# EXPLAINED: Hidden Parasites Behind Brain Fog, Bloating & Skin Issues | Sinclair Kennally Transcript

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## Parasites Explained

If you're someone who's already done the If you're someone who's already done the research, maybe tried functional research, maybe tried functional medicine, a bunch of labs, a cleanse, medicine, a bunch of labs, a cleanse, different diets, and you still feel like different diets, and you still feel like something deeper is being missed, I'd something deeper is being missed, I'd love for you to take our root cause love for you to take our root cause quiz. It's a short, thoughtful quiz. It's a short, thoughtful assessment designed to help you see assessment designed to help you see patterns that might not have been patterns that might not have been detected yet. Things like hidden toxin detected yet. Things like hidden toxin exposure or nervous system overload or exposure or nervous system overload or gut disruption or mold exposure past or gut disruption or mold exposure past or present. It's completely free and it present. It's completely free and it takes just a few minutes. You'll find takes just a few minutes. You'll find the link in the description below. Take the link in the description below. Take it and see what shows up and let's start it and see what shows up and let's start making sense of what your body's been making sense of what your body's been trying to tell you. So many your body's trying to tell you. So many your body's not making a mistake. It's trying to not making a mistake. It's trying to share with you, "Hey, I'm doing the best share with you, "Hey, I'm doing the best I can under all of these stressors that I can under all of these stressors that I've been put under." And it all makes I've been put under." And it all makes logical sense once you can connect the logical sense once you can connect the dots. You know, many people identify, dots. You know, many people identify, "Oh, yeah, I do have a fungal overgrowth "Oh, yeah, I do have a fungal overgrowth or I do have parasites. I do have a or I do have parasites. I do have a pathogen issue and I can't seem to kick pathogen issue and I can't seem to kick it." Why parasites are more common than it." Why parasites are more common than you think and the critical missing you think and the critical missing factors in conventional parasite factors in conventional parasite protocols that can keep you stuck. And protocols that can keep you stuck. And how to determine your unique parasite how to determine your unique parasite situation without expensive and honestly situation without expensive and honestly often inaccurate, very limited testing.

often inaccurate, very limited testing. I know it's so frustrating because I I know it's so frustrating because I would love to have labs that we could would love to have labs that we could use to really have a great look inside use to really have a great look inside when it comes to our microbiomes and our when it comes to our microbiomes and our pathogen load. But they are pretty pathogen load. But they are pretty limited still in our capabilities and we limited still in our capabilities and we need to be, you know, aware of that, need to be, you know, aware of that, aware of those limitations so that aware of those limitations so that you're not taking stories about your you're not taking stories about your body that might be outdated or body that might be outdated or incomplete. Also, we'll talk about incomplete.

## Early Parasite Symptoms

Also, we'll talk about protocol planning and the different protocol planning and the different layers to a successful approach, why layers to a successful approach, why parasites are more common than you parasites are more common than you think, and yes, why conventional think, and yes, why conventional protocols often fail and the real path protocols often fail and the real path to clearing them for good. Your body's to clearing them for good. Your body's on your side and it wants to feel good.

on your side and it wants to feel good. It hasn't given up on you, so it's great It hasn't given up on you, so it's great that you're here. Let's get some stuff that you're here. Let's get some stuff done. This is a rapidly evolving space.

done. This is a rapidly evolving space. So things that used to work even 5 years So things that used to work even 5 years ago, you know, or 6 years ago pre-COVID, ago, you know, or 6 years ago pre-COVID, don't anymore. And if we're not honest don't anymore. And if we're not honest with each other about that, then um with each other about

that, then um people who are really struggling with people who are really struggling with their health can waste a lot of time and their health can waste a lot of time and effort. And that's unfortunate. We don't effort. And that's unfortunate. We don't want that to happen. There's only a few want that to happen. There's only a few major root causes.

major root causes. There's not that many. Meanwhile, there There's not that many. Meanwhile, there could be so like myriad different could be so like myriad different symptoms, symptom combinations, disease symptoms, symptom combinations, disease labels to match those symptoms, but it labels to match those symptoms, but it doesn't necessarily tell you the pathway doesn't necessarily tell you the pathway out of that stress state. Just set down out of that stress state. Just set down your your any disease labels you have your your any disease labels you have today. It's just for a little while, today. It's just for a little while, just for a few minutes. And just explore just for a few minutes. And just explore your symptoms as they are, as they are your symptoms as they are, as they are presenting, just the symptoms, not the presenting, just the symptoms, not the labels about them, your felt experience.

labels about them, your felt experience. Because you may pick up new clues about Because you may pick up new clues about what your body's trying to tell you what your body's trying to tell you within the context of this topic, right?

within the context of this topic, right? You did not consent to those exposures. You did not consent to those exposures. And we have normalized this very rapid And we have normalized this very rapid increase and you don't need me to tell increase and you don't need me to tell you for like a whole hour toxins are you for like a whole hour toxins are bad, we shouldn't have them. Like you bad, we shouldn't have them. Like you already know that. Like that makes already know that. Like that makes sense. But what you may not realize is sense. But what you may not realize is you've been inundated with them in your you've been inundated with them in your food, air, and water. You didn't ask for food, air, and water. You didn't ask for it, you didn't consent to the side it, you didn't consent to the side effects. And one of the unfortunate side effects. And one of the unfortunate side effects of everyday toxin exposure that effects of everyday toxin exposure that we have right now is that we are much we have right now is that we are much more susceptible to overgrowths of more susceptible to overgrowths of pathogens, biofilms, fungus because our pathogens, biofilms, fungus because our terrain is clogged up with those terrain is clogged up with those environmental toxicants. When I say the environmental toxicants. When I say the word terrain, I just mean your body.

word terrain, I just mean your body. Your cells and your extracellular Your cells and your extracellular matrix, like all the good stuff, your matrix, like all the good stuff, your meat suit. This is still fixable. So, meat suit. This is still fixable. So, which stage of parasite work are you in which stage of parasite work are you in right now? Are you still not sure right now? Are you still not sure whether or not parasites are an issue whether or not parasites are an issue for you? Sometimes people go through for you? Sometimes people go through that frustrating stage of like, "When is that frustrating stage of like, "When is this ever going to be over?" Is anybody this ever going to be over?" Is anybody in that right now? And then you get to in that right now? And then you get to stage five. I mean, they're still coming stage five. I mean, they're still coming out, but I'm feeling better. My sense of out, but I'm feeling better. My sense of humor's coming back. I can be kind to my humor's coming back. I can be kind to my body. I can be excited about seeing body. I can be excited about seeing progress with my health symptoms. And progress with my health symptoms. And there isn't an end to this. I want you there isn't an end to this. I want you to know that. You can get your symptoms to know that. You can get your symptoms that are driven by parasites reversed.

that are driven by parasites reversed. It's not impossible. It's actually It's not impossible. It's actually really straightforward. It just takes really straightforward. It just takes longer than you want it to. So, for longer than you want it to. So, for parasites, it's not a matter of if, but parasites, it's not a matter of if, but how you've been exposed. Every time we how you've been exposed. Every time we step into a body of water that's natural step into a body of water that's natural or we eat contaminated food, it might be or we eat contaminated food, it might be raw produce or it might be fish that's raw produce or it might be fish that's undercooked or sushi or it might be meat undercooked or sushi or it might be meat that's undercooked or, you know, somehow that's undercooked or, you know, somehow the parasites withstood the cooking the parasites withstood the cooking process. Like that is possible.

process. Like that is possible. Parasites can withstand really cold Parasites can withstand really cold temperatures like long-term freezing and temperatures like long-term freezing and also potentially really high 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 on our food, air, and water. Um maybe on our food, air, and water. Um maybe you've traveled to areas where your you've traveled to areas where your microbiome wasn't used to this stuff.

microbiome wasn't used to this stuff. You didn't grow up around it, so your You didn't grow up around it, so your immune system isn't ready and prepared immune system isn't ready and prepared to see the stuff coming in. That's where to see the stuff coming in. That's where we see like Montezuma's revenge, you we see like Montezuma's revenge, you know, that nickname for what happens know, that nickname for what happens when you go to Mexico when you go to Mexico and you have a great time and you travel and you have a great time and you travel around and then you pay for it with your around and then you pay for it with your gut for a little while afterwards. Maybe gut for a little while afterwards. Maybe person-to-person transmission.

person-to-person 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 gloves exposures like gardening without gloves or exposure to infected soil or sand.

or exposure to infected soil or sand. Parasite eggs and larva, um kitchen Parasite eggs and larva, um kitchen counters, shoes, like that just happens.

counters, shoes, like that just happens. Animals and pets. I used to run up to Animals and pets. I used to run up to people's dogs if they said I could and people's dogs if they said I could and pet them and let them lick my face.

pet them and let them lick my face. I don't really do that so much anymore. I don't really 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 that 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. 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. Um a you can certainly look at lab work. Um a 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 um sore throat because it's splashing up um 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, enough stomach acid, so low enough pH, in order to close that trapdoor and in order to close that trapdoor and really fire off the digestive process in really fire off the digestive process in your

stomach. And if you don't have your stomach. And if you don't have strong enough stomach acid, that strong enough stomach acid, that trapdoor doesn't really closes really trapdoor doesn't really closes really tightly, which means you get the tightly, which means you get the splashing up effect and you might think splashing up effect and you might think that you have too much stomach acid cuz that you have too much stomach acid cuz you're feeling this burning sometimes.

you're feeling this burning sometimes. And actually the opposite is true. Isn't And actually the opposite is true. Isn't that confusing? So, we want to be really that confusing? So, we want to be really thoughtful about that. We don't want to thoughtful about that. We don't want to just go like, "Oh, acid blockers. Shut just go like, "Oh, acid blockers. Shut up, body. Take some Tums. We don't want up, body. Take some Tums. We don't want to hear what you have to say." Actually, to hear what you have to say." Actually, want to take that signal very seriously want to take that signal very seriously and respect it. Um because once you know and respect it. Um because once you know the anatomy, then it makes a whole lot the anatomy, then it makes a whole lot more sense.

more 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 like it's just Like, "Ah, I just feel 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 quickly after the um energy intensive process of the um energy intensive process of consuming a meal. Why does it matter if consuming a meal. Why does it matter if we have low stomach acid?

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. Be like, and kill them off on contact. Be like, "Nope, I see you eggs. I see you larva.

"Nope, I see you eggs. I see you larva. I see you fully adult parasites. No, I see you fully adult parasites. No, thank you. Not today." So, we need our thank you. Not today." So, we need our stomach acid strong enough to do that.

stomach acid strong enough to do that. Stomach acid also naturally gets less Stomach acid also naturally gets less acidic, um you know, lowering intensity acidic, um you know, lowering intensity as we age. So, this is also something to as we age.

## Parasite Survival Tactics

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

you to keep all 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, um and babies, have lots of life cycles, um and just get to retire in, you know, a 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 media is like these big, dramatic stories about parasites. That's not what stories about parasites. That's not what most of us experience. Most of us most of us experience. Most of us experience little things like this, like experience little things like this, like brain fog and kind of bloating and brain fog 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 I'm eating? And then you go on a cleanse, but it doesn't really help.

cleanse, but it doesn't really help. Like you feel better as long as you're Like you feel better as long as you're playing a perfect game, but the second playing a perfect game, but the second you don't, then boom, you're back to not you don't, then boom, you're back to not feeling so hot again. That's what most feeling so hot again. That's what most people with parasites are experiencing.

people with parasites are experiencing. It's the slow degrading of your own um It's the slow degrading of your own um defenses and this kind of background defenses and this kind of background inflammation and noise. Slow depletion.

inflammation and noise. Slow depletion.

## Bile Flow And Digestion

That's what most parasites want to do to That's what most parasites want to do to you. Low stomach acid or bile flow or you. Low stomach acid or 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's more you understand about your body's 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 intestine's migrating motor complex intestine's migrating motor complex needs bile flow to get that needs bile flow to get that encouragement. Hey, now that the bolus encouragement. Hey, now that the bolus of food has landed from the stomach into of food has landed from the stomach into the small intestine, this beautiful tube the small intestine, this beautiful tube that we have, we're going to be kind of that we 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's going to help emulsify the fats, bile's 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 and small intestine and it starts to rot and ferment, that means parasites are 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 be like, "Whoa, feel drunk on carbs. You be 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 I don't want you to get all like early I don't want you to get all like messed up like I did where you got a messed up like I did where you got a bunch of disease labels and your life 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 stuff. I don't like fried foods anymore." If that's you, want you to anymore." If that's you, want you to take a fresh look at your bile flow take a fresh look at your bile flow because your bile is actually really because your bile is actually really important part of your immune system important part of your immune system function. It actually has amazing function. It actually has amazing anti-inflammatory properties for your anti-inflammatory properties for your gut. It even has anti-cancerous gut. It even has anti-cancerous properties. It's supposed to be properties. It's supposed to be formulated, your bile is, to protect you formulated, your bile is, to protect you from cancer in your digestive tract.

from cancer in your digestive tract. Isn't that cool? 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 cuz recycle me back up into the liver cuz it's expensive to make bile acids. So, it's expensive to make bile acids. So, let's do the whole process over again.

let's do the whole process over again. Great. See you tomorrow." That's what Great. See you tomorrow." That's what bile acids want to do. So, if any part bile acids want to do. So, if any part of that process slows down, now you're of that process slows down, now you're starting to see what feels like subtle starting to see what feels like subtle signals, but if they're happening signals, but if they're happening consistently or persistently, we want to consistently or persistently, we want to take a closer look and we want to think take a closer look and we want to think in terms of parasites cuz it's the in terms of parasites cuz it's the perfect reason for parasites to set up perfect reason for parasites to set up shop and start to run the show.

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 like touch people's pets. I just don't like go up and touch and rub everything I 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. Other signs that might be experience. Other signs that might be poor bile flow, think about them. What poor bile flow, think about them. What would they be?

would they be? Actually, skin rashes. Actually, skin rashes. Do you know why? Your skin is trying to Do you know why? Your skin is trying to act as a second liver and trying to push act as a second liver and trying to push out more uric acids than it was designed out more uric acids than it was designed to and try to excrete toxins through the to and try to excrete toxins through the skin, which is an important detox skin, which is an important detox pathway. It is, but it isn't supposed to pathway. It is, but it isn't supposed to be the only one. Your primary method for be the only one. Your primary method for processing toxins and excreting them out processing toxins and

excreting them out of the body is processing through the of the body is processing through the liver.

liver. liver. Right? Phase one is breaking down the Right? Phase one is breaking down the toxins. Phase two, you see them in these toxins. Phase two, you see them in these toxic metabolites, very, very toxic metabolites, very, very inflammatory. Phase three, once they've inflammatory. Phase three, once they've been re-conjugated, is getting them been re-conjugated, is getting them safely out of the body. So, of course, safely out of the body. So, of course, we want to respect that process. And of we want to respect that process. And of course, if we accidentally got exposed course, if we accidentally got exposed to stuff that we didn't know about, we to stuff that we didn't know about, we didn't sign disclosure forms. Do you didn't sign disclosure forms. Do you ever sit down and be like, "Yes, I agree ever sit down and be like, "Yes, I agree and consent to all of this air and consent to all of this air pollution. It's A-okay by me." No, of pollution. It's A-okay by me." No, of course you didn't. You didn't like rent course you didn't. You didn't like rent an apartment and a landlord didn't say an apartment and a landlord didn't say like, "By the way, there's all this like, "By the way, there's all this black mold in here, but I'm not going to black mold in here, but I'm not going to fix it. Here, sign here so I'm not fix it. Here, sign here so I'm not legally liable." Like, that doesn't legally liable." Like, that doesn't happen.

happen. happen. But, it sneaks in anyway. But, it sneaks in anyway. So, this has been happening and building So, this has been happening and building up for years if not decades. We've got up for years if not decades. We've got to respect what the body has been to respect what the body has been through. And the more you learn about through. And the more you learn about that piece, that piece, the more you can reclaim your reverence the more you can reclaim your reverence for your body. And even adore it. Be for your body. And even adore it.

## Mold And Immune Stress

Be like, "Wow, you're doing such a good job like, "Wow, you're doing such a good job considering all these disruptors and considering all these disruptors and stressors that you've been put under." stressors that you've been put under." So, that leads me to that mold illness So, that leads me to that mold illness piece or heavy metals or EMFs. They're piece or heavy metals or EMFs. They're all really, really hard on the immune all really, really hard on the immune system. And they're really, really hard system. And they're really, really hard on your excretory pathways and they can on your excretory pathways and they can impact your healthy keystone species in impact your healthy keystone species in your gut microbiome as well. And it's your gut microbiome as well. And it's not like this is serious, guys. It's not like this is serious, guys. It's just newer information, so it's not just newer information, so it's not getting taught in our certifications, in getting taught in our certifications, in our medical schools. I sure wish it was.

our medical schools. I sure wish it was. But, the data is there. We're just not But, the data is there. We're just not connecting the dots early enough. That's connecting the dots early enough. That's okay. We can connect the dots. We don't okay. We can connect the dots. We don't want to wait for the whole medical field want to wait for the whole medical field to catch up with us. We just want to to catch up with us. We just want to bring these pieces together so that you bring these pieces together so that you don't have to wait.

don't have to wait. Okay. So, high sugar and carbohydrate Okay. So, high sugar and carbohydrate intake, why does that matter? We've intake, why does that matter? We've actually kind of touched on a couple actually kind of touched on a couple reasons for that so far, haven't we?

reasons for that so far, haven't we? Because sugar and carbohydrates, they Because sugar and carbohydrates, they can be hard on the liver for one thing, can be hard on the liver for one thing, and they can really feed the pathogens.

and they can really feed the pathogens. So, the fungal overgrowth, the parasites So, the fungal overgrowth, the parasites all love sugar. Yes, it needs to be said all love sugar. Yes, it needs to be said that emotional stress and trauma load that emotional stress and trauma load can also make you more available to can also make you more available to parasites taking over. Now, why would parasites taking over. Now, why would that be? Anytime the nervous system is that be? Anytime the nervous system is really put into um a stress state for a really put into um a stress state for a long period of time. So, you're not able long period of time. So, you're not able to recenter

yourself, to regulate, you to recenter yourself, to regulate, you don't have the space and the safety don't have the space and the safety to send out all the yummy signals to the to send out all the yummy signals to the body, it's time to detox and drain. It's body, it's time to detox and drain. It's time to repair. It's time to digest.

time to repair. It's time to digest. It's time to send all of our resources It's time to send all of our resources throughout the body to those processes.

throughout the body to those processes. When you get enough signals in When you get enough signals in for any period of time for any period of time that it's not safe to do these basic that it's not safe to do these basic catch-up work processes. If instead you catch-up work processes. If instead you have to be in survival mode, you know, have to be in survival mode, you know, your body doesn't know the difference your body doesn't know the difference between being chased by a bear between being chased by a bear and checking your inbox and being afraid and checking your inbox and being afraid of what your boss is going to say. It of what your boss is going to say. It doesn't know the difference. They doesn't know the difference. They They're both a threat. They both can be They're both a threat.

## Nervous System Impact

They both can be an overactivation of a limbic system. an overactivation of a limbic system. And I really want to underscore this And I really want to underscore this point. Just because point. Just because you have a nervous system that is you have a nervous system that is responsive doesn't mean you're broken or responsive doesn't mean you're broken or you're weak or you're fragile.

you're weak or you're fragile. Just because you may have limbic Just because you may have limbic overactivation or you might spend a lot overactivation or you might spend a lot of time or may have in the past in of time or may have in the past in flight or fight or freeze or fawn, flight or fight or freeze or fawn, that doesn't mean that you were doing that doesn't mean that you were doing anything wrong and it doesn't mean your anything wrong and it doesn't mean your nervous system was either. It was having nervous system was either. It was having an appropriate response to the stresses an appropriate response to the stresses it's been put under.

it's been put under. But, what's important to understand is But, what's important to understand is the toxin bucket and then and the stress the toxin bucket and then and the stress bucket are always influencing the bucket are always influencing the nervous system at the same time. I nervous system at the same time. I deeply believe at a very profound level deeply believe at a very profound level that you are supposed to be extremely that you are supposed to be extremely resilient. You are hardwired to be resilient. You are hardwired to be resilient. Literally, at the electrical resilient. Literally, at the electrical level. You are so good at being level. You are so good at being resilient and at calibrating resilient and at calibrating subconsciously moment to moment in your subconsciously moment to moment in your tissues to the stresses in the tissues to the stresses in the environment, the internal environment environment, the internal environment and the external environment. Just and the external environment. Just because we've all been through some because we've all been through some stress doesn't mean that you have a life stress doesn't mean that you have a life sentence now or a death sentence about sentence now or a death sentence about bugs and toxins and like, "Oh, I guess bugs and toxins and like, "Oh, I guess it's just going to be hard from now on." it's just going to be hard from now on." No. Nothing could be further from the No. Nothing could be further from the truth. We can tackle this stuff head-on.

truth. We can tackle this stuff head-on. We can lower the toxin bucket and we can We can lower the toxin bucket and we can lower the bad critter bucket.

lower the bad critter bucket. And we can reclaim our nervous system And we can reclaim our nervous system resilience once more. You're watching resilience once more. You're watching the Detox Nation podcast. Firstly, thank the Detox Nation podcast. Firstly, thank you so much for being here. If this you so much for being here. If this conversation speaks to you, hit conversation speaks to you, hit subscribe right here on YouTube and turn subscribe right here on YouTube and turn on the bell if you want a heads-up when on the bell if you want a heads-up when new episodes drop. Each episode is a new episodes drop. Each episode is a love letter from me to you, what I wish love letter from me to you, what I wish I had known on my healing journey and I had known on my

healing journey and now what our students and clients and now what our students and clients and patients need most. So, this is our body patients need most. So, this is our body of work. It's not a one-off and it means of work. It's not a one-off and it means if it's there in your feed every week, if it's there in your feed every week, you get to be a part of the journey, you get to be a part of the journey, too, and we get to help you. So, each too, and we get to help you. So, each follow helps us bring stronger voices to follow helps us bring stronger voices to the mic. And of course, every subscribe the mic. And of course, every subscribe helps the show grow. Thank you so much helps the show grow. Thank you so much for being an essential part of it. We for being an essential part of it.

## Parasite Evidence

We love supporting you. This is what the love supporting you. This is what the parasitic material often looks like in parasitic material often looks like in the toilet. You really wouldn't notice the toilet. You really wouldn't notice it unless you knew what to look for and it unless you knew what to look for and you were giving your body all of the you were giving your body all of the energy and all the compounds it needs to energy and all the compounds it needs to kick it out. And you can argue with her kick it out. And you can argue with her about what these species are. Um well, about what these species are. Um well, is that a broken-up fragment of is that a broken-up fragment of something? That's too big to be a something? That's too big to be a whipworm. What is that? What is ropeworm whipworm. What is that? What is ropeworm really? Doesn't look like tapeworm cuz really? Doesn't look like tapeworm cuz it's not segmented, so I don't know. You it's not segmented, so I don't know. You know, you can do that or you can tackle know, you can do that or you can tackle your health problems head-on and be your health problems head-on and be really excited to feel better once the really excited to feel better once the stuff leaves the body.

stuff leaves the body. We don't have to micromanage which We don't have to micromanage which species these are. That's the good news. species these are. That's the good news.

Your immune system will actually Your immune system will actually micromanage that for you. It will get micromanage that for you. It will get out waves of little things like out waves of little things like Strongyloides first for a wave of them Strongyloides first for a wave of them and then it will like and then you'll and then it will like and then you'll only see what's known as like mucoid only see what's known as like mucoid plaque or rope worm for a, you know, plaque or rope worm for a, you know, several weeks or even for really bad several weeks or even for really bad health issues like months. You know, and health issues like months. You know, and then you'll go back to like, "Oh my god, then you'll go back to like, "Oh my god, I've never seen pinworms and now they're I've never seen pinworms and now they're pouring out of me like Your body will pouring out of me like Your body will decide what to prioritize. You don't decide what to prioritize. You don't have to micromanage that. Once you put have to micromanage that. Once you put the building blocks in place, your body the building blocks in place, your body knows what to do.

knows what to do. And it will spend the resources there And it will spend the resources there once it feels safe and the list of needs once it feels safe and the list of needs has been met. Until then, it's not going has been met. Until then, it's not going to do that. It's going to look for ways to do that.

## Brain Fog And Mood

It's going to look for ways to compensate instead. Because look at to compensate instead. Because look at what parasites are actually doing to what parasites are actually doing to you. They really hijack your you. They really hijack your neurotransmitters. Many parasite species neurotransmitters. Many parasite species actually do this. Giardia, blasto, actually do this. Giardia, blasto, toxoplasmosis like that's from toxoplasmosis like that's from toxoplasma. They can alter gut toxoplasma. They can alter gut microbiota composition impairing the microbiota composition impairing the production of serotonin, for example.

production of serotonin, for example. 90% of which is made in the gut. Do you 90% of which is made in the gut. Do you remember what serotonin does? Those are remember what serotonin does? Those are our good feelings. That that makes us our good feelings. That that makes us want to stay alive. We really want want to stay alive. We really want serotonin. It makes life good. Dopamine, serotonin. It makes life good. Dopamine, that's our reward signal, but

it's also that's our reward signal, but it's also involved in our decision-making. It's involved in our decision-making. It's our motivation our motivation uh and our decision-making not just uh and our decision-making not just like, "Oh, I got a dopamine hit from like, "Oh, I got a dopamine hit from social media." It's actually a much social media." It's actually a much deeper, more profound experience than deeper, more profound experience than that, your relationship to dopamine. And that, your relationship to dopamine. And GABA.

GABA. GABA. Parasites are great at destroying your Parasites are great at destroying your ability to produce GABA and even the ability to produce GABA and even the GABA that you have produced for it to be GABA that you have produced for it to be received on your cell receptors for GABA received on your cell receptors for GABA efficiently in the body. Now, why would efficiently in the body. Now, why would they do that? Why would parasites have they do that? Why would parasites have evolved to be this good at this?

evolved to be this good at this? Well, first of all, your yummy Well, first of all, your yummy neurotransmitters like serotonin, your neurotransmitters like serotonin, your your parasites want those. That's like a your parasites want those. That's like a high for them. They are also very high for them. They are also very neurochemically sensitive.

neurochemically sensitive. And think about it. They can drive And think about it. They can drive cravings. They're really smart. They cravings. They're really smart. They know what feels good to them. They love know what feels good to them. They love your serotonin. They'd be happy to steal your serotonin. They'd be happy to steal that from you. And they do. That's part that from you. And they do. That's part of why people have an increase in of why people have an increase in symptoms around the full moon. So many symptoms around the full moon. So many species of parasites will do that. You species of parasites will do that. You naturally make a little bit more naturally make a little bit more serotonin in a couple of days before, serotonin in a couple of days before, the day of, and the couple days after the day of, and the couple days after the full moon, which is really the full moon, which is really interesting, right? Cuz we used to live interesting, right? Cuz we used to live outside and we're still sensitive to it.

outside and we're still sensitive to it. So if you get any exposure to the So if you get any exposure to the natural world, your body's going to be natural world, your body's going to be calibrated to that and want to do that.

calibrated to that and want to do that. And your parasites are also hardwired to And your parasites are also hardwired to pay attention to that and they will pay attention to that and they will steal it from you. So it's not hippie steal it from you. So it's not hippie mumbo jumbo. But parasites don't want mumbo jumbo. But parasites don't want you to be able to settle down either.

you to be able to settle down either. It's not just about stealing your good It's not just about stealing your good feelings. What about GABA though? Like feelings. What about GABA though? Like why would parasites want to calm down?

why would parasites want to calm down? Well, Well, Well, you think about it from a parasite's you think about it from a parasite's perspective. They don't want you to feel perspective. They don't want you to feel calm.

calm. calm. What happens when you feel calm and safe What happens when you feel calm and safe in your own body? in your own body? Oh, well, that's right. Because your Oh, well, that's right. Because your nervous system is regulated. Your nervous system is regulated. Your nervous system is saying, "Now that nervous system is saying, "Now that we're calm and safe, we're calm and safe, let's digest. Let's heal. Let's balance let's digest. Let's heal. Let's balance the immune system. Let's detox. Let's the immune system. Let's detox. Let's drain. Let's go after the bed bugs. We drain. Let's go after the bed bugs. We have time to clean up. We're safe right have time to clean up. We're safe right now. Now while we're sleeping so deeply now. Now while we're sleeping so deeply because we felt safe enough to sleep because we felt safe enough to sleep through the night and and to rest so through the night and and to rest so well, we have all these resources to go well, we have all these resources to go after the bed bugs and hold them in after the bed bugs and hold them in check." So of course, check." So of course, parasites don't want you to feel good.

parasites don't want you to feel good. Of course, parasites don't want you to Of course, parasites don't want you to feel safe and relaxed cuz that's when feel safe and relaxed cuz that's when all the cleanup happens. It's when you

all the cleanup happens. It's when you feel safe and relaxed. So a really feel safe and relaxed. So a really important takeaway I want you to have important takeaway I want you to have from today is, "Yeah, we need to go from today is, "Yeah, we need to go directly after these critters because directly after these critters because they are distorting your very sense of they are distorting your very sense of self." Yes, this is not okay to ignore self." Yes, this is not okay to ignore this. You deserve better. But I also this. You deserve better. But I also want you to realize that we're going to want you to realize that we're going to relax our way into healing. We're not relax our way into healing. We're not going to force it. Literally to turn up going to force it. Literally to turn up the dial on your immune system the dial on your immune system rebalancing itself, turn up the dial on rebalancing itself, turn up the dial on detox and drainage and tackling the detox and drainage and tackling the parasites, the way to do that is parasites, the way to do that is through deep relaxation and rest.

deep relaxation and rest. This is not about cowboying up and This is not about cowboying up and biohacking extremes through this stuff. biohacking extremes through this stuff.

Ignore all those stupid bro accounts Ignore all those stupid bro accounts that are about like, "Let's do extremes that are about like, "Let's do extremes and that's healing." Like, no, it's not.

and that's healing." Like, no, it's not. Give me a break. Give me a break. Healing is about relaxing our way into Healing is about relaxing our way into safety so that our body can do the safety so that our body can do the cleanup work it already knows how to do.

cleanup work it already knows how to do. Your body's not stupid. It knows exactly Your body's not stupid. It knows exactly what to do to tackle these, but criteria what to do to tackle these, but criteria must be met.

must be met. So we need to provide your body the So we need to provide your body the antiparasitics it wants to charge up the antiparasitics it wants to charge up the immune system, but also the safety immune system, but also the safety and the energy support that your body and the energy support that your body wants in order to go after them. That's wants in order to go after them. That's what's missing in so many parasite what's missing in so many parasite protocols. Is the safety piece, the protocols. Is the safety piece, the energy piece, and the right energy piece, and the right antiparasitics because you cannot carpet antiparasitics because you cannot carpet bomb your way through these bad bugs. It bomb your way through these bad bugs. It doesn't feel good. We had one doesn't feel good. We had one client of ours, I'll never forget her.

client of ours, I'll never forget her. She had um and with so many stories like She had um and with so many stories like this, she had really bad, like unlivable this, she had really bad, like unlivable tinnitus and depression and these mood tinnitus and depression and these mood swings and insomnia and she couldn't swings and insomnia and she couldn't poop and she was down to just a couple poop and she was down to just a couple foods and she was really struggling with foods and she was really struggling with her weight. Most of her protocol was her weight. Most of her protocol was about safety and support. And we gave about safety and support. And we gave her one cap of one antiparasitic with her one cap of one antiparasitic with dinner once a week and it was calibrated dinner once a week and it was calibrated just right to her and then worms would just right to her and then worms would pour out the whole rest of the week.

pour out the whole rest of the week. Because the rest of the time was about Because the rest of the time was about safety and support. And that was right safety and support. And that was right for her.

for her. And she made great progress that way. And she made great progress that way. Now, you may not be that sensitive. You Now, you may not be that sensitive. You may need to take antiparasitics daily may need to take antiparasitics daily along with safety and support tools.

along with safety and support tools. Everybody's different and we need to be Everybody's different and we need to be able to have customizable solutions for able to have customizable solutions for you depending on your level of um you depending on your level of um sensitivity. So, what else do you need sensitivity. So, what else do you need to know? Some parasites consume or to know? Some parasites consume or degrade tryptophan and tyrosine. Do you degrade tryptophan and tyrosine. Do you know why those matter? Those are your know why those matter?

Those are your precursors for serotonin and dopamine, precursors for serotonin and dopamine, respectively. And certain species also respectively. And certain species also create neurotoxic byproducts like create neurotoxic byproducts like ammonia or aldehydes that disrupt ammonia or aldehydes that disrupt synaptic signaling in the gut-brain synaptic signaling in the gut-brain axis. Anybody here have like axis. Anybody here have like colitis-like symptoms like waterfall colitis-like symptoms like waterfall diarrhea, just lots of irritation? Some diarrhea, just lots of irritation? Some people couldn't even take a sip of water people couldn't even take a sip of water without having to rush to the restroom without having to rush to the restroom to excrete blood or mucus. It can get to excrete blood or mucus. It can get scary. It can get really, really scary. It can get really, really frustrating, these types of IBS-like frustrating, these types of IBS-like symptoms. Diarrhea, you know, it's just symptoms. Diarrhea, you know, it's just a weird thing that people can get stuck a weird thing that people can get stuck in. A lot of times that's about your in. A lot of times that's about your ammonia cycle, your urea cycle and not ammonia cycle, your urea cycle and not being able to keep up with the amount of being able to keep up with the amount of ammonia that your parasites are dumping ammonia that your parasites are dumping into your digestive tract cuz it is so into your digestive tract cuz it is so irritating. All of that is fixable, just irritating. All of that is fixable, just so you know. Lots of species do this on so you know. Lots of species do this on purpose because not only does it disrupt purpose because not only does it disrupt synaptic signaling in the gut-brain synaptic signaling in the gut-brain axis, but it creates this background of axis, but it creates this background of inflammation that's so hard for your gut inflammation that's so hard for your gut to win at. Remember, your gut is so to win at. Remember, your gut is so freaking resilient. It will can rebuild freaking resilient. It will can rebuild your gut lining in um 3 days.

your gut lining in um 3 days. 3 days. So how come we have digestive 3 days. So how come we have digestive symptoms persist? symptoms persist? Because if nothing changes, nothing Because if nothing changes, nothing changes.

changes. changes. You know, we can actually shift our gut You know, we can actually shift our gut microbiome. We can start to see the microbiome. We can start to see the first shifts when we make big diet first shifts when we make big diet changes within 24 hours. But it's not changes within 24 hours. But it's not just about the food, is it? It's about just about the food, is it? It's about the bugs that are thriving in a toxic the bugs that are thriving in a toxic inflammatory soup. We do need to pull inflammatory soup. We do need to pull them out. Ideally as intact as possible them out. Ideally as intact as possible so that um you're not exploding their so that um you're not exploding their their guts inside of you. So lots of their guts inside of you. So lots of antiparasitic protocols will actually antiparasitic protocols will actually just like just like kill parasites and just like explode kill parasites and just like explode them inside your body and parasites will them inside your body and parasites will hold toxins for you. They act as toxin hold toxins for you. They act as toxin sponges.

sponges. sponges. So that's a really big problem if you So that's a really big problem if you don't have the support and safety don't have the support and safety mechanisms in place to excrete all those mechanisms in place to excrete all those toxins you just released. Therefore, toxins you just released. Therefore, many parasite cleanses are so poorly many parasite cleanses are so poorly designed they become a retoxification designed they become a retoxification event.

event. event. Which means you're still a good host. Which means you're still a good host. Now you're just inflamed and irritated Now you're just inflamed and irritated and you have fresh symptoms. It takes a and you have fresh symptoms. It takes a while to settle down after that, doesn't while to settle down after that, doesn't it?

it? it? I've been through all of that myself. I I've been through all of that myself. I feel you. It's okay to feel frustrated feel you. It's okay to feel frustrated about this stuff, but I also want you to about this stuff, but I also want you to see that if we don't look at these see that if we don't look at these problems head-on and look at how so many problems head-on and look at how so many of these protocols are poorly designed, of these protocols are poorly designed, then you will not get the information then you will not get the information you need you need to make good choices to change this to make good choices to change this cycle.

cycle. cycle. So it's okay to look at how frustrating So it's okay to look at how frustrating this is because it is still all fixable. this is because it is still all fixable.

And I think that most people, even the And I think that most people, even the yucky hippy marketers, you know, I think yucky hippy marketers, you know, I think most people don't want to do harm. They most people don't want to do harm. They want to do good. They're just operating want to do good. They're just operating with a limited set of information and with a limited set of information and solutions. I am aware of a few people in solutions. I am aware of a few people in the space right now that are refusing to the space right now that are refusing to come clean about the quality of their come clean about the quality of their supplements because they're making so supplements because they're making so much money off of that. And it makes me much money off of that. And it makes me want to vomit, honestly. And that's why want to vomit, honestly. And that's why we're so picky about our tools. So I'm we're so picky about our tools.

## Chronic Inflammation

So I'm just inviting you to think more deeply just inviting you to think more deeply about who you are choosing um to trust about who you are choosing um to trust in the space right now. This is systemic in the space right now. This is systemic inflammation.

inflammation. inflammation. We want to be able to spot this earlier We want to be able to spot this earlier on in the health process, in in the on in the health process, in in the symptom development process, so we could symptom development process, so we could see it for what it is.

see it for what it is. So parasites will activate toll-like So parasites will activate toll-like receptors receptors receptors on immune cells, which triggers on immune cells, which triggers persistent low-grade inflammation. Ever persistent low-grade inflammation. Ever heard IL-6, TNF alpha? Maybe you've heard IL-6, TNF alpha? Maybe you've heard of cytokines. Remember the heard of cytokines. Remember the cytokine storm of COVID and how scary cytokine storm of COVID and how scary that was? Well, cytokines get released that was? Well, cytokines get released all the time, actually faster than they all the time, actually faster than they should because of parasite overgrowth.

should because of parasite overgrowth. That's not good. That's not good. Because parasites are deliberately Because parasites are deliberately annoying your mast cells, also, by the annoying your mast cells, also, by the way, way, way, to release inflammatory to release inflammatory markers faster markers faster so that you just have this background of so that you just have this background of inflammation. Parasites love it when you inflammation. Parasites love it when you have a background of inflammation cuz have a background of inflammation cuz then they can just kind of hide in the then they can just kind of hide in the noise. You know, like, "Oh, bummer for noise. You know, like, "Oh, bummer for you. You're kind of tired and inflamed you. You're kind of tired and inflamed and you don't really know what's up.

and you don't really know what's up. Great. I'm going to eat your food first. Great. I'm going to eat your food first. You cool with that? Awesome." And that's You cool with that? Awesome." And that's how hookworms come in. They attach to how hookworms come in. They attach to the side of your intestinal lining. They the side of your intestinal lining. They drink your blood every day, all day drink your blood every day, all day long. That's how, you know, um liver long. That's how, you know, um liver flukes um will come in on your food, flukes um will come in on your food, whether it's produce or fish or meat.

whether it's produce or fish or meat. Punch a hole through your intestinal Punch a hole through your intestinal lining and then swim their way to your lining and then swim their way to your liver and bury in it and literally liver and bury in it and literally physically block your bile ducts so that physically block your bile ducts so that you cannot you cannot excrete and self-regulate at the pace excrete and self-regulate at the pace that you would like to. They've that you would like to. They've got all kinds of fun strategies to create this kinds of fun strategies to create this inflammation. They want to slow you down inflammation. They want to slow you down and block you up. Parasite's best friend and block you up. Parasite's best friend is stagnation and inflammation. That's is stagnation and inflammation. That's why they're secreting this poop and pee, why they're secreting this poop and pee, like ammonia, and activating your like ammonia, and activating your toll-like receptors, telling your mast toll-like receptors, telling your mast cells you should release more cytokines cells you should release more cytokines with all of their chemical messengers with all of their chemical messengers because it works out really well for because it works out really well for them.

them. them.

## Liver Flukes And Bile

So, that's what they're actually doing, So, that's what they're actually doing, disrupting your digestion, your bile disrupting your digestion, your bile flow, and your nutrient absorption. This flow, and your nutrient absorption. This is what is blocking your bile ducts.

is what is blocking your bile ducts. These weird little amoeba-like These weird little amoeba-like creatures. Do you see those things on creatures. Do you see those things on the upper right right there? Those are the upper right right there? Those are not tomato peels, my friend.

not tomato peels, my friend. Those are flukes that literally form to Those are flukes that literally form to the size and shape of your bile ducts to the size and shape of your bile ducts to try to block them and slow down um bile try to block them and slow down um bile flow.

flow. flow. And they live for a really long time. And they live for a really long time. You actually our even our CDC, and I You actually our even our CDC, and I always think of like our government always think of like our government agencies as like kind of behind the agencies as like kind of behind the times in terms of the the new data, the times in terms of the the new data, the new science that's come out cuz it takes new science that's come out cuz it takes a while to integrate this stuff, but a while to integrate this stuff, but even the CDC shows even the CDC shows in-depth knowledge and acknowledges how in-depth knowledge and acknowledges how widespread trematodes are, which are widespread trematodes are, which are your liver flukes. How widespread they your liver flukes. How widespread they are in our food supply and how great are in our food supply and how great they are at setting up shop in the body.

they are at setting up shop in the body. They understand and have already mapped They understand and have already mapped out the life cycle of these guys and out the life cycle of these guys and they acknowledge that they live in our they acknowledge that they live in our bodies for like 25 to 30 years. This bodies for like 25 to 30 years. This isn't about did you get exposed isn't about did you get exposed yesterday. This is when were you yesterday. This is when were you stressed out enough that these were stressed out enough that these were allowed to really set up shop. That's allowed to really set up shop. That's when it starts to really matter. You when it starts to really matter. You want a fun fact? Which one do you think want a fun fact? Which one do you think is the oldest in this photo on the lower is the oldest in this photo on the lower right down here?

right down here? Can you tell? Do you think it's the Can you tell? Do you think it's the biggest one? biggest one? It's not. It's not. It's not the biggest one. It is the It's not the biggest one. It is the darkest one because he has stolen the darkest one because he has stolen the most iron from his host.

most iron from his host. Who here has low iron and has struggled Who here has low iron and has struggled with that? It could be hookworm. It with that? It could be hookworm. It could be blood parasites. It could be could be blood parasites. It could be liver flukes. They are so smart. Are you liver flukes. They are so smart. Are you starting to get the picture? This is starting to get the picture? This is like really fascinating and kind of like really fascinating and kind of liberating when you think about it. This liberating when you think about it. This doesn't have to feel scary or doesn't have to feel scary or overwhelming.

overwhelming. overwhelming. This is totally fixable as long as you This is totally fixable as long as you know what you're looking for and how to know what you're looking for and how to address it. So, the last thing I'll talk address it. So, the last thing I'll talk about is the skin issues. So, skin about is the skin issues. So, skin manifestations are absolutely immune manifestations are absolutely immune clues. So, parasite-induced leaky gut clues. So, parasite-induced leaky gut will create a systemic antigen exposure, will create a systemic antigen exposure, which means stuff is getting out into which means stuff is getting out into the bloodstream. It's like breaking our the bloodstream. It's like breaking our rules because we broke the gut barrier.

rules because we broke the gut barrier. So, all of our exquisite rules about So, all of our exquisite rules about what

is allowed into the bloodstream and what is allowed into the bloodstream and what is not have now been broken, which what is not have now been broken, which means the immune system is going to go, means the immune system is going to go, "Whoa, I need to go into full-blown "Whoa, I need to go into full-blown surveillance mode. This isn't This is surveillance mode. This isn't This is out of place and this is out of place.

out of place and this is out of place. I'm going to react to you and react to I'm going to react to you and react to you." That's a systemic antigen exposure you." That's a systemic antigen exposure and it creates this immune and it creates this immune cross-reactivity with skin issues.

cross-reactivity with skin issues. Because when the gut barrier is under Because when the gut barrier is under distress, the skin goes, "Wait a minute.

distress, the skin goes, "Wait a minute. I'm getting signals from the gut I'm getting signals from the gut barrier. We have internally barrier. We have internally um set off the alarm system. I should um set off the alarm system. I should probably on the outside also set off the probably on the outside also set off the alarm system just so body-wide we're alarm system just so body-wide we're really handling whatever the problem really handling whatever the problem is." is." is." It's actually a really cool um strategy It's actually a really cool um strategy for the body for that the the skin for the body for that the the skin barrier to be talking to the gut barrier barrier to be talking to the gut barrier and referencing each other's health back and referencing each other's health back and forth. But the bummer is if one of and forth. But the bummer is if one of them is getting constantly annoyed and them is getting constantly annoyed and poked at and irritated by the parasites, poked at and irritated by the parasites, then you don't get a break. If psoriasis then you don't get a break. If psoriasis or eczema or rosacea or eczema or rosacea are often flaring due to histamine are often flaring due to histamine issues, right? That can be triggered issues, right? That can be triggered entirely by parasite antigens.

entirely by parasite antigens. Isn't that weird? Isn't that weird? Yeah. And so we're like blaming our Yeah. And so we're like blaming our food. Well, like, well, you know, food. Well, like, well, you know, could you tolerate low histamine foods could you tolerate low histamine foods back in the day?

back in the day? Then it might not be a broken immune Then it might not be a broken immune system. It might not be a genetic system. It might not be a genetic problem. It might actually be your problem. It might actually be your parasite bucket is overflowing and your parasite bucket is overflowing and your body doesn't have anywhere to put these body doesn't have anywhere to put these things cuz you haven't given it the things cuz you haven't given it the building blocks to tackle it head-on.

building blocks to tackle it head-on.

## Histamine And Detox

So, that's why histamine dumping from So, that's why histamine dumping from parasite die-off is such an important parasite die-off is such an important thing to notice. Now, it's really common thing to notice. Now, it's really common during parasite die-off to release during parasite die-off to release inflammatory compounds because dead inflammatory compounds because dead parasites release ammonia, endotoxins, parasites release ammonia, endotoxins, and aldehydes and those provoke mast and aldehydes and those provoke mast cells and create that histamine surge.

cells and create that histamine surge. So, if we don't properly design our So, if we don't properly design our parasite detox, parasite detox, we're going to see unnecessary itching we're going to see unnecessary itching and rashing and flushing and hives and and rashing and flushing and hives and worsening of pre-existing dermal worsening of pre-existing dermal conditions. So, it's important to know conditions. So, it's important to know and respect your body's current capacity and respect your body's current capacity and listen to it. What we want to do is and listen to it. What we want to do is reverse engineer our parasite cleanse so reverse engineer our parasite cleanse so that we're supporting excretion, that we're supporting excretion, so that we're supporting bowel movement, so that we're supporting bowel movement, so that we're supporting bile flow, so so that we're supporting bile flow, so that we're that we're calming down these barriers so that calming down these barriers so

that we're soothing the nervous system we're soothing the nervous system saying, "Hey, it's okay, body. We can saying, "Hey, it's okay, body. We can maintain safety during this process.

maintain safety during this process. Let's calm down the inflammation. Let's Let's calm down the inflammation. Let's not poke the bruise we're trying to not poke the bruise we're trying to heal." And so so many decisions go into heal." And so so many decisions go into parasite cleanse design that should be parasite cleanse design that should be about that, safety and stability for the about that, safety and stability for the body. The last thing I want you to do body. The last thing I want you to do out of this is to go out and carpet bomb out of this is to go out and carpet bomb and be like, "Give me your strongest and be like, "Give me your strongest antiparasitic out there." Like, nah.

antiparasitic out there." Like, nah. That's not the point. We're not going to That's not the point. We're not going to brow our way through this, okay? You can brow our way through this, okay? You can if you want to. Tell me if it works.

if you want to. Tell me if it works. Tell me how that works out for you. I Tell me how that works out for you. I haven't seen it work, haven't seen it work, to be honest with you.

to be honest with you. Have not seen the the carpet bombing Have not seen the the carpet bombing approach work. approach work. But drainage and nervous system support But drainage and nervous system support and liver and bile flow, like and liver and bile flow, like protecting, soothing, calming the mast protecting, soothing, calming the mast cells down, more histamine support, like cells down, more histamine support, like ammonia um support, so we're cleaning up ammonia um support, so we're cleaning up the poop and pee of the parasites, the poop and pee of the parasites, right? Reversing that process of right? Reversing that process of inflammation. Really accounting for it inflammation. Really accounting for it ahead of time. That is pretty cool. We ahead of time. That is pretty cool. We want to understand want to understand what our mast cells are doing as our what our mast cells are doing as our alarm system, right? And respect them alarm system, right? And respect them for it.

for it. Yes, we they often get blamed like for Yes, we they often get blamed like for food intolerances and chemical food intolerances and chemical sensitivities and and dizziness and sensitivities and and dizziness and heart palpitations and flushing. And heart palpitations and flushing. And yes, that is the experience of yes, that is the experience of histamine, right? Of slow histamine histamine, right? Of slow histamine clearing, high histamine load. It's clearing, high histamine load. It's okay.

okay. okay. We need histamine to stay alive. We need histamine to stay alive. Histamine's not the bad guy. Let's Histamine's not the bad guy. Let's reverse engineer this. Let's lower the reverse engineer this. Let's lower the our overflowing bucket of toxins and our overflowing bucket of toxins and stress and parasites and watch the magic stress and parasites and watch the magic unfold. We can get out of this unfold.

## Parasite Types And Effects

We can get out of this hyperreactivity spiral of parasites um hyperreactivity spiral of parasites um and dealing with this breakdown in and dealing with this breakdown in histamine degradation histamine degradation if we actually tackle these critters if we actually tackle these critters head-on. So, these are some of the usual head-on. So, these are some of the usual suspects, like blasto, big one for mood suspects, like blasto, big one for mood swings, skin issues, bloating, swings, skin issues, bloating, um toxoplasmosis. That's death driven by um toxoplasmosis. That's death driven by Toxoplasma gondii. That's brain fog, Toxoplasma gondii. That's brain fog, rage, neurological issues, risky rage, neurological issues, risky behavior. Um that's, you know, the behavior. Um that's, you know, the famous study. There's so many studies famous study. There's so many studies out at toxoplasmosis out at toxoplasmosis and Toxoplasma gondii. Um maybe someday and Toxoplasma gondii. Um maybe someday I'll just do a workshop about that I'll just do a workshop about that because it's like one of the most common because it's like one of the most common exposures on the planet and it really exposures on the planet and it really distorts people's temperament and distorts people's temperament and behavior. It is a trip, man, and it's behavior. It is a trip, man, and it's hard to unsee it once you know the hard to unsee it once you know the literature. And then you go out and you literature. And then you go out and you can't help but you're armchair can't help but you're armchair diagnosing you're like, "Ooh, diagnosing you're like, "Ooh, toxoplasmosis, toxoplasmosis. Ooh, toxoplasmosis,

toxoplasmosis. Ooh, there's a weirdo. Toxoplasmosis." It's there's a weirdo. Toxoplasmosis." It's actually kind of fun.

actually kind of fun. Um so, roundworms, those can generate Um so, roundworms, those can generate insomnia, digestive distress, and insomnia, digestive distress, and constipation. Super common. Flukes. Um I constipation. Super common. Flukes. Um I had thousands and thousands of flukes.

had thousands and thousands of flukes. Those can be behind gallbladder attacks Those can be behind gallbladder attacks and hormone disruption. and hormone disruption.

You know, that bloating and fermentation You know, that bloating and fermentation in the gut absolutely gets contributed in the gut absolutely gets contributed to from flukes. It's not just to from flukes. It's not just you know, are these buggies where are you know, are these buggies where are they in the body? It's the downstream they in the body? It's the downstream effect they have, too.

effect they have, too. Tapeworms are big for nutrient Tapeworms are big for nutrient depletion, depletion, depletion, weight fluctuations and cravings, weight fluctuations and cravings, Dientamoeba fragilis, gas, irritability, Dientamoeba fragilis, gas, irritability, and brain fog. So, the reason why I'm and brain fog. So, the reason why I'm showing you this slide is not because showing you this slide is not because you need to know exactly what your you need to know exactly what your parasite species are to design the right parasite species are to design the right parasite cleanse for you.

parasite cleanse for you. It's more to let you know that there's a It's more to let you know that there's a range of strategies from different range of strategies from different species to create different behaviors.

species to create different behaviors. The good news is you don't have to The good news is you don't have to micromanage them. micromanage them. You don't have to micromanage the bugs.

You don't have to micromanage the bugs. What you want to do is expertly, What you want to do is expertly, intelligently apply the inputs to the intelligently apply the inputs to the body to support the immune system to body to support the immune system to micromanage the bugs.

micromanage the bugs. That should be the immune system's job. That should be the immune system's job. Really, when you think about it. Really, when you think about it.

So, it's what is the prep work your body So, it's what is the prep work your body needs to get back into that position needs to get back into that position where your immune system is running the where your immune system is running the show.

show. show. That's the only set of questions that we That's the only set of questions that we have to answer. So, it's like a huge have to answer. So, it's like a huge load off to realize like, I don't have load off to realize like, I don't have to figure out which bugs I have. I need to figure out which bugs I have. I need to acknowledge there's an issue, there's to acknowledge there's an issue, there's some kind of overgrowth problem. I can some kind of overgrowth problem. I can tell from my symptoms that that is the tell from my symptoms that that is the case, and I need to be smarter about case, and I need to be smarter about which options I choose. [music] which options I choose. [music] Thanks for spending this time with us Thanks for spending this time with us today. I know these conversations can today. I know these conversations can bring up a lot, and I want you to have bring up a lot, and I want you to have room to sit with what you learned and room to sit with what you learned and let it land in your own body.

let it land in your own body. >> [music] >> [music] >> [music] >> If you want more support, or you're >> If you want more support, or you're curious about the next step on your curious about the next step on your healing path, you can always connect healing path, you can always connect with me.

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I'm really glad you're here, and I'll I'm really glad you're here, and I'll