Your Body Is Running Out of Hormones to Steal | Stress, Hormones & Immune Collapse with Dr. Patrick Flynn Transcript

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Introduction to Root Causes and Wellness

When a person's sick, there's some immunological or neurological response first, and now all the downstream things that do happen, they may manifest in the Bay as a problem over there, but there are some major neurological or immunology with things, that have actually set those stressors up that led to the little progesterone, led all these factors that way.

If you're overwhelmed with chronic health symptoms and still don't have answers, you are not an alum. I'm Dr. Javin and on redefining wellness with Dr Javan, we'll be exploring root causes like Lyme disease, mold and parasites and I'll guide you with simple and practical steps towards real healing.

Hello and welcome back to another episode of Redefining Wellness Center. I am your host, Dr. Jay Van Moore, and today I'm here with Dr Patrick Flynn. He is a DC but back in the school doing some training on the topic that we're going to be talking about today.

So, immunology, hormones, and how basically our lifestyles that we all live are absolutely crushing those things. I talk about this a lot. Absolutely, man.

So, you know, I'm just going to get off to the races here with what I think so many people need to learn more about. And it's the fact that every single time you stress your body, and that doesn't have to be mental and emotional only, it can be toxins, infections, that can not be eating enough, but generally just stress, your life that you choose, whatever burdens you.

That steals hormones from your body that you need to survive. And I want to dig into how this is happening. I know this as your expertise. So let's start off with why do you care about this?

Why is this one of your favorite topics? Well, because I think, you know, the way we look at healthcare today, we're looking for, longevity, which is important.

We go on and live as long as we can, but also vitality. So there's a different way of thinking and a difference way approaching this process. And so, if you look the people we've had on before, You want to address the things that steal from our longevity.

You wanna address things, that even steal our vitalities just daily. And so if we look at those stressors, there's such a big impact on it. And the sad part is this, our current lifestyles lead to a reduction in vitality and longevity, and even our currently form of healthcare today.

You know, even though it says we're trying to get us to live longer, guess what happens? It steals a lot of our daily vitalities. But if you look it statistically, we are going the opposite way when it comes to longevity.

So just to make this really meaningful for people, cause longevity is the buzzword. Vitality we all want. Yep. What is this doing to people? What are you seeing on a, let's say a lab level?

Like for instance, I know one thing that we talk about is men's testosterone has dropped by almost half in the last 50 years. So what are seeing? Yeah, statistically that's true.

Why Stress Drains Hormones and Vitality

I think it's, there's nuance to it though, because. You know, if we were to look at your grandfather's testicles today

and look and ours, they're basically the same thing.

And so it's like, so the question is, okay, why is those lab values dramatically lower? Testicles have not changed in the last 50 years. Okay. I know we're kind of being a little funny with that kind statement that way, but it is like our anatomy has not change.

Our physiology, our biochemistry has changed and on top of it, believe it or not, Most production has not changed dramatically. Then what happened to our testosterone?

That's more the conversation. Because once again, if you look at just the basic things that we're doing, we put certain stresses around our body and we can specifically go here because if we just look testosterone alone, Everybody can sit there and go, okay, we're lower.

That's fine. And there's some health concerns. There's great benefits to having great testosterone and having low testosterone. there are some negative effects that way.

But I'd be more concerned the fact that if you look at the change in testosterone, they're looking at testosterone as low, and I'm sitting there going, Okay, why is it low?

And then statistically, if we look some of the habitual things, the stressors to our life that Men's estrogens are at an all-time high. They're at all time high, so therefore, if you look at one in every 100 breast cancer diagnosis today, it's actually men.

Now you say, what does this have to do with testosterone? Well, the vast majority of people, guys today can make significant testosterone. Yes, I understand there's be some plastics and there was going to be maybe a small reduction, but statistically there is not that much change.

When you look at the overall production testosterone, you're just converted to estrogens and you wonder why, we have all this female from a feminine characteristics from mental and actually physically why you see in men have more estrogen female related cancers ever in history.

You're seeing the mindsets change dramatically and that's statistically not hard to argue. Absolutely. And now for me, the majority of the people that are listening to me typically are women.

So what are you seeing with how society, how stress is affecting women from the perspective of physiology, labs, infections, diagnoses, just so that people can really connect to this topic?

Well, if you're looking at hormones, you gotta look at two ways. You know, it's like you have either low hormones or high hormones. But then what I really understood, and if look in my story, my wife was told she could never have children.

She had endometriosis really bad, she had four major diagnoses, told that she can never children, now 23 years later, we have four beautiful daughters.

And she suffered from a lot of what people would say, endocrine-based conditions. Endometriosis is known to actually have some more dominant form of estrogen that's going to be a problem.

But when I sat back 30 years ago, when i was in school and then in my internship and I started to recognize that not only the fact that from a hormonal standpoint, The first thing where I think that we need to shift people is like we talked before, just the thinking about hormones, the vitalistic aspect that way.

Because if you ever look at like a lot of women for the last 30 years, they said, you know, estrogens are bad. And I love this to all my functional medicine people and to my integrative people, and things like this.

I absolutely love you. But there is no such thing as bad and good estogens. You have to stop saying that. That is

actually physiologically has zero play, if you, and some practitioner says that to me, I'm like, okay, you don't know what you're talking about.

Because for example, we have estrogens and we progesterone and testosterone, in Durham, the effects of high estogens or low estrogen, there's a very negative health impact that does happen that way.

But there is no such as good as bad because the one that they call bad, guess what happens? If that's normal, it's vital for your life. And if we had none of it, You're going to have some problems.

And there's a key word I want you guys to understand when I actually say this because here's the opposite. If you notice, I'd never said estrogen. I said estrogens.

See, because I think when came out with this about, you know, 28 years ago, didn't realize that this was going to be so popular is, it's really funny is estrogen is not a hormone.

Estrogen is not a hormone and just that concept right there, women give you the like, what are you talking about? No, estrogen is a term that represents many hormones.

And what I found out clinically due to the fact that not only when I was in school, but also early in practice that the vast majority of women They don't have all of their estrogens tested.

My wife, when she actually had endometriosis, I looked at her labs and they had estradiol. For example, like I said, you can't measure estrogen in a lab.

Estrogen is a general term. There's multiple estregens that you could do. And then when I really figured it out, was going, yes, so you couldn't pull the blood work and people say, oh, measure my hormones.

No, he did not. You measured some of them. Some of that. Then I realized that when started to look into it deeper, And this was, like I said, 28 years ago, I'm like, if you don't measure blood and urine together, your picture of hormones is dramatically incomplete.

I can't make a decision hormonally with a woman if I want to take care of them without having that subset of hormone in front of me. Otherwise I am no different than any other doctor or any person just guessing what to do.

And if all of a sudden I have full hydroxy, You know, estradiol is elevated or elevated. Well, guess what happens? That could be a very negative effect.

That's not a bad estrogen because if that's really low, there's bad problems, but normal it's life sustaining, life giving both physically and mentally.

So it really, everything comes down to when it comes to healthcare, it first starts with the thinking. That's why people say bad and good, good and bad estrogens.

No, it's no such thing. Hey, guess what happens? My estrogen, no, your estrogen. So there's a big factor that I think that docs like us are bringing to the forefront because you know why?

Because for example, I always tell people, people always do this all the time. Doc, my endocrinologist said this. I'm like, okay, listen to what he says.

You know, take in all their information. How many years you've been there to care for them?

Hormone Testing, Estrogens, and Womenu2019s Health

Well, 10 years. You continue to be sick. We need to change your thinking on this. Otherwise, you're just going to continue the same pattern. 10 Years from now, we're going be talking about same things, but probably worse.

I do like that. I like the way you said that because I am always trying to work with the endocrinologists. They're specialists. So I'm trying. Build a team, find a way to, work together.

We all have our tools and our mechanisms that we're looking at. But at the same time, you have to have critical thinking. And I sat down with my team and I said, Hey, we should have like a critical, thinking meeting once a month where we make sure that, We push ourselves to think outside of what's normally just sitting in front of us, whether that's for how to handle incoming emails or messages.

Is there a new technology, new software or something new that can come up? And within medicine that happens all the time. You know, you're back in school and I say something to patients every week, which is if you are just going based off the information that you learned in the school as a doctor, that information was already 20 or 30 years old by the it got taught in this school, much less If you've been in practice as a doctor for 10 or 15 years, now that information is even older.

So find someone that's at the forefront. Find somebody that is looking at latest breakthroughs. I'm not saying implement the latest thing all the time.

Sometimes we need time to wait, but look for what is actually working for people and what's making changes to your symptoms, how you feel, and to you labs to make sure that you are moving the needle in the right direction.

With regard to hormones, you kind of talked a bit about like doing the right testing. Yep. It's not estrogen, it's estrogens and getting the information that's clear and urine and blood, which I love that you're talking about that.

But how does stress affect women's hormones? Why is that important to you? How is it causing an issue? Well, if you ever look, you know, we're going to compare male and females and we'll go back to the male example we used before.

You know testosterone is produced and about 90% is produce by the testicle itself. And then we do have some contribution from the adrenals and it's converted into our androgens and making them from DHEA and diene.

But the vast majority of testosterone's produced, okay? Women's hormones, I guess what happens? There's more complexity. They're produced, they're converted, their eliminated.

Now men have the same realm, just not to the significance, because women will produce a certain amount of hormones from their ovaries, from the adrenals, and also their adipose tissue.

Men have some of the the things, but not the degree. And so therefore, when there is conversions happening, you have a way of stealing them. Now, let me say, we talked about before, I get frustrated and I know what they mean.

Statistically, they're right. Men's overall total testosterone is going down, but not really. It's just being converted to other hormones. One of the things, the number one thing that actually causes testosterone to aromatase over to estrogens, mainly estradiol, is actually sugar.

That's why the whole obesity thing, if I see somebody that has any kind of belly, I'm going, you're down probably one or 200 on your testosterone easily, easily.

And vice versa. For example, guys, for all the gym bros out there, these guys take TRT or they take some replacement that way. And their doctor will naturally put them on, not a natural thing, but naturally, put him on a medication for like breast cancer people because then it stops it converting.

Okay. Now here's one thing that happened with females. And this actually changed my life 28 years ago. When you look at those conversions, for example, like we told you about, about a third, if not sometimes in IC research talk about sometimes 40%, can actually be stolen based on just mental stress, not the physical and chemical stressors, just based mental.

That's why ladies, you can have a horrible mental week and skip and delay your period. Okay? It changes you endocrine wise. It doesn't do the same thing to men.

You know what I'm saying? That's why when people say, you know, I watch women lose all time, they push like a man. They push themselves physically. I love all my wonderful CrossFit ladies.

Love you guys. I like the mentality of trying to stay in shape. But you wonder why you haven't had a period for seven years is because you're so physically stressed out your body.

You've deleted your hormones because, you have an other aspect that can convert them. So any true high mental, high physical, High chemical stress, guess what happens?

There is a conversion to, to a demand and need and adaption of the stressors. That guess happens. It's going to steal that progesterone. it's gonna steal the DHEA.

And guess, what happen? Now you understand that something as simple as mental stress, what's a burden on the things that are supposed to contribute to your adaptation and your anabolic and you build up.

And men are kind of different. We don't have that kind demand and mental that women have. So women are making all these conversions or decreasing what hormones or like, what does it look like over there?

So they're, they get stressed out. They're converting estrogen to testosterone. What's going on? Well, mainly it's progesterone deficiency. You ever look at women, for example, if you ever looked at where women have one of the most endocrinal Problems health-wise that way.

Progesterone deficiency. That's why progesteron creams got so popular. Natural warm wild yam creams that got popular, but you're just compensating for not addressing the stressors.

Most natural health actually, and even how it's practiced today. It's actually always downstream, no different than medicine is and stuff because, you know, people say, well, mental stress gave my problem.

Okay, absolutely. And you can, and I'd rather see somebody naturally compensate for it than end up on some, a whole host of medications. But what does happen is this, progesterone just tanks.

And then now, even if you have normal estrogens, progesterone is meant to actually keep them under control. So estrogen can actually start to elevate, they can even stay normal, but your progeterones low, that ratio's off, so it can look like estrogens are dominant in a condition, Even though they look normal in the lab.

And that's why if a medical doctor or an endocrinologist looks at the labs and says, hey, your estrangens are normal. But yeah, my progenitor is tanked.

There's no balance, you're going to end up with estrogen dominant conditions even though all the estragens aren't normal How would a woman know, right now listening, if her progesterone was low?

Besides, of course, running labs, are there symptoms or telltale signs that you look for? None. Nothing. I don't base anything on symptoms. None, zero.

Because symptomatology in a woman is very common. Just because, for example, their bodies are always fluctuating. And this is why a women can't judge anything ever by symptomtology.

If you look at how hormones affect the body, there is a physical characteristic and there's a mental characteristic that changes. if you looked at a cyclic young lady, I dont care if they're 16 or if there are 36. those hormones fluctuate through the month.

So mental and physically, they're going to change through month and no joke, when I started practice, you know, in

1999, I sat down, like I looked at their hormones, and I said, guess what happens?

They're over the course of it, let's say a 20-day cycle. Their hormones change four times in the months. I created graphs and created and called them zones.

And there's physical and mental changes that a woman goes through. So when a women actually is like, actually like doc, I'm mentally and physically changed through the month.

I am like yes, you're supposed to. If you are based on symptomatology, for example, ladies, if you feel a little off and I don't have as much energy and a bit mentally off that way, what day are you on when it comes to your overall basic cycle.

Well, I'm on day two, menstruating. Of course, you're not going to feel the same that you feel in week three when it's day 24. So that's why labs to me are just so appropriate for them in order to actually see where things are at.

Otherwise, if you judge on symptomatology, a woman's going change symptomtology week by week. which is why we get all these fun Instagram reels of women putting their cycle phase and completely changing their personality, which are fun to watch.

Progesterone, Stress, and Immune Dysfunction

I was talking to my fiance the other day and we were joking around about luteal phase, and just the different behaviors she has. And she's like, it's kind of fun that you actually understand what that means.

So men out there, learn the phases. It helps for you to understand where they are and how they're feeling. But as we go through talking about hormones, you've said progesterone being low is probably one of the more common things that you're seeing.

And it's in balance with estrogen, so it supposed to balance estrogen. I know within my practice, I work with a lot of complex chronic illness, and when I see low progeterones, on a lab and I'm running, whether it be blood or urine, both, which is commonly what we try to do.

The progesterone being low means, oh no, now we're going to have increased histamine response, increased potential for mast cell and these other types of issues that are not a lot of fun for people to live in, and which takes us into that immunology or immunity conversation a little bit.

So how are your progeterones, hormone conversation and stress, how does that connect with women on immunity? Okay, we're going to throw everybody off now.

You ready for it? And I can scientifically prove this. Bear with me this way, there really is no such thing as a hormone problem. Okay. Now let me explain this, they're never primary problems.

Hormone, but just by nature, if you just look at the term, the Latin term for hormone is messenger. So, and this comes back to why I believe healthcare And the way that we practice is fundamentally if you want true longevity, if we want to vitality, you have to look at, for example, just basic physiology, biochemistry, immunology.

And so now here's app is this. Now when hormones actually become depleted, Yes, of course there's going to be a massive amount of responses there, but those are all secondary.

So if you look at, for example, the primary things that lead to that, to lead that deficiency, there is going be some other system that's gonna be affected first.

For example. You know, and this is why I've taught everybody for almost 30 years now. If you at our body, if we look trying to live the longest, it's really funny.

Let's say all of a sudden, You know, a person comes in contact with the virus and their immune system is immunocompromised. And now they cannot adapt to it.

That virus is going to do its job and you may leave this earth. If you look at longevity, if you really want to look to how to equate that, you'll look adaptability.

that's why if your notice, some person could smoke a cigarette. And they have no problems and they're a hundred years old. Then you actually look at somebody that smokes cigarette and their body can adapt to what's going on.

And then they had a cancer at 33 years-old and vice versa. You know, you can see all them. you see people smoke and die really young and stuff. So longevity is more about adaptability.

When you sit there and go, okay, then endocrines, for example, they are the message. That means there is a messenger. That means there is a messenger first, you know what I'm saying?

There's the message. There is the messenger. If you look at the two major systems, and this is why I went to Colorado school instead of medical school, honestly, because I realized that, for example, as everybody's, we were talking before, I live in Green Bay.

And if anybody knows anything about the Bay up here, it's very toxic. Now I could say I am an environmentalist and I will go and create equipment and go out in the bay and do wonderful things.

I'll clean up the water. And you can even see some progress. But the bad part is upstream, the paper mills are still poisoning the river that leads into the bay, okay?

And that's a vast majority of healthcare, even natural healthcare. And because you know why? Because you're doing something there. Okay, progesterone is low, give pro gesteron cream.

Hey, don't use that HRT, use the pro-gesteron cream, it's safer. I'm not even going to debate that. The idea is this, stop taking pro gesteron and cream everything tanks again.

So just by replacing the messenger because lower doing things, but there's a message. And that's why, for example, and you start looking at those things.

There had to be something that really affected that whole adaptive system. That's, why I went to chiropractic school because it said there is a neurological adaptation.

And actually my major love is actually immunological. And I can prove down a shadow of a doubt that when a person's sick, there's some immunologic or neurological response first.

and now all the downstream things that do happen, they may manifest in the Bay as a problem over there. But there are some major neurological, immunologically things, that have actually set those stressors up that led to the little progesterone, led all these factors that way.

We don't understand that, for example, if you look at neurological that's even a mental stress. You look at anything inflammatory that triggers the immune system.

Guess what happens? Hormones now respond. And then, like you said before, now if hormones come down, guess what happened? Now we lack some of those messengers to actually down-rig the system, so now you're right.

Our mast cell will produce more histamine. And then we hear this all the time, Doc, you know, I deal with high histamine. Well, guess what happens? Your histamines is actually produced by, it's a neurotransmitter, produced from our immune system.

It's needed for digestion. But what you're doing is this, there's factors that led to why we can't even respond to them anymore. So that's why when we look at these things going on, and that why instead of going to medical school, Initially back in 1995 I said, I do like the approach of going, hey, listen, these things are going to trigger the neurological response.

These things that are gonna trigger them in response and so therefore I want to investigate those things. And at the time, the profession that made the most sense to me was a chiropractor.

It really was. And because I actually studied what it was, I studied, well, my professors in immunology, because that was my original reason why I went to school, was immunologic and nutrition.

My immunological professors were so disappointed when I didn't go on to be an immunologist or a pediatrician or things like that. I'm like going, no, No, No, I'm not saying those things don't have some form of place that way, but I want to dig about what triggers the immune system, not trigger it with some of the therapies they do today.

So that's where the whole cascade came down of looking at all those factors of going, okay, listen, these hormone issues, they're secondary. Yes, my wife had an endocrine disorder of estrogen, but do you want something like this?

What was the issue leading to it was there was an immunological response. You're gonna laugh about this. One of the biggest contributing factors to why my wives hormones were off is because she was allergic to dairy.

Now here's the funny thing is this, she grew up on a dairy farm. You know what I'm saying? It's like going, and guess what happened? You'd know it was like for me telling her parents and stuff going.

Hey, listen, one of the contributing factors to why for, since your daughter was little and now I meet her when she's 22 and they want to rip out our uterus at 19 years old and do all these things is like some of those.

And they're going to know we get out of. The bulk tank and so that I understand. I do. So you didn't have any homogenation tape. It didn' have a, a pasteurization that way.

Little better form. But that ingredient was inflammatory for her. Now, as you know, that inflammatory response now leads to a hormonal change, leads two other factors downstream.

And so that's where I believe that where healthcare, once again, vitality and also longevity has to go towards. It's not just replacing things naturally.

I love the approach. It is, if you looked at my notes, as I work with patients every day still, you actually start to see the way that we work. The way we that work is let's get you in an environment that's actually safe.

Yes. That is not re-toxifying you, that is stressing you. Your safe place is actually the words that you use in there. And then from that point, do you feel safe there so work on the nervous system and that's it sounds like that your same philosophy is go figure out the why that started the whole cascade the best you can well yes we may be putting band-aids on to get your body built back up but if you want to ever be stabilized you ever want crazy changes in lifestyles and diets that a lot of the people that are coming in to see us, if you want to get them to that point, you have to stop the onslaught that got them there.

Well, I'm happy you said this and let's run with it just for two seconds because see, When you look at forms of healthcare and what happens this, you know, there's, we, look, at there is medical and natural, let's just put them in general classifications.

And the criticism from, from medical doctors are like, well, once they're on supplements, they always stay here. Once they get adjusted, all they got adjusted.

I'm like going, guys, You put a person on a drug and you tell them the rest of your life. So you give me a hypocrite

there. But. Also, we can't call them hypocrites when all of a sudden, you know, they're putting people on drugs for the rest of their life and then we're saying, here, take this supplement for rest your life.

Now, let me give you an example. And you said it cleanly and this will give the example we talked about. Here's what happens. You know if we recognize somebody, run some labs, see cortisol, the other high stress hormones, and we say, listen, mental stress is a big contributing factor.

Now I can tell you about shout out. So all you guys watching this use AI use Google use every search is that way. The second most sold thing I ever did in my whole world.

And my whole practice and I practice all over the world now, but ideas, this is, was still something called California poppy. Okay. Why? Because number one, it's probably one of the simplest and safest things to help move that neurological system into more out of a fight or flight state.

It's very sedative with all the negative effects of sedation medication, everything that way. And I looked at the patient and said, listen, Listen, you're gonna take this.

You can feel change within seconds, really, honestly.

Terrain Theory, Immunity, and Lifestyle Stressors

But here's the point. If you don't change the stressors, You're just gonna buy this rest of your life. So we direct them towards, you got to deal with these stressors and stuff like that.

And we may be able to compensate with a supplement for some time, but you need to go after those things. That's the one thing where you talk about lifestyle.

Then you say, well, Doc, what happened to most of your people? They stayed in stress. They took California poppy for a long time. I would always make fun of them.

Hey man, I just built a movie theater in my house. Put your name above it because you didn't change your lifestyle, so I'm going to name it after you.

And my patients be like, they're not sitting there going, oh, he's always trying to push supplement. See, that's the thing that where medical people don't understand what we do.

Like you're just pushing supplements. Actually, no, I'm trying convince people not to take it. You know what I am? But without the big changes, without that changes in responsibility, because Doctors, and we talk about, you know, the difference in thinking, give you an example of difference and thinking.

You know if we look at, we talked about beginning, if you look a vitalism, look in mechanism, talk and give a little bit of understanding for people that aren't like us, think about everybody's other germ theory.

That's a mechanistic way of looking at things. And then a vitilixic way is looking like the train theory. For example, you know, it's like, uh, You know give an example and I have a slide that I show people this.

I said, let's take, a fish bowl and you have, A fishbowl with dirty water, and a Fishbowel with pure water. and You have the same fish, same genetics that way.

Which one do you predict is going to get sick? And they're like fish in a dirty thing. So the terrain, the environment is horrible. It's very toxic. And if they live in that thing, that toxic could be trauma.

That's why I love being a chiropractor. Trauma. You know, people say, doc, you know is cheropractic good for neck pain? I'm like, I don't know. Like, what do you mean?

Well, neck pain, inflammatory things don't just come from trauma. It comes from toxins. Hey, for all you guys that drank too much on a Friday night, kind of sore the next day, aren't you?

You're saying, ladies, mental stress, doubt, kinda feel kinda sore next night. Don't ya? So therefore, we've taken even chiropractors and pushed them into a pain musculoskeletal model, which I still think is still going to fail because I think mental stress is what most people, women suffer from more than anything.

And what happens is this though. So then all of a sudden you go, germ theory is more mechanistic vitality is, more like the train and that fish is going be sick.

But here's what happened to this. You know, you and I go. Hey, listen, I'm very saddened when I hear a child die of an infection or an adult died of infection.

But why is it, if it was an infection, were they around other people, where around our doctors, we're around, you know, staff members, way around your family.

Why didn't they die? Oh, because their immune system also train. So to what you're telling me is, for example, I'm sad if somebody died from COVID, but I also going, yeah.

And that's why, that why I believe the vast majority of people. Look at the germ theory, you know, and how it's done, but that's, I can, the immune system is my biggest love, so the idea is this, it is like going, if you have a low immune, be scared of every bug and every virus on the planet.

And then you've got people that, for example, that maintain a normal immune which is measurable and testable. Guess what happens to this? The vast majority of things you're going to get is a sniffle.

Seen that too many times in my life. I know for a fact, and I think a lot of people can relate to this, if you stress yourself on a week that's too much, you work too, much you stay up too late.

Like you said, You drink alcohol. You do that enough. There's a line that everybody knows in their body. They may not necessarily want to accept it, but they know it's there.

You're going to get sick if you do that too long. If you work too hard. I mean, I remember finals week in college and after finals, we got to want to just sit and stare at a wall.

And inevitably if it was really bad and I really disrupted my body by stress, Whereas now, now I really pay attention to myself. I don't like being sick, nor does anyone else.

But if I know that I'm going to be stressed, I'll be like, okay, well, let me go grab some of those supplements. Let me do some red light. Get my feet outside on the dirt so I can try and boost myself to give a little bit more than even my normal day-to-day would be.

And clients, all the time I've seen this, and I agree with what you said, mental health, stress, A type personalities, perfectionistic, people pleasing.

The drive of the need of work, the doom scrolling is putting such a load on individuals today that I mean, I went into practice 14 years ago or so. I'd seen before COVID maybe two or three cases of what I would consider severe MCAS.

And then after with All of the things that have happened from the vaccine to the infection, to lockdowns, just the continued pressure of AI and phones and scrolling.

The burden is so heavy. I see people with mass cell, severe mass cells, which would be people that Their hormones are off, like you were talking about.

Their immune system is on high alert. I see those people all day, every day. And I'm like, what? I mean, I know what happened, but at the same time I am sitting back going, What in the world is going on?

And why are we so broken as a population? Yep. And you said some key things there because here's what happens to this. You get into that, you know, inflammatory state and, and see, for example, is this, when you look at that inflammatory State, You're talking about there's a major immunological, there is a very neurological response.

and now the cascades now do happen. That's one thing that we looked at, For example. All we talked about this way is like, do you understand? It's really funny because right now I'm in medical school to finish my master's in immunology and I move into my PhD work.

And it's kind of funny as this is I just had one of my good friends who's actually coming here not too long ago. I befriended him some time ago, he's a longtime researcher at Rockefeller lab, you know, which was the most prestigious immunology labs in the world.

And I still differ on a lot of their things this way. Most of the professors are all PhD immunologists. It's quite funny because If you look at, I did a show with him not too long ago, and he even talked about that within a very short time that guess what happens with negative attitude, that you can start suppressing your immune system so quickly.

With sugar, you start supressing immune systems so quick. with all the things that he talked, about we went back and forth on them that are very simply provable.

And I even said to him, in a medical world. They don't address any of those things. They do not. You say, and that's why you need, I have no problem having a medical field that actually has some things that have some very good things, like I consider emergency rooms.

But the idea is this, is like the vitality things and things come from us is actually getting people to recognize, say listen, there's even documentation on this.

deep belly laughter, what it does to protect your immune response is dramatic. We talked about it on our show, we talked how the things that you can do in this way, moving the opposite of the stressors.

And that's why, once again, I'm going to say this because, you know, when people, the biggest criticism when you're starting putting good information out there, they're like, You're just a chiropractor.

I was like actually, it was that thinking that allowed me to actually even address these things, that the medical field can't think about. Because they're so their, their viewpoint of the world is so mechanistic, not vitalistic.

And I'm in medical school right now and I've sharing all the vitalism with my professors, with all of us, the colleagues who are going to be orthopedic surgeons and, and researchers and all stuff of that.

and no joking, they are gonna work for vaccine companies and everything. I was sitting there going, yeah, I can understand your world, but let's look at these things before.

To the point where I had one of my professor's go, sent me a private message going. Why have some horrible problems? Could you take a look at them? It's like, I'm like sure.

See, there's, you know, disagree that both worlds are needed. We're just so dominant in one world, but the one-world takes all responsibility off of patients.

Our world is more difficult because there is a responsibility from an action standpoint. There's a responsible from a financial standpoint, see, and that's the thing.

And that is why people say, why won't your stuff become more dominant? When I drove in this morning, I was drove by two McDonald's this and guess what happens?

It was probably, six, 15 or so. The line was around the corner. And I might know this may surprise some of you guys, but it's not really good for your immune system.

You know, and give my point. It's like going, so you can't go through there. Immunology, it's not a good thing. You know, we talk about sugar, you know with, with Dr.

Casper and he's my, my acquaintance and colleague and friend and from the Rockefeller lab. And it was kind of funny. He was like, he was, like you, know sugar.

Nah, It's suppressing the immune response very quickly. Yeah. Go back to COVID, Krispy Kreme doughnuts. If you get your vaccine. Come on. No, no, and we, this and it, but we're, were the quack doctors.

Yeah, come on now. You can say, no, we have a vitalist standpoint. It takes responsibility. it takes your own money. No, listen, I'm going to dump all my responsibility off to a doctor who has education and he said he's the authority.

And then I got my insurance pay for it. How are we doing for that? How we do it? And not being critical, it's like, that's, the toughest part. Because, you know, You know what the GLP ones have shown?

Calorie restriction works. Do you say N? That's true. Just like COVID, they gave so many vaccines, which if you want to know how it works, I can walk you through the whole mechanism.

Freak you out if you really knew about it. And here's the thing is, so therefore now guess what happens. Now they can't hide all the things they did before with certain medical procedures.

GLPO1s are becoming so popular, now they cant hide them anymore. So now it's like going, yeah, they're all benefit, all benefits. No, calorie restriction works, but now those receptors are more than just in your GI.

There are in other parts of the body and there's going to be some problems there. And see that said, that's the mechanistic compared to vitalistic viewpoint on that way.

So yeah, it's in the drawing. Here's what I'm for. I am for people just making a personal choice. You know, and then, you know you got benefits and consequences of both.

But there should be no, like what happened during COVID, no one should ever be forced to do anything regardless of what they want to choose. I can agree to that.

I definitely think that we need to educate our people, give them an opportunity, allow for them to make decisions. And, and definitely not if you have kids, if have children, you know that if, If you give the kid an, opportunity to choose the hard road or the easy road, most of the time they're choosing the, easy, which is what we've created in medicine.

Take this pill. It'll fix your ill and unfortunately it hasn't worked. But that's still the mechanism that we're trying to force. Whereas if you make someone work for it, they're going to do a better job and appreciate it much more.

Self-Responsibility, Supplements, and Closing Thoughts

No one will argue with this. It's just the reality is there. So we are getting pretty close to the end of the podcast here. You've been doing this for a long time.

while working toward getting the PhD in immunology, which is amazing. Cause I think just what you're talking about with the vitalistic approach, terrain theory, vaccines, you'll be able to have the degree, the letters behind your name

that allow you to go on social media and say something and be like, Hey, I do have education.

Because that's really what it comes down to anymore is we're not supposed to be allowed to brain unless we've got certain letters. Yeah. What is there anything else you want to close out with before we jump off here today?

Yeah. You know, if people understood that the outcome that they want are more under their control than their doctor's control. See, for example, when I got in practice and this happens daily on my social media, my doctor said if I don't do this, they're going to release me.

Well, then find another doctor. See, I believe that any health professional should be a guide. Should be guide and if you can't critically make sense to most people that way, and guess what happens to this?

And then guess happens, you know, when you have to try to force people to do it or you're not under my care and this and I get this every day. This is what happens every single day.

My patient said, if I don't get my child, the childhood vaccines, they can't see you. Okay. Or it happened this morning, my OB, I'm six months pregnant.

They wanted to give me a DP shot, a flu shot. And I said no, and they said they're going to release me. You say I am. Don't realize that, for example, is the, you know, think of this way.

A healthcare professional should be able to sit down, have conversations, but see the one thing I do love. Here's what happened. I think one of the greatest things that happened to healthcare was technology.

And not what you're thinking. The internet, AI, all of them were one the great things because I know it's really cool. Whenever I do a presentation and I speak at Carbide schools, medical schools.

All the medical seminars, I'm like, take all the information I have and put it in the AI. Put it into things. Research that way. You're going to find out that the vast majority of things doctors tell you currently It's actually opinion and it's lies.

A lot of it is lies you say. And the sad part is this, it like, so therefore that's why doctors have to play the authority card. You know, I actually have a buddy of mine who's a medical doctor here.

And he just drives me nuts because he, I drive nuts, because I'm like, oh, you went to school this. He goes, and if we have that approach, we lose our authority over people.

Like since when are you supposed to have authority of it? You know, it's, uh, he's also a Democrat. So I kind of laughed. I thought you hate fascism. You're acting like a fascist.

They're trying to control and tell people what to do with their stuff that way. I have a little fun with my Democrat friends and stuff like that. But the idea is this, it's like going, no, listen, we're not supposed to have that, most people are critical thinkers.

Most people, if it makes sense, and that's why you have to be able to talk about these things. And you're wrong. When you try to change somebody's thinking and you tried to even share a different idea, people can get downright mad.

Don't believe me, look what happened during COVID. I watched family members that just thought differently on it, actually won't talk to each other anymore.

Mike, really? You're saying, I understand. It's like a Christian and Muslim trying to convince each other. They have the truth. One says they have a truth, another says, they has truth that way.

Okay. Guess what guys have, a debate and let the public decide and see, but here's what happens. it's much

easier to fall the medical field than it is to follow doctors like us.

And this is the part that nobody likes to hear because our care, you and I care and study our, our are care that we deliver to people. is the vast majority of the results.

Yes, we're a part guiding you, but there's self responsibility, there self-responsibility, There's emotional constraint. There is food restraint. And people realize, and the reason why it's so tough is because I could prove this beyond a shower doubt.

Food is by far one of those emotional things that we do. You know, hey, instead of taking that GLP-1, you eat 5,000 calories a day. Can you drop it down to 1,800? I get so, I have all this, and I love the terms that all these doctors do.

It gets rid of the noise. So what you're telling me is it affects you psychologically. Yeah, that's going to turn out good a year from now. And you say, Ann?

And I literally had a guy reach out to me literally two days ago and say I've been taking GLPs for two years now and have zero sex drive. I'm like, yeah?

You've been suppressing your system for so long. Yes. I'm happy you lost weight. You actually did lose weight, it's a good thing, but don't think there's no consequences to that.

You say, most people, if they drop their calorie restriction down and get into a calorie deficit, you're not going to actually find anything. You'd probably get more of a sex drive, especially your man.

Maybe kids are going have a little bit more testosterone boost that way. But on our topic, so I guess that was a pretty long rant for ending the message that.

Self-responsibility, that's what it comes down to. Well, I think you have a lot of topics you love to talk about. I've looked through your social media, you've got a passionate social-media educating people.

How do people learn more about this from you since obviously with that last passionate rant there, there's more to think about? Well I there is a great, a there are a lots of great people to follow.

You, me, other things, we have the same vitalistic viewpoint that way. And I mean, no joke. That's one thing I do like about media. Media is just putting good information out there and let people decide.

And so I'm on Instagram, you know, I got, have it kicked off Instagram like five times, TikTok. It's like every other week. So that's what's, like, even TikTok is the only one that had been kicked of since Trump came in office because Facebook, YouTube, all stuff with this.

Into the point where, for example, during COVID, because once again, my love and my background and all this stuff, was immunology through my undergraduate, just like nutrition that way.

During COVID I stood up so strong, the FBI showed up at my house. So you think I don't believe it, I believe the FBI showed my house and stuff of that, because that's the intimidation fact they tried to do with a lot of people.

That's why I kind of laugh at you. Look at all the stuff coming out now. I'm like, guys, we told you it was going to happen. They were lying to you the whole time.

And now they're showing, oh, the high government officials when it came to COVID were relying, no shit. All you have to do is understand how this one immune cell works and you could have just told you there are liars from the start.

And now they're going, yeah, Fauci said, these people are not scared enough. We're gonna create this. Nope. All

these doctors that were in the rooms with them, now, they are doing a Wall Street Journal documentation.

I'm like, where were you when you were there and saw this? Well, I don't want to lose my job. Like I work for the government. You understand? And so the idea is this is like there's a lot of great people out there that you can follow.

for people to think a little bit differently, you know, talk about the things that people have taken. And here's one thing, and I love this phrase, I just want you to take control of your own health.

I want to be empowered. You to make decisions. People like you and Doc, we're there to guide people. We're going to love you if you choose to eat that doughnut or love if we choose not to.

But the bad part is this, if eat doughnuts, I'm going sell you a $90 bottle of Jim Nema, which could probably reduce the amount of sugar that you're gonna absorb and it's gonna help.

Unless you change and take responsibility and stay away from that donut, i'm gonna have to continue to give you that supplement. I have a supplement for you being sassy and doing bad habits.

But I'm going to tell you about it. You say, and I'll take your money. I take it every single day. And see, I talk to people that way going, hey, listen, you're in control.

No donut, no gym demo. We talked about mass cell activation thing. If you want to talk about evidence, want talk with documentation, look up the word albesia.

Most people didn't even know it was until I brought this really to US and 30 years ago, albesia. It's actually, there's documentation of its inhibition on the mast cell and its release of histamine.

Wait, There's a non-pharmaceutical that can have some effect on it? Sure. Albesio was the number one thing I ever sold my whole career by far. Because if you ate bad or you triggered your immune system and you actually are having all your mast-cell activation syndrome and all sort of this.

Yeah, but you've triggered it. And so therefore I got to actually help your body adapt. Now, if you weren't doing it, I'd sell it to you. People were sassy in their behaviors.

So I'm compensating for their sassiness. Just like California Poppy. That's why I would tell Bill. LB's in California, Poppy, you know, for, not only me, but all my offices across the world, probably the two most sold things because people are always doing bad habits and are all stressed out and things like that.

And we're trying to say, don't do it. Yeah, it's a little bit more there for people to understand there. It's good stuff. All right, everybody. Well, if you're listening and you want to hear more of Dr.

Patrick Flynn here, go to his website, his Instagram. It's DrPatrickFlynn or jump on his business site, which is the wellnessway.com. Find him there. Until next time everybody, thank you so much for listening.

We'll see you on the next episode. Thank you for tuning in to redefining wellness with Dr. Javin. If this episode spoke to you, please follow and share this podcast with someone who is ready to take control of their chronic health symptoms.

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