The Cell Danger Response: Why Healing Fails When the Body is Stuck in Survival Mode Transcript

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Introduction and Speaker Background

Hello everyone. Welcome back to reversing Hashimoto's and Thyroid Disorder Summit. I am your host, Doctor Anshul Gupta, a world Hashimoto's expert, and I'm really excited for our next discussion because a speaker over here has unfortunately gone through a lot of her own personal health struggles.

But her strong willed, as well as her strong grit and her health foundation helped her to get out of it. So that's what she's sharing with us today. What she identified was the problem with all of these things that she's suffered from, and how you all also can improve your Hashimoto's entire disorder.

So let me introduce our speaker first and then we'll go into the discussion. So Doctor Molly Maloof is on a mission to radically extend healthspan maximizing human potential and redefined health care through medicine, technology, education and media.

Her fascination with innovation permeates her considered medical practice, which focuses on providing personalized care to entrepreneurs, technology executives, investors and celebrities, is in Los Angeles, the Bay area, and the Jacksonville area.

Since 2012, she has served as an advisor or consultant to over 50 companies in the digital health, consumer health and business technology industries.

She published The Spark Factor, the first book on biohacking for women with Harper Wave Books. She also taught a pioneering course on Healthspan extension in the Wellness Department of the Stanford University School of Medicine for three years before launching her company, Adama Bioscience.

Doctor Maloof is on the frontier of precision medicine, longevity science, digital health technologies, biofeedback assisted lifestyle interventions, and science backed wellness products and services.

Doctor Molly Maloof, welcome over here. Hey, thanks. Thanks for having me. It's it's really a pleasure. Absolutely. And, you know, just before our discussion began, you know, we were discussing that how, you know, like, unfortunately, you went through so many health struggles and. Yeah, the good part was that you learned so much during those struggles.

And that's what you are teaching all over the world to these people. So if you don't mind sharing the struggles that you went through and what you learned from them, that would be very relevant for for people.

Well, about a decade ago I experienced my first sort of bout of what I would call chronic fatigue. At the time, I had experienced an enormous amount of stress, and also I had a viral infection that really just knocked me out.

And it was a combination of like a year of intense stress, plus an infection that just led me to having just no energy left. And I was able to work from home and, you know, literally working from my bed on a computer.

Molly Maloof's Health Struggles and Recovery

But it was that moment that I decided I want to build my practice around health and healing and not just disease management. I really wanted to figure out how do you optimize health, how do you what is health itself and how do you measure it and how do you improve it?

Because I had this I had this hunch that our Western paradigm was kind of built on the wrong foundation and the

wrong ontology. You know, I've been studying health and, and, and medicine for a long time.

And when I realized that the system wasn't really able to resolve my issues, I had to take things into my own hands. And I was fortunate to like, really, over the course of the next few years, become healthier and healthier and healthier.

And I got to a point in my late 30s where I thought I was totally invincible. And then 2020 came along and I remember getting a concussion that year. There was a pandemic.

I had mold exposure, I was moving around a lot, and I just couldn't seem to, to heal. And it was like I was, I was, I was kind of constantly getting hit with more stressors.

The isolation also really played a big role. And then by 2023, I started having symptoms of M. S. and I have celiac, so I already knew I had an autoimmune condition.

And having an autoimmune condition means that you are more likely to get other autoimmune conditions. But it was really scary because I was literally on top of the world.

In 2023, I'd launched a book on energy I had been teaching at Stanford. I had fundraised for a startup that I built. I had working with the founders of some of the biggest AI companies in the world.

I felt like I was at the top of my game, and I started having neurological symptoms, and I was really scared, and I had Covid twice and had the vaccine twice.

And it was really those two things, those those two insults, those four insults, really, plus the isolation plus the stress of the pandemic, plus the concussion and the previous mold exposure, it all kind of started adding up over years, and that incomplete healing started creating mitochondria, actually some membrane damage.

And so my cell membranes really started to wear out. And people don't always know this about brain issues and autoimmune issues, but like there's a huge, huge, huge important role of producing adequate energy to maintain the integrity of the structure.

And when the body is in a state of chronic threat or in a state of chronically unable to heal because you're getting hit with so many stressors, it's it's also it's really challenging to the immune system to quiet down.

And I think the disruption of Covid on the immune system is not to be overlooked. I think the disruption of the vaccines on immune system are not to be overlooked.

And that combination flared my auto immunity. And so my my celiac got worse. I started developing dermatitis for about a mass. And I was really kind of a mess.

By the end of 2023, I was very fortunate to to do some work with one of my colleagues, Katrin Belinsky, who is this phenomenal healer, and I did a crisis where I cleaned my blood, I did fossil clean IVs, I started doing postural cooling therapy.

I started doing glutathione, like, you know, lots of, I started doing NAD IVs. I started really working on my nervous system regulation. But, you know, the funny thing is, is the Ms.

symptoms start a resolves or resolve. But by 2024, I experienced another mold exposure had a infection and that I had to treat with antibiotics that led to see death.

So I had gut dysfunction. I had a concussion from a bike accident. I had a traumatic relationship that year, which I think was probably the biggest instigator of all this negativity.

And so it really created a lot of physiological stress. And the celiac got pretty bad. And I was feeling really fatigued.

And I also had mono that year.

I've never had a year of that much bad luck. But like suffice to say, like I was I was actually very lucky that I was still able to work because I was not running on full power.

I had a lot of it was really humbling experience, I'd say, but I was able to go really deep into peptide therapy, fossil colon therapy. I went about part time, I started working about part time.

And I spent spent a ton of time in nature and meditating. I was very, very fortunate not to end up with chronic fatigue, but I was really scared because mono is nasty.

And to get EBV at 41, that's not or I guess it was four. It was 40 at the time. That's a really tough thing to get in your midlife because it really, really knocks out your energy.

And I think that the thing that people need to understand with Hashimoto's or with autoimmunity is that it's not usually one single thing that's instigating the loss of self tolerance.

It's really the combination of gut dysfunction, nervous system dysregulation, infection, trauma, relationship challenges. And that also creates a combination of a essentially a body in the state of inability to complete healing.

So the more you get hit with a stressor, the less you're able to complete that healing cycle. Because now you're going back into the cell. Danger response.

And so I started studying this because I wanted to understand like a grand theory of understanding health, and why do people end up with chronic illness.

And so much of it is due to the inability to complete healing, because there's so many chronic stressors that are adding up. And oftentimes it it requires a very holistic approach to heal.

You can't just fix the biology. You have to fix the spiritual side of your health. You have to look at your psychology. If you look at your environment, you have to look at who you're surrounded by.

Keeping my 2024, I also had wildfire smoke exposure, things that were out of my control that instigated mast cell activation, and it was a miserable, miserable year.

And I'm just now coming, I would say out of it after 2020, a year of healing in 2025, I'd say in 2026, I feel stronger and healthier that I have had. I have felt in the last three years.

And it's a testament to you have to understand the first principles of health and healing. To heal. You have to look at what are the fundamental dysregulated pathways that are creating sickness, and you have to work on each structurally.

So I had to fix my gut. I gave myself a stool transplant last year. I had to fix my immune system. I started taking peptides to one timeline. I had to fix my mitochondria.

I had to fix the cell membranes of my mitochondria with plasma allergens, with phosphorylate choline, with glutathione, and with lots of minerals. And I had to send the right signals to my cell that I was safe.

I had to move. I had to put myself in a new environment with new people around me that were more, more conducive to safety and healing. I had to reestablish a relationship with God.

And I had to really have an extremely clean diet. Like I'm talking almost zero processed foods, almost none. And it's really, really crucial to maintain nutrient density and nutrient balance and metabolic flexibility.

So even though I was fatigued, I was still exercising. I wasn't at full capacity for exercise because I was having

some post. Sort of like exertional fatigue.

But the good news is that slowly but surely, the exercise got easier and easier, started developing better VO2 Max, started getting better strength again and I just persisted in my healing journey.

I also did cerebral lyson I did, you know, a lot of things that are, I would consider pretty cutting edge, like bio regulators. But to me this is the future of health and healing.

Like taking the things that have been used in other cultures and adopting them in our culture is it's something that is very, you know, it's very hard for mainstream medicine to accept that, like, we may not have the right model and that we have to make new models.

And so I love functional medicine, but I also love regenerative medicine. I started getting into stem cells and exosomes and really learning about the power of regenerative medicine in healing and fundamentally, the most important thing that you can do as a person without immunity is you have to develop metacognition around how you think, because how we we often get stuck in these loops of, I'm sick, I'm not well, I'm in pain, I hurt.

And when you keep sending those messages to your nervous system into your body and your subconscious, it believes it. And those cells get that message on a cellular level.

And each mitochondria is a little tiny supercomputer that's all connected. And they're all sensing and integrating signals from our environment and from our internal conversation we're having with ourselves.

So I had to do a lot of therapy, and it sounds like a pretty heavy duty journey. But like, the truth is, is like, that's what's required. If you have a baseline of autoimmunity, it's actually like a you have to accept that you are not the same as everyone else, and that's okay.

But like you're going to be more fragile, you're going to be more susceptible to illness. And that's not a that's not a problem. It's just an awareness that you were born with a immune system that got hyper activated and dysregulated.

The key to getting to basically healing is all about restoring homeostatic capacity, restoring the capacity to maintain homeostasis. And that happens through basically developing a regimen that is consistent where you have consistent nutrition, consistent movement, consistent relationships, consistent supplements if necessary.

Consistent I like I really love peptides and really just giving your body those safety signals over and over and over again until you start to relax and your gut starts to calm down and your body starts to heal fully.

Absolutely. You know, that definitely is a journey that you have gone through. A lot of people have given up, you know, like a long time ago. Totally.

But you keep, you know, like fighting in the UK flourishing. And, you know, here you are, you know, sharing this, the message of hope for a lot of people who are listening over here because they have been through time and again, nothing can be done.

You know, like, you know, you have this autoimmune condition or you have a tidal problem just right.

Understanding the Cell Danger Response

You're going to be sick, you are going to be fatigue, you're going to be tired. You have brain fog, you have weight issues. Nothing can be done. But that is exactly that.

I mean that if you do the right things, you can heal. So thank you so much for giving that message of hope. So in that aspect, you know, like how you talking about the cell danger response.

You know, like you figured out the route to a lot of these chronic diseases, including Hashimoto's disorders. Is this particular cell danger response.

So in kind of a layman terminology, if you have to explain that to people, what that the cell disease response mean. So right now when people encounter a massive threat to their physiology, what happens is you start to see inflammation and then they start to see essentially proliferation of endoplasmic reticulum membranes.

The recovery of this membrane happens as a result of the body's starting to repair. Right. And then this body starts to differentiate and the body starts to return to to baseline health.

When someone is in the cell, they do response and they get hit with multiple chronic stressors. They stay in this inflammatory state. They it's usually when you know there's stress, infection, pollution, mold injury, the body switches from energy production to defense.

And so it's literally a shift in mitochondrial function. And cellular function that is designed to put you in a state of defending yourself against threat.

The problem is, is that if you stay in this chronic threat state, the body is not moving into healing. And so chronic threat is like parasympathetic overload, PTSD, gut dysbiosis, and the body is stuck in this threat state.

And if in the goal is that your body's able to actually resolve and complete the healing cycle. So there's a lot of drivers of this all danger response.

There's things like social drivers such as adverse childhood experiences, relationship stress, caregiving stress, work stress, financial stress, loneliness, social isolation.

But then there's also, you know, wildfires. And, you know, just from looking at the news and seeing very unpredictable political environments can be really stressful to the nervous system, having, you know, a sick child, having an illness, having like an infection or getting exposed to a medicine that may have caused damage, for example.

And over, over time, there's a allostatic load that develops. It's like there's only so much before they start to break, and that when that when there's allostatic overload, the stress gap is overflowing.

The system says, I can't support this. I need to actually change how I'm functioning in order to heal. So the state response needs to be looked at as like a important tool in our healing.

It's like actually how we how we respond to threat and heal. Chronic disease happens when we get stuck in chronic threat, and we don't complete that healing cycle because we get hit with stress higher up or stressor up or stressor.

And instead of it being a full healing cycle to the threat response, partial repair. And then there's threat response partial repair. It's not like you're doing anything wrong.

It's that you haven't had the space to fully heal. And so to fully heal, we need to be in a parasympathetic state. We need lots of rest. We need a safe environment.

We need adequate nutritional density. We need, a balanced nervous system. We need a balanced environment of social interaction. We need a, you know, a balanced hypothalamic pituitary adrenal axis.

We need healthy hormones. And so when all these things get perturbed, it's kind of like a signal that the cell is in a state of threat. And we need to restore homeostasis.

Insulin resistance is a is a is another example of a body that's starting to lose homeostatic capacity because it's been experiencing so much threat over time that it can't fully maintain those normal levels of blood sugar.

We really need to be looking at chronic disease from the lens of the cell danger response, because essentially mitochondrial dysfunction, is a big driver.

Immune system dysregulation is a big driver. And these two things have to be addressed. You have to get the energy up to fix the essentially metabolism.

You have to get the immune system balanced and you have to detox the system. These are like the three big things that make a big, big, big difference in how a person can heal.

On top of that, there's the social things, right? So there's programs like the Gupta program finally. And I don't think that's a great program, but there's a program that's, designed there's a lot of programs like Primal Trust, the Gupta program, DNR.

These are all designed to help people with auto immunity restore that internal narrative, as I'm safe to get your nervous system to relax, to teach you to calm down, to watch your thoughts, to watch your words, and to start developing that metacognition so that you don't get stuck in a I'm a sick person state, because that is what happens to a lot of people as they start identifying as I'm a sick person.

And once you identify with your diagnosis as an identity, it's really difficult to disentangle. Like a lot of this is actually creating an entirely new identity.

It's like, okay, who do I want to see myself as in the future? And how do I live into that reality instead of the reality I'm in right now? And it's really hard when you're not feeling well.

It's really, really hard. And that's where support is so crucial. Getting coaches, getting, you know, getting a health coach, getting a great doctor to work with is really, really, really key to getting out of this condition.

So what you mentioned was that, you know, in the cell, linear response, a majority of the load or destruction is happening around mitochondria. So why don't we discuss a little bit about like, you know, how is mitochondria and this hormonal like, you know, cascade of dysfunction which is happening not only in thyroid hormone but other hormones like insulin, maybe adrenal hormones, cortisol, sex hormones and things.

Oh, yeah. Is this all interconnected with thyroid? Well, the thing that people need to understand is that all hormones are is they are messengers. They're trying to send signals in the cell to do certain things.

Hormones act on axes. Right. So when you are under a lot of stress, typically you start seeing cortisol rise. Cortisol dysregulation can often be, you know, a high, high causal state for a while.

And then there's negative feedback that says your body's getting all this cortisol and it sends a signal to the brain to start producing less. So that's when someone starts entering the burnout phase.

You can see hormone dysregulation in any of the phases of HPA axis dysfunction. But HB axis dysfunction, previously referred to as adrenal fatigue, is when the nervous system is under consistent stress and it can't regulate itself properly.

It's really common to see thyroid issues with a person with stress, problems with unresolved stress, and if and if a person chooses to not change their lifestyle and change their demands, they're going to stay.

And either that high cortisol or low cortisol state until they are able to recover. It's very, very common to see the body have to. And when the body is in that state of high threat, it has to determine, I going to create the conditions where I get myself out of danger, or am I going to shut down vital processes and really go into what it's called illness behavior, which usually presents as depression or low level, like low energy hypothyroidism?

It's like you have to look at it as the organism is trying to adapt to the demands by turning down all of the systems. So you will see the hormones drop, you know, see testosterone go down, especially women.

You see estrogen imbalances, you see progesterone go low because the body is using these hormones. You know, DHEA, progesterone, pregnant alone. It's using them to produce cortisol or to try to regulate the cortisol system.

So I like to look at all the hormones.

Hormones, Mitochondria, and Thyroid Dysfunction

Like I like to look at TSH 323324 T3 234 TPO. Thyroid globulin antibodies estradiol, testosterone free testosterone, sex hormone binding globulin, LH of age pregnant alone, progesterone. And I think if anything, I'm missing cortisol in DHEA.

I like to look at the entire hormone pathways because it's really important to get the big picture of like, okay, how dysregulated is this person's hormones and hormones are all kind of like individual personalities, right?

So your thyroid hormones are like your hormones of your metabolism. So when you have like a strong or robust metabolism, you produce enough heat, you can maintain body temperature, you have enough energy to do your work.

Your brain functions well, your weight is stable. And, you know, it's like it's like your sort of power hormone. And it plays a really important role in mitochondrial function.

Then there's cortisol. And cortisol is your like defender stick protector hormone. Right. Does it actually liberate glucose and provide you with enough energy to get out of danger.

Which is why it's a glucocorticoid. So it plays a big, big, big role in insulin sensitivity. And the higher your, your, cortisol, the less insulin sensitive you are and the higher blood sugar you're going to see.

So I put a CGM on all my patients to see, okay, what's going on with your blood sugar? If I see high cortisol, I guarantee I'm going to see dysregulation in their blood sugar.

If you have low cortisol, it's like you don't have any defense left. And so now I see these low low blood sugar levels very problematic for people because they they don't sleep well because they're getting these low blood sugars at night.

And then estradiol is like your female hormone. And then progesterone is like your other female hormone. It's very more like sort of comforting hormone or more sexy hormone.

And then you've got your testosterone, which is your strength and your sex drive and your confidence. And then, you've got DHEA, which is your longevity hormone, and pregnant alone, which is like your support hormone for stress and for all the rest of the hormones.

And then, you know, when you look at all these as a symphony, it's like, is the symphony, is it making a beautiful sound? Or is it like if they're like, half the symphony is on a different sort of scale, you know, or like maybe, maybe is not playing in tune with the rest of the symphony.

So you really want to get these hormones balanced because frankly, you're just going to feel better. Like hormone balance is something you can totally support with hormone replacement therapy.

And oftentimes a lot of people are afraid to use hormones, especially people with Hashimoto's that are new to getting Hashimoto's. I can't tell you the number of friends of mine that are like, I don't want to be dependent on hormones forever.

And it's like, you can you can wean off hormones if you if you don't need them anymore. And like there have there been times in my life where when I had a concussion, I had a secondary hypothyroidism and I had low TSA and

low thyroid hormones, and I was like, oh my God, my brain is not sending the signal crap.

And so that was a little bit concerning. So I had to actually replace it with thyroid medicine. But then I was able to wean off of it when my body recovered.

So I would just let people know that like hormones are not that simple to understand. You usually need the help of a doctor or an expert to understand them.

They're very personal when it comes to replacement. You know, mitochondria are important here because they actually produce stress hormones. They play a role in producing epinephrine and norepinephrine.

They also play a role and and steroid pathways for producing cortisol. They play a role in sex hormone production. So they're really playing an orchestra like the orchestrator.

They're like the they're literally the person that's like directing the orchestra. And if they're perturbed, then the orchestra isn't going to play properly.

So basically the way like, you know, what you're presenting to people over here is that, you know, if you, they do have Hashimoto's disease or if they have a thyroid disorder, then the root of the problem is the cell range response.

Now, there are multiple reasons for those cell responses. As you mentioned. It can be infections, it can be toxins. It can be cells. Huge losses, huge ones.

You have to get your immune system regulated from your guts. Very first thing you do is you have to look at your gut, because your gut is where most your immune system lies.

So if you have not had a stool study, if you had not, have not like actually investigated what's going on inside your gut. I can't tell you the number of people who have never had a stool study, and they have autoimmunity and they don't realize the connection between the gut and the immune system.

So there's so much you have to focus on in the gut first. And nutrition, you know, a lot of people need to have gone on elimination diet just to tone down the inflammation.

It's a really easy thing to do that I think people make it harder than it needs to be, but it's just really mostly whole foods and eliminate the biggest allergens.

The biggest things that are irritate of usually grains and dairy go first, and then soy and nuts and eggs and, corn and the things that typically are the most irritating.

But, you know, it leaves you with a really healthy diet of meat and vegetables and nuts and seeds like I do. I do do some legumes myself. I like to soak and sprout them, but I really believe in you have to build a healthy microbiome.

You have to check for Sibo. Sibo creates a lot of havoc in people with Hashimoto's and it's hard to treat. And you really gotta work on that motility.

And a big piece of that motility is the nervous regulation of your nervous system, so that your body can fully digest and eliminate getting that getting constipation, you know, dealt with like methane, Sibo, getting diarrhea, predominant Sibo, hydrogen, Sibo, MC, Sibo, getting that diagnosis and treating it properly can make a huge, huge difference.

And then it's also the terrain. I like using the company VI tract. And I use GI map or gear packs. Usually I use honestly a combination of stool studies, along with Sibo testing.

If necessary. If they have gas and bloating, I usually do some Sibo testing, but I really first and foremost for any functional medicine pathway, it's like you have to look at the gut because that's what's driving dysfunction for a lot

of people without immunity.

Absolutely. So I mean, people who are listening over here might be a little bit overwhelmed now. Like, you know, they have to do so many things, right?

You know, literally how you also did so many things to improve your health. But let's say if you can give them some actionable like, you know, steps that, okay, well, these are the things that you can start doing at least tomorrow itself to improve this reading response and improve your thyroid and Hashimoto's.

What will those top things that people can do? I mean, I would say that the number one thing for someone with Hashimoto's is you need a team around you, and that's energy.

And you don't need a dense team forever, but you do need a team, so you need someone to help you work on your nervous system regulation. And that might be a Gupta coach.

Like, I have a Gupta coach. She's only $100 a month. And that's, you know, that might be expensive for some people, but that's pretty affordable for most.

You need to have some program in your life that that is getting your nervous system regulated. That is crucial. That is one of the sort of for it.

Gut Health, Detox, and Practical Healing Steps

If think about like fixing the cell data response, you think about like a stool, right? So like one, one, one piece of the stool is that nervous system regulation.

And that's crucial. That's that's in your hands. And you might need a coach. You might need a program like Primal Trust. You might need to work with someone who can really help you get your nervous system balanced.

And then the second piece is your immune system, right? You have to have a healthy immune system, but the way that you get there is through your gut. So ideally, you have a doctor that you work with, a functional doctor who can really help you.

And the thing is, you need to do your homework on people who are trained in Hashimoto's. There are a lot of things that can drive gut dysfunction. It can be infection, it can be nervous system dysregulation, it can be diet.

It can be allergies, it can be mold. It's a lot of stuff you need to figure out what is causing that gut to be dysfunctional. And that because that's what's going to drive your immune system balance.

Not that many doctors know how to use peptides properly, but ideally to find a doctor who understands how to use peptides by regulators. They're fantastic for for restoring immune tolerance.

There's a lot of supplements that you can take that can help restore immune tolerance. I'm actually a big fan of the lymphocyte map, but again, you're going to need to work with a specialist who understands this kind of piece of the puzzle.

The immune system in the gut is kind of the second, and then the third is mitochondria. So what's driving a lot of aging is what's called dysregulated nutrient sensing.

So if you want to heal your body, you have to really look at your metabolism and somebody with Hashimoto's might need support in that area with medication.

Right. In order to even have a normal metabolism, you're going to have normal thyroid hormone. So if you're not getting normal thyroid hormones, you really gotta support that because that's going to affect your mitochondrial function.

You also might want to look at cell membrane health. So membrane health is not something most people understand. But I do recommend the products. There's one over-the-counter product I recommend called body biopsy.

It is the it does take a lot to take per day. I have to you have to take 2 to 3 tablespoons to restore cell membrane function. But it is probably the most powerful tool in mitochondrial health along with electrolytes.

So you need to get those mitochondria functioning properly. You need to feed them properly. So you've to develop metabolic flexibility. Metabolic flexibility comes from essentially eliminating all the refined carbs and sugar.

So if you haven't done that yet, you know it's part of your elimination diet. I recommend doing, but you really might need to do some. Like you might need to do some metabolic flexibility training.

The way I to describe that is temporarily doing some ketosis in order to build that metabolic flexibility. I wouldn't say you need to stay in ketosis forever, but I think that it's underestimated how useful a little bit of ketosis can can actually boost metabolic flexibility.

You also need to maintain healthy movement because movement sitting all day is terrible for metabolic flexibility. I wouldn't do fasting until you definitely have a stable blood sugar.

Fasting is something that comes after you've done a little bit of ketosis, and you've developed the ability to gear shift between fat and carb metabolism.

I have an entire course on my website called Your Health Span Journey, and it's literally an entire course on insulin resistance. So if you have insulin resistance, you will have it if you have a high fasting insulin, and if you have a high hemoglobin, one C and high fasting glucose.

And getting a CGM from like Stylo is not that expensive these days, finding out do you have blood sugar issues and repairing your blood sugar issues is going to have amazing downstream or downstream effects on everything else in your body that so blood sugar regulation?

Start with elimination diet, then move on to intermittent. I do a little bit of, of ketosis, maybe a little bit of intermittent fasting, but I wouldn't go heavy duty into like, anything extreme because Hashimoto's people tend to be a little bit more delicate.

They can't tolerate major extremes. The last piece of the puzzle is detoxification. So toxicity is just wrap it in our environment. Right. So you have to properly move things through your body.

I'm actually doing a detox right now from a company called bio one. I'm trying it out. I haven't finished it yet. I just started it. But a like it's you had to find a detox program that is going to be doable, achievable, measurable something.

So I would recommend doing like a micro toxin panel, a heavy metals panel. Quicksilver I like Quicksilver like Mosaic Labs environmental toxins panel.

Before you do a detox and just like find out what your toxic burden is to begin and then attack it systematically with things like the proper amount, proper use of binders, the properties of glue file on the proper use of cleanses.

And you know, a solid detox shouldn't take more than a month or two. But detoxification is more important than we realize, and I think at least once a year, most people need to do a detox and it makes a huge difference in people with autoimmunity.

So I would start with that. It like those sort of like pillars of that chair so that you can start so you can be balanced, start with okay I need to get my nervous system regulated.

Then I'm going to focus on my gut health. Then I'm going to focus on my mitochondrial health. And I'm going to focus on detoxification because you can't really detox effectively if your gut isn't functioning properly.

So you just got to be aware of that. You know, those those things all come together and they really produce a healing response. Absolutely. I think you nailed down a stepwise approach for any Hashimoto's or any title client out there of what they need to do.

Yeah, sure. People are loving it. And, you know, like we can keep going on and on, you know, with all of these things you can share with people, but in context of time, you know, I think we will be, you know, cutting short our conversation.

But this is where people who like to know where they can find you, we can find more interesting about you, as you said, you know, like where people can find you and you know, like to know more about you.

Yeah. Well, I wrote a book on biohacking for women called The Spark Factor. It's actually largely applicable to men as well.

Resources, Where to Find Molly Maloof, and Closing

But if you have insulin resistance, if you have high fasting insulin, that's like above 8 to 10, that's if you're heading in that higher insulin range.

You got to start looking at insulin resistance because it's underneath almost all disease in our country. So that book and my course your husband journey is the course that I taught at Stanford.

And it's really focused on insulin sensitivity and insulin resistance. And then I would say, you know, I'm on Instagram at drmolly.com, my websites, drmolly.com for my brand.

My medical practice website is M3 Healthspan and then find me on LinkedIn at Molly Maloof MD, and I'll be speaking at South by Southwest this year. I'll be also speaking at you get ammonia in November.

I'll be speaking at Vibrant Wellness event, I think in September, I think so I've got a few opportunities to speak this year and I'd love to see people in person.

Absolutely. So please, we will have all of these links into the description. So please check out, you know, as you can already realize is a powerhouse of information.

And she has gone through herself, you know, with a lot of things. So like, you know, I like to kind of always know where the providers are coming from because people who have already gone through things in their life and yeah, them out strong, they have invested their time and they have a reason for helping other people.

And that's what exactly she's doing. Check out the book, check out the course as well. As you know, if you have ability to go see her in person with all of these conferences, you will learn a lot.

So please check out these things. And I really, really kind of thank you. Doctor Molly Maloof over. You know, coming over here and sharing all this information with people.

Thank you so much. Absolutely. It was really a pleasure. I'm sure you want to listen to this conversation a couple of times before you get the complete gist of what she was talking about, which is perfectly fine.

But it is important to understand, because once you understand, then you have the power to act. So please go ahead and listen to the conversation again.

Should you kind of get the information. This is it for my side for now. I will see you again next time. Take care guys. Bye bye.