



Episode 2: The causes of fatigue and the 4 step process to resolving them (Part 2)

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: And then with molds, about half of the buildings in the modern world, are water damaged, and most of those have mold, okay? So this is a huge problem. If you like, I drive around my town, and because people will say, "Well, what about a new home versus an old home?" Most people first off don't realize that they have had mold exposure, and they don't realize what causes it. So I tell people, "What about, have you ever had a flood in your home or a leaky roof?" And oftentimes they'll say no, and then they come back later, and they say yes. But sometimes it's nothing that you've ever experienced where I'm driving down the road, and I see a home that's being built in the middle of a rainstorm. And what they're going to do is they're going to build that. And then when it dries, they're going to zip it all up and make it all tight. And that wet wood already has mold growing on it, and all you have to do is add some heat, decrease the airflow, and all of a sudden there's mold in those homes. So mold is a big issue.

And then different kinds of infections. So there's intestinal infections, bacteria and yeast, blood and stealth infections like Lyme and Lyme co-infections, sinus infections, like MARCoNS and others. Dental infections like root canals, and parasitic infections, which can be anywhere in the body. And then allergies. So there can be food allergies. There can be inhaled allergies. And these can really, they disrupt foods, you consume them. There's 80% of the immune system in the gut. And the immune system is just going to react to these things. So negative emotions. So the way that we look at the world, our mindset, as well as add aces or adverse childhood events. Things that we grow up with, emotional traumas that we have will cause chronic stress on the body and contribute to fatigue.

And fortunately, we have Stacy to help us and kind of go through some of these processes to reset our immune systems and work on this. Constipation. We'll talk about my story with constipation in just a minute.

And then other causes like I talked about heart disease, lung disease, sinus congestion, cancers, hepatitis are all things that can be ruled out by your primary care physician, and we will not focus on those in this course, but it is important to have those evaluated to rule them out. So what were the causes of my fatigue? So I had nutritional deficiencies. I was low in iron, B12, folate, magnesium. I had mitochondrial issues, fatty acid issues. I had adrenal issues, thyroid deficiency, testosterone deficiency. And then my sleep wasn't good because I was going through residency. So oftentimes, we had to be up for 36 hours at a time. I wasn't moving, going through residency, I wasn't exercising regularly, and I was chronically dehydrated.

And then the toxicities that I had were mercury. I had mercury fillings from an early age, and I grew up loving tuna fish. I had tuna fish probably three times a week for most of my life. And the bigger the fish, the more fat it has, the more mercury it has in it. So swordfish and tuna is really at the top. Sardines and anchovies are at the bottom. So formaldehyde and plastic toxicity. So when I went to medical school and anatomy class, we had bodies that were preserved in formaldehyde. And I had an exposure for that when I tested for it, and then drinking out of plastic water bottles, I had a lot of plastics in my system.

Mold toxicity. So from home, from a home that I lived in, in medical school, as well as homes that I lived in, in Washington State. And then I had Epstein-Barr virus, Bartonella, yeast, parasites. I had food allergies of gluten, dairy, and some really interesting ones like cashews and ginger. And then I had, I was chronically constipated growing up, which was a big part of my issue. I thought it was normal to have a bowel movement once a week. Nobody ever told me otherwise until I learned later in life, and there was already a lot of damage done. Because if you're constipated, you're not getting excrete in your toxins, and all I was doing was recirculating those toxins that were trying to get out of my body, they just got reabsorbed.

And then emotions, negative self-talk, and some of the adverse childhood events that I had. So that was my story. I had pretty much almost every cause of fatigue. And I suffered for five years. And when I found that I would get a little bit better with every cause that I found and that I treated, but it was only after finding all of the causes and treating them that I really found resolution. And I found that there's this cumulative effect to healing multiple causes. I tell people that there's 20 nails in the bottom of your foot, and we have to remove a significant amount of those nails before you notice a difference. We have to remove the adrenal deficiency and the thyroid deficiency and the mold and the lime in order for people to really start to notice a big shift. Now my goal is always to have steady incremental improvement. And oftentimes that is the case, but usually, there's a cumulative effect

where you get enough of those out. And there's a huge jump in the energy. And this is what I see over and over again in my clients.

And so that's why I created the Fix Your Fatigue Program. And as you guys know, it helped me get my energy back. I've helped lots of people, and I'm trying to get the word out so that I can achieve my mission of helping a million people resolve their fatigue. So the Fix Your Fatigue Program is a four-step process to resolving fatigue. And the first step is to assess, okay? And this is to assess all of the causes. So we need to figure out all of the causes because the sooner we do that, the faster you get better because if we just say, "Okay, you've got adrenal problems, let's work on that for the next six months." And then say, "Okay, now we're going to look and do some testing to determine if you've got mold in your body." That's one way to have a long relationship with a practitioner. The faster that we can get all of these causes taken care of initially, or assessed initially, the faster we can address them.

And we're going to combine all the information that we have. Your history, the chronology of that history. What were some of the triggering elements? What are the symptoms you have now? And then what are the lab tests say? And we're going to. We'll look at all of those deficiencies we talked about and all of the toxicities. And then, just make sense, we're going to start fixing those deficiencies and toxicities. We start off by fixing the deficiencies, okay? My goal is always to make people as strong as possible as soon as possible. And in order to remove the toxicities, we have to start by replacing the deficiencies. And once we've started on the path of replacing the deficiencies, adrenals, thyroid, sex hormones, nutrients, getting them nice and strong, that's when we really start opening up the detoxification process. Sometimes we do them at the same time depending on the individual. But this is going to be really helpful and setting us up for the next step, which is to remove all of the toxicities.

So this is going to be a roadmap coming up. So we're going to talk about how to assess all the causes using labs. That's going to be in a subsequent video. We're going to talk about how to do it with symptoms, as well. And we're going to talk about what are the benefits to getting labs first versus as we go? And whatever you decide is fine. And you're going to find out which I recommend and I prefer you kind of already have an idea, I'm sure, but it's fun whichever one you want. We just want to make sure that they happen as soon as possible so that you can get all the data. And we can address all of the causes. And then we're going to talk about replacing the deficiencies, how to test for them, and what to take for each deficiency.

And like I said, it's going to be cumulative. Every single one of these deficiencies that we address, you're going to start to feel better and better. And we're going to open up the detoxification pathways in the bowels, in the liver, and the kidneys, and the lymphatics in the brain lymphatics. So I basically

see the body is like this big tube with these little tubes inside of it, working from the bottom up. And so we want to make sure that you're stooling to get everything out. We want to make sure the liver and kidneys are then on top of that dumping into the stool if needed are going out of the body and urine. Then the lymph is dumping into the liver and kidneys, and then the brain lymph is dumping into the body length and then removing all of the toxicities.

How to test for each one of them? What to take in order to remove them and then what order to remove them, which is also really important. All right. So that's it for today. So go ahead and shut this down for now, and we'll see you in the next video.

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.

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If you're looking for help with your fatigue, you can visit my website and work with us at emergymdmethod.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.