Introduction to the Summit and Dr. Evan Hirsch

Welcome to another episode of the Restore Your Mitochondrial Matrix Summit. I'm your host, Laura, for Ontario. I'm bringing you experts to help you boost your energy and fix your health so you can build the life you love.

And today, my special guest is Doctor Evan Hirsch. Hi, Evan. Welcome to the summit. Hey, Laura. Thanks so much for having me on. Yeah, I'm super excited to have this talk because you are known as the energy MD.

You're actually a medical doctor, and you are really well known in the energy space. You're a bestselling author, you're a professional speaker, and you're the creator of the energy MD method.

And this is really a science back and clinically proven four step process to increase your energy naturally. And I know our viewers really want to know about that.

So we're going to talk about that today. And you have a bestselling book, a podcast. We have an international online telehealth program. People can access you from all over the world, and you've helped literally thousands of people increase their energy and happiness.

So we're going to jump into this today. We're going to talk about mitochondria and energy. And I want to touch on infections today because this is a really big topic.

There's a really big infection that's been plaguing the planet the last couple of years. So we're going to get into infections. And I know this is a really, hot topic and something you're really expert in.

Yeah, yeah. Okay. Let's do it. All right. So first, before we get into that, tell us why this I mean, you came you're obviously you're an MD. You came from the western traditional world.

And here you are, this functional medicine energy expert. So how did you transition into that? So I had always been more holistic. I actually became board certified in holistic medicine when I was in residency.

And I think I'm the first person, maybe the only person to do that. But I kind of came in with that. But I still was, you know, I was already practicing functional medicine when I got hit with chronic fatigue.

And it just about destroyed my life.

From Functional Medicine to Energy Medicine

I had already had a very I had a successful brick and mortar functional medicine practice. I had ten employees. I had 4000ft² of office space. We were doing very well.

And, and it just kind of snuck up on me and I couldn't help myself. I wasn't prioritizing myself. I knew a lot about functional medicine, but I didn't know enough about environmental medicine.

So when I finally turned around after napping for the hundredth day underneath my desk, looking up at it being like, yo, dude, you got to start prioritizing yourself.

And I finally did. I went through this process of doing everything that I knew with functional medicine, where I was replacing the deficiencies and hormones and nutrients and lifestyle habits, and yet I still wasn't better.

So then I went on this quest to figure out what else I was missing. And those were all the environmental causes. The heavy metals and the chemicals and the molds and the infections and the allergies and the negative emotional

patterns and the electromagnetic fields.

And I found that there were 33 different causes of low energy and fatigue, and I had 30 of those causes. And what I found is that everybody who has low energy has 20 plus causes, and and everybody's causes are different.

And so that's why I oftentimes it's really challenging because you get these nails in the bottom of the foot like these causes. Right. And you just have to pull them out one at a time.

So I went through that process. I got better, wrote the book. Now, as you mentioned, have been able to help a lot of people. And so that's become my mission as the energy M. D to help people increase their energy, because energy is very much a currency of happiness.

And what you can, what you can achieve in life, right? If you want to achieve more, if you've got a big vision, if you want to work on your personal, your professional life, like you need more energy to be able to do that.

So it's my honor and privilege to help people with that. This is extraordinary. So your book, I'm assuming, outlines all those 33 things. It is. Okay, good.

What's the name of the book? So people I know, people are wanting to know what it is right now. It is fix your fatigue okay. So everybody find fix your fatigue.

I'm like ready to go get that book right now I'm like 33. This is a this is an extraordinary. So you know we're here on the Mitochondria Summit. We are talking about energy.

We're talking about fixing your health. And you know, fix your energy, fix your health, basically boost your energy, fix your health. So tell us real quick, I mean, just the connection between energy mitochondria, infection, mitochondria.

And we're going to dig deep into this topic. Absolutely. So when I always look at causes, these three different causes I divide them up into deficiencies, which are things that are not in the body, that are supposed to be in the body.

You're supposed to be happening. And then toxicities, which are things that are not supposed to be in the body that are present. Now, all of these toxicities damage the mitochondria.

And so the mitochondria are supposed to be making 80 to 90% of our energy. And consequently when you have any of these toxicities you're going to end up with mitochondrial dysfunction.

And that is going to contribute to a number of the other of the interplay between a number of the other deficiencies. But consequently you end up with less energy.

There. So that's the simple connection. And I think people are getting it I interview after interview that we're talking about this mitochondria making the majority of energy in the body.

So you know you kind of touched on causes of low energy. Do you want to go a little deeper, deeper there and then and then we'll talk about I want to you know, one of those causes is infections.

So I really want to spend some time talking about infections today, but give us some other you kind of touched on, you know, toxins, you know, and negative emotions.

You want to get a little more granular on that. Sure. So when we're looking at the deficiencies we're looking at deficiencies in hormones. So the adrenal gland is a little triangular glance at some top of the kidneys and produces cortisol and other stress management hormones.

Where it is managing your stress. It's managing your sleep wake cycle. It's managing your blood sugars. It's

managing cortisol. It's managing your immune system.

It's our main anti-inflammatory. So you can see how if you have chronic stress of some sort, it ends up compromising the adrenals and consequently the other hormones as well.

Mitochondria, Deficiencies, and Low Energy Causes

So the other hormones are like thyroid and sex hormones like estrogen, progesterone, testosterone. And those hormones are like a three legged stool where if somebody steps out of the, out of the dance, then the stool kind of collapses, right?

So consequently, when people have adrenal gland dysfunction because of chronic stress from these toxins, then you end up with thyroid dysfunction, you end up with sex hormone dysfunction.

And then when we look at mitochondrial function, like we talked about, you know, the energy center of every cell in the body except for red blood cells produces 80 to 90% of our energy and gets damaged by these toxins.

Mitochondria also, as I'm sure other speakers have talked about, increases the absorption of hormones and the function of hormones and increases detoxification.

So it's just so incredibly important. Important. I'm so glad that you're doing the summit. So that's hormones mitochondria nutrients. When we're looking at vitamins vitamins and minerals vitamin D, vitamin B12 and other B vitamins, minerals like iron, magnesium, those are kind of the big ones that we see that are most indicated or complicit with, with low energy states.

And then there's, neurotransmitters. So these are things like serotonin and dopamine and Gaba. That end up being decreased over time and then lifestyle habits.

Now before we go into lifestyle habits, all those causes that I mentioned, the hormones and mitochondria and nutrients and neurotransmitters, the majority of those are all going to be caused by the toxicities.

So when we talk about the four step process that we recommend, you're going to find out that we actually replace the deficiencies before we do anything with the toxicities.

But the reality is is that this process is all about the toxins the toxins and how they compromise all those deficiencies that we talked about. And then there's the lifestyle habits.

So not enough good food, not enough good water, not enough sleep, not enough movement though a lot of people, if you're too tired, you're not going to be able to do the movement you want to do.

So it's kind of like finding the Goldilocks dose of movement so that you don't feel worse. But those are the deficiencies. Any questions on those? Before I jump to the chat, you know something I think really important that I just want to highlight what you said.

Is it sounds like you identified nutrient deficiencies, you support those nutrient deficiencies. And if you're reading between the lines, if you don't address the toxins, you're going to be on a never ending cycle of replacing nutrients.

Like, when does it ever end if you don't handle toxins. So I just want to really highlight that because it's so key, people start to feel better, you know, after you start replacing some nutrients.

But it's just a Band-Aid because the real problem is the toxins. Toxins cause nutrient deficiencies. So thank you for, for just bringing that up. I think it's really important for people to understand.

Well, and you said it perfectly. It is a Band-Aid, but it's a natural Band-Aid. You know, with the stuff that we use. But it's still a Band-Aid. Yeah.

You and I both agree. We got to get people feeling better when they're going through protocols. We've got to get them having some wins right away, because the toxin removal process is the long game.

Right? But you got to have some wins right up front. So I'm so glad that you're doing that. With your patients. Really, really fantastic. So all right, let's talk about infections.

Because this is a big one. And this is a really huge cause of mitochondrial dysfunction, low energy immune system dysfunction, dysregulation of hormones, all of it. So go there.

Yeah. So when we're talking about infections I mean one of the things I like to I think is helpful for people to hear is that a lot of these infections are clinical diagnosis, which basically means that based off of your symptoms you can determine which infections you have, which is always really exciting to people.

So I, I'm gonna throw out a couple of infections with some of the associated symptoms, and then we'll talk about how they relate to mitochondria and stuff like that.

Does that work? Yeah. Okay. Cool. So let's start off with, Covid. So you know, you've got this, we've got this pandemic, we've got this virus. And now along a lot of people that we're seeing now have long Covid or long haulers or post-acute sequelae to SARS-CoV-2, Pasc.

Right. And so what's actually, what's actually happening here is that you get the virus into your body. Well, actually, let's let's do this. So then in terms of the, the, the symptoms that you get from the virus is that it can go almost anywhere in the body, which means that you can have over 200 plus different symptoms have now been recorded caused by the Covid virus.

And it can be anything from loss of taste and smell to fatigue, which is the number one. I think it's like 81% of people in one study. Brain fog, muscle pain, sleep issues, joint issues, neuropathy is numbness and tingling, etc..

Right? So there's a lot of different symptoms. So then how do you know if you have it. Well if your symptoms if you started having weird symptoms after November 2019 and you had a cold that had five different symptoms, even if they were really mild, it's highly likely that it is from this particular infection, from the virus.

So you don't actually need a test. The other way to know is that if you start going after it by using antivirals and antimicrobials and you're having success and your symptoms are getting better, then, you know, you know, basically it's a test of cure where basically you're treating something that is more specific for virus and consequently you are having success.

The other important thing to note is that the virus is also operating as a biofilm disruptor. So it breaks up bugs, infects other infections from hiding places, and consequently, some of these weird symptoms can also be from those infections.

And we'll talk more about those symptoms in a second. That's a really big point, Evan. So let me break this down. So what you just said was if you have Covid, you've got dormant kind of hidden other infections in your body that now can come out and play because they were protected or hidden or sequestered behind a biofilm.

So think of it like a like a little force field there that was holding it back. Your immune system wasn't playing with it. Now all of a sudden it's coming out now.

You're sick from that too. Exactly. Oh that's huge. Yeah. And so and sometimes it's hard to know whether or not it's from long haulers, whether or not or long Covid, whether it's from the virus itself or whether it's from something else.

So like, let's talk about Borrelia, otherwise known as Lyme. So you can't really have Borrelia unless you have symptoms that come and go where some days are better than others.

Oftentimes people are don't want to make, plans with their best friend because they don't know how they're going to feel on that particular day. And then you have to have symptoms that move around the body.

So maybe this week or today you have shoulder pain and it can be joint pain, muscle pain or nerve pain. That's one place today and then tomorrow or the next week or the next month.

It's some other place, like maybe it's in your foot or it's in your knee or something like that.

Infections as a Major Driver of Fatigue

So if symptoms are moving around the body and they come and go, there really isn't much else that does that besides Borrelia. So but you have to always taken into context, because if you also have Bartonella, where people will have pain on the bottom of the feet or on the feet, sometimes it's just sensitive feet, sometimes it's burning feet, sometimes they don't want to get out of bed in the morning without putting on slippers, because the feet are more sensitive.

Sometimes they have muscle cramps, usually in the calves, usually at night. Oftentimes they'll be sleep issues, hard time falling asleep or staying asleep.

Sometimes there's anxiety, sometimes there's depression. Sometimes there's Bartonella rash or little striae or basically looks like a, a cat scratch. Sometimes there's thyroid issues, sometimes they're really cold.

So if you had those symptoms but then you also have and those symptoms come and go and they rotate around the body, then you probably have both the Borrelia and the Bartonella.

And you don't have to have all those symptoms. If you have a couple like pain on the bottom of the feet, muscle cramp in the calves and a hard time sleeping, it's highly likely that you have Bartonella.

And you know, I'm not speaking out of turn because even the centers for Disease Control believe that these infections are clinical diagnoses. A Western blot test and Eliza tests are considered appropriate for epidemiologic studies.

They're not appropriate for diagnosis. So make it so. Looking at these symptoms is really is a really important part of all this. Yeah. And I think something really important also to mention is a lot of people will automatically discount Lyme because they say I never got bit by a tick.

I don't live on the East Coast, I don't. So I mean, that's a myth, right? So I mean, talk about that for a second because I know people are just thinking, oh, that's not me.

Absolutely. Yeah. And there's lots of different ways to get these infections. You can kiss the wrong person or the right person. You can, get it from mom through the placenta.

That's a really common way you can get it from anything that takes a blood mule, that's passing blood back and forth from animal to animal. So that could be a mosquito. It could be a trigger.

It could be a tick, it could be a biting fly. So there's a number of different ways that you can get this. It doesn't have to just be from a tick. And what's really interesting too, is oftentimes people will start a relationship with someone and then they will feel worse.

And oftentimes that's because you're swapping infections back and forth. And for, you know, when somebody gives you and it doesn't have to just be with intimacy, it can just be with kissing.

But when somebody gives you an infection that your body is not prepared for and you feel worse, sometimes they feel worse because of what they got from you, and sometimes they don't.

It's hard to say, but that's always an important part of this history where when you get into a relationship with somebody and you feel worse, got to pay attention to that.

Yep, yep. Okay. So any other infections you want to highlight. Yeah. So in terms of the BCA that's another one that kind of plays around with these. So it's considered the North American malaria.

Oftentimes people are usually the hottest person in the room where they're like hey can you turn down the AC and everybody else is like, what are you crazy?

Where they're outside shoveling snow and a t shirt. Or and they often have shortness of breath, air hunger, that hottest, that hotness also can, can, switch over into sweating.

So they may have spontaneous sweating every couple of days, every couple weeks, every couple of months, sometimes during the day, sometimes at night. Their sleep is usually awful.

Really hard time falling asleep and or staying asleep. And they have really bad mood issues. So sometimes this is anxiety to the point of panic attacks, or to the depression to the point of suicidal thoughts.

Now, what's interesting is that if you think about Covid and long Covid, there was one study that was recently done that looked at 265,000 people who, in a six month period after they got Covid, 30% of those people had a new mental health diagnosis.

So that's basically anxiety or depression, could be schizophrenia or something else. Right. And so the question is, is that from Covid or is that from Covid being a biofilm disrupter or distracting the immune system and allowing things like Bartonella and Bubka to come out that end up causing these symptoms?

You know, some people who have long Covid are talking about spontaneous sweating, right? Is that from Bbca? And we don't really know until we start treating and figuring it out.

So those are a lot of the infections that we look at. And then there's Epstein-Barr virus, sore throat, large. Or enlarged, lymphadenopathy. So in large lymph nodes, I could remember the technical word, but not the layman's term.

Right. So and that sometimes is, is more subtle in terms of its presentation. There's some laboratory values that go with these, but those are kind of the big things that we see in terms of the symptoms related to some of these infections that people need to pay attention to.

Yeah. Yeah, I think this is this is huge. What about parasites? Got anything to say about those? Oh yeah. Parasites and parasites are definitely more nebulous.

You know, you're definitely more of an expert on this than I am. But in terms of sometimes there's skin rashes, sometimes there's abdominal stuff, sometimes there isn't.

But you know, my knowledge is that parasites can cause almost anything. So that's another one that we have to pay attention to. And then also bacteria and yeast, we've got itchy ears, itchy anus, more skin rashes, more itching.

That more sinus stuff. You know, mold and yeast oftentimes are going to cause a lot of sinus stuff. So there's so much that you can determine by symptoms.

But there definitely are some things, you know, when we look at those 33 different causes, 75% of those can be determined by symptoms alone. And then 25% really need the labs.

And so there's so much that you can do just by looking at your symptoms. Totally, totally okay. So lots of infections causing a lot of problem with the immune system causing mitochondrial decline, causing low energy.

I mean, you you are the fatigue and energy guy. So if you're not handling these infections, it's not likely you're going to get better. So, something that I would love for you to touch on if you can, energy, low energy fatigue being one of the hallmark symptoms of Covid and one of the most common.

Can you speak a little bit on how much of that is cell danger response and shutting down energy on purpose to so that the virus doesn't have ATP energy versus it's just destroying colonies of mitochondria?

That's a great question. And I think it's both. So in terms of the cell danger response for those who don't know when the body has is under chronic stress, it basically shuts itself down.

So it's saying and it's trying to protect itself. You know, everything that the body does generally is trying to protect itself. And so oftentimes these infections are getting inside these cells and they're taking over the machinery.

And they're getting into the mitochondrial DNA in addition to the nuclear DNA and whatnot. And so consequently the body's like, hey, I don't want you guys to keep replicating.

I'm just going to shut everything down so that you can't get in or whatever. Consequently, then guess what? You're not making enough energy. So I think that it's it's a combination of things.

So the, the, the infections are operating in a number of different ways where they attach onto the cell, they inject their, DNA or RNA into the cell. Then they're going to, get into these different components of the cell.

And so when we're going into we're looking at each one of those different components and trying to mitigate the damage as we go through this process. But you're absolutely right. It is cell danger response.

It is destroying mitochondria. It's taking over mitochondrial DNA. It's causing, chronic inflammatory responses by the immune system that is just trying to get rid of it, you know, the immune system.

So we talk about inflammation. Inflammation is a normal process, right? You scratch your leg. You break your leg. You want all of these wonderful cells in the body to go in to fix it.

But what ends up happening is that if you have a problem that the immune system cannot fix because the cell is hiding in joints or in the muscle or in the skin or whatever, it has to go after that infection.

And consequently, if you can't get rid of it, you're stuck in this inflammatory state. Right. And so that's generally what's happening. And that inflammatory state then in turn ends up damaging the mitochondria and shutting down things even further.

So part of this process is recreating normal. What is normal look like. And how do we remove the things that aren't supposed to be there, and how do we build up the things that are decision?

Yeah. And I think one of the things that I think can help people is if you have fatigue lasting beyond a couple of weeks from your initial infection, then you're beyond the cell danger response.

At this point, your body's done what it needed to do to shut down energy production, to kind of starve out the virus. If you're low energy months, you know, out, then you're beyond that point.

And this is a problem. Mitochondria are suffering. So you have a four step process to fix all this. And I mean there's so much more. I mean, we could talk a whole hour on the 33 things.

Right. But let's give people some hope here and talk about what you do for your four step process, because I know everybody wants to know that. Yeah. And so the first step, if you haven't guessed it already, is finding the causes.

Right. So you got to figure out which of the 33 you have. And like I said everybody that I've that I see who has low energy has 20 plus of these causes.

And you know, you may have a different causes than somebody over here who might have causes one, three, five, seven, nine, whatever, and somebody else's causes two, four, six, eight and ten, which means that then you need different treatments.

So, you know, if you've got a buddy who got a B12 shot and they feel great and you get a B12 shot and you don't feel great and you wonder what's wrong with you, it's just that you don't have that cause, right?

Unfortunately, 75% of those causes can be determined by symptoms alone. So when people join our program, they go through workbook. And step one, they're going to be able to figure out their cause before they get any labs, which always makes people feel good.

The Four-Step Energy MD Method

So that's step one. And then step two is to replace those deficiencies. So we talked about deficiencies and toxicities and how this process is all about the toxins.

But we have to replace those deficiencies. First we have to make you stronger so that you can tolerate the stress of going after the toxins because it it is stressful.

Plus also we want you to get some quick wins. We want to increase your energy. We want to boost the mitochondria. We want to boost the adrenals. We want to do the subjective ramp up of the thyroid, because 95% of the people who I see who have low thyroid aren't appropriately aren't on enough thyroid, or their dose is not correct.

We want to make sure that vitamins and minerals, lifestyle habits, neurotransmitters are all appropriately replaced. Now, if you notice, I don't talk about lifestyle habits early in this process, and a lot of that goes from is because when you first start this problem and you are tired, the last thing you want to do is change your diet.

And most of the people that I see have already changed their diets, are trying to sleep better, are trying to do all the things that they are seeing online that they know that they need to do, but they're not having success.

And a lot of that is because you need to step in to taking the supplements. You need to start replacing the deficiencies, because you also need to recreate your circadian rhythm.

If you want to sleep better and you need to have more energy. If you want to have the conversation with your family about going more paleo and and actually preparing the and and ordering the right groceries and making those changes right.

Yeah. So that's step two. And then step three is opening up the detoxification pathways in preparation for step four. So detoxification has a lot of meetings for folks.

But in in lay terms we're basically just talking about opening up these pathways that are in the body that get clogged with the number of toxins that you have that have to be open.

So this is the intestines. You got to be pooping at least once a day, hopefully twice a day. Liver and kidney. Those are filters right. Which gets clogged with toxins.

Then we have and we have different we have different phases in the liver. Then there's the lymph which is the garbage system in the body which gets clogged up.

Then there's the neural lymph which is the garbage system in the brain. And so all those pathways have to be opened. I kind of think of step three as like this, this funnel where it's the bottom of the funnel is clogged.

You're not going to be able to get the toxins out. You're gonna basically dump them in and guess what? They're going to go right back into a different compartment in the body.

So you got to open this up so that when you dump things in then they're able to go out of the body. And that's when you're going to have more success.

And that's why people say, you know, I started going after infections or heavy metals or chemicals. And I felt worse. Well, yeah, it's because you didn't spend enough time in step three.

You got to make sure that the that funnel is open. And then basically the rate at which you can dump things into that funnel is determined by how wide that funnel is at the bottom.

Right. So and that's so important in preparation for step four. Go ahead. This is so important I want to highlight that you're saying this because this is missing in a lot of quite frankly, in a lot of functional medicine, protocols is this piece of opening the, the funnel, opening the drainage system.

I like to think of it like pouring Drano down a pipe. Right. You've got to open that pipe to allow the bathtub to drain, to allow the sink to drain, whatever it is.

If not, it's just going to back up, back up, and you're going to end up with water where you dirty water where you don't want it. And in your body it's going to end up in places you don't want it, like your brain.

And so, I just want to highlight that you do this, this is really important for people watching when you are, when you are choosing a practitioner to work with, you want to make sure that they do this step critical.

And so many people are quick starts. Right. They want just I just want to start pulling toxins out now. I just want to start killing now. Like let's just kill it.

And you can't do that because people will hate you if you just go straight to killing because you'll make them feel like crap, right? Yeah, I know, yeah. And part of I.

I'm so glad you said then part of this is really a spiritual practice in terms of the your body is telling you to slow down. You know, the body like small changes and slow and steady wins the race.

Right? So yes, we all want to get there yesterday, but if you just commit to it and go slow and steady, you're going to learn a ton and you're going to get there actually faster than hijacking the whole process by being like, I'm just going to take a ton of anti-microbial.

And then we got to pick up the pieces, you know, for 2 or 3 months, you know, because you feel like crap. Oh, yeah. And, you know, here's the thing too.

If you really focus on that drainage funnel, it's quite therapeutic. You are going to start just by opening that funnel up. You're going to start passing toxins.

You're going to start passing infections naturally because your immune system is like, finally, I can start getting some of this stuff out, and then you're going to have assistance with all the good stuff we've got on the other side to get rid of infections and toxins.

But so good of it. Okay. So anything else on your four steps? This is brilliant. Well, I was just going to add on, you know, as an aside, a lot of people, you know, once they like if they initially do their, their testing, like, let's say you're in testing to look at heavy metals, chemicals, molds, sometimes you won't find that much, but then you go ahead and you start opening up the the pathways.

In step three, you start mobilizing things out of the tissues, and then all of a sudden you've just got a ton. And so people are like, oh my gosh, why do I have so many more toxins in my urine than I did before?

Or they do a repeat test six months later and all of a sudden some things are better and some things are worse. And it just has to do with the fact that now you are dumping more toxins.

And it's actually a good sign. So yes, it is, it is. Yes. I don't even do toxin testing, on people until they've been opening their drainage system for a month at least.

There's no questions. Yeah, let's let's save your money and just do it after we know there's toxins there. I mean, seriously, Evan, can you escape planet Earth without a toxic load?

You cannot. Okay, we all have one, I have one, you have one rented yours. And mine is lower because we've got all the tricks and tricks of tools to keep it low.

But people always ask me, like, how long do I need to do this for? It's like, well, we're going to get you to a point where you restore your functioning, your energy.

And then if you plan on living on earth for the rest of your life, we should probably have you on some kind of maintenance because you're going to be exposed toxins, right? Yep.

Yeah, I still I still use my sauna every other day. My wife still uses it every single day. Right. And I'm still taking binders every day, you know. So it's just, you know, if you're going to be you're exactly if you're going to be on planet Earth, you're going to need to be working on some of this stuff.

But, you know, your symptoms are better, but now you're just preventing things like Alzheimer's and heart attacks and heart disease and strokes and cancer, because all of those things are related to these environmental toxins that we're going to talk about now in step four.

And you and I are slowing down aging by doing this. So so this is something really important to know. Like we're taught kind of in the Western world, you know, let me think of a good one like take for now, vitamin D is really widely accepted in the Western world.

So just take a vitamin D for the rest of your life, right? Or, you know, fish oil. There's another one that's widely accepted. So your regular doctor might tell you, you know, it's good idea.

You take fish oil for the rest of your life, whatever. And I are here to say it's probably a good idea that you take a binder for the rest of your life, right?

Right. Amen. And we know the good ones. So. Yeah. All right. So, anything else on step four or. Yeah. So. Yeah. So then step four, we're talking about heavy metals.

We're talking about chemicals. We're talking about molds. I mean, this is a whole nother, you know, topic in itself. But I think just touch really quickly.

Like like you said like we all have these things. The question is just how much right. And by decreasing our overall body load, we're going to be decreasing all of these things.

You know when we're talking about chemicals, there's 86,000 different chemicals they're exposed to on a regular basis. Most of those haven't been appropriately evaluated by government and scientific bodies.

In one study, there's 500 chemicals that were exposed to before you even leave the house in the morning. So, you know, part of this, do not get overwhelmed by this process.

Detox Pathways, Toxins, and Long-Term Maintenance

Like I said, slow and steady wins the race, right? You make small changes. But part of this is also just getting more familiar with the exposures that you have.

What is the dish soap that you're using? What is the shampoo that you're using? You know, anything that has a fragrance that's not from an essential oil is a problem, right?

If you've ever lived in a home that had, any sort of water damage, whether it's a leaky roof, flood in the basement or a busted pipe, and that could have been in the history of that home.

I live in a 1926 home. Right. If there was if that happened and that has happened in this home before, there is going to be mold and it's not going to cost you an arm and a leg to remediate all the time.

But you do have to be aware, because you do want to get to the finish line, and you want to make sure that you're addressing all those causes. So heavy metals, chemicals, molds, then the infections that we talked about huge problem.

Because if you have heavy metals, chemicals, molds, they've hijacked the immune system and you need a intact or somewhat intact immune system present and accounted for in order to be able to manage these infections, because a lot of us have these infections, but they're not necessarily a problem until you have some sort of stressful event, or you have enough of a toxic burden that ends up causing the immune system to become dysfunctional.

So that's heavy metals, chemicals, molds, infections, allergies to food, inhalants, negative emotional patterns. You know, anything less than nurturing that's happened in your life to change the way that you see the world, whether it's a really significant abuse or whether it's what I had, which was rejection from a peer group several times in my life that changed the way that I saw the world.

Those things need to be remedied through neuroplasticity. We have a, nervous system retraining coach on staff for us who kind of helps people going through our program do this.

And then there's electromagnetic fields, you know, so anything that has a battery or is plugged into the wall can emit wavelengths and frequencies that can damage DNA as well as your immune system and increase inflammation.

So it sounds overwhelming, but the reality is, is that, you know, this is just a process that if you want to improve every aspect of your life, your mental, your physical, your emotional, your spiritual, you go through it.

And every single day you ask yourself an empowering question like, what can I do today to love myself even more? Or what can I do today to take another step forward in order to be able to improve my health?

And guess what? You're going to get there, but you don't get there if you don't take a step. Every single will doesn't have to be every day, but just taking steps on a regular basis.

Oh yeah. Totally. I think this highlights that this is not a short game. This is a long game. If you are having energy issues and you're looking ahead at your life and you're thinking, I got more big things to do, I have a legacy to leave.

I've got to be a role model for my family, my community. This isn't like you don't hire Evan or me to fix you in a month, right? I mean, in a month, we can get your drainage pathways open so we can do that big work, right?

And. Yeah. So this is a long game. You lived into this. You're going to live out of this? Yeah, and it's an investment. You know, it's going to be an investment of your time and your money.

But so was graduate school. So was college, right? You know, so was residency for me. I came out of medical school and I was like, do I really want to do a residency?

Because I didn't really I knew I didn't really want to do conventional medicine at that time. But I was like, you know what? There's going to be more opportunities to me if I do this and I'm going to know more, I'm going to be able to help more people.

So I made that investment of three years and, you know, and and with us and these programs, we're talking about

six, 12, 18, 24 months generally, that's kind of the you know, most of the time we can get you where you want to be by then.

But you think about you invest some time like that now and then, you have the rest of your year in order to or lesser of your life, rather, in order to benefit from, from, from that experience.

Incredible. And, you know, I'm sure people are just tired of trying to piecemeal this together and figure it out by reading Doctor Google. There's like, you're right, it's like you have a full protocol blueprint, a plan that works.

Remarkable. Evan, thank you so much for being here, for sharing all of this. This has been an extraordinary interview. I know people are going to get so much out of it.

Tell people how they can find you, get a hold of you, work with you so you can find us at energy four leaders.com, and you can find us at Energy Media.

We've got a Facebook group. So there's, pretty much anywhere on social media. And I do love YouTube and I'm getting into TikTok, so I'm really excited about that because I like to sing and I like to dance.

And so we'll see how that goes. But, but yeah, reach out and love to we do offer free consultations, if you're interested. But we have a lot of free stuff going on as well to, to support you along the way.

Thank you so much, Evan. Thanks for having me on my.