. And the best thing you can do to help your gut is use your work properly. Right? So like, you know, probiotics, probiotics using the food as medicine, reaching out for help.

You know, if you have infections and things that are ongoing. You know, I was listening to a podcast with doctor, Dale brought us in talking about, a person with Alzheimer's.

And they they found very, really severe gut pathologies, cleared it up, and the person made it almost a complete turnaround. Complete turnaround. Right.

Reversing Alzheimer's. It's like, you know, the brain. We thought for so long that the brain was we couldn't, you know, the opposite of neuroplasticity.

The brain. If you have an insult, it's over. Game over. You know what is what it is. That is not true. Neuroplasticity means to change, to be able to mend again.

You know, your brain. I would like to like hammer home. This point too, is that if our bodies are doing, they're doing what they're supposed to be doing.

There's a reason there's a downregulation and an ATP and production and it's like it's the brain is like hunkering down because something's wrong, right?

There's no period after Alzheimer's. It's like, why? Again? Why? And it could be a lot. Again, it could be a multitude of things, which typically is but again, the blood sugar, the toxins getting the bile flow, these are all so important strategies, whether you know, you're you're a young person all the way to people who actually have the diagnosis all the time or across the board.

One thing that comes up with gut a lot in my clinic is that people think, oh, because I have constipation, there's no way I have a parasite, right? With the parasite, I'd be losing weight and I'd have diarrhea and this would be going on.

And then what I find is, lo and behold, someone with no gut symptoms, no GI complaints ends up having a parasite.

Choline, Genetics, and Detox Testing

I mean, it's just wild. None of this is textbook all the time, but I couldn't agree more. It's so important to check on what's going on in the gut, because sometimes the symptoms manifest manifest elsewhere, including depression, anxiety, all kinds of neurological or mental health issues come up because a pathology going on in the gut and we won't know unless we look.

We can be so much more targeted, so much more specific if we have that data to help us figure out what the best treatment plan for an individual is. And, you know, we can talk about these concepts and strategies, and I think they're good for the vast majority of people.

But if you're really struggling, it's really important to go see someone get a test like a GI maps done. And yeah, doctor Heather, that reminds me of, of the importance of genetic testing, because, you know, we can get a little scientific here and that that's how I discovered phase 2.5, because I was looking at a lot of genetics.

I was looking at a lot of people with Sibo and and really, lo and behold, they they were having problems with the manufacturing of their bile. Okay. And they were having problems with the manufacturing of their phosphate cooling.

Our bodies make it there's enzymes in our body that actually help make bile that help make faster. Aucoin some people have genetic, differences where it's a little bit harder for them to her have their enzymes a little bit different and that can parlay, a, a slowing, let's say, a slowing of that.

So if you have some genetic susceptibilities like I did, I have p m t genetic snips up the wazoo, meaning that I don't make fast or cooling very well myself.

So it's even more important for me to actually supplement. Now, when I was 20 years old, I really wish I would have had this information because I think I could have saved myself a very expensive, surgery.

And biofuel is actually linked to. And that's there's a paper that came out in Halloween of 2018 and the New England Journal of Medicine saying bile acid and bile flow.

Actually, if there's a correlation with my mouse and like, yes, I live in this body, yes, I have experienced this. So I think that's really important to kind of make sure that we're looking at like all the genetics.

Right? And so EMT so if I see that, I will want to make sure this person is, you know, taking their, foxtail calling, there's really not a whole lot of downsides of any to taking the phosphate or choline.

I'm going to look at a cat genes act. Now, a Cat enzyme actually is responsible for making your, your CoA. You're actually it's responsible for helping process, your fats and proteins.

I have a question about fast digital choline. So we are we've explored why this is so great for bio flow. But fossil fuel clean is also part of cell membranes and also the nuclear membrane.

In our cells. We may remember this from the phospholipid bilayers that we studied in chemistry class or biochemistry in high school or college. And one of the places where a lot of toxins get stored is in that cell membrane.

So we've talked about getting things out through the gut, through that bile flow from the liver, but in the periphery, in our cells and our fat cells and our brain cells and our thyroid cells and our lymph cells, everywhere else the toxin gets stored.

They can it can be in the membrane and phosphate. We're calling, from my understanding, has the potential to help release it from those places. So kind of like glutathione and it can work as a provocation agent.

Have you seen anything around that? Does that feel true for you? Is it different if it's oil versus if it's i.v. How do you think of us feel clean in that context?

Yeah. So that is an incredibly great point. Is that, you know, I studied the work of Doctor Andrew Heymann and Doctor Richard Shoemaker, and they are big fans of doing an oil change.

Right. So you really want to be very, give very robust amounts of these phospholipids because just of what you said, the toxins are there. Now, I have seen where, when you're using fast, fast coli, I have seen where people experience like a, almost like a die off.

I viewed butyrate, although it smells like cheese. Butyrate can help burn those up for that when you're doing that oil change. So again, that's kind of a clinical tip maybe for some practitioners that if you're going to hit the colon and you really want if you think this person's completely, you know, very full of toxins is that you're going to have a replacement, which is wonderful.

Like you're saying, it's remembering in our body. And then you you can actually use the butyrate to help burn that off faster. That's a super helpful tip.

So you were talking about genetics and fast rule, Colleen. And I'm curious how it's someone go about getting the right test because there's a bunch of them out there.

Oh, goodness. There are. So, you know, I, I prefer the functional genomic analysis. So that's something that a practitioner has to order because it has, a what a lot of snips in it.

So, but a lot of them are for research purposes. So it's kind of like if you're a layperson that might find somebody, you go to the neutral genetic, Nutrition Research Institute website and look for a practitioner.

Right. So then they can use that report. So that's pretty high level. But I, you know, I really don't know off the top of my head of 23 and me, I don't know if they assay for the PMP gene, their strategy.

And you know, there's so many. So what I'm going to do is I'm going to give you the genes that matter to me. And then maybe when you're looking for kits and things, you can you can see if they're on there.

So number one, which I'm sure you're going to talk about is April right. What what you're able. So I'm not going to beat that with a dead horse. You're probably going to have a hole and watch that.

Everybody just watch it. It's going to be amazing. And then PMT. So again that's responsible for making your fast rule. Colleen. And, and I will say this is just because if you have perfect PMT genes, does not absolve you from, you know, taking faster or seriously.

And then a cat. So a cat is responsible for processing fats and proteins. It's really important, in terms of phase 2.5 regulation. So you want to make sure that if that's something you're having problems with, you may need extra digestive support.

You may actually need more help with processing fats and processing proteins. Pink pad and K pink is responsible for making the building block the CoA of a serial colon, so a single way as many pathways that it goes in the body.

Stare at home and form information bile acid formation. So it's like the top building block. So if your pink's not working, you're not going to get the CoA to make all these, those downstream metabolites.

So pink. When I see that, I just suggest to people that they explore taking pant off the pant Athene is, a really great, cheap nutrient that also helps with a lot of other other things as well.

Again, cholesterol metabolism. So, those are kind of the genes I look for. Now, if you want to get really deep in the woods, you can look at your ABCd two genes, those code for the door that get the toxins out so you can look and see.

Do you have a big door? Do you have a big door where all your talks just go on? Oh, you know, just like think of like like the fire alarm goes off at Walmart and everyone's like, running out, right?

Like your toxins are running out. So do you have a big door? That's great. Those are the blessed people who can, like, you know, have all kinds of toxins and they just go out the door.

Well, if you have polymorphisms in your ABCd two, you could have a teeny little door to start with. So it's like you're starting off with a challenge.

You're starting off with, with the enzyme that codes for that may not be as well suited to get all the toxins out. So there's things that you can again.

And I we already went through those to help stabilize the, you know, to help make it work as well as it can. You know, the milk vessels of sulforaphane and things, lots of foods and things that that can help stabilize that.

So those are really if you're biohacking, those are always the ones that I like to really look at to really optimize those. And there and there are more but I think, you know, I have done other podcasts for their practitioner base.

The Better Health Guide is a really good podcast, where I'm in it, if you want to get more information that I would go see that, episode 79 on the Better Health Guide.

Excellent, excellent. So I let me just kind of worry about your personal story. I know sometimes we start here and you and you alluded to it, but you had I mean, this has been a huge influence on what you do and what you share because you've been through it.

You get it. You've been diagnosed with a neurodegenerative disease. You've had your gallbladder out. So tell me a little bit more about your personal story.

Sure. So I always I like to start the conversation with, you know, people who are in my care with I know what it feels like to be in a disease body.

Personal Recovery Story and Lifestyle Advice

I know what it feels like to be told, like there's no hope and that is what has driven me so hard to really use the brain that God has gifted me with to dig into the science.

Because you guys, it takes an average of 17 years for good clinical data that can help people. That's been published. To get into your doctor's office, to help you.

17 years. We don't have 17 years. Right. So that's my passion is really going in finding the data, finding these things that can help us today. It can help us prevent these staggering numbers of people who be affected with Alzheimer's and use that data right now.

So, yeah, neurodegenerative diseases. I was I was so, I was so ill that when someone would tell me what their phone number was, I would say, what's a seven like?

I couldn't even figure out. I couldn't read to my kids. I am perfectly well able at memorizing an entire, you know, PowerPoint for an hour and getting up and talking.

I mean, I, I am living proof that you can reverse neurological diseases. You can reverse your brain is designed to reverse. Just get rid of what's causing it to do these things.

So so I would say how inspiring. How long did your journey take like this doesn't happen overnight. No, it doesn't happen overnight, Heather. You know I mean, we know that and we also know that it's daily.

I didn't just get better. And then here I am, right? I mean, it was probably a good five years of crawling my way out of that, of crawling my way out of the trenches.

I was in, just these diseases that I had no name for, but I knew my body was was just not working. I had to discover why. And I really credit brilliant practitioners, who just want just didn't stop asking why.

They just didn't stop asking why. And that's why I think, you know, the the natural panic model fits fits me better. As a, as where I've experienced this is that, you know, we just don't diagnose and audience, you know, that's not enough.

You know, we have to figure out there are reasons why, reasons that we can help, you know, prevent and reverse things like Alzheimer's. And let's go after them.

We know them. Find a good practitioner, find someone who can help discover that. So that's kind of like my mission right now is to just bring all the good clinical data and information to people, and no one's going to stop. We love it.

One of the struggles is, that as we get people on a certain diet or living a certain lifestyle, they want to put an end date on it. Okay, can I go back to my regular life?

Can I go back to having my cocktails and watching the news and, you know, doing all these things that maybe didn't serve them and just started? I'm like, just give me six months.

But most of the time at the end, they realize this is a lifestyle like this is a decision I'm going to make every day because it serves me, because this is what keeps me healthy.

And so I'm wondering if you have any thoughts for people who are struggling to maintain a healthy lifestyle. Sure. So I would say that, it can just be so overwhelming.

Can it? I mean, like for all of us, with all the things that we're up against and that I would really try and focus on again when I said inflammation, people get deer in the headlights just start with diet, start with trying to switch out, you know, things and really your body gets accustomed to it.

It really does get accustomed to, you know, good food. And then when you put in bad food, your body's like, you know, this, this is not working for me.

And, you know, it's it's kind of like I understand that this is it's never over. It's never something that I'm like you said, it's not oh, I'm one and done, but I really do.

I try and do my best. I just try and plan ahead. Right. Plan ahead. Surround yourself with people who are encouraging to you. Detox from people who are not on the same path as you.

Sometimes you have to give up relationships with people who, you know, who like to have cocktails and things, you know, just to get yourself back on track.

So really surround yourself with people that that understand that and will be on that path with you. Team up with with, practitioners who understand you, who listen to you, who you know, are not, just going to give up and give a diagnosis and it's over.

Educate yourself. Listen to this entire pot, like, listen to this entire summit. Right? I am going to be sitting here, listen to this entire summer. It's going to be just amazing.

And then stay stay with this community, right. Keep educating. Keep going. If you have a day where you messed up, just wake up the next day and just do your best, right?

We're we are our best when when we take care of ourselves, right? So I know self-care for a lot of people is like, I can't do it. I don't have time. Whatever every ounce we put into ourselves, we get a huge ROI for the people around us, too.

Yeah, I think that's so important for caregivers to hear, right? Our our Alzheimer's patients are one thing. And of course, we're speaking to them in this summit.

And yet so many of our attendees and listeners are going to be the caregivers. And one of the shocking statistics is how much more frequently caregivers for someone of Alzheimer's end up with Alzheimer's themselves, not necessarily because of the genetics, but because the lifestyle associated with caregiving puts you at higher risk.

The stress, the isolation, all of it can make you a much higher risk for developing dementia yourself. And so hearing that right, like you've got to put your oxygen mask on first before you help someone else I know is demanding is caregiving can be it can feel like a lot.

But you've got to help yourself. You've got to put that self-care first. Make sure you're eating a really healthy diet. You're getting in your 10,000 steps and exercising regularly.

You're getting good sleep. And if you're not prioritizing getting some help, I'm so Kelly, it's been such a pleasure to have you here. Do you have any parting thoughts? And then absolutely.

I need you to share where people can learn more about your practice and all that you have to offer. Yeah, I think I'm full of all kinds of thoughts, and I literally am always publishing some kind of, you know, article and things.

So I will let the the viewers choose their own. What do they want to read from, from parting thoughts. So just go to Dr. Kelly holderman.com. I put lots of articles there.

I put buttons that say print and bring to your physician, you know, like with all kinds of information that is published and things because I want people to be their own advocate.

I want them to know, that they have a say, in, you know, in their care and things. So follow me there. I'm on every Instagram, Twitter, you know, everywhere.

And the only Kelly Halderman in town. So, it's usually me. So, I'm just really thankful to you, doctor Hubbard, this is such an important topic. So grateful that you have me on, And I'm so grateful to to listen to the rest of the, the interviews.

So thank you. And I learned so much. Thank you so much for being here. I, I feel so privileged to be hosting this summit because I get to talk to incredible doctors like you.

And I learned a bunch just from our conversation, and you have phenomenal resources. But I just learned about that. I'm going to go check out because there are it can be so daunting.

It can feel so overwhelming. And just having that cheat sheet when you go in to talk to a doctor, which can be intimidating, especially that first visit, to go in with some resources that help guide that so that you get the most out of the care, the most out of your time with them is just so, so, so valuable.

I can't thank you enough. I'm sure that took a bunch of time to put together and lots of got lots of expertise on your end. So thank you for for publishing that and making it available.

And I encourage all of you who are listening, go to her website, download those, put them in the folder that you take to your next doctor's visit. That is going to be super, super helpful.

Thank you again for spending your time with us and for sharing all of your wisdom and expertise. You're welcome. Thank you so much! Wow! I just had one of the best conversations ever with Doctor Kelly Halderman.

She makes detox fun, she makes it exciting, and she does a great job of explaining why it's so essential to reversing Alzheimer's. She breaks it down and makes it easy to make simple shifts in our habits that are huge when it comes to reducing inflammation, reducing reducing toxins, and reducing your risk for Alzheimer's disease.

She is incredible. Be sure to listen all the way to the end to get the most valuable tips about how to talk to your doctor, and what you can do to make sure that you can stick to a plan that only to get you healthy, but to keep you healthy.

She's an inspiration. She reversed her own M. S., so she speaks not only as a super smart medical doctor, but also as a patient and even a parent. She's incredible.

I hope you enjoy this conversation as much as I did.