



## **#618 The 4-Step Process to Resolve Long Covid and Chronic Fatigue Naturally | Evan Hirsch**

### **Dr. Wendy Myers**

Hello, I'm Dr. Wendy Myers. Welcome to the Myers Detox Podcast. On this show, we talk about everything related to heavy metal and chemical toxicity, and the health issues caused by these toxins. We talk about bioenergetics and more advanced topics in biohacking, anti-aging, and just things that interest me and that I think will be helpful for you to hear. Today, we have my friend Dr. Evan Hirsch on the show. He's gonna be talking about chronic fatigue syndrome and long COVID, what the main causes are, what the symptoms are, and his four-step process for going through relieving chronic fatigue.

I was really shocked. He said that 10% of people suffer from chronic fatigue syndrome, and people who have had COVID, 20 to 25% of those go on to have long COVID symptoms that can last for months or even years at this point. He's got a five-step process to alleviate that. We're gonna go into what all of those are, including heavy metal detoxification. This is a really, really good show. If you feel like you're suffering from chronic fatigue, if you've gone to doctor after doctor and you just can't seem to get a handle on it, they don't really know what's causing it, or they say your labs look normal, if you feel like you're just more tired than normal, I really want you to start paying attention to that. Don't ignore your body being tired and continue to do the caffeine all day long, or pop an energy pill or whatever you're using as a stimulant. A lot of people use sugar as well. I really want you to pay attention to that because if

you ignore that symptom for long enough, you could eventually find yourself in that 10% of people who are dealing with chronic fatigue.

Our guest today, Evan Hirsch, MD, also known as Energy MD, is a world-renowned fatigue expert. He's a bestselling author and a professional speaker. He's the creator of Energy MD Method, the science-backed and clinically proven four-step process to resolving long COVID and chronic fatigue syndrome, which is also known as ME/CSF, naturally. Through his bestselling book, podcast, and international online program, he's helped thousands of people around the world resolve their fatigue. He's been featured on TV, podcasts, and summits. When he is not in the office, you can find him singing musicals, dancing to hip hop, learning languages, and traveling with his family. You can learn more about his work at [energymdmethod.com](http://energymdmethod.com). Evan, thank you so much for joining the show.

### **Evan Hirsch**

Wendy, thanks so much for having me on.

### **Dr. Wendy Myers**

Why don't you tell us a little bit about yourself and why you're focused so much on chronic fatigue?

### **Evan Hirsch**

I had my own experience with chronic fatigue syndrome back in 2010. It lasted about five years. It just about destroyed my life. I had a big brick-and-mortar functional medicine clinic at that time, and I couldn't get myself better. I was napping under my desk. I felt a lot of shame because I couldn't get myself better. I had replaced all of my deficiencies in hormones, vitamins, minerals, mitochondria, and lifestyle habits. I still wasn't better. So I went on a mission to figure out what else was going on, and what I came to after doing this work was that there are really five main toxins and infections that need to be addressed. I call them the toxic five. It's a combination of heavy metals, chemicals, molds, infections, and nervous system dysfunction. That's really at the root of everything.

That became my mission to bring this to the world, and then consequently, moving from chronic fatigue syndrome or continuing to do that. But then we were very well positioned for COVID when people started getting long COVID and post-acute sequelae to SARS-Cov-2 with these symptoms that they couldn't explain, that we're persisting, that weren't going away. That became my mission, and that's the work we're doing today.

### **Dr. Wendy Myers**

Long COVID is a big problem, and a lot of people are dealing with that. I have a cousin who's dealing with that as well, so she'll be interested in this podcast. Why don't you tell us what that is exactly? What is long COVID?

### **Evan Hirsch**

It's persistent symptoms from the COVID virus. You don't have to have a positive test in order to have it. The testing is highly imperfect. If you've had a viral illness since 2020, and since then you've got persistent symptoms and there are over 250 different symptoms that you could potentially have. But the big ones really are fatiguing to the point of exhaustion and having post-exertional malaise, where you exert yourself and you feel worse, brain fog, where cognitively you're just not thinking the way that you used to, body pain, and sleep issues. Those are like the big four and those symptoms need to persist for longer than two to three months. And if that's the case, then it's highly likely that you have long COVID.

### **Ads 05:29**

This show is brought to you by Bon Charge, and I wanna take a minute to tell you about one of their amazing products that I'm absolutely in love with. There's something I've been doing for about 10 minutes a day, and it's wearing a face mask, but it's not just any face mask. It's this Bon Charge red light face mask, and it's essential to my nightly skincare routine now. Believe me, red light therapy really works. It's well established in the research to improve the appearance of your skin. How it does that is it penetrates deep into the skin to boost collagen production. It reduces the size of your pores, reduces inflammation, and eases the signs of aging.

Bon Charge's red light face mask makes it so easy to take care of your skin. It's like a mini spa session every night that I'm doing. It can be used easily at home. There's no cord, so you can wear it while you're doing other tasks. Plus, the mask is totally painless and it doesn't heat up. Unlike some other beauty, anti-aging treatments, Bon Charge's red light face mask has been a game changer. It's part of my everyday skincare routine now, and I'm seeing such great results already from using this mask. My skin is more clear, it seems more plump, fresh, juicy, and my redness and dark blemishes are fading.

There's a very special offer for all of my listeners right now. My listeners get 15% off when you order from [boncharge.com](https://boncharge.com) and use my promo code, Wendy at checkout. This discount applies sitewide, and you'll also get free shipping and a 12-month warranty. Go now to get this exclusive offer. That's [boncharge.com](https://boncharge.com) and with promo code, Wendy, you get. 15% off. This is one of my secrets to super healthy young-looking skin. I'm trying to reverse the clock. I'm trying to do everything I can to anti-age and this is one of the secrets in my toolkit.

### **Dr. Wendy Myers**

Where do the spike proteins play in here? How are those contributing to fatigue?

### **Evan Hirsch**

The spike protein ends up causing inflammation in the body and ends up taking over the production of the mitochondria, DNA. Consequently, you end up getting propagation of the spike protein and the virus. That ends up leading to a lot of different issues now. But the question, of course, is always, well, why does this happen? And we'll kind of get into that in a little bit because it's not just about the spike protein.

### **Dr. Wendy Myers**

For anyone who's not familiar, can you tell people why they start producing the spike protein? This is post-vaccination, of course. Can you tell us why they're producing the spike protein that's then potentially causing their fatigue?

### **Evan Hirsch**

Part of the process that ends up happening is that the virus attaches onto the cell, injects the spike protein into the cell, and then the cell starts replicating it. And so then the cell explodes and the virus gets propagated throughout the body, attaches to more cells, injects that spike protein, and that process continues. The immune system gets overwhelmed by this and it can no longer manage. If it was managing correctly and it was able to take care of this virus or other viruses or infections, it would gobble 'em up, it would get 'em out of the body, and then you'd have a resolution of your symptoms. But because the symptoms are persisting, it indicates the inflammation is happening because the spike protein continues to propagate.

### **Dr. Wendy Myers**

How does someone know if they have long COVID? What are some of the key similarities and differences between that and chronic fatigue? What are some of the differences?

### **Evan Hirsch**

You're gonna know based on the chronology. So, you get a viral illness and sometimes, usually, at least what the research is showing us now is that the viral illness, if it's more mild, if you have five or more mild symptoms, you are more likely to get long COVID, which is very interesting. And part of this has to do with the fact that when the immune system sees the infection, it can mount a very strong response and get it out of the body. So that's when you know you have a fever, you're sweating, there are all these things that the body does to try to get the infection out, and that when it does, then there's the resolution. But when you have these mild symptoms, it's because they're kind of skirting around the immune system. They're taking hold, and you're getting these chronic symptoms.

Sometimes the symptoms persist where you've got these mild symptoms, loss of smell and taste, or some of the other ones that I mentioned, and they just persist, or sometimes they go away and then they come back in a month or two and then all of a sudden you've got all these weird symptoms that you didn't have before. And that's when it's really hard to detect or to determine that you have long COVID because you're like, I don't know what was happening when I started getting these symptoms. The reality is that it happened a month or two prior when you had that particular

virus, and then the symptoms went away, and then they came back. So the difference in the similarities with chronic fatigue syndrome, first, the similarities is that they are in fact very similar. They can both be triggered by some sort of infection, exposure virus and that you can get these persistent symptoms.

The symptoms are so much the same except for a couple loss and smell and taste is really more long COVID. But really, the sleep issues, the body pain, the brain fog, the fatigue, all of those essentially are the same to have a diagnosis of chronic fatigue syndrome. That's really where you have to have these symptoms for longer than six months. So that's another difference, where long COVID is really two to three months.

**Dr. Wendy Myers**

And those symptoms could be from anything. So many different diagnoses have those symptoms, which can be so frustrating, especially if you go to a conventional medical doctor and maybe they're not really thinking about that, or they don't really know about chronic fatigue, and they're like, here's an antidepressant and a sleeping pill.

**Evan Hirsch**

That's definitely a huge challenge. We call that medical trauma when that happens because oftentimes these physicians kick people out of their offices because they can't help them, and they feel a lot of shame themselves because they're not able to support the person in the way.

**Dr. Wendy Myers**

Yeah, 'cause you're doing all these different things. That's why I do this podcast, telling people, filling in the gaps of what they may not be getting, testing what they're not getting at their conventional medical doctors. Most doctors are not doing heavy metal testing, viral testing and things like that. Is it helpful to get testing to see what your spike protein load is? Is that helpful?

**Evan Hirsch**

Great question. I don't believe that it's helpful, and part of that is because there's a couple of ways that you can do some testing. You can do some antibody testing to look at, are the antibodies high to the spike protein? And that can be helpful if it is positive. But if it's not positive, it doesn't mean that you don't have COVID. So I really base it on the chronology. And at this point, everybody that I see has either long COVID or chronic fatigue syndrome, and we treat everybody for long COVID at this point in time and we treat them for all of the toxic five.]

I wanna make sure that I know that if we're addressing 99% of all of the causes that somebody could possibly have, that we're gonna be successful and it doesn't take more time, energy, or money in order to be able to do that.

### **Ads 13:11**

And now a word from one of our sponsors at the Myers Detox Podcast. I wanna tell you about a lip peptide treatment that I've been using and I've gotten amazing results. It was created to help you restore smoothness, fullness, and lasting hydration to your lips while protecting against visible signs of aging and environmental stress. And what I love most about this lip peptide treatment is that it contains true energies and signature proprietary bio photon frequencies to enhance cellular communication, optimize ingredient absorption, support collagen production, and helps lips maintain their smooth, fuller appearance over time. It's something I'm really into right now at age 53, and honestly, I can't ever see myself using any kind of skincare unless it has frequencies in it that enhance its effectiveness and sends new information to your skin into your lips to improve their appearance.

This Tru Energy peptide contains plant-based botanical oils, vegan moisture, ceiling waxes, and a collagen boosting clinically studied peptide infuses the Tru Energy signature frequencies to condition, smooth and energized lips for a healthier, more youthful appearance. Each ingredient is also sourced to meet high purity standards and doesn't contain any synthetic fragrances, parabens, toxic ingredients, or harsh petrochemicals. So if you're ready to smooth away the look of fine lines around your lips, maintain lasting softness and hydration without stickiness, enhance natural lip volume and contour, protect against dryness, flaking, and environmental damage,

and energize your own lips, repair and renewal cycles, Tru Energy is offering a BOGO special so you can get buy one get one free for a limited time for my listeners only.

Go to [trytruenergy.com/wendy3](https://trytruenergy.com/wendy3) to buy one, get one offer. This is something that I use every single night. I absolutely love this product. I highly recommend it.

**Dr. Wendy Myers**

What percentage of people has long COVID or has had COVID that progressed into long COVID?

**Evan Hirsch**

The stats really are 20 to 40% depending on where you look. People who get a COVID infection end up with persistent symptoms. The CDC says 20%. There are a number of studies that show 35 into 40%.

**Dr. Wendy Myers**

Oh, well, that's a lot. I wasn't expecting that answer. Why do some people get long COVID and others don't? Are there some predisposing factors or maybe they have a poor immune system and are predisposed to chronic fatigue to begin with? A lot of people who are healthy are kind of behind the eight ball and then drop COVID on top of that, it's a recipe for disaster.

**Evan Hirsch**

And it's because they have the toxic five present. These heavy metals, chemicals, molds, infections, and nervous system dysfunction have already caused the immune system to be distracted. Now interestingly enough, we're seeing so many young people nowadays who have long COVID and they didn't realize that there was actually something going on until they got COVID and ended up with these persistent symptoms. So oftentimes they have the toxic five that are present, but they're not necessarily causing symptoms yet, or the symptoms are mild, and then all of a sudden the COVID becomes the straw that breaks the camel's back.

But it's really those toxic five that cause the immune system to dysfunction that where all of a sudden the COVID virus comes into the body and it's looking around, it's like, Hey, there's no immune system to stop me. I'm gonna go ahead and get into all these different parts of the body. And the symptoms are directly related to where it goes in the body. If it goes into the muscles, you get muscle pain. If it goes into the central nervous system and in the brain, you end up getting cognitive dysfunction. If it ends up going into the gut, you get diarrhea.

**Dr. Wendy Myers**

And why is it so hard to treat this? I know some people have been dealing with these symptoms since 2020. Why is it so hard to detect and get rid of?

**Evan Hirsch**

It's because there are all these different causes, so you can't just get well by treating the spike protein. Everybody that I see who comes to see me, they're like, they feel like they've tried everything. They've gone from a conventional doctor to a naturopath, to an integrative doc, to a functional doc, whatever. They've tried all these things that are specifically for the spike protein. Maybe they've touched a little bit on heavy metals, chemicals, molds, infections, nervous system dysfunction, but they haven't done them all. The reality is that you have to go after all of them in order to be successful. And so we take people through a process that lasts a year, but that's why our success rate is so good.

**Dr. Wendy Myers**

Can you take us through each one of those steps, maybe starting with the heavy metals?

**Evan Hirsch**

We have a four-step process that we take people through. Well, let me just go through that and then we'll touch on the heavy metals as part of that. So the first step is to figure out the causes that people have. Now we're gonna address all of the toxic five. We're gonna address adrenals and mitochondrial dysfunction when people come to me with chronic fatigue syndrome. But the question is, what other causes do

they have? And we're looking at over 30 different causes. So that's what we do first. The second step is to start replacing the deficiencies that are present, vitamins, minerals, hormones, lifestyle habits, mitochondrial dysfunction, 'cause that helps to make people more resolute, more resilient, decrease the inflammation, and give them a little bit more energy. And then in step three, we open up the exit pathways, the liver, the kidneys, the lymph, the neuro lymph, the gallbladder, the intestines.

All of these pathways that are clogged by the toxic five, and then we can go into step four and start removing the toxic five, the heavy metals, the chemicals, the molds, the infections, and we're doing the nervous system retraining throughout the entire process because it's just so potent and so important as part of this whole picture.

**Dr. Wendy Myers**

What does the nervous system retraining look like?

**Evan Hirsch**

It's brain retraining. What we're utilizing is mindset. So we're doing some top down approaches. We've got a four step mindset practice that we can get into if you want, and then there's the bottom up, which is basically what you can do to your body in order to be able to help retrain the nervous system. Part of that is the breath work. Part of it are things like gargling and singing and humming, vagus nerve stimulation, polyvagal theory, all of that.

**Dr. Wendy Myers**

Okay, great. And does getting sun play a role? I know if I don't get sun on a regular basis, I get tired. Maybe not everyone's like that, but I have to have sun, which is why I lived in Mexico. I was so happy. I'm happy where the iguanas are happy. But I need to sun myself every day. I feel so energized after I do that. It's so important. I think that's something a lot of people are missing and then wonder why they're tired.

**Evan Hirsch**

Getting out of the house first thing in the morning or using a light box and getting that sun is incredibly important. And we do that as part of the lifestyle habit modification.

### **Dr. Wendy Myers**

How are you opening up all of the detox pathways?

### **Evan Hirsch**

Everything that we use is herbal. I'm an MD, but operating online now as a health coach in order to be able to help people across state and national lines. So we're using herbs, vitamins, and minerals for the first part of step two. We're using a lot of capsule-based products. But then for step three and step four, opening up the pathways and then for actually going after these toxins and infections, we're using tinctures that are energetically imprinted, energetically tested, in addition to having the actual herbs in them. And the reason why I really like the tinctures is 'cause we're ramping up by one drop at a time, so we can actually see how your body is responding and make sure that you're detoxing at a rate that your body can tolerate, so that you don't feel worse through the process.

### **Ads 21:42**

Let me ask you something a little bit personal. How do you get yourself out of a bad mood? It can be hard, really, really hard, and it only gets harder the longer that you're in that space. That's why I'm a big fan of today's podcast sponsor Organifi. They made an amazing product called Happy Drops, and they're little gummies that are super tasty and they can help make your bad moods better and your good moods great. I'm sure I'm not telling you anything new when I say the world is really stressed out right now. You can see it everywhere. Stress and mood related visits to the doctor's office are skyrocketing along with various prescriptions to match. And so if you are anything like me, you're looking for a safe, natural approach to rebalancing your happiness and your stress chemicals without worrying about the side effects.

Well, Organifi has given us exactly that. They're called Happy Drops, and they're my favorite new supplement. These yummy little lemon gummies are made with ginger,

with gouda cola, and passion flour, all of which are shown to have positive effects on mood and emotional wellbeing. Plus, they have a real powerhouse ingredient, which is saffron. So why is that so cool? The compounds in saffron are shown to help your brain modulate its levels of serotonin. Serotonin's one of your happy chemicals and saffron helps your brain enjoy it longer. Saffron also relaxes you. There's many cultures around the world that drink saffron tea before they go to bed 'cause it helps relax them and helps 'em go to sleep. Saffron also contains antioxidant properties, which can help you protect your brain from oxidative stress. That's great for detox. Best of all, there aren't any nasty side effects. There aren't any bad ingredients and it's safe to use every single day.

Saffron's traditionally very challenging to find in the supplement world. It's difficult to plant and to farm. It's even harder to harvest, and it's one of the most expensive ingredients on the planet. But now thanks to the super food geniuses at Organifi, we can all enjoy a real dose of real mood lifting organic saffron for less than a dollar a day. I'm excited for you to try them. I think that everyone should. I love their happy drops. Just go to [organifi.com/myersdetox](https://organifi.com/myersdetox) and get your happy drops today. When you use my discount code Myers Detox at checkout, you're gonna save an extra 20% off. Again, that's [organifi.com/myersdetox](https://organifi.com/myersdetox)

I want you to go out and try Happy Drops today. Like I said, I love them. I've been taking them on a regular basis to help me to go to sleep at night, to help me kind of relax and get in the mood. You've got nothing to lose, but you're frown.

### **Dr. Wendy Myers**

This sounds like just common sense. Everyone is dealing with metabolic issues, they're dealing with infections that they're not aware of. Detox pathway issues, heavy metals, everyone is dealing with this on some level. I think it's so important to not wait until you have chronic fatigue. I think your body gives you signs. Your body tells you. I think a lot of people just don't listen or they just brush it off until they're in bed and can't move. If it's not broken, don't fix it. A lot of people have this attitude or they just don't heed the call. When they start getting tired and their brain fogged, they just think, oh, I'm just getting older.

I really urge people to not wait until you're so ill that you can't work anymore, like your body is telling you. And then people just slam the coffee and they just gotta keep going and gotta keep going or they're popping Adderall or whatever they're doing. A lot of people are doing that and taking stimulants and whatnot, it is just reality. I urge people, you only have so much credit in the bank that you can take out. People over the long term start paying a price for the cheap energy hits. You've gotta start doing something before. I think also people don't realize where they're gonna end up if they don't start taking better care of their body. People don't think it's gonna happen to them. They don't think as a diabetic they're gonna get their toes cut off, or they don't think that they're gonna end up in bed with chronic fatigue and not be able to function.

### **Evan Hirsch**

I couldn't agree more. It takes the pain in order for people to make a change. Unfortunately, they either have to be affected or their family has to be affected. So it takes a very special person to really work on this from a preventive standpoint or before something catastrophic happens. Unfortunately those aren't the people that I see. Everybody that I'm seeing has been hit with the sledgehammer. And they're having a really hard time, barely making it through their day, and they have to get help at that point. But if you can start before that, gosh, you can really mitigate a lot of this.

### **Dr. Wendy Myers**

Let me tell you, it's really inconvenient to work on your health all the time. It's a lot of time and energy and money, but it's time and money well spent, because if you don't have your health, you don't have anything, you're only thinking about getting your health back. So you're gonna have to do it. At some point, your body might force you to do it, but it's probably a better idea to start before your body breaks down and forces you to start paying attention.

### **Evan Hirsch**

That's a lot of the mindset work that we do too. The people who are most successful in our program, they're open and willing to work on their mental and emotional

health. They have the dedication and the organization in order to take supplements several times a day. They're really committed to getting better and that's an important part of this process.

### **Dr. Wendy Myers**

Can you tell 'em some stories, some testimonials of people that have been through your program?

### **Evan Hirsch**

For those who want to watch those videos, we have some of our success stories on a website at [energymdmethod.com/results](http://energymdmethod.com/results). Typically we'll see somebody who's 50, 60 years old, not necessarily the long coded people. They're usually 30 or 40. They'll come to the program and they'll have an energy of about four out of 10. Where they're able to work. They prefer to work part-time if they can, but they're getting through the day with caffeine and other stimulants. Sometimes, they're already taking adrenal support. They've seen a naturopath, a functional medicine doctor, and they've been replacing these deficiencies, B12 vitamins, minerals, et cetera, and they maybe gotten a little bit of help, but then they plateaued. They're still crashing throughout the day.

Their sleep is disrupted. They have body pain, fatigue and brain fog, and they just want to get their lives back. They're ready to make that investment of time, energy, and money in order to get better. So we take them on this journey. They start off, they fill out the paperwork, which of course is all online. And then I go through a process and I look at what they've got going on and I provide them with a plan over the next 12 months of what I think that they're going to need in order to address all of their causes. And then they start implementing, they take a supplement, one at a time, and they document how they're reacting to that supplement.

Over the course of the next couple of months, they're going to be replacing their deficiencies, opening up those exit pathways, and then starting to remove the toxicities. And for the most part, about half of the people we work with experience a little bit of an increase in energy. So they go from a four outta 10 to like a five outta 10 with 10 being ideal energy. Usually at around month two or so, but then it really takes

until month nine or month 10 when all of a sudden the magic starts happening, and that's when they've taken all of the step four products. So, they're removing the heavy metals, the chemicals, the molds, the infections at a rate that the body can tolerate.

They're doing the nervous system retraining process, and then all of a sudden the light comes on, the body starts removing enough of these toxins and infections so that all of a sudden the mitochondria comes back online, the hormones are not as dysfunctional, everything starts working better, and then all of a sudden they start making bigger and bigger jumps in their energy. At 12 months, they're somewhere between 70 and hundred percent better. Then it's just a matter of time. Then after that, it's just a tincture of time. I say, how long is it going to take to get these toxins out of your body? And then at that point it's like, okay, let's do some testing and see if there's anything left.

If there is, we could potentially continue treatment for whatever's left, but at that point their energy is 8, 9, 10 outta 10, and they can go about living the life that they want. But like I mentioned it takes a while. It takes patience and understanding and this knowledge that when you address the toxic five, you're gonna be successful. But you've gotta put in the work and you've gotta put in the time. And that's what you hear when you go to our results page and you see these, these success stories, is that people had to put in the time.

### **Dr. Wendy Myers**

A year seems like a really reasonable amount of time to address all those different things. People want really quick results. They just want to take a few supplements, some adrenal supplements or some thyroid glandulars, or they like simple and easy. But when you're dealing with all of these different things that are complex in and out themselves, all these four or five steps you're talking about, the mold and the infections and the COVID and everything, each one of those can be challenging. A year seems like a very, very reasonable amount of time to go through all those steps.

### **Evan Hirsch**

I think so too. But it depends on how long people have been sick. Sometimes they've been sick for a year and they're like, oh my gosh, this is gonna take another year. And

it's like, well, you're 50 years old. This didn't happen overnight. It does take that shift in perspective and it takes people getting to their breaking point in order to be able to make that commitment.

### **Dr. Wendy Myers**

Sleep is so important. I wanna talk a little bit about that because it's so frustrating when you're so tired and you feel weird and you just wanna sleep and then you just can't. It's the most frustrating thing, especially for a lot of women in their forties. They have low progesterone and that's throwing a whole wrench into things. It's very frustrating. Can you talk a little about the sleep issues and how you help people with that?

### **Evan Hirsch**

Sleep is just as complex as fatigue is, and so the causes are all the same or many of them are the same. When we're going through this four-step process, it's also built for optimizing sleep. So we're doing the lifestyle habits, getting outside, doing the sun in the morning, doing the dark curtains, and going to bed at night and making sure that we're doing the correct sleep hygiene. But then we're replacing deficiencies. In order to recreate your circadian rhythm or your clock, you basically need to be boosting things in the morning, adrenals, mitochondria, thyroid, et cetera.

And then taking things at night that are really more supportive for sleep. That can be some of the hormones. Progesterone helps women fall asleep, estrogen helps them stay asleep, and then there's melatonin and there's GABA. There's a number of other things that we do in order to stimulate the parasympathetic nervous system, which helps you fall asleep. As people continue to move through the process, if their sleep is not better yet, it's because they've got the toxic five that are negatively affecting them. The immune system and the nervous system are in overdrive. And then you've got the heavy metals and the chemicals and the molds and the infections and all of those can contribute to sleep and keep you in sympathetic overdrive, and not allow you to be in your parasympathetic and allow you to go to sleep.

That ends up being the linchpin or the thing that really helps people, especially if you're noticing that you're having some sleep issues that are cyclical, that are during

the full moon. Oftentimes, that could indicate that there are infections present; there are certain infections that are more likely than others to cause sleep issues. Babesia, which is considered the North American malaria, is a huge cause of really bad sleep issues. Bartonella can also be an issue, which oftentimes we get from our domestic animals licking us in the face and scratching us. And then there's parasites, which you don't have to go to a third world country in order to get them. All of those can really play a big role as well, and they don't get remedied until later in the program though we try to optimize their sleep as best we can early on.

### **Ads 35:14**

This episode is brought to you by Chef's Foundry. They've got a fantastic line of cookware called P600. It's totally non-toxic. I think people don't realize that when they're cooking, most people's cookware is adding toxins to their healthy food. People spend so much money on healthy organic food and then cook it in toxic cookware. That includes cast iron, which I do not recommend. It adds way too much iron in a form that we can't absorb. People use aluminum cookware, which is very inexpensive, but it's used in most restaurants, giving us tons of aluminum. People are also using ceramic cookware, which can leach toxins into your food, and not to mention, the non-stick cookware that has many PFAS or PFOS, that is so toxic. It's one of the forever chemicals. So, you really have to pay attention to what you're cooking in.

That's why I recommend the P600 line by Chef's Foundry so that you can have peace of mind when you're cooking and you're not getting any nasty chemicals like lead or cadmium or nickel, or PFAS in your healthy food. You can get a special discount for my listeners by going to [bit.ly/myersdetox](https://bit.ly/myersdetox) to get an exclusive discount, just for my listeners. I want you to be thinking about what you're cooking your food in, and I highly recommend the P600 line by Chefs Foundry.

### **Dr. Wendy Myers**

Let's talk about the mitochondria, 'cause that's the overriding factor in chronic fatigue. Are the mitochondria just not making energy? What is the reason for that?

### **Evan Hirsch**

The mitochondria make 70 to 90% of our energy found in every cell in the body, except for red blood cells, works on the immune system and then also allows for hormones to be better absorbed into different parts of the body. It gets damaged by the toxic five. They're intrinsically linked, and we really have to not only boost mitochondrial function in step two, but we also have to remove these toxins from damaging the mitochondria, taking overproduction of the mitochondrial DNA with what we're doing with the toxic five and step four.

**Dr. Wendy Myers**

Can you talk about the cell danger response because it's so frustrating when you need to produce energy, but your body will shut down energy production as a defense mechanism to protect you from infections or parasites from proliferating 'cause they're using that energy too.

**Evan Hirsch**

Well said. So, part of the defense mechanism that you mentioned is that the body's gonna go into a quiescent mode. The body is saying, okay, there are too many insults that I have right now. These infections keep trying to take over my DNA so they can propagate themselves. I'm gonna shut down. Well, when it shuts down, it's not allowing these infections to do what they want to do, but. It's also shutting you down and it's not allowing you to produce the energy that you wanna produce. That's the Cell Danger Response work by Robert Navio. Am I pronouncing that correctly?

He did a lot of the sentinel work on this, and it helps to understand why our bodies are shutting us down. Our bodies are always working for our best interest. And so we can't just replace our mitochondria to high heaven. We also have to fix the problem, which is this overarching stress that the body is under and the real reason why the mitochondria is shutting itself down.

**Dr. Wendy Myers**

Okay, great. What is the name of your program?

**Evan Hirsch**

It's called the Energy MD program.

**Dr. Wendy Myers**

Where can people find that and learn more about it?

**Evan Hirsch**

I'm at [energymdmethod.com](http://energymdmethod.com), and that's the best place. You can click on a link to check out my latest masterclass and go deeper into my philosophy of care if it resonates with your philosophy. You can get on a free call with me where I'll do an assessment to determine whether or not I can help you. About a third of the time, I tell people I don't think that we're a good fit to work together, so it's not a foregone conclusion. But if I do feel like I can help you and you want to hear about what's included in the program, we can go into the structure and the investment and all that.

**Dr. Wendy Myers**

Can you talk a little bit the stats on chronic fatigue itself? There are millions of people dealing with chronic fatigue.

**Evan Hirsch**

About 10% of everybody in the US has chronic fatigue syndrome. But there was a study that was done by the National Security Council a number of years ago, just about five years now, and what they found was that. They did a study of people in their work environments and it was really astonishing because more than 50% of people were falling asleep at work and were falling asleep, driving to work and going home. There's really this epidemic of chronic fatigue and the question is just whether or not people are gonna do something about it or whether they just think it's because they're getting older.

**Dr. Wendy Myers**

That's staggering. My heart just goes out to people who are dealing with that. I know it's such a complex issue and that people go to their doctor, they're trying to figure

out what's wrong with them, and the doctor's just like, I don't know. All your labs are normal because they're not looking at hormones typically. They're not looking at the molds, the heavy metals, or the parasite. They're not looking at any of that. And even if you ask them for it, they typically don't have the right tests that are not covered by insurance. That's where people get really flustered. They wanna do stuff that's on their insurance, and I think people have to step out of that mindset. If they want to get better, they're gonna have to go to a functional doctor or an expert like you if they really want to get a handle on this.

There are no medications for a lot of these things, or the doctor isn't equipped to handle all the different issues. I know at one point I had a lot of health issues and I went to a doctor and I said, just figure out what's wrong with me, but they didn't. They didn't do any of those tests. They didn't do tests for mold. They didn't do tests for heavy metals. They didn't do tests for parasites, they did like a nutri eval and some hormones and a few other things. But even when you ask for a comprehensive test to find out what's going on with me, you're still not gonna get the test or the right kinds of tests, like even parasite tests. They're only testing for like 10 parasites. I can see where people are not getting answers and it's allowed to progress for years and years.

### **Evan Hirsch**

I've learned this in my own life with my own health journey, you get what you pay for, and you have to see a specialist. If you're having a tax issue, you don't want to ask your piano teacher about it. You want to talk to an accountant. If you're having a problem with your car, you take it to a mechanic. You don't take it to me. But if you're having an issue with long COVID or chronic fatigue syndrome, you wanna see a specialist who does that all day long because they're gonna be the person who's gonna be the most knowledgeable about it.

### **Dr. Wendy Myers**

Well, Evan, thank you so much for coming on the show. Is there anything that we left out that you want to talk about?

### **Evan Hirsch**

I think the last thing I would talk about would be testing. I really don't test anymore. I used to do the urine tests and all that sort of stuff. Now I just treat all of the toxic five because after doing this for a decade. I've been fooled way too many times where I treat somebody for a year. Initially we did the testing for a urine mycotoxin, nothing showed up. And then I'm like, gosh, you're still not better. What are we missing? And then we go ahead and we do that test and goodness knows, now they've got a whole bunch of mycotoxins and it's not like they had new exposure. Their pathways were just opened and then you could actually test.

The urine tests really are. Tests that are more of an excretion. It tells you how your body's excreting. It doesn't necessarily tell about the body burden and the serology tests. We're basically looking at the immune system's reaction to infections that are counting on an intact immune system, and if you've got all these different causes, your immune system's not gonna be intact. I go ahead and we treat everything to make sure that we leave no stone unturned and so that we can get to the finish line and feel really good about not missing anything.

#### **Ads 43:48**

For anyone listening who really wants to detox their body, go to [heavymetalsquiz.com](http://heavymetalsquiz.com). I created a quiz for you. It only takes a couple of seconds and it's based on some lifestyle questions. You can get your toxicity score and get a free video series that answers all of your frequently asked questions about how to detox your body. Check it out at [heavymetalsquiz.com](http://heavymetalsquiz.com)

#### **Dr. Wendy Myers**

That makes a lot of sense. There are a lot of problems. The accuracy of functional medical tests and heavy metal testing is the same way. You're not gonna show a lot of heavy metals if your body isn't able to release 'em. So a lot of heavy metals tests don't show your whole body burden. There are no tests that can show that, so you just have to do it piecemeal and over time just to see what your body is releasing once you start getting better in your detox pathways, et cetera. I didn't think about that in regards to molds or mycotoxins and things like that as well.

Dr. Hirsch, thank you so much for coming on the show. Tell us again what your website is, and where we can find your social media, et cetera.

### **Evan Hirsch**

It's [energymdmethod.com](http://energymdmethod.com), and that's the best place to go. You'll be directed everywhere from there.

### **Dr. Wendy Myers**

Well, Evan, thanks for coming on the show. Everyone, thank you so much for listening. I'm Dr. Wendy Myers. I love doing this podcast 'cause I really want you to feel good. I want you to find the answers that you're looking for so that you can get better. That's the main reason why I do this podcast. I'm always on the search for answers myself. I'm always looking for that next upgrade, whatever it may be, whatever I'm looking for at the moment. So I'm right there with you and wanna share all the amazing speakers and, and experts that I meet all over the place and bring them on to help you as well with your particular issue. So thanks for tuning in every week, and again, Evan, thanks for coming on the show.

### **Evan Hirsch**

Thanks for having me on.

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