Protect Your Gut from Parasitic Infections Transcript

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Introduction to Parasites and Chronic Illness

I tell people all the time, you're immune system as PTSD. And I go, come on, let's think about this. Like you've been sick for so long. It's just traumatized.

I've seen people for five years and 10 years, and 20 years. How can I trust you? First of all, I don't want to just be your next doctor. And the way that I'm gonna do that is we're gonna look at living 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… This is Dr. Talks. Welcome back. We're continuing our conversation on reversing chronic debt conditions.

I'm your host Sinclair Canale and I am joined by my wonderful friend and esteemed colleague Dr. Jabin Moore today. And we are going to jump right into a really fun in-depth conversation.

It's near and dear for both of our hearts. 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. He has an amazing online platform for helping people reverse their chronic gut conditions and specifically is a fantastic parasite and mold expert.

It's 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 been on the Lyme disease journey and he's seen it all.

He specializes in the sensitive folks like we do. And so we have so much common ground. I can't wait to talk to you today, Jaywin. 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 could do Awesome.

Well, let's jump into how to get people started on this if they're 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 gut symptoms and signs of parasites if people don't already know how recognize this? Yeah, so parasites is a broad category.

There are little tiny ones, there's big long worm 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 the sign of a parasite, right?

Common Parasite Symptoms and Emotional Clues

I have a bunch of college kids I was working with one time and one was like, ah, 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 saw a little rice.

I'm like, oh, 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 skin, this is a big one.

If you had itching on you butt, If have bloating, cramping, diarrhea or constipation, these are common signs of parasites because some parasites release endotoxins 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 a little red dots with little whiteheads, that can be candida, but it can

there because parasites are in your guts.

When I see skin symptoms, gut symptoms I'm quickly thinking parasites. And if have liver issues where you are 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 backup.

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

Wow, that is so beautifully said. And do 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 an organ of anger. When you're angry all the time, then your liver's probably stressed.

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

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 reekening the Gallbladder so then 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. and accept where you are while still working toward getting well, right?

We're not gonna just accept it and just sit there. We are working towards 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, let's not say things like that. Let's…

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

Yeah, that's so important. Let's make sure we impact more event today because there's the original trauma to the body, right, where there was mental, emotional, environmental that got us out of health and wellness.

And then there is all the trauma that comes in after that. where we try so hard to get well and we're trying 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, and you and I talk about this all the time, is that additional chronic illness trauma that gets laid on top of everything.

That's really interesting.

Trauma, Fight-or-Flight, and Healing

You've got to unpack that piece, Right? For sure. I tell people all of the And I go, 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 10 years, and 20 years. I don't even know if I can get well.

How can I trust you? I know, first of all, i don' want to just be your next doctor. i wanto be Your last doctor for this

illness, you know. You may have to see other people later on, but I wanna be the last one for this problem.

And the way that I'm gonna do that is, is we're gonna 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's dysbiosis could put your there. Mold toxicity can puts you their.

Childhood trauma or overworking yourself or not eating enough or working out too hard can you put into fight of flight. When you are there, you were not in Parasympathetic states, which is rest, digest, recover, and heal.

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 a tap you on the shoulder, jump out of your chair, You are anxious, in all of that.

But then when you rest digest and heel, It's chill, it's slower, its 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, but they're like, why won't the parasites go away? I'm like because you're not letting your It can focus on the parasites, even though you're doing the cleanses, Even though, you are doing, the detox.

Even, though your eating well and trying to sleep. You're not in the rest, relax and heal stage. Your 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.

I think that's really beautifully said. When you think about it, that really is the foundation to healing, right? So when somebody knows finally as they have parasites, that can take years and decades to actually even figure that out.

The parasites are part of driving those underlying symptoms for you. They've often actually been blamed for other conditions and other even mental and emotional conditions.

Like for myself, I was misdiagnosed with a lot of mental, and emotion issues that were really toxicity driven, trauma driven and 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 gonna go off for you today in this interview because I'm gonna give Dr.

Javen a chance to myth-bust about what parasites look like, what they do, you know, 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, Jaeven? Why didn't give you a change to do myth busting because you're so good at it? Oh, the myth busting. I always call this like parasite one-on-one.

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

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

Therefore, it is 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, relaxing, living day to day. Your stress from work and kids and family and society and politics, whatever it is, which decreases your hydrochloric acid, making you susceptible and you probably were told eventually to take some sort of antacid which even makes you more susceptible to parasites you've taken antibiotics which wipes out your gut and their specific bacteria that protect you from parasites and those antibiotics can help to wipe them out so then you're more suspectable okay so parasites are everywhere it doesn't matter if you are eating your metoo, if you're eating meat or vegetables, because meat, If you don't cook it all the way like sushi, or if your meat cooked to medium or rare, okay yeah, parasites are in there, but your gut's supposed to protect you.

But if you eat raw vegetables, you're not any safer because parasites put their spores on those vegetables all over our fruit. And then you that just the same as you ate the meat and now you get them in.

So it doesn't matter what you are eating. And food now comes from around the world. Where does your fruit come from? When you live in Michigan or Canada or anywhere where there's a winter, it's 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 across the country's border. They come on through.

Unfortunately for us and unfortunately for the FDA or whoever is saying, oh, parasites aren't here. So, as we keep going on, parasites in the stool for testing, parasite stool testing is not great.

Let's just say it upfront, it's not Great. Ew. There are tons of stool samples.

Why Parasites Persist and How They Affect the Body

and most of them, except for maybe one of the out there, is looked at by a technician. A technician who is trained to swipe the top of a poop off of this sample, put it on a microscope, they get like three minutes, we're looking for all of em, their not looking at parts of parasite, there not actually visually looking the stool sample itself, and if once that three minute is up, the're done, then move on, And if they didn't see an egg, They're moved on.

They are not look for the other parts a parasite. Second part of that is parasites break down over time. So if you wait more than a few hours after the sample is given, that parasite structure is starting to break, down you're not going to see it.

that knows what they're looking for, that's gonna 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.

They are here, they are hard to find. What other things do I need to go over? I mean, those are the biggest wins. 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 gut 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 your toolkit is not working the way that it used to, you know, let's consider why some of those factors would be that 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, let's think about what makes your body vulnerable to parasites or, or why would your buddy want parasites to be in it?

So those are, there are two pieces. One vulnerability. I went over like our digestive tracts just aren't what they used to 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. Why? So that it can absorb all those

toxins and then in the olden days when we weren't in a constantly evolving toxic soup, your buddy would say, okay, I'm done.

Push the parasite out. It sucked up all the metals and everything. 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 it can and then it has babies and those soak up while they can.

And then they have babies, and they soak it up when they want because it's a constant new source of toxin in our environment every single day. What used to be a symbiotic relationship then turns into a pathogenetic parasitic relationship And they don't go anywhere because our body needs more and more, and then it overwhelms us and we get sick and 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 no you know scientists can do is humans they actually put toxoplasmosis in the brains or in their bodies and then went to the brain of mice.

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

This is showing you that organisms can help control what you're doing. If you are 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 month?

This is 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 moon cycle.

They're more active. They love dopamine. The eat up GABA. GAB is that calming neurotransmitter. That eat it up. And then you're not calm anymore. You're irritable and you are angry and your reactive and stressed.

So parasites affect your neurotrasmitters. they can cause die off to your bacteria and they thrive on your stress because it weakens your system both from gut but also from the energetic standpoint.

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 be a great host. So I always tell people, I'm like, how not to be parasite host? That needs to one of our thought processes. Absolutely. So let's actually dive into that in a packet because I really wanted to give you a chance to talk about the mistakes that people make when addressing parasites.

Let's talk that piece and how to not be a good host. So how to not be a good host would start with step one, which is living in a clean environment. So you need to make sure that your air is clean.

If you have mold in your house, clean it up. I've had clients where simply just getting out of a moldy 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 police station that the basement's full of mold and they won't do anything about it.

And she's just stuck. 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 sick. I had a whole family that they had radioactive water.

They had reverse osmosis system in their house, but that wasn't good enough to clean up the radium in our water

supplies. We saw it on their hair test.

And we knew it was there. Switched over to distilled within two weeks their 15 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 mutters and working out and getting ripped and excited about life and planning her college and 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 being successful and good grades and planning the future.

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

That's the environment that you live in. Well, how to not be a bad host.

How to Be a Poor Host: Environment and Stress

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 overstressing 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 organisms and talking to 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, right?

So we need to train our nervous system to be in a healthy state so that it's adaptable. What does this mean? Why is it important? Let's just think about like a scale zero to a hundred.

If you had no stressors in your life, which would be infections, toxins, traumas, toxic air, all the things you talked about, we'd be zero. None of us live there.

So if we're at 50, right? We're dealing with 50. Then you have 50 that you can adapt. 50% of adaptation to your body. so if something happens in life and it takes up 20, you're still under the, 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 of 225 ton of times. In high school, I did it 70 times, right?

So I could do that a lot. But if you put 315, it doesn't look like I still do it, so I'm good. Now, if stress me out with more weight, you've put 600 pounds on, and it's going to crush me.

When I get crushed down to the ground and I cannot stand back up, that's where a lots of us are chronically ill. We need to start pulling that stuff off.

When you start pulling that weight off of there, when it gets down to about 400 pounds, I'm gonna 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 pull more down to 225, pretty good.

you could take it down the bar, or I could run, jump, do all the things I wanna do. So that's you. That's how you become a bad host. We pull all of the junk off the ball, that way you can get strong.

It's the environmental stuff, it's 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 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, they're not well yet.

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

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

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

Jaben, I have I know I have parasites, I've been doing the cleansing, you know, following you or following all the parasite experts. What am I missing if they're still coming out?

What advice do you have to say for those folks today? That's the perfect question. I was actually like putting my finger up and like, let me talk about this.

So what people do is they get so focused on, That's not how this works. I tell people all the time, I'm like, your first seven to 14 days on any protocol, whether that's one of my favorites, like Para 3 from Cellcore or AFNG from Vironite, which is more from Mold, Your first 7 to14 days of any microbe is where you're going to have your Herxas.

It's where are you going do the bulk of 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 I move on.

I'll move onto bacteria. Move on from bacteria to mold, from mold to mycoplasm, myoplasma, the metal, melva, radioactive elements, to viruses, then to yeast, right?

So that would be a common order that I go. And I spend one to two months in each category because I'm lowering the threshold of that pathogen. No, it's not going to zero, but we're not trying to get to It's just like stress in your life.

You're not going to get to zero. Life happens. because now your body starts to regulate on its own. So areas that your tincture can't get to, areas your frequency medicine can get too, ares that you're, I don't know where else to go, your homeopathic isn't getting to.

Your body is designed to get there. You're body's designed heal itself. Instead of getting stuck in one place, if you feel like, you know, like I've done all I can do for Paris, but I know I have to do, go to Mold.

Go to Candida, go to SIBO, got to Lyme disease, get to Bartonella, knock out all of those things. If you have, I'm not saying everybody has all those, but go do what you do have.

Knock that out. Maybe three, four, five months from now you come back to parasites and you see a really good, a good reaction. I've got clients where We're doing parasites, like, you know, doc, not much is coming out.

And I go to bacteria, and not many parasite comes out, right? And then I'd go over to mycoplasma, but not most parasite that comes up. We go up to mold, I just had this happen to a client the other day.

She's like doc. I started the mold protocol. It's handfuls of parasites coming up, well, they're feeding on the molds. Your immune system was suppressed from the mould.

Now it's not, now the parasites are coming. And they're like, well, did the parasite cleanse that you did earlier work? I'm like yeah, it cleared out what it could.

Now we're shifting the next thing. And I tell people all the time, I do some muscle testing. I go, order of healing

matters.

Treatment Order and Protocol Strategy

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

They're super excited. Well, do I need to get back on a parasite cleanse? I'm like no, your body's got this. Your body is designed to heal. When we shifted the right lever, You saw what happened.

Let's let it go. This is 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 gluten-free yogis who still feel like crap, that's our Anu.

They're doing everything, they're like, dude, don't talk to me about gluten. I haven't been on gluten for 10 years. I'm doing everything right and I am still not healing.

And so we have to learn to, okay, great, you took in information as you encountered it, but we had to consider what did the body need and in what order to heal.

So I had take off 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 start at the top of your org chart of what you're doing and then you've got like five paths you can go on.

And then from that one, when you got five path, so you could go and they're like, well, So you were saying like I'm not going to go from this to this, this.

You can't give me the plan for the next 12 months. No, because every single time we talk, every time you have an interaction, listening to you, where your symptoms are.

how you did on the protocol that we looked at. If we have new labs, what they show, any sort of muscle testing or energetic testing, or meridian acupuncture testing is telling us.

And then we're choosing the next step. Can 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. 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.

That's 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 out come the worms again and they couldn't get it. It's more of this thought process of we have to think systemically and also take it just a layer at a time.

So we had to zoom out and then go microscopic again. Macroscopic, microscopic. It's a thing, even within practice, within business, I always tell people, if you're really working hard and it just seems like the uphill battle is outrageous, this is just so much harder than it should be, you might not be on your right path.

You might be going the right way. If it is 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 within health, there is.

Oftentimes you're like, oh, well, maybe instead of going this way, I'm just going to go, Oh, look, There's a nice little

opening. And it's so often we see this.

Well, in these last few minutes, I would love for you to share your hard-won insights as a practitioner and as fellow person who has healed yourself from chronic illness when it comes to the nervous system.

If people are like, okay, understand I hear you. This is going to be layer after layer. I get it. What can I do for my nervous systems 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 could make this a gentler, more effective process for myself?

So that's literally something I've told clients to do. And they're just, they do what you just did. They laugh at me. Like, you're not serious. I'm like, sure.

Go literally stare at a tree for 20 minutes, especially all the moms I work with that have three kids. Hand the kids to your husband, go stare the tree or whatever you got to go to the bathroom, lock the door, put your phone outside of the bath.

Not with you. and stare at the bathroom at, uh, the shower, right? Whatever. Just sit in quiet and calmness. That's the simplest 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 is something pretty simple.

You can hum, you can gargle, and you do a cold cloth over your face. Or you could do cold shower. We're going to shower for 10 seconds to 2 minutes. So these are some vagous nerve pieces that you may be doing.

And there's more to it, those are simple ones that can do at home. After that, we can get an Olympic retraining or somatic retrainer. I absolutely love primal trust.

But some of the easy ways to do some these types of things is to not change the experience that you have in life, but change it the way that 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, you know we smile and laugh.

Nervous System Support and Practical Tools

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

You can sit there and go, it's not what I want. But hey, they scratched themselves up, no 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 is just not changing what happened, but it 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 is us and how we perceive things that changes how your nervous system responds to it. So is that going into the amygdala as trauma or is it going to the Amygdalas 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 workout. My brain wasn't working right.

I could have perceived that as trauma, which at the moment I was 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 make my body parts work how do I produce a, family so that was traumatizing to me but looking back at it I am like if that didn't happen How many people could I not affect their lives?

And I wouldn't have this platform. I would 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 where I am today. Hmm. Right? So 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 other pieces of The Puzzle that are not necessarily things that I always do in a verbal way with clients. Like I can send you to Primal Trust and there is a whole course, whole layout where Kathleen King put it together.

It's beautiful, she gave me a discount code of Dr. Jave and gives you 10% off. Just put D-R-J-A-B-E-N. and you can go in there and 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 fight or flight.

So instead of being stuck in fight-or-flight, this just breaks that and then you learn how to, after that, put yourself back into a more positive position because neuro-feed back can rake the mold, but then you have to choose to look at your environment differently the next time something comes forward, right?

So the 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 am like well, I can either be pissed that I will lose an hour of my day or I could 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 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's sound, light and color therapy.

It's a passive thing. You sit in the 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 and you're 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, for our chronic illness journey, and we fooled all those tools in for exactly the same reason.

It's so essential to do both because you're going to receive something through the Impress or versus the Express layers of the brain, you know when you are doing active versus passive.

So, absolutely. I'm so glad you made that distinction. There are so many gems here, Jabin. Man, so I want to know how can people find you easily 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 go to basically any social media site or out there on Google, type in dr.jabanmoore.

So Dr. Javan Moore, I'm on TikTok, 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 have had Lyme.

I did not know Lymen affected my hormones. So I wanted 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. If you have a knowledge that you 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 or that doesn't matter. I just want you to have the opportunity to take power over your own situation.

Awesome. Those are great words to end on. Thanks for sharing your wisdom today. Hard one. You're out there on the front lines every day with people. Can't wait to do more.

Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being.

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