Introduction and Evan Brandu2019s Background

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 of our favorite speakers on the first mitochondria summit. We had to have you back. For our audience, who doesn't know you yet? You're a certified, functional medicine, functional foundational nutritional therapy practitioner, and you have an online practice.

You have a huge virtual practice. We were just talking about how many people you see every week, every month, every year. You really you've really made an impact on the world in your practice.

You are a fatigue, depression, anxiety, digestive symptom and other issue expert. You really get to the root causes of these problems. And you've 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 put dump your brain into your courses so that others can learn from it. So 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's just my personality type of for me to try to dump it and not just talk it, for me to have to convert that to slides and videos and lectures and quizzes.

It's like pulling teeth, but once it's done, I just like wipe the sweat off my forehead. I'm like, okay, thank Lord that that is a closed chapter. It's really never close though, because I'm adding new content.

Every time I think I figured something out, I'm 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've got to address that. So now I got to do a whole new 20 minute lecture. So 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 one on one. 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 2000 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 matter what continent you're on, I've had clients in Australia and South Africa and New Zealand and France and then all across us, they're all human at the end of the day.

So it's like wherever you are on this, 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.

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 acid test, which is an at home urine test.

We run on every one. We can look at several different metabolites that gauge mitochondrial function. And the higher those numbers are, the more mitochondrial damage that's there.

And usually that's due to toxins. So it could be chemicals or pesticides, heavy metals, mycotoxins to name a few.

Root-Cause Healing and Reversing Chronic Disease

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 bloodwork, his GFR had dropped so low that he was in a late stage of kidney failure.

And I said, Well, you know what? 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 on the mitochondria, we worked on detoxing a ton of mold toxin that he showed up with the 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. You just can't. 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.

So that's what this is. This is incredible, even. And I really want to focus this talk today. I mean, we have a lot of academics, scientific people on this summit.

This talk right here is going to be so useful to our audience because we're going to unpack with you how Evan and I help people heal their bodies. And I want to share.

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 was, oh, it was between ten and $20,000 a month for this drug lord. And his oncologist told my mom and dad, you will be on this drug forever.

Nobody gets off of it. And so he he checks 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 protocol.

So you mentioned we got to look at what toxins are in your body and we got to get rid of the toxins. So 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.

So we did a we did a year of detox work on my dad. His oncologist said, yeah, so my mom and dad said, Can I can we come off the chemotherapy drug? And the oncologist said, Well, I've never had anybody successfully come off of it, but you can try and we'll just monitor you.

And if you need to go back on, we'll put you back on. He's been off his chemotherapy drug for a year now. His leukemia levels are completely normal. He does not have leukemia.

And his oncologist told him last two weeks ago, Paul, you're the only person I've ever had to successfully come off of leukemia drugs and the only person.

Well, that's I mean, it'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 just they die on this drug? I mean, that just sounds terrible. They 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 and it isn't, Charlie, because I'm a child of the seventies, it is a gnarly drug.

But this is what we do, right? I mean, we help people in a very systematic way. So this is what I want to unpack for people. There is a systematic way 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.

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

Because we see the same we see very similar people and we have a very similar 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's not new, like grounding.

Put yourself in the sun first thing in the morning. Try to reduce blue light at night, like all these basic things. I mean, I was talking about that 2012 and I don't say that to try to impress people, but it's crazy when you'll see somebody post that now they'll go get 20,000 likes on Instagram.

If someone that's deemed cool posted, it's like like that's it. That's old news, you know?

Why Environment and Toxins Matter

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, bio hacks like do this for the mitochondria, the red light and the sun and grounding and you got to have bear skin exposed and that's 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'm still tired. I have trouble getting out of bed.

I have brain fog, I have no sex drive, I've got erectile dysfunction or the women have painful intercourse or just no pleasure from sex. So their sex lives, dad, their marriage is on the rocks and nobody wants to talk about that stuff, that nasty stuff, the nitty gritty stuff.

And that's that's what I love. I'm like, 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 so for that, for people to spend so much time on, that kind of annoys me because it's like, okay, you got to move on. Like, Cool, turn on the red light panel. Fine.

But then we got to go deeper than that. Like 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 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 do because you can't be healthy, your flesh body can't be healthy in a sick bubble.

And that bubble is your home or your office or your 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 console 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.

The correlation between the school building. Yeah. 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's figure out why your coat allergies are flaring up every time you're in science class. It's a real life science experiment.

You're like, Sure, they'll sell it to the families. Like, I'm going to teach your kids real science here. We're going to do the. Major. Lab. And then you and then you.

You find out that, okay, the reason that the five naturopaths perform failed is because there's an issue in the kids bedroom at home, there's mold in the carpet, there's mold within the bathroom.

There 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't think about it.

They think, okay, what am I missing like I need to do? Do I do this? Greens juicers is greens powder a joke? Is it a waste of money? Do I need this sauna or not?

And then they ignore the air they're breathing for 95% of the day. And we know those are mycotoxins. 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 mitochondria? Well, all of these airborne toxins and pollutants damage the mitochondria and reduce the cellular output of ATP.

So 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 and then 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 sweat all over him.

And it's like, you just got to push through. I love that hurrah attitude, but that's really difficult to do if you have a massive toxin load that's damaging your mitochondria.

If you're depending upon just willpower and just gritting your teeth and just pushing through the misery, this kind of militaristic weakening, you know, pain is weakness leaving the body thing.

It's like not not really. That's not really true. Pain is likely because there's inflammatory cytokines being driven due to histamine intolerance or mass.

So activation, which was driven by the tick bite you got three years ago when you were hiking the Sierras and you got Bartonella, which is a bacteria that inflames your capillaries and that's why you have pins and needles, 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 just pound through the pain. No, you got to treat that bartonella infection.

So I try to I'll use these 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 pain?

And maybe there's a root cause to that where you don't have to have numb feet while you're running like we can treat the bug and then you can run pain free.

Doesn't that sound better? It sounds amazing. And what I love that we're unpacking here is we're 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 detoxify in yourself, pouring it in, then it's going to be a very long, expensive, grueling, time consuming experience.

Could I share maybe if you categories of humans and those categories of humans that are suffering the most? Yeah, let's unpack that because I know that we're speaking, there's people watching.

So that 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 are here to find the golden nuggets of information that can help them solve this problem for once and for all.

So unpack who we're talking to here. That is a fan. Sure. And the stay at home mom who bought the slip tone. This could apply to hers. Built in 1986. The people before them flipped it.

Or maybe she flipped it herself and needed a new roof. If it needs a new 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 kids have some allergies.

They have some 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 the three year old's got sensory issues and so, you know, she doesn't want to wear underwear or socks or the pants or to tie or she doesn't like the seam on the dress that you want her to wear 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's dependent upon coffee to get to work or he's doing energy drinks.

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

Pablo Ray, the mom has anxiety. Oh, wait, one more on the on the husband. And all of a sudden his temper has has changed. Like he gets angry, easy, and doesn't have patience with the kids anymore.

Who Is Most Affected by Toxic Exposure

That's 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 he'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 moldy drink aisle with all the green juices and kombucha was, I could see the mold down there because

of all 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, 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, kind of fatigued, a little brain fog, maybe overwhelmed with her day to day chores because she's 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's doing like some organic potato chips with avocado oil because she has low endorphins.

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

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

Or it's the office person who's in this older building there in Manhattan, this high rise finance guy, two building from the 1930s. It's all cool vintage lights and 1930s 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 had mold exposure from the face mask of flying fighter jets.

I've had several fighter jet pilot clients that they got sick from mold growing in the tube of the facemask. So then they have to get grounded and they hate it because they love flying their fighter jet.

But now they're grounded because they have vertigo. Talk about they're retired people, too, because we have a lot of people here watching this summer who who are in their sixties, seventies, even eighties and above are here seeking information to feel better.

So speaking to 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. So a lot of these clients in this age group, they're worried about the neurodegenerative decline.

Maybe they're seeing 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 they're hearing loss.

This sounds crazy, but I can't say it reversed, but will say they're hearing 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 fungal colonization that can happen.

And these people in their sixties and beyond, like my grandpa Zadie, 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 micro toxin load.

So these people may look at the current situation and go, wait, I'm in a brand new condo or a brand 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.

And I've been fortunate enough to test many families where we'll see grandma, daughter, grandma, daughter, even

great granddaughter. And I've 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 wife shows up with. Absolutely. So so I'm so glad that you just normalized this for everyone.

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

I mean, there is the human condition in first world countries is we are exposed to toxins in our workplace, in our schools, in our homes, 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 gut 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 can even, you know, resolve the chronic health problem.

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 know the importance 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 our viewers have worked with.

So explain that. Why do we do that? 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 which is which is great.

Which is you're not giving me softball questions and you're 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're actually having a conversation.

You and I are actually going somewhere, so I just want to commend you for that because that's incredible. And, you know, 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 the real world manifestation of that? Well, she has to say no to watching the grandkids, because she's she's too tired. And so we look at the gut and we'll see.

Oh, she has a paddle, right? Incredibly contagious bacteria. We know that it down regulates the stomach acid production. So now she has nutrient deficiencies and she's taken this multi and she's doing this green powder.

Gut Health, Dysbiosis, and Detox Foundations

She's doing all these other external things I heard on this summit. I need this for mitochondria, I need this for the brain. But no one's addressed the gut infections for her, so maybe she's got put on antibiotics by a conventional GI, or maybe she's actually done a functional medicine workup where she's done natural antimicrobials.

But until she clears those gut infections, she's 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 kisser, we probably need to look at you, too. And sure enough, the husband has a 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're listening to?

They don't know what they're talking about. I'll talk to my doctor next time. Doctor says, Oh, 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 of a sudden they are fighting against just willpower only. And they're like, okay. My doctor said just it's, it's part of getting old and I've accepted that.

And then they and then they give up and 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.

And keep in mind, this is a one cell. This is a one cell fixed object in the body that got barriers 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're there, that exposures busting you open too. So I encourage them to not be fearful, but I tell them you have to kind of be anal, you have to kind of 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 seven years old and he got cancer. We looked at his chemical profile and it was tied into the soccer field that was full of this chemical.

It's amazing. So glyphosate is such a problem. I just want to segway here. I do a lot of toxin testing on my clients and we we do quite a bit of glyphosate testing and I see extraordinarily high levels of glyphosate.

And so what I want to share with those of you who are thinking what you're going to take away my golf, I can't golf or I can't 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 to learn some tools to detoxify this from your body and then have a maintenance plan.

Once you get it out, have a maintenance plan to keep pulling it out as it comes in. Because what we know for sure, what Evan and I know for sure, 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 to go live in the bush, in the jungle somewhere, which I don't even I'm even curious if those locations that used to be clean on earth are still.

I don't think so. But unless you're going to leave your first world developed countries, you're going to be exposed to more toxins. And you got to have a maintenance plan to keep getting it out.

I mean, I don't 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 I still, you know, eat in restaurants where maybe 100% of my food isn't organic. And I still go travel to places where glyphosate might be in the air, air, and I'm breathing it in so you can still live your life.

But you got to get smart about this and have tools to keep you healthy. Yeah, binders for life. Amen to that. I still stick with them. And sweating is the key. And pooping.

I mean, how simple? How simple pooping, you know, preferably twice a day. But I mean, we would settle for for once a day pooping then. And that's 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

you 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 central back to this is an autoimmune triggering bacteria.

Klebsiella can trigger Hashimoto's, you have pseudomonas, you have more vanilla. 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, the 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 important. Part of detox is simply pooping, because think about it, you're binding up these mycotoxins, let's say charcoal and clay and silica and pectin.

All these binders are are grabbing on to toxins. But now if you're not pooping well, some of that's going to get reabsorbed and that's 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 puking like a champ. So remember in the natural medicine functional medicine world, there's still a difference between a palliative care like the triphala 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. A 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're 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. Well, 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'm loving that you're doing a natural herbal antidepressant instead of pharmaceutical, but you still got mercury in your mouth.

We have to get out. Yeah, we're. I'm now getting I mean, I don't know enough to speak on it yet, but I'm now getting my kids into what's called mild functional therapy, which is to help.

It's like physical therapy for the Facebook because none of us have a fully developed jaw anymore.

Jaw, Sleep Apnea, and Closing Thoughts

We all typically have over bites because we weren't breastfed till we were four or five. Like tribal society. And so now I'm going to interview her, but there's a there's a 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's doing is given 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 is doing is fixing the jaw. Some of the Holy crap, there's a whole new can of worms I have to explore now.

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

And I just want to go back to what you what you just mentioned. And this is what I call, you know, trading one medicine cabinet for another. So I come from the Western world where I prescribe 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, a 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. We are root cause, you know, inquisitors, right?

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

Yeah, well, 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 those protocols down to to just what we need.

And I often get better results. Like we'll do 5 to 7 supplements versus 25 and people get better. Get better. Yeah. Well, this has been amazing. Even you and I could riff, which we probably should riff more often.

This is so good of you. I want to make sure that people know where to get a hold of you. Also, you know, I want to make sure that people know how to get to your better belly program.

We were just talking about this before, so if you go to your website and you use coupon code, Laura, you'll be able to get a discount on your better belly.

So tell us where to find that and how people get access to it. Yeah, well, thank thanks for the opportunity. So Evan Brand dot com has all the courses.

I've got several. The better energy is the one I designed for chronic fatigue, mitochondrial dysfunction. I go through several, several case studies where I teach you how to look at your own labs and I try to encourage you to be your own detective here.

Look at your labs, match them to these cases. You know, this is Sarah, who's 47 and has all these issues I described. Look at her 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 to clone my success that I've had on doing the one on ones that I could be more efficient and help people.

And some people are do it yourselfers, so I would encourage you check that out and better beli 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 want to actually make you learn. I don't want you to just buy something and then you never use it.

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

And, you know, that's just me put my little dent out there. So we've had over 1000 students run through about her belly and I'm continuing to add content to that.

So yeah, Evan, Broadcom has it and then we'll honor a discount. So use the coupon code. Laura If you guys decide to enroll into the group, 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 played it off so perfectly that it takes hours and hours and hours of work off of me.

If I were to hand hold 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 and hours of blood and sweat creating that program.

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

Evan, you're amazing. You're my favorite. I 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. Thank you. Thank you. Oh, well, the feelings are mutual, so thanks for having me. Until next time, everyone take good care by now.