



Dr. Jill Carnahan - 00:01

Hey everybody. Welcome to Resiliency Radio, your go to.



Dr. Jill Carnahan - 00:04

Podcast for the most cutting edge insights integrative and functional medicine. I'm your host, Dr. Jill, and with each episode we dive into the heart of healing and personal transformation. Join me as I interview medical experts, innovators and thought leaders of all types helping you on your journey of optimal performance and longevity. Today, you are in for such a treat. Such celebrity Jenny McCarthy will be coming on the show to talk about her own experience with an unknown, unsuspected invisible invader that we all know as mold and toxic black mold, to be specific. I know you're going to be very compelled by her story and the information we're going to present on therapeutic plasma exchange. So stay tuned. I'm sure that you'll not only enjoy this episode, you'll want to share it with friends or family that might be suffering from similar things.



Dr. Jill Carnahan - 00:57

So keep that in mind as we get ready for the show. Just want to remind you that I do have a partnership with MD Lifespan who does therapeutic plasma exchange. You can get more information about that at MD lifespan backslash. Dr. Jill for the Mold Protocol. We're going to be talking more about that today, so stay tuned for all the juicy bits of information. Also you can get all products and services as always on my website. Drjill health.com everything from mold detox protocols to tick borne infection protocols to mast cell activation protocols, Gut, brain health, brain, whatever you need, it's there, so check it out. Drjill health.com okay, let me go ahead and get right to introduction to our guest.



Dr. Jill Carnahan - 01:38

Jenny McCarthy's honesty, humility and humor have enabled her to transcend the boundaries of her roles as actress, comedian, host, best selling author, entrepreneur and an influential activist in the world of healing and prevention of autism. She's been a judge on the Fox smash hit the mask singer for 14 seasons. She starred in numerous films and television shows in addition to hosting cast countless live events, specials and award shows. She's a highly regarded New York Times bestselling author and her books include Belly Laughs, Baby Laughs, Life Laughs, Louder Than Words, A Mother's Journey in Healing and Mother Warriors. And more than I can even mention here, she's got so many amazing books and features out there you are going to really enjoy most of all, not just the celebrity Jenny McCarthy, but the human, the incredible heart that she has.



Dr. Jill Carnahan - 02:27

And I know you're gonna see that on this show. Let's get right to it with Jenny McCarthy.



Dr. Jill Carnahan - 02:32

Jenny, what an honor to be here. So we get to talk about some of our. Both our favorite topics. And I know our listeners are going to absolutely love this episode because if there's anything that I find always moving in my own heart, it's a story of someone, and especially someone who's done such amazing work. Actress, comedy, television. Like, you've done such amazing things in the world. And just before we got on, were talking about how do we change the way medicine is practiced? And how do we not leave behind people who are suffering and have no idea what. What's bothering them?



Dr. Jill Carnahan - 03:03

Right.



Dr. Jill Carnahan - 03:04

And you have a story. So I just want to jump right in and let you kind of tell your journey, how you found out about your illness and what was causing it, and give us. Give us the story.



Jenny McCarthy - 03:14

You know, it's. I'm so excited to tell the story, so thank you for giving me the platform to do so. So, you know, I would say my first kind of symptoms, that I kind of leaned on perimenopause, and it could very well have been perimenopause or menopause. But I had brain fog. I couldn't complete sentences.



Dr. Jill Carnahan - 03:37

Yes.



Jenny McCarthy - 03:37

I noticed myself, and I talk for a living, and I was having trouble finding my words. I noticed interviews, I would leave off half the sentence and rely on the other person to finish the sentence. And it was like. And I said to Donnie, I said, I think I'm getting dementia. And he's like, you're being ridiculous. I said, no. I literally went to go get a test to see if I had dementia because that's how bad my word finding was. Or just conversations in general and the brain fog and the fatigue. And I was like, God, menopause is killing me. And could there be a percentage? Of course. But to the extreme that I had it, that should have been a telltale sign. That should have been a big red flag. Then things like, typical Sibo, my gut, which I've always have gut problems.



Jenny McCarthy - 04:34

I know I have gut dysbiosis. I'm just. I'm just always had that kind of problem. But the sibo kind of got really out of control, where I was like, I look nine months pregnant. Every time I ate, I'd be like, oh, I can't eat anything.



Dr. Jill Carnahan - 04:46

Yeah.



Jenny McCarthy - 04:47

Then the food allergies tripled. It was like, I can't eat anything. And I found myself only eating Carnivore. And I find that a lot in the mold community. People or a lot of people with food allergies, they go, I went to Carnivore and you feel better. For a little while, but it's not a forever, you know, exactly.



Dr. Jill Carnahan - 05:07

Because you're starving the microbiome. But you're right, people. And I think that's why some of those are so popular. In fact, Paleo, what I've said all the time is when you take out grains are the most contaminated with mold food source in the US at least. So this Paleo popularity, I'm like, I think it's really a mold issue. So keep going.



Jenny McCarthy - 05:22

You're so right. So then I took that out, and then I started to get severe. Well, I guess it started with tooth mouth infections. And the kind of. The more I'm reading about it, the mycotoxins not only colonize in your nose, but in tissues that can also be in your mouth. I didn't really realize that. But whether that led to my infection or my immune system was so under attack or busy doing something else that it couldn't maybe fight certain bacteria that was happening in my mouth. So I literally woke up with my pain and my mouth swollen. It looked like there was a tennis ball in my mouth. And I'm like, what is happening? I was in so much pain. I went to the emergency

room because it was a weekend and I couldn't see a dentist.



Dr. Jill Carnahan - 06:16

So I was like, teeth are the worst, aren't they? They're like, there's nothing worse than tooth pain.



Jenny McCarthy - 06:21

Nothing worse. And it was a Saturday and I had to get to Monday. So I was like begging for painkillers for you name it. So finally I get there and they're like, okay, do you want to save your tooth or do you want to? Because it is severely infected, but you want to clean it out. And it was an old root canal. And I and I went through theory that you should always keep your teeth no matter what. So I said, let's keep it. Let's clean it. In this particular case, it probably wasn't very smart because it was really infected. So we cleaned it out two weeks later. Even bigger. Even bigger. So I wound up pulling it. And what wound up happening was the next tooth got infected next to it. So I had to go in and get that one pulled out.



Jenny McCarthy - 07:11

But while I was in there, by biological dentist said, why don't we look at your root cavitations? For people that don't know what root cavitations are, they're where your wisdom teeth were pulled out and what's left were these little divots. And inside those divots, if you're not the healthiest person in the world can accumulate toxins. They find heavy metals. I always refer to it. I love visuals. I refer to it as shack, as Shrek's Pond.



Dr. Jill Carnahan - 07:40

Like, Shrek pond scum.



Jenny McCarthy - 07:42

Exactly, exactly. So he's like, you have three areas. We should really get out while we're gonna pull this tooth. So he wound up doing that. He's like, it was disgusting. I got all the, you know, that stuff too. So I was like, I'm on my way cut to. I started growing these. I call them Shazalians. I believe they're called Calaisians.



Dr. Jill Carnahan - 08:04

Chalazian.



Jenny McCarthy - 08:06

Chalazians. I can't pronounce anything right, but you guys, it was so bad. I'm actually going to hold up a picture for you, cuz I feel like visuals. You guys are so good for people to see. Like, oh, she was not joking how bad it was. So of course I'm going to take a second to find it.



Dr. Jill Carnahan - 08:25

That's okay.



Jenny McCarthy - 08:26

So these. These Shazellians were growing on my eyes, and I was like, I've never had any type of problems before. Like, I'm like, why would I have this all of a sudden happening to me and not knowing where it came from? So I went to the doctor and he's like, it's just a gellion. We can shoot it up with steroids. We shot it up with steroids. Four weeks later, it grew back. Now I'm having trouble finding it, but I'll find it by the end of the podcast to hold it up. So it looks. It looked like it was so bad, it looked like the tip of an eraser. That's how big it was. But it looked like a whitehead. So mine were, like, severe. And he was like, we have to have surgery. So we have surgery on it.



Jenny McCarthy - 09:11

Four weeks later, it grows back. And I'm like, what is happening? At the same time, my jaw's infected. I have another infection in the same spot. And he's like, oh, my gosh, you're not even healing. All of these root cavitations, everything, this wouldn't heal. Antibiotics stopped working. So I was just getting infected. I had these Shazellians growing, and I was like, what is happening? I wound up having six mouth surgeries to clean. Keep cleaning. The infections. What wound up happening? The infection got so bad, it went down to the jawbone, turned it into mushroom. The amount of bones, the grossest, gross, grossest. The amount of bone grafting that I had, I literally was like, I've eaten more dead people than I ever thought I would like Some people buy a cow, a grass fed cow, cut it up and share it with their family.



Jenny McCarthy - 10:11

I'm like, I might as well buy a carcass and just chip at it.



Dr. Jill Carnahan - 10:14

Oh, my goodness.



Jenny McCarthy - 10:16

The amount of bone grafting I had, Dr. Jill, for the. For the over six month period was crazy. We wound up doing it again and again because I wouldn't heal.



Dr. Jill Carnahan - 10:26

Yeah.



Jenny McCarthy - 10:27

So the amount of Shazellian surgeries led up to number seven for seven months every month. They were growing back. So now cut to my functional medicine doctor. My functional medicine doctor says, this isn't right. You are the healthiest person in terms of. I do. I've been doing infrared sauna before people even knew about that. My son was diagnosed with autism back in 2003. I bought an infrared sauna. I've been in it almost every day since. Okay. I jump on my trampoline. I. I dry brush. I eat organic. I have a hyperbaric chamber. I get into. It's like. People thought I was like Michael Jackson back in the day. I've been doing that for 20 years. It just goes to show you that someone that's still doing the work can't fight or is tough to go up against such a strong, powerful thing like mold.



Jenny McCarthy - 11:23

So she said to me, you're so healthy, I'm going to test you for mold. I'm going to test you for mycotoxins because nothing else is making sense. And what do I do? I did exactly what everybody else does, which is this. I don't have mold.



Dr. Jill Carnahan - 11:37

Exactly. Let's come back and talk about that. Because you're right. I hear it 100% of the time. In fact, I never ask anymore, do you have mold exposure? I ask, have you ever had a water leak in your house?



Jenny McCarthy - 11:49

That's the right question.



Dr. Jill Carnahan - 11:50

Yeah.



Jenny McCarthy - 11:51

You know, I was like, I don't have mold. My mold. My house is super clean. And, you know, we used the dryers when we did have a leak.



Dr. Jill Carnahan - 11:57

Yeah.



Jenny McCarthy - 11:57

But we had. We had a number of water issues. But also my job, my work, I believe was the initial source. And I'll explain. I was in a dressing room for the past seven years. My dressing room, very old. It was I Love Lucy's, like back in the day. Desi Arnaz's dressing room.



Dr. Jill Carnahan - 12:22

Yes.



Jenny McCarthy - 12:23

For historic reasons, they wouldn't refurbish. So I had the same walls. I had an air conditioning unit. You guys. From like, literally 1970.



Dr. Jill Carnahan - 12:34

Oh, my goodness.



Jenny McCarthy - 12:35

Oh, you cranked. It had. It was. And it was. My makeup chair was right Here. And it was right here, just blowing, blowing.



Dr. Jill Carnahan - 12:43

Oh, my goodness. Yes.



Jenny McCarthy - 12:45

So I noticed my health just degrading as those years went on. I also noticed my makeup artist, who only worked with me in this dressing room. She started having symptoms. She started getting rashes all over. I get rashes, too, all over my body. She started rash. She started having sibo. She started gaining weight. I started gaining weight. My face looked so ballooning. The under eye bags that I had growing, the eyelids. I literally. I'd wake up and my eyelids were literally like this. I'm like, donnie, something's happening to me. And I'm like, I'm either getting old at a rapid pace or I'm becoming allergic to something. Like, something is.



Dr. Jill Carnahan - 13:26

I was going to show you a picture while we're talking. That's why I'm.



Jenny McCarthy - 13:29

Please do.



Dr. Jill Carnahan - 13:29

Because it's the same thing of, like, the horrificness of what happened to the skin when it's unbelievable. And you have to. Our eye. We'll share eye pictures with the crowd because. Oh, good, good.



Jenny McCarthy - 13:41

Crazy. In fact, now I just found mine.



Dr. Jill Carnahan - 13:43

Oh, good. Yeah. Please show. Please, please. We want to see that.



Dr. Jill Carnahan - 13:47

Hey, guys. Just want to quickly interrupt this episode to remind you we're talking about total therapeutic plasma exchange. And if you want to know more, you can visit MD Lifespan, Dr. Jill to get all the details about the mold protocol that we're talking about today on this episode. And you can get consult with the doctor to see if it's a good fit for you. You might have questions about it, and they're a wonderful team. They're ready to take your questions. I would encourage you go to MD Lifespan, Dr. Jill, Schedule A consult. Just get your questions answered. And if all else fails, at least test your mycotoxins in your urine and see if this could be beneficial to you as well. Okay, let's get back to our episode with Jenny McCarthy.



Jenny McCarthy - 14:32

Okay, so I'm going to show you one of my. I'll start off with the shit. Well, first of all, this was the first tooth. Look how swollen my mouth is.



Dr. Jill Carnahan - 14:40

Like a chipmunk.

Dr. Jill Carnahan - 14:41



Right?



Jenny McCarthy - 14:42

Like a chipmunk. And that is, by the way, that's all infection. That's before the. So now this is just a simple allergic. What is happening? Mold reaction. This is how I was walking around the house. Face red, super blotchy. These under eye bags. Now, mind you guys, I'm selling makeup, which we'll get into in a minute. But I kept growing these. These type of things on my eyeballs every four Weeks. These are Shazalians. Every four weeks, it would come back and then I would have to have surgery. I literally caught, like, this one is like, again how it looked. So that's another one that grew back and they just kept coming.



Dr. Jill Carnahan - 15:20

That look familiar? Look at that, Jenny.



Jenny McCarthy - 15:23

The same thing.



Dr. Jill Carnahan - 15:25

Yes. Like. And I literally lost my eyelashes. Like, it was me too. That's not even the worst. If I could find. It's actually good because people, I think, need to see this. I think if you guys are listening.



Jenny McCarthy - 15:34

Yes.



Dr. Jill Carnahan - 15:34

Hang tight because this is actually worth the share. It's just, like, so profound. It's funny now because in the clinic and I start to see these eye periorbital rashes and things, I'm always like, oh, my gosh, we have to. I literally. And now there's one. I don't know if I can find it quickly enough or not, but literally, I look like a raccoon, except it was bloody red, like, circles around my eyes from. From the exact same thing. For me, it was 10 years ago. But I so understand.



Jenny McCarthy - 15:58

In this, like, total, like, MCAs. And I'm literally. I'm talking to myself going, what is going on in my face, Jenny?



Dr. Jill Carnahan - 16:05

I want to just reach out and hug you and. Because, like, I've been there and I know how painful it is. And it's funny because I'm not where you are in the world. But also as a physician, same types of things. I remember sitting in my car one day and like, I can't go out in public. I'm supposed to be a healer. I'm so know how to help myself. And this is a billboard of, like, health and healing. Right? Same with you. And if I go, like, I'm going. And people are like, what's wrong with your face? Right? It's so shaming and so shameful about, like. Because just like you, all my life, I've done everything right. Right? So then you come against this and you're like, what? And give my story. But the.



Dr. Jill Carnahan - 16:39

Thank goodness the divine knew I had to go through that and learn because now I'm in the world helping, you know, patients to learn from this. And just like you, if you ever saw a friend that had that, you'd be like, oh, my gosh, talk to your doctor about mold, right? Because you've been there. You can recognize it. And like I said, if you're listening to this podcast, I hope that if someone you know or you've seen this weird rashy stuff, not always isn't mold, but this is classical and Our. Our pictures almost look the same, don't they?



Jenny McCarthy - 17:04

And it's. It's. I tell everyone with your, you know, your yearly checkups, or even every two years, get a mycotoxin test.



Dr. Jill Carnahan - 17:10

Yes.

Jenny McCarthy - 17:12



Just to see what is in there. Because it's now. It's relatively new in terms of now people going, you know what? Maybe I'll test for it. I just saw something released on the news that say, hey, mold illness is actually worse than we thought.



Dr. Jill Carnahan - 17:26

Totally. CDC just came out last week, and it was like these invasive fungal infections from mold in the hospitals, and they're like 1 in 3 patients dies from it. Like, it's such a big deal. And no one was talking about it. But that's why I love that with your platform and everything, you're able to talk because bringing awareness to this is so critical. So you were saying all these weird things happen. Your eye, the chalazion, the surgery, the jaw. You literally lost part of your jawbone. When was it. Was it the mycotoxin test that started to steer you? Because in that clinic, the doctor was like, do you have mold? And like everybody that I talk to, you're like, no, I'm fine. Right? How. When did it click for you?



Jenny McCarthy - 18:05

It clicked for me once I did the test. She forced me to do a nose swab test and then a urine test. And I purposely then started doing my own little research and saw the symptoms because I also had severe, like, fibromyalgia, pain in my legs. I'm talking. If I had to pick my worst symptom, it was my legs. Even over the eyes and the mouth, you guys. That's how painful my legs were. For two years. I would cry up until 3 o'clock in the morning in scalding hot water. I do Epsom salt baths. I would be beating them. I bought compression socks. Not socks, but those. The machine that compresses your legs at night, I'd be beating them. I'd be walking around going, oh, my gosh. Oh, my gosh. And then I realized, oh, it's part of that.



Jenny McCarthy - 18:58

So when she said to me, you got it? I said, you know what? I'm actually happy because now I know I'm not crazy. I don't have some weird, crazy disease that I was, like, falling apart, you know? So at least we can start to get on it now. By the way, everybody, the story has just begun. We haven't even gotten to now the whole journey of the detox part, because I said to her, I said, let's Go. Because I'm a rule follower. I will do every single.



Dr. Jill Carnahan - 19:33

You're the best patient ever, right?

Jenny McCarthy - 19:35



Ever, Ever. You don't tell me twice. Like, you don't even have to check in on me. I am going to be the best student ever. I know that my cells have to get healthy in order to detox. I know that my lymphatic pathways have to be open. I know that I have to be pooping regularly. I know that I have to be sweating. I know I learned all these things even before I start.



Dr. Jill Carnahan - 19:56

And you've been doing them all, too, which I just want to kind of emphasize that for those listening, because you were doing everything right. Everything above and beyond sauna, hyperbaric, detox. I'm sure you're. I always say clean air, clean water, clean food. And I'm sure all those pieces were already in place. And that's why I think it's so important, because in my life, too, I was voted high school class healthiest person survive, you know, like those kinds of things. Because even back in high school, I was doing all the right stuff. And yet when mold comes, it has no respecter of persons. It doesn't matter. And it can take the most healthy person down.



Jenny McCarthy - 20:30

You know, and just to. Just to sidebar for a moment, I'll get back on my detox path. I do believe in some weird way that the divine, I've noticed, is, I don't want to say choosing, but I feel like everyone has a divine path. People that are in our positions that are willing to help spread the word and heal like we are the canaries in the coal mine. So if you are. If you were listening and you were the forefront of this mold, it's. I feel like, you guys, we have a kind of a destiny and a, you know, a faithful servant message here to spread the word and really use this to help people. So as soon as I crack my own code, because I'm a hard nut to crack, I'm going to be like I'm doing now.



Jenny McCarthy - 21:16

But I'm like, I want to even go further. Like, we'll see. But I'm still in the process, as you'll hear. So the very first thing that she started me on were some supplements, some just herbal kind of candida stuff, you know, some liver support and the spray.



Dr. Jill Carnahan - 21:40

The.

Jenny McCarthy - 21:42



Antifungal nose spray, egg spray they.



Dr. Jill Carnahan - 21:45

Do often for marcons, which is the infection in the nose. And I just too. I don't want to interrupt you, but I think it's important those listening. You just. You gave this incredible, compelling story about how it started. And the core thing was there for you guys listening. Most of you know, but mycotoxins are so immunosuppressive. Mycophenolic acid, one of the real common ones, is actually used as a drug called cellcept for organ transplant. That's how immunosuppressive it is. So what you were experiencing was like a complete shutdown of your immune system, right? And then all of a sudden, the tooth and then eyes and the. And then the other thing you mentioned, obviously, like sibo and this infection, like your gut gets really permeable. So then all of a sudden, new food allergies. Why am I sensitive to pineapple now?



Dr. Jill Carnahan - 22:23

And all these things happen. And then the word finding, it absolutely affects cognition so dramatically. In fact, Dr. Bredesen's work, which I work with him on Alzheimer's types of patients, we have talked before, and years ago, he said one in three young people with Alzheimer's, meaning 56, 60s, is mold. And just recently, he said, no, Jill, it's two out of three dementia cases are mold related. Okay, go back to your story, but I want to just, like, add a few important points about this.



Jenny McCarthy - 22:51

You have to talk me off the ledge that because I'm going to be conquering my mold, that I won't be one of those two out of three because I'm conquering it because I'm so fearful.



Dr. Jill Carnahan - 23:00

No, no. And like I promised you before, we're friends now. I'm going to help you if I can help you in any way. And it's go public now at the promise, I'm like.



Jenny McCarthy - 23:10

So I'm like, I have a child on the spectrum. I need to live as long as possible. This is like my drive every single day.



Dr. Jill Carnahan - 23:15

Well, Jenny, let me just say side note, because again, I had this journey, and I really love that you said, I feel like the divine. I've been the divine guinea pig. Breast cancer, Crohn's disease, mold related illness, and overcome all those. But each of those taught me way more than medical training. And so just like you have this public voice in the world. I'm a physician, but each of us has our own lane. And for me, the same passion about spreading the word.



Dr. Jill Carnahan - 23:36

Because when we have suffering and illness and completely unexplainable circumstances, unless we, like, dive down and find the pearls there and then take them out and give them to the world in a gift and say, hey, this was really hard, but I'm going to help you with my suffering and my journey, and I'm not going to let it go to waste. And I hear that in your journey. And for me, as a physician, I was afraid. I always said, you know, I had breast cancer and Crohn's, but gut and brain whatever, or gut and breast whatever. But my brain, I was like, I cannot lose my brain. And in the midst of that, the same thing. And what you mentioned was this word finding. It's so bizarre. You just, like, say the wrong word. You can't finish words.



Dr. Jill Carnahan - 24:13

But what I will say is, as you do that detox, you can. I believe we can 100% reverse those cognitive things. So keep going.



Dr. Jill Carnahan - 24:21

I totally.



Jenny McCarthy - 24:22

Okay, good, good. So. So I started on the supplementation. I did my usual routine at teaching, routine everybody of the detox protocol, of the sweating of the trampoline, the hyperbaric chambers. But I also immediately jumped into EBOO E B o O. And that is basically, they clean the blood, they put the ozone light on it and put it back in your body. And I did. Because I'm so gangster. I'm like, I'm doing six sessions. I'm doing back to back successions because I'm going to get this out now. Mind you, within that month, my leg cramps disappeared. I was like, hallelujah. Like, just to have the pain of the leg cramps subside. I was like, this is glorious. This is wonderful. And then my eyes stopped getting the Chalazian things. Yeah, Salience. So I felt like I'm on the path a little bit.



Jenny McCarthy - 25:23

I still had, like, rashes, and I still had some food allergies. So by. By the second month, I asked my functional medicine doctor. I was like, listen, I've done now so much reading. Just put me on Sporonox. I want to go on Sporonox, which is antifungal that they're finding it's best for people with mold toxicity. And it really kind of gets after it. So I'm like, I don't want to mess around anymore. Just, I have a healthy system. I have a great liver, so let's just go for it. So she put me on Sporonox, and I said, okay, let's retest me after three months. I just want to get. Get after it. So three months goes by, and she tests me, and I'm like, this is gonna be awesome. And she calls me and she said, wait, I forgot one part of the story.



Jenny McCarthy - 26:14

I moved out of my home because we found A little bit of mold in my bathroom. Now, I still think I got it from work, but because I was now more sensitive, I was probably being even more. Which I didn't have a problem ever with a little. I mean, so miniscule. But it doesn't matter. I just was like. I wound up gutting my entire bathroom. And I moved to California where I had a home that I had when I was a single mom that I kept to, like, rent out on the side. So I moved into that and said, you know what, let's live here. Why? We remediate that bathroom and just have healing here. So for those three months I was in California, I walked out and got sunshine. I did all the things.



Jenny McCarthy - 26:58

And she calls me and said, you doubled your mold numbers? Yeah. I was like, what are you talking about? I double my no. 1. She's like, you double. You're being rude. Exposed. I said the usual. No, I didn't. I'm not being exposed. I'm not being exposed in this house. I mean, we're exposing myself. I wound up having a mold dog and there was a little tiny patch. And again, not a lot. Yeah, but just a little tiny patch. Remediated, gone, like, great. Back on the path again. Now I am in safe locations. Okay, Now I'm starting the detox. Continuing the detox. Another three months go by and I'm starting to feel leg cramps again.



Dr. Jill Carnahan - 27:44

Oh, no.



Jenny McCarthy - 27:45

I'm starting to feel leg cramps again. I'm getting a little bit of a swollen eye. And now, mind you, I'm like, okay. I double checked this house. Like, I had it reinspected again. I had the. I had the.



Dr. Jill Carnahan - 27:58

Just everything redone, H vac, cleaned and everything, Right?



Jenny McCarthy - 28:01

New H vac, a new insulation in the attic.



Dr. Jill Carnahan - 28:05

Wow.



Jenny McCarthy - 28:05

I mean, you name it. I went, you know, just like literally knocked down walls that didn't need to be knocked down just to make sure. I'm like, what's happening? And then when I looked at it, I'm like, there are some people that have a hard time detoxing. My makeup artist, by the way, who is sick like me, two months clean.



Dr. Jill Carnahan - 28:27

See, you're right.



Dr. Jill Carnahan - 28:28

There's a huge spectrum of difference.



Dr. Jill Carnahan - 28:30

Absolutely different. And when you start to push that detox like you did, you went all in. I would say that excretion, there's this bell shaped curve that can happen. So you can sometimes see it go up just because all of a sudden you're excreting more because you're doing Massana and Ebo and all that.



Dr. Jill Carnahan - 28:46

Too.



Dr. Jill Carnahan - 28:47

And then. But you should get to that point where it starts to go down, right?



Jenny McCarthy - 28:51

And guess what? It didn't. It didn't go down. So that's when I was. I, I'm. I'm always close to God. I, I surrender to God. And I, I, I was on my knees crying and begging a lot, because don't forget, I've been in surgery for two and a half years. And now this is my. Now I'm in six months of mold detox. That's not working. And my eyes are starting to get a little. I still have a little bit of a shiner underneath here. I still get, like, little bit of, like, eye issues. And I'm like, what is happening? And I was at the end of my rope, and I was praying, praying. And I said, please, God, because he always guides me. Please, God, guide me to what I'm supposed to do next. I promise.



Jenny McCarthy - 29:32

And I said this about my son with autism. If you teach me how to heal my son, I'll teach the world how I did it. And I said, if you teach me how to heal myself, I will teach the world how I did it. And so TPE Therapeutic Plasma exchange came to me, and I was. And I started reading about it, and I was like, okay, this looks like it was a. It was a modality that was made for someone like me. And I refer to myself as a hard nut to crack. And that is who TPE is for, isn't it?



Dr. Jill Carnahan - 30:06

Yes, exactly. Because people are like, it's expensive. Is it forever? No. But for someone like you or many of my patients that are really stuck, it is been a game changer. What an amazing story, too. I don't want to go over the fact that you prayed for this wisdom, because I'm always very open to every person out there. But I'm like, I personally have a deep faith, and I got as often, even I'm sitting with a patient sometimes, like, God give me wisdom. And I so often have to point to those divine. Like, that's where I give all the glory there.



Jenny McCarthy - 30:34

Because I know.



Dr. Jill Carnahan - 30:36

I know where I totally. And I just love that you shared that because I share that same faith.



Jenny McCarthy - 30:41

I said a prayer and a blessing over this podcast before we started. It took me, I signed in early just to pray for us and get that message out clearly. And, you know, I do want to bring up. I do want. And, And I will have you bring up and explain it because I want to post this on my social media as well. You can probably explain TPE better than I can. But I do want to explain because people have come up to me and asked me about the cost, and I'm like, yes, there is a cost associated with this. And. But it's honestly, it is less than what I have spent in the last six months on detox mold. Trying to detox.



Dr. Jill Carnahan - 31:19

Exactly. Right. You take the supplements. Totally. So cute.



Jenny McCarthy - 31:22

I would say 100 supplements a day, which I know is probably. It is too many, but. And all the other modalities, I was spending so much more chasing, healing that wasn't working, instead of just surrendering and doing the nuclear option and investing in what I know will work. And what I've learned about TPE is that it's really not a matter of, like, if it will work, it's how many sessions will it take to work. And I also tell people this. There isn't a one size fits all. That's why you should go call and get a free consultation with MD Life. I'm in great hands, by the way, with MD Lifespan. They are so wonderful. This is all they do. This is their specialty. They have success in it. And I know this because I've seen the data. I've like, show me the proof.



Jenny McCarthy - 32:15

Show me the paperwork where this works. And I saw that it you literally, as each session goes, you can see this massive drop in your toxins. You can see the percentages go down from like 90% to 60% to 40%. And I was so blown away.



Dr. Jill Carnahan - 32:32

It's just bold, right? Like, that's a great thing is like. And maybe I'll just pause real quick to disclaim what it is. So if

you think of a simple way, and you probably got great analogies too, it's like an oil change for your car. So what you're doing is you get hooked up to two large boar IVs on each arm, and they're taking that blood out, pulling out the plasma which contains all the garbage. So the plastics, the parabens, and for example, microplastic. We have no binder, we have no detox for microplastics. Right? So we're talking mold today, which I think is one of the worst toxins of all. But we're seeing this exponential rise in polyfluorinated compounds like Teflon and Gore Tex and all the yoga where wear that's plastic. And all these things are getting into our bodies.



Dr. Jill Carnahan - 33:10

And we now, even as great functional medicine, doctors with good protocols, we don't have ways to pull out the plan plastic. Except for Something like this. So you go in, and what Jenny's describing is most people, like, with the mold protocol, it's usually about five sessions, but you might do really well in three or four, and you might need six to eight or nine. And everybody's different. But what happens is that pulling out of the plasma, you exchange it with a neutral albumin, which albumin is the universal binder. It is the best mold binder you could possibly put back into your body. And then over those next three to four weeks, because you separate them out by four weeks, this tissue burden that you were inhaling, so the process of mold is you inhale it through the nose, goes to the alveoli.



Dr. Jill Carnahan - 33:49

The mycotoxins are 2.5 microns, are smaller. They're so small, they go right through the alveoli. There's no filter there at all. Unlike the liver, if you were to ingest it, they go into your tissues. All of a sudden you have this huge body burden like you came up to, and that body burden is suppressing your immune system and causing inflammation and infection. And you and I are probably both those canaries, and that don't detox really well naturally. So we just get this accumulation, like a bucket of water, and that water spills over the top. And then we start like, I can't think, I can't focus, My legs hurt. This eyes are horrible. The jaw is horrible. And many, many other things I could name that. People have trouble breathing, sinus infections, bad gut issues, heartburn, histamine issues, mast cell activation.



Dr. Jill Carnahan - 34:31

And so this presents with this load of water. And we. When you get that plasma exchange, you're filtering that out. And then what happens over the next four weeks is your body equilibrizes, and that toxic load in your tissues goes back into the plasma. And then you filter that out again. And so what's really cool, unlike what the protocol you did, which I've done and I give to all my patients, it's like liver support, glutathione binders. With those, you have mobilization and excretion, and you can mobilize really quickly. Like you.



Dr. Jill Carnahan - 35:00

If.



Dr. Jill Carnahan - 35:00

If you do sauna every day and you take tons of binders, and sometimes when you mobilize out of the tissues back to the blood, which is where then your kidneys and liver filter it, you get more sick in the process because your

body cannot excrete it as quickly as you're mobilizing it. Whereas with plasma exchange, it's such a gentle. It feels like it's very aggressive but it actually is so gentle because you're just removing this load. And then the body's like, oh, okay, we can release more from the tissues and goes back into the blood over four weeks. And you do it again and again. So back to your story. I think it's just.



Jenny McCarthy - 35:33

Can I ask you a question about that? Because I was doing two IVs a week, high dose vitamin C, and I was also doing 2500 of glutathione push.



Dr. Jill Carnahan - 35:44

Okay, okay. So lots of.



Jenny McCarthy - 35:47

I was doing a lot. And I was like, why isn't that working per se? But if you're saying it's. I'm just recycling.



Dr. Jill Carnahan - 35:54

Yeah. So let's go to that real quick because this will be for people and you probably know most of this. But for those listening, what happens is I want to go back to the process. Once you understand the process and you're like, oh, no wonder. Well, no wonder I was sick. No wonder I didn't get well. No wonder therapeutic plasma exchange is so helpful. So when we ingest mold, which is years ago, all we had was like animal studies, because livestock would have moldy hay, they would get sick. And so the original studies were all on cows and pigs and horses and stuff because they didn't want to lose their livestock and they were getting mold, but that was ingestion. So a lot of the scientists will be like, oh, there's no mold illness. It's all ingestion in our food.



Dr. Jill Carnahan - 36:27

And so when you have mycotoxins in the urine, they will say, which is not true. And I'm going to tell you why that it's all because you're ingesting moldy foods. Okay, so what happens when we ingest? Our liver is our filter. And so before it ever goes anywhere in our body, it gets digested in the gut, absorbed in the bloodstream, goes right to the liver. And 30, 40, 50% of that is filtered by the liver. And of course, there's a threshold there, but you have a lot of filtration in the liver. If you ingest mold, it is not nearly as toxic. And when you're looking at aflatoxin, ochratoxin, trichosathines, gliotoxin, and fusarium, which are the top five that we're testing. You will often see aflatoxin for peanuts, maybe a little okra, but you will never see trigger or gliotoxin from mold. It's.

Dr. Jill Carnahan - 37:13



It's colonization, it's exposure. Now, the other thing, like your air conditioning story in the old I Love Lucy Studio so I'm just going, oh, this makes so much sense, because inhalation. So when we go into a moldy building, within five seconds of inhaling, it's going into our lungs, the mycotoxins. And again, mold spores are big. Our lungs can filter those out. They're kind of like pieces of dust and debris. We could probably see. See them, but the toxins the mold produces are less than the size of a virus. So we inhale that. Yeah, 2.5 microns. So we inhale that, and then that goes right from our alveoli into our blood. There's no filter. None whatsoever. And that's why people who go into a moldy building once they've been sensitized and kind of understand this.



Dr. Jill Carnahan - 37:55

If I go to a hotel room and there's mold, within seconds, I'm like, there's mold here. I feel it, right?



Jenny McCarthy - 38:01

But then am I in my toxified? Then I get paranoid. I go, oh, my God. I had 2.2seconds of breathing this in. Now I'm, no, no, because you're.



Dr. Jill Carnahan - 38:08

Again, your load is dead because your bucket was so full. And now, because the tpe, you've brought it down. So now you have margin. And once we have margin, God gave us the ability to detox. We are detox machines if given the right circumstance, right? So when that happens, then we actually have. When we bring that water level down with TPE or whatever detox methods, although tpe, like, we agree, is really great, when we bring that down that margin, then allows us to do what were meant to do, which is mobilize them out of the tissues. So back to the alveoli, into the bloodstream, directly into tissues. Like, it just goes down the stream of the blood gets deposited in our arms and legs and fat and tissues, and then it's stuck in our body.



Dr. Jill Carnahan - 38:47

And so then the backwards route of that is we mobilize it out of the tissues. That could be lymphatic drainage, dry brushing, Epsom, salt baths, infrared sauna, IV therapy, glutathione, all these ways. And what we're doing is we're mobilizing that out of the tissues. We're saying, hey, let's get that back into the blood. And then our kidneys, which we urinate out, or our gut, our liver, which then we poop out, will filter those toxins out and excrete them in the poop and the urine and the sweat and the tears, whatever we have in our body. But what's so interesting is what you Mentioned is mobilization is actually quite easy. We take tons of glutathione, we do all these things.



Dr. Jill Carnahan - 39:22

Excretion, there's a rate limiting step there because if we have poor detox or poor lymphatics or all these things, so

we get stuck and then we can be doing all the glutathione in the world and we're getting worse instead of better. Whereas tpe, there's this, not this mobilization. Excretion has to be a yin and yang balance. But with tpe, you don't need that. You just take the load off and the tissue like, okay, release. Does that make sense?



Jenny McCarthy - 39:46

Yes, it makes total sense. And thank you for explaining that. That was so good. I could talk to you forever about this. Also, I want to share with everybody, by the way, what is going to make you feel so comfortable if you do invest in getting tpe, is that they do the testing. They do intense testing. What I mean by that is they did a toxin panel in me. It wasn't just mold. It was my aluminum levels. By the way, my aluminum levels were off the charts, which terrifies me because I'm like, I'm so scared of dementia. I'm like, I. And it's hard to detox the luminum out of the brain, so you're gonna have to talk me out the ledge of that one. Then my arsenic levels were through the roof. And my doctor's like, where are you getting all of these toxins?



Jenny McCarthy - 40:31

Like, I don't know. All I could think is, like, chemtrails from aluminum and my body can't detox. I don't know. Like, I don't know, but my body is collecting. And they were literally, you guys, they're through the roof. Of course I'm high in mercury, I'm high, super high in arsenic. So all of these things I'm going to be able to test to see how well the TPE is taking these levels down. And I'm so excited about that. I'm so excited. Just as I'm excited about the mold, I'm excited to see my, you know, arsenic go down and all these other numbers go down. And they will.



Dr. Jill Carnahan - 41:06

Yeah.



Dr. Jill Carnahan - 41:06

And that's what's great about tpe. You're doing a total filtration of the blood. It's like there's nothing it can't get. I mean, if you can filter, if it's in the plasma, it's going to go down. Where are you at in the journey of that? And what has been your experience? Has it been pretty Comfortable. Has there been any? Because I've heard most of our patients, we actually do it in our clinic, MD Lifespan. I'm. That is their thing, they just sublease. So they are in my clinic in Boulder, Colorado. So if anybody's in Denver. Yeah. You could get this done through MD Lifespan in my clinic movie. Sure. And link up to that later. But. But back to your story. How many sessions have you had? What's been your experience? Anything that surprised you?



Jenny McCarthy - 41:46

So I've only done one so far. And of course, and it's totally normal to be nervous or hesitant at first because you're like, oh my gosh, is this super intense? And oh my God, I'm not sure. But when you've been as sick as me, when you've tried every single modality, supplements, detox pathway and hasn't worked, it was easy then to say yes. It was easy to welcome it with open arms. So when I was driving to my TPE session, I was like, I. The tiger. I'm like, yes, we're gonna go. I walked in the office. In fact, I just made a whole video of my whole session that I'm gonna post on my YouTube channel this week. So it'll be up on Jenny McCarthy TV of my whole session. It's a 45 minute video, you guys.



Jenny McCarthy - 42:34

I take you through the whole thing and I mean, I'm kind of gangster when it comes to getting like IVs and stuff like that. So it wasn't hard for me to get, you know, poked and stuff. And it was super easy because again, MB lifespan, they specialize and this is what they do. They know what they're doing. The nurse was so smart in just helping me understand the whole situation of like, we have to put as you have to replace the fluids that you're taking out. Which is what I'm realizing. That's why you have to put that special solution in. Correct. Because you can't have your body just lose it. All right?



Dr. Jill Carnahan - 43:15

Then you're like, your volume is down, so you need that volume back. Yeah, that's amazing.



Jenny McCarthy - 43:19

So he kept saying to me, he kept checking me throughout the session, are you feeling okay? And I'm like, well, what are the side effects that people feel so I can know if something's happening? He's like, some people get dizzy, some people get a little nauseous. You know, some people can even. I've had someone maybe throw up because their blood sugar level is off. Or anything like that, but I'm able to monitor that. I monitor you. They really monitor you.



Dr. Jill Carnahan - 43:43

Yeah.



Jenny McCarthy - 43:43

And he had me drink applesauce. Applesauce. Drink apple juice in the middle of the session. But I have to tell you, I felt nothing but joy. I. They told me I might get tired a little bit afterwards. I wasn't at all. In fact, I think I was so hyped up with adrenaline because I was so excited to, like, I looked at those plasma bags. If you saw me on Instagram, I'm just like, oh, gosh, plasma backed out. You know, and like I said, you guys, it's so rewarding to know that before, you know, we do the next one, we're going. We're going to. I'm going to retest everything. And you constantly test and monitor how your levels are. And that feels so comforting to know. And it gives you that support to like, I'm finally on the right track. I picked the right therapy.



Jenny McCarthy - 44:36

And I also say someone's like, you know, that is. That's such an expensive therapy. And I'm like, you're right. And guess what else is? Getting new teeth. It cost me 10 times. We need to have a bigger conversation about health care and the cost of health care. That's ridiculous. But if you go. If anyone has gone to a dentist and had their teeth removed or root canals or having to put implants in, it is a freaking fortune. And guess what? You got to do it. You just got to do it. And so for me, this was like, jenny, this is what you got to do. And I made cuts in my life where I had to and knew that, you know, I'm like, some celebrities are. I see celebrities all the time going Gucci Versace and showing their shoes and their purses.



Jenny McCarthy - 45:21

You will never see me on social. You know what? I'm going, this is tpe. This is Igbo. This is my hyperbaric chamber. This is my infrared sauna. You know, these are my healing modalities. That. And. And I know that, again, cost can be an issue for. For people, and I totally understand that, but I would also be. It would also be a sin for me to not let people know. At least there's another option out there. It would be. It would be a miss of me for. It would be horrible. Like, I couldn't sleep at night if I didn't let people know that. This could be what I call the nuclear option when all else fails. And you can keep spending money.



Jenny McCarthy - 46:01

You can keep spending money on supplements, on more doctor's appointments on a new different doctor because you think this doctor's not working because you're not healing on, you know, remediating 8 billion times when really it's just your body not detoxing. To me, this was the answer to say, okay, this is my nuclear option. I'm ready to get. Just to get it done this time to do it.



Dr. Jill Carnahan - 46:29

I couldn't agree more. And I've been doing this over 20 years. That makes you kind of old. But. But the important thing is, I would say compared to 20 years ago, detox was easy. And the complexity of what we're dealing with in our environment now, between plastics, parabens, mold is exponentially increasing. I don't know all the causes, but I think building construction is worse. I think the quality of materials is worse. I think our maintenance, what people knowledge is worse. And there's all these things. And I think WI fi is actually creating more aggressive mold species. We put paints, we put anti fungicides, which means anti mold in most of the pains in the 1970s.



Dr. Jill Carnahan - 47:07

So what it did was create just like we have antibiotic resistance now we have these nasty aggressive molds that grow inside homes because we kind of killed off the milder. Not so like our grandmother's mildew. That's not in homes anymore. It's stachybotrys and catomium and they're really nasty and they do affect the nervous system and the brain way more. So there's this whole thing where. And so there it is getting worse is what I'm saying. So we need bigger solutions. And more importantly, can I ask you this too?



Jenny McCarthy - 47:34

This is my Jenny theory too. But let me tell you that because I agree that those are all of the reasons that I feel like we are seeing it more and more too. And I also feel like Covid happened and this virus, this spike protein did something to our immune system. Now, mind you, I was not vaccinated. If you know my history. I had my vaccine injured son, so I wasn't vaccinated. But you still can have that spike protein in your body and it still can dent, I think do something to your immune system. I noticed my immune system has never quite been as strong since I got the virus. Is there truth to that, Jenny?



Dr. Jill Carnahan - 48:12

I want to talk about that because there is a very good scientific explanation. So back in the day of COVID I was looking at patterns and that's what I do. And like, huh, there's something weird here. But now that I've seen the whole thing and there's research to prove this out there. I've interviewed several researchers, Polybiomed and a few others that talk about this because they're in a lab actually looking at postmortem tissues. So what happens is the macrophages, which are part of the T cells, they will often retain spike protein. We can measure this. There's literally a test I can do to check for retained spike protein in the blood in the macrophages. And normally those cells as a part of the T cells in the immune system, and they're supposed to go out there and fight viruses and cancer.



Dr. Jill Carnahan - 48:50

And anyone who's out there, especially medical like me, is seeing increase in turbo cancers, younger people getting cancer, more and more people, you know, getting cancer. And the viral load, reactivation of Epstein Barr, cmv, cold sores, herpetic viruses, shingles. You all know someone who's been like, I'm 35 and I have a horrible case of shingles. I was hospitalized.



Jenny McCarthy - 49:09

How many people have gotten shingles?



Dr. Jill Carnahan - 49:11

Yes. So this is all related because those T cells, I mean, they do everything, but they particularly good for viruses and cancer. And what's happening is post Covid, these macrophages, because of that retention, they get dysfunctional instead of like dying off with autophagy, meaning they kind of be like, okay, we're done. They die off and go away. They hang around immortalized and they cause problems. So they're not functioning, they're just there causing. They're like taking up space and not doing their job. And literally you could measure this. So we have decreased T cell function Post Covid, sometimes six to 12 months, sometimes longer. I've seen people years out that have been vaccine injured or post Covid, long Covid, Both those groups will have often these retained spike proteins for years, the B cell function, which is your antibodies.



Dr. Jill Carnahan - 49:56

So autoimmunity is at an all time high. Thyroiditis, Hashimoto's, lupus, Crohn's colitis, multiple sclerosis. I could name 101 others. Rheumatoid arthritis. Right. So these B cells are becoming more active after. And then there's often an adrenal hormonal axis dysfunction. So you get adrenal fun fatigue or some HPA axis dysfunction, which then makes, as were talking at the beginning, menopause, and we thought. I thought that too. I'm like, oh, it's all menopause, but it's. I mean, it is. And yet it's way bigger than that. Then the hormones don't function. So a lot of these Toxins also. So COVID infections post viral long Covid often affect that whole axis. So that even if you're going through menopause and you might have done okay, it's way worse because like your adrenals aren't functioning or your thyroid's not functioning. So anyway, this bottom line story is absolutely.



Dr. Jill Carnahan - 50:45

There is this diminishing of immunity in the last five years and I think a huge part of it is the spike protein.



Jenny McCarthy - 50:52

Now is it true that the TPE can remove the spike protein?



Dr. Jill Carnahan - 50:58

So I talked to Paul. So Paul Savage is one of the founders and again he's a friend and he came to me and said, hey Jill, could we use your office? So that's kind of how I got involved. And I was so excited because I love being on the cutting edge and I wanted to do it myself. And then also just I knew for to our conversation this was a thing that were at the point where our regular detox protocols are not working very well anymore. So Paul introduced this about a year and a half ago. And what I was going to say is I've asked him multiple times, you know, what about plastics? What about spike protein? A few of these other things.



Dr. Jill Carnahan - 51:28

We know it reduces plastics hands down and it's one of the only things that does because we don't have a binder that can bind plastics. Spike protein, we believe that it reduces the load, but up until the moment we don't have evidence. So I think that'll be coming because Paul is very avid on collecting data. So, you know, I think we'll have that. But I don't have the proof. But I can say it makes a lot of sense that it would likely do that too.



Jenny McCarthy - 51:54

To me it makes sense that it would.



Dr. Jill Carnahan - 51:56

Yeah.



Jenny McCarthy - 51:57

You know.



Dr. Jill Carnahan - 51:57

Yeah.



Jenny McCarthy - 51:57

Because you're.



Dr. Jill Carnahan - 51:57

Yeah.



Dr. Jill Carnahan - 51:58

Because it's in the plasma and in the tissues and in the.



Jenny McCarthy - 52:00

Yeah, it just makes sense.



Dr. Jill Carnahan - 52:03

Yeah. Jenny, I could. This is so fun. We have to come back or in some way do the take two of this. Maybe after you get done with your sessions we can go.



Dr. Jill Carnahan - 52:12

Okay.



Dr. Jill Carnahan - 52:12

How was it? We can actually show before and after, but as we're kind of winding down, I want to talk to that person out there right now more than ever before. I could just cry because just this week get a 7 year old girl who was so suffering from very severe deficiency in immune system and mold is one of the players and other things, but there's so many people out there suffering. And I want to just go back to your story and the human part of it. Like you found these answers and we're here hopefully bringing hope to those who don't have answers. They can look deeper and find a doc that can help them and all of those things. But where do you find that deepest source of strength and energy and hope? Like how do you come to this?



Dr. Jill Carnahan - 52:55

Because I just want to give some pieces of wisdom to those people out there because you've been there and with your son too. And I want to give them something to hang onto, to know there is hope regardless of their circumstances.



Jenny McCarthy - 53:08

You know, honestly, lean into God, lean into the Lord. Even if I beg you, even if you're a non believer, ask for proof, say, you know what? If you're real, give me a sign and ask for the sign. Like try to lean in. Because there is nothing more powerful than faith healing. There's nothing more powerful than faith, direction and giving you hope. You know, I think I just also to know that we are all destined. We all have a destiny, we all have a purpose, but we also have free will. So if this is in your life right now, ask how can I use this to benefit my life and for other people? How can I help people with what I've been handed? When my son was diagnosed with autism, he had life threatening seizures. He would go into cardiac arrest.



Jenny McCarthy - 54:06

I was like, why me? Why me? I didn't let that last too long though, because I said, how? God, show me why this is beneficial for me in my life. How am I able to use this and turn this into a positive? And you have to be able to ask that question and you will receive those answers. There might be someone you are, you could very well just be the canary in the corner. Coal mine for your own family. Think about the women that are tweeting in the house and maybe the husband. The husband doesn't usually feel stuff, you know, most of the time. And even sometimes the kids do feel it, but sometimes they don't. Sometimes it's only mom. You might just be that canary tweeting to let, to take.



Jenny McCarthy - 54:51

Warning, warning, family, warning, you know, so there is a purpose, there is a higher purpose for what you've been handed. Just lean into God, pray and I promise you there will be blessings that come your way because of it.



Dr. Jill Carnahan - 55:06

Oh Jenny, I couldn't have said it better myself. Thank you for sharing that there could be no more important message. Twenty some years ago, when I was given the diagnosis of aggressive breast cancer. I'll never forget hearing this verse. The sickness will not end in death, but for the glory of God, that was my first, like, intro to. Oh, wait, this is horrible. I could die. But is there something good here? And from that moment, I realized my occupation as a healer was almost secondary to the learning and the suffering and then bringing that to my patients and my work. And so now I can look back at all the things that have happened and be like, oh, God, you had a purpose in this. So I really love that you shared that. Now, before we go, you've got incredible line of products.



Dr. Jill Carnahan - 55:48

You sent me some to try. I wanted to talk over that. Where can people find them? What led you to do Formless?

Jenny McCarthy - 55:54



So, you know, I made this five years ago. Mind you, I've been suffering for seven years. So is there a connection that I couldn't handle fragrance, I couldn't handle toxins. I had sensitive skin, and I knew that were people out there that had. That were on chemo, that had lupus, that had Ms. I have celiac disease, Hashimoto's. So there's a lot of things. So I said I was just looking for a clean beauty brand that didn't have all the toxins, but I didn't know how to make one. So I aligned with the environmental working group and your audience might know.



Dr. Jill Carnahan - 56:23

Oh, yes, I love them.



Jenny McCarthy - 56:25

Okay, so ewg we. I met with them and said, I'm going to create a beauty brand around your restrictions with your scientists help. So I took all of their restrictions, their books, to say, you can't use these ingredients and formed a moisturizer, a makeup remover, mascara. We are EWG verified, which means we're the highest of the cleanest.



Dr. Jill Carnahan - 56:47

Jenny, that's unheard of. This is so I didn't know the backstory. That's amazing.



Jenny McCarthy - 56:53

Oh, yeah. So it's so I highly suggest if you are sensitive, if you care about ingredients, if you don't want any more toxic overload, check out Formless Beauty. And you can use my discount code, Jenny 10. And I highly suggest trying our mascara. It doesn't have hormone disruptors. All mascara has hormone disruptors in it. Ours doesn't, you guys. Ours does not. It doesn't have parabens, formaldehydes, you know, all that bad stuff. So give our makeup a try. We've had so many people say, oh, my God, this is the only makeup I can use from now on. But this is another thing I wanted to pay forward. And maybe someday when I rip, I can. I feel good knowing I'm leaving behind for our children a brand you can trust. So spread the word. Formless beauty.com formless beauty if you're driving.



Dr. Jill Carnahan - 57:41

Doing something fun, it'll be in the link Show Notes Jenny, what a huge blessing. I loved getting to know you today. Thanks for your work in the world and I hope our conversation continues.



Jenny McCarthy - 57:51

Me too. Friends forever.



Dr. Jill Carnahan - 57:53

Yes. Bye bye.



Jenny McCarthy - 57:54

I want your phone number now.



Dr. Jill Carnahan - 57:55

You got it. Hey guys, Hope you enjoyed that spectacular.



Dr. Jill Carnahan - 57:59

Episode with Jenny McCarthy. I know I enjoyed getting to know her better and hearing her heart with.



Dr. Jill Carnahan - 58:04

All that she's been through with her.



Dr. Jill Carnahan - 58:06

Son and her own personal diagnosis and journey with mold.



Dr. Jill Carnahan - 58:09

And I hope you will check out.



Dr. Jill Carnahan - 58:11

MD Lifespan Dr. Jill for the mold protocol and for more information.



Dr. Jill Carnahan - 58:15

We do offer that at my.



Dr. Jill Carnahan - 58:17

Office in Denver, Colorado near Boulder and would love to have you come visit and get treatment. If you need or want to know more. You can also schedule a free consult with their doctors just to see if it's a good fit for you. Again, MD Lifespan Dr. Jill Check it out there and if you haven't yet liked or subscribed, please join our over 1 million subscribers on YouTube. Join those on other platforms, just leave a review and I'll see you again next week for another new episode of Resiliency Radio.