What Happens When Your Immune System Hits “Overwhelm Mode” Transcript

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Introduction to Lyme and Hashimoto's

Hello everyone. Welcome back to Reversing Hashimoto's and Thyroid Disorders Summit. I am your show host, Doctor Anshul Gupta. World's Hashimoto's expert, and I'm really excited for a discussion now, which is going to happen because most of the other people have spoken about a whole bunch of other things related to Hashimoto's and how you can improve it, but the discussion which you are happening is kind of very unique, because not a lot of people are talking about chronic infections, specifically Lyme and co-infections, and how that can affect Hashimoto's disease.

So I'm really excited about talking about it and what people should look into and how they are interconnected. So let me introduce my speaker before we delve into the discussion.

So Doctor Jaban Moore is a chiropractic doctor and has pursued advanced training across multiple disciplines of root cause medicines. His clinical education gives them a unique lens on how structural, neurological, and biochemical systems interact and why chronic diseases so often slips through the cracks of conventional career.

So he combines training in cellular healing, bio resonance therapy, kinesiology, advanced metabolic health and parasitology to uncover what's really going on and then helps people take action with clarity and confidence.

So Doctor Moore, welcome over here. Well, thank you for having me. I'm excited to talk about this topic because for me, Lyme disease is an origin story that also got complicated by, like so many others, mold toxicity and parasites.

But I didn't really know much about Hashimoto's, and I started working with clients that were like me dealing with Lyme, and a few of them came in with Hashimoto's, and they they would come in with numbers that at the time I was shocked by these 7000 antibodies for Hashimoto's.

I'd be like, Holy crap! Like, are you working with an endocrinologist? And then one time I was working with one of them and we started working through Lyme.

But two months after care started, their Hashimoto's antibodies went from 7000 with no other changes besides what we did to 200 in a matter of two months.

And I was just like, wait a minute. And the endocrinologist called me and the primary care doctor called me and they're just like, what are you doing?

Whatever it is, keep it up. But what are you doing? So then I started understanding that if the immune system is stressed by infections like Lyme parasites mold inside your body, bacteria or toxicities, then it's going to be on fight or flight.

It's going to be attacking. And this is generating a lot of autoimmune problems. And people that I was working with. Absolutely. And I think this is so much important that, you know, people, you know, talk about diet, talk about gluten, you know, talk about stress, you know, like, you know, deficiencies of vitamins and minerals.

But sometimes we forget that, you know, our immune system can be riled up because of other reasons, too, like several toxicities, which can include all of these infections.

Now, obviously, like, you know, the Lyme is something which a lot of people do not know about, or they don't even know about what chronic Lyme disease is.

Doctor Moore's Personal Health Journey

So why don't you shed some light? You know, first of all, maybe just share your story because, you know, you went through the struggle with a lot of health struggles and you did find that line was your major culprit.

So what exactly happened with you? So people might know the story? Yeah. So I was a collegiate athlete, a multiple time All-American, college shotput hammer thrower.

So I thought I was on top of the world and health and strength and fitness. Training three, four hours a day. I graduated, I went to, professional school in Cairo School, and I lost 60 pounds.

I ended up with a six pack. I was like, all right, I'm eating better. I'm working out still, I feel good. And the bottom fell out, I just crashed, I started having joint pain, brain fog.

I was just I mean, I was 24, 25 years old. I was in school. And as I went and started looking for help, of course, I was in chiropractic school. So I went to chiropractors and they felt lymph nodes that were enlarged.

Today we're talking about nutrition. They were talking about, getting your diet cleaned up. And I did all those things and nothing got better. I felt a reduced inflammation in the short term, but long term solution wasn't there.

I ended up with erectile dysfunction and testosterone crashing and then I went a little more mainstream. I went to more medical doctors and and whether it was a functional medicine doctor or a medical doctor, they kept just offering me a pill for your ill.

Right. So they gave me here's the little blue pill that'll fix the erectile dysfunction. I was like, that's not I'm 25. I have a six pack. I'm fit. I should be fine.

And they're just like, well, it happens. And I was like, no, no, it does not just happen. I'm never accepting of it just happens, including with autoimmune conditions like Hashimoto's.

So then I went to functional medicine. They're like, well, L-arginine. It helps the Vasa dilate blood vessels. And I was like, great, but that's still band aid.

I don't want a band aid. So I kept searching and I finally found, someone who could help me and to drive all the way to Wisconsin on a college budget, which was like seven hours north for me through a snowstorm, literally a snowstorm.

And he had to because it was a doctor that I heard of that, that he was like, you can stay at my place. Really nice guy. He had to get a bobcat out to clear his driveway for me to get up, but it was like I was on an uphill battle, just like so many of you are out there.

And he tested me. We found Lyme and after we we found line because to be frank, Lyme was more understood 13 years ago than some of the other complicating factors that I was dealing with.

I've been living in a moldy basement through school, which suppressed my immune system. It allowed for parasites to get into my digestive tract because of the suppression of the immune system that caused food allergies.

So I had numerous food allergies, and then Lyme disease was able to take out take a hold in my body, which I don't know when I got it. I have no idea, like most people out there have no clue when that happened because only 40% get the bull's eye rash.

The rest they may not even know they got bit by the tick for years until their immune system is suppressed and that infection is allowed to take hold, which for me was mold.

So yeah, I mean, I went to Wisconsin. He figured all this stuff out. We started doing his protocol for detoxification of the mold, cleansing of the parasites and the Lyme and my symptoms over the next few months just steadily came down little by little by little by little.

But it took me years to find someone who actually knew what the heck was going on. Like so many other people with Hashimoto's, I think, what is it? Diagnostically speaking, people usually have five years before they're diagnosed with an autoimmune condition while they're having symptoms.

I know how that feels. And yeah, that's that's my story about me, but I can tell so much more. Absolutely. No. I think, you know, like, you know, your, your story resonates with a lot of people because you correctly said that people have been going from doctors to doctors trying a whole bunch of different things, and nothing is working for them, and they never know the real culprit, you know, which can be these toxicities and plus these chronic infections.

So why don't we kind of buckle down and just kind of go a little bit deep discussion in terms of how these toxicities and how these parasites or Lyme infections can actually be connected to autoimmune diseases like Hashimoto's.

What is exactly going on. Yeah. So let's talk about this in the most basic sense. So doc I'm not going to go medical language here. I'm going to go really basic language.

My dad is a construction worker, reinforced concrete. So when I was going through school, that's what I was doing to pay for school as much as I could to eat and, you know, have a roof over my head.

And when I would come back from school, I would talk to all these guys about pouring concrete, and I'd say all these words in Latin. And they were like, what the heck are you talking about?

Speak English. So I really quickly learned that as a doctor, part of my job is to be able to teach and educate and a language that people understand. So I'm going to say, I'm going to say these things not with all the big words.

So here it is. When your body is stressed out, it starts to increase the immune function. At first that's good because it's protecting you. Over time, it becomes very bad.

And now you start to attack your own body because of collateral damage. So it starts to go. You start to rev up that immune engine. And as it gets to a point where the threshold is breached, where it's just like, I can't keep up anymore, you're too stressed out.

You have too much Lyme disease, you have too much parasite, you have too much mold. Sometimes there is a collateral damage where an antibody attaches to some of your own body tissue.

And now we in some cases call this autoimmune disease. So what I've seen is an overwhelmed body is where a lot of autoimmune happens. People think autoimmune often is an actual the immune system's too strong.

It's like it's got too much going on. But what I've seen is the immune system is actually weak. So now it's shoot first, ask questions later. It doesn't have the capacity to keep up with the day to day activity of identifying is that gluten?

Is that Lyme disease? For me it was almonds, berries, chicken, dairy.

How Chronic Infections Drive Autoimmunity

Those are my food allergies which I've been eating my entire life completely normally. And I was fine. Just like you've had your thyroid your whole life and up until you got tired, you had no reason to believe your thyroid had a problem.

So it probably wasn't autoimmune your whole life. And then something happened that triggered this immune identification, autoimmune identification, and now you're being attacked.

So for me, whenever I see any autoimmune condition of any kind, I immediately go, what happened within the year or so before the autoimmune condition that could potentially have led to your body having an overreaction and collateral damage that we now name, you name it for this summit, for this information.

Hashimoto's. Many times people are like, I got divorced, I got food poisoning, I had a death in the family. And I was like, well, how'd you deal with that?

It was really rough. So their body became overwhelmed, and then they were eating something gluten that was triggering an auto immune response and antibody response.

They were drinking water because 170 million Americans drink water that actually have radioactive elements in it. And oftentimes when I'm doing samples of hair testing for many of my clients that are autoimmune, we actually find in the hair radium, uranium in their hair.

And when that swallow down your throat of fury is that it's getting into the tissue of your throat. And this is creating a higher likelihood for auto immune reaction, which when I work with these people to remove those problems, we do see antibodies reduced.

But that's not causal. It's correlation as far as my case study. But man, all I know is all I'm looking for is results and reduction of symptoms. Absolutely.

I think everybody is looking for that itself. And people who are listening over here are more interested in getting better and results, you know, like no matter how they can achieve it.

So absolutely, you nailed it, right? So why don't we kind of talk a little bit more about in terms of like these specific things that you're talking about.

So people have more ideas about like, you know, specifications about that. So maybe let's talk about the infections first and then we'll go towards the toxins.

So in terms of infections you know, like you talk about parasites, you know like you know any particular parasites that you have seen associated with it or like you know, what is your best way of checking for these parasites too?

Yeah. So, you know, we're on Lyme and parasites today. So let's just dive into some of the misnomers, the myths of health. The myth of health is this the United States, we don't have parasites.

It's a myth. We do. We absolutely do. Do you do you worm your dog or cat? Your horse, your cow, your whatever you have, you do worm it. That's. No. There, there.

Well you're like, well, wait a minute, I there's a pet. They're like licking themselves. They're out in the yard or this or that. I go, well, wait a minute.

A lot of people that I know have these indoor cats that are well taken care of. You provide them with food that is fully cooked and processed. You're saying that their food is more likely to parasites than yours.

They're like more likely to get parasites living in your home than you are leaving your home and touching the dirt. No, we live in an environment that has parasites, so parasites are here.

Second part of this where would I get a parasite from? How about your sushi? Your medium or less cooked meat? Your vegetables that you did not cook thoroughly, which is anything raw.

Your fruit does the same. You can get parasites from those things. Your body's designed to protect you against it. So I'm not trying to create a fear thing here, but if you have high stress, it decreases your stomach acid production.

If you have taken antibiotics, it kills bacteria in your digestive tract that are designed. Many of them are designed. They're purposing to protect you from specific organism strains like parasites.

So if you are stressed, if you have raw foods, if you've ever taken antibiotics, if you're taking anything that is an acid blocker, you are absolutely making your digestive tract vulnerable.

For parasites that are all around us in our environment. And if you have an animal and you love it and you kiss and it scoots his butt across your bed, you're coming in contact with potential parasites.

So parasites are here. And just to give you statistical data, more than a million people year over year go to the hospital for Giardia, which is a single cellular organism parasite, the United States.

Those are the ones that make it to the hospital because it's so bad. Many of us get it that don't go to the hospital because we have a little bit of upset.

Our body kind of deals with it, or at least it's not bad enough for us to go to the hospital and we just call it IBS, colitis, Crohn's, ulcerative colitis, you name the itis is in the gut and you might find a parasite.

They're not saying you well, but you might. So then we talk about some other ones. If you go and just Google right now and look up World Health Organization and say, okay, what is the likelihood of a person having intestinal parasite?

There's somewhere in the range of about 3.5 billion people they estimate to deal with intestinal parasites. This is Who World Health Organization. They also state that there's more than 800 million people dealing with Strongyloides.

So I'm throwing these data points at you because, one, I wanted to make sure you knew that yes, we are vulnerable to they are everywhere. So instead of just ignoring it, say, hey, it might be there.

And if you think you might have a parasite, here's the issue in United States, because we do deny it so much, we don't have the best testing. The gold standard is a stool sample, and I've had people run 4 or 5 different company stool samples, and you know what?

We found a lot of bacterial dysbiosis and not a lot of parasites because the testing isn't amazing. You send the same test to a vet, they'll find your parasites.

You send the same test, which there are a few people out there doing this now, the medical doctor, pathologists that actually themselves look at your sample under a microscope, spend 15 20 minutes to do it.

They'll find you some parasites and it's a lot, lot more common then when you send it to your lab core. No hate on Live Core Quest or any of those places.

I use the heck out of them. Their stool samples aren't great. They have a technician that is not a clinical pathologist, that is not trained in all of the different parts and pieces of different parasites.

Look under a microscope. They get about three minutes and that's all they get.

Parasites, Testing, and Treatment Options

So for me, if you have any GI issues associated with your thyroid, I'm probably going to say, let's just do a parasite cleanse. And if you feel better and you see reduced antibodies and gut, that gets better, you probably had a parasite.

And here's the deal. I know that's not perfect, but it'll save you a lot more money than spending numerous orders, which are 500 to $1000 a stool sample on getting stool samples from multiple companies trying cover this.

So that's become my opinion. You can still look for some different types of parasites like Tosca plasma ptosis. Using vibrant Americas lab testing that is a part of the co-infections of Lyme disease, you can use but easier testing on that same test.

So there are a few parasites that people are testing a little bit more often. But for the most part, gut intestinal worms

and parasites. I don't have a great source unless you want to go to, again, an MD pathologist or some other type of pathologist, a deal or just a PhD that is actually themselves looking at it.

And like I said, there's a couple guys out there doing it. One in Colorado, one in Arizona. Now, and we're keeping them busy. Anything when I talk about parasites before I move to Lyme.

Yes, yes. So I want to you know, you said you do parasite cleanses. So, you know, do you typically do prescription medications for that or you're using oral protocols for it?

How what is your approach? I'll say about 80% of the time I'm doing herbal. We we use a number of different products from a number of different companies.

We find that to be pretty successful. Whether it be cell core or, another formula that we use is like AP from Byron White. I was a medical doctor that formulated that one.

We use a few other companies like Bala Herbals, and we do see a significant reduction in digestive track issues. I'm not afraid to use ivermectin on all of those.

All those can also be really effective tools. And oftentimes if it's a really significant situation, we can combine them. But I found that those alone also are not universally enough.

I've had people do shaman's protocol before they came into me, high doses of all three of the meds and still didn't solve all the problems. So I think there needs to be that open mindedness.

We have a medical doctor on our team, a couple of them who do write the prescriptions for us if those are needed. But yeah, I think the bigger thing is to just like, as I'll get into with Lyme and mold and other parasitic issues, recurrent infections, whether that be a parasite or bacteria, means oftentimes you have other complicating factors that you haven't dealt with.

So many people will be like, I've been dealing parasites for two years. I haven't been able to get over it, and they did all the right things. So I looked at their their history.

They did everything perfectly. I'm like, well, have you considered that maybe you're drinking toxic radioactive water or living in mold? Like, oh, and then we deal with that and then the parasite cleanse works.

Absolutely. Thank you for sharing that. So let's talk about lying now. You know, like obviously tell us a little bit about like, you know, what we're talking about is like, you know, what is the difference between acute Lyme, you know, ways where you see the rash and you get like a two week antibiotic versus this chronic Lyme, you know, which is hidden.

And then obviously the, you know, the controversy about the testing, like, you know, what is the best way of doing the testing and things. Yeah. Sounds like you got some history here. I love it.

So when when you look at Lyme disease, this is a bacterial infection at least as far as Lyme which is called Borrelia burgdorferi. That's the original Lyme species of bacteria, which gets complicated because if you get the good testing today they found numerous different spider acute borelli is that are now falling into this family of lime and lime co-infections.

And that's where the testing becomes difficult. But let's just start with Lyme disease. Lyme disease is a bacterial infection that can is called a great mimic.

Or so you can get all kinds of symptoms. But if you get headaches in the back of your neck, that could be some Lyme. If you're fatigued and brain fog Lyme, you can get Lyme endocarditis.

You can have Lyme neuro symptoms where your brain fog fatigued, depressed and anxious, which sounds like so

many other things, right? Which is why testing is important.

And Lyme is complicated by its co-infections like or leaky, but buzzy, Bartonella which are other different either parasites or bacteria that are commonly found inside of vectors that will bite you.

When I say vectors, I don't just mean ticks. And I'm going to explain that because we often think of Lyme disease as a tick borne infection. Even the test I run that's my favorite from fiber in America is called tick borne 2.0.

But any insect vector that bites you, whether that be a mosquito, a spider, a flea has shown to be able to carry these bacterial organisms, that they don't necessarily transfer them as easily.

They can. So you still have to be aware that it could be multiple different organisms when they bite you. Specifically, a tick. It's spit to numb the area.

And that's when it spits these bacteria and parasites into your tissue. And after it attaches to that, the data shows that it's a very high transfer rate past 12 hours.

Before that, it's questionable whether or not will transfer on you. The most common tick, the bite you that is known and studied. And I say this as I use like the, parentheses in the air that's known and studied is the deer tick.

Because again, it can be so many things. And I don't want people to just say, oh, it wasn't that I don't have it, but the deer tick is the size of the end of your pencil or pen.

It's very, very small. You'll never see this on your skin, almost ever. It looks like it's smaller than a freckle. And if it's been there for 12 hours, it likely is transferred into your body.

At that time, the infection and 40% of the time upon CDC testing, which I'm going to get into in a moment, you will then see a bullseye rash, which looks like a bullseye.

So a red center, then more of your skin tone and then a red outer ring around that, and that shows up. And if you see that, then you very likely got some sort of Lyme infection.

And it could be any of the different strains of the Borelli is. And you need to go to your doctor and you can make some choices here. The gold standard of medicine is a two week doxy cycle and, dose of medication, antibiotic.

And that's thought to be enough to help you with Lyme disease. Now, like I said, I I'm giving you kind of the standard of care. And then I'm going to give you a little bit of the extra. So when you get bit by any of these vectors and it goes into your tissue, and there are a few other ways, such as it's theorized that it could be sexually transmitted, don't know.

It's theorized that it can go from mother to children. And I've seen that quite a bit. So I do believe that one. And it's theorized if you eat raw, like say overeasy eggs or meat that isn't cooked well, that in theory you could ingest these bacteria again, don't know about that one.

Just theorized, so many ways that we're looking into the Lyme community. But when you're looking at treatment, if you get a tick that that spit into your body and you catch it within, let's say, 24 to 72 hours, then you go and get your doxy cyclin as a standard of care if and only if you're dealing with particularly bacteria transfer, then deoxy cyclin if it has not crossed from blood into white tissue, meaning your brain or out into your joints, then you're going to have a good chance of catching that bacteria.

And that could be an effective treatment if you're dealing with parasites and viruses, if you're dealing with anything that which this is unlikely to happen would have a biofilm wrapped around it.

Or if it quickly, because a spiral looks like a corkscrew, burrows into your white tissue or gets into the brain across the blood brain barrier, antibiotics are no longer going to be a enough by themselves in two weeks.

Now, as you spread out past that type of treatment, there are people that will do antibiotics for. I've had one person come in that was on antibiotics for eight straight years through a pick line, which I highly do not recommend, but, it's been done and other people will rotate meds or rotate parasite meds in there.

They'll rotate antifungals in there. My personal opinion is if you caught it early enough, you under the antibiotics, it's it's worth it. It's worth the effort to go try that out.

It's worth the potential side effects of the damaging. Your got to get ahead of things. I personally would go and take what I call is bore from cell core, which is a herbal cocktail that that is what I actually took when I was sick.

That was the thing that I took, wasn't even around back when I was sick, but the formulator had had it on his shelf as the doctor. And then they they borrowed his formulation to create that, that product.

And from there I was able to see incredible results. And that's specific. As you heard the bore Borrelia. And if you ended up with some of these other infections, you run the tick borne 2.0 panel and you may have to do things for a busier Bartonella.

Other parasites and, viruses that are all common co-infections of Lyme. And here's here's the piece that I'm going to give everybody hope on because I love to like, give the info from multiple perspectives.

If you have a really strong immune system, if you're a healthy individual and you're happy and you feel good and you don't have all the stress and you're not, you don't have a bunch of gut issues.

Lyme Disease Basics and Testing Challenges

And when I say healthy, I mean it means to me this you live in a body that you don't pay attention to because it feels good. I tell people if you have got symptoms, you notice your gut.

That means there's something probably wrong. If you're fatigued or brain fog or your skin doesn't look, you know, like it doesn't heal the way that someone of your age should, there's probably something wrong.

But if you're overall healthy, where I've gotten to now, and this is not to brag, is to say that you can do this when I'm out in the woods and I'm I'm having fun with my son and we're hanging out, I am not worried about me getting a tick, because when your immune system is strong and healthy, will mount an immune reaction appropriately and deal with infections as long as you are healthy and strong.

So yeah, there's my little snippet on the basics of starting points for Lyme treatment. So I just want to summarize people a few key points over here that you said, you know, first of all, you know, like, you know, you mentioned about the testing.

So you said, you know, you're using the vibrant health, you know, tick panel, for checking it because regular blood testing, most of them will miss it.

Right. That's the correct thing. So that's absolutely. And the second point that you said that, you know, you are not in a favor or like sometimes, you know, doing those chronic antibiotics because again, I see that very often that people, you know, go to these Lyme doctors and they are on like big lines and chronic antibiotics for at least 1 or 2 years, which again completely wrecks up their gut and things.

So there is an other alternative which you clearly said, you know, like there are herbal protocols, you know, specifically the one that you mentioned from cell Corps as work.

Really good for your line patients too, right? Absolutely. So that's great. So those are the very important things that I wanted to kind of share with people so that they are aware of the testing as well as the treatment options, so that, you know, the at least, you know, they they know where it is coming from.

So yeah, yeah, I love to add a little bit on the testing because you asked me to do that and I, I missed this piece and it was around 2015, the CDC came out and they said we had 25,000 people test positive for Lyme disease in our CDC test.

And we think it's more like 300,000 to 1 million people actually contracted Lyme disease. The estimates that have come out recently is there's around 500,000 at least every year contracting this.

But we're still stuck at that 25,000, give or take positive Lyme testing. So unfortunately the testing that's being done is just not accurate. If you do the math on 25,000 versus the million potential, you're like an 8% success rate.

If you look at the vibrant test and you actually just look at the number of labs that are being ran, you see that there are like 30 different mutations or family members of Borrelia that they're testing for to give you results, whereas the CDC is just testing a few bands.

So it just isn't comparable, which is why so many people are being missed. Absolutely. Again, that makes absolute sense. You know, obviously it's I think for most of the people this will be too complicated to understand about, like the differences in things.

But the bottom line is that, you know, as you said, for testing, it's complicated. The regular CDC test of the blood test, which a lot of people might be getting through their PCBs, might not be enough to rule out, Lyme infection.

And that's where you need to sort out, like a provider like you or somebody else who's trained into Lyme to get the right testing for them. So I think that's a very important key to know.

Absolutely. Well, shall we dive into parasites? Yes. Let's go into the parasites. Or if you want to go to the toxins, we can do that too. Okay. So we talked a little parasites.

We talked a little testing there. We've done a line. We've done a little testing there. The toxins. That's that's a great direction. So I remember being in practice and here is my admission to fault and why we call it a practice because none of us are perfect.

Early on I was working with Lyme. We just started figuring out a little bit about parasites, and I had some people come in and they're like, well, doc is more important.

I was like, I don't really know. I haven't heard too much about it. It's not something that I'm running into very often. So I can't say that that I have a perfect answer for you, but I'm not seeing it.

So if you bring me information, I'm happy to look into it and and do some research. Why? I did. And it's a big problem. And what I figured out was about 50 to 70% of homes actually have water damage to them.

That could be affecting someone. And if you're listening to me, you're like, well, I got mold in my house and I feel fine or, you know, I have mold of my house.

And three out of four people feel fine. That's really common because mold is a extremely toxic substance. But there are a lot of genetics and other factors that play a role to making you more vulnerable to it.

So if you have a person living with a family in a house and one is sick, you can go run tests on them for genetics, which do they have for Comt? Vdara these are epigenetic tests.

Do they have HLA Dr. genetic type which makes you more vulnerable to mold? You can also look at the person are they is anabolic. So like big like muscular men they're more anabolic.

They tend to metabolize toxins out more effectively because that more muscle mass to help with that and testosterone can help with that. Next is people that have more burden, more just burden in life.

And I say burden. It covers a lot of ground that could be Lyme parasites, mold, radioactive elements, trauma, personality types where they stress themselves out more, lack of sleep, poor diet burden.

Right. Burden people with more burden on their body are going to detox poorer or worse. And effectiveness. So this is why sometimes that one individual in the home is sick from mold and the rest are not.

And I see it every single day. The husband's fine, the wife's not right, or the kids aren't fine. The parents are. And yes, kids can be affected by all the things we've talked about today, just as likely as adults.

So I work with a ton of kids in these categories. And and we see kids that are ADHD diagnosed spectrum that you go through working on these things, all of a sudden they're they're back to the neurotypical child.

So don't just accept your kid for having issues. Look into it. I'm not saying they're broke. I'm just saying look into seeing if you can give them help.

So when you go down this mold rabbit hole, there's a lot of different types of mold. The testing in a home for mold by our standard is garbage. And I know I keep saying that, which is why people are so sick today.

It's 75% of adults in the United States have a chronic condition diagnosis, 75%. So healthy is abnormal and one of the things that happens is we move into a new house.

We have a real estate agent called our inspector. They come in the house, they drop an air sample machine in the middle of a home. They say, don't go in there for four hours or whatever their their timing is and they get a report.

I said, oh, it's perfectly fine, no problem. Except molds. Let's just talk about sticky borders, the black mold. So there's a lot of molds that are black.

But this is the black mold. It's heavy. If you drop it, it's like a quarter. It falls to the ground and it stays. So if you have an air machine in a room that nobody's moving around in, it's not going to get pushed into the air to be tested for.

So let's test your house the way it should be tested. Let's do dust sample collections. Let's do cavity searches. Let's do infrared cameras and moisture meters, which is a much better way to test a home.

And now you start getting the reality that homes actually have a lot of mold in them. And if you're compromised in some way, you can get sick from it.

And the problem with this is when mold compromises your body. One of the first places it compromises is your liver and your gut. It decreases regulation of the immune system, which allows bacteria to get out of control.

It decreases liver function, which doesn't allow you to properly activate and turn on hormones.

Mold Toxicity and Its Impact on Thyroid Health

And I'm not going to go into thyroid hormone conversion. I'm sure you had that on your pod on this, summit already. But you need your liver in your gut to make those hormones work, right?

Right. So mold is suppressing physiological function to make your thyroid operate normally. You go hypothyroid just by living in mold. So then your immune system suppressed, you're accumulating infections and dysbiosis.

Your disc. You're decreasing your liver function, your testosterone, your estrogen and progesterone production because your body's in a fight or flight state.

And this leads you to feeling significant symptoms. So I work with a lot of complex chronic illness, which means really sick people, autoimmune conditions and otherwise.

And mold oftentimes can be a piece of that puzzle. And it's very commonly a piece of that puzzle with people who aren't getting results with really good functional docs that are working with them on their thyroid, their dysbiosis, their Sibo, their UTIs are recurrent fatigue, fibromyalgia because that piece isn't being tapped into.

And it takes a lot of specialized understanding and education to really get to the bottom of it. And then you can go run micro toxin testing on your urine.

So I can actually test if you're peeing out toxins, which there's some complicating factors there. If you're in fight, flight or freeze, your body's overwhelmed.

You probably aren't detoxing. Well, you're not moving mold out. So that test is going to come back negative. So then we have to look at your albumin level on your CRP, your comprehensive metabolic panel blood test to see if your albumin is up, which means you're actually pushing out a lot of minerals.

We need to bring minerals and water to get your body to detox. We can look at your hair test to see what your metabolism looks like. We can look at your creatine output, which is another, you can do it through urine or you can do it through blood.

But if we're testing urine, I want to test it in the urine for the output to see if a urine, a toxin test can be accurate. So you want to make sure you're getting the right testing.

There. You can run a bloods, a set, a blood test which Richie Shoemaker made famous that are testing for signs that you may have mold, such as VIP, msh, C4, a.

These are blood tests that you can run, and if they're out of range, they suggest mold. So then you may want to go look at mold. They're not diagnostic. They're suggestive.

You can look at, the Army dust sample screening tool for your house. Again, it's not going to tell you where the mold is. It's going to tell you whether or not the dust in your house has mold toxins in it, which then helps you to take those next steps.

So mold can be a complex topic, but it's a topic that can be the game changer for you. And if you really dive into any of the topics we've talked about today and you figure out which one's affecting you, and you take that burden off your body, all of a sudden it starts working a whole lot better.

Absolutely. I think you nailed it right. You know, I think people might have to listen to this, like again on repeat mode a couple of times to get everything that you have spoken.

But the gist is, you know, as you said, is that mold is present. You know, it is universal. So if you do have symptoms, you know, if you do have Hashimoto's, get tested for it.

And as you said, there are advanced testing available, whether you check your house, whether you check your body for it through mycotoxins testing and plus, you know, other markers of mold, which can be your genetics as well as your blood.

So testing is very important to do a comprehensive testing so you know where the mold is there. And then obviously the treatment I'm sure is much more complex and determined by person to person.

So I think, you know, do you follow any particular protocol or you have a protocol of your own when you're dealing with mold, you know, because of everything I've said today, it's like I always look at people as an individual.

I look at all their complicating factors and we bring it in. If I talk specifically about mold, there's some different things I really like to use AFG from.

Byron White is a favorite of mine. Elysium and Elysium from Supreme Nutrition, combined with an emulsified

oregano from biotics. I really see that one doing well in some cases will bring in at your all nice standard, standardized looking, at your console is probably the best one there for specific mold colonization in the body, but I prefer to stay on the herbicide most of the time, and then we have to bind the toxin out.

So first of all, get out of the the mold. Not everyone has to, but it's it's a good start point. Get out. Second, make sure your liver and bowels and body are moving like lymph is draining to liver.

That's draining to colon. That's draining to your toilet. So that we can actually flush the mold out. And that's when we can bring in those antimicrobials.

And I love a binder carboxy from cell core. And I love a binder, a different one that I use intermixed, you know, like one for a month, the other one for one total toxin binder from Egis formulas.

And when I bring these all together, it helps us to get that wider perspective of capture on mold mycotoxins, because not every toxin is going to be bound by a single binder.

So there are binders like called a style amino medication, which is great for oak or toxin A, but it's not necessarily good for other types of mold. Absolutely.

Again, I think a very unique approach. And again, going towards the more natural oral protocols, you know, is the choice that you are making. And obviously combining sometimes with with prescription medications if needed.

So that's great for sharing that. So I think we can keep going on a discussion because these are so heavy topics. You know, like in each and every discussion can go for hours.

Where to Find Doctor Moore

But you know, with the with the consideration, the time we will, probably stop over here. But thank you so much for sharing all these dense topics. So I'm sure people would like to know more about you and where they can find you.

And maybe like, you know, if they can actually get a consultation from you. So tell us more about that. Yeah, I actually am still in practice. Sometimes I I've got an Instagram with a few followers on it around around a million now, and people are like, you're still in practice.

Yes, I still am in practice. I also have doctors on my team that can serve you and support you. We work virtually around the world with people so you can come in.

You can walk into my brick and mortar, you can shake my hand or you can get a discovery call with my team virtually and then get put on our schedules.

And we can run these tests for you, walk you through step by step if that's something you're interested. And all you got to look up is my name. It's Doctor Jaban, jabanmoore.com for the website, Instagram, Facebook, you name it, we've got it.

We're just out here trying to give information. Because here's the biggest thing that was hard for me. I couldn't find anyone to give me an answer for a few years.

So my goal is to be able to provide information to people to help support them on their journey back. Absolutely. So people go check it out. You know, obviously we have all of this information, you know, on other descriptions.

So please go. Great. Instagram a lot of great information is putting out. You will definitely benefit from it. And yes, if you are suffering from Hashimoto's, you want to go to the root cause of your problem and get treated.

Please reach out to the clinic. You know you have options of going in-person and virtual, so that's the best thing about it. So thank you so much for coming over here.

I really appreciate you and sharing all that great information. It was really awesome. Well, thanks for having me I enjoyed it. Absolutely. All right, guys, this is it for today.

So please, I'm sure you want to listen to this episode again and again multiple times so that you get all the information. So please do so. And thank you so much. See you soon again. Goodbye.