

How Environmental Toxins Impact Brain Health

David Jockers, DNM, DC, MS
with **Jaban Moore, DC**



David Jockers, DNM, DC, MS

Welcome to the reverse brain disorders summit. I'm your host Dr. David Jockers and today's topic is a really important one. It is on how environmental toxins impact brain health. You know, there was a study done 2005, it was reported by the environmental working group and what they found was that the average baby, they took all these different babies and they looked at their umbilical cord blood, right? So the umbilical cord, what's connecting them to the placenta to mom? And they found the average baby had 287 toxic chemicals, 180 that were known carcinogens 217 that were toxic to the brain. So when we're talking about brain health, we really have to look at toxins. I mean we're being bombarded by toxins. The average individual out there has over 700 toxic chemicals that are that we can find actually in their urine. So this is a really, really big issue. And so I wanted to bring on an expert.

So my friend Dr. Jaban Moore is an expert and you can find him at DrJabanMoore.com But Dr. Jaban is a doctor located in Kansas city, Missouri. He works virtually with clients all around the world at age 25. He went from being an award winning top athlete in college to feeling like he couldn't even get out of bed. He went to a lot of appointments looking for answers, spent what felt like endless amounts of money on tests and appointments, but doctors only wanted to give him band AIDS. He later was diagnosed with Lyme disease and he dedicates his practice. So he was able to heal naturally and now he dedicates his practice to helping clients get to the root cause of their chronic illness. He specializes in Lyme disease and co-infections, pans and pandas, autism, heavy metals, parasites, gut health, mitochondrial support and other viruses and pathogens. So check them out at DrJabanMoore.com and we're gonna talk all about how environmental toxins impact brain health. So with that said, let's go right into the presentation. Dr. Jaban Moore, always great to have a conversation with you. I know you're a wealth of knowledge when it comes to environmental toxins. So really excited about this topic.



Jaban Moore, DC

Yeah, me too. I did an entire summit on this topic. So information from at least 40 different people is gonna be pouring out today and this is something that everybody needs to know about because there's more than 80,000 chemicals in the United States that are named that we're dealing with on every single day basis. And there is research coming out every single day showing that these chemical toxicities are in correlation with improving or improving with increasing chronic disease. Blue Cross and Blue Shield came out with a study recently showing a 400% increase in Alzheimer's in 35 to 40 year olds.

David Jockers, DNM, DC, MS

Wow 400% increase. I mean it's we have an epidemic going on and so let's talk about how environmental toxins, what they're actually doing in our body. How do they play a role in chronic illness and autoimmune conditions?

Jaban Moore, DC

So these chronically, well we're chronically getting them into us all the time. So this is affecting a multitude of things. This affects cellular health, it affects immunity, it affects uh neuro development. So one way that I want to talk about this, we're just gonna take it from, you know, conception on right here for a moment, there was a study done on mothers and mothers that had the highest amount of phthalates in their body, which is a plastic. So it's a chemical that makes plastic harder and it's a forever chemical is not gonna break down your body. Women that had the highest amount in a study. So they break the study into four different sections. Had a 7% decrease in I. Q. of their child. So this is decreasing intelligence and Children. And that was a study done. But then we look at also the fact that autism has gone from when I was a kid. I'm 36 at one in 5 to 10,000 kids to now it's one in 32. So we're seeing that it's affecting neurological development in just a birthing process, the development process there. So that's one way that these chemicals are affecting us that we're seeing.

And there's a multitude of other ways we're seeing decreases in fertility because certain chemicals like B. P. A. which is another plastic byproduct is getting into the body and it is what's called an endocrine disruptor. So we can of course go into some more of these different over time. But an indycar disruptor gets into your body and it blocks your hormones from being able to get to the receptor they're supposed to get to. So let's just talk about what that means. You have a receptor. So if you can visually see me, I'm also gonna describe it. You've got this little y I hear that you want to connect the hormone to and A B. P. A. Will get in the way of that and it will block it to where your estrogen, your testosterone progesterone, other hormones to thyroid hormones can't get that to that receptor. Therefore they're not telling your body to do their



appropriate job. So, for instance, thyroid you wanted to get to your cell to tell it to create energy, have a metabolism. And if it's being blocked then we're tired even though our body is making that hormone. And if you're paying attention, if you're looking around if you're like myself and working with patients, you're seeing a massive change in hormones all around us where deficiencies of thyroid estrogen testosterone is increasing rapidly.

David Jockers, DNM, DC, MS

Yeah, it's really bad stuff, you know, I know years ago I used to tell my patients when I would um do workshops in my office about the environmental working group and what they found in 2005 when they actually looked at the umbilical cord blood of babies. Right? So you think they should be as clean and pure as possible at that stage. And they found you know the average baby had 287 toxic chemicals 180 were known carcinogens and 217 were known to cause damage to the brain. So I mean, no wonder why you know now we're looking at that was 2005, 17 years later we've got so much autism, so many different mood disorders A. D. H. D. These Children are coming out already, you know full of toxins because mom is toxic and uh you know we've got tremendous health issues going on. And so you mentioned BPA You mentioned falla it's things that were obviously getting in, you know everybody's drinking out of water or plastic water bottles and things like that. What are some of the more overlooked toxins that are medical world really because people will talk about, you know we C. B. P. A. free you know all over the place. Although you know things that are B. P. A. Free aren't necessarily free of toxins. They're free of B. P. A. And we can go into that as well. But what are some of the more overlooked toxins that you know most people in society the media really is not reporting on.

Jaban Moore, DC

So you said 286 chemicals in the umbilical cord. And by the way they actually redid that study in Europe and confirmed it. So I was just like okay now we have double confirmation of this as an issue. But you know, I was looking through a yahoo one day and here's a picture of a frog and I was like that's a cute looking little tree frog. And the study that was done was Atrazine changed this frog from a male frog to a female frog. And Atrazine is a type of pesticide that they're spraying all over the place. I'm here in the midwest and they're spraying this on all types of crop that we're eating. So if you're not eating GMO or GMO free or not eating pesticide free or not organic, they're spraying this on there and that gets into your body. And although I don't know that there's a lot of great studies at this point on humans and what it's doing to us, I mean we know that it can be cancerous. There are a few but as far as changing us from male to female, I'm not sure on that one. But that's one of the things that we're seeing is our food supply has glyphosate on it as Atrazine on it has 24D on it, there's so many pesticides all over our food that it's talked about, there are people saying something's there's definitely organic food coming out.



But when clients are walking into my clinic, if they're not following your email list, if they're not on my emails, they're not getting a constant update of hey, these are the foods that are being soaked and pesticide, you know, gluten free became really really popular. There's gluten free everything now. Right. Well one of the conversations that I like to talk about is, well why is gluten a problem where there's a multitude of reasons and whether it's hybridizing it genetically modifying it. But there's also the problem that they're harvesting this stuff and then in Kansas city and Kansas here in Missouri, what they do is they'll harvest all that. And if it can't get into the grain silos they put it on the ground and when they put it on the ground they don't want mold to grow on it. So they pour denominated agents all over it. So you're soaking your grain and chemical right after it's being cut after it's already got pesticides all over it and then it sits and how long does it sit? It sits for a week, a month, a year. I've seen the same pile for a year driving by it on down the street. And then chemicals are being put in it by mold because molds still grow over time after that demon agent comes off of it. So now you have pesticides de emanating agents mold all on this grain before it even gets shipped to a factory to then have it broken down, added more chemicals to and then serve to you as a donut of cereal or something else. So I like to go through that because it just opens people's eyes to, you know, how do you get this grain? The seeds of grain that's outgrowing in your field to a donut? There's a lot of chemicals that go into that process.

David Jockers, DNM, DC, MS

Oh without a doubt. I mean we think about donuts as chemicals when you look at the ingredients, but there's a lot of things that are chemicals even before they become ingredients like you mentioned, you know, just the weed itself, right? It's just laid in with chemicals that are not gonna, you're not gonna find on the ingredient list. And so yeah, so I mean we're just we're being bombarded by these toxins and so let's talk a little bit about you know, mold and mycotoxins, you mentioned why we're using some of those chemicals, we don't want the for example, the wheat in this case to get mold and to get mycotoxins, but um you know in general we can find mold and mycotoxins on a lot of food that's out there and also just in our environment as well.

Jaban Moore, DC

Absolutely. You know, mold. In my clinic, chronic illness mold is one of the biggest things I talk about because this can just change the direction of your life in a few days for some people mold. If you move into a moldy house it will say it has stacking boxes, which is black mold. The dreaded black mold, Right? And you live there and you don't know it and you are there for a week, This can suppress your immune system. Their studies to show mycoflemmic acid, which is a

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mycotoxin from mold, is actually so powerful that it can be used as a medication to suppress your immune system. So you can have a transplant. So that's how powerful it is. And molds can grow on coffees, it's extremely common if you're not getting a mold free coffee that it's gonna have mold on it, it can grow in grains. So if you're looking at your cereals, it can do, it can grow on dry fruits, it can be in wine and it's not just that you see mold and you're like, oh, let me cut that little piece off.

Because if you can see mold, if there is a moldy spot like this on your food, that's a million colonies, it takes a lot of colonies for you to visually be able to see it. But from their out because this is the standard for removing it from there on sheetrock. If it's this big, you cut two ft around it on the sheetrock. So if it's on that little spot on your piece of bread? How far back into the bread and how far around does it go? And is it okay to probably have a little bit of that? I don't want people to be so fearful of mold that they don't eat anymore. You know we have to be realistic. There is mold everywhere to some degree but it's when it's in that very deep concentration. If I see mold on my bread the whole loaf is gone. I'm sorry. That's just the way it is. I know it can seem wasteful if I see mold at the top of my yogurt because my wife wanted organic coconut yogurt which means it's got to be a pretty quick. Well later there's a little mold on the top just scrape it off like no no no I work with people all day every day.

They have mold, we can't do that. So mold is a pretty powerful thing. It is super resilient. Its job is to go into your body and or into breaking down tissue. So it's going to break down trees that fall. It's gonna break down animals that have been or died in the environment. Right? So that's its job but it also protects itself very strong which is what those mycotoxins are and it is so protective that it releases toxins like penicillin. Right? So that you start thinking about what is an antibiotic. So it releases these mycotoxins that kill bacteria which we use as drugs which can be good. But that's another chemical now that we've been talking about for years, that's become a hot topic. Too much antibiotics will wipe out your own healthy bacteria and create a dysbiosis rate, a change in your body that leads to your digestive tract being off. Your digestive tract being off leads to your brain being off.

Because we're talking about brain on the summit. If your digestive bacteria are not healthy, they're not going to produce things like serotonin and dopamine which is gonna lead to depression, anxiety but mold also also can stress your nervous system significantly. It's the number one thing I see in my clinic putting people into fight or flight as far as chemicals and that can create those anxiety brain fog. I look when I see an organic acid test and I see multiple markers and the Krebs cycle or the ketone fatty acid oxidation cycles, it tells me that your energy system is not working properly. So your ability to make energy is not working. The number one



thing that causes that is mold. So mold suppresses mitochondrial function. And I'm just kinda rambling off all this information about mold but it's incredible what mold does to you and it's around us and it's on our foods and the food industry does not pay attention to it very well. And the home industry which we can go into deep into inspections. But your general air test, they stick in the middle of the room is unacceptable for a test for your home and if you want to go deeper into that? I'm always happy to go deeper into that.

David Jockers, DNM, DC, MS

Yeah I do want to go into mold, mold is such a big issue. And mold and mycotoxins they're neurotoxins and they're glial toxins as well where they actually damaged and destroy the glial cells which are kind of the immune slash lymph lymphatic cells of the brain that help to help your body to deal with infections, help your body get rid of toxic proteins and things like that through the lymphatic system and flush them out of the out of the brain. And when you're being exposed to mold and mycotoxins you can't flush and clean out your brain and you're driving up inflammation in the brain. So um there's a lot of associations between mycotoxin exposure and the accumulation of beta amyloid which is a plaque we see associated with Alzheimer's disease. Lewy body formation which is kind of the protein clumps that we're seeing associated with Parkinson's. So you know it's definitely something if you want to not have mild cognitive decline. Alzheimer's you know any sort of these neurodegenerative conditions really have to make sure you're not being exposed to mold and mycotoxins. Now if somebody is being exposed to say they have mold in their home, what do they need to do?

Jaban Moore, DC

Yeah. So 50 to 70% of structures that we build are estimated to have water damage. This was done by the E. P. A. So it's common. So we need to know this. So if you're out there this is a big one. And this can also cause so much inflammation in your body. Had a client come in just recently. Her blood sugar was 249 on three medications. Three blood sugar medications that could not control it. She couldn't get out of the house. So we did some of these things that you know where I'm going to go through now. We put air doctors in her house so we got air filters that were higher quality. There's a range of those and that's one of them. So we put air doctors home. We those owned her home. So we fogged it with ozone which helps to grab hold of those molecules and pull them to the ground. And then you have to clean it out right? So then you have to mop it up or you have to vacuum it with a hippo vacuum so that it actually can trap it because regular vacuums can't pick up all the more particles because they're just too small to flow right through it with those two things.



The ozone ng the vacuuming I guess three the air filtering we were able to reduce the amount in the home and her body went from 249 to it went to below 100 and 50 blood sugar. No diet change just by cleaning up the home, bringing down the stress and the inflammation in her system. And she was so dysfunctional in her brain when we met that I couldn't even have the new client appointment with her. I had to do with her husband while she was in the room. But she just couldn't cognitively be there with us After about 68 weeks. Now she's the one on the phone with my husband in the background just to take notes and things to help her. But now her cognitive ability is coming back so it's incredible. Now she wasn't in the perfect situation had she been in a different situation. What we would have wanted to do where she could get out of that home or at least make some changes to it. What I would have wanted to do is I would have wanted to run an army test. E. R. M. I. Test. This is a beginning piece for me. It's a dust cloth sample test. It's easy to do for you and you can wipe it up and then you can have somebody interpret it to you. It's sent to your home.

So simple. It's not as good as having a building biologist come into your home who is an expert mold inspector. And these people are not the same as the guy you call for your selling your house. These are the guys that come in and really do a detailed job. They're gonna do air samples inside your walls not just in the middle of your room, they're gonna do oyster testing. They're going to do dust sample collection looking for D. N. A. Of mold from inside your home. So it's very different than setting that air sample in the middle of room. And hope in a particle falls in it. Which by the way doesn't make sense. Some mold particles they float through the air really lightly. They're lighter than air. Others like stacking boxes. Black mold is heavy so when it drops a spore or mycotoxin falls straight to the ground that is not going to float through the air. So it's not gonna be caught at two ft height in the middle of your room. The difference between testing against the wall and testing in the middle of your room for mold is so significant that a few of my mold inspector friends have done this where they set up that machine in the middle and then they went in the wall and it was 100 times different in the amount of mold found. So I just always go through that so that when you call around as a consumer you're educated and you don't let somebody convince you that all the standard air test the middle room is good enough.

So I would do those testing and then when you find the mold if it's positive this is not a let's pour bleach on it. This is not some sort of um we just fog it or vinegar and we're done if it is in your sheetrock and you can see it, it is through the sheet rock and it is a two ft removal. And this is not something where you being sick already want to go just hacking away at your wall. You want somebody that's a professional to do this because they're going to create a a whole containment area where when they cut that out that that mold doesn't just go everywhere because if you can imagine, you know, sparkles if you've got a kid or if if you're that sparkle person, you like to put



sparkles and stuff once it gets into your seats of your car, on your clothes or in your chairs, it stays for a long time. It's really hard to get rid of. And you just keep finding it that's mold. So we want to make sure we remove this, that it's done properly with that containment center, that containment set up and it's taken out of your home and it's not allowed to air off into the rest of your house and get on everything else.

So we remove it after it's been removed, we have a small particle cleaning done in your home, which removes all that mold and from there we give some time when we retest. So that's the perfect scenario to clean up the mold in a home. But if you don't have that option, air filters are a huge piece and then make sure that you're doing something to keep the mycotoxins that are being pushed off from the mold and do not throw bleach on it, Bleach just makes it mad. It's you know, the mold itself isn't the toxic part, it's the mycotoxins. So if you leave the mold alone until you have the opportunity to deal with it sure is putting off a little bit of mycotoxin. But when you throw bleach on it you're attacking it. So now it's just going, it's just shooting all that mycotoxin out at you.

David Jockers, DNM, DC, MS

Wow. Yeah, good to know a lot of people are doing that. They're just putting bleach on it, trying to just clean up the darkened spot. But yeah, that actually just aggravates it. What are your thoughts on dry fogging it?

Jaban Moore, DC

So, dry fogging in a home is saying about ozone or you can do a vinegar.

David Jockers, DNM, DC, MS

There's different companies to like pure maintenance that does like whole house or they'll do you know certain areas where they'll dry fog.

Jaban Moore, DC

So my opinion on that is you got to remove the source first and then you do want to dry fog afterward because that's going to bring it to the ground and grab those particles and pull it to the ground. But I'm a fan of removing the source first. That is my key point because as I've talked to some of the best in the field, they just tell me that simply fogging alone is not removing the source. You're just removing what's in the air and you need to remove the source from creating more.



David Jockers, DNM, DC, MS

Yeah, so this is really good to know. And then a lot of a lot of times people will have the mold actually colonized, particularly in like their nasal sinuses, also in their gut. And you know, it's just releasing mycotoxins in their system, especially the nasal sinuses can get right up in the brain.

Jaban Moore, DC

Absolutely. You know, this is a major problem. You can do mark on testing in the nose where you take a swab into the nose and you swab around and you pull it out and you send it to the lab and they can test for if you have mold colonizing in your sinus, but also colonized inside your body. So I oftentimes will find on a GPL test signs of aspergillus or for Syria, which are two types of mold colonizing inside of your body, right? So they can be inside your digestive track or other places in your body and they're producing mycotoxins in you, even if you left the environment. So I've got people that all my college dorm room was bad five years later, they can't lose weight. Their brain fog depressed, anxious, just not feeling the way that they expected themselves to feel at 28, 27 years old, right? You shouldn't be to where your metabolism is shut down. You can't lose weight to where you're depressed and anxious because honestly I'm 36, thirty's have been the best years of my life.

So like it's been great and these people are just crashing and we go back and test them and sure enough mold in their urine. Like okay we need to run some other testing. Let's see if we can find mold in your home. We run an army test. We get a good building biologist their home, nothing. We look at their protest organic acid test and I go there's mold still in you. You brought it from your dorm room with you and now we have to remove that from your body using I use natural antifungal and I also use binders. So I use binders like car boxy from cell core or other types of natural binders out there to bind those mycotoxins. And then I use probiotics that are specific kinds of probiotics. Probiotics like mega sport or ct biotic or some of the brand names. I use there to actually grab hold of the gut and start having healthy microbiome that will break down some of those spores of mycotoxins and mold in your body.

David Jockers, DNM, DC, MS

Yeah it's so critical. And then you can also do like nasal sinus rinses right?

Jaban Moore, DC

Yeah so you there's a lot of different things out there. There's medication versions of V. I. P. Is a common medication you hear of that you do a nasal rinse with. I prefer to do things like X. Clear Argentinean 23 which is a silver. I've even used personally car boxy which is that binder. And I put that up my nose. And I've had some clients that have done that and seen some significant

changes in their sinus pressure. So sinus headaches, facial uh tenderness because they're getting that infection out of their nose.

David Jockers, DNM, DC, MS

Now did you do that with a Neti pot or what kind of how did you get it up in your nose?

Jaban Moore, DC

So you can do the nasal wrench with like the little bulb where you squeeze it and it shoots it up into your nose. I prefer the Neti pot and then I just lost the name of it. But there's a device you can purchase from your local pharmacy a lot of times that actually has as pressure where it will push water up your nose and then suck it out the other side nova I believe is what it's called. And that will help to just pull. And unfortunately if you're using binder and savage it's gonna wear it out a little faster. But you know what my sinuses are important enough to clean out and go through a nova or two over time. And as you clean out your sinuses it's gonna decrease the strain on your nervous system. So you're gonna start feeling a little less fight or flight which means like that that a tight shoulder, that anxiety feeling because your body feels like it's under attack from this infection in your face and your sinuses that the immune system just can't get to.

David Jockers, DNM, DC, MS

Yeah, and that and that also brings up a good point that chronic sinus congestion, allergies, um you know, headaches, things like that can be symptoms that you may have colonization up in those areas.

Jaban Moore, DC

Absolutely. And if you're having food allergies or chronic fight or flight, so chronically feeling overwhelmed and anxious, then this can be a sign that you have mold toxicity or are living in mold because when your body is so stressed out because it feels like it's living in a war zone because you're living in mold or you have sinus infection that is producing more mold or mycotoxins, your body, what I say, it gets into this shoot first, ask questions later kind of mentality. So it starts to identify foods that are not bad for you, that you wait your whole life as being allergens. So it identifies them as being something bad because it is no longer paying attention. No longer go. That's just broccoli, oh, that's just sweet potato, it's going, I don't know what's going on. I'm just gonna attack everything. So if your body feels that stressed out, figure out what is stressing it. And again, we're on the brain summit here, right? If you feel like you're declining chronic stress. So living in chronic states of stress like people that have been studied that have lived in countries that are going through war or civil war or they're under duress or

people with abusive situations that they're living in for years show brain functionality declining rapidly. So living in mold, same thing.

David Jockers, DNM, DC, MS

Yeah. So important. And so let's transition into heavy metals because that's a really big issue as well.

Jaban Moore, DC

Heavy metals. The first thing that comes to mind when I think about heavy metals is what are you drinking? Are you drinking tap water? So I hate to burst everybody's bubble out there, flint. Michigan is not the only place that has bad water. 100 and 63 million Americans are drinking water supplies that have radioactive elements in them. So this is uranium, this is Reagan radium, caesium, thallium, strontium, This can be in your water supply. And the article I read that on the first time was E W. G, which was done through research. The second place it was put on to yahoo, I was like what in the world? This is making big national news and media and that was for radioactive elements. It is extremely common to see arsenic and lead fluoride inside water supplies. It's actually fluoride added to your water supply. But arsenic is something that we're just not cleaning out nearly well enough and E W. G, which has its own standard of what is acceptable, I've seen 1200 times that standard on their website for a water supply saying Oklahoma. So it's incredible the amount of metals that are coming through our tap water. And that's just one place. And why does this matter? Why does heavy metal matter? Heavy metals get into your body? And they do a number of things. One thing is they can displace your normal minerals.

So minerals like magnesium, sodium, potassium, calcium that you require to be able to do normal function without magnesium. You don't make a teepee, which is your energy source. You have no go power, no gasoline for your body. That's what A T. P. Is. It's what your body burns as a fuel source. So it can also you can find things like mercury. You can find mercury in somebody's body which can come from a number of places. The number one place is dental. So if you have any sort of metal in your mouth and if you don't know, go to the mirror as soon as you get done listening to this, open up your mouth, shine that fancy phone of yours flashlight into your mouth. And look is there a dark spot in on any of your teeth? Right? So it could be that it's silver capped or some people got a little creative over the years and they will actually put a ceramic or white cap over top of mercury fillings. So if you have that in your mouth, you need to consult with a biological dentist. Because what's going on here is they put mercury in your mouth, which by the way, when you get mercury from a provider of this, so they send it to a dentist, it comes in a container that skull and crossbones on it. And if that were to be shattered that container on the



middle of the street, they don't just wash that off with the garden hose, they send the Hazmat team out. So then they take this stuff and they put it in your mouth and they harden it and as long as it's in your mouth, they say, oh it's good, it's okay. It's safe except for we know that's not true because it will off gas mercury slowly. So it will break down slowly in your mouth for over 25 years. As long as it's in there, it's gonna continue to off gas.

And then when they go to remove it and they tell you that, you know, once it's in you it's safe, right? When they remove it, they go through the same process as far as safety, right? So they can't just throw this in the trash, can they have to put it in a biohazard container that has to be then shipped to a biohazard containment site and then they have to know where that is forever because it is not something that we just allow back into our environment. Mercury is extremely dangerous and this is in your body. So I'll run a hair test on somebody seeing mercury levels. Elevate and go, do you have any mercury in your mouth? And Oh yeah, but some people say no. Some people like, no, don't have any, Never have. Okay, where else can this come from? Mercury can come from if your parents have mercury amalgams that can be circulating through their body, get into a child. This can cause issues with neurological development because mercury is neurotoxic. It is extremely neurotoxic. It's so neurotoxic that they actually came up with Mad Hatter syndrome as a diagnosis for dentists that we're putting mercury amalgams in people's mouths cause they were inhaling it, doing their job 200 years ago. And when they very first started doing this process, they knew it was bad back then, but they kept doing it. And then the other place you can get mercury is, if you are getting a lot of farm raised fish, it can be a wild caught fish, but it's higher concentrations than farm raised fish.

So if you're a person that loves eating a lot of fish, you've got to make sure that your body can handle the amount of mercury that's coming in from fish. I tend to recommend for most of my clients who are usually a little suppressed in their detoxification? No more than 1-2 servings of fish in a week, I've got some clients, I just had one call me from Korea. She's like, we eat tons of fish and I was like, what's that mean? Well, she's like four or five times a week at least. But it could be 7 to 10 times a week because it's fresh and it's at our markets and it's one of the lower costing foods. But her mercury level was supposed to be below. Let's just call it .4. I can't remember what that test range was. And she was about three times the range. So she would have been like 1.2. It was actually off the top of my hair chest chart and she had major energy function issues, major brain function issues, anxiety was going really high. A lot of paranoia, which is very common when you're dealing with chronic heavy metal toxicity in the body.



David Jockers, DNM, DC, MS

Yeah, those are definitely big issues. So if you're getting fish go wild caught lower on the food chain as well, not the big fish. So if you're looking at tuna, the albacore is going to have more mercury than the kind of chunk light. The smaller tuna and trying to get wild caught is very important there. And so that's really key. Also vaccines or another source of mercury, particularly like the flu vaccine. That's one that they've kept it in. Um And so there's some vaccines that people are getting that definitely still have mercury even though, you know, a lot of people will say all vaccines, they've taken the mercury out, which, you know, is not actually true.

Jaban Moore, DC

Yeah. And what they replace it with, as you said earlier, yeah, they replace it with aluminum, which is a known neurotoxin. And it is directly linked with Alzheimer's. So they see increased levels of the aluminum in Alzheimer's brains. So just because you know, people got together, threw up their arms and say we're not going to take these vaccines because they were like, well we'll switch it out and then we're just gonna put something almost equally as bad back in just to confuse you for another 20 years. Um No, no, we can't have that stuff in our bodies and our bodies are not designed to have heavy metal toxicities in it. And it's not something we pick up naturally from our environment. So our bodies don't naturally detox this metal. Well, so it's, you know, just like a lot of the chemicals we talked about today. We do not naturally detox this because that's the question I get a lot is are we able, aren't we able to just deal with this? Isn't this been going on for a long time? We're just now seeing the problem. No, we haven't been dealing with pallets. Bps mercury in our mouth. Mercury um from a few fish. Sure if you're talking about ancient times when we went out and we caught fish, but we weren't being bombarded by so many other toxins all the time that are overwhelming our systems and not allowing us to keep up. I mean, if you look around the lotion, use the shampoo. They have parabens in it. If you look at the detergents, the laundry's the soaps.

The I mean, I can just go down this list of what you're using if you can smell a chemical, right? And this is not an essential oil. Essential oils are natural sense. But if you can smell bleach, if you can smell a you know, little pod that you put in the laundry, that's because they're using artificial sense created by chemicals that are extremely toxic to to do that. So if your shirt comes out, it smells great, right? And you're not using some sort of essential oils because they embedded chemicals into your clothes that now when you put on your skin or just rubbing on your skin all day and you're absorbing that into your body. And many of these chemicals are Xenoestrogens and xenoestrogens are causing breast cancer, hormone regulation decreasing testosterone and men, men's testosterone on average is that population goes down 1% every year. And no, this is not a good thing. Some people like, oh, you know, men are aggressive, this is not a good thing.



When men's testosterone goes below 500 men start increasing the risk for every known disease that males deal with cancer, diabetes, every single symptom that depression becoming obese.

They all go up. Men's testosterone supposed to be above 500 today, a 30 year old male has the testosterone level of a 60 year old male in 1970. So we are collapsing quickly. Fertility has gone down, the sperm counts and fertility for people have gone down almost 59%. It's an incredible how fast this Zeno estrogen packed toxic world is affecting the ability to produce proper hormones. Pcos and women is going up where they're having polycystic ovarian cysts. This is this is just a major issue and it's from the chemicals and the toxins that you are seeing every single day that people like, oh this smells good, but it cleans the smell of bleach makes me think, clean the smell of bleach makes me think leave the building is toxic in there.

David Jockers, DNM, DC, MS

Yeah, yeah, yeah, absolutely. And for some individuals, they don't really notice the symptoms until really for all of us, till our bucket starts overflowing. So it's like we have this toxic bucket, all of us are kind of filling that up, we should normally have drainage pathways that are almost like little holes in the bucket that are kind of getting rid of these toxins on a regular basis. But if we're if you know, we're not living a healthy lifestyle, if we've got, you know, other underlying issues and we're constantly putting more and more of these toxins in those holes it can get clogged up. We don't drain out well and now the bucket starts filling up and then we notice symptoms when the bucket overflows. That's when all of a sudden your hair starts falling out all of a sudden you're fatigued. It's so hard to get out of bed. You have fatigue all day long. All of a sudden you have brain fog, you can't remember where things are. You have depression, you have anxiety, panic attacks, right? It's really an accumulative process and when the bucket starts overflowing when we're so bombarded by toxins. That's when all of a sudden we get the autoimmune disease or whatever it is. And so what can we be doing to make sure that our drainage pathways are open and also that we're not putting all these toxins in our body.

Jaban Moore, DC

Yeah I love this question because the first thing is you've got to stop the influx. So go to E. W. G. We've mentioned it a couple of times, download their app, scan everything that you have in your home. And if you can't change everything today, just when you run out of your next soap detergent toothpaste, when you go to the store scan with the WDS app and just look at it and go okay it's gonna give me a rating. It's gonna give me a 0 to 10 rating. I want to be in the green which is like a 23 on there and that's that app is telling you this is nontoxic. So stop the new stuff coming in and that's going to put you in a safe environment where your body isn't being stressed all the time when your body's not being stressed all the time, it can start to deal with

what's inside of it. So then we get into the fact that we've got to start increasing the energy in our body, right? So the mitochondria which helped to create energy which your liver has 5000 mitochondria Purcell.

Your brain has 10,000 mitochondria Purcell. And the mitochondria is one of the first things that gets damaged by these chemicals. So we've got to make sure that we are supporting them. So you want to make sure that your diet is using a little bit of fasting because fasting helps to take the stress off of your system, allows it to focus on cleaning and repairing. So I like to have people do something that's free which is let's just start working on intermittent fasting. I know you you're an expert in fasting, you've got books on it. So get in, get that book. Listen, you know, read it and start adding fasting into your system from there. Look at your diet, is your diet full of sugar and carbohydrates or is your diet full of whole foods with high nutrient density with low glycemic or sugar impact, right? So I like to get things that are, you know gonna be your blueberries, raspberries strawberries because they don't hit with as much sugar in your body. They still taste good. They're still sweet. I pair that with my eggs, my Grass fed beef, my chicken that way it's quality meats that are free range and that way my food isn't creating a insulin stress or a blood sugar stress on my body, which allows for my body to focus on instead of trying to bring blood sugar down all the time detoxification because your liver does a lot of that process.

So I'm trying to give things that are daily lifestyle things for you to do to implement into your life. Now let's get over to what I like to call the fun stuff where we start implementing supplements and activities. Right? So I love castor oil packs, which this all these sorts of things on my website and on my Instagram if you want to learn more about them. But Castor oil pack is using Castor oil, putting a nontoxic cloth with it, putting it on top of your liver, which is on the right side, right at the bottom of the rib Cage. And we just leave that on there anywhere from 20 minutes to up to overnight. And this helps to stimulate detoxification. And it's not taking anything. Right? So it's just a therapy you can do at home dry brushing which is brushing your tissues towards your heart which helps to drain lymphatic ducts which have no muscularity themselves. So you have to either move or actively do something to drain them. Such as dry brushing Coffee enemas are amazing little more invasive. Not everybody is up for it but it is the number one to look at increased glutathione by 700%. So if you're up for a coffee and it is amazing to drain out the liver and the gut supplementation. There's a lot of great ones. Milk. Thistle. N acetyl Cysteine are two of my favorite liver supports. I like a product called KL. Support from silk or you can do things like Tadka which is an enzyme that helps to increase bile salt production and that allows for the liver to make more bile bile helps to bind toxins and pull them out.



Emulsify fats and break down fats which helps with digestion and mobilizing toxins out of the body. And then we need to get some binders in their binders because we're living in an environment with non natural toxins that violates the B. P. A. S. the Atrazine, glyphosate. These are non natural. Our body doesn't have the system to pull it out so you add things in that is a great binder. You know I like bio active carbons like H. M. E. T. But you can also get apple pectin, charcoals, Z Lights and these things bind hold of toxins that are floating in your body that your body doesn't have a normal natural protein to bind with it binds those and then your body can grab hold of it and shuttle it out through your digestive process throughout through the excretion process in the bathroom and get it out of your body. So whether it's making sure your home is clean fasting to give your body an opportunity to focus on detox and healing, eating appropriate foods to give your body an anti inflammatory body so that you're not clogged up so you can detox stimulating with milk thistle in a sea or tadka to support the liver and gallbladder and then binding it so that you have that tool to pull to bind and pull out. It's a process that you can you can also do any one of these steps and get some success.

David Jockers, DNM, DC, MS

Yeah and then that's so important and that's so well laid out there. So we want to reduce our exposure and then we want to sort of open up our detoxification pathways. Obviously taking good care of our diet, taking good care of our microbiome and then using some of the compounds like you talked about liver support products like milk, thistle and nettle, Sistine dandelion ginger. These are great herbs that really helps support liver tadka you mentioned for helping support bio flow um you know you can definitely do that uh you know and then binders right? Getting good bio active carbons, things like that to help grab hold and pull the toxins out of the body. So really great summary there and we could talk all day about this topic. It's so important. But Dr. Jaban where can people find out more about you and learn more about these strategies that you use?

Jaban Moore, DC

Yeah. So I tried to keep it simple. My website Instagram, Tiktok and Facebook or Dr. Jaban Moore, My name is spelled J A B A N. I think I'm the only one doctor gave more out there so you guys can find me there. I'm putting out free content every single day just trying to educate because hey, I was chronically ill. I've been there. I just want people to be able to live their best life awesome.



**REVERSE BRAIN
DISORDERS**
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David Jockers, DNM, DC, MS

Well thanks for all the great work that you're doing. Thanks for taking the time to do this interview and hopefully you guys enjoyed that. Check out Dr. Jaban Moore's website and we will see you guys soon be blessed everybody.

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