The Five Day Detox Trend Might Just Be Moving Your Toxins Around, Not Removing Them Transcript

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Day Four Introduction

I doctor Stills here. Welcome to day four. We're more than halfway done. I hope you've been enjoying the talks as much as I enjoyed participating in them and listening to the ones that my co-host gave.

So we've talked about this is our little Monday morning prep talk. So we've talked about hormones. We've talked about thyroid. We've talked about adrenals.

Today I want to talk about briefly toxins because toxins and your gut and mold and metals and all the things are real. They're all the rage when you go online.

And I just want to give you some pointers on how I look at health and just answer some questions that I get asked all the time.

Why Hormones Come First

So I call myself a hormone forward physician, and that's speaking to us. That's speaking to the perimenopausal menopausal tribe, because one of the biggest things that's happening at this time that is making you not feel like yourself, not sleep, not all the things is your hormones are declining.

And so there's a lot of talk about you need to fix your gut. First. You need to get rid of mold. First you need to purge your parasites first. And that is not what I see clinically.

And that is what I do not recommend. Now, I definitely do all those things with patients, but we do things in order. So what is the order? The order is getting your hormones on board because more often than not, the I don't want to say simple, but the simple act of replacing your hormones is enough to change your life.

So let me give you some examples. We have had patients walk in. I'm thinking of one in particular. She was same age as me. I'm 58 and she was hunched over.

She she was walking like she was 90. It was really sad. And we started her on hormones. And literally the next day she called the office and said, oh my God, I did 10,000 steps today.

Now she could barely walk from her car to my office, and the next day she did 10,000 steps. Now that's an extreme response, but we see these kind of extreme miracles.

Little mini miracles happen all the time.

Terrain, Toxins, and Drainage

So I like to give your body the hormones, and I like to see what your body is going to do because often enough, like often enough, you come in, your complaints are waking, hair loss, fatigue, mood swings in Sonia, pain, headaches, dry skin, low libido, those just off the top of my head and I give you hormones.

And four weeks later when I do your clinical check in, you're like, well, it depends, because sometimes even nature, we're like, oh, nothing's really changed.

And then I'm like, well, that's why I'm glad I take good chart notes. And then we go through and it's like, oh yeah, actually that's better. Oh yeah, I forgot about that. Right?

Because we like to complain when things are not going well, but when things are good, then we forget about it. And you know, that's just how we are as humans.

So we give ourselves grace for being human. But often all the things are better. And it's like, okay, now we can go and look and see. Do you have a toxic load?

Do we need to start addressing your microbiome? Do we need to talk about getting your teeth handled because you've got old root canals or mercury or cavitation, which are infections in your jaw.

And we and we want to optimize your health now sometimes. So that's like best case scenario, sometimes we give hormones and five of the things get better and five don't.

But at least we know which five were mainly due just to a hormone deficiency which remember although there's an ICD ten code for menopause and I am guilty of using it in my charts, it's not a disease.

If I was going to like petition the ICD, the ICD ten people, I'd beautician for that. It should be like natural transition of becoming a rock star in the second sacred act of my life.

That's what my ICD ten code would be called. So it just makes sense to me that we handle your hormones. Now, a lot of people who tell you not to handle your hormones, if you look a little deeper, they don't have a license to prescribe hormones.

And so they're not necessarily looking out for what's best for you. And I promise you, I always have your back. I always have your best interest in mind and love referring out.

If I think there's something you need that is more important, for example, like biological dentistry or energetic healing, then doing the physical work now if we can do them all at the same time, that's great.

But I look at things from a very terrain based perspective. So what does that mean? It means I'm looking at your whole organism. So these hormones are going into a system.

And this system has energy. It has your emotions. It has your lifestyle, it has your toxic load. Because let's be real, when I started practicing 25 years ago, I used to like give out handouts to patients.

There were barely computers back then, and it was like, let's see how toxic you are. Do you have duck circles under your eyes? You know all the things.

Is your rectum itchy? Do you have stubborn weight gain that won't go anywhere? Are you fatigued and you don't know why? All the questions and now I don't ask.

Let's see how toxic you are. Now the question is, we know you're toxic. Let's see how your terrain is handling those toxins. Let's see how your a monk trees, which is a fancy term for your eliminating organs or your drainage organs.

Detox Support and Clinical Tools

And these include everything from your liver and your bile and your gut and your lungs and your kidneys and your skin. And if you are still having a cycle, your uterus, because the menstrual period, the shedding of the uterine lining is another way that we detox.

So it's saying, how are you handling the toxic load that's coming in? Because I think I forget on purpose the number, because I probably is just too depressing to me.

But a baby in utero, through the cord, through the gift of life from the mama, is exposed to hundreds and hundreds of toxins. And we're not just talking about toxins like pesticides or glyphosate.

There's the unseen toxins. There's the Wi-Fi and the emfs and the dirty electricity. There's the toxins of your thoughts and how you think about yourself and how you speak to yourself.

There's the toxins of the toxic relationships we may or may not be a part of. So toxins, there's seen toxins, there's unseen toxins, and we're basically being bombarded by them.

So this is not to depress you because we are resilient and we can we can excrete these toxins. Sometimes our body needs a little help and we do some deeper detox work.

And sometimes our body is a good at detoxing. And so we just need to learn where you are and how to help support you on your detox journey. But there are things like if you come to our office at Lasting Wellness Center, the first thing we ask, well, the first thing is we are so excited you're there and we welcome you with joy.

But we ask you to take off your shoes because I don't know where you walked. I don't know who sprayed pesticides. I don't want you tracking that into my home, my my flaws.

So this is something easy. We can all have shoeless homes that we can do. We also then have you put your phone on our EMF because our phones, as lovely and helpful as they are, they're also disrupting our energy and our lives and our health.

And so we want to clear the emfs from them. So we have a box you can set your phone on. We spray you with sage to cleanse your aura, to cleanse any Ickes that your energy is carrying.

So these are little things that can be done. Then there's big things like going through chelation because you have a heavy load in your mouth of mercury, or you're carrying a toxic load of aluminum or lead.

And before you dive into big detoxes, we need to make sure your body is ready. And that's where drainage comes in. And that's where looking at the terrain and looking at the extracellular matrix, which is the soup that the cells swim in.

So everyone is really concerned about the cells. I like the cells too. I pay attention to the cells too, but I'm more interested in the soil, the soup that the cells are stewing in.

And so that's where European biological medicine and drainage comes in. And that's where we're clearing your scars with neural therapy. We're making sure that your your mouth is healthy.

No one likes to go to the dentist. But it's an important piece of healing, especially if you're dealing with chronic illness. And of course, in this day and age, the reality of spike protein, whether it be post vaccine or because you've had Covid, is alive and well.

Lifestyle Layers and Final Takeaways

And something that I address with every patient because it's the new face of medicine and the spike protein is wreaking havoc. And so that's why we have tools like full body PRP to reset your immune system.

Why we do Eboo, which is extracorporeal blood ozone and oxygenation to help cleanse your blood, to cleanse the metals, to cleanse the mold, to cleanse the spike.

So there's lots of different ways that we can address. And just like we go to get our teeth cleaned every, you know, I go every three months, but, you know, maybe you go once a year, every hopefully you go at least twice a year because so much lives in our gums that can affect our system.

Just like we do, that we need to be cleansing our blood. We need to have tools in place. So simple things like I mentioned like taking your shoes off, the gators, spraying your aura and then looking at your diet, making sure you have good water filtration, making sure you're eating organic and grass fed and finished as much as you humanly

possibly can, making sure you have good air purification.

So there's lots of layers that we can put into our lifestyle. And then maybe we are doing deeper cleansing. Maybe we are looking at parasites on the full moon, or we're doing a cleanse in the spring to support our liver and our gallbladder.

So it's different for everyone. And I can tell you that detox is not a quick fix. The five day detox program. And I'm really, really ragging on Instagram.

But but the five day detox program that the influencer tells you will fix everything. Probably all that's going to do is move some toxins from one place in your body to another.

So the first thing we have to do is drain open. Make sure your body can actually eliminate toxins, and often that's all we need to do. Once we do that, your body gets rocking and rolling and it becomes a detoxifying machine.

So again there's always hope. There's always answers. I hope to provide as many as possible for you and hormones first. So philosophically mold can mimic hormones.

So if you have mold in your body it can interfere. But if you are totally depleted on hormones and you're just trying to get rid of the mold, it's going to take a long time and you're not going to feel good.

So I want you to feel good while you're healing. And that's another one of the reasons why I am hormones first. So there you have it. We'll discuss it more in our post Summit Party webinar connections.

So keep your eyes open on the emails if you're interested to learn more about what we do at Lasting Wellness Center, you can reach us at (480) 407-6500 or check out our website.

Enjoy today's talks. They're brilliant and I'll see you tomorrow for our last day here at the summit.