Are Parasites Really Living Inside You? Marissa Lord on Gut Health & Cleansing | Ep. 184 Transcript

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Introduction to parasites and gut health

The true definition of a parasite is it feeds off of the host. They're sucking your blood, draining your nutrients, wrecking havoc in your gut. Some of them can control your brain.

What type of data are you utilizing with your patients to really look under the hood and see how their health is? We first start out with a healthy point of view podcast, your top rated show, where we're bringing experts from all over the world to talk about health, wellness, beauty, and mindset.

We have Marissa Lord. All right, Marisa. She was a ballerina until a back injury ended it. Today, Marissa Lord is a certified integrative nutrition health coach working in longevity and the founder of the Parasite Purge Posse, walking people through something most of us would rather not think about.

The gut is this beautiful flowering garden, and you're supposed to have all this diverse bacteria. But when you have weeds in the garden the, garden can't thrive and grow.

Where the heck do these parasites come from? What really has a lot of potential parasites that could be potentially harmful to your body? A lot things that you do.

The lymphatic system doesn't have a pump, so we have to like manually stimulate it. If more people stimulated their lymph, it's like taking the trash out.

And if you don't take the trash out in your bodies, all of those toxins are recirculating. What is the parasite purge process? It is kind of scary. Welcome to another episode of a Healthy Point of View podcast, your top rated show, where we're bringing experts from all over the world to talk about health, wellness, beauty, and mindset.

I'm your host, Sam Tahata, today we'll be talking about the parasite purge posse. Parasites, what are they? Are these little worms truly living inside of us?

How do they get inside us, who do we have here today? We have Marissa Lord, alright Marisa, hey. Welcome on the podcast.

Marissa Lord's background and personal health journey

So, Marissa, I got to go straight into this. Are parasites truly taken over our body? I wouldn't say they're taking over. They're almost there in a way to protect us.

I don't want to say that they are necessarily the enemy, but the true definition of a parasite is it feeds off of the host. A lot of times they were sucking your blood, draining your nutrients, and wrecking havoc in your gut and also some of them can control your brain.

So I don't want them in me after I've seen them come out. I cleanse regularly, I also cleanse my children regularly but they do serve a purpose so to speak.

They show up because there's an overflow of toxins in your body, and they feed off of all of that sludge in you gut, heavy metals. When you have an overflowing toxic burden, they're there as almost the cleanup crew.

Oh, wow. Marissa, tell us a little bit about your background. What do you do in the health and wellness space? So currently I'm in a longevity space, which I love.

This is new for me. I, in my past life, was a ballerina. Retired at a young age with a back injury then started my journey into motherhood. I have two children And then became an integrative nutrition health coach Sort of later in life Tomorrow is actually the anniversary of losing my brother to cancer.

So that really drove me to find more of root cause and Take more ownership of my health and my family's health Let's talk about that story about your brother, because obviously that had a huge impact on what you're doing helping other people.

So are you open to talking a bit about it and letting us know exactly what happened? Today is the perfect day because tomorrow's the anniversary of his passing.

It's also my sister's birthday. Oh, wow. I was talking about today about how joy and sorrow can kind of live in the same space. Absolutely. And really, this whole journey has become a good lesson for me and understanding how to connect back to my body, regulate my nervous system and really tune into the cues of what my bodies saying.

How many brothers and sisters do you have? So I'm one of four. I have two older brothers, and a younger sister. And my brother was 49 when he passed. Healthy, fit, amazing man, like the pillar of our family.

So it took us all, we were in shock, because we're like, how does a healthy man all of a sudden end up with stage four cancer? He had jaw cancer. No smoking no tobacco.

He was a healthy guy did a lot of racquetball So it kind of came as a shock and that's kind where I started deep diving into like root cause and I'm not saying that Parasites are the root causes of cancer, but it all started coming back to the gut and the health of your body, because 70% of you immune system's in your gut.

So I really started diving into, okay, well where is this coming from? What's creating inflammation in you body which creates cancer and autoimmune and all of that stuff.

That's really kind of what made me deep dive into it. How long did he battle cancer for? Went through an incredible surgery, like a 13 hour surgery. They grafted bone and skin in his face, took out his jaw, did chemo and radiation.

This was like about seven years ago, rang the bell, cured. Right. And then. Six years later, it came back and it just he started chema again. and that's when I really started getting more into the longevity space of like Okay, well what can we do now to, you know, put a halt to this?

I was looking into Ibu and all sorts of different IV therapies we had him on and that really became like our main focus as a family to try and for him.

Right, right. What did you find that was probably something that helped the most throughout that process? IVs helped him a lot to stay hydrated because chemo is like extremely dehydrating.

I have a whole nother take on my thoughts on chemotherapy because I think the body has an incredible way to heal itself and at any given time we circulate through cancer.

Our body collects tumors as a way protect itself. and gathers these cells that are not healthy, and then your body's like, okay, how do I fix this?

Brother's cancer story and the shift toward prevention

But if you have all sorts of other things going on and your bucket is overflowing with toxins, you've inflammation in your gut, it's not gonna really be able to target that cancer cell like it needs to, then it just gonna metastasize.

When your brother first got diagnosed with cancer, what stage was it when he got diagnosis? Stage four. Stage four. And he had absolutely no clue that he anything going on.

You know, this is something that I talk about quite frequently, that a lot of the times, we know family members, friends that tell us that they get diagnosed with cancer, and then they tell at stage four, right?

And most of times the first thing that comes to mind, at least with myself, is, well, what happened to stage one, two, three, all right. So it's one of those things that we that disease hides very, very well within our body.

So taking that information in consideration, you being in the longevity space and us talking about prevention and early detection, what are some measures that you put a lot of emphasis on for other people to make sure they do certain things when it comes to prevention in early detections to prevent them from getting to the point where they're stage four?

That's what I'm so passionate about now is I feel like the pain has driven me into this purpose to really help people get in touch with their body and intuitively dive in and fix things.

But data drives all of it. And that's the power of longevity now. We have all the tools and all tests to kind of prevent things from getting to the point where you go to your traditional doctor and you get a blood test and they say everything's normal and leave.

This is just from personal experience. in my thirties after having babies, I'm like, but I don't feel normal. And I feel like chronic fatigue. I felt like my hormones are out of whack.

But my blood results are normal, so that's why I love this new space that I am in. It's becoming more well known and people are taking more ownership of their health to dive in and say, well, what's the functional cause of this?

Before your blood shows up something bad, What can I do to adjust my vitamin D levels, adjusts my Vitamin B and shift things with small changes like starting IV therapy and getting to a place where you don't have a problem in your blood test.

You know, and one thing that you said initially, you've said everything that You enforce is data driven, right? So and I mentioned this quite often is you can't improve what you don't measure.

But so getting that data is extremely critical, especially when we're talking about early detection. So what type of data are you utilizing with your patients to really look under the hood and see how their health is?

Yeah. So we first start out with a comprehensive blood panel, and this is more of a functional medicine approach to it. You're really looking at your minerals, your vitamins, iron, different copper deficiencies, all of that.

Your hormones are huge. We also do different gut testing, GI map tests. There's a new test that we're doing that's saliva, stool, and blood. And we kind of take all of those different tools.

We also do a DEXA scan, which measures bone density, visceral fat, your body composition, muscle versus fat to give you a baseline. and we do VO2 max testing, the resting and the cardiovascular test.

This will give you a good idea of your biological age. I just did mine. Um, negative 11. So you take that along with your blood. We also offer like gallery cancer screening, which seems expensive for people.

Like it's a thousand dollar test, but imagine it detects before it's a stage one. So imagine catching that. It's priceless to me. That's powerful. And I was hoping you had mentioned that in the gallery test recently, there's lot of talks in media about it because the FDA is actually moving it forward based off of the data that they've actually reviewed with the Gallery test.

This is something that when we're talking about someone getting diagnosed with stage four, You know, if they make this part of their yearly physical exam, you know maybe we catch these type of cancers at maybe even at stage zero, right, because they could do it before stage one.

And there's other tests out there as well, galleries one, but there is also the RGCC test based out of Greece, which also catches cancer as stage 0. You know, you mentioned the VO2 max and I know you guys use that and it's said to be known as the number one test to predict longevity and mortality.

How often are you using the actual VO 2 max test with your patients? We try and do it quarterly. We have elite members that sign up for a membership. So they're testing their DEXA scan, their blood work, and their VO2 quarterly to see if all of the supplements, lifestyle changes, nutrition, all that are working and moving the needle forward.

And that's where the data is so important because you're like, oh, wow. Sometimes for some people, it's just small shifts. It's basic things, sleeping better, changing their diet.

grounding, like a lot of these things are free and you just add them in. It doesn't have to be complicated or overwhelming. You just start with some of the basics and then you can actually see the needle shifting or the biological age reversing.

And that's really encouraging for people. and it's more of an incentive for them to continue on that path because you start feeling better, you started looking better.

you have more energy and really that is like the beauty of longevity. Absolutely. And you said that your biological age was negative 11 from where you're at now.

Yeah. So what does that make you? How old are you. I will be 47 in December. You don't look 47. Right. Unlike I'm not anti doing any like beauty things, but to me, Botox is a neurotoxin and I don' t want to inject it into like My face into my body.

I'm such a sensitive person like I was dealing with like autoimmune things and I like to do things naturally lymphatic drainage is huge. Think that's like the next wave of Beauty and self care.

So I was gonna ask you business. I mean you look like you're in your 20s So what is it that you doing if you not doing any of this? I'm a huge fan of the vibration plate.

Okay, I get on it every day the same my lymphatic system is sluggish naturally I don't know if it's genetic if its just how my body is but I need to well It's the largest system in our body besides the circulatory, but that has our heart and The lymphatic system doesn't have a pump, so we have to manually stimulate it.

If more people stimulated their lymph, sounds crazy, but it's like taking the trash out. And if you don't take the trash out in your body, all of those toxins are recirculating and it shows up in you face, in body you get puffy, your skin's not gonna be radiating, glowing, you're not removing the toxins.

So there's seven big points that you should hit daily. I've been doing lymphatic facial brushing and waking up my skin, Vibration plate you can just walk move your body movement is medicine.

Functional testing for longevity and early detection

Yeah, yeah You use the vibration plate every single day. I try to it's it strange It like makes me happy and I I post about it all the time and Instagram people are like you're kind of nuts like always shaking on this vibration blade I'm like it puts me in such a good mood.

It gets my body moving and circulating and You know, as a ballet dancer, my body was my instrument. And as I age, I think that's what's keeping me younger is just continually moving my.

It genuinely affects my mood if I can't exercise or workout. Sometimes I only have time to jump on the vibration plate for 10 minutes in the morning as i'm checking emails.

That's what I do. I'd do it first thing in the morning. Yeah, I'm literally still like just wearing my underwear Yeah I open up the front window. My neighbors probably hate me for this.

It's fun, right? Try to get some of that natural sunlight while I am in front of the window and I just vibrating there You know for about 10-15 minutes give or take Interesting thing is, if I miss a few days, like if go out of town for like four or five days.

You know, I get back on it, then I'll get that like, runner's itch. Like itches, yeah. It's like a sluggish lymphatic system. But if i'm doing it every single day, i don't get the itching every day.

Yeah, you know. When I take a day off, that's where the itchy is coming back. Well, yeah, that, you know, I actually started implementing the vibration plate when we got a new technology at Likovita in Fort Lauderdale called Msculpt, the Mscolpt Neo, where it does the electrical stimulation for your muscles.

But the way that the fat breaks down is through the lymphatic system. So one of the things that they say is that you should do lymphotic drainage. And I said, well, that just makes sense just in general.

After I started doing that about a year ago, I've been doing the vibration plate every single morning. Yeah, women are like, oh, you don't have any cellulite.

It's genetic for me. I'm like no, it's not genetic. it is fat trapped under your skin and you're just like you just need to get your lymph flowing. That's why I talk like a big part of the parasite purge posse and what I really emphasize is before you go in and kill anything, You have to open all of your drainage pathways because like I said before, It is your body's toxic waste.

So if you're going in and killing and not circulating and removing these toxins, then you are going to make yourself physically sick. Same with your body shows you everything that it needs.

Your cellulite is collecting because it's trapped. You just need to get it flowing. So this parasite purge posse, I'll tell you, if I was back in high school and I heard that someone was part of this Parasite Purge Posse, it'd be a little scary.

I know. So what is the Parasyte Purage Posi? It is kind of scary, so we time it around the full moon because your body naturally decreases in melatonin around a full Moon and You know how people are like, oh, you get crazy.

More crimes are committed around a full moon. You can't sleep. Your up, your restless. So you kind of get a little wild. That's natural. Your body is full of liquids and serotonin increases naturally during the full moon and that is like crack for parasites.

They feed off of that. And that's when they start migrating in your body and moving around your bodies. So they just don't live in you gut. 70% are microscopic so you don' even see worms necessarily come out.

They move, they migrate. They can be in your sinuses. Toxoplasmosa is like the cat parasite that lives in you brain that can actually change your mood.

That's why they call someone a crazy cat lady. You start hoarding. There's even like promiscuous behavior associated with it. It literally rewires how you think.

The animals carry a lot of parasites, right? Animals carry a lot of parasites. Pork has a lotta parasites in it. I've changed my diet. After I seen what's come out of my body personally, I don't eat sushi anymore.

And if I do, make sure to like… You know time it by a cleanse or take a binder or something like that So tell me about this what you see that has come out of your body.

I'm curious. We got pictures. Oh you do I have some crazy pictures We cleanse for roughly 30 days or a couple

weeks before the full moon So we open up our body's drainage pathways.

You're thinning the bile in your liver. Or you're opening your lymphatic system. Talk all about the lymphatic system, the importance of moving, and the important of eating and clearing things out.

We talk a lot about poop. It just comes up. You got to go to the bathroom. Got to get it out, that's one of the biggest drainage pathways. So when you're going through the parasite cleanse, you feel like you have to to bathroom quite often?

Not necessarily. So seven days over the full moon is when we go in and I call it the kill phase. We go and kill parasites with different herbs and these are like very common herbs that are in 99% of all the different parasite cleanses.

and they will actually fight to stay inside of your body when they know they're being killed off. Like, for example, the female roundworm will produce two hundred thousand eggs a day when she knows she's being.

Killed. And these are just with different herbs like clover, wormwood or black walnut seed. So you'll see eggs come out in your stool and you're like.

Oh, you kind of get into this panic mode and most people are like, This is disgusting. I don't want to look. And I want see what comes out like Marissa.

Can I'm going to vomit? But then when you're in it and you start to feel the shift in your body and start see things come out, you are like, I am all in.

This go phase. Let's kill these things. Get it out. You start feeling different. Or at least I did. How did you feel? I started getting my energy back.

I always had gut issues my whole entire life. And when I starting doing my health coach training, it was huge on the gut and it explained it as the got is this beautiful flowering garden, your microbiome and you're supposed to have all this diverse bacteria.

But when you have weeds in the garden, the Garden can't thrive and grow. So you could be eating, taking all the right supplements, doing all of the things, but you Have weeds overgrown in your garden.

You kind of have to take a step back and clear out the weeds, flush them out once a year, I typically recommend. And then your Garden, you can work to rebuild it and have a thriving microbiome.

Absolutely. Having a balanced microbiome is paramount for people to succeed. We're just exposed to so much. A lot. You said that all your life you've had gut issues.

You know, a lot of the times, the people that are listening and viewing the podcast, they start to relate to some of these messages that we're saying.

Can you get into a little bit more details of what that's like? Because there could be just one person out there that says, you know what, I've been dealing with gut issues.

I wonder what her gut issue were. So if you could explain it with as much detail of, what you were suffering with and how frequently that was happening before you actually found a solution.

I think the gut has also a lot to do with our nervous system. So that's why it kind of goes hand in hand. And also, if your guts not right, your head's not.

Right. I suffered from a. Lot of anxiety. and when I was a ballet dancer, it was all about perfection and, you know, just pushing your body to the limits.

But you didn't always take such good care of it. Nutrition wasn't really a big thing when I was in the ballet world. It was just be skinny. And, you know, I suffered with major constipation.

After meals I would be bloated. The anxiety was like through the roof. I didn't really connect the gut-brain axis till Iwas older. Everything has to do with it.

You know, taking just one round of antibiotic will set you back years and the effects on your gut. It just destroys everything. I didn't realize how to rebuild it after after that.

So for me, it was just on and off with like, not being regular and I think that was a huge thing. And then eating certain things and having my stomach irritated, I'm like, this isn't right.

Maybe I should cut gluten or maybe I shouldn't cut dairy and did a bunch of testing. I didn't have any food allergies. So when I started clearing out and doing the, well, first I did it wrong.

First I just jumped straight into killing parasites. It made myself physically sick. it's called the Herxheimer reaction. My glands got swollen, I got a sore throat.

I had full body aches and I'm like shaking. What is happening? They're like, well, a I knew that I have parasites, but be I was like okay, now I need to take a step back and do this the right way.

Yeah. How long ago was that? Like how many years ago? This was probably about five years they go when I started this gut journey. Okay, yeah. And then so OK, so you put yourself to this cleanse.

Yeah. Right. You said inspecting your poop and then tell me what you found in your fecal matter.

Lymphatic drainage, vibration plates, and daily wellness habits

So me personally, there was first I saw the eggs. Then I started seeing how big are the egg? The eggs almost look like a white chia seed, but there's a lot of them.

And that's when like panic set in for me. I was like, oh, this is crazy. What? White chia seeds. Yeah, and then then I saw roundworm, hookworm. I didn't have any pin worms.

Pin worms are really common in kids, especially like they're crawling all around the ground. They're binkies, daycare, all of that. You can there's like Crazy ways you can test for that and tape your butt.

Yeah, if you take a milk bath like the Tapeworm will come out in the milk. I mean, it's like crazy gross stuff. No, I never thought in a million years.

Stuff it's you know, especially with kids that have some of these issues. Yeah, like those pin worms and stuff that that's a real thing It's taboo topic but that kind of my mission is to make it more commonplace because it is the root cause for a lot of things and it creates a inflammation in your body and inflammation can create dis-ease that can lead to a lot of other things.

So I think gut health is number one. Okay, so you were talking about doing things around the full moon. Now, are you spiritual? I am. Do you follow any type of spirituality?

Spiritual pastor. I was raised Catholic, but now I just kind of I'm still a very spiritual person believe in God and all of that. But I am big into astrology and the moon and kind of drawn to all that as well.

Yeah, of course. And what's your sign? Sagittarius Saggitarius. Okay, cool. Fire. I mean, Aquarius, so I understand Sagitarius quite well That's um, that's pretty cool.

You know that you're putting everything kind of together, you know, because obviously that environment is

important So when you actually start what type of cleanse are you?

Recommending for people to do when it comes to these parasite cleanse. So there's like I said before a lot of the parasite killing Herbs are all the same and there're a of different Now, thankfully, there's a lot of different companies that do it.

I use cell core for my cleanse. Okay. And I start with a pre cleanse, it's called the jumpstart. Mitochondrial health, there's minerals because it's really important to, they drain a lot of your minerals to rebalance your mineral.

And there is a really amazing biotoxin binder and I think that's like one of the number one most important steps that a lotta people miss when they cleanse.

is having a good binder because that acts as a sponge in your body and it soaks up all the toxins and especially when you start killing the parasites, they secrete their waste in you body.

And if your organs have to reabsorb that waste, that's when start feeling sick. So the point of pre-cleansing is that when we go in around the full moon, because when they're the most active, that you don't experience any ill side effects.

You're just killing, you're flushing, your feeling great, intuitively your body wants to fast. Sometimes they make you insanely crave sugar, like that's a lot of the telltale signs.

Um, like when you said what did you have before with your gut? I also used to have really strong cravings Of sugar and carbs where it was like almost uncontrollable And now I don't crave it at all.

Oh, wow, which is which? Is great. I Also had a shrimp allergy, Which is weird because I didn't have it as a child and then as an adult and somebody was Like well, you know your hormones change everything changes you can have an allergy i'm like Let me ask you, but was it a shrimp allergy?

Was it allergy a sensitivity or like an intolerance or I just like I ate shrimp my whole life randomly as an adult I couldn't eat shrimp anymore. Why is that what would happen?

I full hives like my ears would swell like I was out in her restaurant and I'm like, it was like hitch. I go and get like a bottle of Benadryl. But since I've cleansed my body of parasites, I can eat shrimp again.

And I after I read a lot about it, can cause like food sensitivities and allergies and I'm like, God, I had no idea. Interesting. Yeah. Wow. So that's very, that mean that crazy.

It's crazy, yeah. I also was borderline anemic. My iron was so deficient. And then I read about liver flukes, which these come out totally different and they're nasty, but I have a bunch of them.

They jam up your liver, they look like a tomato skin. When they come out. It's like rolled up tomato, skin, it doesn't look a worm. They suck your blood, literally.

and they also create a lot of insulin resistance. You've seen that come out of yourself as well too? Mm-hmm. A lot clients get liver flicks. Do you get pictures of all of this stuff?

Yeah. It's like a portfolio. Yeah, that's crazy. Wow. That's, man, I've never done a parasite client. Really? No. I get a lotta photos on my phone. Like if you look at, like I started putting it in an album because People would send me photos and I'd be at dinner and i'm like in the middle of a cleanse and like oh my I was not ready for that photo.

I have one client he literally went outside with his four foot long tapeworm and took a picture of it because he was so proud of Well, so they're even they want in that toilet and dig it.

They're pulling it out. Sometimes that comes out on its own, which is even crazier. What? Like you just sit in and it

comes down from from the back end, I would assume.

Yeah. Well I actually had a client vomit out and pull out a tapeworm as well. I had another client that had sinus parasites like little penises and his sinuses that came out through his nose.

So wow. Man, that is something. And these things are just living in the 70s. It's perfect timing for Halloween, because it's really just like. Like I've had multiple pets growing up and they have all kinds of stuff and sometimes you have to buy the dewormer and whatever and you see these worms come out of these animals.

We de-worm our animals regularly. Yeah, but we don't dewarm ourselves. You talk about it and people are like, oh yeah, I give my dog the ivermectin and de worm but, we dont think to do it for ourselves, yeah.

So you're putting people through this parasite cleanse. I would only assume that people are seeing good results. Do people ever get worse? So sometimes, and this goes back to the nervous system too, if you are in a constant state of fight or flight, your vagus nerve is directly on a highway.

to your gut. If your system is off and you're dysregulated and your in fight or flight and holding on to things, your body is like your nervous system diary.

So if you are holding onto all of these things it's going to be harder to release even things like parasite. You can hold onto them. So sometimes I also suggest like we do seven days over the full moon I suggest going in for the next two full moons and hitting them again to get the life cycles because you don't always like fully eliminate.

Okay. Now, you know, when we talk about the nervous system and making sure we calm that nervous down, sleep is a huge part of recovery, right? So, the data actually shows roughly one out of three Americans don't get enough sleep.

So what are some of the things that you could recommend of importance of sleep and calming that I think the number one most important thing for your circadian rhythm is morning sunlight and regulating that.

And it seems so simple and people are like, oh my gosh, but no sunglasses. I'm a huge fan of just going free. No contacts, no sunglasses, your eyes need to see morning sunlight and this is just instinctual.

This is how it's been since the dawn of time and now we're so stuck in our phones the first thing we do when we wake up is like open it up and scroll through Instagram.

So I've really made a conscious effort to prioritize like a slower morning. And this is not always possible. I have two kids and they have to be at school at 730 in the morning and I had to get ready for work and have the dog to walk but really taking that time and even if it's on your drive to school with the kids getting the Morning Sunlight and resetting that and also in evening the circadian rhythm is important to to you know wear blue light blocking glasses at night if you're gonna be on you phone or you gonna watch TV.

protect your eyes, turn off all the lights in your bedroom, lower the temperature of your AC, like sleep should be prioritized. Absolutely. Are you using anything else to really calm that nervous system down?

Any tools? I use all the tools. What other tools do you have? I think nervous system too is inherited. Like you pass a lot of things down generationally and women especially, you know, as being a mother you kind of don't put the oxygen mask on first.

Parasite purge protocol and cleanse timing

You're worried so much about everybody else's well-being. So daily I try and focus on this because Myself, I work on my dysregulation and then dealing with everyday stressors, adding in grief, and all these other things.

It's really important to stay steady because as a mom, if the ship goes down, everybody else goes with it. So I have

an aura ring that I test throughout the day, like stress levels.

I'm a huge fan of minerals and magnesium. On the way here, I had like a recess drink with adaptogens. Lemon balm and magnesium and all those good things.

I like a sleepy girl mocktail at night. What is that? Well tart cherries great for your melatonin Kiwi with the skin on is great. Hey, that's really good.

Yeah, it's amazing fiber It helps keep you regular, but it"s also really great I've never tried that. Is that kind of hard to chew? I mean, it makes my mouth itch a little, so I don't know if I'm like allergic.

You eat it with the whole hair on it? Yeah. Oh, wow. Yeah, some people take the hair off. They like, I know, but that's where all the fiber is. But adding magnesium into like a tart cherry is cutting out alcohol has been really good for regulating my nervous system.

I didn't cut it out completely, on the regular, on weekdays, you know? Because you think that you're gonna have a glass of wine to relax yourself, and it's really doing the opposite.

Yeah. Now, a lot of these things that we're talking about that that do for yourself and some of your clients, You mentioned you have your two kids. Do you like parasite cleanse on your kids as well too?

I do. They're, um, aware of it and how it so funny. My son wrote on his thing, You know, my mom kills parasites thing for school. He's in third grade.

But there's little liquid tinctures that you can give to the kids. It's so much easier. And like a Xeliolite spray that tastes like water. So they don't even really know that they're parasite cleansing.

Its gentle. They love the vibration plate. I have a rebounder that's also really good for the lymphatic system. So I think it's important for them to also drain and keep their lymphatics system, a huge fan of detox baths as well.

That's a big way to detox through your skin. But what is what's in what causes the detox bath? What do you put inside? So I love Epson salts, benedict clay, a little baking soda, you can add essential oils to that as well.

There's like a crazy controversial borax, a little bit of that too. It flushes heavy metals and fluoride out of your body, but mostly for the kids especially, I just keep it gentle with epsom salts.

Okay, nice. So, okay, so we're getting the parasites out of our body. Now, some people are probably wondering, well, where the heck do these parasites come from?

We heard about the pets, the crazy cat lady who has all the cats. We hear on social media, you end up getting like, through your news feed, all this stuff, oh, don't eat this because it has parasites.

The sushi, the oysters, this and the that. What really has a lot of potential parasites that could be potentially harmful to your body? Undercooked meat is a big one.

And I think a lotta things that you do when you're pregnant, that don t realize what you re doing them for, like stay away from cats and cat litter and don't eat undercooked meat.

I think a lot of it has to do with the exposure of that. Pork is a big one, especially under cooked pork, so I avoid pork now. I also, you know, it's kind of like a dirty, dirtier meat.

I do love bacon, but I go to the farmer's market and make sure it is like good organic bacon and I cook it. Sushi is a big one, especially because farm raised salmon is big, big parasite contributor.

I've seen some things back and forth where, okay, the fish is frozen, so it kills parasites and you're good. And a lot

of people argue that your stomach acid also kills the eggs before they reach it.

But a lot of people have gut issues, period. I've seen a of it with the work that I do. And most often people has really low stomach acid. So we don't even have the proper level of stomach.

Acid to kill a love a. Lot of these parasites anyway. Raw oysters are supposed to be a big contributor, but I still do love my raw oysters. Yeah, I put hot sauce on them, so.

The hot sauce kills I think the hot source kills him a little bit I actually read that tequila kills parasites like on an empty stomach with lime So I'm like, okay, so you have the oysters in a shot of tequilla.

Yeah, oh boy I'll stay away from the oyster. I've never liked oysters. They tried it for the first time really high and zinc They're really good for you.

Oh I just I don't like the little gooey stuff going down. It's kind of weird I got a lot of family members that love oysters. I'm not a big seafood person, so I guess I limit myself to parasites by not liking seafood.

But let me ask you something, Barisa. When it comes to health metrics, what is a very important health metric that people aren't paying enough attention to, in your opinion?

early detection on any of the blood, even like a VO2 max catching things before it becomes a problem and just kind of like, oh, it'll improve over time or visceral fat on the DEXA scan is a big one that, you know, people often overlook or like, oh, I'll just start working out, but that's the fat around your organs, which contributes to a lot of the issues.

Right, right. You know right now there's a huge shift in the way how people think about health and wellness. There's lot a of awareness, especially if you look at, like if we go back 15, 20 years ago, we're just in a whole different place when it comes to health or wellness, And now you hear about all of these different detox, you here about these all different supplements, all this biohacking and longevity, and it can get to a certain stage where it becomes very complicated.

What are some of the first few steps that you can recommend to someone listening or viewing the podcast who might say, I think it's time for me to take that leap?

but they're a little bit scared that it might be very complex. How can you make that a non-complex process for them to start? I think just tuning into your body.

And if you're already there, I Think a lot of people are starting to take ownership of their health. So if You're at the stage where you are like, okay, i know I need to do something else, like what can I do?

It's starting. I always tell clients and friends to start with the things that are for free. Start, instead of adding in all of these things and over complicating it, start With the basics, Start with your sleep.

start, with grounding, just putting your feet in the earth. walking. regulate your blood sugar after a meal, and then you can start adding in all of the biohacking stuff.

Because listen, at the end of day, if you're coming into my clinic or anywhere and you are like, I want all this stuff, a quick fix, the GLP one, but if everything else is dysregulated, you won't get the results you were looking for and spend a lot of money and not be satisfied.

Longevity works if the basics down and then everything will just enhance it from there. Absolutely. What are the top three non-negotiables for you? Top three, non negotiables.

Coffee is my number one favorite and we were just talking about that earlier because coffee is now like a longevity hack. Do you just drink coffee or do you do different coffee scrubs?

I do raw milk. I'm a huge raw-milk fan. So I drive out to the farmer's market to get raw, so I add in creatine and colostrum and collagen. little cinnamon.

And that's kind of like a non negotiable for me in the morning. It, it just is so delicious. So good. I also think adding joy in as an ingredient is hugely important in your life.

Because If you're not having fun, if you are not enjoying yourself, If, you know, as we talked about like I lost my brother at 49, like who would have thought?

Gut issues, nervous system health, and sleep

So it really shifted my perspective on being present and enjoying everything and just finding such joy in just my morning coffee and my slow morning and getting sunlight.

I practice this with the kids every morning. Gratitude is a non-negotiable for me because shifting your brain into this state of being grateful shifts everything.

I always say everything works out for Me and I am like abundant. And I tell the Kids every Morning, even if it's a micro gratitude, I want to hear it.

That's part of the laws of success. You have to put that type of energy out there and you have be in that mindset. And you're speaking things into existence.

There's no other way for me. I've gotten to the point of no return with it. People are like, oh, you are delusional. Step back into reality. I'm like no I like to be in the delusional Well that delusion will becomes the reality so it's that's what it is.

Yeah, so I love that I Love I loved what you're doing there If Someone is really looking to get rid of these parasites You said you use the cell core product, but is that something that people could just freely get or how do they?

straight this program. You would need a practitioner code. So I have a link on my website that has my code for it. Okay, cool. There's also other hood apothecary is a good one.

I believe she was on your podcast. Really great products. there's a lot of really great parasite products out there, but you have to go into it cautiously, I would suggest working with somebody if it's your first time.

All of the other things come into play. Absolutely. Marissa right now there's a big movement that's happening. It's called a make America healthy again movement.

What are your thoughts about this move? So excited, I have a hat. Oh yeah? Yeah. Which color is your hat? Green. You got the green one. Yeah, yeah. The real one?

I think that knowledge is power and the more we know, the better that we can do and especially for my children. I started a nutrition committee at school because when we better, we do better.

Why are we still allowing this type of food in our children's bodies. We know how it affects their brain. You know, how would it affect their learning, their focus?

And if it's not an option and it also a lot of these foods, these processed foods are created to be so addicting. And it is hard to tell your kids like, no, you can't have the Gatorade after baseball because everybody else is having it.

But if you. Have the knowledge in the education. So now my son's like telling kids at his baseball team, well, that's got like red 40 in it, you know what that does to your brain and it kind of empowers them to know better.

And I'm I just anything I can do to continue to move the needle where people recognize now like, oh, maybe we

shouldn't be eating food that has been sprayed in glyphosate because that is poison, right?

You know, how was it growing up? Were your parents pretty strict on what you ate? My mom and dad are incredible and luckily they're still here and helping me out with the kids and all of that.

My Mom is Italian descent so she's really given all us kids the tools to be able to use food as medicine and ingredients that heal your body like the Italian penicillin soup when you're sick and it's like bone broth and the herbs that Heal you So to me that education is priceless and learning how to make Pasta from scratch in the kitchen with my grandmother.

I have her pasta maker yeah, so now I make sourdough bread and All of these tools I want to teach my kids how to cook from scratch because really just having more control over The foods you put in your body really help fuel you.

Is your dad Italian too? No, I'm like Italian Irish So so how old are mom and dad? They're in their late 70s 78 OK, so, you know, the part of the baby boomer crew, just like my parents.

So, being in the longevity space myself, I'm always thinking, well, what can I do for mom and dad? Because, um, i'm learning things every single day and they're not necessarily making this as like number one priority.

Right. But they are watching me and listening to me. Are there any things that you're doing for your parents that are at that age where healthspan and lifespan is extremely important?

Yes, so my mom actually had a heart attack the day my brother passed. And they say like, you know, that's just a whole testament of stress induced and how much stress plays a role in your health.

So we've been recovering her and my dad had like several strokes and brother takes my Dad to the gym every day, no matter what. He starts his day every by going to beach It's like a ritual.

And he grounds and he goes and He prays in the water and was doing this like when my brother was sick and it became like an everyday thing. I'm like, I can't tell you how incredible it is to be doing that for your health.

So he's getting his morning sunlight, the salt air. He's walking. And he sends me all these reels on Instagram all the time about like fitness in your 70s because he goes to powerhouse gym and works out because at the end of the day, your muscle is your longevity and your thighs are really what's going to get you out of The chair like it might be for aesthetics now, but when you're in Your 70's, so I keep joking with my parents.

I'm going To get him into the clinic and I shoot my dad up with some testosterone and get them all like careful doing that. Fueled up, yeah, so. I heard some crazy stories, putting all the men on testosterone.

Your mom's either gonna appreciate you or hate you. Exactly. So just be careful. No, that's awesome. And I'm happy that people are viewing this movement, the Make America Healthy Again movement as a positive thing, because that is something that we need.

That's part of that change in the course of medicine. The change that need in our food system, for the things that are in our environment, right? A lot of this toxic stuff that we have to really put a stop to it or at least limit it to a certain extent.

Marissa, I wanna have a little fun now. These are some cool conversation cards that Stephen Barlett from the Diary of a CEO, he came out with this. So I'm gonna have you grab this, take that sleeve off.

Grab those cards.

Family health, nutrition, and closing reflections

You can shuffle them if you want and then you'll pick two random cards out of there and Then what you're gonna

do is you gonna read the card and answer it See it's like one longevity thing.

I'm working Now my age is showing because I need glasses. You know, I was just thinking about that the other day. I wear contact lenses for distant, but I could still read perfectly fine.

And I'm hoping that that doesn't go. So I've always been 20, 20 up until like six months ago. Then out of the blue, like, oh, my God, think I just on my phone too much.

Could be. OK. Ready? Yeah. When do you feel the most emotionally connected to yourself? Tony Hawk. I love doing yoga and I think when I can connect my body through movement and breath, I just go to a different place and it's like a mental moving meditation and that's what ballet used to be for me in my life.

And now I still connect that way through yoga. That's pretty cool. Yeah. Okay, the person you cherish most in life dies tomorrow, you have a 60 second phone call with them.

What do you tell them? Wow. I talk about this a lot, like we wait till we're at a funeral to say the things that we really want to Say about the people that We love.

So I try and do this on the regular basis just to let them know how much they're loved and how I appreciate them in their life. What they mean to me. Yeah, that's a powerful thing.

You know, That really makes me think. My uncle that brought us here to the United States, I was born in Dominican Republic, youngest out of four. And He brought us and we moved to Wisconsin.

I grew up in Milwaukee, Wisconsin, and I remember at my brother's wedding. It was my senior year in high school. I forgot what it was, but he got very sensitive.

It was like 200 or something people at this wedding. And he mentioned something to my cousin and I. He was crying, you know, and my uncle at that point in time, he was already in his seventies, I think, now he's a lot older.

Make sure that you just tell people that. You love them, you know, without without it being too late. Now, he lost both of the two, two out of his three daughters in a car accident when they were very young.

And there was something about him saying that that just stuck for the rest of my life. Yeah, we're he was right about that, like some of us get so shy or like At least i'll speak as a man like like vulnerable.

Yeah i'm very vulnerable and like I don't want to be the guy who's like i've never been kind of like the lovey-dovey kind Of guy and um, you know that that just stuck where now it's Like whenever I see my parents Including my father like, I I make it a point to let him know.

Hey, i love you You know and just say those things because you just never know you If they're in their deathbed, it's easy for someone to go next to the parent while they die and say, I love you.

But you might not get that chance where they died slowly in that death bed. So you need to do it on a daily basis and make sure you really connect with them, let them know how much you do love them.

It's a lot of people's love languages, you know, like words of affirmation. Yeah. And you may not know that somebody else needs that to feel. Right. Yeah, I it's you know, the magic happens outside of your comfort zone.

So it is good to feel a little vulnerable and uncomfortable. Put it out there. Yeah. I got to do more of that. You know. Yes, so I'm happy you pulled that card.

Somerset as we start wrapping up here, if someone listening to this podcast truly resonates with today's message, what is that last thing that you can leave them off with?

I think just learning to quiet out the noise and tune back into yourself and your intuition and the your Intuition comes from your gut and it's so powerful and It's usually always right when everyone's like I have that gut feeling that got feeling never steers you wrong.

Absolutely immersive people want to find you and learn more about what you're doing. Where can they find Goodlordwellness.com or on Instagram, The Marissa Lord.

Amazing. Marisa, it was a pleasure having you on a healthy point of view podcast. Thank you so much. Awesome. Guys, that gut feeling, It's a real thing.

Listen, you got those worms, those parasites crawling inside of your body. Who knows what it's causing. It potentially making you sick. There's way to get those parasite to purge.

You got the posse over here to make it happen. Take this podcast, make sure you share it with friends and family. Like, subscribe, do all that other fun stuff, and we'll see you for the next podcast.