



Conscious Life presents

Hormone Troublemakers: Infections and Toxins

Guest - Dr Jaban Moore

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[00:00:08] Dr Anu Arasu

Hi, I'm Dr Anu, co-host of the Hormone Super Conference, and today I am joined by Jaban Moore. Jaban is a doctor of chiropractic. He's also a specialist in Lyme disease, autism, parasitic infections and environmental toxicities. Welcome, Jaban.

Dr Jaban Moore

Well, thank you so much for having me. I'm excited to be talking here because one of the things that I talk about all the time is the correlation between hormones and chronic illness, stress, nervous system dysregulation. I see everyday people coming in with hormones that look crashed. So they're being put on, whether it be natural or bioidentical hormone support. And although that's absolutely necessary in some cases, I'm like, what is the root behind why your body isn't able to do this and support itself, regulate itself on its own?

Dr Anu Arasu

Right. So tell us about yourself. What's been your path into this weird and wonderful world of chronic infections?

Dr Jaban Moore

Yeah, I mean, that's a long story. I want to make it quick and concise. My mother was sick when I was growing up. Like, very sick. I remember that she spent most of my childhood, ten to 20, just really struggling. Doctors not giving a lot of answers. Spent a lot of time on the couch feeling unwell. Many different diagnoses that she was diagnosed with, whether it be depression, anxiety, and so on. And nobody really got an answer. She just never got an answer. Misdiagnoses, missed things, like diabetes was missed for three years. I wanted to be a doctor. I wanted to help.

So I went into school, into college, and I thought, I'm going to be a medical doctor. I'm going to learn how to get to the root of this and solve this problem. And that didn't really mesh well for me. I ended up going to chiropractic school. Got Lyme disease there. At least it popped up while I was in

chiropractic school. And while I was trying to find a doctor that would be able to help me to understand how to get through this. I mean, I went from medical doctors to DOs to chiropractors to naturopaths, looking for someone that could give me an answer. And I just kept running into a wall.

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Nobody had the knowledge. They didn't want to work with it. It just wasn't in their spectrum. They didn't believe in it. Whatever it was, I wasn't getting answers. So I was at a conference for health providers for functional medicine, and I was just talking to some people, and somebody goes, "Have you ever thought about Lyme disease?" And I said, "No, tell me more."

I was just open to anything at that point. And he's like, "I don't really know a lot more, but there's this guy in Wisconsin." So I went up there. He checked me out, started treating, and very quickly I went from having body pain, brain fog, erectile dysfunction, testosterone imbalances, the hormones... To functionality.

And I can just remember back to that time where I was wondering, am I going to be able to have a family? Am I going to be able to have kids? I'm a midwestern boy here in the United States, and that's how I was raised. You grow up, you go to school, you get married, you have kids, like, quickly. And so those were huge fears of mine, because my body just wasn't operating. And once finding the root cause, getting on a protocol and a plan, and it was really short, it was a monthlong. Recovery is possible.

Dr Anu Arasu

Wow. So you have experienced firsthand, first of all, the hormone imbalances and then the long journey of chronic infections. Tell us, how are chronic infections linked to hormone imbalances?

Dr Jaban Moore

Chronic infections, when they come into the body, they do a number of things, because when you use the term "chronic infections", there's a bunch of them. There's several different infections. So whether that's mold colonizing your body, yeast, parasites, bacteria like Lyme disease, strep, H.pylori. Any one of those is a possibility. So they all do things differently.

But what they have in common is they stress out your body, they steal your nutrition, they damage your gut lining, they lead to nervous system dysregulation by stressing you out. Just like if you're in an environment, say you work too much, you probably notice some irritability, some fatigue, some tiredness. Well, they're causing that stress in your body, and I'm not even talking about the damage they're causing.

Just because they're weighing on your body, it's stressing you. It's that almost PTSD, fear response in the immune system. And how I see this affecting hormones is, if you take and put... Let's say, a female, because about 90% of my client base is female. If you put a female in a stressful situation for a long period of time, their body starts to make shifts. They may lower their estrogen and progesterone, they may increase their testosterone.

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You may see, I was reading a book one time, it said PCOS. Is this a response to stress? Now, I'm not going to speak on that. There's probably people who know way more about that than I do. But when I work with these women, we see these massive changes. And on a DUTCH panel, they're literally, pegged to the bottom for estrogen, progesterone.

As I work with them, if they don't want to do hormone work first and they want to just go through this, and I've had several that have given me the opportunity to see the process. You'll see those hormones start rising back up as you eliminate stress down. So it's basically stress, no matter whether that's trauma, toxins, or infections, is the inverse of appropriate hormone function.

Dr Anu Arasu

Brilliant. That's such a concise summary. So the DUTCH panel you mentioned, that's a urine hormone test. And what you're saying is that one of the ways that we should look at this is that chronic infections are a major cause of stress, which is going to throw all of our hormones out of whack.

Dr Jaban Moore

Absolutely. So if you come into my clinic... I'll just take you through the way that I develop a roadmap for people so they can see inside of my experience. I've been doing this for a decade with chronic illness clients, and I never intended to be working with estrogen dominance or hypothyroid or Hashimoto's. All these hormone or hormone-direction type diagnoses, but they're in my clinic every single day.

We're running salivary and urine hormones every day because we want to come in and support these women, or support these men, with their hormones while we're taking our journey through this, because it helps give life back to their body. It helps them decrease menstrual cycles.

I've had women come in who at 40 years old went through menopause. At 42 they end up in my clinic. They come out of menopause because we end up elevating their health to where now their body can operate normally. So I've seen it at 27 for women going through what they called "menopause" when they went to their OBGYN, and it was just early onset.

I was like, "Um, let me run a few panels." So we run tests. We start off with blood. We start off with doing what I call my functional medicine panel. We then move into an organic acid test and a hair test. We combine those things to see where your body's operating. So are your mitochondria stressed? Which is your energy system. Because I want to make sure that your body is able to operate appropriately.

So as we develop this protocol for you, I'm looking at, are you living in an environment that is safe, that your body feels safe, that your body feels able to function at an optimal level. If you have mold in your house, if you're drinking radioactive water, like half of the United States does. If you are living in a home with somebody who's abusive, you don't feel safe internally, whether you know it or not. If you have anxiety or depression, you're not feeling safe.

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So that's the first step is, are you in an environment to which you can heal? Do you feel safe? The next piece of the puzzle is we're going into, do you feel safe when you know you're actually safe? So how we do that is we ask the questions. I just say, "Do you have anxiety?" We go through the symptoms. "Do you feel safe?"

If you're listening right now and your shoulders are up at your ears, because some of this is a little triggering to you. You're hearing it and you're like, "This could be me." Drop those shoulders down. If you can drop them, if you can let them fall, there's a little stress going on. If I walked up right behind you right now and just gently tapped you on the shoulder, said, "hello", are you going to jump out of your chair?

These are things that make me think your body is in a little bit of stress or fight-or-flight. So if those are things that are ringing true to you. If you can think of a moment where with your friends or spouse or children, where you get mad and you're just like, "I have no idea why that just happened. That's not me. I shouldn't be mad about that."

We're probably not in a position where our hormones and our nervous system are connected. So I like to throw those out there for people to connect with what I'm talking about. After that, then we talk about, okay, do we need to do some limbic retraining, somatic or vagal nerve retraining? Which is reconnecting your brain through physical therapy exercises back to your body and making sure that it knows...

Whatever brought us to this point where we feel this way is either we took care of it in a safe place, or it's something that was in the past. So the example I give is, if you know somebody that's ever been to war and they come back and they hear a firecracker and they duck and cover, or it sets them off, they don't like being around loud noises anymore. It's because there's post-traumatic stress.

And what we can do is if we can lower that stress down... If we can lower that nervous system response down, then now that firecracker doesn't trigger anything. Well, if you used to live in mold, or if you used to work way too much, or if you starved yourself and didn't eat enough, your body still may harbor that fear that that could happen again.

And with that going on, we need to retrain it, do physical therapy for the brain, like I said, to get out of that state so that we can now get your body to where it feels safe in the safe environment that we know that we've created, so that therefore you're out of the fight-or-flight, the best that we can get while still having the toxins and the infections.

Because if you're stuck in fight-or-flight, the things that your body doesn't want to do well... Detox, recover, repair, digest. Right? So all of the processes of healing, it's not doing. It's too busy thinking it's gotta run from a saber-toothed tiger. It's survival, not thrive. So we put you back to thrive as much as we can while infections and toxins are there.

And as we're doing that, your body opens up the ability to do detox better. The liver starts to operate better. We're not producing as much cortisone and cortisol. So then melatonin works better. So now sleep gets better. The liver is able to process estrogen better. So estrogen

dominance comes down. Your adrenal glands, which make many of the feminine hormones and help to regulate, stops being in such a stress pattern. So then it starts to produce those hormones better.

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So then you need less supplementation and medication. And then as we're bringing that down, we're also addressing deficiencies. So bringing in things like minerals. So a person in a stress state releases hormones to go into protection. This drives enzymatic processes, causes frequent urination, at times, loss of electrolytes, which then puts us into dysautonomia and puts us into POTS. Or when you stand up, you feel a little lightheaded. You're overwhelmed, you're burnt out.

And as you see all these patterns and we get you out of this and we're replenishing the minerals, then just giving somebody sodium, potassium, coconut water and salt, their energy levels go up. They feel a little bit better. I'm not saying we're going from 10 out of 10 tired to zero. We're going from 10 to 8. Which gives the body a little bit of energy, so that when I ask it to start detoxing by giving milk thistle and binders and NAC, that it has the energy to do that.

So then it drains the lymph and the liver, and now the liver can break down those hormones even better. And now we move into, okay, what pathogens, what toxins do we have to get rid of? Because we're in a safe place so there's no new ones coming in. What pathogens and toxins do we get rid of? And it just takes us on that journey of being able to actually get the body back to vitality.

Dr Anu Arasu

And I'm going to pick up on something you said at the very beginning of that, which was that there are certain hormone imbalances where we should really consider toxins and chronic infections. So, for example, okay, if we're going through menopause at an average age, it could just be menopause.

But if we are going through a premature menopause... If we are suddenly stopping our periods at 40 or 28, that's a time where there could be something much deeper going on. And are there other conditions, I don't know, to do with fertility or other areas where we should be suspecting chronic infections or toxins as a possible cause?

Dr Jaban Moore

Absolutely. The nurse practitioner that works in my clinic, Cheyenne, is beginning to gain quite a reputation in fertility. Now, she's a nurse practitioner, so she can prescribe hormones, and at times, maybe you need progesterone. Maybe you do need a thyroid hormone added in because your body isn't producing those. So she can do that.

But at the same time, she will bring in the root cause mindset and go, "Okay, well, then why are you not producing progesterone, or why are you hypothyroid?" So that she can start to fix that. Because at least in my experience, there are more doctors out there that understand that progesterone or thyroid can affect fertility than understand Lyme disease, mold or parasites can.

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So she's able to be a bridge there between maybe the conventional and then the functional realm, and she helps so many women with fertility. The interesting thing is many women that have been through IVF and all the different hormones, just the beginning pieces. Like I just mentioned, progesterone and thyroid, but then all the way through IVF that have normal anatomy. So they have been checked to make sure that their anatomy is there.

When you start removing things that put them in fight-or-flight. Lyme disease and parasites, mold toxicity, their body now is able to get out of, "I need to survive and protect" to "Okay. My body is actually built to reproduce, so I will allow for this to happen now because I'm no longer running from a saber-toothed tiger."

And the reason why I say things like that is it makes it make a lot more sense, at least in my mind and with clients that I'm talking to, when I say, "Are you worried about your sex drive or having a family when you're being chased by a rabid animal, or are you worried about how to get to the next minute alive? So if your body's in that state, it's not worried about fertility, it's not worried about optimal function or sex drive."

Dr Anu Arasu

Right, and these are such big issues, aren't they? I mean, subfertility or premature menopause. People can feel really lost. What are their options if their periods suddenly stop? And what I'm hearing from you is that actually there is so much out there that women can do. What would be your top lifestyle and diet recommendations?

Dr Jaban Moore

Yeah. If someone walks into my clinic and is like, "Doc, life was good, and then my menstrual cycle just stopped happening." Immediately, I'm going to ask, "Well, what changed?" And not necessarily the last week right before it, but over the last six months, what changed? Did you change your diet, relationship, or job? So I start looking for what has changed in your life that may be affecting it. Now, that may not be that simple. But maybe it is.

Maybe you're listening to me going, "Man, I took this new job. I thought it was a little bit more stressful. Maybe it's a lot more stressful. Maybe I'm not sleeping enough. Maybe moving cross-country away from my family, away from my ability to rest, changed, and I'm not feeling as rested and safe. Maybe moving into that new apartment, there's mold and that's stressing your body."

So you said "diet and lifestyle." So for me, there's a couple of things, and it started off as a joke, but it's actually become a recommendation. If you feel like you're stressed a lot and you don't know what to do, go outside and stare at a tree. And I know some people are laughing right now.

And I've said this to clients who are A-type, CEOs of major companies, and a couple of the women I can think of right now, they're like, "Excuse me, that's your medical advice?" And I was just like, "Actually, yeah, it is. Please just bear with me. Just try it. Just go stare at a tree." I go, "Do it 20

minutes a day for one week. If it doesn't work, stop doing it. It's ridiculous." And they did it, and they're like, "I can't believe it. If I do that in the morning before I go to work, my entire day is better."

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Because it just separates you from the stress of the moment. Because I tell them, "Don't allow yourself to think about work or what responsibilities you have at your house. So it's almost like a meditation. It's almost... For some people it's prayer, some people it's meditation, some people it's whatever allows you to detach from the day.

There's a study out there that I read once, it's been ten years. One minute a day of just disconnecting can actually reduce stress hormones. So me telling a client to stare at a tree was simply just to break them from the everyday that they're doing and be able to allow their body to just simply check out for a moment and rest.

Now there's a lot more effective things. I love Primal Trust. It's an online program that helps with somatic, limbic and vagal nerve retraining. I also love neurofeedback, which is another device you can use. But you have to go to a clinic. We have that in our clinic and we do some specific treatment with it that helps to reset the nervous system for people that are chronically overstressed.

Then diet-wise, I don't like to get too strict because that tends to just take people down this path of stress. Now do I think gluten is good for you? No. Do I think dairy is good for you? No. Do I think a lot of other foods can be made better? Sure. But my typical recommendation is: 1) whole food, meaning don't eat from a box. Eat real live food. And 2) eat food that is organic because this decreases the likelihood toxins are coming in.

Now if you're a person that has histamine reactions, so your skin is itching, you're reddening, you're reacting to a lot of things allergenically. Maybe a histamine diet would work. If you're dealing with mold or yeast, maybe an oxalate diet would work. But I pick diets based on lab results and clinical presentation because I don't believe any one singular diet is the best besides whole food and organic.

Dr Anu Arasu

So you've given us some really sustainable solutions there because this journey is quite a long journey. I mean, I guess people are going to need resilience. It's true they may need to take hormones to protect their heart, their bones. But what I'm hearing from you is that this is a real lifestyle overhaul because this is not something that is just going to disappear in one day. Is that right?

Dr Jaban Moore

For sure. If you're dealing with a chronic condition, meaning a chronic infection, long term toxic issues, nervous system dysregulation. This is usually not something that the magic pill is going to fix. That just simply going outside in the morning, getting the sun is going to fix alone. This is going to take many more interventions, some specific recommendations based on experience from a

practitioner or lab values that actually have some meaning for you because it's a little more complicated than some of the easier stuff.

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When I'm working with clients, we spend a lot of time going over lifestyle, history, dental history. Do you have implants in your body going from top to bottom to make sure that we have a full, true understanding of you. Are you a perfectionist? Does that leave you in a lot of stress? Are you OCD? Does that make you worry a lot?

So we're going through a lot of this so that we can understand how to best make recommendations for you. Because here's the thing. I don't want to just be the next doctor on your list. I want to be the last doctor on your list as far as this condition is concerned, so we can get you well and get you back to living amazingly.

Because when I had erectile dysfunction, Lyme disease, pain. I'm 25 years old, I look and feel healthy, and people were just saying, "You know, that just happens sometimes. There's this little blue pill you can take." I'm going, "No! My body is like... I have a six pack. I'm fit, I'm healthy. I'm not losing my hair. What's going on with my body? Please give me an answer."

And whether it was functional medicine giving me L-arginine or western medicine giving me the blue pill, I'm like, "That's not a solution." Now, in the short term. Sure, it helps, but what is wrong? And when you get down to that, it actually allows for your body to get healthier, stronger, more vital. And I have felt great ever since I went through treatment. I'm well, no more of those problems. So it can be done. I see clients do it every day.

Dr Anu Arasu

And you said there that you wanted to know what is wrong? What is the root cause? In your opinion, what are the top root causes of hormone imbalances?

Dr Jaban Moore

I mean, I'm going to do the cop-out answer be, "Stress." Stress is such a hard thing on so many people. We don't even realize the level of stress. As I was talking to a woman yesterday. She was just realizing that she's been in competition with life, her whole life. And it drove her to continue to bury herself. Not listen to her adrenals, not worry about sleep, not listen to the signals her body was giving off saying, "Hey, take a breather. Relax. Do the things that you enjoy."

Now I'll get into the nitty gritty. The other things. Plastics are a massive endocrine disruptor. All of us run into this. BPA or whatever they replaced BPA with. BPS and so many other chemicals. So environmental toxins are a huge problem. If you look at the food supply, if you're not eating organic, and even to some degree when you are, you're getting glyphosate, which is a disruptor for the digestive tract. So it's killing the bacteria, decreasing absorption. When your body's not optimal, you're not going to have optimal hormone function again. You're going to start shifting to that stress response.

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And then one that so many people don't see is mold toxicity. Yes, mold's everywhere. It's in every country of the world. It's in the desert. It's in the humid areas. I just got another new client from Singapore today. Singapore is a very humid place, and mold is just looked at like it's just normal. "My walls are spotted. That's okay." No, unfortunately, that's not going to be okay for a lot of people. And what I just do is I run a test on the home as a simple dust cloth sample test. If you're good at interpreting ERMs, which is the test, you can get a ton of information out of it.

And mold can be that sneaky thing that just creeps up on you. You lived in the house for a long time. That small leak, you took care of it. Mold starts growing, humidity starts going up, you start getting a little bit of rhinitis, a little bit of allergy, a little bit of more fatigue, and eventually your body breaks down. But you don't tie it back to that leak that was four years ago. You don't tie it to moving into this new apartment because you didn't get sick when you moved in. You got sick six months later after it beat you down for a while.

So it's that example that I tell people, "Life is not one thing that knocks you down. Not one thing makes your hormones go out of balance." I'm a weightlifter, so follow along with me. Hopefully, you can make it make sense, if you're not. If you put a bar on your back like those guys that are doing squats, right? I love squatting. My max is 500 pounds, so we're going to go off of that. If I put a plate on it, it becomes 200 pounds. I can move around. I'm fine.

Well, that first plate was stress from work. The second plate comes from stress from my family because I have a kid, and maybe I don't get to sleep as much as I'd like. Those sorts of things. Put the third plate on. Third plate goes on. And when that third plate goes on, now we're talking... I'm at 400, 500 pounds. I'm not moving very well. That's mold. So now it's pushing me down.

Well, then my immune system is a little suppressed. I go out and I get bit by a tick or a mosquito, and I get another infection. Put another plate on. All of a sudden, I can't stand up. It's too much weight. Well, to get well, we have to pull those back off one at a time, rebuilding your strength until you're able to overcome the burdens that are on your body.

Dr Anu Arasu

You mentioned a couple of symptoms. And one of the things I wanted to ask is, what are the symptoms that would make you suspicious that actually a chronic infection or toxins are driving a hormone imbalance as opposed to it just being part of the transition process, such as perimenopause? Are there specific symptoms that your type of patients tend to present with?

Dr Jaban Moore

I mean, if we're tying it directly to people at the change of life, right? So perimenopause, menopause... As I've done research, gone around the world, talking to different clients... At least the culture here in the United States, we think that this period of time is going to be really, really difficult. We're going to have a lot of bloating and fatigue and emotional swings, and it's just going to be a really rough time.

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When I go to Japan, they're like, "What are you talking about? That's not how we experience this." You go into Africa, you talk to women there that aren't exposed to the westernized diet. They don't know what you're talking about either. I've gone down to South America, talked to clients down there in Colombia that are in villages or in different experiences, and they don't understand this either.

Now, are there changes? Is there some more fatigue? Sure. Is there maybe a little bit of a weight exchange? So, the proportions of that change... Is the weight going to move a little bit? Yes. Are you maybe slightly more moody? Maybe. But it's not this massive thing that we're dealing with. When it is a massive change, when your kids or your husband are avoiding you for a year or two or three, this is too much. This means that your body's not dealing with the change well. Your liver is not keeping up well. And that's just the normal stuff that we're seeing.

Now if you add to this numbness or tingling, if you add to this weakness, significant brain fog, where you're being very forgetful, pain over your left upper quadrant where your liver is, on your stomach. These are symptoms that don't typically come with menopause, even with westernized countries with poor diets and lots of toxins. And those would further take me down the rabbit hole of, is there something else added? But to me, if you're having more than a 15% change in your bodily symptoms or your behavior as you're going into menopause, there's something we need to do to work on.

Dr Anu Arasu

That's so clear. So, I mean, specific conditions, like an earlier menopause or subfertility, or very extreme symptoms or other symptoms such as the ones you've just mentioned, those could all be indicators that someone really needs to go down that rabbit hole, as you say.

Dr Jaban Moore

Absolutely. Or even a low sex drive.

Dr Anu Arasu

Yeah. Jaban, where can people find out more about your work?

Dr Jaban Moore

So we have all the socials. [TikTok](#), [Instagram](#), [Facebook](#), and we have our own [website](#). All of them are Dr Jaban Moore. So Jaban is spelt J-A-B-A-N. So B as in "boy." And we put out free content every single day. Just trying to support people, educate people. So come follow me if you need a doctor. We're happy to help anyone around the world because we work virtually. If you want to meet us, we do have a brick and mortar. Come in and say hi. That's how you find us.

Dr Anu Arasu

Oh, that's fantastic. Thank you so much for today. You've given us so much information.

[00:30:30] Dr Jaban Moore

Thanks for having me.