Introduction and Evan Brandu2019s Background

There is a big difference between a functional problem and a pathological problem. I don't know how far down the road you really are until we detox you.

And guess what? You can't reverse kidney disease. You just can. It doesn't work that way. it's a progressive disease that results in a kidney transplant.

i don' market myself as a Kidney Expert but somehow we've saved this guy's kidney and now he's normal functioning again. This is Dr. Tox. Welcome back to the conversation, everyone.

Today, we have one of my most favorite humans on earth. We have Evan Brand. Hi, Evan. Hey, Laura. So good to have you back. You were one our favorite speakers on the first mitochondria summit.

For our audience who doesn't know you yet, you're a certified functional medicine foundational nutritional therapy practitioner. and you have an online practice, you've a huge virtual practice.

We were just talking about how many people you see every week, every month, and every year. You've really made an impact on the world in your practice you are fatigue, depression, anxiety, digestive symptoms, other issue expert.

you really get to the root causes of these problems. And you got an amazing podcast too, You have over 16 million downloads there. So Also, on a personal note, Evan, I just want to share with the audience that Evan has some really incredible programs that I actually use to train my own health coaches that work with me.

So I am so grateful for the time and effort you've put together to dump your brain into your courses so that others can learn from it. Thank you so much for being such a stand for functional medicine.

Oh, my pleasure. And it's hard to do that, by the way, maybe it says my personality type, but for me to try to dump it and not just talk it for you to have to convert that to slides and videos and lectures and quizzes.

It's like pulling teeth. But once it is done, I just like wipe the sweat off my forehead. I'm like, okay, thank Lord. that that is a—a closed chapter.

It's really never closed though because I'm adding new content. Every time I think I figured something out, I am like, oh, wait a second. I forgot about the histamine piece because of this Klebsiella bacteria over here and the Pseudomonas is here.

And so that's aggravating the mast cells. So now we got to address that. It keeps me sharp though and so I'm really honored to help people in the one-on-one basis but I told you that it does, it wears you out, the 1-1.

And so, I need to become more efficient at bringing this to the masses and really what we're talking about is not rocket science. If you've done it 2,000 times like I have over the last— literally a decade, 2012 is when I really started pumping out content on this stuff after my own struggles.

You really find these patterns that all humans relate. As unique as we think we are, we all have some underlying biochemical issues, neurotransmitter issues digestive absorption issues hormone issues nutrient deficiencies that affect everyone.

So no matter what walk of life, no manner what continent you're on, I've had clients in Australia and South Africa and New Zealand and France and then all across the US, they're all human at the end of the day.

So it's like wherever you are on this rock here, you still can have permission to have the same problem. And the cool thing is the body's incredibly resilient and there's a lot of things you can reverse that you may be told that are not reversible.

Kidney Disease, Detox, and a Recovery Case

One example recently, kidney disease. had a client who not only had chronic fatigue, so I want to tie this into your event on mitochondria. On his organic acids test, which is an at-home urine test we run on everyone, we can look at several different metabolites that gauge mitochondrial function and the higher those numbers are, the more mitochondrional damage that's there and usually that is due to toxins.

So it could be chemicals, pesticides, heavy metals, mycotoxins to name a few. And this guy had massive mitochondrial dysfunction, so he was exhausted.

But his primary focus in seeking me out as a second opinion was because his nephrologist, his kidney doctor, was basically telling him, hey, you've got to go on the kidney transplant list because on blood work his GFR had dropped so low that he within a late stage of kidney failure.

And I said, well, there is a big difference between a functional problem and a pathological problem. I don't know how far down the road you really are until we detox you.

So we worked on the gut. We worked the mitochondria. we've worked detoxing a ton of mold toxin that he showed up with via urine. And guess what? The GFR started to climb and his kidney doctor says, well, I have no idea what you're doing.

This is like impossible. You can't reverse kidney disease. It doesn't work that way. it's a progressive disease that results in a kidney transplant. And sure enough, his GFR is now back to normal.

I don't market myself as a kidney expert, but somehow we've saved this guy's kidney and now he's normal functioning again. This is incredible, Evan. And I really want to focus this talk today.

I mean, we have a lot of academic scientific people on this summit. This talk right here is going to be so useful to our audience because we're going unpack with you how Evan and I help people heal their bodies.

So that is incredible that this person went from, you know, probably dialysis candidate, transplant candidate to functioning kidney. I want to share a similar story with you, Evan.

It's my dad. So my Dad has leukemia and a very rare form of leukemia. And he was on an oral chemotherapy agent for several years for this. And for a long time, this drug was experimental.

The drug, it was between $10,000 and $20, 000 a month for the drug. His oncologist told my mom and dad, you will be on this drugs forever. Nobody gets off of it.

There's a blood test to check his leukemia status. And he gets that done every three months. And so I took him through detox protocols. So you mentioned we got to look at what toxins are in your body and we gotta get rid of the toxins.

Basically, we're trying to help the body get back to its baseline functioning by removing toxins that are preventing your systems from working properly.

We did a year of detox work on my dad. His oncologist said, yeah, so my mom and dad said can we come off the chemotherapy drug? And the oncologists said well, I've never had anybody successfully come of it.

You can try and we'll just monitor you and if you need to go back on, we will put you back. He's been off his chemotherapy drug for a year now. His leukemia levels are completely normal.

And his oncologist told him last two weeks ago, Paul, you're the only person I've ever had to successfully come off of leukemiadrugs. Only person. Well, that's amazing, but it's also sad too to think about how many other people missed the boat on the root causes of it.

They pursued this incredibly expensive pharmaceutical model and what's the end stage? I don't know. I mean, do they die on this drug? That just sounds terrible.

I do. And the drug has terrible side effects. It causes edema and, you know, leg swelling. it causes some brain function decline. I mean, it is a gnarly, because I'm a child of the 70s.

But this is what we do, right, Evan? We help people in a very systematic way.

Detoxing the Body and the Role of Environment

So this what I want to unpack for people. There is systematic to solve your chronic health problems. And there is some foundational work that we need to do and then layer in piece by piece until you resolve your symptoms and resolve and start to reverse your Chronic health conditions.

For everybody, it's a kind of similar journey. I mean, we to support gut health. We need support mitochondria health, detox. So can you unpack that for us, how you do that in your programs and with your clients?

Because we see very similar people and we have a very same process that we follow. So share with us what that is. Sure. Well, I do all the things that are popular on social media which people try to act like it's new and it not new like grounding.

Put yourself in the sun. First thing in morning, try reduce blue light at night. Like all these basic things. I mean I was talking about that in 2012 and I don't say that to try and impress people but it crazy when you'll see somebody post that now.

It'll go get 20,000 likes on Instagram if someone that's deemed cool posted. Like that's old news, you know? And the part that gets frustrating for me is when health is marketed by certain people and it only goes as far as these quote biohacks like do this for the mitochondria, the red light and the sun and grounding and you got to have bare skin exposed and that is it.

And then people are frustrated because they go, well, look, I did everything this influencer guy told me to do and I'm still miserable. I am still tired.

And I have trouble getting out of bed. I have brain fog. No sex drive. Got erectile dysfunction or the women have painful intercourse or just no pleasure from sex.

So their sex life is dead. Their marriage is on the rocks. Nobody wants to talk about that stuff, that nasty stuff. The nitty-gritty stuff and that's what I love.

Okay, wait a second. Good job on the foundational pieces. Yes, I always recommend implementing those, but that's like tying your shoe and charging your phone in the morning.

Like it's just what you do. So for that, for people to spend so much time on that kind of annoys me because it is like, okay, you got to move on. Cool, turn on a red light panel.

Fine. But then we got go deeper than that. You had a big rainstorm. and you had water come in and now you've got wet drywall in your house. Like that's a way bigger priority to fix because if you're in this enclosed box and then you have mycotoxins that are airborne, these are 50 times smaller than the mold spore.

Those are going to go everywhere across the blood-brain barrier and drive brain fog. So I don't care how much barefoot walking on the beach in the sun with your shirt off you get.

That's amazing. Do it. But it won't fix that wet drywall. And so I want to encourage people to, and this is what I do, I implement a whole lifestyle home environment section and lecture into everything I did because you can't be healthy, your flesh body can be in a sick bubble.

And that bubble is your home or your office or children's school. I mean, I work with a ton of children. These children are in schools that had budget cuts and they don't run the air conditioner during the summertime.

So the humidity builds up in the school and the teachers that hire me as a consult and then the students where the parents bring in, the kids. August when they all go back to school everybody flares up again and nobody paints the picture of the correlation between the school building Yep, so now I'm like having kids sneak mold plates into their school Hey, hey like test your classroom put it right here on the floor after an hour put the lid on get it back To the lab.

Let's look at your science room Let us figure out why your quote allergies are flaring up every time you're in science class and it's a real-life science experiment You're like for sure sell it sell.

It to the families like I am going to teach your kids real science here We're gonna do an experiment And then you find out that, okay, the reason that the five naturopaths before me failed is because there's an issue in the kids' bedroom at home.

There's mold in carpet, there is mold within the bathroom that was a shower leak years ago. The shower pan was busted open. So I try to connect this environmental piece because I don't know, people just don' think about it.

They think, okay, what am I missing? Like I need to do—do I do this greens juice or is this green powder a joke? Is it a waste of money? Do I—Do I this sauna or not?

And then they ignore the air they're breathing for 95% of the day and we know those microtoxins. They're a massive, massive destroyer of mitochondrial function.

So if people are coming into this event with the mitochondria in their head, well, what the heck does this have to do with mitochondrion? Well, all of these airborne toxins and pollutants damage the Mitochondria and reduce the cellular output of ATP.

Think of it like the old laptop that can't hold a charge. You got to plug that damn thing in all the time to use it. That is what's happening to human society.

than to just put out a video on social media of willpower. You'll see these videos of these tough guys with sweat or these women with sweats all over them and it's like you just gotta push through.

I love that hurrah attitude but that's really difficult to do if you have a massive toxin load that damaging your mitochondria. If you're depending upon just will power and just gritting your teeth and pushing through the misery, this kind of militaristic, you know, pain is weakness leaving the body thing.

It's like not really. That's not true. Pain is likely because there's inflammatory cytokines being driven due to histamine intolerance or mastoactivation which was driven by the tick bite you got three years ago when you were hiking the Sierras and you've got Bartonella.

which is a bacteria that inflames your capillaries and that's why you have pins and needle sensations in your feet. It's not because you're a weak person and you just need to tighten those shoes tighter and just shut up and run and pound through the pain.

No, you got to treat that Bartonella infection. I'll use these sexy ideas you'll see on video like willpower and strength and be tough But then I'm like, yeah, but there's more.

There's an asterisk next to that push through the pain and it's, hey, how about investigate the paint? And maybe

there is a root cause of that where you don't have to have numb feet while you're running.

Who Is Most Affected by Toxic Exposure

Like we can treat the bug and then you can run pain free. Doesn't that sound better? Sounds amazing. And what I love that we're unpacking here is we are talking a lot about environment.

So write this down, everybody watching this interview right now, that you must look at your environment because you can't keep pouring toxins into your body.

as you are trying to take them out also. You may work with somebody like Evan or me and if your environment is not handled and you just keep re-toxifying yourself, pouring it in, it's going to be a very long, expensive, grueling, time-consuming experience.

Could I share maybe a few categories of humans and those categories that are suffering the most? Yeah, let's unpack that because I know that we're speaking.

There's people watching. So our audience right now, they are smart, Evan. They have been around the block studying and learning and watching summits, and they've done a lot of DIY protocols. They're trying to figure this out on their own, and they're here to find the golden nuggets of information that can help them solve this problem for once and for all.

Unpack who we are talking to here. That is a fantastic idea. Sure. And the stay-at-home mom who bought the flipped home, this could apply to hers. Built in 1986, the people before them flipped it or maybe she flipped that herself.

It needed a new roof. If it needs a roof, that means there's probably a water leak. So the stay-at-home mom watching this and keeping up with the kids and the kid have some allergies, they have skin issues, some food sensitivities.

They may have sensory issues. I'm just trying to unpack how all this manifests for people. So this may be the three-year-old's got sensory issue and so, you know, she doesn't want to wear underwear or socks or the pants are too tight or she don't like the seam on the dress that you want her to where to church.

And so that's how it's manifesting in her. The husband has low brain function. So he's got brain fog. He has fatigue. Maybe he is dependent upon coffee to get to work or he doing energy drinks.

His sex drive is kind of low so maybe he considering going on erectile dysfunction medication. May be there's some hair loss because there is nutrient deficiencies happening because the gut barrier is permeated due to these mycotoxins or the parasites or H.

pylori. the mom has anxiety. more on the husband and all of a sudden his temper has changed like he gets angry easy and it doesn't have patience with the kids anymore.

Yeah amen to that. Irritability, aggression, rage so then maybe he'll numb himself with alcohol in the evenings because he's so agitated all the time because she's stuck in fight or flight.

because these toxins will actually drive that sympathetic response. I mean, when I was at my sickest, if I would go into a Whole Foods back in Kentucky, I knew it was moldy.

If I got near that mold-y drink aisle where all the green juices and kombucha was, i could see the mold down there because of all of the moisture running off of everything.

if i stood next to that long enough I could feel my heart start to race. And my nervous system would say, Evan, alert, danger. So over time, you get stuck in sympathetic overdrive.

And so then now back to the mom, she's kind of anxious, kind-of depressed, kinda fatigued, a little brain fog, maybe overwhelmed with her day-to-day chores because she is not working optimally.

Mitochondria are damaged. neurotransmitters get affected. So now she has low dopamine and serotonin, so she's maybe craving dark chocolate covered almonds and maybe she is doing like some organic potato chips with avocado oil because she as low endorphins.

She's seeking that quick fix to get that neurotrasmitter boost to deal with the sensory kid. Or then it's the real estate agent who's going in all these different homes every day.

Maybe they're not a canary like me, they don't know they are being exposed. They're doing these showings, They are doing this open houses, their constantly getting exposed that way.

Or it is the office person who is in this older building, there in Manhattan, this high rise finance guy. It's a building from the 1930s, it all cool vintage lights and 1930's and whatever.

but the HVAC system has mold growing all in the ductwork or it's the pilot. I've had so many pilots that are sick and even military pilots where they've mold exposure from the face mask of flying fighter jets.

So I had several fighter jet pilot clients that they got sick from mold going in tube of the facemask. Then they have to get grounded and they hate it because they love flying their fighter but now they're grounded because the have vertigo.

Talk about the retired people too, because we have a lot of people here watching this summit who are in their 60s, 70s even 80s and above are here seeking information to feel better.

So speak into them. Sure. Well, these are the people that they likely have mercury fillings from dental work years ago. So every time they eat, drink, etc., they're getting micrograms of mercury into their system.

And we know that the link between heavy metals, Alzheimer's, dementia, even Parkinson's—there's a huge link there. A lot of these clients in this age group, they are worried about the neurodegenerative decline.

Maybe they see their husband is becoming more forgetful. There's hearing loss that's starting to increase. That's also linked to toxins, by the way. We've had clients where their hearing lost, it sounds crazy, but I can't say it reversed, we'll say their healing became better as a side effect of detoxing and also treating fungal infections.

Maybe that ear, nose, throat, sinus connection after all is important and the audiologist doesn't know, they just put in hearing aids. They don't try to address this fungo colonization that can happen.

And these people in their 60s and beyond, like my grandpa's 80, he's my best friend, you know. He may have lived in a moldy house 50 years ago and if genetically he doesn' t detox well, He could still be walking around with this mycotoxin load.

So these people may look at the current situation and go, wait, I'm in a brand new condo or a new townhome. There's no mold here. And I just want those people to understand that 20, 30 years ago could still be with you today.

I've been fortunate enough to test many families where we'll see grandma, daughter, granddaughter, even great granddaughter. and I have literally tracked the same toxins through four generations.

We know that these toxins cross the placenta. And we know that they go through breast milk. So, you know, my wife breastfed our kids, which is amazing.

But guess what? When I run my kids urine, they have the same chemicals and mycotoxins that my life shows up with. Absolutely. So I'm so glad that you just normalized this for everyone.

Gut Health, H. pylori, and Root-Cause Healing

You just painted a picture where our viewers can see themselves in all of these different scenarios. I mean, Evan and I could sit here and share case studies and scenarios for an hour straight.

The human condition in first world countries is we are exposed to toxins in our workplace, in and there's no escaping that. So now let's talk about, because you, we both know the importance of gut health.

I have the Restore Your Belly Health program, you have The Better BellY program. We do a lot of good work with our clients because we know that foundationally that has to be addressed before you can even do deep detox work or before, you know, resolve the chronic health problems.

So can you speak into that and why do you and I both start there? And what else needs to happen? So, we both know the importance of adrenal support. We both the important of mitochondrial support, these things are laced into our programs.

And which makes our programs very different than perhaps some other people that maybe our viewers have worked with. So explain that. Why do we do it? Well, first, I got to compliment you, Laura, and I hope that the viewers pick up on this.

If they've watched many other summits, which they probably have, they might be summit junkies, which is you're not giving me softball questions and you are actually having a real conversation with me.

I do so many interviews where I'll give this bombshell answer and then they move on to some generic question. And you actually have a conversation. You and I are going somewhere.

So I just wanna commend you for that because that's incredible. How this is manifesting is, you know, it's the woman who's 68 and she doesn't have enough energy to take care of her grandchildren, right?

Like what's their real-world manifestation of that? Well, she has to say no to watching the grandkids because she's too tired. And so we look at the gut and we'll see she has H.

pylori, incredibly contagious bacteria. We know that it downregulates the stomach acid production. So now she's has nutrient deficiencies and she is taking this multi and doing this green powder.

She's doing all these other external things. I heard on this summit, I need this for mitochondria, this is for the brain, but no one's addressed the good infections for her.

So maybe she's got put on antibiotics by a conventional GI or maybe he's actually done a functional medicine workup where she has done natural antimicrobials but until she clears those gut infections, she is fighting an uphill battle against fatigue, brain fog, depression, anxiety and you can't necessarily just supplement your way out of that if you don't fix the bugs.

So then we bring the husband in and we go, look, you know what, if you're going to kiss her, we probably need to look at you too. And sure enough, the has H.

pylori too, so now we've got him involved because he's the skeptic. He's like, I don't believe this stuff. Who's this random woman or man on the internet that you are listening to?

They don' know they're talking about. I'll talk to my doctor next time. Doctor says, You don't worry about H. pylori. It's not a big deal. And then when you clear the bugs, all of a sudden energy starts to come up.

Now they're more motivated to stick to the protocol because all the sudden, They are fighting against just willpower only and they're like, okay, my doctor said just it's part of getting old and I've accepted that.

And then they give up and then I tell them, wait a second, that's not true. You're giving up too easily. Let me show you. There's actually 20, 30, 40, 50% improvement above where you're currently at just by treating bugs.

This is a one cell thick object in the body. That gut barrier is so tiny, it's incredible and glyphosate can destroy that. So if you're out playing golf on the weekends and they're spraying the course while you are there, that exposure is busting you open too.

But I tell them, you have to kind of be anal. You have kind to be a little paranoid in the modern world because everywhere you look, there's something that's coming to get you like the kid on the soccer field who–he was 7 years old and he got cancer.

We looked at his chemical profile and it was tied into the field that was full of this chemical. It's amazing. So glyphosate is such a problem, I just want to segue here.

I do a lot of toxin testing on my clients and we do quite a bit of glyphasate testing and I see extraordinarily high levels of Glyphasate. And so what I want share with those of you who are thinking, what?

You're going to take away my golf? I can't golf or I You know, I can't go walk the grounds of my neighborhood that is a planned development where they've got landscapers coming in and spraying this stuff.

I mean, do I need to live in a bubble? No, you don't, but you need learn some tools to detoxify this from your body and then have a maintenance plan once you get it out, have maintenance plans to keep pulling it as it comes in.

Because what we know for sure, what Evan and I know is 100% of us are going to still live on planet Earth next year. We are still going to be here in developed countries, unless you are going go live in the bush, in a jungle somewhere, which I don't even…

I'm even curious if those locations that used to clean on earth are, still, I do not think so. But unless, you're going leave your first world developed country, You're gonna be exposed to more toxins, and you got to have a maintenance plan to keep getting it out.

I mean, don not know about you, Evan, but I take binders on a regular basis. to keep cleaning my body out, because I go to hotels and I stay in hotels that have mold, and still eat in restaurants where maybe 100% of my food isn't organic, I still go travel to places where glyphosate might be in the air and breathing it in.

You can still live your life, but you've got to get smart about this and have tools to help keep you healthy. Yeah, binders for life. Amen to that. I still stick with them.

And sweating is the key and pooping. How simple. Pooping, preferably twice a day, but we would settle for once a That's like low-hanging fruit that could pay huge dividends and keep in mind too that if you're battling constipation and you hear about this Miracle Magnesium product and take that and it helps you poop, good.

But remember, a lot of these bugs, not only are they making toxins internally, so I named a few in the beginning but we could go through them. So Citrobacter, this is an autoimmune triggering bacteria.

Klebsiella can trigger Hashimoto's. You have Pseudomonas, you have Morganella. There's a whole category of bacteria that not only can they trigger autoimmune issues but they can also drive massive, massive histamine intolerance.

And how does this manifest? Well, now we're back to the anxiety, the depression, to food sensitivities, etc. and so when you clear your gut, everything just works better.

So what I was getting at is you'll see this magical pooping supplement with like magnesium But some of these bugs, the toxins they produce can affect motility.

So yes, sometimes I'll give these constipation remedies to really get people pooping better because that's an important part of detox is simply poop. Because think about it, you're binding up these mycotoxins, let's say charcoal and clay and silica and pectin, all these binders are grabbing onto toxins but now if you are not poop, well, some of that's going to get reabsorbed and that is not good and then you could have more reactions to that.

So rather than just leaning into these constipation remedies, if we fix the dysbiosis, now you're pooping like a champ.

Maintenance, Binders, and Long-Term Detox Strategy

Remember, in the natural medicine, functional medicine world, there's still a difference between a palliative care like the trifola or the magnesium to get you pooping.

But if it just stops there, you haven't won the battle because now you're stuck on this herbal constipation remedy. Hell of a lot better than Miralax.

But you didn't fix the bug that was driving the motility issue in the first place or there's even a vagus nerve connection. There's a brain-gut axis that could be disrupted because you're chronically stressed and that's why you are not pooping.

So I could rant on this and I hope this doesn't sound too rambling but the point I'm making is the reason people are frustrated and they're stuck is because they just didn't go far enough.

They're one step away or maybe five steps away like, hey, I found that if I do high dose vitamin C, i can poop every day. Great but why are you so constipated in the first place?

Or I find that, if i do some adaptogenic herb, I'm much less depressed. Why are you depressed in the first place? Well, you have a ton of mercury in your mouth.

You have all these mercury fillings and that's affecting your neurotransmitters. So, I am loving that you're doing a natural herbal antidepressant instead of a pharmaceutical.

But you still got mercury in your mouth, we have to get out. Or I'm now get—I mean, I don't know enough to speak on it yet but I am now getting my kids into what's called myofunctional therapy which is to help—it's like physical therapy for the face because none of us have a fully developed jaw anymore.

We all typically have overbites because we weren't breastfed till we were four or five like tribal societies. And so now, uh—uh—um— I wanna interview her but there's a—there's dentist that specializes in this where she's now linking all these anxiety, depression, chronic fatigue issues to sleep apnea driven by a lower jaw that has not expanded enough and therefore the airway is too small which is visible on a head CT scan.

And she's now reversing chronic fatigue, depression, anxiety with no supplements, which makes me look like a fool because I'm using the magic remedies.

All she is doing is giving these appliances to get the lower jaw to expand to open the airway to cure the sleep apnea. that was driving the high blood pressure.

So here I am giving remedies to support the nervous system and stabilize blood-pressure. All this lady's doing is fixing the jaw. I'm like, holy crap, there's a whole new can of worms I have to explore now.

There is. Here's something that's for sure 100% truth is, Evan, you and I are constantly learning. We are consistently finding new things that we didn't know.

And I just want to go back to what you just mentioned, and this is what I call trading one medicine cabinet for another. So I come from the Western world where I prescribed drugs for 20 years before I stepped fully into my

functional medicine practice.

And there are many practitioners out there who just swap a prescription pad for an herbal cabinet or herbal remedy cabinet. And what you just said was be careful because are you solving the root problem?

You can be proud of yourself that you got off of the prescription drug for the depression and now you're taking some kind of botanical herbal natural remedy for this.

But be very cautious. Are you solving what caused it in the first place? You should not be depressed. It's not the normal human way to be. There's something contributing to that.

So that's where working with people like Evan and me and many people you see on this summit come in is we are root cause. We dig under. inquisitors, right?

We want to know what's under this. Why do you have this problem? we want you to have quick wins, so both of us are going to help you feel better right away, but be in this for the long game.

They're taking 20 or 30 supplements and at a certain point it's either the sanity or the budget will be affected and I try to whittle those protocols down to just what we need and i often get better results like we'll do five to seven supplements versus 25 and people get Get better.

Courses, Practitioner Training, and Closing Remarks

Yeah. Well, this has been amazing, Evan. You and I could riff, which we probably should riff more often. This is so good. Evan Brand Yeah, well, thanks for the opportunity.

So, evanbrand.com has all the courses. I've got several. The Better Energy is the one I designed for chronic fatigue, mitochondrial dysfunction. And I go through several, several case studies where I teach you how to look at your own labs and try to encourage you to, hey, be your detective here.

Look at you labs, match them to these cases. you know, This Sarah who's 47 and has these issues I described. Look at our mitochondrial dysfunction. Here's where we found the issue and here's how we fix it.

So I try to teach you how to fish and really that's my effort to try and clone my success that I've had on doing the one-on-one so that could be more efficient and help people.

And some people are do-it-yourselfers. I would encourage you to check that out. In better belly, I also have a lot of stuff about mitochondria and fatigue and depression and digestion and I put quizzes in there.

This is for practitioners and health seekers. Because I wanna actually make you learn. I don't want you to just buy something and then you never use it.

And I want to actually be forced to pass a quiz to get through to the next section. It's not crazy complex but like you gotta pay attention enough, you know, to past your quizzes and you'll get a certificate at the end.

You know that's just to put my little dent out there. So we've had over a thousand students run through Better Belly and I'm continuing to add content to that.

So yeah, EvanBrain.com has it. We would love to have you. And even if you get one nugget from it, it could be life-changing. Well, like I mentioned at the beginning of this talk, I use Your Better Belly to help train my health coaches because you laid it out so perfectly that it takes hours and hours of work off of me.

If I were to handhold and do the didactic and teach my team, i would not be able to spend as much time with my clients. So you've already spent the hours blood and sweat creating that program.

And so, so practitioners, I really encourage you to use this too. I mean, it's a game changer. Thank you so much. Yeah, thank you for putting that information in the world.

Evan, you're amazing. You're my favorite. Love you. thank You for what you do in The World and for contributing to this summit and really supporting I know that our viewers got so Much out of this talk.

Until next time, everyone, take good care. Bye. Thank you for tuning into 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. For more insights and strategies, subscribe to our podcast and visit our website, www.doctortalks dot com.

Stay connected, stay healthy, and join us next time on Doctor Talks, real talks from real doctors on the issues that matter to you most.