# All The Ways You’re Exposed To Parasites! (It’s Way More Than You Think…) | Sinclair Kennally Transcript

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## Parasite Transmission

For parasites, it's not a matter of if, For parasites, it's not a matter of if, but how you've been exposed. Every time but how you've been exposed. Every time we step into a body of water that's we step into a body of water that's natural, or we eat contaminated food, it natural, or we eat contaminated food, it might be raw produce, or it might be might be raw produce, or it might be fish that's undercooked or sushi, or it fish that's undercooked or sushi, or it might be meat that's undercooked, or, might be meat that's undercooked, or, you know, somehow the parasites you know, somehow the parasites withstood the cooking process. Like that withstood the cooking process. Like that is possible.

is possible. Parasites can withstand really cold Parasites can withstand really cold temperatures, like long-term freezing, temperatures, like long-term freezing, and also potentially really high and also potentially really high temperatures, depending on the species.

temperatures, depending on the species. It's a fallacy to think like we haven't It's a fallacy to think like we haven't been exposed cuz it's definitely coming been exposed cuz it's definitely coming in on our food or in water. Um maybe in on our food or in water. Um maybe you've traveled to areas where your you've traveled to areas where your microbiome wasn't used to the stuff. You microbiome wasn't used to the stuff. You didn't grow up around it, so your immune didn't grow up around it, so your immune system isn't ready and prepared to see system isn't ready and prepared to see the stuff coming in. That's where we see the stuff coming in. That's where we see like Montezuma's revenge, you know, that like Montezuma's revenge, you know, that nickname for what happens when you go to nickname for what happens when you go to Mexico, Mexico, Mexico, and you have a great time, and you and you have a great time, and you travel around, and then you pay for it travel around, and then you pay for it with your gut for a little while with your gut for a little while afterwards. Maybe person-to-person afterwards. Maybe person-to-person transmission.

transmission. transmission. That is possible. It's not just a a That is possible. It's not just a a scary thing on the internet. Um pinworms scary thing on the internet. Um pinworms transfer really easily that way, for transfer really easily that way, for example.

example. example. And they're really easy to catch. And they're really easy to catch. Maybe just everyday environmental Maybe just everyday environmental exposures, like gardening without exposures, like gardening without gloves, or exposure to infected soil or gloves, or exposure to infected soil or sand. Parasite eggs and larva, um sand. Parasite eggs and larva, um kitchen counters, shoes, like that just kitchen counters, shoes, like that just happens. Animals and pets, I used to run happens. Animals and pets, I used to run up to people's dogs if they said I up to people's dogs if they said I could, and pet them, and let them lick could, and pet them, and let them lick my face.

my face. I don't do that so much anymore I don't do that so much anymore because I know how these sweet creatures because I know how these sweet creatures can be such transmitters of buggies, and can be such transmitters of buggies, and I've done a lot of work on my I've done a lot of work on my microbiome. I don't want to go back and microbiome. I don't want to go back and do it again. Exposure to kids, pets, do it again. Exposure to kids, pets, nature, it's just a part of life to be nature, it's just a part of life to be in contact with some parasites in our in contact with some parasites in our natural, um ecosystem. But the part natural, um ecosystem. But the part that is really important to remember is it's is really important to remember is it's not about whether or not you've been not about whether or not you've been exposed, it's about whether you've been exposed, it's about whether you've been a good host. Here's what makes a good a good host.

## Low Stomach Acid Risk

Here's what makes a good host, low stomach acid. How would you host, low stomach acid. How would you know if you had low stomach acid? Well, know if you had low stomach acid? Well, you can certainly look at lab work.

you can certainly look at lab work. A quick way to tell though is actually A quick way to tell though is actually if you get heartburn. if you get heartburn.

And if you get like acid reflux or even And if you get like acid reflux or even if you have GERD, heartburn or also like if you have GERD, heartburn or also like sore throat because it's splashing up sore throat because it's splashing up after um after um you know, at certain times of the day you know, at certain times of the day that can be very common. That's what that can be very common. That's what happened to me.

happened to me. Low stomach acid can actually make it Low stomach acid can actually make it really hard for the body to close off really hard for the body to close off the sphincter between the stomach and the sphincter between the stomach and the esophagus. You actually need strong the esophagus. You actually need strong enough stomach acid, so low enough pH in enough stomach acid, so low enough pH in order to close that trapdoor and really order to close that trapdoor and really fire off the digestive process in your fire off the digestive process in your stomach. And if you don't have strong stomach. And if you don't have strong enough stomach acid, that trapdoor never enough stomach acid, that trapdoor never really closes really tightly, which really closes really tightly, which means you get the splashing up effect means you get the splashing up effect and you might think that you have too and you might think that you have too much stomach acid cuz you're feeling much stomach acid cuz you're feeling this burning sometimes. And actually the this burning sometimes. And actually the opposite is true. Isn't that confusing?

opposite is true. Isn't that confusing? So, we want to be really thoughtful So, we want to be really thoughtful about that. We don't want to just go about that. We don't want to just go like, "Oh, acid blockers. Shut up, body.

like, "Oh, acid blockers. Shut up, body. Take some Tums. We don't want to hear Take some Tums. We don't want to hear what you have to say." Actually want to what you have to say." Actually want to take that signal very seriously and take that signal very seriously and respect it. Um because once you know the respect it. Um because once you know the anatomy, then it makes a whole lot more anatomy, then it makes a whole lot more sense.

sense. sense. So, that would be a couple symptoms of So, that would be a couple symptoms of low stomach acid. What would other low stomach acid. What would other symptoms be? Feeling of fullness after symptoms be? Feeling of fullness after things go from the stomach to the small things go from the stomach to the small intestine, just kind of sits.

intestine, just kind of sits. Like, "Ah, I just feel so like it's just Like, "Ah, I just feel so like it's just full right there." Like you have a food full right there." Like you have a food baby afterwards. Just doesn't travel baby afterwards. Just doesn't travel through the way that you would want food through the way that you would want food to. It doesn't feel like you recover to. It doesn't feel like you recover quickly after the energy-intensive quickly after the energy-intensive process of consuming a meal. Why does it process of consuming a meal. Why does it matter if we have low stomach acid?

matter if we have low stomach acid? Because stomach acid is there to pull Because stomach acid is there to pull apart a lot of the incoming parasites apart a lot of the incoming parasites and kill them off on contact. They're and kill them off on contact. They're like, "Nope. I see you eggs. I see you like, "Nope. I see you eggs. I see you larva, I see you fully adult parasites.

larva, I see you fully adult parasites. No, thank you, not today. So, we need No, thank you, not today.

## Parasites And Aging

So, we need our stomach acid strong enough to do our stomach acid strong enough to do that. Stomach acid also naturally gets that. Stomach acid also naturally gets less acidic, less acidic, you know, lower in intensity as we age.

you know, lower in intensity as we age. So, this is also something to consider So, this is also something to consider as well. as well. Guess what parasites do as a strategy?

Guess what parasites do as a strategy? Many parasite species will actually mess Many parasite species will actually mess with your stomach acid on purpose with your stomach acid on purpose because they want to run the show. They because they want to run the show. They don't want you to have a strong immune don't want you to have a strong immune system. They don't want you to keep all system. They don't want you to keep all the critters in check.

the critters in check. They want to be able to sit at your They want to be able to sit at your table and eat first, steal your table and eat first, steal your nutrients, and run the show. Most nutrients, and run the show. Most parasites aren't excited to kill you.

parasites aren't excited to kill you. There's only a few that really do that. There's only a few that really do that. Most of them just want to hang out in Most of them just want to hang out in the long term and make lots and lots of the long term and make lots and lots of babies, have lots of life cycles, babies, have lots of life cycles, and just get to retire in, you know, a and just get to retire in, you know, a golden age in your body. That's golden age in your body. That's something that's important to remember.

something that's important to remember. You know, you what you see on social You know, you what you see on social media is like these big dramatic stories media is like these big dramatic stories about parasites. That's not what most of about parasites. That's not what most of us experience. Most of us experience us experience. Most of us experience little things like this, like brain fog little things like this, like brain fog and kind of bloating and and kind of bloating and I'm more sensitive to certain foods than I'm more sensitive to certain foods than I used to be. I just don't feel right.

I used to be. I just don't feel right. Is it stress? What is it? Is it the food Is it stress? What is it? Is it the food I'm eating? And then you go on a cleanse I'm eating? And then you go on a cleanse but it doesn't really help. Like you but it doesn't really help. Like you feel better as long as you're playing a feel better as long as you're playing a perfect game but the second you don't, perfect game but the second you don't, then boom, you're back to not feeling so then boom, you're back to not feeling so hot again. That's what most people with hot again. That's what most people with parasites are experiencing. It's a slow parasites are experiencing. It's a slow degrading of your own degrading of your own defenses and this kind of background defenses and this kind of background inflammation and noise. Slow depletion.

inflammation and noise. Slow depletion. That's what most parasites want to do to That's what most parasites want to do to you. you. you.

## Bile Flow And Parasites

Low stomach acid, poor bile flow or Low stomach acid, poor bile flow or gallbladder stress. Why would that be? I gallbladder stress. Why would that be? I think this is so fascinating cuz the think this is so fascinating cuz the more you understand about your body more you understand about your body signals, the more in charge you are of signals, the more in charge you are of your own experience, right?

your own experience, right? So, poor bile flow or gallbladder So, poor bile flow or gallbladder stress, why does that matter? Think stress, why does that matter? Think about this. This is like who actually about this. This is like who actually cares? Why does this matter? Bile flow cares? Why does this matter? Bile flow is really important for digesting your is really important for digesting your food, and it's also really important for food, and it's also really important for making sure your gut is moving along making sure your gut is moving along fast enough. Meaning your small fast enough. Meaning your small intestines migrating motor complex needs intestines migrating motor complex needs bile flow to get that encouragement.

bile flow to get that encouragement. Hey, now that the bolus of food has Hey, now that the bolus of food has landed from the stomach into the small landed from the stomach into the small intestine, this beautiful tube that we

intestine, this beautiful tube that we have, we're going to be kind of have, we're going to be kind of massaging the food. We're going to have massaging the food. We're going to have a whole enzymatic reaction process. The a whole enzymatic reaction process. The bile is going to help emulsify the fats, bile is going to help emulsify the fats, but we are going to keep things moving but we are going to keep things moving cuz we don't want the food to rot right cuz we don't want the food to rot right here. We don't want it to ferment. That here. We don't want it to ferment. That would be bad. That would mean the bad would be bad. That would mean the bad bugs get to run the show. As soon as bugs get to run the show. As soon as your food slows down too much in the your food slows down too much in the small intestine, and it starts to rot small intestine, and it starts to rot and ferment, that means parasites are and ferment, that means parasites are running the show because you have running the show because you have increased sugar content. So, increased increased sugar content. So, increased alcohol content. It's why some of us can alcohol content. It's why some of us can feel drunk on carbs. You're like, "Whoa, feel drunk on carbs. You're like, "Whoa, I'm so loopy. It's my sugar buzz." Is it I'm so loopy. It's my sugar buzz." Is it actually a sugar buzz or is it the way actually a sugar buzz or is it the way that your gut microbiome is functioning that your gut microbiome is functioning right now? You're actually fermenting right now? You're actually fermenting those carbs. Your parasites are getting those carbs. Your parasites are getting a little drunk, and you're getting the a little drunk, and you're getting the experience of that. That can happen.

experience of that. That can happen. Isn't that weird? And it's like Isn't that weird? And it's like surprisingly common. surprisingly common. So, we want to pay attention to these So, we want to pay attention to these early signals. I want you to get all early signals. I want you to get all like messed up like I did, where you got like messed up like I did, where you got a bunch of disease labels, and your life a bunch of disease labels, and your life has shrunk down to the shape and size of has shrunk down to the shape and size of your symptoms. That's not fair. Nobody your symptoms. That's not fair. Nobody should have to go through that. Poor should have to go through that. Poor bile flow or gallbladder stress means bile flow or gallbladder stress means low-functioning gut motility.

low-functioning gut motility. Plain and simple. Maybe a difficulty Plain and simple. Maybe a difficulty digesting fats. So, like maybe you have digesting fats. So, like maybe you have a tendency towards just want to eat a a tendency towards just want to eat a little lighter these days. Like, "Oh, little lighter these days. Like, "Oh, I'm so delicate. I I just prefer to eat I'm so delicate. I I just prefer to eat lightly. I don't want that heavy cut of lightly. I don't want that heavy cut of meat. I don't want a lot of butter on meat. I don't want a lot of butter on stuff. I don't like fried foods anymore.

stuff. I don't like fried foods anymore. If that's you, why don't you take a If that's you, why don't you take a fresh look at your bile flow? Because fresh look at your bile flow? Because your bile is actually really important your bile is actually really important part of your immune system function. It part of your immune system function. It actually has amazing anti-inflammatory actually has amazing anti-inflammatory properties for your gut. It even has properties for your gut. It even has anti-cancerous properties. It's supposed anti-cancerous properties. It's supposed to be formulated, your bile is, to to be formulated, your bile is, to protect you from cancer in your protect you from cancer in your digestive tract. Isn't that cool?

digestive tract. Isn't that cool? And to remind yourselves, "Hey, by the And to remind yourselves, "Hey, by the way, let's not get cancerous here. Let's way, let's not get cancerous here. Let's be smart. Let's stay healthy. And by the be smart. Let's stay healthy. And by the way, I'm going to excrete out these way, I'm going to excrete out these toxins. Let's put them out through the toxins. Let's put them out through the bowels because that's the easiest way to bowels because that's the easiest way to get rid of toxins. So, let's just put get rid of toxins. So, let's just put them in this bowel movement. And then, them in this bowel movement. And then, okay, me, the bile acids, we're going to okay, me, the bile acids, we're going to recycle me back up into the liver recycle me back up into the liver because it's expensive to make bile because it's expensive to make bile acids. So, let's do the whole process acids. So, let's do the whole process over again. Great. See you tomorrow." over again. Great. See you tomorrow." That's what bile acids want to do. So, That's what bile acids want to do. So, if any part of that process slows down, if any part of that process slows down, now you're starting to see what feels now you're starting to see what feels like subtle signals, but if they're like subtle signals, but if they're happening consistently or persistently, happening consistently or persistently, we want to take a closer look and we we want to take a closer look and we want to think in terms of parasites cuz want to think in terms of parasites cuz it's the perfect reason for parasites to it's the perfect reason for parasites to set up shop and start to run the show.

set up shop and start to run the show. Remember, it's not a question of if Remember, it's not a question of if you've been exposed to parasites, we all you've been exposed to parasites, we all are on an ongoing basis, but we don't are on an ongoing basis, but we don't need to be afraid of life. That'd be need to be afraid of life. That'd be silly. I still have animals. I still silly. I still have animals. I still touch people's pets. I just don't want touch people's pets. I just don't want to go up and touch and rub everything I to go up and touch and rub everything I see. It's not like I want to give my see. It's not like I want to give my body a stress test every day. But I do body a stress test every day. But I do think that it's important to not be think that it's important to not be afraid of the natural world. We just afraid of the natural world. We just want to clean out the terrain so that we want to clean out the terrain so that we can be in charge of our own life can be in charge of our own life experience.

experience. experience. >> [music]