



Episode 5: Step 3 of 4: Open Up Your Detoxification Pathways

Evan H. Hirsch, MD: 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.

Evan H. Hirsch, MD: Hey there, Dr. Evan Hirsch, here with another video. I am the author and founder of the Fix Your Fatigue Program. And I'm so glad that you're here. So today, we're going to talk about step three. So if you remember step one, we talked about assessing all of the causes of fatigue because we have to figure out which causes you have because you are an individual and you're going to have different causes than I had, or somebody else has. So we have to figure out exactly which cause you have. So you're not shooting in the dark. So you're not trying therapies that might work. You actually know what the causes are. So you can tailor the solution directly to the causes, it makes perfect sense, right? And then we stepped into step two, stepped into step two, and we talked about replacing the deficiencies so that you can be really strong for going through the rest of the process.

So this is step three, where we talk about how to open up the detoxification pathways in the drainage pathways, okay? And so in this process, we want to make sure that everything is moving through the body, okay? Because when we step into step four, we're going to be releasing things out of the cells. We're going to be trying to get things out of the body, and so we have to make sure that all of the pathways in the body, to get things out of the body, which is what detoxification is, are open. I basically think of the body like a number of tubes that you're basically draining from the top of the body down out of the body. So the first thing is we want to make sure that you're stooling correctly, that you're having a bowel movement twice a day, ideally, once a day, maybe okay, but twice a day is really ideal. So that you're getting things out of the intestines. You want to make sure that you're able to get things out of the skin, and you want to make sure that you're able to exhale things out. These

are kind of make sure that you can urinate things out. These are the ways that we get toxicities out of the body, through the intestines, through the urine, through the skin, through the breath, okay?

So we want to support all of these pathways. So with the intestines, we want to make sure that you're having a bowel movement twice a day. And so we want to support the liver in order to be able to do that, okay? And then we want to make sure that we're supporting the lymph system, which is the garbage can system in the body to dump into the liver and into the blood. So that, that can get flushed out of the body as well. And then we also want to support the neural limbs, which is basically the lymph in the brain. We have to dump that into the lymph, that then can get dumped into the blood and into the liver and then out of the body. And then we also want to support the kidneys, so that things can come out of the urine, okay? And all of these things are also going to support exhaling. It's going to support things coming out of the skin as well and as part of this whole process.

And there's a certain way that you have to do this. You have to work from the bottom up like you want it, you have to make sure that you're having a bowel movement before you're dumping things out of the brain. Because it's essentially things that can build up in the body, you have to make sure that the pipe further down is open enough so that you can have things flow through it, okay? I hope that makes sense to you. Because once you go into step three, and once you set that stage, then you can really go to step four, which is what it is all about. And the reason why everybody that I see who has who still has fatigue, it's all because all of these toxicities have not been addressed. I have never met anybody who has addressed all of these toxicities and still has fatigue. So this is a super important video coming up here. So pay attention, and I'll see you in the next video when we talk about step four. Thanks so much for watching.

Evan H. Hirsch, MD: 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 desperately needed. Sharing all the experts I know and 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.

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 energymethod.com and remember, it's important that you have someone in your corner who is

a credentialed healthcare professional to help you make changes. This is very important and especially when it comes to your health. Thanks for listening, and have an amazing day.