



## Ep. 40 Fatigue and Hidden Toxins; Getting to the Cellular Level of Healing! Aimee Carlson and Evan H. Hirsch, MD

Evan H. Hirsch, MD 0:00

Hello and welcome to the FIX YOUR FATIGUE podcast. Whether you can't get out of bed in the morning, your energy crashes throughout the day, or you're a biohacker looking to optimize your energy, productivity and focus. This podcast is for you. I am Dr. Evan Hirsch. And I will be your host on your journey to resolving fatigue and optimizing your energy. And we'll be interviewing some of the top leaders in the world on fatigue resolution. Welcome. Hey, everybody, welcome back to the fixer fatigue Podcast. I'm so glad that you're here with us today. Because today, we're gonna be talking about hidden toxins, those things that are in your home that you need to be aware of, to make sure that they're not negatively affecting your health and contributing to your fatigue. And we're going to be doing that with my good friend Amy, Amy Carlson. So let's go ahead and learn a little bit about Amy. So Amy is a lifetime entrepreneur having owned and operated the only 100% female owned automotive franchise. She's a best selling author podcast host of the toxin Terminator, and certified toxicity and detox specialist. Amy is helping people restore and renew their lives. By removing these hidden toxins from their homes and their bodies. She has spent the last eight years renewing their own health naturally after working in the automotive industry for many of her adult years, knowing her toxic exposure was found there. She suffered from multiple chronic illnesses. There were so many doctor visits, numerous medications, and yet no solutions. And it was truly an accident, accidental opportunity that she found solutions that allowed her body to heal. It is now her lifetime purpose and passion to help others find their as a way to live without chronic disease and truly renew their health, focus and energy. Amy, thank you so much for joining me today.

Aimee Carlson 1:59

Oh, I'm so glad to be here. You know, any opportunity I can talk and share what I know, in what has made such a huge difference in my life. You know, I'm going to jump all over that.

Evan H. Hirsch, MD 2:12

So you are the toxin Terminator. Yes. And so let's just kind of, let's jump in here. And let's talk about what toxins, what are the top toxins that we really should be avoiding?

Aimee Carlson 2:26

Sure, there's, you know, when we hear the word toxin, it can be so overwhelming. You know, because we know that toxins are in the air, it's in our food sources, it's in our water. So where do we even start? How do we avoid, you know, toxins, and I'm here to tell you you're not, you're not going to avoid them. Unfortunately, we're surrounded by them, and they're part of our life. But we can learn how to kind of take our hand off that fire a little bit. You know, we can eliminate money that we're just not even aware of. And we can support the detox function of the body as well. And when we do those two things in conjunction, it can make such a huge impact in our overall life. And I like to talk about the four worst offenders in there really are four of them. So if we look at mold, we look at heavy metals, we look at Hidden infections, and then we also look at general toxicity and I like to call those the hidden toxins because there's so many inside of our homes that we don't even know that that are toxic to our body.

Evan H. Hirsch, MD 3:38

That's brilliant. You're speaking my language.

Aimee Carlson 3:43

I thought as a fatigue you know, expert that might be you know, something you're right up your alley.

Evan H. Hirsch, MD 3:49

Absolutely. Yes. And so then when we're talking about these hidden toxins, which ones are the most common ones that that people have in their homes, they don't realize that they're toxic, and they need to do something about

Aimee Carlson 4:02

Okay, so let's go to the general toxicity column. Let's let's just start right there. What I it's, I look at toxins as an onion right so if you see an onion, you know you you can peel all those different layers of the onion right? You just keep on peeling and it seems to be never ending. And that's how toxins in the home are. So where do we start? Let's you know we can take it room by room. We can start looking at what do I use every day? That's what I like to start with with women is think about what are products you use every day. You know, what do you wash your clothes in? What do you do? Do you use dryer sheets in the dryer? Are you what what are you cleaning your house with? What are you shampooing your hair with? You know, we just start with the basics because the things that we use every day Have you heard the word bioaccumulation Alright, so while maybe an ingredient in your shampoo isn't really that bad, but in combination with what's in your conditioner, and what's in your lotion, and what's in your laundry soap, and what's in the stuff that you're wiping down your countertops with, it starts by accumulating inside the body, and then it becomes very toxic to us. So that's why it's so important to start, you know, turning the labels around with all those everyday products, just like we do with our food we're really interested in, you know, what's the fat content? What's the sugar content? You know, what about carbohydrates, we really interested in reading our food labels. So let's do the same thing with our personal care products.

Evan H. Hirsch, MD 5:53

So then it's brilliant. Thank you for that, and what but what I know that even on some of like, the more natural stuff, it still is a little bit confusing to me. And I do have to look up some of the product. So how do you know if you're looking on the back and the product is toxic or not toxic?

Aimee Carlson 6:09

I'm glad you asked that. So, you know, I don't want to be a chemical engineer. I don't know. And most people don't, I just know I want to have safe products in my home. So I like to give women and men, you know, the easy button. Everybody wants that easy button. So there's an app called Think dirty. Have you heard of it,

Evan H. Hirsch, MD 6:31

I have not, oh,

Aimee Carlson 6:33

this is gonna be great. So what we do with think dirty, this was an app created by a woman whose mother had breast cancer. And she realized very quickly that there was a lot of products her mom was using, that was estrogen mimicking inside of her body. And so she wanted to develop an app that would create a safe haven and help women understand what ingredients were in the products that they were using every day. So that I like think dirty, there's others out there. But this is my go to app, what you'll do is you'll either scan the barcode with the app, and this is the I believe it's a free app. And if it's not free, it's literally dollars, you know, so it's it's not expensive. And you scan the barcode or you just type in the name of the product, and it will give you a safety rating from zero to 10. So zero is meaning safe, you can use it inside your home 10 is no go do not use this product. Now I use the number three, anything with a three rating or lower is allowed into my home. Anything that has a higher rating than three, I put it back on the shelf, or you know, it just does not come into my home. Now, here's the good news. And I tell everybody who comes through a program, they have to download this app, we do a little scavenger hunt, we start going through the house and we start looking at things because it tells you why it gives it the safety rating, whether it's good or bad, it calls out those ingredients. So we start learning Ooh, fragrances, no good. Fragrance always gets an eight or higher rating. So if a product has fragrance in it, I don't want it. Oh, sodium lauryl sulfate. That's another one that gets us a high rating. That's another one I don't want to have inside my home. Failing, it's failing to get a really high score. You know, I know that's another one. So you start understanding there's about six or eight ingredients that get called out pretty much all the time. And once you know those, then it's going to be much easier for you to go shopping because you're going to be able to turn that around and go oh, okay, there's no parabens, there's no fragrance. There's no failure. There's no sulfates. All right, I'm good. This one's okay, I can use this one.

Evan H. Hirsch, MD 9:08

Excellent. And so the app doesn't give you recommendations you just need to find them elsewhere.

Aimee Carlson 9:14

Exactly. And here's the thing. And I like the app too, because if you I challenge you to go to the grocery store and grab any cleaning product, I don't care what cleaning product it is and turn it around and try to read the ingredient list or laundry chances are there's not going to be an ingredient list. They're going to refer you to a website. So we couldn't even read the ingredients if we wanted to. The app has them all in there. That's nice, right? So we don't have to go do that due diligence. Now. If you want to learn about it, please do you know and arm yourself so that you know what you're supposed to be looking for. And the more I started digging into this and the more I started to understand these different ingredients the matter I got, you know, I thought, all my work, no studies are done on failure rates and sulfates being used together inside of a product and how safe that is for our bodies. Not one governmental study has been done on that. But yet they're always in conjunction almost with each other in a many of the products that we use. So, you know, I thought we were, we had somebody watching over us, you know, I thought being in the automotive business, I have OSHA and EPA that watches over us in that industry, right. And we knew these are the regulations, we have to follow them to a tee. And if not, we're in trouble. So I just assumed every other business out there had regulatory bodies that watched over what they do. And I soon found out that's simply not true. So we have to, we have to take our head out of the sand. And we have to start arming ourselves with the information so that we can make better choices. One of the things just going off topic here for a moment. But one of the things I suffered from all my adult life with headaches, I had headaches every day of my life. That's one of the reasons I went to many, many of the doctors I went to, and at the end of the last two years of my unhealth journey, I had lost the vision on my left side due to the migraine headaches that I kept having repeatedly over and over again. And no one could tell me why they couldn't find anything wrong with me. They I had doctors tell me it was in my head, I had doctors tell me I had a high stress job I had, you know, close to 200 employees, I had, you know, five different locations. Of course, it's stressful, you know, but But tell me what I need to do. They just wanted to prescribe antidepressants for me, muscle relaxers, you know, all these different things that cause other symptoms in my body. When I changed what I cleaned my house with, and what I did laundry with, I've not had a headache or a migraine sense. And, and I know it was like what, and the My vision is back. And you know, I mean, it's just, and I'm not here to say that's your story, too. I'm just sharing with you what made a difference for me.

Evan H. Hirsch, MD 12:26

Brilliant. So glad, so glad that you you got better.

Aimee Carlson 12:30

Oh my gosh, so much better. You know, when you're in that mode to? I don't know, you had to have heard this, you work with 1000s of people as well. I didn't realize how sick I was. I didn't realize how bad I felt, you know, until I started feeling better.

Evan H. Hirsch, MD 12:52

Yes, humans are incredibly adaptable, right? We just keep adapting. Until we get to a point where we it's smacking us in the face. You know, and so unfortunately, we have to listen to our bodies, and we have to pay attention. Otherwise, you know, I had a call with somebody the other day who said that, you know, he's not ready to resolve his fatigue. His urgency was like an eight out of 10. And I said, when's it going to be 10 at a time when you can't get up out of the bed anymore, you can't work? You know, we have to pay attention earlier so that we can actually get better. So great. That's, that's really helpful. So we talked about kind of some of the common places in the in the home where we can find some of these chemical toxins. And I'm going to focus mainly on those. We also talked about like heavy metals, chemicals, infections, which are so important. But I kind of want to do a bit of a deep dive since we haven't done that before in on the chemicals. And so Absolutely, I'm so important. And so we talked about the think dirty app. So what are these chemicals doing in the body?

Aimee Carlson 13:51

Oh, my gosh, great question. Everything they're causing, here's the root this, this is where it goes. They're causing inflammation inside the cells of the body. Alright, that honestly is the easiest answer I can give you. When I say take your hand off the fire, I'm literally saying Take your hand off the fire because these toxins are a fire to the cells. And what happens is the cell membrane is made up of fat, and lipids. And so when when we damage it and we inflame it, it becomes rigid, so nothing good gets inside the cell, nothing bad gets out of the cell. So the toxins get trapped inside the cells. And that's where we start getting these things like brain fog, and we get the digestive issues and we get the skin issues and all the other symptoms that we have that are overload of toxicity inside the body because we can move toxins out of the body. But when they get trapped inside those cells, it gets really hard to get them out out of the body. Plus there's receptors around those cell membranes, right? They're the they're the communicators between the cells and all other forms. functions inside the body. And we've got hormone receptors and insulin receptors, you know, on there, and those get blunted and damaged so that they're not communicating properly inside the body, we get, you know, obese, it leads to obesity, which leads to diabetes and heart disease and all these other, you know, diseases that are primarily tied to obesity inside the body. So, honestly, these chemicals are the driver of every disease that we can have inside the body. They really are, when we break it down to that very simplistic, you know, manner. And so if we can stop the bombardment of these chemicals inside the body, we can reduce that inflammation that's happening inside the cells. This isn't like, hey, my ankles are swollen, right? We're not talking that kind of inflammation, we're talking about this inflamed state that our bodies are in, you know, and I rattled off skin issues and digestive issues, memory issues, these are all those symptoms that our body's trying to say, Hey, pay attention, you know, and if we're not paying attention at that point, then we get the diabetes, you know, diagnosis, we get the autoimmune diagnosis, we get the cancer diagnosis, right? Those are the things that when it goes further, that we get, so we got to pay attention. When our breath changes, our body odor changes, you know, we've got unexplained pain in our body, we've got digestive issues that are kind of new, and all the sudden, there's something off kilter, and our body wants to be in balance. So we have to figure out how do we bring that back in balance?

Evan H. Hirsch, MD 16:48

Yeah, and I'm glad you brought up obesity, because, you know, one of the interesting things, things that I've seen in my practice is that we can have everything fixed for losing weight. And if somebody still has these toxins in their bodies, right, which are stored in the fat cells, they're not going to lose weight, is that something that you've seen as well,

Aimee Carlson 17:07

over and over and over again, and here's the thing, weight loss is a side effect to getting the cells? Well, it's a side effect of getting the cells Well, our primary objective should be to get the cells healthy, because when we get the cells healthy, then all that other stuff goes into line, you know, our memory is fantastic, we're sleeping good, we have the energy that we want, our skin is glowing, disease gets reversed. In us, you know, we drop the wait without even trying, because we're getting those cells healthy. And the first step to that is to get rid of the toxins. It's to look inside the home. And we just talked about the everyday things that we're using. And I gave you a great tool with the think dirty, but we can dig deeper, you know, into that, you know, if you want to as well, because there's layers upon layers of it. Inside of our homes, we can look at what are you cooking with? What appliances are you using inside your home? Do you have some EMF protection? That's the invisible toxin inside our homes. Right? You know, we can talk about that we can talk about cooking our food, storing our food, our water. You know, everybody? Raise your hand if you know you should be drinking clean filtered water, right. But what's more important than that is what the heck you're bathing in. That's going to do more for your body than drinking clean water. No, I'm saying do it all but we got to look at systems to make sure that the the what we're bathing in is better because we're opening up the pores to the largest organ of our body or skin when we're bathing and in the shower. And if we've got fluoride and chlorine and chloramine and heavy metals and prescription drugs all being bombarded on our body is just going right inside the body if it's not filtered out.

Evan H. Hirsch, MD 19:19

Remember we had a friend visiting who was quite sensitive and he took a bath in our bathtub and he got out and he reported that it was the best bath he ever had. We've got a whole house water filter and he could tell he could tell the difference.

Aimee Carlson 19:35

There's a big difference. I am I'm quite a water snob. I get called that all the time but in when I'm at a restaurant if they can't tell me what their water is filtered with, and I am going to prefer that it'd be a bottled water. I prefer not to drink out of bottled water because I think that's just as bad but I don't want it out of the tap. If you can't tell me how that's being filtered. When I go to hotels. I know You can just smell it, you can smell the chlorine inside that water. So, you know, it's important that we filter the whole house. And if you're in, maybe you're in an apartment, or you're in temporary housing, where you're, you're not going to be there permanently. Two things I can tell you there. Number one, there are plenty of companies out there that rent the equipment to you. So you can rent the equipment, and it will move with you, no matter where you are. And it's less than \$50 a month for it. Okay. So there's, there's plenty of companies that do that. I love that opportunity there. And then secondly, you can purchase showerhead filters. So if you don't want, you can't afford a whole house filtration system. I mean, honestly, people less than \$50 a month, you know, take two of your coffee breaks out of your, you know, weekly routine, and you got that covered more than covered, right. But get a showerhead filter, they just screw into the line, you know, coming out of the wall, and then you've got good filtered water in your shower. And they're again less than \$50 or last well, depending on your water could be 30 days to 60 days.

Evan H. Hirsch, MD 21:19

That's great. So do you have favorite companies that you use for filtering water?

Aimee Carlson 21:24

Um, Aqua sauna has some really good water filtration systems. Berkey has great water filtration systems, I say use a combination of water filtration because each filtration system is doing a different thing with the water. So number one, you can go to EWG dot o RG it's a website. And they've got tabs across the top I believe, and one of them says water. And if you click on that, if you live and you have city water, you can type in your zip code. And it will tell you what is in your water. So you will know what's been tested to be found inside your water source. And now you'll know do I need a charcoal water filtration system? What about reverse osmosis? What about UV lights? What about water? softeners? What's going to be the best filtration system for what's testing inside my water source?

Evan H. Hirsch, MD 22:22

That's brilliant. Definitely going to check that out. Yeah. And so I just got back from a conference where they talked a lot about distilling water as being the best water for consumption. And obviously can't You can't use it for a whole house. So you're still gonna want to use like a block carbon like Aqua sauna, which I also recommend, um, what do you think about distillation for for drinking water?



Aimee Carlson 22:47

Well, I am going to tell you I believe that for drinking water distillation is going to be better because reverse osmosis, which I do have reverse osmosis, but I add minerals back in. And that's what I need to do because it's it's dead water. So there's nothing mineral wise that I'm getting inside the body and I need to reactivate that and add minerals back into it. So distilling if I remember correctly, and I remember seeing the distillery you know, set up in our house at the farm because my husband had them that it doesn't take out all the minerals in the water if I'm in my correct in that right. Oven. Yeah. So you don't have to take that extra step if you're using reverse osmosis. And honestly, people an easy you know, thing with adding minerals is you can use some gray Celtic sea salt, you can use some pink Himalayan salt. I get them from upgrade formulas. Barton Scott's company is just a liquid, there's no taste to it, and you add a dropper full into your water and you're good to go.

Evan H. Hirsch, MD 23:54

Nice. That's great. So that's water wheels. I was gonna ask around that. Well, let's transition. So does everybody have toxins in their body?

Aimee Carlson 24:09

Oh, definitely. If you're breathing walk in, and you're you're out and about you're in, you're alive. You're gonna have toxins in the body. There's no way to avoid it. There's just not there. There's so many look at what we're online right now. So we've got electronic magnetic frequencies that are hitting our bodies right now I've got a light a ring light in front of me there's, you know, that's a toxin, right? There's plastics. You know, there's flame retardants on fabrics. So the list goes on and on. And I don't mean to scare people. You know, here's the here's the flip side of that coin, is that your body has got this filtration system built in. That is fantastic. If it's not over loaded.

Evan H. Hirsch, MD 24:58

Yeah. So yeah, let's talk about that, let's talk about detoxing, you know, a lot of people will hear this and they might think, Well, I'm just gonna go do a detox. Let me just buy what's at the store? Like, why, why? What's the problem with most detoxes out there?

Aimee Carlson 25:13

Well, here's the thing, you know, everybody wants our mentality here in in the modern world is that you know, I want to tea, I want something I can drink, I want a pill I can take to ease whatever ailment is that I'm dealing with, right? They don't want to take those steps of lifestyle change. Some people do some people, and probably the people who are listening to this podcast are are going to be in that category of, I'm willing to take the steps that I need to take, um, is there anything wrong with the detox tea, or the foot baths or a detox protocol? Absolutely not. But we still need to get down to that cellular level, we have to support the detoxification pathways all the way through the body. And if all we're doing is trying to drink an herbal tea, or take a pill, or do a foot soak, then we're missing the bigger picture. Does that make sense? And I think that we need in some in depending on what kind of toxins that we have test, find out, there's a mycotoxin test that you can take, there's all kinds of I do with the group that I coach with, there's a visual test that we can take, that'll find out if we've got biotoxins that we've been exposed to. There are questionnaires because they're symptoms, just like with you and fatigue, you can answer a series of questions and, you know, a vast majority of the time, we're going to know exactly what we're dealing with without even having to get to the blood or the urine or the hair, right. But there's more and, and if you go through the questionnaire and you take those steps, and you still don't have results, then we can go to the blood or the urine or the hair and really test and find out what else is going on inside that body.

Evan H. Hirsch, MD 27:08

Yeah, I'm glad. Yeah, I'm glad you brought that up, because so many people think that you need to get so many different labs in order to find the information that you need. But you know, like, like we've discussed before, you know, I found that 75% of all 33 different causes of fatigue can actually be assessed by the symptoms. So it sounds like you found similar?

Aimee Carlson 27:27

Absolutely. And I've got two different questionnaires I send people through. And based on those answers, I pretty much know exactly what's going on inside their body. You know, and I've been doing it for a long time, that makes a difference as well. But and here's the other thing to it. I'm not gonna say it cost you nothing, but you can make lifestyle changes. And if you still don't have the result that you're hoping for and say 90 days, then we can dig deeper, right? I always approached my business this way, too. If the overall big picture view looks good, I don't have to do a deep dive down into what's happening in this particular store that particular store. But if my numbers that big overall picture, I'm like, ooh, something's a little off kilter here. Now I'm doing that deep dive and trying to figure out what it is. We should do the same thing with our health. Yeah,

Evan H. Hirsch, MD 28:21

that makes sense. Yeah. So in terms of detox, I know you talk about the detox funnel. What is that?

Aimee Carlson 28:27

Absolutely. So think of it, you know, when we look at a funnel, we're wide up at the top and narrow at the bottom. The bottom is the colon. Right? So that's where everything is being eliminated. Where you know, we're coming out the bottom of the barrel here. So when I start talking to people, the first thing I'm going to ask you is, how often are you pooping? I need to know this, you need to know this. And not only how often are you pooping, but look at it. You know, what does it look like? You know, because what it looks like is going to tell us what's going on inside that body too. And I'll hear from so many people that say, Oh, I'm not constipated. Great. So how many times a day Are you pooping? Oh, a couple times a week. Sorry, my friend. You're constipated. You know it, you need to have a bowel movement. minimal, minimal one time a day. Ultimately, like for myself, I've done a lot of work on my body. And I'm hoping every time I eat every time I eat, I have a bowel movement. And you should and if you're not do some more work on the body.

Evan H. Hirsch, MD 29:39

Does that make sense? It does. Yeah.

Aimee Carlson 29:41

So Colin, what if you're not? Alright, what if you're not moving? Because if you're not moving once, at least once a day, I'm not going to take you up to level 234 Or five. We're not even going to approach it. We got to get the bottom cleared out first. So number one dream More water you know when you think you drink enough water keep drinking some more my friend you know you need yep, I, I always have my glass of water here. Let's take a sip

Evan H. Hirsch, MD 30:13

for water everybody

Aimee Carlson 30:14

pay 100 ounces of water a day. You know, especially if you're coming from an unhealthy spot at minimum, you should be drinking that much a day. The average they say is a half half your body weight in ounces. Now, does that work for everybody? No, it does not. Are you exercising? Are you out in the heat? You know, what other things do you have going on? It's personal to you and what's going on in your particular lifestyle. So that's a conversation that we're going to have but at minimum, you should be drinking half your body weight in ounces of water a day. Okay, move, move the body. Even going for a 10 minute brisk walk can get you eliminating out of the body. So you know that's that's a great thing to do. legs up the wall. Have you ever sat in that position in a yoga position, get scooped your tail end right to the wall get goes legs up the wall. Not only does it get anxiety, relieve the anxiety but getting ourselves in that prone position helps kind of adjust things with the colon in the intestines and we can start moving

Evan H. Hirsch, MD 31:28

it's easy tips. Yeah,

Aimee Carlson 31:31

add more fiber. You know, to your diet you should as a woman you should be getting 25 grams of fiber a day as a man is like 35 ish or better grams of fiber per day. So you know, that's a lot of fruits and vegetables. This is like the this is a brushing bristles, you know moving everything through the body by by taking in the fiber chia seeds. If you do two tablespoons of chia seeds a day, you've got 25 grams of fiber. So add it to your salad, put it in your smoothie, you know, super easy ways of incorporating chia seeds into our diet, and we get that fiber.

Evan H. Hirsch, MD 32:14

Excellent.

Aimee Carlson 32:16

All right, next level. Next level. Next level, I don't know how much time we got here. I can talk forever. And once we go beyond the colon, now we're getting into the organs of the detox. So we're talking the liver, the kidney, the bile duct, and the skin, you know are very much part of these organs of the body that help us detox. So what happens when these aren't functioning the liver beyond detoxing our body has like 500 functions inside the body. So we need to love on that liver. If we're not, if this part is plugged up, this is where the toxins go into the cells of the body they get into those fat cells because the they'll they'll bind with the bile and then they bind into you know the cells of the body and they get trapped and we get this whole re circulation going on. If it doesn't eliminate out of our urine and it doesn't eliminate out our our colon then it's recirculating throughout the the body and that's where we get the bloating and the diarrhea or the constipation or we get the the irritable bowel syndrome we get the leaky gut syndrome we get you know the issues with the skin and eczema psoriasis are very much toxins loaded inside of our bodies. So we need to love on these organs. And again, the number one tip here is water. You know drinking plenty of water. My favorite tip to love on the liver is castor oil packs. Have you ever used castor oil

Evan H. Hirsch, MD 33:55

it's been a while

Aimee Carlson 33:56

it's that that is so so so so good for the liver and you know you can go out and buy a pack I'm all about making things easy. I just take it slap it on my hand and just rough it out. You know right on your on your right hand side ribcage, just rub it right in there put an old t shirt on you don't mind because it's it'll stay in your T shirt and go to bed. It does and it does the work. You know Drink Drink water first thing in the morning when you wake up. This is going to help love on that liver love on the kidneys. You know get all of the toxins out of the body first thing in the morning. So instead of going for that cup of coffee, drink an eight ounce glass of room temperature water and even better add some lemon to it or add some apple cider vinegar you know into it. It's fantastic. Take a glass to bed with you the night before then it's sitting right on the bedside table and you can drink it right when you wake up.

Evan H. Hirsch, MD 34:58

Excellent Those are great tips.

Aimee Carlson 35:02

Yeah, there's lots and lots. I mean, there's so many things that we can do to love on and support all the systems of our body because our body was created to be in balance and to do all its functions, we just have to give it some love so that it can do what it's naturally created to do. Mm hmm.

Evan H. Hirsch, MD 35:19

And so is there a if you were to choose one supplement that you feel like is most helpful in detoxification? What would you choose?

Aimee Carlson 35:29

Glutathione glutathione is the key to removing toxins from ourselves. So I'm going to choose a supplement, I choose a supplement that actually activates my body to make its own glutathione. So that's what I choose to use. So I would, you know, make sure that you're getting a whole food, great ingredient supplement that is going to help your body with glutathione glutathione production, not adding glutathione in because only, even if it's a good quality supplement, if you had a pill that you're swallowing, only 3% of that is being absorbed by the body because it gets destroyed in the gut, you know, and in the process going through the gut. So I like activating it instead and helping my body do the job that it's supposed to do. And we have to have enough glutathione in the body in order for us to detox. So if I'm going to focus on one thing, supplement wise is going to be glutathione.

Evan H. Hirsch, MD 36:35

Excellent. And for those of you guys who are listening, you do have to be careful whenever you're consuming these things. And there is a proper order to doing this sort of detoxification. So you know, some of the stuff like castor oil packs and high dose water and stuff like that perfectly safe. But you do want to make sure that you're under advisement so that you can be as safe as possible while you're going through this process.

Aimee Carlson 36:58

Absolutely. Like I said, you know, if we're not eliminating, we're not ready. Right? We're not ready, and we can't move into any more of these layers. And we don't want to because we can cause more damage to our body. Yeah,

Evan H. Hirsch, MD 37:14

yeah, part of my story. The reason why I had fatigue was that I pooped once a week for the first 25 years of my life because I did know that I was sensitive to gluten and dairy. And that was a problem. I used to walk around with a plunger on my shoulder. No, no, no. But I could have I could have because unfortunately, I was clogging toilets left and right, right, too much information for everybody listening, but I'm much better now.

Aimee Carlson 37:42

You know, when we get into health, we get into some really crazy topics that we you know, and subjects that we cover. But But that's so true. And you didn't know you thought that was normal? Because for 25 years, that's what your body did. You didn't know any other way. You know. So that's what's so wonderful about doing what you do. And me coming on and talking and sharing what I do is we can open up your eyes to maybe some things that you thought were normal that that aren't, you know, we can we can take a look at it.

Evan H. Hirsch, MD 38:13

salutely. So great. So let's talk a little bit about we'll transition to kind of people learning more about you and kind of what you do. So where can people go to learn more about you?

Aimee Carlson 38:26

Sure. So transforming women's health.com is my website. And literally everything is on there. So if you want to connect with me social media wise, all my links are there on the website, my podcast is all on there. The book, you know, I wrote a book that that is on that website as well. We have a newsletter you can join in on we send Oh recipes and just really healthy lifestyle tips in the newsletter. So I encourage people to get on that so that they can learn. Um, you know, we're providing education.

Evan H. Hirsch, MD 39:00

Excellent, then you did provide a free gift for audience blacklist ingredients.

Aimee Carlson 39:06

I love the blacklist. So the blacklist ingredients is my free ebook that I give out a lot out in the industry. And it is going to take you room by room as your cheat sheet. So I literally list the ingredients you want to avoid in the kitchen in the bathroom in the bedroom and in the laundry room.

Evan H. Hirsch, MD 39:27

Yeah, this is really good. I was just checking it out. And it's a quick read really easy. Yeah, it's it's perfect. And then you work with people in your vitality accelerator. Right?

Aimee Carlson 39:39

I do. So we've got a group coaching program. And honestly, I look at it as your first step to health so we're teaching you in 90 days, how to take your hand off the fire, how to balance and work with this detox funnel and get everything working properly. We do that through Things that we we do daily, we do it through foods that we eat, we're big proponents on looking at food to support the body and the systems of the body. As well as addressing mental, you know, our mental frame of mind as a huge can be a huge toxin, or it can be a huge blessing to us. So we need to take a look at what does that piece in? How does that get put together inside of our overall health? What is that doing to the health of our body. And so when we look at all kinds of these three pieces, and we learn how to get to that cellular level, and heal at that level, and then people can go on and they live a healthy lifestyle, they can reverse things. One of our clients that are going through a program right now I just I love her story, because she was diagnosed with breast cancer in May. She joined our program in August, and she has chosen to do the conventional medicine route. So she has had chemotherapy and radiation. She just did a double mastectomy, surgery not even three weeks ago, and she has not lost any weight, she has retained all of her energy, she has not gotten sick throughout all her courses of her treatments. And she has recovered, the doctors with her surgery are absolutely astounded by her recovery, you know, with the surgery, and she's the pastor's wife. So the congregation is very much watching her because she's going through all these treatments, where most people don't do so well. She's doing very well, because we removed so many of the other toxins, and we've taught her how to eat to really feed and support the systems in our body. And she's like, you know, three months into the program, she her digestive health is 98% better, and she's sleeping better than she ever has in her entire adult life. And she's going through chemotherapy and radiation. So imagine, you know, what it can do for you and your body when you're just dealing with the basics.

Evan H. Hirsch, MD 42:14

Amazing. So yeah, so if you heard that, and it spoke to you definitely check out the work that Amy is doing, and consider joining that amazing program. So last question for you, Amy. So if there was just one thing that you could recommend just to resolve somebody fatigue or optimize their energy, what would it be?

Aimee Carlson 42:35

Oh my gosh, um, you know what, get the electronics out of the bedroom. Get the electronics out of the bedroom, if we don't have good sleep, we're not going to have the energy that we want the focus that we want, we're going to have that fatigue. So in order to create the environment for us to be able to sleep we've got to get the electronics out of the bedroom.

Evan H. Hirsch, MD 43:02

That's brilliant. And I would imagine that that it also includes any sort of frequency or waves out of the bedroom, right so turn off the router you don't need it while you're sleeping right? That wireless and mobile data and turn off those phones and

Aimee Carlson 43:18

when I say electronics I'm talking all electronics if you come into my bedroom you will not see anything my my alarm clock is battery operated there's no electrical plug into it. And you know so that I don't I'm talking zero electronics, there's no cell phones, there's no laptops, there's no you know, in because when we plug in a an alarm clock as well, it has is always got a light on it. And that interferes with our ability to sleep well. So I you know, I want all I want complete darkness. I want cool temperatures in the bedroom. And I want the electronics out of there. This is your a waist this, this is your sleep. This is where you restore and repair the body is that night in sleep. And so let's do everything that we can optimize that experience for ourselves and that my friends will help you get over your fatigue.

Evan H. Hirsch, MD 44:16

Amen. Amy, thanks so much for hanging out with me today. I so appreciate you and the work you're doing in the world.

Aimee Carlson 44:24

Oh my gosh, it's so fun and you're so easy to talk with. Thank you for inviting me in.



Evan H. Hirsch, MD 44:34

I hope you learned something on today's podcast. If you did, please share it with your friends and family and leave us a five star review on iTunes. It's really helpful for getting this information out to more fatigue people who desperately need it. Sharing all the experts I know in love and the powerful tips I have on fatigue is one of my absolute favorite things to do. If you'd like more information Please sign up for my newsletter, where I share all important facts and information about fatigue from the foods and supplements to the programs and products that I use personally and recommend to others so that they can live their best lives. Just go to [fix your fatigue.com](http://fixyourfatigue.com) forward slash newsletter to sign up and I will send you this great information. Thanks for being part of my community. Just a reminder, this podcast is for educational purposes only, and is not a substitute for professional care by a doctor or other qualified medical professional. It is provided with the understanding that it does not constitute medical or other professional advice or services. If you're looking for help with your fatigue, you can visit my website and work with us at [fix your fatigue.com](http://fixyourfatigue.com) And remember, it's important that you have someone in your corner who is a credentialed health care professional to help you make changes. This is very important, especially when it comes to your phone. Thanks for listening, and have an amazing day.