The Hidden Epidemic: Brain Inflammation, Mold Toxicity & The Hope for Healing with Dr. Pejman Katiraei Transcript

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Introduction to brain inflammation

like the transformations that are possible, the healings that are possible are sometimes unimaginable because parents will just be like, well, you know, my child just has this condition.

My child just has a learning disability, right? Except, well, what the hell is a learning disability? Because I believe all children are brilliant. All children have that sense of joy and love and just vitality and just health.

And when we don't see it, when we don't see that brilliance, when we don't see that love, when we don't see that connection, when we don't see that happiness, that's because something is mucking it up.

And when we take that muck away, literally a new human being shows up who they're connected, they're happy, they're learning. This is Doctor Talks, real talk from real doctors on the issues that matter to you most.

How does inflammation affect your brain? Well, we're going to learn today about that and a lot more on the truly healthy envy podcast. I'm your host, Dr.

Monica, how Reggie board certified internal medicine doctor. And today we have with us, Dr. Katari, a board, Petchman Katari, he's a board certified pediatrician who's gonna talk to us about how inflammation can be zapping the life out of your brain.

Dr. K, thank you so much for coming on. Could you please do us the favor of introducing yourself to our audience? Sure. It's a pleasure to be here. And thank you for creating the space for more people to learn about what's probably happening to them or their children without them even realizing that that was the case.

So thanks for having me. So my background, I did my pediatric residency at Loma Linda University. And early on, I started noticing that things were just missing from our pediatric model.

And with that, we just throw out diagnoses at people, right? Oh, you've got ADHD, you've got an anxiety disorder, this kid has learning disability, this kid has autism, right?

We're so quick to be, well, this is the problem, except rarely do we get to a point of understanding, well, what created that problem, right? And I know that that's your model too, right?

The root cause, what is the root cause? And I think especially in the light of this epidemic of learning disabilities and anxiety disorders and autism, right?

Everyone's talking about the rise of autism. We don't oftentimes ask, like, where is this coming from? What is this all about? And I would argue in the literature really seems to support this, that brain inflammation is one of the root causes to all of these pediatric mental health challenges that we see.

And you can extend that to adults if you wanted. Yeah, absolutely. And yes, our listeners are here because they're wanting more than just what they're getting from their conventional sources.

Root causes behind pediatric diagnoses

And they're saying, okay, If I went to a doctor because I had anxiety, I don't want to just be medicated for anxiety. I want to know why I have that anxiety and eliminate the root cause.

So I don't just have to put a bandaid on it. And so that's exactly what we do in this podcast. We talk about root causes, and this is going to be such a great conversation about inflammation and how that affects the brain.

Yeah. Yeah. And you know, one of the things that's so interesting about the SSRIs for instance, is we're now learning that they're actually acting as anti-inflammatories.

So a lot of the SSRIs, some people are now believing that for instance, those medications that are prescribed for anxiety and or depression, the reason why they're helping and why it takes them three to four weeks to work is because they're actually changing the inflammatory cascade in the brain.

So it's like when you really look at it, this is a really big deal that's affecting so many people. Absolutely. It's rampant. It's something that's happening more and more.

And I think with COVID, we saw a huge spike also in people having issues with inflammatory problems all over their body, but in their brain too. People having psychiatric issues that We want to understand why they're having these issues.

I think that that's a perfect point because there's so many things that could trigger inflammation. And this is the thing that I find a lot of physicians just don't have the knowledge or training to really put together.

Because COVID, I mean, we know is a very powerful virus that triggers gnarly amounts of inflammation throughout the entire body, right? The gastrointestinal tract, the systemic immune system, the nervous system, RSV, flu, they can trigger inflammation.

So I've had kids that were seemingly fine and then they get croup and then two weeks later they're now having anxiety or they've had regressive autism.

And if you distill it down, it's all the same thing showing up in these different ways. Absolutely, absolutely. So what would be a common scenario for one of your patients?

How do patients typically present to you and what is your thought process when you guide patients to understanding what's going on in their brain? Great question.

For me, I always start by asking, what is this child's body and mind telling us? And people say, well, it's so hard to work with kids because they don't always tell you what's going on.

And I would disagree. If you understand what their bodies are trying to communicate, you can pretty much figure out most of what's going on with them.

And that's the beauty. Children are like these beautiful blank slates, right? They don't have the garbage we do. They don't have all of the emotional baggage and all the trauma, right?

So they're beautiful in that sense because they're these pure beings that If there's a challenge, they show it, right? Whether it's anxiety or irritability or fear or digestive issues or whatever.

They're very genuine. They're very genuine for sure. Yeah, they're so beautiful in that way. So for me, my first step is to ask, what is this child's body telling me?

And secondarily, can we find clues to help us figure out why these odd things happen? And I believe that everything has an explanation. Everything has a reason and I know you do too.

It's just a matter of are we smart enough and capable enough to understand what those things were.

How mold exposure affects the brain and gut

And I think one of the things that happens often enough is a lot of physicians don't know how to find the right data points, they overlook data points, and they go in search of whatever thing in the elephant is sitting right in front of them.

And one of these scenarios is, for instance, mold. I've seen some of the top, top experts, and these are holistic experts, where they're teaching courses and et cetera, and I get the consult, you know, family that work with them and the child is still having issues.

And long behold, it turns out that they missed something, you know, mold, like mold. And that's just one example. If you like this discussion, please hit the subscribe button and consider leaving us a review.

It really helps people find us And we truly appreciate your support. Absolutely. Yeah. And mold, mycotoxins have a big role to play in this epidemic that we're seeing, or at least that's what we think, right?

The science is still new. It's coming out. And so for listeners who haven't heard about this before, how do mycotoxins affect the brain? So I want to step back because a lot of times I think when we talk about mold, there's almost a little bit of a misunderstanding and that's because of our fault, the people that have had this conversation and driven it forward.

Mold is really an extension of dampness and which is basically you've got some kind of weird humidity or water event within an indoor environment, right?

Drywall gets wet because of a leak, pipe leak, roof leak, or there's flooding or whatever else. And when you have dampness, there is a whole bunch of different types of mold that grow and they produce mold toxins.

These molds also release these little funny particulates that behave differently than the actual mold toxins. Hawksons do. And then they decide to invite their friends.

So it's, I joke around, but it's actually kind of true. They basically like send out a flyer and invite their entire community of friends that are all very bad actors.

So imagine like all of a sudden there's like a hundred tattooed gangsters that show up on a block and you're like, Whoa, that's kind of scary. And this block party also includes gram positive, gram negative bacteria.

So you've got all kinds of funky molds and their cousins that are the bacteria. And these bacteria, along with these molds, also start releasing their own funky stuff.

So they're releasing their own bacterial endotoxins, which happen to be highly inflammatory to the brain. They're releasing these volatile compounds so they're kind of like gases that they release which is kind of where that musty smell comes from for those people that can smell it.

They release these microbial particulates and you basically get this soup of stuff you know, some of the particulates, some of the gases, some of them toxins that kind of just start floating in the environment.

And when we say mold, what we actually mean is that soup of combination of stuff that's getting released that happens to be highly, highly toxic and highly, highly inflammatory to the human body.

Fatigue, brain fog, mood swings, weight gain. If you're a woman in your forties to seventies, you've probably been told that it's just aging. But what if it's not?

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Visit trulyhealthymd.com and book a consultation today. It's time to feel like you're a real self again. Yes. Yeah, absolutely. It's, it's a combination of things.

When these things come together, what, what really does happen in the brain? How does, how does that affect the brain? We, you and I see in clinical practice, the, the outcome that is people can have.

I'm an internist, so I see a lot of cognitive decline, brain fog as a pediatrician. I'm sure you're the kids present differently, but how, how do those, all those bad actors, how does that, how do they.

induce this in the brain? I think part of it is we still are learning all of the different mechanisms. What we do know through animal studies and some human studies is just through direct inhalation of these moltoxins and particulates, you get immune activation, so microglial activation of the brain.

within the brain, just through direct inhalation. Along with that, these toxins can cause some pretty gnarly inflammation within the sinuses. So a lot of the kids that I see, not all of them, but a lot of them have sinus inflammation, sinus congestion, they get recurrent ear infections, they get tonsillar hypertrophy, and that's just because of all that inflammation, mouth breathing, et cetera.

The thing that's really troubling to me is not necessarily the direct effects. It's the secondary effects which these toxins have. And that is really what it does to the gastrointestinal tract.

So, microtoxins, I mean, if you just think of it really plainly, where do we get all of our antibiotics from, right? Penicillin came from penicillium.

It's a mold. Most of these toxins are inherently antimicrobial in their properties. They also simultaneously happen to be highly inflammatory to the gut.

So essentially what we get through this exposure is if you want to say they derail the gastrointestinal tract, they change the microbiome. they change the fungal makeup of the microbiome.

So they allow candida to start flourishing. They allow other yeast and molds that normally don't grow well in the gut to start growing. So now all of a sudden, for instance, aspergillus, which typically comes from the environment.

And normally when things are healthy, it shouldn't do anything within the gut. It just should pass right through. All of a sudden, like aspergillus is like, wow, this is a cozy place.

I'm going to set up camp over here. So they start growing while the beneficial bacteria start falling apart. That causes Clostridium and all kinds of other bad actors to actually start growing in higher numbers.

So we get a big mess in the microbiome. And simultaneously, there are some really well-done studies that have shown that these toxins also start causing intestinal permeability.

So they start causing leaky gut, they start triggering inflammation in the gut, specifically for the mast cells, and then that triggers other things. So you get a lot of dysregulation and inflammation and disruption in the gut.

And what I believe and what I see in the kids is that secondary piece is what actually causes a lot of kids to start falling apart. And like what I've seen in many, many kids is for instance, this regressive autism that we see where it's sudden.

If you really look at the history of a lot of these kids, they were never perfectly normal. Like they had allergies, they had some food sensitivities, they had some constipation, they had some sleep issues, they had some sensory issues.

They weren't speaking on time, they may have not walked on time, but they weren't autistic because they were still making eye contact, they were still engaging.

And then there's like this tipping point where all of a sudden everything falls apart. And I believe that that sudden shift is when the gut just loses integrity.

And sometimes it's because the child got an antibiotic, they got an infection, they got something else that triggered their immune system, which then caused everything to go sideways.

And that's the part that to me is the most troubling. So when you approach these patients, do you focus in mostly on the gut initially? How do you help your patients?

First thing I do is figure out what the trigger of all of this was, because what I see in a lot of my colleagues, they all have great intentions, they really want to do good, well for their patients, but they miss the trigger.

that caused the problem. So they put these kids on anti-inflammatories. I've seen them put these kids on anti-fungals. But because you didn't take care of the initial trigger, a lot of times these kids don't make much progress.

And the analogy I've given to families is it's like your house is on fire and you try the garden hose, that doesn't work. So then you call in the fire department, that doesn't work.

So then you start calling in helicopter water drops and your house is still burning because the gas line that is feeding the fire, no one thought of shutting it off.

And I believe that that is one of the most important things. And what I see is because, especially with mold, and it's not to say mold is the only reason why this happens, right?

You can have other environmental stuff, but, Because mold is so insanely easy to miss, a lot of families will go and be like, oh, maybe we have mold. So they go hire some random inspector off the street who did like a weekend course.

Literally, most of these people have done a weekend course. And after that weekend course, now they're the mold expert, right?

Treating inflammation and restoring function

So these people, good intentions, not that they're being malicious, but they come in, without really a whole lot of understanding or training, they take one sample from, or two samples from inside the house, they compare it to the garden, they say your garden has more mold than the inside of your house, therefore you're okay.

And then the family tells the doctor, hey, we tested our house for mold, we don't have mold. And then everyone thinks, well, like, oh, okay, it can't be this.

So then they go and search for everything else, whereas that exposure was never identified. So to answer long-winded way to answer your question, the first thing I do is obsessively figure out what was the trigger and if it's mold, where did it come from and control that.

And I've got to tell you, I've had maybe 30% of my cases, like I didn't do anything at all. We just took care of the exposure and now the child that was stimming, hyperactive, had insomnia, all kinds of other issues is calm.

Like literally, they're calm, they're making eye contact. They may not be talking, they may not be doing things, but their nervous systems calmed down because that exposure was taken care of.

Wow. That is super amazing. The analogy I've given to families, it's like having a child who is anaphylactic to peanuts, except they're living in a home where people are eating peanuts and leaving peanut crumbs everywhere.

And that child keeps breaking out in hives, Right? Except for these children who presented pans and pandas, severe ADHD or autism as just a few examples, that allergy reaction that would show up in the skin is literally showing up in the brain.

And there's this brilliant researcher, Dr. Theo Heredes that I've become a huge fan of that literally is actually calling

autism a brain allergy problem, because in fact, it probably is.

That is, that's just fascinating. Your results, I would assume, are different than what a conventional result would be if people are not addressing these things.

Can you speak a little bit about that? Yeah, absolutely. So once we get the exposure taken care of, I bring in some basic anti-inflammatories. There's a product called Myrica that's available over the counter.

I start with that, then I start going after the gut using antifungals, using peptides, pretty much anything and everything to really stabilize the gut and heal the gut.

And with that, it's just… I mean, it's so beautiful what's possible. I was literally just on a call before our conversation with this sweet girl. She was brilliant girl, awesome girl.

All of a sudden she started having extreme anxiety, intrusive thoughts, severe like debilitating OCD where she couldn't go to school. Like she was really struggling.

And long behold, the gymnastics gym that she was in was where the exposure was. Fast forward, we took care of that. We put her on the anti-inflammatories, put her on this antifungal called Etroconazole to start rebalancing things.

And the mom was just like, cheek to cheek smile. She's like, the intrusive thoughts are gone. The OCD is gone. She's a little anxious because that's kind of her constitution, but like she's flourishing in the world.

And this is in the course of like four months. And I've seen the same thing, like kids with autism, you know, completely disconnected, completely aloof, not making eye contact.

like struggling to be in the school setting and then six months later like that child is is not just not struggling but and they're making eye contact they're not talking yet but they're actually going up to other kids literally going up to kids in the school setting and like wanting to engage with these kids and all of a sudden you see all of this beautiful like presence and just that human being is now able to show up.

And that's just the inflammation being gone. And it's just the most wonderful, amazing things. And I've seen it in myself, like my nervous system completely changed as I actually did this for myself.

So it's really fascinating. That's amazing. So you went through the whole process yourself too? I did, I did. I've had anxiety and OCD pretty much since my adolescence.

And I would have these, you could say autistic features. I would kind of spiral in my own head. I would not really be able to connect with people even though I can make eye contact.

And I started myself on nitriconazole because I also had perpetual gut issues. And it was literally two weeks in that all of a sudden it's like my brain just morphed.

And I remember vividly was one night about two weeks into taking it that I was cuddling with my little guy and the love and connection that I could feel towards him and I mean my son was four so I had spent four years of his life with him but the way I was able to connect with this little guy after four years literally brought me to tears because I always had had an idea of what love was, right?

But it was literally a mental construct. And what I came to realize and what I've seen in the kids is because microglial activation, all this brain inflammation, derails dopamine, serotonin, but most importantly, oxytocin.

So all of these brain chemicals that need to function for healthy human interactions don't function very well when there is inflammation. And one of the cool things about itchoconazole is it literally flips the switch on that inflammatory response, sometimes within weeks if you get it dialed in.

And the wave of just connection and and just love really like you could say for the first time in my life for as long as I can remember I actually didn't think of love but I could actually feel it emotionally and it was same thing towards my wife my daughter and like my my entire orientation to the world changed.

And that's what I've seen in so many of these kids. Like the autistic kid that had no interest in interacting with their sibling now is wanting to like literally go in and play with them and they're giggling.

Like it's just the most beautiful thing. That is amazing. I've actually never heard anybody describe that process that they went through themselves. Have you considered, have you written a book about this?

That's just amazing. You know, thank you for the nudge. A few of my friends have said the same thing, like, dude, you've got to really get this out there.

And that's actually one of my intentions, to really write this all down. Because, I mean, with simple things, like simple, simple things, the change that we can bring into the world is huge.

with this silly pharmaceutical, when it's timed properly, and that's the key thing. You throw it arbitrarily into a mix where the kid is still living in mold and everything is a big mess, you're going to make them sick.

Oh, yeah. No, yeah, yeah, yeah. If people are in what we call that cell danger response and the body's not ready for it, absolutely no. We can't just put people on this and expect it to be a miracle cure, but absolutely, if we time it correctly, it does make a big difference.

100%. 100%. And I, one of the reasons I brought up like you sharing this experience is because times are changing and I know more and more people are interested in what we do as integrative providers, but there's still a lot of pushback.

How would you say that we can have this conversation with people that are not understanding what we do at this point? You know, I think some of that reservation has been well, I hate to say well deserved.

I think as a holistic community, we sometimes run into rabbit holes that may not necessarily be completely productive. But I think when you look at some of the core science, for instance, when you just do a search for microglial activation and then fill in the blank, microglial activation and autism.

You know, all of these kinds of things, the amount of scientific literature that's out there is staggering. And then when you look at some of the secondary mechanisms and you really get into, you know, for instance, the publications of Dr.

Theohorades, and he's published like multiple articles just on central mast cells, so mast cells in the brain and microglia and autism. And you look at this data, it no longer becomes a conversation about holistic medicine, whatever.

It's really just, can we take the newest, greatest science to help us understand what's going on?

Personal recovery and clinical outcomes

And I think the biggest challenge is, unfortunately, our medical model is such where it lags by 20 or 30 years, right? So the science that's now been published over the last two to 10 years at the most is telling us one thing, yet our practice in the conventional model is still, let's put them on something that'll boost their serotonin, right?

So we need to really catch up to where the science is. And part of what I love about my practice and, you know, the the gift that the families give me is, and they encourage me to go in and dig into the newest, greatest, most effective science and use that to understand how to help these children.

That's really what I look at my practice because, I mean, itchoconazole is not a holistic thing, right? It's a

conventional pharmaceutical. but when you repurpose it and use it for something else, and it turns out itchoconazole has anti-inflammatory properties, it modulates multiple different inflammatory cascades, right?

And it heals the gut and does all of these things. We're now taking a pharmaceutical, so there's nothing holistic about it, right? But applying it in a different way to achieve some really cool outcomes.

Absolutely. And so for our listeners out there who are saying, wait, I don't know if this applies to me or my family members, who are we talking about here?

Are we talking about people who have anxiety, people with autism? Who are we trying to talk to with all about this stuff? Great question. You know, I don't pay much attention to diagnoses.

I look at kind of the presentation. So I'll give you an example. With this kind of exposure, one of the weird things that happens is a distorted perception of fear, which Dr.

Theohorades has written on, because the amygdala, our limbic system, literally gets rewired. Its circuitry changes. So our brain's perception of what is dangerous or not becomes distorted.

And as a result, there is this fear response. And sometimes fear actually translates into aggression, because depending on a person's constitution, aggression is actually rooted in fear.

So we see in these children either weird phobias where they're freaking out over an ant that crossed the wall, or, oh my god, is my food going to kill me?

Or in these poor kids with autism, the entire world is dangerous to them, so they freak out. And that distortion of fear, you can argue is a sign of brain inflammation.

You take that a step further and say, well, what else does this thing do? Because the microglia and mast cells are basically, it's like having two twin sisters that are constantly talking.

One twin sister gets mad, the other twin sister gets mad, right? They're like connected at the hip. Mast cells that are in the brain release a ton of histamine.

When histamine and mast cells are distorted, first thing you get is weird sleep cycles. The individuals have a hard time falling asleep or some of the kids, you know, with melatonin or whatever, they'll knock out.

But then two to four in the morning, you know, they're wide awake and it takes them an hour or two to fall asleep. Sometimes they can't. So sleep disruption because histamine also affects appetite.

you get picky eaters except it's not the kid that's just being a pain in the butt and they don't want to eat the broccoli it's literally their appetite is suppressed so they're kind of barely grazing when they do eat they're kind of grossed out by food so sometimes they'll spit it out and they can only eat like one type of chicken nugget one type of mac and cheese and maybe one other thing And that actually takes us to the next thing that happens with the histamine, which is sensory distortions.

So another, to me, very strong telltale sign that there's something weird happening with brain inflammation are sensory distortions. So the kids that freak out when they're in loud and crowded environments, they get overwhelmed, they want to leave, they become shy.

I see this also with selective mutism where some kids just shut down and don't talk and it's all part of the same thing. These kids have weird tactile, so like they can't handle tags, they can't handle socks, they can't handle underwear, you can only buy them one type of t-shirt because everything overwhelms them.

And that same tactile sensitivity also shows up in the mouth. So with some picky eaters, not only is their appetite suppressed, and sometimes that also has to do with the digestive issues we talked about.

So the gut is a big hot mess, right? There's inflammation there. And then on top of that, their appetite centers are wonky and the experience of food.

is altered and I've had some kids that are normal, typical and talking, but they have this inflammation and I've asked them like, hey, how does steak feel in your mouth?

And they're like, oh my God, it's disgusting. But it literally is, they're not joking. The things that we're like, oh, steak is so delicious, salmon is so delicious, all of these things to us.

delicious. For these kids, the way they experience the food actually feels so grotesque that they don't want to eat it, hence why there's one chicken nugget from one place that they'll eat because that texture isn't as offensive.

And then with that, sometimes you get smell, like the kids can't handle smell. They can't handle, you know, other things. Movement gets distorted. So that gets into ADD, ADHD.

The kids that are just crazy hyperactive, they can't sit still. That's a vestibular issue. Their middle ear and their balance centers are wonky. And that's why they're constantly doing this business.

And histamine actually affects the vestibular system. So it throws off balance, which causes a lot of the hyperactivity that we see. And then if that wasn't bad enough, because microglial activation also disrupts dopamine receptors, You get weird fluctuations in how dopamine functions.

So now you get inattention, distractibility, impulsivity, which all has to do with dopamine because that's where focus and concentration come in. So you get this soup of stuff, but when you break it down and you say, well, why is this kid behaving or acting the way they do?

well, their perception of fear is distorted. And the reason why they get aggressive or scared is, wow, that's a distortion. And, oh, they've got the sensory stuff.

And they have some anxiety and whatever else. So when we reconstruct these diagnoses, these mental health diagnoses into what is actually driving. And all of this is in the literature.

It creates this fascinating picture of why these things happen. And then, you know, the most wonderful thing is like all of these things we can fix, all of these things we could treat when you look at it in that way.

Yeah. And this is such a conversation of hope because I know that many people out there are struggling with these problems. And they might think that there's nothing that can be done about it.

They might think that it's going to be going on forever and ever. Maybe it's going to get worse, but we can definitely tell people that there is hope.

There is hope as long as people advocate for themselves, for their family member, and look for root causes. God bless you for saying that, because I 100% agree.

If parents don't take anything away other than trust your instincts, trust your intuition, and if your intuition says, hey, there's something off, there's something weird, keep digging, keep asking questions, because the answers are out there.

Honestly speaking, when I got into mold now probably seven or eight years ago.

Key takeaways and testing for mold

The only reason why I continue to dig in and go is the one on the preventative side. How many challenging conditions and health problems and mental health problems could we prevent?

And secondarily, I mean, the outcomes that I have seen, the way I've seen these children transform, like, I mean, sometimes it brings me to tears. And, you know, you think after seeing it a few times, like, or more that you get used to it, like the transformations that are possible, the healings that are possible are sometimes unimaginable because parents will just be like, well, you know, my child just has this condition.

My child just has a learning disability, right? Except, well, what the hell is a learning disability? Because I believe all children are brilliant. All children have that sense of joy and love and just vitality and just health.

And when we don't see it, when we don't see that brilliance, when we don't see that love, when we don't see that connection, when we don't see that happiness, that's because something is mucking it up.

And when we take that muck away, literally a new human being shows up who they're connected, they're happy, they're learning. I've had kids that were failing out of school and, you know, head of school, fancy private school comes to the parents like, your daughter, maybe not our school because yeah, she may not be cut out for this.

And then like a year later, she's just killing it. Like she's the top in the, like top in the school to the point where the head of school is like, I think I was wrong.

But these are the things, there's so much possibility we can help bring forth by having these conversations. And that's why I was so happy and delighted to be here joining you.

I'm so happy. This is just an amazing conversation. Not only are we bringing hope to people who didn't know there was hope there, but we also talked very granularly about the scientific concepts that are Might be a little bit hard to understand, but it's okay.

Thank you to our listeners for listening to all of this, and we hope that you found it useful. Before we let you go, Dr. K, could you sum it all up? Could you give us maybe a few takeaways from this conversation?

Yeah, absolutely. First and foremost, like we touched on, all of you parents, trust your intuition. If you look and say, God, you know, something is just not right and your doctor has dismissed it, your holistic doctor, if you found someone or practitioners like, no, you know, whatever.

Intuitively, if something is just not right, keep pushing, keep searching. There is so much we can do to help children thrive when we figure out what's going on.

And one of the things that I see oftentimes missed is sadly mold. Because if you were to ask me what do I see as the number one trigger for this inflammatory response within the body and the nervous system, it's mold.

But the reason why we're not talking about it and why we're not aware of it is it just it gets missed left and right. And you think that, you know, holistic experts would would be able to identify it.

You know, sadly, a lot of people don't have the training or awareness. So with all of this, if we bring this understanding forward, and for those of you parents, if you're suspecting it, there's a wonderful organization called isei.org.

They have a wonderful group of environmental experts and physicians that are very well-trained and understand this. There's a simple test called the dust test.

And I'm a member of ISEAI, no financial affiliation with dust tests, simple home tests you can do to screen your home 270 bucks to see like, is this real?

Is this thing a possibility? And by taking these simple, simple, simple steps, there's so much just health and vitality and goodness that we can bring into the world and into the family, into the lives of all of these wonderful families.

That is amazing. Thank you so much for being here. Thank you for all the work you do with your patients and with

your mentorship. I know you mentor some physicians too.

The work you're doing is phenomenal. Thank you so much. Thank you for having me. Really a pleasure to be here. We'll talk to you soon. Thank you for tuning into Dr.

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