Why Am I Sick? Environmental Medicine Doctor Explains Hormone Disruption, Brain Fog&Chronic Fatigue Transcript

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Deeper Healing and Root-Cause Medicine

I created my office with the name Deeper Healing, looking for the reasons that we are sick and then what we need to do to get rid of it. Eliminate the bad stuff, replace with good stuff.

There are so many different ways that can screw ourselves over. And all of that depends a lot on what our genetics is, because the genetics will point the gun, but the environment that you're exposed to will pull the trigger.

So this is the critical part is avoidance is going to be the key to how successful you are in terms of your health and avoiding illness.

Genetics, Environment, and Avoiding Triggers

So many people have come to me with a variety of different problems from chronic Lyme or chronic fatigue or fibromyalgia or you name it. Put the word chronic in front of it and they're at my doorstep.

And that's really not the problem. The problem is the inflammation. And when it comes to inflammation, there are three major manifestations, particularly when you're dealing with environmental toxicants.

You're going to have hormone disruption.

Inflammation Behind Chronic Illness

And then you're going to have the neurovascular, which is kind of everything else, the brain fogs and the tachycardia and irritable bowel, chronic infection.

Part of my biggest problem is getting the patient to understand that what they think the name for their problem does not reflect what their problems is.

So you can come to me and say, oh, I have chronic Lyme disease. I'm going to say no. You have an immune dysregulation caused by your diet, your emotional balance, or environmental exposures, what's already wrong with you physically, like you're chronically ill.

Because you may say by that tick that I had the target lesion, and I've done all these treatments for Lyne. And that is the straw that broke your camel's back.

Reframing Diagnoses as Immune Dysregulation

But if you ignore all the other straw your camels was already carrying before you got that tick bite, you're never going to get better. If you are sick, your not going feel well, and other things are going start, You're going get into a mental state of, I'll never get it better, And if established that in your brain, if have that emotional trauma loop going on in you brain.

It's going be virtually impossible to make you well physically, until we also break that loop.

Addressing the Full History to Heal

So when I look at somebody that comes in to me and they say I have this disease or that disease, I try to say, no, what you have is an inflammatory response, an inappropriate inflammatory that has led to you feeling this way.

We need to sit back and look everything from literally the time you were in your mother's womb to now to see what impact you had. You've got to address it all.