

LUPUS and Autoimmunity SUMMIT



Detoxing with Autoimmunity

Guest: Bridgit Danner

The contents of this presentation are for informational purposes only and are not intended to be a substitute for professional medical advice, diagnosis, or treatment. This presentation does not provide medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Dr. Brent Caplan: Hey, everyone, and welcome. I am Dr. Brent Caplan from the Caplan Health Institute. And, today, I have the pleasure of introducing Bridgit Danner. Bridgit Danner is a licensed acupuncturist and a certified functional diagnostic practitioner. She personally developed an environmental illness due to mold in her home. Already experienced in hormone management and nutrition, she became acutely aware of the powerful impact of the environment on her health. She has since healed herself and is passionate about educating others on this topic. So, welcome, Bridgit.

Bridgit: Hi, Dr. Caplan. Thanks for having me.

Dr. Brent Caplan: We are excited to have you. So, throughout the *Lupus and Autoimmunity Summit*, we have talked about different triggers to autoimmunity. Today, we are going to talk about toxins as a trigger and how to limit toxic exposure and how to detoxify our bodies. Exposure to toxins along with carrying a toxic burden from not being able to detoxify can trigger flares and perpetuate autoimmunity. So, Bridgit, can you tell us how toxins are a trigger for autoimmunity?

Bridgit: Yeah. I wanted to explain some of the mechanisms and, I think the truth is, we probably don't fully understand autoimmunity yet, but we understand it a lot better but it keeps increasing in our society, too, so I think it is still a work in progress. But, I think, some things we know is there is an immune reaction. And the first stage of immune reaction before antibodies are

produced is just inflammation. Inflammation is a way of dealing with foreign substances and insults to the body. So, most external toxins in the environment, chemicals and molds and heavy metals, create inflammation in the body. So, they are creating that immune reaction and that kind of heat in the body. So, autoimmunity develops over many years, right, so you could be in an inflammatory state for many years and just kind of taking your Advil and eating the American diet and not realize you are developing an autoimmune disease. I think it's a trigger, as you mentioned, and it can also cause a flare-up later if you are exposed to something and you are unaware of it. So, that is one reason.

Another thing in autoimmunity that we are pretty sure about now is the leaky gut is a part of it. And toxins, whether they're toxins that your body is or a biological agent is producing, like infections that you have and or molds, or if it is things like glyphosate, the most common pesticide here in the US, that can help create an environment of leaky gut. So, the toxins there, it is not just what you eat, it is also kind of the quality of food you put into yourself and infections that you have. Those can be contributing. Toxins can directly dysregulate the immune system the hormonal system, all that kind of internal confusion can contribute to autoimmunity. And then the inflammation and just basically foreign material in there can disrupt cellular communication, inflame cellular membranes. So, things just aren't communicating as well, and signals could get crossed which is kind of what autoimmunity is.

Just a couple of last things, dealing with a toxic load causes nutrient depletion of specific nutrients that you need to detoxify or to digest, so that's a mechanism. And then, lastly, like you mentioned, just toxic load. Like if there is just more than your body can handle because your systems are depleted or there is just too much, that can be also just a trigger of chronic inflammation and immune reaction.

Dr. Brent Caplan: So, you mentioned, kind of the last thing, having this toxic burden, which all these toxins which are triggers -- don't our bodies just naturally detoxify ourselves? I mean we have our liver which is our detoxification system. What causes this kind of toxic burden that some people deal with?

Bridgit: Yeah. I like to answer this question because I think it is common one. It is sort of, frankly, a common misconception and even your own physician could say it to you. If you ask your physician, "What about toxins? Should I detox?" they just may say, "Well, your body detoxifies itself." I would [inaudible] actual toxins. It is a very specialized field of study. I don't think anyone is getting it in traditional medical school. So, yes, your body does detoxify but, due to some of the things we mentioned, just the burden, the

amount of chemicals that are in our environment that were never here before that we're exposed to throughout the day, even if we are trying to have good habits.

You and I, just already today, have been exposed to a number of toxins. There are over 85,000 registered chemicals in the US, not all in use currently, that is just how many have ever been registered. A static from 2012, 6 million pounds of pesticides were used worldwide. There is that famous core blood study that newborn babies being born had 287 chemicals found in their core blood. So, those are just a few examples of just the amount of chemicals we are exposed to.

I just don't think, A, our bodies were ever designed performed at this level, like a high-performance job. And at the same time, we are feeding ourselves worse than ever, we're more stressed than ever, so those same organs, like our liver and our kidneys that are supposed to be detoxifying may not be getting the nutrients they need to detoxify. We are moving less than we used to. Movement helps detoxification. We are breathing more shallowly. We are not sleeping as much.

So, it is sort of like the load has increased and the systems that we use are weakened, so I do think we need to detoxify. Everybody does. We all need to be more aware of it, even if you are in relatively good health because, as we talked about earlier, diseases don't just develop overnight, they develop over a long time. I do think that there is, hopefully, a growing awareness about this concept of detoxifying every day and just lowering that toxic load does have value.

Dr. Brent Caplan: It is really kind of unbelievable, the exposure we have. I know the kind of average woman leaves her home with exposing to herself over 200 chemicals before she even leaves her house with the shampoo and the conditioner and the body wash and the lotion and the hairspray and all the other creams and makeup and I could go on.

Bridgit: Yeah, and the coffee and the coffee cup and the breakfast cereal, yeah exactly.

Dr. Brent Caplan: Yeah, so many. And, also, being, we are both located in the United States, I know the European Union outlaws certain toxins that we allow here in the US. So, there's things that are allowed here that are outlawed in other countries. So, when it comes to detoxification, that you have talked about – You know some people hear the word detox and they think it is very extreme, you are going to be sitting on the toilet all day. How can we just detoxify safely and effectively?

Bridgit: Yeah. This is another big one that I like to address because I didn't realize when I started talking more about detox that that word meant a lot of different things to a lot of different people. Sometimes I tell people, I work in the detox field, they think I work at a like a heroine recovery center whatever, opioid.

That is a kind of detox but not the kind I am talking about. Or there are also things you can buy on the internet to like lose weight fast or detox for a drug test. So, the term detox can be used in a lot of settings and it can be really extreme and short term, doing a master cleanse or a juice cleanse. I am not necessarily saying that those things are bad, but I just want to redefine, I guess in my terms, what I consider detox. I consider it to be four things.

One would be toxin avoidance and we will talk more about toxins in your home, toxins in your yard and your workplace to look for. Another would be to support the detox organs like we talked about with nutrient dense foods, getting enough water. This is really just safe and gentle, just giving the body what it needs.

Then a little bit more advanced is thinking about mobilizing toxins through movement or sauna or that kind of thing and lastly thinking about binding toxins which is something that may be a new concept to people but, as we mobilize toxins and increase detox, we want to make sure that toxins are leaving the body and there are some ways to do that through supplementation and other methods.

So, those are kind of my pillars of detox and those are things we can be doing every day to different extents. So, there are good times to do a short-term cleanse. We used to do in my clinic like a 3-week group cleanse that had some supplements for detox support, a really clean diet and, honestly what I found was the biggest take away – I mean it certainly took burden off the body and supported the body, but it got people just packing their own lunch, learning how to cook a piece of fish.

There are times like that where I think it is good to get out of your normal routine and just be clean for a while and learn some new things. We don't learn new habits by doing the same old thing. So, that is kind of one of my favorite things about a short-term kind of general detox.

There can be more specific detoxes. If you do find out that you have heavy metal in your system or mold in your system, you want to go after those factors safely and with some guidance and with some specificity to detox

actually what you are focused on. So, I guess I would say that for everyone there are some general detox concepts that we can all employ and talk about.

And, mostly, you are not going to have side effects as long as you are not too extremely toxic or pushing things too hard. When you are more toxic and you need to push things a little harder, then it is a bit more of a balancing act where, in my opinion, you sort of want to get close to that edge where it is a little too much but you don't want to hit that edge. Because if you, through detox, recirculate more toxins than you can handle, you are just being re-exposed all over again. There is really no benefit. It is not like a no pain, no gain situation. You don't want pain. That means you are detoxifying too quickly.

Getting into a little more advanced stuff, there is more caution to be had, but just for everyday stuff – I have had a lot of people ask me, “What if I'm breast feeding? What if I am this or that?” If you are just doing general supportive daily detox, that is really safe for a lot of populations. It is only when you get more specific that you need to be more careful. And you do need to be careful of things like breast feeding or if you are trying to conceive.

But, again, we can talk more about that, but it definitely doesn't have to be dangerous or extreme. It doesn't have to be expensive either. There's a lot of things you can do at home and it is just part of your routine that are going to support whatever symptoms you have got coming on now through autoimmunity or what have you and also just prevent things, more serious diagnoses down the road.

Dr. Brent Caplan: Yeah. So, it seems like with detoxification we are really classifying it as some things can be a pretty intensive therapeutic intervention, optimizing certain pathways, but other aspects of detoxification it sounds like you are talking more about just long-term lifestyle changes like reducing exposure or making sure we are sweating, eliminating some toxins every once in a while.

So, it is not just an event, but it can really make it into part of a healthy lifestyle. So, getting into that, what are some more long-term lifestyle things that can play a role to help limit exposure to toxins? What types of things can we do around our home to start to reduce our toxic load?

Bridgit: Yeah, maybe I will start, Brent, with like the categories and if you want me to specific ones deeper because you know your audience will like those, I will do that. Yeah, so in the kitchen, I would say, when you are cooking, thinking a lot about plastic exposure and how you store food and what you cook with is a starting point.

In the pantry, not just thinking about food quality as far as like it being nutritious but also having it be organic and low toxin and stored in a way that's exposing to less toxins. In cleaning supplies, it's such an easy one to switch, but it can be so dangerous when you don't switch it, it can be incredibly toxic. Cleaning supplies are an area to look at, avoiding fragrance and really strong compounds that can go airborne.

Beauty products, like you mentioned before, we use so many of them but there are so many options now that – they've been tested for heavy metals or they're free of parabens or they're free of fragrance. All those things are different hormone disruptors or chemicals that can cause weight gain or triggers in autoimmunity. So, beauty is a category.

The medicine cabinet is a category. All over the counter medications, prescription medications are synthetic, and they deplete nutrients and they can have other negative effects. I am not saying to go off anything. I just think it is something to be aware of because, often, we will just reach for whatever over the counter medication that we are used to and there could be an option that doesn't have food dyes in it. Most of them are colored, right? It is not going to deplete nutrients while you take it or cause side effects. So, that's an area to kind of check. And again, there are many easy replacements that are more natural for little over the counter remedies.

Your garage is a giant place of toxicity. That is one that I am not as much of a specialist in. What you spray on your yard, what you use for different household jobs can be incredibly toxic. The garage itself, if it's attached, you can have fumes that enter through the garage, so it is something to think about as well.

We can talk about air quality. Air quality is a category. Indoor air is dirtier than outdoor air nowadays. It is something to think about. Water quality, no matter where you live, is a question mark you should have. And then, lastly, mold, which is what I got sick with in my own home. It is an extremely, extremely dangerous toxin that is very much a trigger for autoimmunity. I found that I had Hashimoto's and found out I had mold a few months later. I think that trigger was affecting me for many years.

So, yeah, those are all places to check. I just encourage people – everyone is in a different point in their journey, like some people have already made a lot of changes but they are still thinking, "I really kind of want to buy a water filter." Or, maybe, they are just starting all of this and feel overwhelmed. You just start with where you are and just start with one thing.

So, if you still are using a lot of plastic in the kitchen, it is an easy place to start to just kind of do an assessment and get some stainless-steel containers. Get some class containers. Get some stirring spoons that are made of wood or bamboo.

And, just know like every little step you take is moving you in the right direction. I think another common misconception is, “Oh, well we are all doing these things and it’s all fine. And, it’s too much of a bother.” I wouldn’t say that. Your neighbor could be using glyphosate and Febreze and all these things and you’re not and you’re definitely getting a much lower toxic load to make those changes. So, even if it seems overwhelming and nobody in your neighborhood is doing it, it is actually easier than you think, and it is worth the investment for your health.

Dr. Brent Caplan: Yeah, absolutely. I mean, once you make a change in a product and you find what’s going to work for you, all you have to do is get that product instead of a different product. It is really an automated thing. Or if you have a water filter, you just get it once, there might be some upkeep.

Bridgit: Right.

Dr. Brent Caplan: Yeah. So, small, simple changes. I really love that. What type of symptoms might someone have if they do have a toxic burden?

Bridgit: Yeah, this is a bit of a tough question to answer because it is so broad, but I would say it is broadly symptoms of inflammation and those could be many. That can be headaches, skin rashes certainly, when there is too much of a toxic load, we can push stuff out through our skin. But even like a diagnosis of autoimmunity with all its various symptoms can be an indicator of toxicity because toxicity is a trigger. There can be very acute cases of toxins creating symptoms acutely, right, like in a chemical weapon or something like that.

But, mostly, it is more insidious. It’s just kind of operating in the background, disrupting your hormones, and causing inflammation. So, you mentioned to me, off the air, it can be kind of a chemical sensitivity that develops. Like, I can’t either, I can’t go into like the cleaning aisle of the grocery store because there are so many strong fragrances in there that it will cause pretty quick inflammation for me. Yeah, I mean there are a lot of symptoms. Outside the conversation of autoimmunity even, just fatigue, poor recall, depression, anxiety, insomnia, again just kind of that inflammation disrupting various systems of the body that kind of make daily life harder.

Dr. Brent Caplan: So, if we believe that we have a toxic burden or potentially, it may not be an excessive burden, but we are being exposed to a lot of toxins. What simple ways can we do to start to detox our bodies?

Bridgit: Yeah. We can kind of start with these simple ways that I think are pretty safe for most populations. One thing I got really into again when I was at my sickest was dry brushing which is an old kind of traditional Ayurvedic technique using like a natural bristle brush. You can buy one at your natural grocery store. We sell them.

You basically stroke your skin toward your heart before you get in the shower. It's a dry brushing and that moves lymph. And lymph is a fluid that is sort of the garbage man of the body. So, here we are hitting that mobilization aspect of detox. It is very energizing. It has some benefits to beauty and cellulite and kind of usefulness.

But it also gives you a little bit of energy in the morning which is nice when you are chronically ill and moves that lymph, so it just gently supports detox. I will often do that and then just do some squats because that moves a lot of lymph and blood as well, maybe do some arm circles. It can take 3 minutes, but it is just an investment into some daily detox. That is one of my top three.

Another one my tops is sauna. A sauna can be a little bit accessible in a way because you think, "Oh, I have to buy a sauna." But you can actually use a sauna at a gym. A lot of gyms have a sauna and many of them are very inexpensive. If you find that you benefit from it and you want it more convenient, you can consider buying one for your home. But using a sauna a couple of times a week was a huge help for me when I was at my sickest. Instead of just focusing on diet, focusing on some of these lifestyle things that again might move lymph and blood, get us detoxing out through the skin. You are detoxing through your sweat but also your urine and stool will have increased toxic clearance so you can use sauna. And, if you can only tolerate only 5 minutes or low heat or whatever it is, you just start with where you are.

And you may want to consider using a binder like we mentioned briefly earlier along with your sauna experience. There are certain ways to kind of soup up your sauna experience where you are just making sure you use a binder afterward to kind of help track toxins that are moving out. It's not required but it is a way that you can kind of enhance your experience.

You could also think about doing glutathione antioxidant before your sauna or doing an electrolyte drink while you are using the sauna are some ways to kind of make the experience more fancy. But is also fine to just go into your

24-hour fitness and just get some sweat on. So, I really love sauna as a technique.

I do some green juicing. I do a really simple recipe with lemon that alkalizing and go for detox, cilantro, greens, and a sweetener. I usually use honey. So, I make that really clean drink. It supports the liver. Again, it kind of supports the detox organs and it gets us hydration so that is kind of also in my top three. We have that recipe on our site. It is super easy to do.

Again, it only takes a few minutes but, if you can get in the habit of adding that to your routine, maybe instead of coffee, maybe at least along with coffee. We can get very dependent on certain things to give us energy, like sugar and caffeine, but if we can use things like movement and hydration, we can actually get energy from that pretty quickly without having to rely on those more toxic options. Coffee can have a lot of molds in it and your liver has to process it. Not to pick on coffee too much, but it is just sort of coming out.

So, there are a few of my top few. Also, you can use techniques like castor oil packs. Again, there is a little bit of a learning curve, but it is not that hard. There are videos right on YouTube. It takes about 20 minutes, but you can be reading a book. You can be relaxing at the end of the day. It kind of helps stimulate your liver and pull out toxins. You can add essential oils to that.

There's some essential oils that are really nice to do for detox and you could do it while you do a sauna or a castor oil pack or you could just do it to the bottoms of the feet at the end of the day. I love rosemary. It is supportive of the liver and the gut. Juniper is another nice one to open up detox pathways. If you are sickened like I was, I was having trouble breathing often. I was congested, something as simple as peppermint is an antihistamine that can give you some relief and kind of just again, create some mobilization. If you are congested and you can't breathe properly, you are not getting as much oxygen to your tissues. So, essential oils can be a nice way. That's kind of a start. I have some supplements, too, Brent, if you want me to mention those. I am not sure where you want to go.

Dr. Brent Caplan: Yeah. Definitely. Go for it.

Bridgit: OK. So, a simple one that I actually really loved in my detox journey is fish oil. That's like trendy right now, but it reduces inflammation in your brain and your gut. I usually do a liquid because you just get more quantity. So, just doing like a spoonful a day but you may want to do it two to three times a day if you're in a flare and it can really be helpful, at least I found it so.

Kind of a similar fatty compound is phosphatidylcholine which, again, I do as a liquid because it is more potent, but it can kind of benefit your cell membrane and kind of reduce inflammation, benefit communication right at the cell. It has a special affinity for the brain so, if you feel like you are in a fog, you have poor recall. The brain very much affects the rest of the body, obviously, so if we can decrease inflammation in the brain, you are going to tend to feel clearer and systems work better. So, again, I would do more when I am in a flare but, you know, other times, I may be doing it every other day or less often.

I have also found CoQ10 to be helpful for energizing and kind of resetting the body. I use the brands that really helps to get into the cell well. It is subtle. It is not like a boost of caffeine type energy but it just kind of helps to do some of that deep repair on a cellular level and get you some more energy there. This is not as much of a supplement but let me skip to a more supplement. I use some gut supplements that really seem to help kind of, again, bind to toxins going out. So, there's different types of toxins. There's biological ones and then there's chemical ones, so I find the immunoglobulin supplements are the best for biological toxins. So, from infections in your gut or from mold. So, I use some immunoglobulin supplements for binding.

Then I also use other binders like – we use a blend, so it has like charcoal, Zeolite, pectin. Different binders help bind different substances. So, if you don't totally know what you are dealing with or you want to hit on a lot of points, you can use a binder that has more than one agent to help pull out – most of us who are chronically ill, we have kind of a whole tangle [inaudible] triggers and symptoms, so using some binders. Some of them need to be taken away from meals so I will just like do two at bedtime and it just kind of helps clean up over night and seems to help keep little symptoms down as well. A binder is not like it's putting the toxin like in jail though, it is still moving through your blood stream.

So, occasionally, for people using a binder is not a fit, it stirs things up. So, everybody is different. The more cases that I have, the more I find that. Even though, for me, I have never had a negative reaction to a binder, I have had some people have negative reaction. Again, it is not a perfectly – I've not a perfect bind so your body is still being a little bit exposed on the way out, so just a little note of caution. But, for me, binders have always been really helpful.

Dr. Brent Caplan: Yeah, that's been some amazing information. I think some really, really great takeaways that the listeners can really utilize that can be very, very helpful. Also, what I want to get into is the testing that's out there to

look at potentially these toxic burdens that we have. So, is there any certain testing that you recommend or you utilize yourself in your practice?

Bridgit: Yeah, there is some that we offer and that I recommend. I will kind of give you the whole thing to think about. We are all toxic in some different ways. You may have more arsenic and I have more mercury, but we are all toxic. So, if you just don't have the money right now to do further testing, there's so many detox techniques that you could get into, again, just moving slowly that, I think will generally be safe for 95% of people. So, just keep that in mind.

But if you are having really acute symptoms, things like muscle twitching, muscle wasting, losing motor function, suicidal thoughts, you can't think, you are on disability, things are just happening rapidly or, perhaps, you are like I was when I found out, you are doing a lot of things right, you are doing all these healthy habits and still not feeling well, that's usually, to me, a time I say, "You might want a test." You might just want to know if it's in there.

Also, if you suspect mold in your body, I think it is helpful to test because it gives you a baseline of where you are at. The baseline can be a little off though because, if you are so weak in your detox pathways, we do stimulate for a test to try to get more toxins moving out, but sometimes you can get a little bit of a low read because the body just even participating in detox so there isn't as much coming out in the urine. So, urine is one way we test. You can also test the hair for heavy metals. But urine is like the biggest test we offer for detox. We can test for mold toxins. We can test for glyphosate. We can test for different chemicals. Again, I think everyone's going to come up with something and a lot of the treatment is the same, but at least you sort of getting a starting point.

Another good time to test is if you suspect something in particular like you are in a line of work where you think you have been exposed to something and that's when your health started to deteriorate. It's certainly interesting to know. I would love to test everyone of my clients for every single thing I possible could because it is just interesting to know, and it gives you something to go on. But, yeah, we offer that. Another test that we sometimes run is a nasal swab test for an infection in the nose of mold that leads to a chronic staph infection in the nose which depletes your immune system.

So, that's another test I learned about over time that, if anyone is positive for mold, I definitely run this nasal test on them. That's mostly it. There aren't a ton of tests now. You can run also like a blood test to see if you are susceptible to toxins. You know genetics tests may help with that as well. We

don't do as much genetic testing in my practice, but it could be a good compliment.

One question people might be having is, "Can my doctor run these tests?" Mainly the answer is no. They just can't even get access to these urinary tests for toxins. They're just not kind of in the medical mainstream system. If you see a functional ND, they may be able to run a few blood tests for you for inflammatory markers, but, mostly, it has to be out of pocket testing. If you are like me, we have a health savings account card that goes with our plan.

I like it because it's a lot of money that I can spend pretty loosely on things I actually want, like certain kinds of testing that I want. So, it is an option. I think you just have to ask yourself, "Am I at a point where I just really want to know or am I at a point where I just kind of want to make some of those changes in my home and my lifestyle first?"

Dr. Brent Caplan: Yeah and let's say, looking at the environment as a trigger like mold that you had and, I know you kind of had to do a whole lot and move out of your house because it was really making you sick. So, if people see that their family is getting sick, is there any environmental testing that someone can do in their home?

Bridgit: Yeah, yeah! So, yes. So, specifically for mold, there's kind of like 4 different ways to test. So, if you own a home, you might want to get a mold inspector to come out and they can check for moisture in the walls and kind structural errors that would lead to mold, visible signs of mold. They can test drywall samples and air samples. Air samples can be incorrect because they really have to agitate the air to move the mold and it has to be in the right area. But drywall samples can be very correct if they take a piece of moldy drywall away. So, that's one way to do it.

You can also do kind of a vacuum/dust test where you kind of do something to your vacuum. Vacuum up dust and there's going to be mold spores and stuff in there and send that off to a lab and run an ERMI test which kind of lets you know the level of threat in your home. There is also a dust test for micro toxins which is what we ran. I was happy with it but now I would maybe recommend the ERMI test a little more.

So, it tests for the actual micro toxins that molds give off that makes you sick. So, you collect dust from like behind your fridge and send that in. Then the last option is to do a plate test which grows mold on like a little petri dish. I used to not recommend that one either, but it is very affordable and there is a company that does it with an analysis where you get to talk to them and then you could put plates in your car and various rooms of your house.

So, if you are renting, I think that's a great option. Or, if you suspect it at work, it's a great option because it is affordable, and it lets you know what might be going on in your work place. So, that's kind of for mold.

Beyond that, you can do like a building biologist to come to your home and analyze things. You can test your own water from home and get it tested for things like actual like pesticide residue and prescription medication residue. You can also get tested like in your county or whatever, but it is not going to be quite as extensive as getting it at home. So, that test is called, I think it is called mytapscore.com. So, there's various options depending on what you are up against.

We didn't talk a ton about air quality. I don't know off-hand any tests that are like comprehensive for indoor air quality, but I do kind of know what to look for that generally could be causing a problem. Then, just like keeping your home really clean. Toxins are stored in dust, keeping your house clean, opening windows. Having fresh plants. Getting a better-quality filter for your furnace and your AC is a good place to start. Then you may want to consider more like a specialized unit for cleaning the air like in your bedroom or certain rooms of your home.

Dr. Brent Caplan: Yeah. We do that ourselves. You can see our air filter right back there [*gestures to the rear*].

Bridgit: Oh OK.

Dr. Brent Caplan: I spend a lot of time in my office and so really the air we want to make sure the air quality is good is in my office and also in our bedroom.

Bridgit: Yeah, exactly.

Dr. Brent Caplan: Thank you so much. There has been a ton of great information, looking at testing. I know testing can really do – we do a lot of this kind of testing can lead to a comprehensive diagnosis, so it is great that you do that. Looking at a simple take away of lifestyle changes because we can't always fit into this plastic bubble and be bubble boy and girl so understanding how to do simple changes are really important. Then you gave away some great gems on how to detoxify our body, so I appreciate all that. Thank you so much for being here.

Bridgit: Yeah, your welcome. We definitely just scratched the surface. There is a lot to learn but I would, again, just say, go slowly. Don't get depressed about
© 2019. All rights reserved.

it. Try to have fun with it. It involves some shopping which can be fun and just learn little by little. I mean it is really, as you probably know too, even if you know a lot, there is still more to learn so just kind of keep curious and, I think that everyone will reap the benefits.

Dr. Brent Caplan: Yeah. Thank you. This has Bridgit Danner from bridgitudanner.com. And I am Dr. Brent Caplan from caplanhealthinstitute.com. Thanks for listening and we will see you next time.