Introduction and Podcast Setup

This is another thing that I've seen where you kill the bacteria and fungus, you detox the mold and the metals, and 80% of people or more just feel better and they're all good and they go back into their life.

But there's this subsect of patience that you do all this work. and their immune system is still haywire and reactive to everything. We have this kind of explosion of mast cell activation syndrome in this post-COVID world, partly because our world is toxic, partly because of all the glyphosate is destroyed, all the barriers of the body, partly of all the stress.

But there's aspects at a communication signaling level that is actually awry. And you know, our body is adaptable. It tries to adapt to the situations that it's under.

And when there is all this damage and inflammation, the immune system gets stuck in this kind of loop of fear. Welcome to My MD Unscripted, where healthcare gets personal and the script gets tossed.

I'm Dr. Clint Carter, ER doctor turned direct primary care freedom fighter. We're on a mission to challenge how our healthcare system treats patients in America.

In every episode, my expert guest and I dive into real conversations about what's broken and how we can fix it by making healthcare about people, not just managing disease.

It's time to rethink what healthcare should be and how we can make it better together. Welcome to the podcast. Hey y'all, welcome back to the My MD Unscripted podcast.

I'm your host, Dr. Clint Carter, and I am honored to be joined today by Dr. David Morcombe. He is a pharmacist, but he's also a functional medicine doctor that integrates pharmacology, nutrition, herbal medicine, bioenergetics.

That sounds awesome. And he just doesn't believe that your gut symptoms are all from the gut. And, you know, everyone's talking about gut health these days, so I can't wait to dig in more and go deeper.

So I think my question to get us started, Dr. David, then I'd have you kind of introduce yourself more properly. But what if our gut symptoms aren't really The gut.

What if it's the body's warning system that something upstream is breaking down? And so that's something that I'd love to dig in with you further on. So thanks for joining us, man.

Tell us how we got here. Yeah, I'm really excited to talk with you. And again, Dr. David Morcom, Integrated Wellness FX Center here out of Dallas.

Gut Symptoms as an Upstream Warning Sign

So love meeting with another Texan here, doing the good work, fighting the good fight, and trying to just letting people know that there's reasons why everything's happening.

It's not always the common reason that you might find on Instagram or what you might know and have learned. Um, and I wrote some articles and I've been passionate about just trying to spread some of this understanding because I think the collective consciousness is very into understanding that gut work is important.

And that's a key part of health and healing. It's in a foundation. But what I find is that a lot of my patients coming to me with especially more complex gut issues that are not being resolved.

It's because it's the gut symptoms are not the primary driver. They're actually secondary to other upstream issues. It's not always the case. I would say a lot of the times and most of the time even the gut things is maybe one of those baseline systems.

If you fix that, all these other systems are going to fall back into place and it's the biggest bang for the buck and it makes sense to start there. So all your supplements work better, all your foods absorb better.

But sometimes again, there's things outside of that. And I think toxicity is a big piece of this picture. just because you know we're all exposed to so much toxicity these days and so much of that is coming out of that liver and it's all getting dumped through that toxic bile which is so inflammatory so irritating so damaging to the gut and so people can be doing all the best gut work but if there's not bio flow If there is damage to the enteric nervous system because of all these mycotoxins and metals coming out, if the vagal flow is not, you know, even autonomics are not sending and directing ability to break down your foods and to be able to move your gut properly, you know, all these things and many more can be contributing to your gut symptoms.

So there's a little kind of thing. We'll go, we'll go deeper, I hope. Yeah. Well, so let's do that. You know, if. If the gut is the messenger that's, that, you know, something else is going on, it means that it's not responding to some sort of, you know, your basic GI tract functional medicine diet supplement strategy.

And, you know, I liked the picture you just painted of the toxic load that happens whenever the liver, whose job is to detox, right? And then what does it, how does it get rid of it?

It gets rid of it into the bile, into the gut. Let's go more into why the gut takes a hit when it has to do with that toxic burden from the liver just doing its job.

Yeah. So, and the liver is breaking down really these oxidative radicals that need to be quenched and metabolized appropriately to get rid of it. And a lot of it's dumped through the bile.

The bile is the vehicle for toxicity to leave the body. It's fat soluble, you know, a lot of these toxins. So that's, you know, the bile absorbs a lot of our vitamin A, D, E, and K, of course, but it's also the exit vehicle for these fat soluble toxins, mycotoxins, metals.

A lot of them come out the liver and they get dumped into the gut and that can cause a lot of damage to the tight junctions, to the microvilli that are important in absorbing our nutrients, but also create just a lot of an inflammatory storm of just a lot of reactivity and lead into the intestinal permeability, which then causes the inflammation at a systemic level, which then leads into the autoimmune issue, which then damages the variety of tissues that there's antibodies for.

The gut is the kind of gateway, it's the central axis, the division between the external world and the internal world. And if that's degraded, then a lot of things start degrading from there.

So we need to go beyond just trying to fix the gut, because sometimes people are like taking these gut supplements forever, trying to repair things, but they haven't gotten out the thing that's actually continually damaging the system.

So we'll do gut work, we'll kill off the bacterial fungus and the parasites.

Toxicity, Bile Flow, and Gut Damage

But if you don't restore bioflow, if you don't get out to clean out the liver and clean out the cells, you know, that's a whole nother level of detox that you need to talk about because people are focusing so much on liver detox.

When the cells are where, you know, a lot of these toxins are hiding, these toxins are fat soluble. So they go into the cellular membranes, deep into the recesses of the tissues and the mitochondria themselves.

So we need to do that kind of work. You know, I talk to patients all the time about like, okay, so your liver's, your liver's taking care, you know, your liver's digesting that medicine or clearing that toxin or you know, all of that stuff.

I guess I never really have put two and two together that when it excretes all of the toxins that it captured. It's excreting it directly into your small intestine.

And so there we go. If you keep pumping toxins into your body and the liver is doing its job, then your gut's going to ultimately be downstream, literally down the stream of that toxin load.

And when you do get a cellular cleanse and you are getting some of the toxins out of the cells, especially during a weight loss phase and some of these other cellular cleanses, it typically hits the bloodstream and then hits the liver and then hits the bile again.

So I really, that's super interesting the way that you put that. I had, I don't know why I hadn't thought of that before. Cause the other organ that's clearing things out is your kidney, right?

And it just, it goes to your urine and it's relatively, you know, mostly benign. Obviously it's not completely benign, but you know, if your, if your toxins go to the urine, it's not circulating back into your gut.

Like, like a liver detox downstream would be that's. Super interesting, man. So, you know, parahepatic circulation or recirculation, and they say, you know, 80% of your toxic load, a lot of people are doing all this liver work constantly, but they're not using binders appropriately, for example, and a lot of it just gets reabsorbed every single time, and then it goes back to your bloodstream, your liver has to process it all over again, and then 80% is reabsorbed.

So, you know, the types of toxins you have, we need to know what those are so we can use the correct binders to be able to do that. It's not about just binders.

We have to mobilize it from the cells. We have to process through the liver. We need to use bitters and things to help support bioflow to kind of dump it out.

And then we need to catch it to actually carry it out of the system long term. Yeah, you've mentioned bile flow a couple times. I've never really thought of bile flow as being manipulatable.

What all goes into that? Cause I could see, you know, thick sluggish bile, you know, causing it, you know, toxin backup or whatever. Tell me about what you kind of, what you're talking about when you talk about like correcting bile flow.

yeah so you know liver is what makes the bile gallbladder holds the bile and when there is a lot of toxicity and stagnation and methylation issues uh there just becomes a sludginess quality of the bile and so becomes liver gallbladder stagnation which you would maybe say in a Chinese medicine way of understanding and things are not flowing correctly.

And that's the exit vehicle of things. And mold especially blocks the bile ducts. So, you know, you have even more of that recirculation constantly or that kind of sludginess with mold.

And when bio flow stops, a lot of the downstream actions of bio aren't working. And so bio, for example, is not just to absorb fat soluble vitamins. It actually keeps a lot of the bacteria in the large intestine.

So it stops keep on coming back into the small intestine. So for example, we kill off all that bacteria. You have SIBO, small intestinal bacterial overgrowth.

And you kill it all, you repair it all, but then you don't restore bio flow. well then you're not breaking down these foods as well maybe there's more leftover things for to feed things and then we're not keeping all that bacteria in the large intestine so it keeps on climbing back into the small intestine over and over so that's an example of bio

flow and you know very simply even just eating bitter herbs any kind of herb or food that is bitter like dark leafy greens, especially dandelion, solidago, myrrh, a lot of these are put together in Swedish bitters and things.

These are things you can take before your meal, and this is why the French sometimes will eat salads after, I believe. Some people take salads before, but they're all kind of there to help our digestive processes.

And that's one way to be able to get bioflow moving. But it's also, we just need to do that detox. We need to actually move some of these chemicals out and we need to break down some of the stones sometimes even.

We can sometimes even do weird things like liver gallbladder flushes where we take all that olive oil and, and lemons, you know, there's easier ways to do it.

But you know, when there's a lot of stones in there, you know, you want to be able to flush it. And so some people need to do that. Oh, that's cool. I always thought bitters were just for making an old fashioned.

Apparently there's better uses for it than just alcohol. Who knew? alcohol being a neurotoxin does move us well into the sort of like this whole nervous system piece, because I think that's also going to be relatively new to most of our listeners.

You know, they've heard lots and lots of talk about the gut. The bile liver thing is a new angle on that, but it's still very closely related to the gut.

Tell me how. nervous system toxicity and inflammation, you know, alcohol being a neurotoxin, how that affects what's going on in the GI tract, man. Yeah.

I think that it's so many different levels. I mean, we have obviously the vagus nerve that comes out of the central nervous system brain that is the wandering nerve that connects to all the other organs, including our gut.

So it controls. pancreatic enzyme secretion, the ability to have a strong digestive fire to break down foods, also helps with gut meltility or peristalsis to move those foods to break them down.

So for example, again, we do all the gut work, we kill things, we repair things, but if your ability to break down foods hasn't been restored, because you have vagal nerve inhibition or dysfunction, Then leftover food is going to feed all those fungus and bacteria again.

Nervous System, Vagus Nerve, and Gut Motility

And you're going to have this putrefying food and more problems and issues again. Same thing, your gut is stagnant. You know, if you have like a river that's flowing nicely, that's clean water.

If it's a pond and stagnant, there's algae and there's bugs in it. You wouldn't want to swim in that water. And so we got to have flow back to be able to keep the environment, the terrain of the gut healthy.

So it doesn't, you know, cause problems again. So the vagus nerve is a large play in how fast the motility, the peristalsis, the pushing of food and contents through the intestines.

It plays a large role in that. I mean, that makes sense. I always, you know, I talk about the gut as having its own. nervous system in its way, right?

Like you get, you know, irritable bowel or you get anxiety and your gut starts acting up. You know, I guess a lot of that is mediated through the vagus nerve.

That makes, that makes perfect sense. Obviously the vagus nerve is the main innervation to the gut, but I had never thought of it as, you know, Stress causes, you know, vagal, you know, you get the stress response, right?

And then, so it's messing with how your gut moves food through and that affects how long the bacteria has access to it, et cetera, et cetera. So, huh.

That makes perfect sense. And the vagus nerve, you know, innervates and connects into the enteric nervous system, which is the brain of the gut. Right.

And, you know, interestingly here, you know, we can have interference at many different levels of the system to make it go awry. And so at the state of the point of the enteric nervous system, again, some of these toxins coming out of the liver can definitely damage the enteric nervous system over time.

especially mold and metals and things like that. But also, you know, if you're on long-term stimulants, you know, like even Cape Allo and Senna and natural things, right, those will also damage the enteric nervous system.

We need to rebuild that. But also, you know, it's not just stress, you know, I think everyone's stressed, but then there are things that inhibit the vagus nerve.

So those same toxins like mercury, for example, mercury just poisons the vagus nerve, inhibits the vagus nerve from working. And so that can be a big part of this as well.

Also, if you have accidents and you have some C1, C2, occipital lobe tension in your neck, all that vagus nerve has to go through that. So if you have all this tension here, it's kind of restricting some of that and some of that nerve flow is not getting to the gut.

So sometimes it's not to do the gut, you need to go to a chiropractor, you need to adjust some of those things on the fascial system. So it's always going to be different.

Some people have brain injuries. If you have a brain injury, within hours, your gut has intestinal permeability. You have leaky gut in hours after a head injury.

That's crazy, man. I've heard that before and I've never really thought through the mechanism of that. crazy, but that's just how, I think it's less about how that happens and more about the intricacy that is the normal gut dance of having healthy bacteria, of having good bile flow, of having good nervous system throughput and, you know, The nerves of the gut communicating with the vagus nerve and everything, just the dance moving smoothly and working well together versus you have a head injury, you throw a part of that off, throw something else off.

Next thing you know, you've got leaky gut, which is going to make you autoimmune. It's going to make your head injury worse. It's all that cycle that a bump on the head, a significant bump, but a bump on the head can start with the gut and beyond.

That's crazy, man. Yeah. And that's pretty much my story. I got multiple head injuries when I was at a young age and all the systems in my body started falling apart and I would master one system and then I still want to be fully better.

I want to master another system and eventually realized that I just had a brain injury and I had to really fix that. So that's why I was just very tuned into some of the bio-energetic and the nervous system, some of these more complex issues, because I had a lot of these issues, had to figure it out myself.

Well, I mean, that leads me to, okay, so we've talked about some of the problems in and out of the gut, but what do we… What do you do about it? Like for instance, take the head injury and maybe kind of chase down that whole, the nervous system angle of this thing.

What did you do for your gut? What did you fix on the head injury side that helps you in the long run? Oh man, this could be a whole podcast talking about brain injuries and how to resolve that.

But I mean, you know, simple things, you know, not even maybe for brain injuries, but just first starting with just the

vagal nerve and things that we can do to actually strengthen the vagus nerve.

Yes, we can do weird things like gag reflexes and we can sing in tone and gargle and things multiple minutes, a few times per day to strengthen that vagal tone.

But there's also technology these days. And I prefer that and using just a stimulant, normal vagal nerve stimulator. Four minutes, twice per day. There's also dead functions you can use on the app on a lot of these here that you can choose specific frequencies that go more into the enteric nervous system.

That's a way to strengthen it over time. Also, you know, also just everything we do to down regulate the nervous system, whether it's meditation, yoga, joy, you know, family, connection, all those are going to be good long term.

I do just feel like our world is so crazy and toxic and our bodies are so inflamed. that kind of rate of disease is so much higher when people are coming in.

I just feel like having some of these tools and these technologies and supplements and things that are helpful and important, you know? So using some CBD and GABA and L-thinine and adaptogen and herbs and ashwagandha and things that kind of down-regulate the system for now until we're able to get those toxins out until we're able to fix, you know, other problems.

So that's one side. And the bagel nerve stimulator is super interesting because I've had I don't know, that's come at me a couple different ways here recently and you know, I was thinking of it on the stress side and I was thinking of it on sort of a, even an immune balance side, but I wasn't really thinking of it directly affecting the gut, but I don't see, that's probably how it does most of what I just said, right?

So that's super interesting that there's a tool that you can actually just stimulate the nerve. non-invasive and you know, with a home kit or an in-office solution, either one.

Are y'all doing, are y'all doing vagal nerve stimulator treatments at your office or where is that getting done? Yeah. I mean, I have all types of tools and technologies.

I'm really into like PMFs and red lights and microcurrent and how to combine them and use them and hyperbarics and the whole lot and combining with peptides and stem cells and exosomes to like heal some of these injuries at a deeper level.

You know, you can be pretty creative. But the thing with the vagus nerve, it's more about regularity.

Brain Injury, Nervous System Reset, and Vagal Stimulation

So if you do 20 minutes of this vagal nerve stimulation one time before you go to bed, that's not as good as just like four minutes, you know, two times per day or something like that.

So I can only take so much input at once. There's more of that consistency. So it is important that they have a unit at home. And so this is good to tell them.

a little unit we have one on our site and it's only a couple hundred bucks and that's what's cool about it is that back in the day it used to be like five hundred dollars for one of these it'd be only one side and you'd have to pay for each after 90 days you have to buy a new subscription for it oh gosh yeah so now you have it for life for a few hundred you can use it you know as much as you want pretty cool That's awesome.

Yeah, I can certainly see that being a part of our practice soon. You know, our practice is we're not this fully functional, all, you know, all your answers to your functional problems yet.

We're more of a direct primary care access type practice, but something that's low cost, high yield fits so well into our into our practice design. Because once you remember here, we're like, we're weirdly, we take it weirdly

personal, every healthcare dollar that's out of your pocket.

We want, we want to be able to just invest your, your time and money in your wellness, you know, long-term. And so the vagal nerve stimulator has been, it's come at me a couple of times here recently and you may have just sealed the deal.

Cause I have, I think I have a better understanding of the physiology of it now than I did, you know, with sort of my cursory introductions before. What other toys, I think this is a great time to go into like, What else is You know, what else do you guys use?

What else is coming? What's sort of the cutting edge way to address both gut health, but also some of these other, you know, upstream problems. Yeah. I think, you know, I'd want to just talk about briefly, maybe like one last layer of maybe some of the problems and some of the patients that are having a difficult issue.

And then I can kind of frame it, you know, answering that maybe. And the reason why it's just like, this is another thing that I've seen where. You kill the bacteria and fungus, you detox the mold and the metals, and 80% of people or more just feel better and they're all good and they go back into their life.

But there's the subsect of patients that you do all this work and their immune system is still haywire and reactive to everything. We have this kind of explosion of mast cell activation syndrome in this post-COVID world, partly because our world is toxic, partly because of all the glyphosate is destroyed, all the barriers of the body.

hardly if all the stress. But, you know, there's aspects at a communication signaling level that is actually awry. And, you know, our body is adaptable.

It tries to adapt to the situations that it's under. And when there is all this damage and inflammation, the immune system gets stuck in this kind of loop of fear of threat and being hyper reactive to shoot out all that histamine and those mast cells to explode to handle the threat.

And sometimes you fix all those issues and it's still in threat mode. So this is where. dealing with the nervous system, using tools and technologies, seeing what we can do there.

Because, you know, when you're in the parasympathetic state, that's where your immune system can calm down as well. We have the neuroimmune system. So if our immune system is downregulated, our nervous system is downregulated, our immune system starts to get more balanced as well.

We also the opposite here. If our immune system is super haywire, super inflamed, our brains inflamed, And there's going to be more of that sympathetic activation.

And for the listeners out there, so like we all are living on the edge of fight or flight. It feels like, right? Like the world around us is just coming at us at a hundred miles an hour.

And there's just a thousand things. You're available to everyone in the whole world on your phone all the time. There's an earthquake in Indonesia, you know about it immediately.

We're just constantly bombarded. And so that's the sympathetic, that's the fight or flight part. And like he was saying, like that's your immune system responds like you're in the woods running from a bear.

Like just don't die right now and everything will be okay when the bear goes away. As it turns out, the bear's not going anywhere. And so what we're shooting for is a little bit more parasympathetic, which is the opposite.

That's the rest, the relaxation. That's where you make. you know, more longevity type decisions and your body acts like maybe it's going to outlive the bear and come back around, you know, low hormones, all the things.

It's so ADD, stress, anxiety, so much of that is sympathetic tone. So back where you were going, so the immune

system is in this loop, right? So the immune system is all fired up because of the inflammation, which causes more sympathetic tone, which causes more immune firing up.

Yeah, exactly. And so sometimes the neuroimmune system is just haywire and just being reactive and getting the defense mode, even when it shouldn't. So this requires kind of a resetting of the nervous system, of the immune system.

And there's lots of ways to be able to do that. we need to kind of activate and fix the extracellular matrix. And the extracellular matrix is the scaffolding of all the cells that connect one cell to another, connect one neuron to another to create a thought pattern or a loop or behavior or activity.

And this is the area where the fascia runs through, is where the nervous system runs through. And I think it's not really talked about enough, but sometimes there's this function at this communication and signaling level.

So for example, sometimes the actual microvilla and the tight junctions are damaged. You might give aloe vera and slippery elm and marshmallow root and cat's claw and okra and all these things that soothe and heal the entire lining of the gut and that can work really great.

We can use BPC 157, peptides are a little bit more advanced to help heal and repair, works really well even orally. But then again, it's not always just about repair.

Sometimes the tight junctions are just opening It's almost a signaling problem.

Mast Cell Activation, Extracellular Matrix, and Bioenergetics

They're just constantly opening, which is allowing all the food particles and microbes and the endotoxins from the bacterial fermentation to come into the system to cause that inflammatory storm and histamine and reactivity constantly.

Even if your foods are not that big of a deal, you're eating pretty perfectly. But the tight junctions are opening. So it's more of a voltage issue. It's more of an extracellular matrix issue.

And so we want to fix that. And there's things like, you know, ion gut restore, and there's kind of detoxing the metals in the mold that are damaging it.

There's things we can do to kind of get the actual vagal nerve and losing electrical systems and things to kind of reprime those connections there. I like, so I was wondering where you were going with the gates are opening.

Otherwise everything looks okay. So ionic. slash polarization therapies, whether it's vagal nerve stimulation or some other. So tell me about what's ionic therapy look like.

What's that about? Well, that was, that's one of Dr. Zach Bush's, you know, supplements here. It took me a long time to wrap my head around kind of how it worked in a way.

Right. You know, I'm typical like, you know, pharmacist, like physical biochemical needs something to heal this thing. But I'm just like getting onto this new layer of the bioenergetics and the communication, the extracellular.

things here. And it's just it's another layer that I think we didn't really have to understand before. But now just everyone's just so reactive. I see so much mast cell activation and people are just so sensitive to everything.

They can't even take any supplements. So I've just had to dive deeper into this layer. And this is an interesting kind of side note, but I think it's interesting is that when you look at psychedelics and how they work and how they support the body, how they reset things, the unifying mechanism for all psychedelics is that it acts on the extracellular matrix, that it dissolves the extracellular matrix to allow one you're on to reconnect to another to kind of break open those old pathways and loops and ways of thinking.

So we're able to have plasticity to kind of create new ways of being in the world. So this can actually help rewire some things too. You know, so a lot of times people have all this function, they have brain injuries and things and psychedelics and a boga, which, you know, Rick Perry in Texas put $50 million into just a couple of months ago.

Pretty cool. Neuroplastic substance known demand. I think a lot of people will need some of that difficult, more important neurological resetting there as well.

Oh yeah. I've had a couple patients that are, that have experienced abogaine and have been and done it and are a part where they're with governor Perry now and the process of getting it done.

And it's. Super interesting. I had no idea how it worked. You know, I love the idea of breaking down some of the old scarred up, you know, in the way extracellular junk and allowing the important stuff to be able to re-communicate and reopen some of those pathways and think outside some of the broken pathways.

That's super interesting. This whole electrical outside cellulametric bit, that's super interesting. Okay. Cool. What else you got, man? I love, I could talk about cool new things forever.

We use a lot of peptides in my practice. Obviously BPC 157 is not exactly cutting edge, but it still is. I mean, most of my patients don't know about it and it's so good.

You know, my, my, my kids, they're teenagers, their guts were always upset because they like to eat junk. And, you know, there's only so much we can do about it and their backs were hurting.

Everything was hurting. And like, why are you hurting? You're like 16. You're supposed to feel your best ever. So we're just hitting on with like probiotics and the BPC.

And it's like, all of a sudden they don't eat like idiots. They start feeling better everywhere. And it's, it's such an easy, what's fun about experimenting on a 16 year old girl is that she's otherwise so healthy.

that you immediately get, you don't have 17,000 other variables floating around, right? And you're like, don't eat that for a week, do this for a week.

And then at the end of the week, she's like, I feel so much better. I'm like, great, let's keep doing it. No, I'm going to go back. It's like, well, you can't fix stupid, but we did help their gut quite a bit for, you know, a week at a time, right?

I love stuff like that. That's great. And you know, I think healing or repair is so important. And I think sometimes people forget to just fix the issue that caused the damage in the first place.

So we talked about toxicity. I would think, you know, one last thing is just like a lot of difficult patients that come to me with, you know, long lasting SIBO and CFO that's unresolved or recurrent.

They have to have a bunch of biofilms and these biofilms as you know, are just kind of hard to break down. There's these mucilaginous layers that the fungus creates to seal itself and protect itself from your immune system and from antibiotics.

So you need 10 times the amount of antibiotics to be able to kill an organism in a biofilm.

Biofilms, Advanced Gut Repair, and Closing Remarks

So people would have long-term C-Bone C-Photo, they've had a lot of antibiotic use, or if they have a bunch of mercury in their system, for example, because the fungus is so smart, it takes some of that mercury and creates a shield, this biofilm shield to protect itself, to neutralize your immune system.

And so, you know, this is why when we do some of this gut work and kill some of this Candida, there can be a lot of toxins and metals and things that are coming out of this biofilm.

That makes sense. Yeah. Just, you know, recognizing that you might been doing all the things, but if you've done it for many months and you're not fully feeling better yet, you're probably missing something.

There might be some biofilms. You might need to be a little bit more aggressive, actually killing something. And you probably want a practitioner to support you on the killing things.

So that's just a little bit more technical of using biofilm disruptors, using the right dosing and structure. That was my question. Yeah. Are there biofilm disruptors?

Do I just 10X everybody's antibiotics or do you know, how do we kind of get behind the shield, man? Yeah, there's just like, you know, different complexes of using cellulase and hemi-semi laces and using EDTA.

Uh, there's one called interphase plus is probably one of the prototypical used in functional medicine for a long time. Now you take an empty stomach.

So it breaks down the biofilm softens it and allows the antifungal and bacterial herbs are taking at the same time to get in there to really kill things a lot better there.

So that's a key piece. Well, Crud, so much of this is over my head, which is why it's so fun for me to be doing this. For my folks, especially for you, for a lot of my listeners being Texans anyway, how can people reach out and get more information about you and your clinic and some of the things you're doing that we're not doing here?

How can we get people get a hold of you? Yeah. Thanks Dr. Clint for having me. It's been a pleasure. And again, I'm Dr. David Morcom with Integrated Wellness FX.

I'm centered here out of Dallas. We do telemedicine and functional medicine, and we specialize in like the more complex cases to really fix the root cause, getting people back into the world, back into their lives again, without a bunch of supplements, without a bunch of crazy food plans, because we're actually fixing the problem.

So yeah, man, no doubt folks are going to want to, you know, cause I, I've got a handful of patients right now that are at the top of my mind that are sort of fighting that fight, right?

They're, they're doing so many of the right things and yet they're still just a ball of inflammation. What's the best way to get ahold of you? Just look up the website.

We'll have the website in the show notes. What other ways can they get ahold of you? Yeah. It's integrated wellnessfx.com. You just go to our site and our phone number and all that stuff is on there as well.

Beautiful. Yeah. I'll be starting my own podcast here in a couple, couple of weeks here as well. And I hope I can have you on. Please come visit. I'd love that.

Yeah, man, just reach out when you're ready to roll, when you're starting to record, let me know. I'm game. You know, I'll, I'm happy to add what I can add.

It sounds like your audience is going to be pretty interested in some of this more complex functional medicine stuff, but to be able to talk about doing medicine the right way in general, that's, that's where we come in all the time.

So I'd love to be on and do that. And in the meantime, dude, thank you so much for coming on. It's been a pleasure. Thank you, Dr. Carter. I look forward to talking to you more soon.

Me too. Bye bye. Thanks for joining me today on My MD Unscripted. I hope today's conversation opened your mind and inspired you to imagine a better path for your health and therefore life.

If you found value in this episode, be sure to subscribe, leave a review, and share it with someone passionate about transforming healthcare. Real change starts with real conversation, so let's keep on going.

Until next time, stay well, stay curious, and never stop pushing for better.