Got sweat? It could be Babesia with Dr. Evan Hirsch

Detox, Lyme and Health Podcast with Dr. Jay Davidson

Intro: [00:00:00] Welcome to the Detox, Lyme and Health podcast. And now, the man that simplifies the complex, your host, Dr. Jay Davidson.

Dr. Jay Davidson: [00:00:13] I am with Dr. Evan Hirsch. He's a good friend of mine. I love his energy, his passion. He's a great husband, great family man. And I think it's going to be a well-worth podcast to listen to if that makes any sense. The topic we're covering today is: Got Sweat? Because it Could be Babesia. Dr. Evan Hirsch suffered with chronic fatigue for five years before he achieved resolution using the Fix your Fatigue program that he pioneered in his medical practice. The best selling book, free Facebook group, and one on one coaching, he has helped thousands of people across the nation resolve their fatigue. And he is on a mission to help one million more. I love that aspiration. He is board certified in family medicine and integrative medicine. When he's not at the office, you can find him singing musicals and playing basketball with his family. You can find him at www.fixyourfatigue.org. Dr. Evan Hirsch, welcome to the podcast.

Dr. Evan Hirsch: [00:01:19] Thanks so much for having me on, Jay.

Dr. Jay Davidson: [00:01:21] Well I do have to plug your singing ability. I did see you sing karaoke and I was rather impressed. This guy is an artist, but he's actually a doctor. This is crazy.

Dr. Evan Hirsch: [00:01:34] I think that was Sweet Child of Mine. I was pulling my best Axl out.

Dr. Jay Davidson: [00:01:40] Old school songs are some of the best. So let's dive into it. I mean the title we've got today is Got Sweat? It could be a Babesia. Talk to us about what does that title mean? And what is Babesia?

Dr. Evan Hirsch: [00:01:54] Yeah I just I just love that title because when someone walks through the door and it's you know 40 degrees 30 degrees 20 degrees outside and they're wearing a t shirt... And they tell me that they're always hot and they were constantly sweating and they're not even postmenopausal... That always always makes me think about Babesia. Babesia is an intercellular parasite so it lives inside the red blood cells and operates a lot like malaria. So people will go through cycles of having fevers at night. They may have sweats during the day and at night. They will have shortness of breath or air hunger where they're having a hard time catching their breath. And then their sleep is generally awful and they have really bad mood issues where they'll have anxiety to the point of panic, or they'll have depression to the to the point of suicidal thoughts. And so I just love treating it because you know resolving those issues makes such a difference on the quality of life for people.

Dr. Jay Davidson: [00:03:01] So Babesia technically gets grouped into the co-infection of Lyme disease, correct?

Dr. Evan Hirsch: [00:03:07] Correct.

Dr. Jay Davidson: [00:03:08] And other co-infections Bartonella, of course you've got Lyme disease by itself the (Borrelia burgdorferi) and the other forms of Borrelia that are now getting grouped in the Lyme Disease, ehrlichia, mycoplasma, Epstein Barr virus. At what point do you say okay so I've got night sweats, I've got air hunger, I can't catch a full breath of air. Would you say it's purely Babesia or is there overlap of Lyme and Bartonella and all of these other bugs that seem so prevalent as well.
Dr. Evan Hirsch: [00:03:41] It's a great question and it's always an overlap. Part of what I've found is that you know there are 15 different causes of fatigue. And everybody has multiple causes and everybody has different multiple causes and the same goes true for infections. You can have fatigue. Somebody over here has Babesia and Bartonella and somebody over here has Borellia and mold or anaplasma or something like that, so there's always this cross over because usually the exposure that you've had has transmitted more than just one bug.

Dr. Jay Davidson: [00:04:19] Okay so with the night sweats... when I think about sweating and the sweaty palm, I think liver when I think of that. When you're talking about hot and overheated, at what point do you feel liver plays a role? At what point do you feel hormones and andropause or menopause or perimenopause plays a role versus Babesia. Is there a lot of overlap?

Dr. Evan Hirsch: [00:04:50] So it really depends on the answers that I get from the individual. You know if they have other symptoms of andropause or low testosterone or have other symptoms of estrogen—that's the big one. Since most of the people who are coming to see me are female. They're 45 to 55, they might be going through that change and they may not entirely know. But if they're not having vaginal dryness, if they're not having hair loss... some of these are more estrogen deficiency sort of issues, then I'll start to think more about Babesia. But also with the Babesia, you're going to get that conglomeration of symptoms. You're not just going to get one of those. Low estrogen it's going to give you a hot flash, which generally creeps up on you and starts to make you feel heated but quite different from spontaneous sweating and always being hot. So there are definitely some nuances to that. And then the liver always plays a role because all this toxicity, these infections, they're all congesting the liver. They're all causing an immune system dysfunction. Once again, that does play a role. Whenever you're going after these infections you are also supporting the liver.

Dr. Jay Davidson: [00:06:10] Well we can even be better friends now that you said the liver always plays a role, because I'm a huge fan of that. Sure. But I mean the liver is a lifeline. It's so important with drainage, so important with detoxification Phase 1, Phase 2, clearing phase 3. I mean that is an organ I believe needs more attention. So if I was to say a classic symptom of Babesia, if I heard you right, is basically sweating through the sheets when you sleep at night. Is that pretty classic for Babesia?

Dr. Evan Hirsch: [00:06:41] That's definitely a good one. That has multiple causes including cancer and sometimes women can be menopausal and still have that. But I would say what's more significant could be the sweating during the day. That would be the highest significance for me.

Dr. Jay Davidson: [00:07:02] OK. You said Babesia is an intracellular parasite. When you say intracellular, does it like our regular cells, does it like certain areas like the red blood cells? Where do you see it being most prevalent?

Dr. Evan Hirsch: [00:07:16] It is found in the red blood cells. By replicating in there it will cause the red blood cells to basically to open up and to spill their contents and you will get anaemia where your blood counts will go down. And that can also contribute to fatigue and some of these other symptoms.

Dr. Jay Davidson: [00:07:37] Which would fit into your 15 different causes of fatigue. Would you put Babesia as one of 15? Or is there like a co-infection category where you throw other things in with the Babesia?

Dr. Evan Hirsch: [00:07:54] Yeah it's in the infection clause, which includes blood infections,
sinus infections, gut infections, parasites, dental cavitations, and co-infections.

Dr. Jay Davidson: [00:08:06] OK so lysing or killing your red blood cells can cause anemia. Red blood cells are basically responsible for bringing oxygen throughout the body. So what other type of symptoms might you see with the red blood cells being affected?

Dr. Evan Hirsch: [00:08:23] Well what ends up happening is that as you lyse and release this crap, it has to go somewhere. And so generally it'll get sequestered or are gathered up in the spleen or the liver. You're going to get enlarged spleen and liver, oftentimes you can get dark bloody urine. You can get inflammation in general. People will start to have neck and back pain, headaches, abdominal pain, nausea. That's a number of them.

Dr. Jay Davidson: [00:08:53] Does a lot of the debris ended up in the lymphatic? You mentioned spleen which I know is really prevalent in lymph. I mean liver seems to be connected with everything. Is a lot of that debris just picked up though by the lymph you think?

Dr. Evan Hirsch: [00:09:06] I do. The body's trying to get rid of it, can't get rid of it out of its usual pathways--lymph, liver, kidney. So all of those spots are going to get congested with this debris and give us side effects.

Dr. Jay Davidson: [00:09:21] OK. What is your approach? So you have a different background than I do which I always love speaking with people of different backgrounds. I feel like we can learn so much from each other. You know I was trained in chiropractic and basically adjust the spine and you're going to heal everything. I soon realized that there were other factors besides just you know alignment. You come from a medical doctor background. When you're seeing a client or a patient, are you looking primarily history, exam, lab testing, energetic testing? What's your criteria?

Dr. Evan Hirsch: [00:09:59] I'm combining all of it. I'm a big fan of data. The more data that I can get from somebody the better so I definitely want their subjective experience. I want to hear about their symptoms. I want to look at them you know and so I've got that objective, if they've got any lab tests I'm always looking at that as well. If they are familiar with energetic testing, sometimes I'll do some sway testing with people. I've got some clients who douse and they use the pendulum, and so I'll use that. I hope to learn more about doing some of that kinesiology, because it's all just wonderful data that you put together and you get a much better picture of what's going on with the person, and then how to adjust it, and how to layer all of these things. There are 15 different causes of fatigue in my world and sometimes I'm supposed to go after the parasites, and sometimes I'm supposed to go after the Babesia and sometimes I'm supposed to go after the mold and so I've got a general layering that I find is most effective and most helpful. But it really depends on the individual. I had somebody today who was in who had a pendulum and we were kind of testing and what we found was that her hip pain had Rickettsia the infection which is Rocky Mountain spotted fever, Babesia, and then it also had parasites in there. And there was a specific way that we were supposed to go about in terms of getting these out. And it's it's really interesting too because I will ask the questions around what I think the protocol should be. And fortunately it's like a 9 times out of 10 I'm correct with maybe a few tweaks, so I feel like my intuition is is really good, but it's really nice to have that feedback from the kinesiology that can just reaffirm everything that we're doing.

Dr. Jay Davidson: [00:11:49] I still like you Dr. Hirsch, even though you're a data collector. No I'm teasing. I'm just thinking of like Facebook and Google collecting all the data and selling it. I mean that's really the day and age we're in right now as there's so much you know awakening disclosure about this but I thought that was the data collecting. Really that's great though. It doesn't seem like you're basing what you're doing off of just one thing. It's multiple inputs and it can even
Dr. Evan Hirsch: [00:12:16] Absolutely. And I yeah I found you just have to do it that way. I was recently listening to Richard Horowitz, who is kind of an expert in infections, and he was talking about well sometimes you get a positive PCR test and sometimes you get a positive IFA test. There is no perfect lab out there. And when I lecture to physicians I'll tell them if you lean on your labs, you will fall over because it's not much of a leg to stand on if that's all you're looking at.

Dr. Jay Davidson: [00:12:46] And it seems--I mean this is my opinion--there are so many practitioners where it's the only leg that they're standing on.

Dr. Evan Hirsch: [00:12:55] Right.

Dr. Jay Davidson: [00:12:57] Where was the shift? Because I feel as if my understanding is you know medical school, medical doctor school where it primarily is lab testing show, show me the proof... did you come from that background and when did the transition happen for you?

Dr. Evan Hirsch: [00:13:14] Yeah I went to conventional medical school and that's a good question. You know I'm very curious. I have lots of questions. I've always kind of wanted to get to the root cause of everything. And so I was quite annoying to my professors and to my attendings in medical school and in residency because I kept asking why. They weren't able to answer my questions. Most of the time or a lot of the time and so then that's when in medical school I did my first alternative training in actually in hypnosis, hypnotherapy my second year. I was studying like shamanism, and got more into medical acupuncture, and I did a yoga teacher training. I did all these things kind of in medical school going into residency so I was kind of already inclined in that way where I knew that there were other options and I knew that there were other things out there that I needed to learn.

Dr. Jay Davidson: [00:14:13] It sounds like you were already out of the box even during school.

Dr. Evan Hirsch: [00:14:17] I was. I grew up in New Jersey where I had never met a chiropractor. I had never met a naturopath. I went to college in Ohio. And at that time in the early 90... I was good at science. I liked helping people. And you know medical school M.D. I was actually interested in being a DO more than an M.D. and they lost my application or something happened because I never heard back from them so I ended up as an M.D. But I I always had that inclination. I always had you know looking at things from from a different perspective, but I never knew that there were things other than a medical profession to help people.

Dr. Jay Davidson: [00:15:00] If you were to go back to school, and let's say you never got your M.D., what certification or degree would you go after? Would you go the same route you did? Or would you take a different path knowing what you know now?

Dr. Evan Hirsch: [00:15:14] That's such a great question. I saw thousands of patients when I was in residency which I think really helped prepare me and helped me think about clinical situations in a particular way. So I don't know. I've definitely thought about that and residency was really hard on me. But I think what I would have done is I would have tried to have done an easier residency. I would have tried to have done maybe more the DO route...maybe done more of a DO residency. I love naturopathy but I believe that naturopaths really need more of a residency in order to get more experience with patients on a day to day basis so that their diagnostic skills are that much better. I would probably do what I did but opt for a different kind of residency... maybe a preventive medicine residency that didn't take call that was also allowed me to get an MPH or something like that. So it's a wonderful question.
I've had multiple clients and they're younger and they're like Dr. Jay, I want to do what you do. Where should I go to school? And I'm like that's a great question. And I look back and I know everything's happened for a reason. So I would never want to change it. But if I was to get another degree, I love love naturopathic. I love their philosophy. I mean they're still things, it really depends on what side of the pendulum you take it as you're learning. You know because you're a medical doctor and classically you know there's a lot of different views from MDs than naturopaths, right? But at the same time, it's like you're this integrative, studying shamanism, studying things that aren't typical. Tyna Moore who has a DC and an ND, she gets that question all the time and she loves ND but she also feels fear of is that license even going to be around in 10 years. So it's I just wanted to kind of pick your brain for listeners and just out of curiosity as well. So for Babesia, where's the treatment go? Is it usually early on, does it depend on the client? What are the top things that you find solutions with for Babesia?

**Dr. Evan Hirsch:** Great question. So what I'm always looking at is how to move the needle in the in the best, safest, and fastest way possible. What are the top three things that the person is coming in to see me for? And they may have Babesia and they may have a number of these symptoms, but they're not as important to them as some of their other symptoms. So depending on that will determine how fast they go after the Babesia. But when I do go after the Babesia, I really like to use a combination of herbs: Cat's Claw, Noni, Neem, Yaro--a number of these things that have been shown to be really helpful--Artemesia. All those can be really helpful in the Babesia and I love those Byron White formulas. That A-Bab is just a really wonderful product where I find that people really only need a couple of drops in order to see a really significant difference. It's rare that I get people over five drops. I generally start people off topically it with like a drop every night or every other night sort of thing, and they'll notice pretty much right away how they'll have an improvement in their symptoms. I had a guy who was in here probably about six months ago who had this chronic cough. He had been on antibiotics over and over. You know it seemed every sort of doctor and cough can be a Babesia symptom. So when I asked him some additional questions turned out that he was sweating a lot. He was running hot, that his sleep wasn't great, his mood was getting a little bit worse and I said you know it could be Babesia. And so I went ahead and treated him with one drop. He thought it was a miracle worker because one drop that he took orally...and he's a singer and he wasn't able to sing. He was in a barbershop group that I was in back in the day and he wasn't able to sing until he got treatment from me so it doesn't take a lot. Once you hit the nail on the head.

**Dr. Jay Davidson:** That's great. Yeah I was always like artemsia as well too. There's so much research with its effect against malaria and you mentioned that earlier Babesia is very malaria-like so I feel like there's a bunch of crossover properties with that. How often are you reaching into the prescription handbag?

**Dr. Evan Hirsch:** I pretty much never will. With the Babesia I never go there. But with it's rare that I do that now and now that my practice is virtual and I've got people all over the nation and a couple international, 95 percent of my practice is all natural based anyway. If somebody needs me to prescribe something, they fly out to Washington state and we establish the relationship with my M.D. through Washington state and then they can go back home and I can prescribe to them. Generally that's just thyroid because I haven't found a good replacement for T4. T3 there's other options out there, but T4 haven't found a good replacement for it. And then sometimes it's bioidentical hormones depending on where the woman is with like menopause--bioidentical estrogen and progesterone. And then sometimes for parasites I'm looking at Ivermectin or Praziqvantelel or some of those. But you know there's a lot of great products out there including the Cellcore products that you have worked on. Those are really, really great products have been very impressed with the work that you and Todd have done on that. So yeah generally I don't need
Dr. Jay Davidson: [00:21:19] Wow that's great to hear. Dr. Watts--he's one smart guy so I'm just glad to have friends like you and Dr. Watts. I mean disclaimer we've been friends probably a couple of years now already?

Dr. Evan Hirsch: [00:21:33] Yeah.

Dr. Jay Davidson: [00:21:35] Also a disclaimer, there's no questions that I sent you over. This is just this is off the cuff. I just love chatting with you and picking your brain. With a client--let's say you have 100 clients come to you. How many are going to have Babesia?

Dr. Evan Hirsch: [00:21:56] So I would say let's see how many are going to have the Babesia? I would say 30 percent. I mean sometimes there's some crossover where I will treat Bartonella and because these herbs are multifunctional they'll take care of some of what I think are Babesia-type symptoms, but I would say probably about 30 percent. And you know some of the stats show that about 11 percent of ticks in the north east part of the country anyway where this study was done had Borellia and Babesia. And there was another study that I had read recently that talked about in New Jersey 66 percent of all ticks had Babesia as well. 66 percent in one study. So really interesting disparities in different parts of the country and so on the other really the interesting thing about Babesia is that sometimes Babesia will look like Bartonella and Bartonella will look like Babesia depending on where you are in the world or in the country. And so there'll be people who sometimes I'm like gosh, that sure looks like Babesia but we're really not having success. Let me go ahead and treat you for Bartonella and then all of a sudden we have resolution or improvement in the symptoms. And then there's this dance that happens with the Babesia and Bartonella. I call it the whack-a-mole, where you're knocking down one bug and then the next bug pops up. I'll be whacking down on Bartonella and all of a sudden the person is like sweating like crazy and I'm like oh there's your Babesia popping out there so just really interesting this interplay that happens between these interactions.

Dr. Jay Davidson: [00:23:53] I agree, it does seem as if you want to focus... if you don't know which one I'd almost rather assume you have both then and go after both, because there does seem to be such a like back and forth and an overlap with them. Is there any standout symptoms that capture you with Bartonella? It's a bacteria so it's different than the intracellular parasite.

Dr. Evan Hirsch: [00:24:18] Correct. But with Bartonella, generally people will have headaches, neck pain. They'll have more body pain, so a lot of people with fibromyalgia have Bartonella. They will have muscle cramps usually in the calves, usually at night before bed. They'll have pain or burning on the bottom of the feet or pain in the feet, discomfort in the feet generally misdiagnosed as plantar fasciitis. Sometimes these people will say you know when I get out of bed in the morning I start walking and my feet are so tender I got to put on my slippers. Sometimes these people will have thyroid issues. Rhey'll have problems sleeping. They'll have some mood issues as well anxiety and depression. Usually not to the point of Babesia but they'll still be there and will still be significant. They'll have stretch marks so they'll have this Bartonella striations and they'll be like not sure why I have stretch marks usually on the flanks backed by the in the lower back backed by the kidneys. If people have like three of those symptoms, you can pretty much diagnose them as Bartonella. For Bartonella and Babesia and for Borellia and a number of these, when people ask me about diagnosis, even the Centers for Disease Control will say that these infections are based on a clinical diagnosis. These things that Dr. Jay and I are talking about where you're looking at the conglomeration of symptoms, you're looking at how they look, and their subjective experience. But that is enough for a diagnosis according to the Centers for Disease Control. Doing things like the Western blot or a PCR test with DNA Connexions are great to supplement, but don't always have to
be done because you can really get this diagnosis based off the clinical symptoms.

**Dr. Jay Davidson:** [00:26:05] Well said. Yeah I think about my wife's story. When she was 7 and got sick and went comatose and had encephalitis. Looking back on it of course I didn't know her when she was 7 years old, but I look at the symptoms of Lyme, Babesia, Mycoplasma, Bartonella, and it's like wait a minute that really seems more Bartonella than Lyme disease, when she was diagnosed with Lyme when she was 7 years old, because of the brain encephalitis. It seems like Bartonella has such an attraction to the neurologic system as well. Have you seen that?

**Dr. Evan Hirsch:** [00:26:42] I have. Lots of neuropathy but interestingly enough it's usually in the extremities, usually in the hands and the feet. And I think a lot of that is because Bartonella has an intravascular phase and and a skin phase, a dermal phase. So basically it'll live in the blood vessels, which will also raise blood pressure, decrease perfusion to the extremities, so people had some sometimes Raynaud's or they'll have white hands white fingers. They'll have cold hands and feet. But yes the nerves definitely affected by Bartonella.

**Dr. Jay Davidson:** [00:27:17] Such great information. It's so important to really look at the body as a whole and autoimmunity seems to be diagnosed more and more, and more and more conditions are getting thrown into the autoimmune category. At what point do you feel like Bartonella, Babesia, and Lyme play a role with autoimmunity in this day and age?

**Dr. Evan Hirsch:** [00:27:38] They all do. So when whenever I'm looking at autoimmunity, I tell people this is the spectrum of basically allergy to cancer. It's an immune system dysfunction where the immune system is being triggered by something that causes inflammation in the body and attacks a certain part of the body, or that thing that's causing the immune system is hidden in a particular place that causes the autoimmunity. For example let's say Bartonella which loves to hide in a highly vascular places like the thyroid is in the thyroid. The immune system's job is to get rid of the crap in the body that's not supposed to be there. So it goes to the thyroid and knocks on the thyroid and says Excuse me, Mr Bartonella, will you please leave? Bartonella says not by the hair of your chin chin chin or however that goes. When the immune system dives into the thyroid in order to grab the Bartonella and extricate it out of the thyroid and out of the body. Now by diving into the thyroid it ends up causing damage to the thyroid, and those are basically antibodies. That's the immune system attacking the thyroid but it's attacking the thyroid because it's trying to get out what's inside the thyroid. So when I tell people is that the things that cause autoimmunity or what I call the usual suspects which are some of the causes of fatigue. So these are heavy metals, chemicals, molds, infections, allergies, negative emotions, electromagnetic frequencies, parasites, dental infections. So all of those things can trigger the immune system to start attacking itself depending on where in the body those things are. And that's the relationship with autoimmunity. Breast Cancer Fund did a study on this a number of years ago and there's been multiples to show that you know cancer is an autoimmune disease and it's 80 percent environmental from all this crap and 20 percent genetic. And that's what we're seeing on everything on this spectrum. This autoimmunity. So you really can't have these infections without having autoimmunity.

**Dr. Jay Davidson:** [00:29:49] It does seem that thyroid issues are very prevalent now and especially autoimmune... I mean Hashimoto's was the first autoimmune diagnosis ever. I personally see Lyme disease and I see heavy metal toxicity, really specifically mercury, being such a role. So are you saying that Babesia and Bartonella would fit into that too? Or what are what are some of the top things you see affecting the thyroid today?

**Dr. Evan Hirsch:** [00:30:21] So I don't see Babesia. I see a lot of Bartonella and actually the only way that I have found to get people off of their thyroid medication, to reverse their thyroid issue is by treating Bartonella and that's always a fun story of serendipity where I had somebody come into
my office who all of a sudden she was hyperthyroid. I'm like why are you hyperthyroid? All we did was just you know start treating her Bartonella. And I was like well start to wean down off of your thyroid medicine and sure enough she was able to come down. And I find that 50 percent of people who have low thyroid or Hashimoto's and have Bartonella will be able to come down off of their thyroid medication. Maybe they will be able to come down off of it completely. Or maybe they'll need to stay on it a little bit. But Bartonella is definitely huge cause. Definitely Mercury. I've seen that. Lead not so much so it's really interesting how some of these things like to stay in certain parts of the body. Molds definitely, and yeast definitely, parasites definitely. So those are kind of I would say the big ones that I have seen with thyroid.

**Dr. Jay Davidson:** [00:31:30] When you say yeast, is it safe to say Candida would be that category?

**Dr. Evan Hirsch:** [00:31:36] Yep Candida and or other forms of yeast, the different forms of Candida or any kind of yeast, or mold, fungus.

**Dr. Jay Davidson:** [00:31:53] Would it fall into the mold category of like the Aspergillus and those type of things or are these are different types of yeast?

**Dr. Evan Hirsch:** [00:32:02] Nope nope definitely fall into the mold and mycotoxins category as well. So what I'm thinking yeast, I'm thinking more Candida and it's relationship in other parts of the body versus mold. Could be spores, could be mycotoxins.

**Dr. Jay Davidson:** [00:32:18] OK. Is there any other things that you want to cover about Babesia that maybe I didn't ask you? Things that stand out or stories?

**Dr. Evan Hirsch:** [00:32:28] Well I'd love to talk a bit about when Babesia treatment fails. So if somebody is treating Babesia and they're not having success, it's always because there are others some of those usual suspects that are present that have distracted the immune system. What I've found is that the immune system really has to be online, focused and able to take care of any sort of infection. It has to work with these other treatments that we're using, and when you have heavy metals, chemicals, or molds, they're all going to jack the immune system into left field and then the infections, that's when they really became opportunistic in the first place. Taking the Babesia treatments sometimes can knock it down. But until you get rid of those other things that I mentioned, you're not going to have the success that you want in completely reversing Babesia.

**Dr. Jay Davidson:** [00:33:23] So even if you know you have Babesia, the key isn't just to take down the Babesia. It still is to address all the pieces that are going on with your body.

**Dr. Evan Hirsch:** [00:33:32] Exactly because we don't want it to come back and it's not reasonable. Most of the time we've got these infections...sometimes it's from a tick bite that's really increase the volume in our bodies. But you can get this from mom through the placenta, you can get it through a blood transfusion, or anything that takes a blood meal. We're talking like mosquitoes and chiggers and fleas and all that sort of stuff. So you know most of the time we have a lot of these infections. It's only when the immune system gets hijacked by the usual suspects that the bugs become opportunistic. So our goal really is about knocking down the amount that is present and reestablishing a balance because immune systems... You know we learned so much about the microbiome. But we know that these bugs really work well with the immune systems so it's not about getting rid of Babesia in its entirety or Bartonella or Lyme, it's reestablishing that good balance. And a lot of that has to do with removing the crap that's in the body that's not supposed to be there. So if you don't have heavy metals, chemicals, and mold, and you're not being exposed to those, if you pull those out and you're not being supposed to go on a regular basis, you're going to
have a very happy immune system. It's going to be a lot easier to maintain that balance with all of the infections that are helping us do what we're supposed to do in the body on a regular basis.

**Dr. Jay Davidson:** [00:34:56] It's interesting you mentioned blood donation. I thought I remember hearing if you have ever been diagnosed with Babesia that you are unable to donate blood to the Red Cross or really do blood donation. Have you heard that?

**Dr. Evan Hirsch:** [00:35:11] Yes. Absolutely.

**Dr. Jay Davidson:** [00:35:16] Is there any other co-infections? because I remember Babesia really being the standout, which would make sense if it's intracellular red blood cell, but are there any other co-infections or even the Lyme that you know of where you can't donate if you've been diagnosed with?

**Dr. Evan Hirsch:** [00:35:31] I think they don't want you to if you've had any of those. Any Lyme or its co-infections but it's really a tough question. It's tough question for me. I stopped donating blood when I when I acquired all the infections that I had. My story is that I had fatigue for five years and I pretty much had every single cause. Every time I would remove a cause I would get a little bit better... but it's only when I removed all of the causes that I really achieved great energy and really felt really well and my fatigue resolved. So I stopped donating blood when I knew that I had infections in my body but it's really a tough question for me because I'm O positive. I want to donate blood. I know that it's going to save lives and so the question is, is my blood even with some of these infections okay for somebody who's in the hospital? It may save their life but it may also give them Bartonella or Babesia or whatever infection an individual has. So definitely when people ask me whether they should donate blood, I definitely arm wrestle with myself about this question and kind of put it to them. But you know I think to save a life is is really a wonderful thing and so generally I encourage them to donate. But it's always it depends on the day and it depends on how healthy they are, how sick they are because bloodletting is a wonderful therapy. Just by donating blood you're giving up a percent of your blood which causes your bone marrow to start producing a lot more red blood cells which is really nourishing, getting all these young cells out and they're really healthy for you as well. So there are pros and cons to all of this.

**Dr. Jay Davidson:** [00:37:24] And how many people donate and have these infections and don't know it?

**Dr. Evan Hirsch:** [00:37:29] Exactly.

**Dr. Jay Davidson:** [00:37:33] One of the questions that I ask and my doctors ask of new clients on our questionnaires is have you ever had a blood transfusion. What have you seen with people with blood transfusions and health after? Have you had any experience or really seen that?

**Dr. Evan Hirsch:** [00:37:51] I don't have enough data to speak to that unfortunately but you know it's so interesting to hear about the triggers that happen for folks or where they acquire it from or you know sometimes they just get they get a dog. There's a new dog that comes into the home and then all of a sudden everybody gets Bartonella symptoms since upwards of 50 percent of all domestic animals have Bartonella. So it's interesting to try track those triggers down. But I'm sure that there's that transfusions are significant. Sometimes the question is, is the issue because of the stress from an event that required you to have a transfusion? Was there a surgery? I was just talking to somebody today and she had surgery and you're under the stress of having something cut your skin and being moved around to whatever is very stressful on the body. You put out a lot of cortisol and adrenal stress hormones and that can dysregulate the immune system and that can allow the infections to become more opportunistic and you get those symptoms. So how much of it was from
that and how much of it was from the blood transfusion? It's sometimes it's hard to know.

**Dr. Jay Davidson:** [00:38:59] I agree, I agree. It just seems as if from the limited data I've seen blood transfusions of people that get them and of course if it's lifesaving and it's needed and necessary then you know you do what you do in those situations., however it definitely seems those that have blood transfusions struggle with health after. And I always wonder what are they picking up? Bacteria, parasites, viruses, retroviruses you know all these different things that really don't get checked when people donate.

**Dr. Evan Hirsch:** [00:39:35] Yeah that's a very good point. It's kind of like coming together with a partner. It's very common for people to be intimate with each other. And then one of them gets sick it's just because you're getting all these new bugs. You know you're you're swapping bugs and you're donating bugs and receiving bugs. That's a very good point. There's also maybe they're getting a big dose of plastics from the from the bag that has the blood in it. Or maybe it's from putting a metal needle into your arm and so maybe there's some metal exposure but yeah there's a lot of things that you can get in a blood transfusion.

**Dr. Jay Davidson:** [00:40:17] Interesting. Yeah and then just the the trauma that you're probably under. The reason why you would need a blood transfusion in the first place could set you over the top too. As we wrap up the interview, Dr. Evan Hirsch, is there any interesting things you've been studying recently or exciting things or anything else that you want to touch on?

**Dr. Evan Hirsch:** [00:40:41] Well I'm creating a group program for the first time, which I'm really excited about, because I'm just about all full up on my one on ones. I really want to succeed in helping a million people resolve their chronic fatigue so I'm really excited about that. And I have this free Facebook group that people can jump in and ask questions about. I will be announcing my my my group in there. If you are interested in my book, it is available on Amazon. You can also download it for free as a PDF on my website at www.fixyourfatigue.org. But I really just encourage people to never stop. Never stop looking for the answers because the answers are out there for you. And you just have to learn and you have to continue to learn, you have to read. You have to do what you can to continue to piece together. I mean this is an amazing time for information. This podcast that Jay has and all his summits and everything. It's such an amazing time and you just need to find all the information. You need to find mentors. As Jay and I both know in health and in business, you have to find a coach that can guide you through all of these steps to get you better and put together all of this information that you're learning. So I would just say you know never stop keep going, because you will resolve your symptoms.

**Dr. Jay Davidson:** [00:42:06] Love those words. It really comes down to where we pay, we pay attention. So if you want to go to the next level in your health, then you know invest something toward that. Because again where we pay, we pay attention. If you want to go to the next level in your career or relationship or parenting or emotional growth or spiritual growth. You really want to allow people to see the value of coaches in different areas of your life to continue to grow. I mean I've seen you you grow in just a short time I've known you and just so exciting to see the mission you want to help a million people. I mean that's a big number. But then at the same time you're like well if there's 7 billion on the planet, that's a drop in the bucket. So kudos to you Dr. Evan Hirsch. I encourage my listeners to check out your website. www.fixyourfatigue.org and I will see you on the next podcast. Thanks so much Dr. Hirsch.

**Dr. Evan Hirsch:** [00:43:09] Thanks for having me on. It was fun.

**Outro:** [00:43:11] Thank you for listening. If you found this podcast valuable, feel free to share with others. The information in this podcast is for educational purposes only and is not intended to
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