Your Supplements Are Making You Worse | Dr. Tyler Panzner Transcript

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Podcast Introduction and Guest Welcome

If this is what shows up on blood work and this what 99.99% of the population supplements with. If you take this and you can't convert it, why would this go up at all?

Vitamin D is the most important hormone in the body. And it's crazy to me in a holistic space, people will be fear mongered. No one should be taking vitamin D.

It's rat poison. You get it from sunlight. Its low because you're infected. I'm talking about the genetic component. no matter what your whole life, you cannot convert A into B.

So we give you B and your life can radically change. If you're overwhelmed with chronic health symptoms and still don't have answers, you are not alone.

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 Podcast. I'm your host, Dr. Jay VanMoor, and I am here today with Dr Pansner. Dr Tyler Panzner is an expert in genetics and this is something I've been really interested in as we've talking, as I have been researching him.

A lot of what you hear out there is wrong. You've probably heard all the big dogs talking about all their genetic panels that have a lot this means that and the reality is they're wrong And he's going to tell us why today, and it's gonna be a lot of fun.

So if you have MTHFR, COMT, if, you've been told because of this genetic, it equals that, hold on tight. Tyler, thanks for joining. Thanks for having me, man.

Excited to dig in. Well, all right, men. Something that I know you are known for at this point is being like, yeah, All that stuff, there's a lotta nuance to it.

And something I say all the time is, If you run six, seven, 10 genetic Snips. You have no idea what's actually happening. What do you think? Yeah. I mean, I think that's absolutely true.

These snips, these single nucleotide polymorphisms, they are insights, but we need to understand not only are there tens of thousands of different genes in the body, But any one gene could have many different snps.

Why Genetic Panels Need More Nuance

on it. So, for example, a gene that I like talking about a lot that doesn't get a LOT of hype as much as the MTHFR gene is the PEMT gene. That is a methyl transferase, P-E-M-T, like M- T-H-F-R, that instead of helping you methylate folate, it essentially helps you methylate choline or make phosphatidylcholine.

Now I check up to 16 snips in that gene. So people will come to me and say, Oh, I did this genetic testing. It says I have one out of the two possible variants there.

And they're really worried. My detox is horrible. I need to eat so much eggs, liver. And that's the problem with a lot of these genetic tests out there, they're barely scratching the surface.

They're trying to sell you for a handful of methylation genes for way too much money when cost aside, it's just not giving you the full picture. So then we look and turns out maybe they only have.

one out of those 16, or maybe three out those of 16. Cause here's the thing, every human being, virtually every, human I've worked with, and it's almost a thousand people at this point, we may have just crossed that.

They have at least one or two or three variants in that gene. So I'd had people that went from thinking their PEMT gene is so messed up cause they have one of the two on that limited report.

Turns out they only have two out 16 once you get five, six, eight plus, People have 12 plus variants. That's when we see those really big detoxification issues, cognition issues as you age.

And these are the individuals that can respond exceptionally well to a concentrated phosphatidylcholine supplement. All right, so this is the first thing that came to mind.

You said 16 for one gene. you don't have to give me the hard number. How many SNPs in the human body, counting all of them, are possible? God, I should know the answer to that, honestly.

I mean, all that off the top of my head, Honestly. 50,000? No, way more than that. Let me put it this way. We have 14 million nucleotides. So I would say it would be at least in 100 of thousands range.

So you're saying a seven snip test, seven snips out of 200,000 is why if you don't look deeper, so much of the information you get is just slop. It's slop, but it's one thing to know what the genes say, But the real missing piece that I believe.

So my background is in pharmacology. I did do genetic work in my PhD. The supplements, because let's be real, all the genetic tests, they point you towards supplements.

But these genetic testing companies, the vast majority of practitioners, They don't understand the supplement pharmacology. So they think they're helping if this, then that.

If this gene take this supplement. But there's other effects. There's every supplement does many things in the human body. So that phosphatidylcholine supplement, it may be what your methylation needs, but it also can stimulate your gallbladder.

You may potentially be pushing that too far. It's about cross-referencing. And this is why I call, say what I do is hyper-personalization because it's really going in the weeds.

Just because I just see so many people, they're taking a supplement from this podcast, from that doctor, From this email newsletter. They have this whole trough of supplements and then they are interacting together because there's no real care or education how all these things interact together.

I mean, I love the supplement space, but it is the wild west in a lot of ways. So something I said yesterday on a podcast, because I tell people all the time, come off all that crap you're doing, stop all of the biohacks you are doing.

Stop all, the health hacks you doing because they're probably causing more harm to you than good when you do 200 a day.

Supplements, Sensitivity, and MAO/COMT

I was like, maybe I'm the anti-biohacker and it sounds like you're on the same lines as me because yes, the things that people are doing can be good, but when you are a hundred of them, inevitably something probably isn't going to necessarily be for you.

And again, I like supplements too. I think coffee enemas and castor repacks and red light therapies and B vitamins and phosphatidylserines can all be and they're all supposed to be helpful.

And when you're trying to do all of these things, I know the effort is there, but it's just like going to the gym. If you went to gym and just randomly worked out super hard every single day the same way, you are eventually going injure yourself.

So then for the people listening right now, let's make this important. I'm already intrigued by the fact that you confirmed my estimation was even way off of more than 100,000 different SNPs possible.

Let's make it important for people. Give me an example of what you see walk in that would be like a comparison. Like, let's talk about that 30 or 35 year old woman that's coming in.

She feels like her hormones is off. she's anxious, she is feeling stressed and burnt out and she has taken, as you said, a different supplement from every podcast, been to three functional med doctors, maybe on a SSRI.

What's going on here? Yeah. Yeah, so when we're looking at these types of individuals, the first thing I like to start with is which supplements are directly affecting your catecholamine.

So these are things like dopamine and adrenaline. Now the catches. People don't understand a lot of natural supplements can block the breakdown of neurotransmitters in the brain.

And these will actually have data, the peer-reviewed studies that it can help with depression. Well, that makes sense if they trap neurotrasmiters in your brain, they can raise serotonin, and they could raise dopamine.

So an example I'll give you is curcumin. one of the most commonly utilized supplements. People will hear about it for inflammation, for brain fog, or mood support.

Well, we have data and studies that curcumin can improve your mood. It raises neurotransmitters. Now, people will come to me taking that for a whole host of different reasons.

Well, that way you break it down that same protein, but that is already slower for you. Genetically, what does that link to? That's linked to being more anxious, usually more reactive, shorter tempers.

These types of individuals are more likely to be violent criminals. They can be very reactive, short tempers. They take this supplement and I see this all the time.

It makes people angry. I personally felt horrible when I took one of those highly potent liposomal max strength curcumin products. I try to explain this to people, but the evidence-based gurus, right?

They say, look at the data, the meta-analyses. There was actually a study that came out last year that's finally starting to prove what I've been saying for years now.

They took autistic children, some adults with ulcerative colitis, and some inflammatory issues. But what did they do this time? They broke them up by their genetics.

So that gene, that MAOA gene that breaks down, breaks the adrenaline. If the children had slower MAO genes, they were more hyperactive. So what I'm saying here is we have meta-analyses that say curcumin or sulforaphane lowers hyperactivity in autistic children.

But then we studies that, say, if you break them up by their genetics, it'll make them more. So trying to look at, there's things like quercetin, rhodiola rosea, methylene blue, berberine, fenugreek.

There are so many natural supplements out there that block this system. And most of the people I work with, they're highly sensitive. I'm a highly-sensitive person myself.

Looking into why do I feel more on edge when I took this quersetin supplement for my allergies? Well, it's not just helping with histamine. It's also raising adrenaline levels in the brain.

But if you're not someone that has a hard time clearing that, that it may not be a problem for you. So that's just the number one thing I see is people, I've had people be able to get off of anxiety medication by removing all of these powerful supplements that are quietly raising the volume in their brain without them knowing.

I love what you're saying here because literally I grabbed my phone and you brought up, let's see, MAO because of this. My fiance messaged me yesterday.

She's like, ask Tyler. He said, she says, Ask him MAo. How does this affect when it's very fast activity? How is it associated with low levels of serotonin and major depressive episodes?

Best way to support it. And I just laughed because you bought that up on your own. I didn't have to do it, so thanks for reminding me. You're going to give me some brownie points for remembering.

Yeah. I love the word brownie points, man. Yeah, that's the tip of my tongue too. And to answer that specifically, and this is what I preach. There's no universal, there's not just thing as a good or bad supplement.

Supplements, nutrients just do things in the human body and they can be good. Or bad, depending the person they're in. So I was just talking about people with slower MAO.

and curcumin, rhodiola, fenugreek, quercetin, resveratrol, I mean there's dozens of things. That would be a no-go. But if it's faster, that's linked to depression.

And those exact products may work very well for those people. So if its fast, maybe we want to take something that slows it down. but if is slow, what can speed it up?

Lithium orotate is the only nutrient I've come across that helps speed it up. And what do you know? I respond exceptionally well to that. It's personally for myself, my number one favorite supplement.

You know, I'm thinking of right now as you're going through this is when I have to put chemicals in my pool and I got my little meter out and i'm going and dropping different things in there and trying to figure out how to how To make it work because the average person doesn't do genetic panels for a living.

They don't work with multiple chemicals trying to balance a system on a day-to-day basis. And I can't even think of anything else in my life that I've ever really done that wasn't in a chemistry lab.

That would be similar, but if you've every tried to a pool without a test kit, or now, honestly, I got like the test strips and I'm going to Claude and saying, okay, here's my test strip.

By the way, there's only seven different markers on my tests strip, not 200,000. And I'm saying, okay, what chemicals do I need to put in this pool to get it back to balance?

And you're sitting here telling me there's 200,000 different ones that a human body might have going on. I just looked it up. So yeah, so we're seeing here, depending how you look at it, we are looking at more than 600 million known SNPs in global populations.

So I, I was way off there. I'm a little embarrassed for that one, to be honest. Um, used to just thinking about, because here's the thing with those quick tangent, not every snip, we know what it does.

So we don't know. Some of them may not do anything. Right. But I figured I would look that up so we could say, yeah, We were off their, so, uh, way more than the 200,000. So let me finish my, my analogy is like, I know last year I didn't have Claude helping me with my pool.

And I went to the pool store and I would take the thing and they'd tell me what to put in it and back and forth. It was a mess. it took me a month to get my poor right.

and maybe everybody's laughing at me because they do it better than I do. And now you're talking about 600 million potentials and not everybody has all of them.

Not every one of us turned on. But even if it's a thousand snips for a person, which is not even 1% of those, it takes some work to figure out how to make it make their body operate.

So that's the complexity that you are dealing with what you do and why. The, you know, 23 and me may not quite give you all the data that you need, but, so I'm just, I've intrigued now 600 million.

That's, that's a wild number. It's not just about the day to, right? Like I said, is, You know I had, people they'll upload prior genetic reports, Right?

We want to get comprehensive testing, But people will upload some other reports they've had in the past. I see notes that other genetic practitioners have written on it.

And even with a minimal report from what I'm used to, but it had some, you know, significant things there. Just what that person, that practitioner that was trained on genetics, the supplements they recommended, it's about the interpretation of that.

And that's why there's so much variance in these things. and again, not knowing how those supplements interact. It's with each other. I mean, how much supplements would you say your average patient comes in taking?

Oh, if it's less than 10, I'm shocked. And if its not over 20, i'm happy. Well, then on top of that, How many ingredients does each product have? Before you know it, they're taking triple digits easy of actual compounds or nutrients.

Plus medication plus their diet, plus the chemicals in their environment and the chemical they're drinking and mold in the house and what is it, 6,000 chemicals that women put on their body by noon?

It's something like that I saw in some study where it's all these different pills, powders and potions that people are using and again, I'm not calling anyone out, it just like, hey, Here's where we're at.

And it's no wonder people don't feel well. So, you know, I've got this thing that I say to a lot of the clients I work with, and hopefully this is not too offensive, but I'm like, This is where I'm at with it.

And you've explained why today.

Vitamin D Conversion and Histamine Genetics

I've had people come in with, you have to take a methylated B vitamin complex the rest of your life because we ran your methylation test and it showed that there was a SNP.

So you gotta take this forever. and I was like, maybe that's true. That could very well be true and see that and told people that that true for them before.

However, I also, when I get their organic acid test, their blood test or urine test. We look at their hair. urine, and blood, even if they've been off of that supplement for six months, so it's no longer in the bloodstream for sure, they're eating a fairly healthy diet, all their levels are normal.

Methylmalonic acid, homocysteine, cobalt in their hair, They're all normal, So I'm like, I can't tell you that the genetics is necessarily wrong, but what I CAN tell is based on every marker that I could run, And I am not just doing it from one standpoint, It looks normal for me there.

So is it possible? And I just ask him this question that that one snip is true, but there are some other genetic pathways, snips somewhere else that have picked up for it, especially out of 600 million.

Yeah, absolutely. And you know, it also depends on like methylation, for example. It's a cycle to circle. There are certain shortcuts. If there's one bottleneck, the body can use other shortcuts to affect the homocysteine.

Now, I always say, as much as I love genetics, they heavily guide what we do, but that's exactly why I don't have the do-it-yourself kits where I'm shipping out thousands of kits a month for a couple hundred dollars.

I do one-on-one consults with everyone I work with because I need to ask you questions. And that MTHFR gene, let me put it this way, i've had people with 20% Mthfr activity.

So the worst genetics you could have that do not need a methylfolate. I've had people with 80% activity that we ended up giving them some methylfolate.

It depends on the diet, how much variants there are there, as I mentioned before, but I mean, the MTHFR stuff is just so insane to me. And as much as, I hate talking about it, people still ask questions about.

Because people just want to have that quick fix. If this, you take that. I have two MTHFR variants, but M- but methylfolate also helps you make, guess what?

Adrenaline. It's a neurotransmitter. So I swear, if I even like smell methyl folate, like I literally just like methyl, foliate, methyl B12. I, it's just a quercetin for me.

Like I've tried products where there's. A couple of micrograms of methyl-B12 and I could feel that I'm like, Nope, I just feel icky and overstimulated just that.

You know what's funny is I work with some of the hypersensitive people like what you describe you work and it sounds like maybe you're in that vein also.

I'm the polar opposite. I was talking to Dr. Jess Prechost. She's like, yeah, that I call that the warrior genetic type. And I just started laughing and I'm like all right, well, I feel nothing.

But I probably also feel Nothing when something bad is happening. So I got to be protective. and that's what I've learned about myself is I won't feel it.

That's the thing with genetics with health that we all have to figure out what our weak points are. I'd love to get into honestly some of like the quick hot takes.

You're going to tell me this. No, i've already figured your personality. you're gonna be like that is not possible. Work with me here. If there's three genes that would just be super interesting to people, three snips where you'd be like the MAO where, you said, these things don't work well.

It causes this problem. if you have this, this might be the symptoms associated to that one gene. And I know 600 million genes. What three would you be ones that you would be, like, These are super-interesting to me and people make my Instagram reels out of this.

Give me three. Yeah. First one comes to mind. It comes down to vitamin D conversion. I see this issue all the time. People come to me, their vitamin B will not go up.

Their doctor starts injecting them with vitamin. D it still won't go. They think it's a gallbladder issue, but their other fat soluble vitamins are fine.

Well, if here's that vitamin D that you're supplementing with, your body needs to convert it into this form. We're talking about from colcalciferol to calcifidiol.

So you can have genetic issues converting that. Well what does the literature say in that CYP2R1 gene? You can be 16 times more likely to not respond to a regular supplement.

If this is what shows up on blood work, and this what 99.99% of the population supplements with. and you can't convert it, why would this go up at all?

So that is a very linear pathway, meaning all roads lead through that gene, that worker. So taking a calcifidiol supplement, That's one of the few things I can say.

One individual nutrient has been completely life-changing for a lot of people that I've worked with. If you ask me, vitamin D is the most important hormone in the body.

And it's crazy to me in a holistic space, people will be fear mongering No one should be taking vitamin D. It's rat poison. You get it from sunlight. Its low because you're infected.

I'm talking about the genetic component. No matter what, your whole life you cannot convert A into B. So we give you B and your life can radically change.

I mean, I'm sure it's way more expensive to get the converted version. Does that hurt people that can convert it? Yeah, well, first off, it not too much more.

Expensive. I get that question a lot about that. And I don't think. I don't think there's any harm in you trying that to see if your levels go up because here's the thing.

If your vitamin D levels don' go with regular supplementation and you take this pre-activated form and it does go. Well, that means it's not a gallbladder issue.

It's an absorption issue, right? It' clearly that conversion issue because they're all absorbed with fats through the bile. Okay. Gene two. Yeah, gene two, um, let's see.

Let me think. I feel like everyone's heard about DAO. So that's one TNT one. I mean, we can do a histamine one, trust me. The population of people I work with love to hear about diamine oxidase.

Yeah. DAOs one that that what helps us process histamines in the gut. And for a lot of this can be inactivated from certain medications that we take from, certain gut bacteria, but genetically speaking, Again, how many variants do you have there?

Just one. I actually had a client last week, she had 12 and I told her, I don't think everyone needs DAO forever, but you're one of those people that you should have that with you at all times because your body is struggling so much in order to make that at that root genetic level.

And we've seen, we seen studies where people, that had that genetic issue are more prone to migraines to take a DAo and it gets a lot better overall. Let me try to think for number three.

For number three, I know everyone's heard about this one, but the COMT gene is one. We were talking before we started recording. I'm a double slow COMt.

You're not. And that kind of describes us on the opposite ends of type A to type B there. Um, and it completely shifts how you decide what you to put in your body, not just supplements, But foods wise.

Um, you're prone to overthinking, your brain can't shut off, also can play a role in estrogen breakdown, but the countless natural supplements or any food components, any sort of stimulation will be magnified in your body.

I mean, I recently, got rid of caffeine, was doing paroxanthine, which can be a more common metabolite. And I'm doing none of that whatsoever now. and I still have a problem falling asleep sometimes just because my body is so sensitive to that stimulation.

So in short, we just call it the gene that caused you to overthink, stress out and be type A. Essentially. And I, what

I'd like to say is when it comes to genes affecting behavior, the MAO and the COMT genes.

I see night and day difference just based off those one genetics. Slow MAO is more of a reactive angry. Not only do you have higher adrenaline, but higher serotonin.

So the way I think of that is it makes you more confident in your anxiety. It turns into more aggression. That's more a fight. The slow COMT is a flight, more timid, impending doom, worrying, excessive rumination and worrying type of anxiety, And there are countless natural supplements that interact with each of those or both of Those that directly block them and I bet a lot of these supplements That ruin me you probably would be like I feel absolutely nothing Because maybe you'd actually feel a little bit of a mood boost or a Little perk you up a bit in a good way because it's not that they're all bad It's just figuring out are they good or bad in your specific body?

So the behavior genes are MAO the fight gene and then slow comped for the flight gene. What are the specific supplements to each one to that would cause problems for those?

Yeah. So we touched on some of them before. Quercetin is one of the strongest blockers of both of those. Um, EGCG virtually every polyphenol out there, um, can block those to some degree.

Even something like apigenin, it can calm the nervous system, but I see that backfire for certain individuals. Um, fenugreek, rhodiola rosea, curcumin.

I'm trying to think also off the top of my head, I've used to having that list there that I look at for my clients. Yeah, said the rodiola Rosea. Why am I blanking right now?

I was trying think of some of the other ones. Let me actually see here, cause I want to get, I wanna give a few of those here because I've seen these.

And is it Queer to Ten, Kukuramen, Rodeo for both of them? So a lot of these ones that block one can also block the other. So it's, it.

How to Choose Better Genetic Testing

And it's very hard to say, hmm, is this blocking my MAO gene or my COMT gene? Right? It can be kind of hard. To really feel that difference. Cause we just experienced that as stimulation overall.

So yeah, like things like rootin, rosemary, ginseng, skull cap, olive leaf. I said resveratrol, cinnamon bark extract, um, licorice root, astrologus. Um, so these are all things or another big one is piperine.

So piberine is in black pepper, also called bioperine, anti-inflammatory benefits. It's added to a lot of natural supplements because it helps you absorb other ingredients better.

If you're sensitive to these things, you want to check that label. if you feel anxious, your mind won't shut off. You don't know why it might just be that little bit of pipering in there.

But what if you're taking piperine plus curcumin plus resveratrol? You think you are taking this for your mitochondrial health. You're taken resvertrol for mitochondria.

Your taking curicumin for you joint inflammation. your taking berberine for blood sugar. you taking rosemary to help with antimicrobial. And what do you know?

All four of those are what I call an adrenaline trapper. So no wonder why you can't fully be at ease. I call this the monkey on your back feeling where you're at home after work with your family.

You're trying to relax, but you. Can't you just feel like there's something is wrong. Maybe you are not panicking, But you could never fully. Be at. Ease.

And that is so overwhelmingly, I see taking these adrenaline trappers, taking too much methylated B vitamins. Not everyone needs 40,000% of their methyl B12 in one shot every morning.

Even if your genetics say that and imagine you're stacking these together so methyl vitamins that help you build adrenaline and Then once you dump them now, you are going to trap them in your brain This is why people can literally have panic attacks from these natural supplements that are not stimulants because they're not caffeinated All I can think in my brain right now with all the different things that you're saying is different clients that I've worked with that had come in that were on 47 supplements and miserable.

And I pull them off of so much, get them down to a reasonable amount, five or 10 things at most. Oh my gosh, I feel better. And I'm like, well, yeah, you're not taking 47 things where your body has to overwork.

But the more you know about the genetics and for them, and then the amount of things that they're taking, my goodness. Well, a lot of times the first thing I start with my clients is we're just going to try and clean slate this and remove things.

You're absolutely right. I've fixed people's anxiety or mood issues by removing things First, because as much as I love supplements, more is rarely the answer.

It's, we don't have a shortage of quality supplements nowadays. Now more and more supplements are very high quality. And another thing I want to touch on are how the supplement science is evolving, how we're chemically modifying things now.

I mean, curcumin itself from the turmeric root, it's barely absorbed in the body. But now we have Curcumin, CurcuGreen, Phytosome Curculin, Long Vita Curicumin.

These are all patented forms that are designed and modified to get into the body thousands of times better than nature intended. So at what point is it a supplement?

At what. Point is that a drug? Because not only they market it as 7,000% more anti-inflammatory effects. Well, guess what else you're going to. 7000%, more adrenaline trapping effects, or 7,000% more iron chelating effects.

So you can see things can go wrong. You could have three people that take curcumin and feel horrible. One of them is overloaded with adrenaline. Another one is anemic from it.

It can also lower DHT, dihydrotestosterone. Maybe for that person, it's a hormone thing. They all feel like crap, slightly differently like. But how is someone, how are they going to piece for themselves?

And that's just one product, right? You throw all these things on top. They're chemically modified. I mean, I just think it's crazy that again, i love natural, holistic, but what is really natural about you being able to take in one handful, the equivalent of like hundreds of roots and plants that would never, you'd never be able access them evolutionarily because they're from all over the world.

They are highly concentrated and modified And you take them in one handful every morning in the sake of better health. And that's not to say they can't help a lot of people, but I see the ass end of that, right?

People coming to me, feeling horrible practitioner, practitioner podcast, the podcast feeling lost. I. See those people too. That is a population that I work with and I'm loving this conversation because we have different testing front ends, similar outcome backends, which.

is simplification, specification, data-driven outcomes so that we can see where we're going versus the one-size-fits-all low ticket, which unfortunately To get that specificity, you have to be able to see all of these different details and work with the person hand in hand to get there.

So, all right. I think we could talk about this all day. There's millions of genes to go through. But my excitement for

this is we probably will have another podcast with this type of information and just dig even deeper, maybe in a certain maybe hormones or some other direction and path, because this has been a bit of an overview of just the possibilities and how the industry is getting some things right and some thing wrong.

So for you, as we're closing up here, coming to an end of this segment, I really have a question of if you were a consumer in the genetic space, what do you do?

How would you advise the consumer to try and find someone to work with that is going to give them a positive outcome with a complete picture versus a one size fits all.

How do you differentiate that? Yeah, I think it comes down to trying to. Work with someone, ask them what type of genetic tests are you utilizing? Or are you utilizing something called polygenic risk scoring?

So this is taking data around thousands of variants. So I'm sure a lot of your audience has heard of oxlets. Um, now you can get oxlet from gut issues, mold issues.

But there are genetic components. The polyogenic risk score that we run is I believe 817,000 individual genetic variants that the algorithm can say you have a certain number of these.

where we can gauge if that's actually going to be an issue for you. Cause here's the thing. You, me, every person listening to this podcast has one genetic variant linked to slower estrogen detox or linked two higher histamine levels.

And guess what? We probably all have variants that are linked lower estrogen or better histamines clearance. It's all about figuring out with that tug of war of what the net effect is.

of these different genetics. So making sure I think you would at least need to have in the thousands of range of genetic variants in order to really get a clear, clear picture.

And you also want to make sure that this person understands how supplements work. And I know that's me, you know, I'm the only holistic pharmacologist that I've come across that went from conventional tier.

But what I am saying is it's also tricky because there's not really a lot of training out there at this level of detail. I known naturopaths and functional medicine and get trained on.

certain things with supplements. But a lot of the people I see have come to me from functional medicine or naturopaths. And I could clearly see these interactions that to, me with my background, why would you do that?

So it's easy. It is for me to say, make sure you work with a supplement expert. There's not a of that out there. So that's part of reason why I'm on a mission to try and educate, not just practitioners, but help the general population be able to read these labels better.

You don't think brain support, You read that and think that can raise my adrenaline. I'm someone that's sensitive to adrenaline, so I probably should not be taking that.

Love it. and a good frame of reference, because there's a lot of great docs, a lotta great information, and it's trying to find somebody that just helps you get better.

So Dr. Tyler, I'm impressed, i'm excited, maybe I'll just go run a polygenetic risk score and send it over to you, just to see where I am at and see what makes me tick, but how do people get ahold of you?

Yeah. So I'm on a pretty much all the socials at Dr. Tyler Pansner. Um, and yeah, I, um, just here to talk about nuanced supplement interactions, genetics and really try to be that unbiased voice of reason.

You know, don't have a supplement company. I'll not here try and help pitch one specific nutrient. And I really want

to help educate others to become their own health advocates.

Not, not just so they can help their own health, but there's nothing better when I work with someone and teach them about the patterns of their health.

Then they, then they reach out to me and say, Oh, my friend had a headache after we ate. I was able to figure out why, or Oh my nephew started taking supplements and started getting a lot more angry.

And I figured out exactly what's nutrient it was. It was the able recommend an alternative. That's without even needing the genetic testing. A lot of this comes down to patterns.

Beautifully said. Well, for everyone else. Go get your genetic testing. It sounds like a fun time. I just love getting more information. And Tyler, thank you for joining us today.

For all our listeners, until next time, got a lot to think about. Bye, everybody. 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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