The Root Causes Your Basic Blood Work May Be Missing Transcript

(Transcripts are generated by AI and may contain errors)

Introduction and Guest Background

I actually had a patient come in the other day and he said, I haven't slept in 30 years. And I looked at him, and I almost fell over. I said you're joking, right?

He said no, really I have not slept for 30 year. If you can get me to sleep, then I will love you forever. Week one, he slept straight through the night for three nights.

Hi, it's Dr. Jenn. Welcome back to the Healthy by Dr Jenn podcast. Today, we're going to be talking to Dr Deb Schreibman. She graduated from Life University College of Chiropractic.

she's a doctor of chiroactic medicine and certified in functional medicine. Dr. Deb determines the underlying cause of your body's issue and addresses it directly.

She's an international best-selling author of Your Journey to Wellness, and she's seen regularly on television speaking about health care issues. Dr. Deb's goals and recommendations are individually and unique to each patient, and she believes in treating the whole person and addressing not only their symptoms, but the underlying factors contributing to their health challenges.

Welcome, Dr Deb, excited to have you. Thanks, Doctor Deb. It's nice to be here. Yes. Well, tell me a little bit about your story. How did you first get interested into functional medicine?

So it was an interesting transition for me because as a chiropractor, what happened was I was seeing all kinds of patients that were coming in with pain.

However, over the years, it wasn't just pain anymore. I seeing them come in, with fatigue, sleep issues, weight gain, they just couldn't lose the weight.

With women coming with hormone imbalances, although they didn't know they were hormone imbalance, but they're getting those hot flashes, like a volcano out of the top of your head.

Plus I was seeing, you know, not just one medication, but five medications, six medications.

Why Functional Medicine Matters

So for me, I thought to myself, gosh, why am I seeing so many people coming in sicker and sickier and not pain? And instead of asking, okay, what's going on?

I'm asking why is this happening to this person? Then what can I do to help support them better? So that was my transition from chiropractic care to integrating functional medicine in with chriopractic care.

So I want to replace it, but I wanna be better for my patients. Yeah, it's really hard when people come in and they're like, I'm doing everything and like you alluded to on multiple prescriptions, which just cause more issues.

So definitely it's always hard too because they'll get basic lab work. How often do we hear that is, but my basic work is normal. Then they're like, well, I must need an antidepressant because my labs are fine, right?

So why do you think labs aren't telling the whole story? Well, what you were just saying is actually the key. Most people are coming in and they're saying to me, oh, I just had all my labs done.

And then I ask, well, let me take a peek at them. But they are the minimum labs that are being done, so for

example, a thyroid panel, right? It's TSH with maybe free T4 these days, but we test nine things for them, we're looking at the true function of that thyroid for I see you have a symptom, right?

You've got brain fog, you've fatigue, your hair's falling out, or you're gaining weight, and you don't know why. You haven't changed anything in your life.

And the doctor says, well, everything looks good, OR your TSH is too high or too low. So here, take this prescription. They're looking at those symptoms instead of the underlying cause, but they can't understand the cause if they're not testing as deeply.

Sometimes it's not as broad, it just needs to be a deeper test for our patients so that we can figure out what's truly going on with them. And so, that I think is one of the big issues that were seeing is that, we're just not getting the right tests done to find out whats really going so then we know what we need to do to really help them, to help fix.

So they feel like they're all soft again because there's nothing worse. Yeah, and the thyroid stuff is particularly annoying for me because I had Hashimoto's and it's reversed now and The Lord gave that to me so I could do what I do now.

But it was crazy because I would get gaslit. I remember as a medical student, I went in there to the endocrinologist's office with papers on T3 therapy.

And I was like, can I try this?

Looking Beyond Basic Lab Work

Like, feeling like depression. I've never felt that before. Cognitively, I was not good. So they did let me have some teeth. Or I felt like a drug seeker.

Well, but you know, it was crazy. You're bringing up a really good point. And you have to advocate for your health more and more today, because for whatever reason, insurance companies, the doctors can't, whatever it is, these tests aren't being done or things aren''t being and so when you go in and go, oh wait, you know what, I just saw that you could do a nerve block for this or I saw there's a medication that's more natural than this other medication, can I try it?

Instead of our doctor saying, hey, Let's try this other medication and let's see if we can give you some better support. Or, hey, you've got some brain fog, maybe you have that MTHFR mutation.

Maybe we need to see your body is methylated. We need see that your gut isn't working right and doing what we needed to be doing, but they can't or they don't.

Yeah, it's a whole mess, the insurance model. And I really tell people, insurance, what you get with your insurance is sick care. You can get some preventative tests.

If something, if we're concerned, we can some coverage on procedures or ultrasounds. Sometimes I prescribe medication, but the thing is they have to understand that you are just paying for emergency, crisis, just like car insurance.

You know, you don't get to get your car washed with your Car Insurance or Detail. You get the pay extra. So I think that that is, I always like to discuss like, hey, You just got to put money aside for your health and dig deeper.

Because what's more important than your Health, right? You can't take your money with you, so you might as well use it. Somebody said to me once, and I've always brought this with me, They said, you know, if your house is on fire, they're going to put out the fire.

Hopefully everybody's okay. The next day you're not going call the Fire Department to come and get your House

fixed. You're gonna call The Insurance Company and then they are going bring in people to inspectors and see what they have to fix.

So you can't just use one model, right? And I think that's where we get stuck. It's all just insurance, insurance insurance. And you have you to invest in your own health, because if you're not investing in health who knows what happens.

What has been the biggest challenge to get people, to not feel overwhelmed when you tell them that there's probably a root cause you need to discover?

Well, there's a couple of really big challenges. I think money is one of them, like we were talking about, because people don't think to put money away.

Advocating for Thyroid and Hormone Health

We think emergency fund for our house, if something happens, emergency funds for the car, for kids, all that stuff, but we forget that we need emergency funding for health.

That's been a big one. Understanding that there is a root cause, people in our sick care system are looking at what doctors are saying to them, right?

Oh, well, you have diabetes. I hate saying that. You know what? You have a symptom and it's high blood sugar or you high cholesterol or high pressure.

These are symptoms and your body is giving you information that something is going on. Now we need to take that information, test deeper, figure out what it is that's going and then we can fix it.

But if we don't have all of the information How are we going to fix it? Yeah. And it's crazy. It's almost like medical hexing, right? Like when they're like, well, you have diabetes or you're this, and then it gets imprinted, in their mind, their identity.

Then Satan, the enemy, he'll feed in on on that, right? And then that will, your choices will be, well, I'm already a diabetic. I might as well just eat that donut.

Like it's really hard. And I've had to tell patients like, you are not this diagnosis, like rebuke that in Jesus' name. So, and I don't like I went to medical school.

We are trained for a test and pharmaceutical did have their hand in there. If anyone wants to go down a rabbit hole to the Rockefellers. going down that rabbit hole would be here all day.

Well, yeah, but like, it's, you know, like diagnosed. So let me ask you this. Don't you think it is crazy how now we just have all these random names for just a cluster of symptoms like POTS?

Like, and like you don't have Pots, You have symptoms of something that is causing, this postural orthostatic tachycardia syndrome. I mean, in the chiropractic world, It's fibromyalgia.

Yes, but they own this. It's their identity. Yes. And that goes back to even anyone listening out there. If you've been given fibromyalgia or something, POTS, because they wear it as a badge of honor, it was really sad.

This nurse that I worked with her all through my residency, she was diagnosed with Pots post the jab. And yeah, because she was forced to get it, and she trying to help, but it wasn't soon enough.

And she didn't end well. This is the problem. We're not doing due diligence, not talking about these hard things and saying, look, you can do stuff. But it does take a little work.

So what is most challenging thing? Is it diet, would you say, to just get people to change? Or just relaxation? I think it's a combination, moms, right?

We put ourselves last. It's our kids, it our spouses, It our jobs, because so many families have to have two parents working hard. Nowadays, a lot of women are working and men are losing their jobs.

And so I that's really big issue. Gosh, I don't know. Yeah. No, I'd agree with that. I've been making this habit subconsciously. I keep telling women to cut their shifts down at work.

Or I'm like, how can you do it? Because they're juggling it all. They're Juggling the schedule, which is like its own job, right? If they have multiple kids and stuff.

So yeah, I really see a lot of adrenal problems that are hand-in-hand with thyroid. Every single day.

Sleep, Adrenals, and Root-Cause Care

I actually had a patient come in the other day and he said, I haven't slept in 30 years. And I looked at him, and I almost fell over. You're joking, right?

He said no, really I have not slept for 30 year. If you can get me to sleep, then I will love you forever. This is what he wants. He wants to sleep. I know he needs other things.

Yes. You know, it's adrenals and I can call it whatever, but he WANTS to SLEEP. So that's the first thing I worked on with him. And week one, he slept straight through the night for three nights.

Wow. That's amazing. Like he was just like up and down at night all night? All night long. Four times, five times. Six times sometimes. Sometimes he would get up, and not even get back into bed because he'd get so frustrated because it wasn't sleeping at all.

Well, that is torture. It's literally torture not to or not get sleep. So what did you do? What was? I worked on adrenal function with him. I talked about sleep hygiene and what's the temperature in your room?

And what are you doing an hour before you go to sleep? How much are eating? Are you eating right before bed? If you don't have a blood sugar issue, then you really dont need the protein.

Give yourself a few hours. Don't drink so much right after bedtime. Take your vitamins a little bit earlier if you have to. And he slept. Does he love you forever then?

Yes. He was in tears. A man in my office. I probably see 80% women, 20% men, some kids. But just that, he made me cry. Well, it's beautiful when it actually works and they take that advice and put it into habits.

It's all about habits, what you do day in and day out. So what about the perimenopausal women? How do you feel they're being misled nowadays? I feel like perimenopausal women, menoposal woman, they have all of these symptoms and then they are just told you have to live with it.

This is your new health, this is the new you. And I'm like, when they told me that, my OB-GYN, who I loved dearly, I was like wait a minute. I don't think so.

I'm not going to feel like this all the time. Covers on, covers off, all night long. My husband's fanning me in the restaurant with a menu. And I thought, I can't live like that.

There is no way. That's when I kind of started to dive more deeply into bioidentical hormone replacement therapy, what else can we do, supplements, nutraceuticals, those kinds of things.

So women are being told, you just have to live with this. And you know, in fact, men, andropause, they're being

taught the same thing. You just kind of have live this stuff.

I know they are now. It's like they don't want anyone to actually like Be healthy and be optimal, yeah. Oh, they don't make money when people are healthy.

Yeah. Well, in the perimenopause, what they're always given is a progestin, so a synthetic pro testosterone, which actually does the opposite of pro-gesterone.

It squeezes the blood vessels, the vasoconstricted set of vasodilates, just bad stuff. And then they are given an antidepressant. I mean, how many times have you seen that?

And the women that come to me, they're like, I just don't accept this. I know this isn't right. They know intuitively.

Perimenopause, Hormones, and Red Flags

Like, no. Yeah. But the problem is half of them feel it. You know, you've lived in your body your whole life. So when something is not right, so when you go to the doctor and they say, No, everything looks good.

Your labs are normal. I know, I've lived in my body, something isn't right. And same thing with hormone imbalance, you know? So you don't just have to take it, but you do have dig.

So I see that all the time. Antidepressants, hormones, and then you ask them, well, what kind of hormones and did they do labs first? I have had so many patients come in with pellets and I say, okay.

Uh-huh. Let me see your labs before your pellets. And what are your pallets? I don't know what they are. Can I see you labs? Well, they didn't do labs.

What happened? And I just told them what I felt like and they just did this and now they're getting the scar tissue and all kinds of stuff and if they don t feel good still.

So they re on their pellet. They still don' tfeel good. Their still not sleeping. The still have brain fog. There still gaining weight. and their stuck with it because now their there.

Pellets are a red flag. Yeah. I mean, I recommend that people just don't get hormones at med spas because what's happening, so I used to have, when I had a brick and mortar in Ohio, we had an aesthetic branch, a natural aesthetics with like micro needling and I wear frownies, it was like all more natural stuff, lasers, and the GLP ones, the hormones, they come in there and they're like, here, this is how you add a revenue stream to your practice.

And they take a weekend course, which is not enough, and show you how to inject pellets. But the problem is these meds are really good at advertising.

This is what they do. So they get you to pain points. And then, this is really what the do, they put women on really high dose testosterone. For the first few months they feel amazing when they have that because it's It's going to give them a little boost, but then they crash and burn.

But they've already told a bunch of their friends. So it's this horrible cycle, I feel like. I've had to bite my tongue to just not be disrespectful because I don't want to talk bad about people.

not good hormone regimens like oral estrogens and stuff. I'm sure you've seen it all too. It's scary. Oh, I've see it. And then they love you when you help them straighten it out.

Now, as a chiropractor, i can't put them on medications and I can take them off medications because it's out of my scope of practice. So I have to tell them, look, this is the information that I know.

You have go talk to your doctor about it and really advocate for your health or you have to go to a doctor like you

that can really walk through that, that's gonna believe in what you believe.

But you're being an advocate in calling out red flags. So that what I teach my health coaches. I'm like, here are red flag, I give them examples. This is a red fly, you can't take them off of it, but just alert them.

Like the house is on fire, something's wrong. Right, and so once they're alerted, Most of them are like, okay, wait a minute, yeah, that sounds right.

So I'm gonna look into it, they learn about it. They go on chat or whatever they do these days. But then they go and advocate for themselves and they have a voice.

And I think that is so important for men and women, but women especially, right? They need to have voice, And I think that's what we all are working towards is giving women and men a voice.

Absolutely. Now fibromyalgia, what have you found most commonly?

Fibromyalgia Root Causes and Toxin Exposure

What are a few root causes you have found for that if anyone out there is struggling? A lot of times it's their gut. Leaky gut, SIBO, small intestinal bacterial overgrowth, sleep habits, lack of movement, they're not moving, their sedentary all day, then they are driving their kids to all their different practices.

The quality of the foods that they're eating, they don't know about glyphosates and the plastics and pesticides and herbicides and insecticides, and fungicides, the stuff, you know, because they hide the names now, right?

So instead of calling it sugar, They call it something else. And so you think, oh, there's no sugar in there. Lots of greenwashing on labels. Yes. Sometimes I'm even like, I get so excited.

I pick it up and I think this looks good. Then I flip it over. That sucks. I know, my patients do that all the time. They bring me things, they text me pictures.

What do you think about this thing? And I look at it, oh my gosh. It's mostly good, except hello, there's sucralose in there. That is Splenda. Yes, all those drinks.

I hate that, yes. I know. And they don't know, so I work really hard to educate. Yeah. There's hope for everyone out there that has fatigue that doesn't…

Like you were saying, we know our body. If something feels off, get to the root cause. Yes. So I want to ask you two rapid fire questions as we wrap up.

Go. Okay. if you can eliminate one toxin tomorrow, what would it be? Oh, gosh. Probably, do you mean from the world? Anything, yeah. Plastics. Oh. All plastics.

Glyphosates and plastics? Yeah. Well, I like, no one's ever said plastics, because that would really just… Yep. That would be crazy. It's building up in our brains now.

No Ziploc storage bags. They actually have compostable ones now, you can get them on Amazon. Nice. Yeah, all right. I'll check that out. Next one, what is your favorite personal biohack that you do?

I don't know, I do so many. I try to make sure I get enough sleep. Yes. Yeah. And I go to sleep at the same time every night, wake up no matter what day of the week it is, keep my room at 66, which my husband loves, by the way, and eat as healthy as I can.

The other thing is I give myself grace. Because I can't be perfect, nobody's perfect. So you know if I'm good 80% of the time then the other 20% percent of time my body can handle it.

Biohacks, Grace, and How to Reach Dr. Deb

I think grace is a big one. It's good, it's all about balance. Dr. Dub, thank you so much for your time today. How can everyone find you and work with you?

And you're in Atlanta, so we're kind of close. Yes, please tell everyone. I own Lake Point Wellness Center and it's point with an E because everybody gets it wrong and that's in Kennesaw, Georgia, which is just a little north of Atlanta.

Our phone number is 770-974-5215. If you want to email me directly, my email is drdebb at feelbetterhere.com. That's so sweet of you. I hope people email you, that's very kind of.

Thank you so much.