



Episode 6: Step 4 of 4: Remove Toxicities

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 welcome Dr. Evan Hirsch here, the author and founder of the Fix Your Fatigue Program. I'm so excited that you're here because today we're going to talk about step four in my four-step program. So if you remember, we started off in step one, assessing all the causes and figuring out exactly which causes you have because nobody has the same causes. And once you can pinpoint those causes, then you can tailor your treatment exactly to those causes. Then in step two, we replaced the deficiencies that were present in those causes to make you nice and strong to increase your energy so that you can function better at work, at home, be more present, achieve more, but we're not done yet because your energy is going to improve, which is going to be great, but we still have to get rid of the causes of that energy problem that you had because you don't want to have to take the supplements for the rest of your life.

Then we move into step three to open up the detoxification pathways. Make sure that the intestines and the liver and the kidneys and the lymph, all that stuff is open so that we can step into step four. I just love saying that step into step four, so that we can remove all the toxicities and we're talking about heavy metals and chemicals and molds and infections and allergies and negative emotions and EMF or electromagnetic frequencies. Those are the things that are really holding us back. Those are the things that are suppressing the mitochondria from making the 70% of our energy in our bodies that it's supposed to. Those are the things that are increasing inflammation in the body. That is decreasing the hormones in the body because they have to react to all this inflammation. These are the things that are causing immune tolerance in the body where the immune system is reacting to everything because it's being triggered by these things.

So removing these and removing them one at a time is ideal. And the way that we want to do this, now that the pathways are open, and we've done step one through three, is that we want to bind up these toxicities and we want to pull them out. We want to bind up the heavy metals and pull them out. We want to bind up the molds and the chemicals and pull them out and then with the infections. We want to go slow, but strong, we want to make a difference in your life. We don't want it to take forever. But we do want to make sure that you don't suffer while going through it because killing infections can cause what's called a Herxheimer reaction or a die-off reaction where you kill the bugs. And they release their toxicities into the body and the immune system reacts to them, and causes an increase in inflammation while it's trying to deal with these toxicities in the, and these infections, and you're going to feel worse. And that's why step three is so important for opening up those detoxification pathways. So the infections, so you can start killing the infections, then you can bind up those toxicities and pull them out of the body.

So you can continue to make progress against these infections. Super important. And then emotions and mindset. These things are so incredible. All of us come from a background of adverse childhood reactions where maybe things didn't go well. Maybe it wasn't trauma, maybe it was being rejected by a peer group like I had, or certain stressors that happened in life or conversations that your parents had or scarcity around different things, whether it was money or whatever. And part of this process is changing that because those things are holding you back. And they are causing an increase in stress and inflammation on the body that end up affecting all of those deficiencies that we found. And then electromagnetic frequencies, all these invisible rays that are around us, Wi-Fi and 5G and 4G, and anything that has a battery. So it's really important. Those things are only going to start getting worse, but they're not bad. They're not affecting you. I shouldn't say they're not bad, but they're not affecting you if you don't have a lot of toxicities. If you have a lot of toxicities, then you're going to be more sensitive to EMFs.

You're not going to be able to spend as much time on your phone, at your computer. So it's very important to be mindful of these things. Do what you can to avoid them and remove the toxicities out of the body, okay? I hope that was helpful. So this is the four-step process. Step one, assess the causes, step two, replace deficiencies. Step three, open up detoxification pathways and step four, remove those toxicities, and that is the success formula. That is the Fix Your Fatigue Program that I have used to help thousands of people resolve their fatigue. I wrote a book which is a best seller on Amazon. I feel so blessed to have been part of that project and to have that kind of success. And my mission is to help a million people resolve their fatigue and achieve amazing energy so that they can have an amazing life so that you can achieve everything that you want so that you can make more money in your business, have more success, have more impact, engage more with your family.

One of the most important things to me was to be able to run around my house with my daughter. We love to play chase. And I wasn't able to do that when I had fatigue. And then I was able to come out of it. And now I'm able to run around with her. I'm able to work out with my trainer. I'm able to go on hikes, spend time with my wife. All of these things are so precious, all these magic moments in life that fatigue is stealing away from you. I totally get it. I've been there.

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 energymdmethod.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.