Podcast Introduction and Mission

There's two rules in the office. One, the diagnosis is not the disease. And number two, it's always about everything. You're trying to put out a fire without finding the arsonist.

If you don't find the Arsonists, you're just gonna have another fire start somewhere else. You gotta look at, and the whole concept of deeper healing is about finding the arisenist and eliminating, arresting the Arisenest and then putting out the fire.

Welcome to the Deeper Healing Podcast. I'm your host, Danielle Howley. This is for everyone who's been dismissed, misdiagnosed or told to just live with it and refuse to accept that answer.

You're gonna hear amazing patient recovery stories, raw and real in their own words. People who found answers after everything had failed them. You're gonna hear from medical experts we trust that are pioneering new approaches to healing the body because we deeply know we're designed to heal.

Let's dig in. I am so excited today. I have the co-founders of Deeper Healing Medical Center here in Charleston, South Carolina, Dr. Michael Bowerschmidt and Danielle Howley.

They are here and we are going to talk about mold illness. If you are out there and suffering from brain fog and chronic headaches, chronic fatigue, we're going get to the bottom of your root symptoms and talk how mold might be the missing link to your symptoms.

So, I'm so excited to have you guys here. Dr. Bowerschmidt, he's an environmental medicine doctor. And let's just jump right into it. How did you get into environmental medicines?

Oh my God, that's quite a story. Well, give us the short version. The short is after a car accident took me out of the ER.

Dr. Bowerschmidtu2019s Path Into Environmental Medicine

I tried the traditional route of medicine and saw the neurologist and the physiatrist and their trigger points and epidurals and all the long and short acting narcotics and muscle relaxants and physical therapy and eventually had a percutaneous disc decompression because surgery always works when medicine fails and ended up with an infection in my disc and my spine and then six weeks of IV antibiotics.

And I was still a dyed-in-the-wool, card-carrying member of the Church of Medical Orthodoxy, but I ran into a fellow I used to work with in the ER, Dr.

Mark Rosenberg. And he said, Mike, let me give you some IV vitamin C. I looked him dead in he eye and I said Mark, I thought you were a doctor. He said I am, what have you got to lose?

Well, the shortest version is I had a few infusions of vitamin c and for the first time in almost three years I realized what it was like not to be in pain.

And that led me to explore the whole idea of functional medicine. I went and did a few courses. Did some continuing education and opened up my own clinic in Fort Lauderdale, Florida, full potential healthcare.

And there I was taking care of hormones and gut health. But there's 20% of the people, I just could not figure out what was wrong with them and why I couldn't get them better.

advertisement for a thing called environmental medicine. And they said, if your patients have blah, blah blah. I went, those are my patients. They said they could be environmentally injured and you need to learn about how the environment impacts your health.

Then I'm like, yes, I do. and I took the course with Dr. Walter Crinion and since that time I've been just fixated on what's it going to take to show that if we get rid of the toxins, that we can make people healthier.

And I went to, I took a job at another location where I became sick with mold myself. basically two approaches to it. One was from a doctor, Jim Brewer, out of Kansas City, who had a lot of chronic fatigue patients.

He was an infectious disease doctor. A standard diatomole allopathic medical doctor and he did a study on about a hundred of his patients and did mycotoxin tests on all of them.

And sure enough, virtually all them had these mycotoxins called my cotoxines present. And he treated them with a combination of a nasal spray, a combinations of something to break up biofilm and then something that kill the fungus.

And over 90% of them got better, not cured, but better. I kind of went, there's something going on here I need to know about even more. Even though I knew about chemicals and metals and indoor air pollution and food and things like that, the mold was kind a missing piece.

The only other person that was out there talking about mold at the time was Dr. Richie Shoemaker. I found his program was just a little too precise. You had to have A in order to go to B, and you had complete B before you went to C, that just doesn't make sense to me.

This is a, you've got to take a more all-encompassing approach. And I kind of developed my own program for myself. This is one thing that I just, I got to jump in.

I love about you. You just said it twice. So you were like, yeah, really curious about something that wasn't working. See, you're always searching, which you still do to this day.

Hmm. Love that so much about. And also you, it has to make sense. The, the, whether it's a treatment or a test or anything, It has. But then you like.

Then I'm going to test it and I want to. maybe on myself, and then I'm going to run the labs, you know? Always on my self first. Yeah, yeah, I do love that about you.

So what was your story? How did you get exposed to mold? I have to be careful how I answer that because there was a non-disclosure agreement made at the time of the termination of employment because the facility that I worked at did not want to recognize that mold was the problem, even though it was health care facility.

The founder of that facility did believe that the mold could cause illness. Which is a very common thing in schools and where people work. We see that a lot with patients.

Everybody's got mold. There's mold in the food supply. Yeah, there is. Unfortunately, that mold is not necessarily the stuff that's going to kill you.

So you were exposed somewhere where you are working. Yes. And did you get really sick? I was very sick. I ended up with five major abdominal surgeries because I could not heal.

Each surgery led to another complication. And within a 12-month period, I had what's called five laparotomies where they kind of had to cut me open and move things around.

put things back together again. So the big picture is you had the mold exposure and it's suppressing your immune system. The immune systems is what heals you.

Yeah. If your system isn't working, you're not going to heal very well. And since then I've found that mold kind of comes, mold illness kind comes in two flavors.

How Mold Exposure Shows Up in the Body

And I see this often within the family. I say, well, I've got a family of five people. How come not everybody's sick the same way? That's because everybody, you know, there's always a straw that breaks a camel's back.

but it depends on how much straw that camel is already carrying. And some people, you know, and some camels are bigger than others, they can carry more straw.

Uh, within any given family, 20% of those camals are going to carry very much strong. They're going get very sick very quickly. The rest of the camos may have, may notice a little, what I call the sneezy wheezes.

This is the reaction you have to the mold spores and the hyphae. It's more of a classic like allergy season kind of symptoms, or they may just feel a run down.

The people with the mycotoxin illness, which is another animal entirely, these are the folks that get perilously and seriously ill. I mean, you can end up with central nervous system symptoms.

A lot of this shows up as just like brain fog and fatigue and, gee, I just can't put my finger on it kind of thing, sleeplessness, anxiety. People walk in with anxiety and brainfog.

One of the first things I think about is mold. But then from there it can progress on to the autonomic nervous system. So the folks are walking around at this irritable bowel syndrome.

You know, I've been treated for SIBO five times and I just can't get better. And then there's the the, folks with the immune dysregulation that just aren't healing or the Epstein-Barr flares.

I was on a podcast once with some folks and one of the sponsors or one was part of the original group that was studied for Epstein-Barr virus as the link to chronic fatigue syndrome or myalgic encephalomyelitis as it's called now.

At any rate, you know, off radio, he was saying, the common denominator and all, first of all all these folks are in Reno and Nevada and says, well, it's in the mountains, there shouldn't be any mold there.

Right. That's what they would think. But no, if you build a house after 1970, You're likely going to have mold and we can get to that in a minute. The bottom line was, yes, all of them had Epstein Barr, but all them also had Stachybotrys grown in their home.

The classic black mold. And so, you know, for me, people don't have chronic Epstein-Barr, they don' have Chronic Lyme. What they have is a failure of the immune system.

That's a mic drop right there. Yes. The Epsteen-Bar, the herpes, that shingles, all these viruses are in you forever. Once you got them, You got em. They're with you.

And it's your immune system's job to keep a lid on them and keep them intact. And if that lid comes off, then you get a flare. That flare is usually the inability of the immune systems to respond, oftentimes secondary to things like molds or metals or any of other environmental toxins.

If I can. I don't want to forget something that you just said when you started this ref, which was so important because everybody says this. there's a family of five, they're always convinced it's not mold because they are not all sick.

They always say that, that is such a huge myth. It is. And they inevitably end up going down bad trails because it is

definitely not that. And then when you're sometimes the first person who's like, no, just because mom's sick and daughter's and the other three are not, that doesn't rule it out.

Exactly. Because that's what is like constantly said in the office. And let's just take for a moment, and there's a good example of that, is people will come in And I'll run a mycotoxin test on them.

And they'll say, well, this confirmed that I have mold illness. I said, no, just tell me whether you have mycotoxins or not. Everybody's going to dump stuff.

Well, let me back up a little bit more because the body doesn't really detoxify. It biotransforms. So it takes something that you can't get rid of and turns it into something you CAN get So the first thing you have to do is change it from something that's fat soluble that will stay in your body into something water soluable that you can put into the bloodstream and get rid of in urine or your sweat or bile.

The second step is getting it out of the cell and then the third step getting out the body. Well, the first step is handled by this thing called the cytochrome P450 system, which makes that initial transformation between lipophilic to hydrophilics.

Then the second pathway, I'm sure people have heard about methylation pathways. Well that's not the only way out of the cell. There's glucuronidation, there's sulfation there, s glycation, and there are several other pathways that any of them become disabled or less than optimally functioning can cause a buildup of these now water soluble toxins into the cells.

So let's say you can get them out of the cell and now they're in the bloodstream, now you gotta get him out the body. So there's three major pathways, four if you count breath, but I've only found breath to be good for things like onion and garlic.

But everything else usually has to come out in either the stool, the urine, or the sweat. And so what happens though is how this ties into that thing about whether you're peeing out toxins or not, The people of that family of five, people will come in, the person that's sickest may have the least amount of toxins in because they can't get rid of them.

And the person that's least sick, usually the dad, for some reason, I don't know why, probably because they're out working or something. They're not in the house as much as the rest of the family.

It is I think. Yeah. You see that a lot. I do. And it's like dad's peeing out toxins like crazy, feeling good. The rest is the families suffering and they are hanging on to him.

Yeah, so they're really bad excreters or bad, I know you don't like the word detoxification, but a lot of people know the term detox and detoxication pathways.

But basically they just are very poor detoxifiers. Exactly. So their pathways aren't working well. All of these mold toxins kind of get clogged up in their system and now it's causing inflammation, it is causing immune dysfunction, kind throwing the body off.

Let's talk about maybe patient that came to see you. Give us a good case study. I love a case of someone that come and what you discovered and how you got them better.

What was your most severe patient case? Oh, that had to be a young girl from Philadelphia. who had gone, she had been to CHOP's Children's Hospital of Philadelphia.

She'd been the Mayo Clinic. she'd gone to no less than 20, 25 docs, was it Danielle? You remember her. I remember. And she came in with gastroparesis, the stomach just quit moving.

Wow. and G-tube so that it could decompress the stomach when it got over full, but they also had to eventually put

in a feeding tube into her small intestine so she could get any kind of nutrition at all.

And it was an old house in the Philadelphia area. She was sleeping in her basement. Oh, really? How old was she? There was a flood and they cleaned it up.

They cleaned up but didn't dry it out and remediate. I'm from Pennsylvania. A lot of those basements, they are very mildewy, moldy smelling. And so she slept down there for years and her health was going down and down, and they were never connecting it to the basement.

Nobody does. But she was getting very sick. So they're like, we have to go to The Best Children's Hospital in the country. We're going to right down to…

They were out maybe 50 minutes in suburbs.

Patient Case Studies and Recovery Stories

They went down Philadelphia and did their full functional health deep dive kid program, basically. They came up with nothing. So what were her symptoms?

You said the gastroparesis problem, but that's probably like after it's been a while. Was it just like the brain? It's just kind of progressive learning disability, fatigue.

And a couple of his sisters had the sneezy-weezies and dad thought they were all nuts because he was fine. Unfortunately, we're never able to get the feeding tube.

She eventually got over the feed tube, but the gastroparesis, I never could reverse that. I mean, sometimes once you get to structural changes taking place, it's very hard to reverse disease.

So is it common with mold illness and mold exposure for the gastroparesis? I don't remember being… No, no, that's not a huge one. I mean, you want to talk about the most dramatic case.

Yeah, then that is how severe it can get. There's another… Where are you thinking of? Catherine. Oh, gosh. A beautiful young woman has a house down in the battery area.

Husband's successful businessman, but just horrible mold, is chemically sensitive, which means she couldn't stand being around odors or smells of perfumes or cleaners or anything else without becoming physically ill, nausea, vomiting, headache.

So they got her cleaned up with her mold, and she went on to have two more children by twins, actually, cleaning up her whole system. I love that she calls them her deeper healing babies.

And her full story is going to be in the movie that comes out this summer, 2025, where there's going be a documentary, Hope for Deeper Healing. Her story will be there, it's really, really powerful.

The one thing I want to add something to this mycotoxin conversation, which is the symptoms are so wide ranging. So, you know, if you ever look up, mycotoxin illness, and there's like 37 different things, but even to see it manifest, when like you'll see someone come in, like Ava comes to mind with the facial rash.

And you're like, no one would ever think that was mold. You know gastroparesis. Gray came in in a wheelchair. She came with this rash on her face, and there's so wide-ranging that you would almost not even connect the dots.

And if you were going down a traditional road, you'd go to a dermatologist. You would go the specialist for that area. There was another woman from Ohio that came and she had eczema herpeticum.

So it was exima caused by the herpes virus and it all on her face. And it looked like somebody had taken

sandpaper and just scrubbed on our face! It was so painful.

Nobody could, it's like… antivirals and you know say oh you got a virus is treat the virus and said no you're chasing you chasing the wrong bug here guys it's not the bug it is the immune system find out why the system wasn't working well she was living in a moldy house we got her out of the mold house, we treated her mold, got rid of mycotoxins, cleaned up the colonization that was likely taking place in the sinuses and put her on a low dose antigen therapy, her face cleared up.

She's a happy woman with a boyfriend 10 years younger than her. And she's amazing. Do you know what's funny? Because she is in a state we're not licensed in, she flew in two weeks ago and she said, you now I have to come here once a year to stay a patient of deeper healing and you're the only people I trust.

So she had her appointment, flew back home. Wow. She's like, I mean, all I need is LDA. But she's, like I'm not going anywhere else for it. I am coming back here and seeing you guys.

That was a really crazy, that's the thing, people think mold, they think sinuses. And that is part of the sneezy weed. The ENT literature back in the 1990s saying, if you have chronic sinusitis, you've got a fungus in there.

Well, guess what? Mold is a I don't even see them saying that anymore. But they still put people on an antibiotic and a steroid. The antibiotic is not going to kill the fungus, and the steroids are going suppress the immune system even further.

Why do they have chronic sinusitis? Because you're treating the wrong thing. So I have a quick question, and I don't think I mentioned this in the beginning, but Dr.

Bowerschmidt, he was an ER doctor for 30 years. 22 years, okay. I'm not that old. Sorry, sorry. So were you trained in, I mean, not as an E. R. doctor, when you went to medical school, did they talk about mold or teach you that in your immunology classes or anything?

No, no, the standard thing is toxins can't hurt you because your body can detoxify. Which, once upon a time, was true. You know, the medical education changed dramatically in the 1920s when they standardized it.

That was the result of the thing called the Flexion Report. Now, we won't go down that rabbit hole right now, but what I wanted to say is, around that time the only two major toxins we had to deal with were heavy metals, which had been around since the Bronze Age, when man first started pounding metals together, and the other was mold, as mentioned in Leviticus.

about what to do if you have a moldy home. And basically, you treat it with lamb's blood or burn it down. But then we had a couple of millennia of reasonably healthy environment to live in until 1948 when A. I.

Dupont came up with this thing called C8, which in 1954 was marketed as Teflon. Ever since then, it's been a race of better living through chemistry. to the point that for every living man, woman, and child in the country of the United States, we could give between 250 to 500 pounds of chemicals on a daily basis.

Yeah, that's crazy. That's how much we're making and how we are using. Now on top of that, We've also added this thing called, if people remember the OPEC oil crisis back in the 70s, speed limits dropped down to 55 miles an hour.

But the big change was not the speed limit, it was the building codes change. And now we had to build our homes airtight because we have to save on fuel costs for heating.

Well, when you build a nice airtight house, you don't get airflow. Well you, don' get air flow. You start building up inside indoor air pollution from the off-gassing, from paints and the carpets and fabrics and furniture and non-stain coatings on the furniture, and perfumes and fragrances and scented candles to make the inside smell better because you're trying to cover up the mold smell.

And so indoor air pollution actually is worse than outdoor air. And now we add the other, the final layer, and this is going to be a straw that breaks a lot of camel's backs, is the electromagnetic frequency pollution, which has been demonstrated to show that at least in a laboratory, you put an EMF source next to a mold and that mold goes berserk.

It just starts pouring out the mycotoxins. because it feels threatened. Mycotoxins, you have to remember, are the mold's self-defense mechanism. If that mold feels threat, and you start to dry it out, if you put another mold in there to try to encroach on its territory, or you're trying to clean it up, it's gonna flare and cause even the release of more mycotaxins which is gonna make you even sicker, which why you really, really have be careful about how you clean up mold.

There's a great book by John Banta, he's just releasing it, I believe this month, April, about mold in the home, but it's Mold Free, I believe, is the name of the book.

But John Banta is, the author, and in it, he's been in remediation work for decades. And his thing is you never use bleach on mold, it just kind of irritates it.

That's what everyone, that's, what everybody does. It's like soap and water. And he says, you know, branch basic soap, it's clean. It's easy. And when you saponify the mold, because mold has both a hydrophilic water-loving layer, as well as a fat-loading layer.

Well, the soap will emulsify or kind of dissolve that fatty layer and allow the mould to break apart and wash away. Oh, cool. So just plain old soap and water is what you want to use.

Did you say branch soap? Branch basics. I don't know, Branch Basics. That's what we use. It's one of our, that's, what, we used in the center. And it's…

I was so happy when I saw it in a book. I went, yep. Where did you get it? That is a brand. You can order it anywhere. Yeah, it is in our shop.

Why Mold Is Often Missed in Homes and Schools

Oh, if you go to the deepermealing.com, you know clean home, It'll be in there. As a product. The other thing I want to say to you, and I say this like, I laughingly say, this to people, but like how did we come to build paper houses on swamps?

I mean, seriously, it's the dumbest thing in the world. North America is the only place you're going to find wood construction as the primary building material.

Most of the rest of world uses bricks, stone. I go to Ireland and it is like they have the plaster. Interestingly, South Florida, particularly, Far hotter, far moldier potentially, but they don't have as much mold issue in the house because of how they build.

Everything's built on a slab with CBS construction. So cinder block and stucco with a concrete tile roof. I mean, it's like a little fortress. They build it for that humid environment.

And we're not doing that anywhere else. Humidity is a problem. Just simple thing like, what's your thermostat set at during the summer? Where do you keep yours at?

Usually around probably 67. Okay. Trust me, I know exactly what you're going to say. Wrong answer. Because, you know, there's this thing called the dew point.

Yep. And around here in South Carolina, that dewpoint can be 70, 72 degrees. Mm hmm. The dew-point is the point at which the water vapor in the atmosphere can no longer be suspended in air and it precipitates out as condensation.

So if you are waking up in a morning, and you've got condensation in your windows, or you've got water on your ducks, your temperature is way too cold and I can guarantee you you're going to have some mold issues because particularly in your HVAC system, it's very easy to grow aspergillus and penicillium.

62-63% humidity is all you need and if you got condensation, you get mold. I don't think we have condensation, but I've been telling him, my husband freezes me in my house.

So now I have a reason to tell him. We've got to turn it up. 75? We're a bunch of mold-phobic people at T4Healing. I mean, we all live this way. You say that all the time to patients.

They get like, do I need to move away? I'm like look, look we live here and we work in places that are non-moldy. But we are also vigilant. Well, one of the patients said, I mean, she came to me before you walked into my office.

And we started deeper healing for her daughter and says, you've got a mold problem and we can deal with the mold problems. She went, nope, moving to the mountains.

And guess what? She got better. No, she didn't. She crashed and burned because she could not escape the mold. Oh, it had already colonized. So it was in her body.

It was already affecting her. And the mountains have their own. Remember the original thing for Epstein Barr was done in Reno, Nevada. That is not sea level, folks.

I know, I would not think that. Okay. So, well, the common thing, sometimes you see when people, they have a motor seizure, or they leave and they'll get out of their place and just start immediately feeling better within five days a week.

And that can happen. But what you're saying is once you are colonized and it's in you… Well, it depends on your body's ability to… And if you can't detoxify it or biotransform it.

Thank you. Well, and I think this, I actually have a client that I've already referred her to come to Deeper Healing. But she lived in a house before, but I don't think people put those two together, which is the reason I want to talk about it.

She lived three years ago and they just recently moved and now she's been in this house for two years and her symptoms have been getting worse over the past couple of years.

And so they check their new house that they're in. But we're maybe not connecting that. No, it was your old house that made you sick. 15 years, I've had the folks in their early 30s come in and they say, my house is clean, but I lived in this moldy dorm in college.

Yeah. And what happens is you get colonized and it's always about the total body burden. The straw that breaks your camel's back may be the mold, but the colony of mold that you've been carrying around with you for 15 years on top of new indoor air pollution from the off-gassing of your new home or bad diet selections or not having filtered water or or having a lot of chemicals-based cleaning materials or whatever the added thing is that that final straw doesn't mean the mold isn't a problem, it's just part of the bigger picture problem.

It may not be the thing that tips you over the edge, but it is a part How many kids, I think about this all the time, these dorms at these colleges, they close them down in May.

All the kids are out. They turn them back on at the end of the summer. They give it a lick, you know, of paint, and they let them move in. But it's not the dorms.

It's the schools. The grade schools and the high schools as well. Yeah, I was just going to say. So not well maintained. Dorms may be used, year-round, depending on the school, because they usually have summer semesters or whatever.

but high school and grade school are far worse. I mean, three years ago, do you remember we had a girl come in from one of local big universities here?

She was the first one and you were like, this is mold. And she's like oh yeah, there's so much mold in my dorm. Then she came back and was like every kid in the dorm is sick.

Every kid. So they started telling the other parents like we have a major problem here. They ripped the building down. It was not remediatable at all.

That building was torn to the ground and started over. I had a friend and she started to have MS-like symptoms. And she's a teacher. And, you know, she was really scared.

I mean, it was a very scary situation. She said, a lot of the other teachers are really, really sick. Because she just kind of reached out to me and just, what do you think I should do?

Like all these symptoms, and she is going to all the different neurologists and everything. It is mold. That school is loaded with mold and if you wouldn't find out it's just a couple months later, they had to move all the teachers out and all of them, but they were like working her up, I mean, doing spinal taps, like trying to figure out like it's a mess, telling them it is a neurological issue, something's wrong with them.

And it literally like all these teachers are getting like, they're all going crazy. Like, because it… You got to look, you know, yeah, look because I had another patient, worked in a school and mow with Graves' disease.

is thyrotoxicosis and got rid of the mold. And what people have to start thinking about is that, you know, there's two rules in the office. One, the diagnosis is not the disease.

Number two, it's always about everything. By that the the diagnoses is a handy hook to hang your hat on that says, now I know what I'm, we're talking about the same thing.

But it's not solving the problem of why you have it. No, it was just a name. Yeah, that's just the name and it gives traditional doctors the opportunity to write you a prescription.

And code it and give the insurance money and all that downhill stuff. But the bottom is you're trying to put out a fire without finding the arsonist. If you don't find the Arsonists, you just have another fire start somewhere else.

You got to look at, and the whole concept of deeper healing is about finding the arisenist and arresting the Arisenists and then putting out the fire.

So diet is important because if you've got crummy fuel coming into your system, you're going to have worse exhaust coming out. It's about emotional balance.

We have to see a lot of people that, yeah, emotion is, you know, an emotional turmoil, a divorce, and death in the family is an illness. And people come in, You walk through my doors.

You have been given the gift of desperation. I mean, if you've been ill for so long, are you worried about whether you're ever going to get better? And that in and of itself is going keep you from getting better.

The environmental factors, the five things that I mentioned. You know, the metals, mold, chemicals, indoor air pollution and the EMFs are all complicit in our health and they're all arsonists.

Then lastly, physical. What's already wrong with you? You're a 48-year-old female that's having hot flashes and night sweats. You better get your hormones fixed because your hormone are your cellular messengers.

And you're telling your cells what to do, when to and how to.

Treatment Principles and the Deeper Healing Approach

So you get all this stuff fixed, you eliminate what you don't need and rebuild with what And you've got a system that you can carry with you for the rest of your life about, I'm not feeling well, what do I need to do?

Well, let's change my diet. Am I pulling the fire alarm in my brain? Have I moved into a moldy house? Am dealing with too many chemicals? You know, am I going through menopause?

Are my hormones balanced? Let's eliminate the bad stuff and rebuild with the good stuff. And if that sounds really overwhelming, because I can sound really Um, this is what deeper healing does every day.

It literally helps you figure out not only what it is, how to reverse it, but in what order to reversing. I mean, that's something else you touched on earlier.

And I was like, Oh, we have to follow that back up again because. they might come in with their SIBO or their, you know, fibromyalgia or whatever. But why did they have it?

That's the thing. Otherwise you're just chasing your pharmaceutical tail. Exactly, exactly. And then when, I mean, we've seen it time and time again, when you actually get to the reason why you are sick, reverse that reason The body does the work, it heals itself.

It's already perfectly designed. it's like so amazing. Just got to give it the correct circumstances and wants to heal. Yeah. Like we're so happy when our patients fly away, we never see them again, even though we totally miss them.

But it is like they're living their lives and it so beautiful. My goal in life was to never need me. Unfortunately, the way the world's going, I'm not worried about job security.

Oh my gosh. They're so sick out there. Well, and that leads me to let everybody know who's listening. So, you know, we are here in Charleston, South Carolina and Dr.

B. Danielle, they're the founders. I've recently joined the team. And as a naturopathic doctor, we were trained under Dr. Krinon, who was a renowned environmental medicine doctor.

And Dr B is a renown environmental doctor as well, being trained underneath him. We found this need to just be able to help more people. I know Danielle does a lot of the calls of patients coming in.

there's so many people out there to help, and we can only do so much. We are training more practitioners and trying to grow, but we now have some online courses that are coming out.

I was just going to say, you've got to bring up the course. Yeah, so we've been working really hard. Three months it took us, which actually is pretty good for online.

That's not too bad. So I literally followed Dr. B around, we went through everything he does in the office for patients. And we went over just different case studies and everything from how do you find mold in your house?

All about testing humidity. How can you do it on your own? What's the Amazon equipment you can purchase? And what are things that you could do at home?

Then what I'm really excited about, module four of the course, really breaks down good, better, best. So everybody's on different budgets and it's like, okay, well, if I'm on a really tight budget, what can I do that's kind of the least expensive thing?

And then if want to spend a little bit more money and do some other things like because you need to, the whole goal is to We got to get this mold out of you.

We have to upregulate these certain pathways. And Dr. B has certain protocols. The course is called the mold recovery protocol, deeper healing mold, recovery, protocol.

So we really break it down for anybody and everybody on any budget because You know, coming here to deeper healing is one investment. You can come do our stay and heal program or just do a consult with a doctor.

But if you're from far away, it's like, well, what can I do now? Because if have mold exposure and you are really sick, like you have to start now. Like you can't wait.

How many people have called our office from a very faraway state? family, frantic. So first of all, most people don't know that they have mold. Are you usually the first one to say, I think you have more?

No. The people that call us because we are very well known as a mycotoxin expert, those people know they haven't. They've already gotten to that point.

Many people that come in with other medical symptoms often learn in their consult that they suspect there's a mold problem, not everybody. Like autoimmune and stuff like that?

Autoimmune or wide ranging symptoms like we talked about. But those families that are like, I can think of this one family, they were just so sick and they're in Ohio and we found the mold, we're working on it, We have no money.

You're trying to figure out how are you going to live in the middle of your whole family being sick. And I'm so excited to be able to say, go right here, get this course, watch it in your hotel room, whatever.

It's gonna walk you through it step by step. This course that you guys put together is going to change lives. For those people that have the understanding, this is our problem.

We need to fix this. out in the marketplace and it's going to make it guide you step by step on what to do next. Yeah, it is literally everything we do in office for our patients.

And beyond. Like everything for the nasal sprays and what take orally and like And how to do it. And I think that's where talking about the order is so important because you want to make sure like you do everything in the right order.

Because if you try to start detoxing yourself too fast, you're gonna make yourself sicker. If you are not binding the toxins and removing them. So Dr.

B goes over all of that and the course and we have a whole full script store where you can go get everything and it's like really put together well. We have people auditing right now, we're going to be launching it here.

in a couple of weeks, but I think it came out really good. Dr. B is a really a good teacher. He really breaks things down and you just really like learn the whole picture because it's not just about, you know, there's a medicine that's really going to fix your mold problem.

Like you have to really do a few different things and, we just break it down. And you did a great job. It's only like three hours too. Not a very long course at all.

I mean two and a half to three hour. We included a bunch of bonus items and downloads and stuff so it kind of depends. Well I love how you organized it by module so you can go to like I need this you know.

Course Launch and How to Get Help

Oh yeah you jump like right ahead we give you full access when you get into it it's not like one you have to watch the first one and then open it up then but we're going to be training physicians too so if anybody out there's listening if there are physicians out here I'm the part of the clinician or education team here and we are just helping take all

of Dr.

B's protocols and get them out there to help more people. So that's our whole mission. I'm so excited about that because there are so many more doctors that need to know about this.

I think there's even interest in it, but then where do you go? You know, so this is going to be huge. Oh, one more thing I'll add. We give away our the testing and everything.

So we tell you how to test for mold in your house, which is a specific dust test. And then we also talk about the mycotoxin testing that Dr. B recommends as well.

You can order the kit and have it sent to your House and get it. If you ordered it today, it'll be there in like three days. So it's very easy to take control of your health.

That's what's so awesome is I think we're giving everybody the tools to just go all in and learn what they need to know and not guess anymore. And you no longer have to worry, do I have mold?

Yes, you'll know. You'll have all the answers right there. Just like find out and then you know what to do. So you would say it's really soup to nuts.

It's everything. I mean, I am a hundred. Yes. If you get in there, like you'd get access to everything and I think like one thing too, because if you're listening to this or you saw the name of the episode, it was like, oh, what's deeper healing doing and knowing Dr.

Bowersmith and mycotoxins. And, if your here you probably may suspect mold is an issue or, or or might want to learn more. But I feel like, and I just want you to speak to this too, because you talk to so many people, people that with my experience talking to them who have mold toxicity, they have so much brain fog and they're so confused.

And they can't think. I'll tell you, back to my original symptoms, one of the first things was a chronic fatigue. You know, I'd sold a practice in Fort Lauderdale and moved halfway across the country, started a new job.

was instantly tired. I thought, oh, my adrenals are burned out. Maybe that's the problem. But then the brain fog set in. And the rain fog was so bad, I would be sitting across from a patient, and I'd ask them a question, And I couldn't remember what it was I just asked them.

Then I have to kind of surreptitiously glance at the computer to see who it is I was talking to because I had no idea who they were. Oh my gosh. That is so not you.

It's scary too, but I guess I wanted to speak to those people like, Like a lot of times I think people hear all this information. It's like they don't even know what to do because by the time patients get to us, they are like so desperate.

They're like, I don' even. Like they're just in this brain fog and the depression, the anxiety, all the mental stuff that goes along with it. So we get you and that's who we wrote this course for and tried to break it down and make it really easy.

We even put together an outline. So you can follow along and take notes, and it's just so well done. I don't know. It's really awesome. And I know the people out there that are listening, if they have mold exposure, we know it is tough to think, how am I even going to focus on a course?

It's so short and simple, and we get straight to the point and just break it down. And you can go back and rewatch it as many times as you like. Exactly.

Because I cannot even begin to tell you the amount of agony and suffering of the families that are dealing with this, their fear about where they're going to live, how they are going afford to fix their place.

getting their family better and back on track. I mean, they can just, it's the most unbelievable derailment of your life and until you've been through it or you know someone who's been though it, you cannot even truly understand.

And I know there's going to be people out there that are going be like, oh God, like I've through this or is this happening to me? this is a really easy way to find out.

This is really an easy to way find and everything is in there for you. So great job you guys. Thank you so much for coming on today. And if anybody else is out there and needs more information, you will see all the information somewhere around this video.

You can also get more at deeperhealing.com. We'll put the course link down there as well. A lot of people are listening. Some people watching it on video, so just look around.

Okay. And we will see you next time. Thanks, guys. We hope this episode inspired you. Here's how to go deeper. Visit deeperhealing.com to become a patient.

Online, we have loads of courses and a free toxin quiz. Subscribe and please, please share this with someone who needs it. It's always that one-on-one support that really gets people to find deeper healing.

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