The Truth About Detox Trends: Inside Joshua Macin’s Radical Healing Philosophy Transcript

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Intro and wellness rant

What's one trend in the wellness space that really pisses you off? Juicing. People go from eating real food with quality nutrients with their fibers and their protein and they go to juicing.

And sure, initially, your digestive tract doesn't have to work and you get a bunch of sugar. So you feel a little bit more energy and you feel a little less inflamed and bloated.

And then you start running out of protein you start running out of good fats and fibers and your body starts to crash and as we see this first they get their glow then they get dark circles under their eyes their faces start to go in their muscles start to degrade and their body ends up 10 times worse than they were before If you're overwhelmed with chronic health symptoms and still don't have answers, you're not alone.

I'm Dr. Javin, and on redefining wellness with Dr. Javin, we'll be exploring root causes like Lyme disease, mold, and parasites, and I'll guide you with simple and practical steps towards real healing.

Dr. Javin's health background

So Dr. Jaben Moore, we are interviewing each other for this podcast. It wasn't clear who was interviewing who, but nonetheless, we have a lot to talk about.

We're both in this detox game and holistic healing for a long time. You're one of the OGs on Instagram with your walking and music style videos that I've tried copying.

They're phenomenal and they go viral. So yeah, man, what, can you tell us a little bit about your history and how you got into this world? Yeah, man. So I was a college athlete when I was, seems like forever ago now, right?

So like 18 to 23 and I was trying to do shot put in college and I was lifting weights and I was getting stronger and all of a sudden just kind of shut down.

I just started getting stronger. And then I didn't really think much of it, had no knowledge of why and Then I went to chiropractic school after college, after undergrad, and I lost 60 pounds because I was a shot putter and I was overweight and I was inflamed and didn't really know all of why I was so heavy, but I was definitely heavy.

And I actually got sicker by losing weight. And going through school, ended up getting brain fog, erectile dysfunction, body pain. You know, the body was just failing me slowly and without reason because I was eating well.

I was working out. I physically looked healthy, like healthiest I'd ever looked in my entire life. And it was like the floor was just falling out from under me for a completely unknown reason.

And then. I was at a conference of providers trying to train doing some functional medicine. So there was MDs, DOs, all the different disciplines in there.

And I was just asking people, you know, what do you think? Somebody said, well, could it be Lyme disease? And I was like, I don't know, maybe tell me more about it.

Well, that led me down the path of searching for Lyme, which I found out I did have Lyme parasites. And we kind of traced it back to the fact that I lived in a basement in college.

that had mold growing up the baseboards because it was in a basement and it would flood every once in a while and I would just mop the water back to the drain because I was like it just smells bad and I was poor so I was like it's a cheap place to live I'll just deal with it it's not harmful it just smells bad we'll come to find out of course it's harmful I speak on this all the time I've done my walking around reels on mold before and Yeah, so that was kind of my background that I've now learned through chiropractic school, through detox training, through internal medicine training.

That one thing came from another, and that was what was crippling my health.

Top causes of illness

And to make that long story short, now I have none of those issues. I'm basically twice as old, 39 years old now. I've just learned that with every symptom comes a cause.

Dr. Javen, what do you think are the most important three causes of illness in 2025? Top three things is going to be one, nervous system dysregulation.

That person that is stressed out, burnt out, just constantly worried about everything. This is just regulating your body and what it leads to is the immune system triggering an inflammatory response that is exactly the same as having an infection, a chronic infection that same response is happening due to your stress and your nervous system.

Number two is gonna be mold toxicity, which is a toxin that is in 50 to 70% of homes. And this toxin itself, most people just think, oh, it's just mold, it's everywhere.

But mold for certain people, about 25% of the population, is really problematic. And then the amount of mold, if it gets too high, is problematic for everyone.

And then third is your water. If you were drinking water from the tap, or even if it goes through a, carbon system, an ionic system or reverse osmosis system.

If it has radioactive elements in it, like uranium, radium, cesium or thallium, this toxin does not get pulled out. It gets into your body, into your digestive tract.

It is testable and I do it every single day. And this is going to suppress your immune system, allowing for other organisms to grow, creating that inflammatory cascade that leads to your symptoms.

30-day healing protocols

Josh, if someone only had 30 days to radically improve their health, what would your protocol look like? Alright, so if someone only had 30 days, the first thing I would do is change their water to distilled water.

Okay, we got to make sure they're drinking super clean water. The next thing I would do is have them on a 14 day fast if they could tolerate it. If they could tolerate it, I would put them on mega dose enzyme like Zen Cleanse enzymes while only drinking liquids.

juices, liquid enzymes, distilled water and moving their body every single day. It depends on how deeply chronically ill someone is because fasting can be really intense for people who have chronic illness.

But for the average person, I think a 10 to 14 day fast would transform their mind, body and spirit. It's not a long term thing, but it is good for 30 days.

After that, I would put them on clean meats. lectin avoidance diet and get them moving their body every single day and get them out of fight or flight and whatever means necessary, whether it be saunas or a neuro sim or emotional healing, nervous system healing, certain supplements to help them sleep.

For me, that would be the most potent 30 day process possible. All right. So Dr. Javen Moore, if someone had 30 days to heal, okay, 30 days to get them on the right track of health, what kind of protocols would you implement in a 30 day period of time?

Step one, we get them into a safe environment. They have to live in a place that their body is not feeling threatened. This is going to be your air, food, water, and hygiene.

So once that's taken care of, step two, we have to regulate that fight or flight response that your body is stuck in right now that's causing you to create inflammation versus healing your body.

So we're going to get into somatic limbic vagal nerve exercises to calm everything down so your body feels safe in that safe environment.

Fake healing trends and mistakes

And then number three, we're going to go in immediately rebuilding the nutrient deficiencies that your body is going to have and then doing a clean sweep of your gut to rebalance the digestive tract.

Awesome. All right, Dr. Javin, so you're not afraid to call out fake healing on Instagram. What's one trend in the wellness space that really pisses you off?

Juicing. People go from eating real food with quality nutrients with their fibers and their protein and they go to juicing. And sure, initially your digestive tract doesn't have to work and you get a bunch of sugar.

So you feel a little bit more energy and you feel a little less inflamed and bloated. And then you start running out of protein. You start running out of Good fats and fibers and your body starts to crash and as we see this first they get their glow Then they get dark circles under their eyes their faces start to go in their muscles start to degrade And their body ends up ten times worse than they were before Josh you call things out that are fake healing What is the worst wellness trend that pisses you off?

The thing that pisses me off and to me feels like a giant waste of money for the majority of people is really expensive stem cells. I think for injuries, stem cells are wildly effective.

For long term chronic illness, for Lyme disease, for inflammatory conditions, I think all you're doing is spraying really expensive perfume on a turd because the body is inflamed, the brain is inflamed, you have viruses, you have pathogens, you have leaky gut.

So all you're doing is very, very short-term band-aid healing that's going to get ripped apart in the next six months from all of the oxidative stress that the body is going to be carrying and all of the oxidative damage from the inflammation and the chemicals and the pathogens.

Josh, what is the most overlooked mistake people make in their health? I have three. One is going to be diving deep into detox protocols without actually healing the gut.

A lot of people have dysfunctional mast cells, damaged mucus membrane, chronic inflammation in the gut, and then they take these really expensive potent supplements to detox intracellular toxins.

And all that's going to happen is they're just going to recirculate these toxins causing more inflammation, more nervous system dysfunction. So I find that to be wildly ineffective.

The second thing is that people don't focus enough on their sleep and on safety. You mentioned a couple times about safety and how important that is. People need to feel safe, whether it be in their house, in their body, in their relationships, in order to actually embark on a true healing journey.

And they also need to be sleeping well, at least moderately well. They don't have to have the best sleep in the

world. But if you're not sleeping, it's almost impossible to heal and you're just going to be wasting money on supplements.

The third thing is that people will dive straight into chelation when they start learning about detox, health, chronic illness, and they try and remove heavy metals.

High performers and nervous system stress

But this should be done only after someone creates a solid foundation in their system, clearing pathogens, healing the gut and remineralizing the body and sleep and safety.

So Dr. Jabin, what are the most overlooked mistakes that people make on a health and healing journey? I have three and the last one you do and you need to stop it.

First of all, they skip their environment. They just start trying to do whatever detox protocol, injection, IV that they see on Instagram and they skip the environment that is keeping them sick with the mold in their house, the toxins in their water, their hygiene products that are full of chemicals suppressing their normal bodily function.

Number two, They jump right past all the nervous system work that allows for their body to be able to even mount the proper immune response. So if you had childhood trauma, you have an 80% increase in the likelihood of having an autoimmune condition.

If you're dealing with a fight or flight response, your body's running from a bear. It's not worried about right now getting down to the nitty gritty of repairing tissue.

and mounting their proper immune response. And third, the thing you're doing that you need to stop is you switch from polypharma to poly supplements and you're taking this trash bag full of supplements that they told you were going to work and you're not getting any better.

You keep doing it. Your digestive tract can't absorb it, so you have expensive poop. instead of being focused on a step-by-step process that's going to get you results.

So Dr. Jaben, I know you work with a lot of high performers, CEOs, entrepreneurs. Why are so many of these individuals secretly operating from a polluted nervous system, even if they think that everything is okay?

They've been operating this way their entire lives. So what they end up doing, and you're probably doing this too, is they get themselves stuck in the fight mode in their body, and it just drives them to go, go, go.

So they think it's a superpower that they can go all day, but when they get home, they're crashing, their health is deteriorating. We're seeing that their immune systems are starting to take over.

They're attacking their own digestive tracts, creating autoimmune diseases. It's leading to food allergies. So that go power, that high powered personality eventually is going to break them.

So their nervous system, instead of being cherished where they think that they just have a strong system, it's being abused until it breaks. You work with a ton of high performers that are secretly seeing you because their nervous system are crashing.

Why is that happening? Well, people today are completely addicted to digital energy, their cell phones, their emails, their computers, all of their digital relationships.

And these things are hitting people the same way that some if someone slapped you in your face in person, these things are hitting you in the same way.

Our nervous system is now connected to hundreds of times more input than previously in any form of history. And

it's impacting us. It's impacting our consciousness.

Closing remarks

It's impacting our ability to stay centered. And when people just go, go, go and work all day long, they think that that's a superpower. They think that it's a strength.

But today you need to understand how to disconnect from the digital input. You need to know how to rest, reset and rejuvenate. If you don't have that skill set, you are guaranteed on a path to a breakdown, whether it's two years, five years, 10 years.

If you don't know how to rest and reset yourself, you're guaranteed on the wrong trajectory. Thank you for tuning in to Redefining Wellness with Dr. Javin.

If this episode spoke to you, please follow and share this podcast with someone who is ready to take control of their chronic health symptoms. Also, please consider leaving a review.

It helps more people find the show. See you here again.