Protect Your Gut From Parasitic Infections Transcript

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Introduction and Guest Background

Welcome back. We're continuing our conversation on reversing chronic gut conditions. I'm your host, Sinclair Kennally, and I am joined by my wonderful friend and esteemed colleague, Dr.

Jaban Moore today. And we are going to jump right into a really fun, in-depth conversation that's near and dear to both of our hearts. I really wanted Dr.

Jaban on this conversation with you guys because he really is quite the parasite expert and he's lived the chronic illness journey for himself, just like I have.

And he now operates a robust clinic in out of Kansas City. And he has an amazing online platform for helping people reverse their chronic conditions and specifically is a fantastic parasite and mold expert and and now expanded into nervous system toxicity, which we are also going to touch on today.

So that's really fun. So he and I both went on the Lyme disease journey and he's he's seen it all. He specializes in the sensitive folks like we do. And so we have so much common ground and can't wait to talk to you today, Jaban.

Well, thanks for having me on here. I'm excited. I love talking about parasites. This is probably one of my favorite topics, so I'm just excited to do all the educating that I can do.

Awesome. Well, let's let's jump into how to get people started on this at their new to the topic of parasites. Let's jam right through that part so we can get to some advanced stuff.

And so what are some common symptoms and signs of parasites? If people don't already know how to recognize this. Yeah. So parasites is a broad category.

There are little tiny ones. There's big long term ones. So here's a fun one. If you poop out a parasite and you can see it, or you have little rice granules that are coming out, but you didn't eat rice.

That's a sign of a parasite, right? I have a bunch of college kids. I was working with one time and one was like, Oh, I got drunk. And I, you know, I went to the bathroom and I saw little skins in the stool, like little what looked like tomato skins.

And I saw a little rice. I'm like, mouth, that could be a parasite. You just flushed them out. You did a nice little alcohol flush there. I wouldn't recommend it, but some other ones, if you have eczema on your your skin, this is a big one.

If you have itching on your. But if you have bloating, cramping, diarrhea or constipation, these are common signs of parasite because some parasites release endo toxins that actually stop you from pooping so they can stay in their warm, moist, food filled habitat.

Your gut. So those are some of those really common ones. Also, if you're ending up with like little dots, like little red dots, little white heads, that can be Candida, but it can be there because of parasites in your gut.

Common Parasite Symptoms

So I see skin symptoms. Gut symptoms. I'm quickly thinking parasites. And if you have liver issues where you're like not detoxing or draining, well, you feel like there's some pressure under your ribs on the right side where the liver is, you have some gallbladder back up.

I'm thinking, do you have liver fluid? What's going on with that area? Detox and those organs? Because parasites love to just have a new habitat there.

Wow. That is so beautifully said. Do you want to add anything about emotional symptoms that people might notice, too, if they have gut parasites? Oh, for sure.

So, you know, I dove in and I actually got certified in acupuncture out of school and one of the big things is the liver is the organ of anger. So when you're angry all the time, then your liver is probably stressed.

Well, that stress could come from parasites being there, or maybe life has actually got some stuff going on where you're angry for a good reason. Well, that's changing the energy, the the meridians of the liver, and that's going to make it more susceptible to infections around the liver.

And then the gallbladder is resentment, right? So if you are resenting people, if something happened and you're holding on to that grudge, you're weakening the gallbladder so that it can't do its job so well when it comes to storing the bile and being able to clean itself out so you don't end up developing stones.

So I think a lot about when people get sick, they're angry about it, which is understandable. I mean, I was sick myself. I was pretty upset that I was sick.

But it's learning to be on the journey and accept where you are while still working toward getting well. Right. We're not going to just accept that and just sit there.

We're working toward getting well, but not letting that stress your nervous system and cause more trauma and dysfunction, which is what I see a lot of people.

So I'll be working with clients and each client gets their own version of me. But some clients are like, Whoa, whoa, whoa, let's, let's not see things like that.

Let's, let's turn that around and let's say, okay, I'm sick now. This is not where I'm going to be, but I made a little progress, so I'm excited about that progress.

Yeah, that's so important. Let's, let's make sure we unpack more of that today because, you know, there's the original trauma to the body, right? Whether it was mental, emotional, environmental that, you know, got us out of health and wellness and and then there's all the trauma that comes that after that, that's where we try so hard to get well, we try all these things that don't work.

We try different medical paradigms until we find the one that fits us the best. Right? Whether it's allopathic or natural health, you know, we all have to go on that journey.

And what I see so often you and I talk about this all the time is that additional chronic illness trauma that gets layered on top of everything. That's really interesting.

You got to unpack that piece, right? For sure. I tell people all the time, your immune system has PTSD, and I go, Oh, come on, let's think about this.

Like you've been sick for so long. It's just traumatized. It's stuck in this repetitive problem. People come in. Well, I've seen people for five years and ten years and 20 years.

I don't even know if I can get well. How can I trust you? I go. First of all, I don't want to just be your next doctor. I want to be your last doctor for this illness.

You know, you may see other people later on, but I won't be the last one for this problem. And the way that I'm going to do that is we're going to look at, do you live in a place where you can heal?

Are you getting yourself out of fight or flight because if you're stuck in fight or flight, which parasites can put you there? God, dysbiosis could put you there.

Mold toxicity can put you there, childhood trauma or overworking yourself or not eating enough or working out too hard can put you into fight or flight.

And when you are there, you are not in parasympathetic states which is rest, digest, recover and heal.

Emotional and Nervous System Effects

And notice I'm talking really fast and excited about this fight or flight because that's what you're like in fight or flight. You're in a defense mechanism. You are.

I tap you on the shoulder, jump out of your chair. You are anxious. You are in all of that. But then when you're in rest, digest and heal, it's chill, it's slower, it's relaxing and then your body can go and focus on recovery.

And so many people I work with have never gotten even close to that. They never even worked on that. They're like, Why will the parasites go away? I'm like, Because you're not letting your body get to a state where it can focus on the parasites.

Even though you're doing the cleanses, even though you're doing the detox, even though you're eating well and trying to sleep, you're not in the rest.

Relax and heal stage. You're still in. I'm not well now and it's got to be yesterday that I get well. And when you get stuck there, it's always stress.

And that stress weighs on your energy system and causes it to not be able to get to the actual work you're trying to do. Hmm. That's really beautifully said.

And when you think about it, that really is the foundation to healing, right? So when somebody knows finally that they have parasites that can take years and decades to actually figure that out, the assets are part of driving those underlying symptoms for you.

They've often actually been blamed for, you know, other other conditions and other even mental and emotional conditions. Like for myself, I was misdiagnosed with a lot of mental and emotional issues that were really toxicity driven, trauma driven, parasite driven.

So I really feel for the people in the audience who are going through that right now. And I hope some light bulbs are going to go off for you today in this interview, because I'm going to give Dr.

Jaban a chance to mythbust about what parasites look like, what they do, you know, how how these are being misunderstood by our practitioners today so that you can actually support the nervous system and see some really phenomenal progress that lasts.

Why don't we start there, Jaban? Why don't we give you a chance to do myth busting? Because you're so good at it. The myth busting I always call is like parasite one on one.

Yeah. Parasites are not in westernized countries. Total meth, right? Parasites are everywhere. If you have a cat, dog, horse, ferret, whatever, you probably take it to the vet.

The vet does some sort of antiparasitic protocols with them one or two times a year. You see the parasites come out. Guess what? If you have an indoor cat or dog, it's eating food that has been tested for parasites.

More than anything, you're eating. Therefore, it's getting parasites from the environment that you live in and you're not special. You probably are more susceptible to parasites than your dog or cat or whatever because you have

more stress, right?

They're just chilling in the sun. Relax and living day to day. You're stressed from work and kids and family and society and policy, whatever it is, which decreases your hydrochloric acid, making you susceptible to parasites.

And you probably were told eventually to take some sort of antacid, which, you know, makes you more susceptible to parasites. You've taken antibiotics, it wipes out your gut and there's specific bacteria that protect you from parasites.

And those antibiotics can help wipe them out. So then you're more susceptible. Okay, so parasites are everywhere. It doesn't matter if you're eating your material, if you're eating meat or vegetables because meat, if you don't cook it all the way like sushi or if you like your meat cooked medium or rare.

Okay, yeah. Parasites are in there, but your gut supposed to protect you. But if you eat raw vegetables, you're not any safer because parasites. But they're spores on those vegetables all over our fruit.

And then you eat that just the same as you eat the meat. And now you get a man. So it doesn't matter what you're eating. And by the way, parasites now and food now comes from around the world.

Where does your food come from when you live in Michigan or Canada or, you know, anywhere where there's a winter is coming from South India, Mexico, South America.

So you're importing parasites. And guess what? They don't just jump off that fruit when you cross the state line or cross the country's border, they come on through.

Parasite Myths and Testing Limits

Unfortunately for us and unfortunately for, you know, the FDA or whoever is saying, oh, parasites are here. So as we keep going on parasites in the stool for testing parasites, stool testing is not great.

Let's just say it out front. It's not great. You know, there are tons of stool samples and most of them, except for maybe one of them out there, is looked at by a technician.

A technician who is trained to swipe the top of the poop off of the sample, put it on a microscope. They get like 3 minutes. They're looking for of them.

They're not looking for parts of the parasite. They're not actually visually looking at the stool sample itself. And once that 3 minutes is up, they're done.

They move on. And if they didn't see an egg, they're moved on. They're not looking for all the other parts of a parasite. The second part of that is parasites breakdown over time.

So if you wait more than a few hours after the sample is given, the parasite structure is starting to break down, you're not going to see it. So again, unless you're sending it to a pathologist that knows what they're looking for, that's going to spend time on your sample and not just look for egg stool samples, don't find parasites.

So you have to do more of a symptomatic diagnosis, not a stool sample type testing. So they are here. They're hard to find. What other what other things do I need to go over?

I mean, those are the biggest ones. And I want to make sure we get time to talk to folks today who are listening about this, like slow down and think about if you have a chronic condition and that's why you're here at the summit or you are a practitioner that supports people with chronic issues and you realize you're talking is not working the way that it used to.

You know, let's consider why some of those factors would be the parasites seem to be more prevalent and

persistent now than they were maybe a couple of decades ago.

And, you know, just to keep running off of that list, let's think about what makes your body vulnerable to parasites or or why would your body want parasites to be in it?

So there are two pieces. One vulnerability I went over like our digestive tracks just aren't what they used to be from antibiotics and anti acids and then stress.

So that's part of it. But then our environment is so much more toxic now, and parasites thrive on heavy metals. Radioactive elements, environmental toxins.

They love it like it's food for them. So your body may bring parasites in y so that it can't absorb all those toxins. And then in the olden days, when we weren't in a constantly evolving toxic soup, your body was, okay, I'm done.

Push the parasite out. It's sucked up all the metals and everything. And then we don't have this pathogenic infection situation. It's being used symbiotically.

So now our body brings it in and the parasite soaks up all the can, and then it has babies, and then those soak up all they can. And then they have babies and they soak up all they can because it's a constant new source of toxin in our environment every single day.

So what used to be a symbiotic relationship then turns into a pathogenic parasitic relationship. And they don't go anywhere because our body needs more and more and more of them then to overwhelms us and we get sick and we have symptoms.

So that's another piece of that puzzle. And then, you know, let's just talk about stress for another moment. Again, parasites, they like the body when when you're stressed, like they when they come into our body, they release different types of toxins that make you want to go toward certain behaviors.

So let's talk about a mouse study that was done because I can't do this to humans. And don't you know, scientists can do this? Humans, they actually put toxoplasmosis in the brains or in the bodies, and they went to the brain of mice.

So then the mouse, because it wants to be a infection for cats, would actually run out in front of cats, get eaten so that that parasite can then get into the cat where it wants to be the final host.

So this is showing you that organisms can help control what you're doing. So if you're craving sugar all the time, is that yeast? Is that parasites? If you get more irritable and have more symptoms around a full moon, is it because the life cycle of a parasite is actually more active during that full moon?

That's why we do full moon phases. That's why you have those types of cleanses. So these organisms actually significantly affect us because a few other ways that this happens when serotonin goes up in the body, which is during certain times of the cycle of your day or of the moon cycle, they're more active, they love dopamine, they eat up Gabba.

Gabba is a calming neurotransmitter. They eat it up and then you're not home anymore. You're irritable and you're angry and you're reactive and you're stressed.

So parasites affect your neurotransmitters. They can cause death to your bacteria and they thrive on your stress because it weakens your system both from gut but also from the energetics.

And if you look at Chinese medicine and meridian therapy or acupuncture, so there are so many reasons why parasites are on the rise. And if you aren't doing something to protect your body, well, they're just going to take advantage.

You're going to be a great host. So I always tell people I'm like, how not to be a parasite host. That needs to be one of our thought processes. Absolutely.

So let's let's actually dove into that and hack it, because I really wanted to give you a chance to talk about the mistakes that people make when addressing parasites.

So let's talk about that piece and how how to not be a good host. So how to not be a good host. We start with step one, which is living in a clean environment.

So you need to make sure that your air is clean. So if you have mold in your house, clean it up. I've had clients where simply just getting out of a mold environment.

I just talked to this one client two days ago. We've been working together. She's been seeing some progress, but she works in a police station that the basement for mold and they won't do anything about it.

And she's just stuck. So she took a week vacation.

Why Parasites Persist and How They Affect the Body

Her symptoms cut in half just from the air being cleaner so mold can be a major problem. Your water supply, if it's toxic, you're going to stay. So I got a whole family that had radioactive water.

They had a reverse osmosis system in their house, but that wasn't good enough to clean out the radium in their water supply. We saw it on their hair tests so we knew it was there.

Switched over to Distilled. Within two weeks, their five year old daughter went from I have a stomachache every day. I am acting out in school like the pans brain inflammation type symptoms to calm stomach better.

Within six months she was doing Tough Mudders and working out and getting ripped and excited about life and planning her college. I mean, it was just like went from this, you know, I don't want to say screw up, but this kid that was acting out to what every parent dreams of having of of, you know, being successful and good grades and planning the future.

So toxic water, toxic air. And then your hygiene products and your food products both need to be nontoxic. And by nontoxic, I mean organic or chemicals that don't affect you negatively.

So those that's the environment that you live. And that's one way to be a really good well, how to not be a bad host. I can't even say the words. Right, right.

So then the next piece is the emotional piece. If you've had trauma, if you are overstressed in yourself with work or family or maybe a parasites in your life.

And I'm not talking about the single cellular or the worm type organism to talk about people, you need to get rid of the energy suckers in your life or put up boundaries around them that allow you to stay calm and feel good.

All right. So we need to train our nervous system to be in a healthy state so that it's adaptable. Why does this what does this mean? What does it mean? Why is it important?

Let's just think about like a scale 0 to 100. If you had no stressors in your life, which would be infections, toxins, traumas, toxic air, all the things you talked about would be zero. None of us live there.

So if we're at 50, right, we're dealing 50, then you have 50 that you can adapt 50% of adaptation in your body. So if something happens in your life and it takes up 28, you're still under that.

My body's got this level right. I think of this with weight training because that's how my brain works. I can do a back

squat up to 25 ton of times, like in high school that is 70 times.

Right? So I can do that a lot. So but if you put 315, I can't do too much and I can still do it, so I'm good. Now if you stress me out with more weight, you put £600 on, it's going to crush me when I get crushed down to the ground and I can't stand back up.

That's where a lot of us are that are chronically ill. We use our pull in that stuff off. When you start pulling that weight off of there, when it gets down to about £400, I'm going to stand up.

No problem. Now, how many of those can I do? Not a lot. So I'm still tired. I still have symptoms. As you pull off more, I can start moving and living my life.

You put off more down to 25. I'm pretty good. You could take it down to the bar. I could run, jump, do all the things I want to do. So that's you. That's how you become a bad host.

We pull all the junk off the bar where you can get strong. So it's the environmental stuff, it's the stress stuff. But after those two pieces are taken care of, for those that are having symptoms today, your body's been weakened long enough.

You've picked up bacterial infections, fungal infections, parasitic infections and any any other toxins that your body has accumulated from these other pieces, like the metals and the radioactive elements you've accumulated that.

So we have to start cleaning that out. And that's why people, as soon as they go into a safe environment and feel safe within the nervous system, are not well yet.

We've got to keep cleaning that stuff out. Once you empty that bucket, I can tell you life is good. Life is real good because you're adaptable. So you can respond to anything that comes at you.

And it doesn't it doesn't hit you so hard. You can handle it. You can take it. So that's how to be a bad host. Here's a beautiful overview for everybody, because so often we get very myopically focused on one avenue or one aspect of this, whether it's the person going through the health journey or the practitioner trying to support that.

But really it's the global view of the whole thing because there's so many aspects to what makes you a good host. So if somebody is listening to you and we're saying, okay, Dr.

Jaban I have I know I have parasites, I've been doing the cleansing. You know, I've been following you are following all the parasite experts. What am I missing if I can't if they if they're still coming out, you know, what do you have advice do you have to say for those folks today?

That's the perfect question. I was actually like, put my finger up. I'm like, well, let me talk about this. So what what people well, people do is they get so focused on I have mold.

I'm going to treat mold in time. Well, that's not how this works.

How to Become a Poor Host for Parasites

I tell people all the time, I'm like your first 7 to 14 days on any protocol, whether that's one of my favorites, like pair of three from Cell Corps or AF, Angie from Byron.

Right, which is more from mold, your first 7 to 14 days of any microbe is where you're going to have your herpes. This is where you're going to do the bulk of your your work.

After that, it's just a little bit more cleanup. So I tend to do two, maybe three protocols for a parasite and move on and move on to bacteria. I move on from bacteria to mold, from mold to mycoplasma, mycoplasma to metal.

Mela Radioactive elements, radioactive elements to viruses, then to yeast. Right? So that would be a common order that I go and I spend one or two months in each category because I'm lowering the threshold that pathogen.

No, it's not going to zero, but we're not trying to get to zero. It's just like stress in your life. You're not going to get to zero. Life happens. You're not going to get to zero organisms of a parasite.

You're not going to get to zero bacteria line, right? You're going to get to non pathogenic and then you need to move on. And when you lower everything from pathogenic or from the toxic burden, that's too great parasites to start coming out because now your body starts to regulate on its own.

So areas that your tincture can get to, areas that your frequency medicine can't get to, areas that your I don't know where else to go. Your homeopathic isn't getting to your body is designed to get there.

Your body's designed to heal itself. So instead of getting stuck in one place, if you're like, you know, I feel like I've done all I can do first. I don't know where to go, but I'm all I can do to go to SIBO, go to Lyme disease, go to Bartonella, knock out all of those things if you have.

I'm not saying everybody has all of those things, but go to what you do. Have knocked that out maybe three or four or five months from now you come back to parasites and you see a really good a really good reaction.

I've got clients where we're doing parasites like, you know, doc, not much is coming out. I got a bacteria, not much parasite comes out, right. And then I go over to mycoplasma, not much parasite comes out.

We got the mold and I just had this happen to clean the other day. She's like, Doc, I started the mold protocol. And I mean, it's like. It's like handfuls of parasites coming out, like, well, they're feeding on the mold.

Your immune system was suppressed from the mold, and now it's not. And now the parasites are coming out. And I go, Did the parasite cleanse that you did earlier work?

I'm like, Yeah, I cleared out what it could. Now, now we're shifting the next thing. And I tell people all the time, I do some muscle testing or I'll order of healing matters.

If you get out of order, it just doesn't work as well. So when we got when we got to that muscle, during my symptoms feel better. All these parasites are coming out, they're super excited and I'm like that.

And they're like, Well, don't you get back on a parasite cleanse? Like, No, your body's got this. Your body's designed to heal. And when we shifted the right lever, you saw what happened.

Let's let it go. So important, because people need to adjust expectations and also know where to direct their efforts. Right. So we get I see a lot happening with our our gluten free yogis who still feel like crap. Right.

That's our I mean, they're doing everything right. They're like, don't talk to me about gluten. I haven't been in for ten years. I don't even look at a cookie.

I'm doing everything right and I'm still not healing. And so we have to learn to. Okay, great. You took in information as you encountered it, but we have to consider what did the body need and in what order to heal so it to take up these layers of burdens so that the immune system and the nervous system can regulate.

Right. It's a I tell people all the time, you know, you start at the top of your org chart of what you're doing and then you've got like five past you can go on.

And then from that, when you got like five parts, you can go on and they're like, well, so you're saying like, I'm not going to go from this to this, that you can't give me the plan for the next four months?

No, because every single time we talk, every time we have an interaction, I'm listening to you where your

symptoms are, how you did on the protocol that we we looked at.

If we have new labs, what they show, what any sort of muscle testing or energetic testing or meridian acupuncture testing is telling us, and then we're choosing the next step and I tell you likely what's going to happen, because I've done this for a decade.

Yeah, I have a good concept, but I can't tell you exactly because you are unique to you.

Why Parasite Cleanses Sometimes Stall

You have unique levels of stress and trauma and infections and toxins and day to day you change, which means day to day. The next path may slightly skew one way or another, and we're going to adapt to that.

So good. You know, I think, you know, we do a liver cleanse course. That's 30 days and so many people come in with chronic parasite issues, got parasites and on the other side of liver work, they get.

Yes, tons of flukes out from their liver but then outcome the worms again they couldn't get. It's just more of this thought process that we have to think systemically and also take a just a layer at a time.

So we have to zoom out and then go microscopic again. Microscopic, microscopic. It's a thing like even within and practice within business. I always tell people I'm like, if you're if you're really working hard and it just seems like the uphill battle is outrageous, it's like this is just so much harder than it should be.

You might not know the right path. You might not be going the right way. Like if it is just an insurmountable battle, it's not to say that there aren't some of those that we have to overcome.

Maybe, you see, if you look left or right, if there's an easier path out and oftentimes, especially with in health, there is oftentimes you're like, oh, well, maybe instead of going this way, I'm doing that.

Oh, look, there's nice little opening and it's so often we see this. One these last few minutes. I would love for you to share your hard won insights as a practitioner and as a fellow person who has healed yourself from chronic illness when it comes to the nervous system.

And people are like, okay, I understand, I hear you, this is going to be layer after layer. I get it. What can I do for my nervous system support right now?

Is there a protocol I can work or what are your favorite tools? How should I be thinking about supporting the nervous system so I can make this a gentler, more effective process for myself?

Well, stare at a tree. So that's literally something I've told clients to do. And they're just. They do what you just do. They laugh. I mean, you're not serious.

Like, sure, I am going to literally stare at a tree for 20 minutes, especially all the moms I work with. They have three kids and like and the kids your husband goes, stare at a tree or whatever.

You got to go to the bathroom, lock the door, put your phone outside of the bathroom, not with you. And stare at the bathroom, at the the shower. Right, whatever.

Just sit in quiet and calmness. That's a simple a start point. And if someone tells me that's not possible, I'm like, we need to find a way. Now, there are some much more elegant and thought out tools that we can use, but that's a start.

After that, let's look at vagus nerve training because that's something pretty simple. You can harm, you can gargle, you can do a cold cloth over your face.

You can do a cold shower where you shower for 10 seconds to 2 minutes. So these are some vagus nerve pieces that you can be doing and there's more to it.

But those are some simple ones you can do at home. After that, we can get into limbic retraining or somatic retraining. I absolutely love Primal Trust, but some of the easy ways to do some of these types of things is to not change the experience that you have in life, but change the way that you perceive it.

So instead of going, you know, I really wanted my day when I got home to look like I walk in the door, my kids come, give me a hug. We cook dinner together and we smile, laugh.

Nervous System Support and Healing Tools

And I said, You got I came home and somebody had fallen and scratched themselves up and we had to go to the doctor and get stitches. And now my whole week is ruined because I didn't get that calm experience that I wanted.

You can sit there and go, you know, it's not what I wanted, but hey, the scratch themselves up the broken bones. We got to experience what it's like to go to a doctor and help heal the body together and work through that pain for my child together and grow together on that.

So it's it's just not changing what happened, but it's just changing the viewpoint that you have on it because there's so many times where there's pictures on Instagram or Facebook where it's like from this viewpoint it looks like everything's going wrong, but from a different viewpoint, everything looks okay and it's us and how we perceive things that changes how your nervous system responds to it.

So is that going into the amygdala? Is trauma or is that going into the amygdala as a blessing? So starting to work on that can be very beneficial because for me, when I had erectile dysfunction, my knees were hurting.

It was harder to work out. My brain wasn't working right. I could have perceived that as trauma, which at the moment I'm like, This sucks. My girlfriend's about to break up with me because she doesn't think that I can make her happy the rest of our lives.

And I don't know if I'm ever going to have a family because if I can't, I mean, for lack of better words, if I can't make my body parts work, how do I produce a family?

So that was traumatizing to me. But looking back at it, I'm like, If that didn't happen, how many people could I not affect their lives? And I wouldn't have this platform.

I wouldn't have the ability to speak to others and make changes, which is really fulfilling in my life and allows me to help other people. So which point of view am I going to go?

I wasn't accepted or it led me to where I am today. Mm. Right, beautiful. So those are some of the nervous system pieces that we can talk about in appointments and I help people work through.

And then there's, there's other pieces of the puzzle that that are not necessarily things that, that I always do in a verbal way with clients like I can send you to Primal Trust and there's a whole course, whole layout where Kathleen King put it together.

It's beautiful. She gave me a discount code of DRJABAN its 10% off. I'll just put DRJABAN And you can go in there. Look at that. EMDR is a type of therapy, rapid eye movement therapy, where a therapist can walk you through tools and then neurofeedback is another thing that I love to do.

I have a protocol completely designed around breaking just the entrainment of of fight or flight. So instead of being stuck in fight or flight, there's just breaks that.

And then you learn how to after that, put yourself back into a more positive position because neurofeedback can

break the mold. But then you have to choose to look at your environment differently the next time something comes forward, right?

So the next time something happens that you didn't like, like I'm driving to work today and there is a complete standstill on the highway. And I'm like, Well, I can either be pissed that I'm going to lose an hour of my day or I can pop on a podcast and learn.

So this is an opportunity for me to educate myself, and that's the way that I have to look at it, because otherwise I'm just like, this is not efficient and I like to be efficient.

So those are some of those nervous system pieces that I put in there. And if you didn't know what neurofeedback is it sound like color therapy. So it's a passive things.

You sit in a chair and it passively breaks down that fight or flight for you. Whereas Primal Trust, EMDR and the other things are more active where you are involved in you are doing things which I think you need both.

I do, too. Yeah, I absolutely agree with that. You know, we started out in mental health, Michael and I, before our chronic illness journey, and we brought all those tools in for exactly the same reason.

It's so essential to do both because you're going to you're going to receive something to the impress or versus express layers of the brain, you know, when you're doing active versus passive. So.

Absolutely. I'm so glad you made that distinction. There are so many gems here. Jaban, man. So I want to know, how can people find you easily?

Finding Dr. Jaban Moore and Final Thoughts

Because you've dropped so many important nuggets today and I know a lot of people are resonating with your work right now. Yeah. So I go to basically any social media site or out there on Google type in Dr. Jaban Moore, so Dr. Jaban Moore I'm on Tik-Tok Instagram Facebook website.

I think we even have a Pinterest that my team set up, right? So we've got a little bit of everything we're putting out free content every single day. Because for me, here's the thing.

I want to educate a billion people on having the ability to have informed consent because I didn't know that I could I had Lyme, I didn't know that Lyme affected my hormones.

I didn't know parasites can cause the food allergies that I was experiencing. So I want other people to at least have the opportunity to know there is a way out.

You can take control of your situation. You don't have to be stuck, right? Because knowledge is power. So if you have the that you can get well, now you start turning that traumatizing situation into an empowering journey.

And that's where I want to let people get to whether I can help you or not or if you choose to use me as a practitioner. Not that that doesn't matter.

I just want you to have the opportunity to take power over your own situation. Awesome. That those are great words to end on. Thanks for sharing your wisdom today.

Hard one and you're out there on the front lines every day with people. Can't wait to do more. Thanks for having me me.