Introduction and guest background

Welcome back. We're continuing our conversation on Reversing Crohn's and Colitis. I'm your host, Sinclair Kennally, and today I am joined by my wonderful friend and colleague, Dr. Jaban Moore.

Dr. Jaban and I are very simpatico when it comes to understanding and addressing your root causes behind your chronic condition. So I wanted to give him a chance to share with you today some of the top environmental root cause factors that may have been overlooked in your doctor's office.

So first, I want to know a little bit about him. Dr. Jaban Moore is a doctor of chiropractic located in Kansas City who works virtually with clients through functional medicine to assist them in overcoming chronic health conditions.

At age 25, he himself went from being an award winning college athlete to not being able to get out of bed. He sought out countless doctors looking for answers, but doctors only gave him “band-aid” solutions.

He was later diagnosed with Lyme disease. Once you overcame this complex infection, he dedicated his practice, tapping clients to discover the root causes of their symptoms.

Dr. Moore specializes in Lyme, PANS/PANDAS, autism, parasitic infections, and environmental toxicities. He and his team can be found at The Redefining Wellness Center, seeing clients virtually.

So we're going to decode Crohn's and Colitis, the environmental impact of or the impact of environmental toxins and infections. And how those play together.

Welcome, Jaban. Let's do this. All right. Thanks for having me. Yeah, we definitely see the world in a similar way. And this is a phenomenal topic because I have had so much experience working with people that come in with these autoimmune gut problems that have been given the life sentence of your gut is going to deal with it, and that's simply just not the truth.

Yeah. Thank you for saying that right up front. So what do you see are the major toxic exposures that are actually affecting gut health? What are they.

How are they happening? How are people getting exposed? You know, this question could be answered and a dozen different ways by so many different docs.

So I want to grab hold of just some of my favorite ones, because it's so hard to say the top singular one. Right? So of course, mold toxicity is massive because it will not only create a fungal overgrowth colonization of your digestive track.

That by itself is problematic. It will release toxicities, mycotoxins that then can affect the microbiome. So the bacteria of your digestive track killing off some bacteria, allowing overgrowth of others, creating things that feel like or can be diagnosed as SIBO, also leading to a suppression of immunity, allowing parasites in that all of that combined can simply just start from moving into the wrong apartment.

Top environmental toxins affecting gut health

Right? So that's mold toxicity. One another one that I love to talk about because that just doesn't get enough press is radioactive elements uranium, radium, radon, which can be found just naturally in the environment, in the ground.

And people kind of sloughed off like, sure, it's in the water supply of half of the United States as far as uranium or radon, it's in the ground as far as radon in your basements.

So I always ask people first thing, do you have a basement? And then radium. You can actually look at a map through EWG and just see that it is scattered all across the country or the world, and it's actually natural oil.

But we need to have a way to identify this is going to be a problem and remove it from our water supply. Because again, like mold, radioactive elements are the second most common thing I find that absolutely destroy your organic acid tests mitochondrial markers.

Right. So you hear about mitochondria all the time. There's experts out there that say keep your mitochondria healthy. It's the powerhouse that makes energy.

It regulates your immune system, regulate your hormones. Well, if mold and radioactive elements, in my experience, are the number one things that can make markers all go out of range, throw off your ability to do those functions.

They're going to be really, really important. And they're so common. And then third, because I'll just do top three because I like doing Instagram. Pose is like top three people click on it.

So the third one, I'm going to just grab one that's so common. And it's pesticide. So it's the life assay or I'll just keep it a glyphosate. Glyphosate is in roundup.

It's on pretty much every food you buy that is not organic. And it's still on some of the organic ones. Unfortunately, it's on crops that you're deer are eating.

If you're a hunter, your cows are getting grains from, and whether you live in the inner city or you live on a farm, it's in your children. And they've done studies to find this.

And although they claim it's safe for humans, cells no no no no no, because a human meaning my personal cells, it may not affect them. Maybe that's questionable.

However, it absolutely affects the microbes of my digestive track that I don't know, produce immune responses, protect you from bacteria, regulate fungus, defend against parasites, create neurotransmitters, break down your food and make energy.

I mean, if that wasn't important, we don't survive without our microbes and glyphosate. Absolutely, without a doubt, damages your microbes. Yeah, I think that's really well said.

I'm so glad you brought up these three to start, because there's even, like a scary synergy between them, aren't there? So we know it's been proven that when glyphosate is sprayed onto crops, those crops have a 17 times increase of uptake of the uranium that's naturally occurring in that soil and in that water locally.

So if you're asking the question, well, yeah, but like, why am I sick? Why am I the first generation to go down for the count? My parents were fine. They lived here all their lives.

Grandparent yes. They got away with murder. They drank, they smoked. You know, they were fine. Well, the truth is, there's a synergy between all these toxins, aren't there?

Absolutely. And there's been studies done where they tested water supplies and water supplies had trace amounts of. Let's just say uranium, glyphosate, hoovers, whatever.

I can't remember all the micro amounts of each individual thing. What they found was that it was exposed damage when you pile on these different amounts.

Right. So I think of a lot of things in weightlifting. So if you're not a weightlifter, I apologize. But bear with me. Put a weightlifting bar on your back. It's 45 pounds.

Most of us that are healthy individuals can walk around the 45 pound bar on our backs right? Well, if you put on 10 pounds on each side of uranium and 10 pounds of arsenic and ten more pounds of lead and ten more pounds of glyphosate and ten more pounds, and just keep doing that.

because I go and look up water supplies on, through through the EPA and there's 25 things there, and it's just what's in your tap water. If I put on 10 pounds on each side of the bar 25 times, that adds up really quick under a 500 pounds.

Now, how many of us can walk around so that accumulation on your physiology starts doing damage? But when they look at it in your water supply, they're testing each one individually without a accumulation marker.

Synergy of toxins and cumulative body burden

Exactly. So that's where it becomes really, really important. And let's go back in time. Let's talk about my grandma, who is 96 years old and comes with the lard and ate whatever she wanted and didn't.

And she worked in a bar, she drank alcohol and she probably smoked. I never asked the question, but she was in a bar where they allowed smoking, so even if she wasn't, it was having, but the food she ate was not genetically modified.

It wasn't pulling up increased amounts of metals out of the ground. It wasn't covered in pesticides for the first 40 or 50 years of her life. Right. So all of her developmental years, this wasn't happening.

She had to move. She had a walk, a lot of places. Right? Like she wrote a horse to school. So it was it was a different time. Her houses, when the wind blew, you heard the wind blow through it.

It creaked until the last 30 years. I was at her house as a child. I remember the creaks because it wasn't a newly sheetrock sealed, airtight bubble like our homes are that are keeping toxins and VOCs.

And so the assault to our body from toxins is massively increased. And one topic that you and I have done a joint summit on that has to be mentioned is the nervous system.

I just walked out my back door and I live in the country and I just simply walked out into my yard to check the pool that I'm filling, because I wanted my son to be able to swim.

And I heard nothing. No sounds of the city, no sounds of other people, no sounds of sirens or cars. Just the wind blowing through the trees. And how settling that was to me.

You just. I just don't feel that very often. Right? Like I even live out here. And I'm most of the time sitting in front of a computer doing work, but walking out there and feeling that.

But how often in today's society are we not scrolling a phone, hearing the news, telling us to be scared, keeping up with all the things we have to do on a day to day basis versus in the in the past.

There's sayings that have come from. From what? From where they were. Don't burn the candle at both ends were to come from because you woke up before the sun came up.

You got to burn a candle. And if you went to bed before, like after dark, you had to burn a candle. Don't burn it to both ends. If you're listening to me right now, are you burning the candle at both ends?

Are you lighting fires in the middle of the string? Right? Like if you pulled a string, you lit it at both ends. I mean, I'm guilty of this. I've let it in multiple other spots, trying to see how many times, how fast I could burn that energy out.

So we are burning the candle at both ends. Yeah. Emotionally, energetically, energy production wise and insulted by all the toxins. I think you're making a really important point here that it's it's very difficult to quantify for folks this

cumulative burden and that if you're lucky enough to get a practitioner who's able to assess for a couple of these things, they're still not helping you to assess for total body burden.

You said something really interesting earlier that I want to go back and unpack further before we move on. You talked about the mechanisms of damage from glyphosate, which I so appreciate, and, especially because anytime somebody tries to quote old data to me, especially about digestive conditions, like if it's 25 years or older, I say, yeah, but glyphosate, because we're all against this backdrop of this default leaky gut, unless you're working hard to reseal the gut lining in your intentional in your lifestyle, and you're taking hammocks and full Vicks, you have, by default, leaky gut.

And all of this is happening on top of it. But you did mention mold, and that's such a tantalizing topic. And because you and I are both experts in this, I really want to unpack this further for people today.

So talk to me about the mechanisms of damage from molds when it comes to digestive conditions, especially those autoimmune ones. What do you want to make sure people know today?

Mold is so damaging. I just talked about the nervous system piece. It stresses you out. I mean, I'll just leave it at this. If every breath you take in your home what your body should be feeling like it's a sanctuary is toxic.

How mold damages digestion and immunity

So it's leaving your body in a state of fear for breathing. Imagine what that does to your body, by the way, your gut and Chinese medicine is the emotional organ.

So if it is fearful. How's your gut possibly going to be healthy? And I'll leave the nervous system out now. All right. So let's let's move into mechanisms like the science of mold a little bit.

Yeah. Look up mycotoxins. What do they do. They're basically toxic different. Different mycotoxins be different. Toxic to every single function of your body.

So where does your antibiotics come from? Most of them come from molds. They're mycotoxins. Penicillin came from a mold. Right. So it's producing mycotoxins that are directly toxic to your microbiome, meaning it will kill the bacteria in your gut.

And if you kill the bacteria in your gut. And I was on a summit years, a few years ago now. And don't quote me on names, but there when I was researching, because I was there, I was a person.

I got on at summit and we looked up and we found specific name bacteria like lactobacillus, and it was a bunch of numbers afterward that directly defended you against giardia, and another one that defended you against Strongyloides, and another one that defended you against pathogenic forms of Clostridium.

So if you are getting in mycotoxins through air food, or they're already in you from the past and you're releasing these mycotoxins because they're they're inside your gut and you're damaging those bacteria, now, you're lowering your defenses to the organisms.

I just stated. So that's one big way. And I love talking about organisms another way. And I mean, you're the liver queen, so you can help me out here.

If you are taking in mycotoxins that are directly toxic hepatic toxic so toxic to your liver. So your liver now has to deal with these and clean them out.

So what's happening. We're damaging the liver. We're using up very important chemical compounds that your body makes such as bile because bile is a great binder.

So if you're binding up mycotoxins with your bile and then you're flushing that bile through your colon, and then let's

just say you actually do get it all the way out and your body doesn't resolve it, like bring it back in because it's such an expensive product.

Now you're low on bile. What happens? You belch, you burp, you don't digest fat. Well, you bloat. So those are just a few of the things that happen when you don't have enough bile.

Because bile is such a great natural binder, but it's very expensive to make for your body. Well what if you go through this process but your body reserves it.

So. Right. Like you bind a hold of mycotoxins, you put it into the toxic waste which goes in the colon and then goes out of the body. But your body's like I still need bile.

So it pulls it back in. So now we're Taxify, your body with the same micro toxins that go back to the liver, creating liver damage, which can lead to ALK as elevation.

So these are liver enzyme elevations due to liver damage. C-reactive protein, which is an inflammatory protein coming from the liver, can go up. You can see alkaline Phos go up which is another test, and then LDH and GT.

So these are all blood tests that I can run on a person. I can see changes and that can tell me that your liver is being stressed. The problem is that it's not being paid attention to so many of the people that I work with and that you work with.

They go through that cycle, things go up and then things come down. And now we see low AST, high and low LDH, low. What is a ACA a lty. So these markers go low.

So they're at the very bottom of normal. So they're like 5 or 6 and ask what does that mean. That means a liver just doesn't have energy to operate anymore.

It's not doing well. That's right. So at this point now we're just not detoxing. So you're accumulating toxins, which is a completely different problem than flushing every all the bail out.

So now everybody's just starting to shut down. You're becoming overreactive. You're becoming sensitive. You're tired. Your brain fogged. And at this point your body goes into and it has probably already been in an adrenal state stress state fight or flight.

And when this state of body is happening, your body is pushing as hard as it can to catch you up all the time, catch up with the problems, catch up with the stress, deal with it.

So you're in fight or flight. You are using up your electrolytes your sodium, potassium, calcium, magnesium like crazy. You can look at hair testing on this.

You can look at urine testing on this. You're seeing these minerals just flush out of you because your body's using them to try and function well enough.

When those deplete. Now we're talking pots. We're crashing, we're feeling horrible. We're getting more food allergies because your body no longer can just hope that this food is okay and use energy to identify, to make sure it's okay.

It's just reacting to everything. So it's this whole cascade process that you go down from the little mold to binding that mold. Okay, now there's too much mold to now we can't keep up the damage to stress response to depletion.

This is really perfectly said. And that's why everybody that comes to your me in our practices, they're first of all, we're inheriting them right from allopathic medicine or from natural health that where things used to work.

But they are now to palliative in nature and not directed and targeted enough because only the protocols that have

been designed in the last few years are really keeping up with this layer of stress that's happening to the body.

And I think what is so important about what you just shared there is not just that we have this cumulative body burden that's building because we can't keep up.

But when your liver has become less efficient, it slows down your gut motility because you're not releasing enough bile to encourage that migrating motor complex.

So then you have all this downstream overgrowth in your small intestine, your large intestines, microflora get totally out of whack. And we're wondering why we have these autoimmune diseases just exploding in our population.

When you know your digestive tract is supposed to be the most resilient thing, you know, gut linings. What's terrible is that every three day is like what's going on?

Well, it's this it's these toxins shutting down our body's own elimination strategies and over stressing the nervous system to the point where your immune system is going.

Ready. Firing, ready. Firing. Ready. Firing. Absolutely. And people wonder is like, where does not immune come from? Or does Crohn's colitis? Where does ulcerative colitis?

Where does IBS, which is I don't know what's wrong with you, but you have symptoms or my favorite one that's been diagnosed as functional abdominal pain in kids.

I'm like, what is functional about a kid that is unable to go to school or even operate normally? It's not. It's not functional. Please stop making that diagnosis for any reason.

Yeah. but what's happening here? So we have that cascade that I just mentioned that we've talked about. And as we go through that cascade. At first the body is doing the job of repair the tissues.

It's cleaning everything out. Once we start having an immune response and mitochondria start slowing, organisms start building damage to the digestive track lining happens.

Leaky gut, autoimmunity, and the disease cascade

That's an inflammation and a colitis like response. That's that stage one. Once that happens, you start to get leaky gut right? Leaky gut for the first 7 or 8 years of my practice was this term that was only in functional medicine, and it was started as doesn't exist.

No one accepted it. I mean, I've talked to so many doctors like that doesn't exist. That's not a real thing. I've had people go to children's hospitals with their kids.

They're like, not real now. Oh my gosh, there's testing for it. Is this a real thing? There is a real leaky gut. Wow. Okay, well, what is it? It is not a hole in your digestive tract that you can visibly see easily.

It is these micro, itty bitty little hairs or holes that develop in the digestive track and between singular cells or through cells that have been damaged, that allow for toxic cells, bacteria, funguses organisms, or even food to travel into your bloodstream where they're not supposed to be.

And when your blood isn't perfect, your body works out. And if your body yeah, if your body is seeing food or digestive tract cells in the blood immediately.

And here's the lay terms. But it goes and sticks a flag in it and says this is bad. Kill it. Well that's an immune response. So now let's say that was your your cellular tissues of your gut lining.

And it has a flag and it says bad. Well 70% of your immune system in the gut. Now every time it sees a digestive

tract cellular wall tissues we're going to attack.

So now we have an immune autoimmune so immune generated from your own body attacking your own tissue problem. How do you stop a system when it is identified the actual organism itself as a problem.

Right. This is what autoimmunity is. Well if you go into a lot of literature in Western medicine 25 years ago, as you mentioned, autoimmune is just your body is stupid and it's attacking itself for no known reason.

And we need to give you an immune suppressant drug. Oh, where are you going to be suppressing drugs all mold mycotoxins has been created or used now to create immune suppressant drugs.

So mold triggered. Potentially your problem suppressed. You created a problem. So now we just need to push you further into suppression and make you feel even worse, but not autoimmune.

So you feel six out of ten always versus actually figuring out what the trigger was and bringing you out of this. Here's the thing, and this is what I mentioned at the start.

It sounds like right now, as we keep going, it's just like, oh my gosh, how do we how do we get out of this? If 50% of water radioactive and 50 to 70% of homes are moldy and glyphosate and all the food, well, you can't get out of it.

The body's amazing. It ate regenerating. I don't want to, like, do the fear attack again. It's so important to hear that you can get out of this. When you choose to educate yourself a little bit.

You are by listening to this. And if you choose to follow either one of us on social media or get on our email list, you're going to learn how to avoid these problems.

And it's really not that difficult. It takes some steps. It takes some time, some transition. Once you're doing it, it's easy. When you remove the stressors, you stabilize the internal system.

You calm down the fight or flight your body has adaptive mechanisms. Where it goes back in, it's like, oh. Oh that's just my skin tissue. Oh, that's just the gut lining.

Oh, that's just a sweet potato or a piece of beef or dairy or whatever it is that you were reacting to. And it calms down. I mean, a great buddy of mine and I, when we both had Lyme disease and we were driving to Wisconsin to get help, we stopped at a gas station.

You bought a drink and put it up to his mouth, drank one sip of it, ended up with a migraine because the last ingredient was dairy on the entire list, which means it's very, very minor.

It's a migraine, and I'm driving through a snowstorm for like four hours, and Wisconsin, well, he's passed out signaling. Thanks, man. Cool. yeah. Anybody wants to know that was Todd Schwartz, cell owner.

I knew that was Todd. As soon as you said that. I was like Sweden. Go to sleep. I'll take care of you. Rockabye baby. but now, after dealing with the parasites, he can have dairy.

I'm not saying dairy is good for you, but no longer does you have any kind of reaction. Well, why? We remove the problem, allow the body to relax, and now it responds appropriately to food itself, etc..

This is such an important point because we're not telling this to scare you guys. And I know that there's so many people in the audience and like, what do you mean?

I have to worry about toxins too. But there's a lot of you out there. They're like, yeah, I get it. I'm on board, doctor Jameson, I get it, Sinclair. Tell me what to do about it.

Because I've tried, you know, the starter detoxes. I tried the juice cleanse to detox from this stuff. You know, I have

a crummy little air filter, and my life hasn't changed yet.

And I still have colitis or Crohn's. What would you say to those folks? Where do you encourage them to start, given that this is complex, but it is still just a project?

Guys, this is solvable. Well, the funny thing is, you said the beginner, the starter things already, right? You said that. You said this person's already doing the true beginner starter things, right?

Yeah. If I wanted to give you a starter kit, which I've even made a online course starter kit, which is a lot of things that you just mentioned, and they're amazing and they're useful.

And for those individuals that are somewhat healthy or just getting started, that's where you go, yeah, great start. If you've done those things and you're not seeing results or if you are simply diagnosed with Marcel, chronic Lance or response syndrome and autoimmune disease.

You're beyond that being enough. like, I'm sorry if you're 400 pounds, just simply going for a walk may not be enough. You may have to change your diet too.

Yeah. Like sometimes it's just going to take a little bit more work than the bare minimum. And that's okay. Like I was heavy. I was like, what am I now? I'm like 180.

So I was 70 pounds heavier than I was back then.

Where to start: environment, water, nervous system, and detox

And I had to do some things to change it. So when that's going on we'll do more. So if you have clarity, here's here's the truth. You need to start with making sure your environment is clean, not just putting an air filter house.

Run a test. I like running an Army test, but you probably need someone educated in Army as ran a bunch of them. That can give you a real interpretation to make that a valuable test for you.

So if you want to run that test, work with somebody that that can help you there. There's another test called the dust test out there that that is another good test.

And it comes with a little bit more interpretation. So make sure your house doesn't have mold. Secondarily, make sure you're drinking clean water. Distiller is an easy way to do that because it's going to remove everything bad.

Including radioactive elements. Was scared you about earlier and most filters can't do that. I have not to this point learn to trust any other process of filtration that is not distillation to remove right. Away because they.

Yeah, and they mold. Your reverse osmosis system has molded your fridge filter, which sucks by the way. It doesn't even begin to cover it. Those all mold.

So please, please, please do yourself a favor and stop poisoning yourself. And if you ever have you know anyone with a distiller, go just look at theirs and then you will never go back.

You'll never go back to tap water. It's just that simple. When you run a distiller for a month and then clean it out and you see the crap that came out of your water, you're like, oh, got it?

No more questions. I'm good. Now, if you think the water is dead or not. and it's too acidic because you removed everything, that's fine. You can read minerals, which lowers the acidity and you can structure it through structuring devices. But make it clean.

First, I want you to get to the basics. Reasonable amount of mold in your home. Because there's no there's no getting to zero, but safe levels, clean water, clean food, clean hygiene products.

There we go. That's step one. And not just I'm going to be cleaner, but actually doing the due diligence to know what that means. Secondarily, get your nervous system straightened out.

If you have an autoimmune disease, your body does not feel safe. That's right. So get your nervous system straightened out. There's a lot of programs out there that can help with that.

it depends on you which one I even recommend. If you're. And, you know, London, there's a guy, Gupta, that people out there love him. If you're more of like the I want someone to really give me the science.

There's other programs like Primal Trust. I know you have a program that you're doing that is also phenomenal. I know you're phenomenal. So find someone that can work with your nervous system that you know, like and trust and that just connects with you that you are willing to listen to and do the work with.

Then here's the reality. Changing your diet, moving out of mold, drinking clean water when you have an autoimmune condition may not be enough. Yeah. Because your body now, it's been suppressed long enough.

It's fatiguing itself. You have organisms likely in your body and toxins likely accumulated nearby that need to come out. So we have to detox. So now you have to go through a protocol. My my personal opinion, when I do this, I run all the testing.

We put together a roadmap. That roadmap is put in order of exactly the things that we found and I'm going to walk you through that process step by step by step.

And it may take a little while. When you have an autoimmune condition, maybe a year, it's not going to be overnight. And my order is very important. So the order that stands out to me, that is most clients, 60, 70% of people go through is if you have these things, this is going to be order the steps.

I've I talked about parasites, bacteria, mycoplasma, mold, radioactive elements, heavy metals, Candida yeast or other yeast. Funguses viruses. That is the order that I run through when I'm going.

So if I have a long list of 20 things, you're not going to have to eat all of them because they overlap. But that's the order they're going to go in for most people.

But not every. I hope you guys heard that. How low down in that list? Candida and you star. Because if you're going after that with Candida cleanses and you wonder why you feel like crap and then Candida comes back right away because of the mold, radioactive elements, the heavy metals, all the other reasons for Candida to be there.

Yeah, you're making great points. The order absolutely matters. And so many times I think people come to your practice or mine and they're so discouraged because it's like, well, I tried all the things.

First of all, you didn't try all the things, you tried all the things in your awareness. And there's a lot of junk out there and we totally appreciate that.

But you also may have tried right thing, wrong time, the right thing, wrong step or right thing. Still with poison. What you know and yeah, the details matter.

Yeah. As you know. That's right. The nervous system. Oh yeah. Yeah. Which I mean, I have this massive checklist when somebody comes in and so often soft and unlisted that they need to have done.

I mean, I can think of one and as not even my personal in. Right. Like they came in, they literally did everything I usually do and really put the effort in, but never went to the biological dentist, went to a bio dentist, spent a lot of money, changed the mouth scape by getting the multiple different metals out so as galvanizing, getting the root canals out, getting the toxic like there was black plus coming from her jaw.

When they remove this stuff, she was 50% better. One week later. Then she came back to my clinic to get the rest

done and work with one of my providers, and she was just like you, simply just telling me you've done it all.

But this girl here, she's like, you saved my life. And then she didn't need much from us after that. A little tweaking here and there. But that's the big thing.

I have had so many people come in that didn't do the nervous system stuff or start with Candida. Like it just won't go away or Epstein-Barr just won't go away.

I'm like, it's because there's things that come before that you can't flush uranium if parasites are blocking your ability to poop because they're releasing endotoxins that stop your possibility, you just can't do it.

I can't flush mold out when your gut doesn't move because you have a bag of bacteria before it. But mold has to be the first thing, doc. That's what I've been told.

You have to get into a safe place away from new mold. Yes, and then I need to reevaluate all your detox and drainage pathways open enough to move mold out and not recirculate it.

So with each step, I. I like. So we put together a program of what the roadmap looks like. But after each intervention, I reevaluate where you are and what step needs to come next based off of what your body's telling me.

Not just giving you a 12 month. See you later. Absolutely. This is a process. You need regular checkups. If 3 to 6 months is not appropriate because you have to be stepped into a real protocol for this to actually reverse autoimmune conditions.

Yeah. Okay. So you brought up so many good points. And I also know that a lot of people listening are practitioners that are on the hunt for more tools.

Do you think that there's anything that we haven't mentioned today that is undervalued in the recovery process from these environmental toxin exposures that are driving autoimmune conditions and in your digestive tract, like, say, detox therapies or you already mentioned nervous system retraining?

I'm so glad you covered that. Is there anything else like that that you think when you look at our other practitioner and you hear these horror stories from your patients, well, you want to make sure that they know and understand.

There's so many things out there I'm going to I'm going to step in and talk about one that has become very important to me over the last year, which is simply just getting some minerals back in the body.

It's so easily missed.

Minerals, electrolytes, and recovery support

We talk about methylation. We talk about food, nutrients. We talk about caloric intake. And there are people talking about electrolytes, but just getting quality electrolytes back in the body not only can be empowering because it allows for energy production, allows for movement forward within your health.

It also can cause detox. Yeah, a friend of mine just two days ago. I have so much brain fog like. Oh, interesting. You're fully well, two months ago and we were talking.

What's going on? You know, I really change anything like. Okay, like you're taking any supplements? Just in maintenance. I do relight, okay. How much?

Well, you know, just honestly, I probably taking 2 or 3 packets a day. Interesting. Do you ever do that before when you're detoxing? No, I just it tastes really good.

I agree. I have some right here. if you haven't fully removed all the toxins and you put in a lot of electrolytes, what happens is your body will. It's so intelligent.

It will bring in things like lead to your bones because lead is a positive ions. So it's calcium. And well, if you don't have enough calcium it will put lead into your bone to build bone matrix.

Right. That's good. But I'll do it. So then when you start replenishing minerals, especially at a high rate, if you've never done this before and you now give calcium and the body's like, oh well, I can release this lead or arsenic or whatever other minerals your body has used.

Uranium. Is that iodine for your thyroid out into circulation? So if you happen to get yourself addicted to electrolytes because there's something in your water and you like the salty flavor, beware.

But if you're not doing that for people because you're being very diligent with not overprescribing of supplements. Think about bringing minerals in as a base starter point, especially for sensitive individuals, just to start rebuilding some strength.

Absolutely. Yeah, I agree with you. I think that's a great point and so often overlooked. Any last words of wisdom, Dr. Jaban before we tell people where they can find you.

Final encouragement and where to find Dr. Moore

You can overcome about anything. Honestly. Just have faith, have patience and know and trust that your body is meant to heal and be well. I totally agree.

I know you and I both work with such a sensitive population, and it's so fun to be in the trenches with you and get the word out to folks that this is totally fixable.

It's just a project, you know, our bodies are brilliant. So where can people find your work? If you're looking for me, just look up drjabanmoore.com. My website, Facebook, Instagram, TikTok.

We're putting out free information all the time because when I was sick, it was hard to come by useful information that would move me in a direction that would make me feel better and actually would move the dial.

So that's one of my biggest goals, is just to educate that. Thanks so much for all you do doing.