



## Conscious Life presents

### How Toxic Mold Exposure Impacts Hormones & Anxiety

**Guest: Dr Margaret Christensen**

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**[00:00:09] Alex Howard**

Welcome everyone to this interview, where I'm very excited to be talking with Dr Margaret Christensen. We're talking about the relationship between anxiety, hormones, and toxic mold. An Institute for Functional Medicine faculty member of 15 years, as well as, a certified Functional Medicine Health Coach.

Dr Christensen first became interested in functional medicine 20 years ago, when trying to solve the riddle of her family's complex health challenges, unbeknownst to her at the time, these were the consequences of severe toxic mold exposure. She became intimately familiar with chronic fatigue, fibromyalgia, autoimmune, hormonal, neurological, and psychiatric consequences of unrecognized biotoxin illness.

A board-certified doctor for 23 years, her initial boutique functional medicine practice has grown into the Carpathia Collaborative, a large multidisciplinary functional medicine practice based in Dallas, covering the full spectrum of complex chronic diseases. Margaret welcome, thank you for joining me.

**Dr Margaret Christensen**

Hey, thanks so much, Alex, for having me.

**Alex Howard**

I feel like a good way to start the conversation is to make a bit of this connection between anxiety and hormones, and then we're going to go a little broader in terms of the different pieces that can interface with hormones. It struck me as we were talking before we hit record, that anxiety affects our hormones, but also our hormones affect our anxiety. Should we start there?

**Dr Margaret Christensen**

Sure, I think from a functional medicine standpoint, a whole system standpoint, we have to understand, too, how everything interacts, and all the different hormones that we have. Estrogen, progesterone, testosterone, insulin, thyroid hormone, along with all the neurotransmitters like GABA, dopamine, and serotonin. Everything is interacting together in a symphony and a dance.

**[00:02:13] Dr Margaret Christensen**

You have to think about, what's the hierarchy here? Where are you going to put your levers to help move it? When looking at the hormonal side, we understand that we have the H, the hypothalamic, the pituitary gland, the adrenal axis, and what we were taught is the HPA axis. Where signals coming from the brain are really... And our master regulatory center from the hypothalamus is what's sending the signals, Hey, it's time to wake up, it's time to go to sleep, it's time to have sex, it's time to eat. These are all hormonally driven. It's time to have a menstrual cycle.

So everything is interacting together. When we understand that it's our master regulatory center that's being fed by all the different inputs in our body, the temperature outside, the sleep-wake cycle, nutrient deficiencies or not, how much stress are you under? Et cetera. That's ascending a signal then through the pituitary gland to make more thyroid hormone or, Hey, it's time to ovulate, or, Hey, it's time to procreate.

If you understand that you can't just look at one thing, and then where do you start? We always start with the hierarchy, which is the adrenal system, because that's making your stress hormones, the adrenaline, your fight or flight, and then cortisol, which is your long-term stress response. Those two hormones are what impact your estrogen, your progesterone, your testosterone, and your thyroid. If those are crazy out of whack, then you have to... That's where we always start.

Then the thyroid gland, that's the next place that I'm looking because thyroid hormone is what helps to regulate energy in the body and mitochondria. Mitochondria is where we produce all the energy in every single cell in our body. The organs that have the most mitochondria are our brain because that's our nervous system, it's on 24/7. Also our heart, it's on 24/7

Anything that is disrupting thyroid or mitochondrial function and energy production is going to impact all of the hormones, and all the hormonal system. Thyroid hormone, in thyroid... Is produced here in our thyroid gland, and it's producing T4, the basic hormone. And then T4 has to be turned into the active hormone T3. T3 is what's telling the cells, Hey, make more energy, turn your mitochondria on, make more mitochondria. It's telling your mitochondria to make energy.

Sometimes when you're having a fatiguing issue, including fatigue in the brain, which depression or anxiety is too much zzzt. It's often a mitochondrial problem, and the thyroid may not be communicating correctly, the thyroid hormone may not be communicating correctly.

We do adrenals and thyroid, and then you start balancing and looking at estrogen, progesterone, and testosterone, in terms of the menstrual cycle. But then you have to know, Okay, where are all those things metabolized? Well, all the estrogen and testosterone, are metabolized in our gastrointestinal tract. If you have liver issues, you're burdened with toxins... And we're going to talk about toxins in a minute. Too many toxins, and your gut's disrupted because you're eating, what we call the standard American diet, I guess you have the standard UK diet now, too. We've exported all our genetic modification, highly processed, no-nutrient foods.

**Alex Howard**

We have the same problem, we just have smaller portions, basically.

**[00:05:46] Dr Margaret Christensen**

There you go. If you understand that, Gosh, all your hormones are being metabolized through your gastrointestinal tract, and if that's disrupted, then that's going to create an imbalance.

Then we have the vagus nerve, I know you've got somebody talking on the vagus nerve, that is sending the signals from the gut back up to the brain, Hey, something's wrong here, I'm depressed, I'm anxious. We have gut feelings for a reason.

Then also our neurotransmitters are all... Many are produced, like serotonin, 90% of it is produced in the gastrointestinal tract by good healthy bacteria. If we have disrupted bacteria, and we're disrupting our hormones, and we're disrupting our neurotransmitters, everything is in a dance.

If we can help bring the hormones into balance, and let's say homeostasis is probably a better word because it's always shifting. There's not like, Oh, we're in balance and we're going to stay there, it's always this movement. We have to figure out how to calm down that chronic stress, fight or flight response that many of us are having, whether it's the circumstances in our lives, whether it's coming from our gastrointestinal tract, or whether we've had trauma. I know that's one of your areas of expertise.

As we were discussing beforehand, we've had a collective trauma for the past four years, and a lot of misinformation and malinformation that has been put out to confuse us. The brain is confused, it doesn't know what to do, and that confusion is part of what generates anxiety.

What we can use is learning how to support and calm down our adrenal system first, learning how to support and upregulate our energy production, and then using things like natural progesterone and DHEA, those are hormones that are available over the counter, at least in the US, to help balance that out while we're working on detoxification problems because so many toxins are really what's disrupting all that.

Estrogen is very important for helping the brain, particularly postmenopausal, to think. But natural progesterone many, many, many, many of us, both men and women, we are not producing enough, and that exacerbates the anxiety. We can dive into that a little further. Everything is connected, and I think that's what's important to learn. How we are trained in conventional medicine is without connecting the dots. Silos.

**Alex Howard**

Yeah, something that came to my mind as you were talking, is that the master controlling of all of these different hormone outputs, and systems, and so on. Often the way that it feels when we have anxieties, it feels like something's wrong, we don't feel safe in ourselves. And yet, what you're describing is an inner intelligence and wisdom that's doing the best it can to adapt to the circumstance and the environment that we find ourselves in. It's like there is an intelligence, it's just we're giving our system a lot of unhelpful cues and triggers and so on, which are then driving this system out of homeostasis.

**Dr Margaret Christensen**

You absolutely nailed it, hit the nail on the head. That is the thing, because what I try and tell the folks who come work with us and see us, and when I'm doing other talks and summits is, our bodies are highly intelligent. What if nothing is wrong with you? What if your body is having a

normal response to abnormal inputs? And by helping to change those abnormal inputs, we can help get ourselves in a much calmer and certain place and be able to think.

**[00:09:46] Dr Margaret Christensen**

We were told not to think for ourselves in the last four years, and that is part of the anxiety that's inducing. I'm sure people are talking about cognitive dissonance. When you grow up also in a traumatic household, there's often a lot of cognitive dissonance. You're being told one thing, but the reality you're experiencing is another. In there, that's where a lot of the anxiety comes from.

Then you throw on top of that the cognitive dissonance, poor nutrition, lack of nutrients, a high genetic need for certain nutrients, and then bombardment environmentally of so many toxins. We're going to get to the mold toxins in a minute. But mold toxins, heavy metals, plastic, pesticides, and spike protein is another biotoxin that is impacting, and has impacted all of us. I think those are things to understand.

What I always try and remind everybody, there's always hope for health and healing. What we're trying to do is take out what's toxic, and put in what's missing and nourishing for you at whatever level, mind, body, or spirit. Do you need more sleep? Do you need more laughter? Do you need more play? Do you need more zinc? Do you need more methylated B vitamins? That's part of a functional medicine approach, ideally, it's identifying what are all the different things that are going on.

Again, so often in our Western training, it's just unbelievable we're not looking at root causes, and we're putting everybody in silos.

I had an amazing experience this weekend talking to somebody whose daughter has severe, severe, severe anxiety. In 10 minutes of talking to her, I figured out all the different things that are going on, they've been to every specialist in the country because they have a lot of money. Nobody has asked some of these basic questions.

**Alex Howard**

What I'm thinking is what happens in our environment, what happens in our mind, what happens in our childhood is impacting our body, it's impacting our hormones, and one of the outputs of that is anxiety. Often what happens is people's attempted pathway to resolution is to try and to change all of those factors. But also when we address what's happening physically, that also then changes the way that we feel mentally, the way that we feel emotionally, and so on.

Let's talk a little bit about some of those environmental toxins. One of the ones that I know you and I have spoken about in the past, and you've spoken about extensively, is the impact of toxic mold. Maybe you can say a few words, because often I think people can think, Well, how can an environmental toxin like that... Okay, I can see that can impact my physical body, but how is one of the outputs of that the experience of anxiety?

**Dr Margaret Christensen**

It's probably one of the most common causes of anxiety that people have no idea that's what it is. 50% of our houses and 60% of our commercial buildings have had water damage. I'm not talking about outdoor molds, which cause allergies, sinus dripping, and all that. I'm talking about toxic

molds like black mold that have been growing on the inside of water-damaged buildings in homes, in schools, in dorm rooms, in churches.

**[00:13:17] Dr Margaret Christensen**

Most people are completely unaware of what it does. Let's just talk about these molds. It's not the mold itself, the mold you can think of it as an organism, it's like a bacteria or a parasite, it's in the fungive family, fungi, and there's also yeast in that family, or Candida. These are molds, toxic molds, that produce mycotoxins, and that's the biggest challenge.

It's the mycotoxins that are being produced that can be very damaging to our nervous system. Let's talk about biotoxins in general, mycotoxins specifically. A biotoxin is a tiny fat-soluble molecule that gets inside the cell membrane. Our cell membranes have two layers, every single cell in our body, we have trillions of cells, all have two layers. It's water-soluble on the outside, where my hands are, and in the middle is the fat-soluble. These are fats, they're called phospholipids.

What happens is that these biotoxins that are fat-soluble get lodged in there, and they disrupt the function of the cell membrane where all your receptors for your thyroid, your estrogen, your progesterone, your insulin, your sugar, to get things in, to allow oxygen and nutrients to come in, and also to allow toxins to come out.

The same double-cell membrane is part of your mitochondria and the energy produced in the cell. If you have biotoxins like toxic mold, or mycotoxins, getting inside the cell membrane, it disrupts the function. Your receptors aren't going to work as well. You go from having olive oil basically inside this double layer here to lard, little chunks of the lard, of fats, what Dr Patricia Cain calls lipid rafts. That's what's disrupting the function.

If you have biotoxins like toxic mold, really can affect you in five different ways. Now, let's think about it, when you have poor air quality, you're breathing in these mycotoxins, and you're not even aware of it. But what you may be having is chronic allergies, sinus infections, your children may be having ear infections, ADD, asthma, allergies, bronchitis, and a lot of upper respiratory stuff. You don't even connect it to what's in your environment. Then you're being given antibiotics to treat those and all that. We'll get to what antibiotics do to all this.

Let's think about this, I talked about the hypothalamus. When we're breathing in air that has particulate matter in it, as well as all the stuff that we're breathing in from living in a city, our olfactory nerve, that's our smelling and sniffing nerve, goes directly right back into the hypothalamus in the brain. The hypothalamus is part of the limbic system. I'm sure you are having plenty of people talk about the limbic system, amygdalas, and amygdala dysfunction.

There we are breathing in something that's inflaming and irritating that olfactory nerve affecting the hypothalamus, which is our master regulatory center for hormones. It's feeling that distress, and part of the limbic system is the hypothalamus, the amygdala, which is what's scanning for fight or flight, and the hippocampus, our memory. We're sending a signal to the brain that, Oh, something's not here. That alone can create anxiety.

**[00:16:53] Dr Margaret Christensen**

But then you're having that signal also go down through the nervous system and the vagus nerve into the brain. Now you're breathing in something that's irritating our central hormonal system. The mycotoxins themselves... So that's one way it happens...

The mycotoxins themselves can mimic hormones. You have mycotoxins like zearalenone, which look like estrogens in the body. And there's one that's called DON, which is a trichothecene that comes from black mold that has testosterone-like effects and disrupting effects. There's one that has thyroid-disrupting effects. We call that mimicry, and you have plastics that are mimicry, you have a lot of pesticides and stuff, they are mimicking hormones. Biotoxins can mimic other hormones and create that disturbance.

We talked about the gut-brain connection, when your body is trying to detox those biotoxins, including toxic mold... And spike protein is another biotoxin, it's going to the liver. Then the liver is dumping it into the gastrointestinal tract, and now you're disrupting the gastrointestinal tract, then you get that feedback loop of, Oh, something's not right here, something's not right here.

Mycotoxins are extremely disruptive to the cell membranes lining the intestines, we call those enterocytes, and they're very damaging to those cells. Now you've damaged what's going on down here, then your body's in fight or flight, you're sending adrenaline down, which is disrupting all the other things, and you don't know why. It's that free-floating anxiety sensation.

The other piece is, if you're disrupting your gastrointestinal tract and/or you're getting chronically sick all the time and you don't know why, and you're taking antibiotics. When we know, what do antibiotics do? They disrupt the good guy bacteria in the gut. They're producing all your healthy neurotransmitters and helping to metabolize your estrogens and your testosterone, your progesterones, those come out of whack. This is how this happens, then you get literal inflammation in the nervous system itself.

Those are some of the mechanisms by which mycotoxins specifically, but biotoxins in general... I don't know if I've said heavy metals in there, but that's another piece that can do it. What I try and do is ascertain somebody's total toxic load of all those things. I want to specifically ask them, how many different homes have you lived in? Apartments, dorms, whatever. When you started getting sick, where were you living? How long were you there?

The other important part of this, of biotoxins, is that they accumulate over time. They're fat-soluble unless you are purposefully trying to get rid of them, and we can get into how we do that, then they are going to repeat this cycle of being a hormone mimicry, of disrupting your gastrointestinal tract, of creating chronic infections.

What I didn't mention, these biotoxins, and mold toxins in particular, they lower your innate immune system. That's the part of the immune system that goes after bad guy bacteria, viruses, and cancer cells. They're lowering that, and they're elevating, or turning on your adaptive immune system. That's the part that makes antibodies and cytokines. What do we see? Lots of autoimmunity, lots of inflammation. Everybody learned in the last four years what a cytokine is.

**[00:20:44] Dr Margaret Christensen**

That's exactly what the spike protein is doing, no matter where that spike protein came from. The more you are exposed, the more likely you are to create this imbalance here. You forget to go after infections, you keep getting sick for whatever, for every reason. Then your whole body is inflamed, including your nervous system and your brain. Then depending on your particular genetics, it may show up as joint pain, eczema, psoriasis, lupus, or degenerative neurological diseases like Parkinson's, MS, or ALS, like mental health issues.

Toxic mold is probably one of the most common underlying causes of things like bipolar illness, and people have no clue that's what's going on.

**Alex Howard**

The other thing that is important here, is that a lot of the people that I know you've worked with over the years, are people that have tried mainstream approaches, not that you're not doing a mainstream approach, but they've tried the usual paths and not found answers. And there's something that when we're suffering from what we could call a medically unexplained illness, although you and I would argue medicine can explain it, you just got to do it properly.

But when you're suffering from an illness where you don't know, you're not getting the answers as to what's wrong, why it's wrong, what the pathway to intervention is, that alone is incredibly anxiety-inducing.

**Dr Margaret Christensen**

Absolutely.

**Alex Howard**

Often those folks will go and see different practitioners and they'll pick up on the anxiety. I think they'll often falsely say, "Oh, the symptoms are all because of the anxiety." As opposed to recognizing, at least that some of the anxiety is a reaction to the circumstance of someone thinking they're going crazy because they have all these symptoms that they can't explain.

**Dr Margaret Christensen**

That's absolutely right. By the time somebody comes to me, they've often already seen 15 or 20 different practitioners' specialists. They've been to the Mayo Clinic, they've been to the top medical schools, the top people. But again, we are all trained in silos, and nobody is looking deeper to understand, Oh, you have a genetic need for extra-methylated B vitamins and Zinc that's not being met. We're not getting it in our foods, we're not getting it in our food supply, so your body can't work to detoxify and get rid of all this stuff that's creating the inflammation.

Then you put that on top of total toxic burden, on top of chronic stress, and PTSD because you can't figure out what things are on, and/or you've had, grown up with adverse childhood events, as so many have. Then throw in a traumatic brain injury, head, neck, or spine of some sort, bad fall, whiplash, neck... It doesn't have to even be a concussion. That will turn on that limbic system in the brain, and it won't turn off.

You are in constant fight or flight, feeding a signal to your adrenal glands, run, fight, run or fight, run or fight. If you can't run or fight, then you actually freeze, or you go into fawn, which is all

those of us who are codependent, taking care of everybody else, and trying to meet everybody else's needs before our own. Or freeze, and that's the depression response, anxious depression.

**[00:24:03] Dr Margaret Christensen**

Absolutely everything is connected. Sometimes just knowing that you know what, this is my normal body having a response to abnormal inputs. Let's try and figure out what those are, and let's try and tackle them one at a time. And we always start with the gastrointestinal tract.

**Alex Howard**

That's an interesting point, another rabbit hole I think people can end up going down is that they get more and more information about what's going on, and so it feels all the more overwhelming of what to do. I like the fact you made the point that that information is important, you still have to start with the fundamentals.

**Dr Margaret Christensen**

If people have seen me before, I always say clean food, clean water, clean air, and a clear mind. If you can keep those things in order. What can we do for clean food? Well, we try and eat an anti-inflammatory diet, as least processed as possible, organic ideally.

Clean water, all these biotoxins are ending up in our water supply, having filtered water, lots of it with lots of electrolytes and minerals. That is one of the key pieces that we're missing. Clean air, having a good air filter in your house, called the HEPA air filter, the very fine particulates, house, office, the same thing so that you're breathing good things. Just starting with those things as best as possible.

And then a clear mind, what can we do? I know that you have lots and lots of solutions on this particular gathering of what can we do to help heal our minds.

But sometimes just recognizing, Oh, that's what's causing this, I'm not going crazy, I'm having a normal response to abnormal inputs. Right there, that can help ground somebody enough to say, Okay, well, let's just start with a deep breath, because what does that do? That helps to stimulate the vagus nerve to send signals of calm. Let's turn off these devices, oh, my God they're addictive.

**Alex Howard**

They really are.

**Dr Margaret Christensen**

You have a prayer practice, do you have a meditation practice? Anyway, those are the important things, but I think understanding that there's a much bigger picture here. Then where do you start? What are the simplest things that we can do? Sleep and gut. I start with those two things.

**Alex Howard**

Let's assume someone's got those fundamentals in place. As you and I both know, those fundamentals are important because sometimes people come in, and they want to go to the next stage. They don't want to deal with the fundamentals, and you have to get the fundamentals right first. But let's assume they're in place. What's the next step in terms of addressing that toxic load?



**[00:26:51] Dr Margaret Christensen**

We do testing. If you're looking for mycotoxins, there are a lot of tests available now, and different laboratories, I've used RealTime Labs, which do urine-mycotoxin tests, and Vibrant Labs also does one, I use those two.

There's blood testing that can be done, MyMycoLab is one of them. That's not looking for mycotoxins, that's looking for, do you have that antibody response? That you've made some antibodies against the... Particularly what we call IGE antibodies. We want to test to see if it's there.

The other thing is a very high index of suspicion. You have to know, Gosh, I've had chronic sinus infections, or recurrent ear infections as a kid, and I had tubes in my ears, or I have allergies all the time, I'm getting migraines all the time, I have a lot of histamine. And I didn't even talk about histamine and how histamine is critically important if you have severe anxiety issues going on, and understanding that role, and that connection. I can come back to that in a minute.

I'm trying to identify with a good history of your total toxic load. What are all the things that might be a possibility? How many times have you taken antibiotics in a lifetime, starting from the time you were a little kid? Because those antibiotics are disrupting that good guy bacteria. What are antibiotics? Where did penicillin come from? It came from the penicillium mold. Antibiotics are really mold mycotoxins. Recurrent use of antibiotics, yes, they'll kill off bad bacteria, but they also damage your mitochondria, they damage cell membranes, and they create overgrowth of more yeast. And yeast produces its own mycotoxin, yeast, or candida.

I'm finding out all the different places that you've lived and worked, and when did your symptoms start there? What are all the other... How many vaccines have you had in a lifetime? I have two of my four children, they're all adults now, are somewhere neurodivergent, and one very, very severely on the autism spectrum. We didn't go from having one in 10,000 autism to now one in 22 to 36 in the US, depending on where you're looking, because of genetics, it's been exposure to these environmental toxicants, including the heavy metals, and all the junk that's in the vast majority of our... the V word.

I'm looking for that, and then how do you start mobilizing and detoxing those things? That would be the next step, it's identifying from a good history... The next thing is looking for your total body load, and then you can do specific testing for mycotoxins, blood, and urine. You can also do a sinus culture, for example, if you've had chronic sinus infections, you'll get a biofilm that'll stick there. We're going to look for those and we start treating and upregulating detoxing.

I'm trying to get people to sleep because a lot of times you can't sleep. One of the reasons you can't sleep is that you have a lot of histamine dumping all the time in your brain that's triggering the hypothalamus to send a signal of distress. I'll use something like Hydroxazine. I don't know what it's called in the UK, which is an antihistamine that gets into the brain and is used a lot in the psychiatric field, but I use it as an antihistamine because it helps calm down that. We're working on sleep.

And then we're working on gut repair. I have whole programs that describe all of that, and what to do, and how to do this in steps. We work on our gut, getting that calm down. Hydrate, hydrate, hydrate with electrolytes and minerals, not just water, but you have to have electrolytes and

minerals. Why? Because our neurons communicate with one another through electrical signals, which require electrolytes and minerals. Those are some of the basic things that you want to do.

**[00:30:55] Dr Margaret Christensen**

Then we upgrade detoxification, there's a lot of nutrients, and glutathione that we can use. There are a lot of herbs such as dandelion, and a lot of anti-inflammatory like turmeric. There are lots of detoxing nutrients that we'll use to upregulate, but you want to heal the leaky gut. You don't want to start detoxing somebody when their gut is leaky, then all the toxins are being dumped into the gut, and then it's recirculating. That's what happens with a lot of estrogens when you have bad gut bacteria, they're just recirculating and creating all kinds of problems, PMS, blah, blah, blah, blah.

**Alex Howard**

That's one of the pieces that I'm keen to highlight here, which is the importance of sequencing of intervention. People can often be very quick to go, I need to do the detox and that's the first thing I've got to do. Often people, and I'm sure they've come to you, they've come to us over the years, and they keep making themselves worse because they're not building the system up to the point they're able to tolerate that detox. Or as you say, to address the gut, which is already depleted and is potentially being further depleted by that detox process.

**Dr Margaret Christensen**

You are so right.

**Alex Howard**

I'm curious as to when you've got someone that's chomping at the bit and it's like give me the detox protocol. How do you help calm them? In a way you're speaking to it because part of it is dealing with these underlying pieces like the histamine and so on. But I guess what I'm asking you to do is to reinforce that message, that this needs to be done in stages, and that's important. And for practitioners that are watching that perhaps get overly led by that push of the patient, I guess that voice of reason.

**Dr Margaret Christensen**

What I'll tell them, because I see that all the time, that we have to do this in order because otherwise your body's not going to heal, you're going to make yourself worse rather than better. If we can go after sleep, calming the brain down, allowing it to rest, and then helping to heal and seal the gastrointestinal lining, prior to upregulating the detox pathways, then that's when I go to start going to the fancy stuff.

But it's absolutely important that you have to go through that. Then with detoxification, we start using things that are upregulating all your mechanisms in your body that help spit out toxins. B vitamins are incredibly important for that, particularly the methylated forms of that. We're using antioxidants because as you're detoxing, you're producing a lot of what we call free radicals. Those are things that damage the cell membranes. You have to protect yourself with antioxidants as you're detoxing.

And then you need to be able to...Your gut has to be working. You have to be pooping at least once a day minimum, my preference is 2-3 times a day because that's what's getting everything out. Then you want to be peeing like crazy. You want to be sweating all the time.

**[00:33:46] Dr Margaret Christensen**

You want to work on your lymphatics, too. One of the ways you can work on lymphatics, I don't know if you have anybody talking about Havening. Havening.org.

**Alex Howard**

I have in the past.

**Dr Margaret Christensen**

That's going to calm down your limbic system at the same time, you're mobilizing a lot of the toxins that are out in the tissues. A lot of people who are overweight, it's because their body is purposely protecting them. They've stored the toxins away in the fat. You have rapid weight loss, like all these drugs, Ozempic, and all that, but you don't have the mechanisms to get the toxins out of you.

Then again, the same thing prior to detoxification, work on sleep, calming the brain, and the limbic system because that's where all the histamines are being produced, and getting the gut calmed down. Then you can start moving out naturally, and the body will start detoxing naturally. Then we start pushing it with things like glutathione, we use a lot of high-dose Ozone IV, vitamin C IV, phosphatidylcholine, we use a lot of oral phosphatidylcholine. All of this I have outlined, it's a big ball of wax, but you can do it again in order.

Then you got to poop it all out, you got to pee it all out, you got to sweat it all out, you got to get rid of that dead skin on yourself. You have to maintain a sense of humor and hope the whole time that you're doing it.

**Alex Howard**

That's sometimes the hardest bit.

**Dr Margaret Christensen**

That's the hardest bit. The mindset is so important because as we all know here, when we've been stuck for years, and years, and years and not feeling well, then we are stuck in automatic mode. Our limbic system has been turned on, you have the Gupta amygdala retraining there in the UK with Ashok Gupta. He talks about the amygdala, it's all part of the same thing, but it's stuck, it's on, and we have to learn how to turn it off.

One of the ways is turn off the television, turn off social media, put anything electronic down at eight o'clock, go to bed, read something funny, uplifting, joyful, make yourself laugh, go play, and do things that are fun. Then if you're super sensitive, that's a whole other... You should have Dr Neil Nathan talking about the ultra-sensitive patient.

**Alex Howard**

We have before, Neil's great.

**Dr Margaret Christensen**

Get a Pulsetto device, some devices can work on your vagus nerve, you do vagus nerve stimulation. Those are all the things you have to do, you cannot jump into detoxing and expect yourself to get better.

**[00:36:14] Alex Howard**

It's a journey and it's a process, I love the fact that you're making the point that we have to get the sequencing right, we've also got to work with these different pieces of the jigsaw. Because so often people still go back to that mainstream medical world of, Oh, this is the cause, this is the answer, and that one-dimensional perspective, which is the source of so many challenges.

Margaret, we're out of time, but I'd love you to speak to where people can go to find out more about you, your work, and some of what they can find.

**Dr Margaret Christensen**

I think the most important place that people can go right now, to get a big picture overview is to [molddetoxdiet.com](http://molddetoxdiet.com). We have a section there, a whole video series for teaching people about how the detoxification process works, exactly what to do, and all the different diets that you can do if you have SIBO, or if you have histamine issues, all of that.

If you're a practitioner and you're watching, we have the advanced mold biotoxin immune module, teaching how to address all of that at a very nitty-gritty cell biology level.

On that website, too, is a link to my [eGuide](#) to the summit that I did on [Hormonal Havoc, the COVID Fallout, and How To Fix It](#). Because that is huge if you don't understand what's happened in the last four years. In that eGuide I have all the protocols listed.

I would also say that topical natural progesterone in the second half of women's cycles is something super helpful that they can have. If they can access 5-10 milligrams of DHEA every day to support their adrenals, that's helpful. All of that's found at [molddetoxdiet.com](http://molddetoxdiet.com). I would look for that 150-page eGuide because that summarizes a lot of what I just said, and very specifically, that's only \$20.

**Alex Howard**

Amazing Margaret, thank you so much, I appreciate your time. Thank you so much.

**Dr Margaret Christensen**

You're welcome, thank you.