EXPLAINED: The Everyday Toxins Stealing Your Clarity (And Where They’re Hiding) | Sinclair Kennally Transcript

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Questions Behind The Symptoms

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 times your trying to tell you. So many times your body's not making a mistake. It's trying body's not making a mistake. It's trying to share with you, hey, I'm doing the to share with you, hey, I'm doing the best I can under all of these stressors best I can under all of these stressors that I've been put under. And it all that I've been put under. And it all makes logical sense once you can connect makes logical sense once you can connect the dots. Many of us as we're going the dots. Many of us as we're going through a mental health and emotional through a mental health and emotional health journey um figure out that health journey um figure out that there's a ton of overlap between our there's a ton of overlap between our physical symptoms and the state of our physical symptoms and the state of our mental health, right? our cognition, the mental health, right? our cognition, the sharpness of our memory, our ability to sharpness of our memory, our ability to hold tasks, to follow through to a task hold tasks, to follow through to a task to completion. That's about working to completion. That's about working memory, that's about executive function, memory, that's about executive function, all that fun stuff. But we're still all that fun stuff. But we're still having a very disjointed conversation in having a very disjointed conversation in the health field, especially in the the health field, especially in the online space right now. And it's it online space right now. And it's it we're talking about these things as we're talking about these things as they're two separate things. If you have they're two separate things. If you have a body to deal with and you have a brain a body to deal with and you have a brain to deal with, they're not influencing to deal with, they're not influencing each other. But the truth is, of course, each other. But the truth is, of course, they are in every way. in every they are in every way. in every imaginable way when it comes to your imaginable way when it comes to your health. So depression, anxiety, burnout, health. So depression, anxiety, burnout, hormones, aging, stress, you may hormones, aging, stress, you may experience these things that they don't experience these things that they don't explain why motivation has disappeared explain why motivation has disappeared even when your life circumstances didn't even when your life circumstances didn't change. Why calm feels like a very far change. Why calm feels like a very far away state that you just cannot reach away state that you just cannot reach even in safe situations or why nothing even in safe situations or why nothing feels rewarding the way it used to or feels rewarding the way it used to or why you can be exhausted and agitated at why you can be exhausted and agitated at the same time. Anybody else feel like the same time. Anybody else feel like that ever?

What Weu2019ll Learn Today

wired and tired and fried all that ever? wired and tired and fried all at the same time. So, today we're going at the same time. So, today we're going to talk about some of the disruptors to to talk about some of the disruptors to your own personal well-being because you your own personal well-being because you should absolutely be able to feel should absolutely be able to feel centered and in your body, present, centered and in your body, present, alert, awake, at rest, at peace, all at alert, awake, at rest, at peace, all at the same time kind of as your default.

the same time kind of as your default. And it's not that we aren't, you know, And it's not that we aren't, you know,

supposed to experience a wide range of supposed to experience a wide range of emotions. We certainly are. That's what emotions. We certainly are. That's what our neurochemicals are for. But then our neurochemicals are for. But then we're supposed to, our physiology we're supposed to, our physiology suggests that our design is to come back suggests that our design is to come back to a state of rest and repair and detox to a state of rest and repair and detox and drainage kind of as our default. And and drainage kind of as our default. And the emotional state and the mental state the emotional state and the mental state in that parasympathetic dominance, our in that parasympathetic dominance, our physiology suggests should be softly physiology suggests should be softly present, softly awake and aware in a present, softly awake and aware in a nice gently neutral almost open way, nice gently neutral almost open way, almost positive to positive. Like that's almost positive to positive. Like that's actually the default state of humans. So actually the default state of humans. So if you don't feel like that, if you if you don't feel like that, if you cannot easily reach calm, alert, awake, cannot easily reach calm, alert, awake, aware, softly positive as your default, aware, softly positive as your default, something has gone wrong. So today we something has gone wrong. So today we have to talk about parasites because have to talk about parasites because they're so good at disrupting your they're so good at disrupting your neurology and distorting your own neurology and distorting your own internal experience neurologically. And internal experience neurologically. And we also want to talk about we also want to talk about neurotransmitters because these are the neurotransmitters because these are the neurochemicals that really tell your neurochemicals that really tell your body how to feel, how to regulate, body how to feel, how to regulate, whether or not it's time to make a whether or not it's time to make a decision, how easy that decision feels decision, how easy that decision feels to make, and what decision feels right to make, and what decision feels right to you. Your neurotransmitters are to you. Your neurotransmitters are almost like your built-in chemical almost like your built-in chemical messengers of your own internal guidance messengers of your own internal guidance system. Your nervous system is your system. Your nervous system is your internal guidance system. It's always internal guidance system. It's always sensing, alert, aware, responding sensing, alert, aware, responding appropriately in the moment. And then appropriately in the moment. And then the neurotransmitters are the chemical the neurotransmitters are the chemical expression of that internal guidance expression of that internal guidance system. So when something goes wrong, it system. So when something goes wrong, it can be really problematic to reach for can be really problematic to reach for something outside of yourself to something outside of yourself to override your body's instincts. Instead, override your body's instincts. Instead, what we want to do is understand the what we want to do is understand the body's instincts and the disruptors so body's instincts and the disruptors so that you can get back to who you really that you can get back to who you really are and feeling like the best of are and feeling like the best of yourself again. And so we're going to yourself again. And so we're going to talk about glutamate, GABA, dopamine, talk about glutamate, GABA, dopamine, serotonin, like some of the yummiest serotonin, like some of the yummiest neurotransmitters because they really neurotransmitters because they really color your day-to-day experience.

color your day-to-day experience. They're not the only ones. There's They're not the only ones. There's actually over a 100 neurotransmitters actually over a 100 neurotransmitters that have been discovered. This is an that have been discovered. This is an incredibly complex neurological um tool incredibly complex neurological um tool that we have. So, I'm teaching you this that we have. So, I'm teaching you this today so that you feel set free of old today so that you feel set free of old stories about yourself that aren't stories about yourself that aren't actually true. You know, the ones like, actually true. You know, the ones like, "Oh, I'm on the short bus. My brain just "Oh, I'm on the short bus. My brain just doesn't work as good as it used to. I'm doesn't work as good as it used to. I'm getting more senior moments. This is getting more senior moments. This is only going in one direction. It doesn't only going in one direction. It doesn't feel good." Or, "Oh, it's my hormones.

feel good." Or, "Oh, it's my hormones. Midlife, I'm just supposed to be Midlife, I'm just supposed to be suffering. I guess I'm on the neuroscy suffering. I guess I'm on the neuroscy spectrum. I guess I'm just not allowed spectrum. I guess I'm just not allowed to feel at home and safe in my own body to feel at home and safe in my own body and I'm always going to be over and I'm always going to be over agitated. We're totally in charge of agitated.

Parasites And Neurotransmitter Disruption

We're totally in charge of that experience and suffering is that experience and suffering is optional. Most people's reaction to the optional. Most people's reaction to the word parasites honestly first off is word parasites honestly first off is like oh yeah that's not me or that's a like oh yeah that's not me or that's a third world issue or my doctor

would third world issue or my doctor would have told me if I had parasites they have told me if I had parasites they would have found something. I don't would have found something. I don't think I have those. That's actually none think I have those. That's actually none of that's true. Parasite infections like of that's true. Parasite infections like prozzoa and helmets and single-c cellled prozzoa and helmets and single-c cellled organisms are actually extremely common organisms are actually extremely common in developed countries um much more than in developed countries um much more than conventional medicine will acknowledge conventional medicine will acknowledge and they're rarely tested for on and they're rarely tested for on standard panels but um they have standard panels but um they have documented direct effects on brain documented direct effects on brain chemistry. How would I possibly have chemistry. How would I possibly have parasites? My body would know. My body parasites? My body would know. My body wouldn't let that happen or I would have wouldn't let that happen or I would have seen them in the toilet or my doctor seen them in the toilet or my doctor would have told me or they would have would have told me or they would have shown up on labs. Actually, it's very shown up on labs. Actually, it's very very difficult to capture parasites on very difficult to capture parasites on labs at this time. It's because of how labs at this time. It's because of how fast they break down their bodies as fast they break down their bodies as they die. It's because of the methods of they die. It's because of the methods of testing that we have are very indirect testing that we have are very indirect and incomplete. The replication rates and incomplete. The replication rates for parasite testing are extremely low.

for parasite testing are extremely low. They're in the low 20th percentile. They're in the low 20th percentile. That's crazy. What that means is you can That's crazy. What that means is you can test the same poop specimen, so the same test the same poop specimen, so the same stool and get the same answer about 20% stool and get the same answer about 20% of the time. That's not a really good of the time. That's not a really good track record, is it? I don't think so. I track record, is it? I don't think so. I don't feel comfortable with that. Why don't feel comfortable with that. Why would parasites be such a big deal would parasites be such a big deal anyway? Well, actually, they've always anyway? Well, actually, they've always been a big deal. We have parasite been a big deal. We have parasite cleanses kind of built in to our cleanses kind of built in to our indigenous knowledge on every continent indigenous knowledge on every continent and even to our cultural knowledge and and even to our cultural knowledge and even our religions um throughout the even our religions um throughout the world up until very very recently. We world up until very very recently. We lost this information just in the last lost this information just in the last few decades right when we need it the few decades right when we need it the most because parasites will thrive in most because parasites will thrive in toxic terrain. What is toxic terrain? It toxic terrain. What is toxic terrain?

What Parasites Actually Are

It means um an overloaded body with means um an overloaded body with exposures to toxicants like chemicals, exposures to toxicants like chemicals, heavy metals like we've been talking heavy metals like we've been talking about the last couple of days. EMFs are about the last couple of days. EMFs are very immune suppressive. So they very immune suppressive. So they actually open the door to parasites.

actually open the door to parasites. That should be getting your attention, That should be getting your attention, right? Your Wi-Fi router, your cell right? Your Wi-Fi router, your cell phone, your laptop, they are immune phone, your laptop, they are immune distorting and suppressive. And actually distorting and suppressive. And actually strains like E.coli and staff produce strains like E.coli and staff produce faster in the presence of Wi-Fi. your faster in the presence of Wi-Fi. your keystone small intestine species like keystone small intestine species like Lactobacillus, Lactobacillus, Lactobacillus, you know, all those fun guys, they you know, all those fun guys, they actually produce slower in the presence actually produce slower in the presence of Wi-Fi. So the bad bugs go into of Wi-Fi. So the bad bugs go into overdrive and the good bugs struggle to overdrive and the good bugs struggle to succeed. So even at a cellular level, succeed. So even at a cellular level, even at just like a protozoa level, even at just like a protozoa level, these single-sellled organisms like these single-sellled organisms like giardia, blastoystus homminus, giardia, blastoystus homminus, cryptosparidium and taxoplasma gandhi, cryptosparidium and taxoplasma gandhi, like these guys are running the show like these guys are running the show right now. E.coli is doing great. Fungal right now. E.coli is doing great. Fungal overgrowth are just running wild in this overgrowth are just running wild in this day and age of chemical exposures and day and age of chemical exposures and birth control and pifas in the water and birth control and pifas in the water and microplastics. Like they're just having

microplastics. Like they're just having a ball with that stuff. Meanwhile, the a ball with that stuff. Meanwhile, the body itself is really struggling to keep body itself is really struggling to keep up. Now, why would they do so well in in up. Now, why would they do so well in in an environment with toxins? Because an environment with toxins? Because toxins are inflammatory. They're not toxins are inflammatory. They're not biologically compatible for us, right?

biologically compatible for us, right? That's what makes them toxicants. That's That's what makes them toxicants. That's what makes them irritating to us because what makes them irritating to us because parasites thrive in an unwell body.

parasites thrive in an unwell body. Parasites like stagnation. They like Parasites like stagnation. They like inflammation because it means they can inflammation because it means they can run the show. So if that sounds like run the show. So if that sounds like you, hey, I have more inflammation than you, hey, I have more inflammation than I want. Hey, I have more brain fog than I want. Hey, I have more brain fog than I want. Hey, my gut doesn't feel as I want. Hey, my gut doesn't feel as great as I want it to. Hey, I just have great as I want it to. Hey, I just have these little signs, these achinesses in these little signs, these achinesses in my joints. my lack of, you know, mental my joints. my lack of, you know, mental clarity, my lack of mental stamina, my clarity, my lack of mental stamina, my lack of emotional self-control, then lack of emotional self-control, then this is worth a deeper look for you. So, this is worth a deeper look for you. So, helmets are the bigger ones that are fun helmets are the bigger ones that are fun to look at on social media for sure.

to look at on social media for sure. Those are like round worms and tapeworms Those are like round worms and tapeworms and pinworms and hookworms. They're very and pinworms and hookworms. They're very cool. They're very scary looking. My cool. They're very scary looking. My favorite are the flukes. Those are liver favorite are the flukes. Those are liver flukes and intestinal flukes because flukes and intestinal flukes because they're so good at sneaking in on your they're so good at sneaking in on your food. We've all been exposed. It's just food. We've all been exposed. It's just a question of are you a good host or a question of are you a good host or not? Was your immune system in a not? Was your immune system in a position to fight them off? So those position to fight them off? So those guys burrow into your liver and hang on guys burrow into your liver and hang on there long term. They just enter through there long term. They just enter through contaminated water, undercooked meat, contaminated water, undercooked meat, produce, soil, contact with pets, small produce, soil, contact with pets, small kiddos, and travel. But the standard kiddos, and travel. But the standard stool panels miss the majority of stool panels miss the majority of clinically relevant infections. And so clinically relevant infections. And so that is the bummer about um parasites that is the bummer about um parasites and understanding whether or not you and understanding whether or not you have them. That the absence of a have them.

How Parasites Affect The Brain

That the absence of a diagnosis is not the absence of an diagnosis is not the absence of an infection. Here's how I want you to infection. Here's how I want you to think about this and why it matters to think about this and why it matters to you today. Because parasites are so good you today. Because parasites are so good at producing ammonia and other at producing ammonia and other neurotoxic metabolic waste directly into neurotoxic metabolic waste directly into the gut and bloodstream and ammonia the gut and bloodstream and ammonia crosses the bloodb brain barrier and crosses the bloodb brain barrier and impairs neurological function on impairs neurological function on contact. So where's the ammonia coming contact. So where's the ammonia coming from? Parasites. What kind of parasites?

from? Parasites. What kind of parasites? Actually all of them can do this. Actually all of them can do this. Ammonia and aldahhides. Um very very Ammonia and aldahhides. Um very very [clears throat] easy to make those.

[clears throat] easy to make those. That's what endotoxins are. Endotoxins That's what endotoxins are. Endotoxins are the poison that parasites make. It's are the poison that parasites make. It's like their poop and pee. Crosses their like their poop and pee. Crosses their bloodb brain barrier with ease and bloodb brain barrier with ease and starts instantly impairing neurological starts instantly impairing neurological function. They are also really good at function. They are also really good at siphoning nutrients like zinc, B12, siphoning nutrients like zinc, B12,

magnesium, tryptophen. We love magnesium, tryptophen. We love tryptophan. What is that a precursor tryptophan. What is that a precursor for? Really important transmitter for? Really important transmitter neurotransmitters. We'll talk about that neurotransmitters. We'll talk about that in a second. That's really important to in a second. That's really important to understand. These are all direct understand. These are all direct precursors to neurotransmitter precursors to neurotransmitter production and they steal them from you.

production and they steal them from you. Parasites will steal those from you Parasites will steal those from you because they like them too. They want to because they like them too. They want to thrive. They want to feel good and they thrive. They want to feel good and they don't want you to thrive and feel good.

don't want you to thrive and feel good. They want you on the back foot. But that They want you on the back foot. But that means that you don't feel like yourself.

means that you don't feel like yourself. So, they're literally distorting and So, they're literally distorting and stealing your good feelings from you.

stealing your good feelings from you. That's weird, too, isn't it? They That's weird, too, isn't it? They disrupt gut integrity, increasing disrupt gut integrity, increasing intestinal permeability and amplifying intestinal permeability and amplifying systemic inflammation that drives systemic inflammation that drives neuroinflammation. But actually, we do neuroinflammation. But actually, we do know how to do it. We do know how to know how to do it. We do know how to heal from difficult life challenges. So heal from difficult life challenges. So if you feel stuck, there can be some if you feel stuck, there can be some deeper physiological issues um that your deeper physiological issues um that your body is asking for support from. That's body is asking for support from. That's why we never address the brain as if it why we never address the brain as if it is separate from the body because it's is separate from the body because it's not. Remember how we talked about on day not. Remember how we talked about on day one the brain drains last. Learning all one the brain drains last. Learning all about the glimpmphatic system. How is about the glimpmphatic system. How is your brain supposed to clean itself out your brain supposed to clean itself out and maintain an anti-inflammatory state and maintain an anti-inflammatory state if it's getting dosed with all of these if it's getting dosed with all of these endotoxins from parasites constantly endotoxins from parasites constantly that are super inflammatory? If it's that are super inflammatory? If it's getting its precursors for getting its precursors for neurotransmitters stolen by these neurotransmitters stolen by these parasites, big problem, right? When we parasites, big problem, right? When we think about this, what else does do think about this, what else does do parasites do? They activate the immune parasites do? They activate the immune system chronically, sustaining the system chronically, sustaining the cytoine driven neurotransmitter cytoine driven neurotransmitter suppression. Remember cytoines and the suppression. Remember cytoines and the immune system, how the immune system and immune system, how the immune system and the neur your neurology are always the neur your neurology are always talking to each other. It's a dialogue talking to each other. It's a dialogue constantly. Should I be inflamed? Yes, constantly. Should I be inflamed? Yes, you should. Should you be inflamed? Yes, you should. Should you be inflamed? Yes, you should. We should be inflamed. Let's you should. We should be inflamed. Let's be inflamed together. And so, you're be inflamed together. And so, you're getting all of your energy wasted on getting all of your energy wasted on defense instead of repair when you don't defense instead of repair when you don't feel safe. Why would you not feel safe?

feel safe. Why would you not feel safe? It could be signals coming in from the It could be signals coming in from the outside world or from the internal outside world or from the internal terrain from the toxicants and the terrain from the toxicants and the parasites. So what else can parasites parasites. So what else can parasites do? Oh yeah, they can manipulate host do? Oh yeah, they can manipulate host behavior. There's so much clinical data behavior. There's so much clinical data about this. It just boggles my mind that about this. It just boggles my mind that it's not being shared broadly in it's not being shared broadly in medicine and this isn't one of our first medicine and this isn't one of our first stops because it used to be. Farmers stops because it used to be. Farmers would go handle the herd and give the would go handle the herd and give the herd a parasite cleanse and come in and herd a parasite cleanse and come in and give their family the same stuff, same give their family the same stuff, same herbs. parasite cleanse time, you know, herbs. parasite cleanse time, you know, change of seasons. Let's keep the change of seasons. Let's keep the overgrowths at bay. This was normal just overgrowths at bay. This was normal just a couple decades ago even and it still a couple decades ago even and it still is in certain parts of the world.

We've is in certain parts of the world. We've just lost it here for the moment. They just lost it here for the moment. They do manipulate host behavior like um do manipulate host behavior like um toxoplasma Gandhi. a ton of studies toxoplasma Gandhi. a ton of studies about how it directly alters dopamine about how it directly alters dopamine metabolism in the brain to serve its metabolism in the brain to serve its reproductive cycle. For the pills, you reproductive cycle. For the pills, you actually get riskier behavior with actually get riskier behavior with toxopplasma and um it actually shows up toxopplasma and um it actually shows up differently in men and women. More differently in men and women. More aggression in men, more um aggression in men, more um submissiveness to risky scary situations submissiveness to risky scary situations in women. This is not an accident. This in women. This is not an accident. This is parasites running the show and is parasites running the show and distorting your thinking and behavior.

distorting your thinking and behavior. also um greater tendency towards car also um greater tendency towards car accidents, towards self harm with accidents, towards self harm with certain parasites. Like the the studies certain parasites. Like the the studies are wild, guys, the more you look into are wild, guys, the more you look into this. I'm not telling you this to scare this. I'm not telling you this to scare you. I'm telling you this because it's a you. I'm telling you this because it's a very flexible thing and you can do it at very flexible thing and you can do it at home at a pace that's right for you and home at a pace that's right for you and you can be in control of your own you can be in control of your own future. That's the whole reason why we future.

Parasites + Gut-Brain Axis

That's the whole reason why we would even bother talking about this. would even bother talking about this. So, parasites and the gut brain access. So, parasites and the gut brain access.

Who's heard about the gut brain access? Who's heard about the gut brain access? Oh, yeah. You know, the gut and the Oh, yeah. You know, the gut and the brain, they're talking to each other.

brain, they're talking to each other. Blah, blah, blah. Sinclair. Let's talk Blah, blah, blah. Sinclair. Let's talk about it from a neurochemical lens, about it from a neurochemical lens, though. 90% of serotonin is produced in though. 90% of serotonin is produced in the gut. Do you guys remember what the gut. Do you guys remember what serotonin is? It's our good feelings.

serotonin is? It's our good feelings. Dopamine precursors are also synthesized Dopamine precursors are also synthesized in the gut. Now, dopamine has been like in the gut. Now, dopamine has been like synthesized down to just the reward synthesized down to just the reward molecule. It's so much more than that.

molecule. It's so much more than that. We're going to talk about dopamine and We're going to talk about dopamine and serotonin today and how magnificent and serotonin today and how magnificent and complex they actually are as chemicals complex they actually are as chemicals for you and how to get them back. So and for you and how to get them back. So and also we want to acknowledge that the also we want to acknowledge that the vagus nerve carries birectional signals vagus nerve carries birectional signals between the interic which is the between the interic which is the intestinal nervous system which is intestinal nervous system which is really the first brain of the body and really the first brain of the body and the brain itself. So when parasites the brain itself. So when parasites compromise gut integrity compromise gut integrity neurotransmitter precursor production is neurotransmitter precursor production is disrupted at the source. Inflammatory disrupted at the source. Inflammatory signals travel directly to the brain via signals travel directly to the brain via the veagal pathway. That's a bummer the veagal pathway. That's a bummer dude. What does that mean? inflammatory dude. What does that mean? inflammatory signals travel directly to the brain via signals travel directly to the brain via the veagal pathway. So when parasites the veagal pathway. So when parasites are excreting their irritating are excreting their irritating endotoxins, increasing ROS, releasing endotoxins, increasing ROS, releasing ammonia, we're actually getting ammonia, we're actually getting immediate signals from the entic nervous immediate signals from the entic nervous system all the way to the brain. Oops, system all the way to the brain. Oops, we got some inflammation down here. It's we got some inflammation down here. It's not good down here. Don't feel safe not good down here. Don't feel safe right now, please. And the gut right now, please. And the gut microbiome, of course, which regulates microbiome, of course, which regulates much of this production, becomes much of this production, becomes destabilized when

parasites are present.

destabilized when parasites are present. The gut is not separate from the brain. The gut is not separate from the brain.

Toxoplasma

what parasites do to the gut they do to what parasites do to the gut they do to the brain's chemistry. So toxopplasma is the brain's chemistry. So toxopplasma is estimated to infect roughly one-third of estimated to infect roughly one-third of the global population. I think it's the global population. I think it's actually higher than that. Those actually higher than that. Those estimates usually seem a little low.

estimates usually seem a little low. Imunocompetent adults it's often Imunocompetent adults it's often asymptomatic but that framing is asymptomatic but that framing is increasingly contested. What does that increasingly contested. What does that mean? You can have it and not know it mean? You can have it and not know it because it's doesn't seem like it's because it's doesn't seem like it's running the show but it's still creating running the show but it's still creating distortion in the background of your distortion in the background of your thinking, of your physical health, all thinking, of your physical health, all of that. Toxopplasma forms cysts in the of that. Toxopplasma forms cysts in the amygdala and other lybic structures.

amygdala and other lybic structures. Isn't that weird? Did you know that Isn't that weird? Did you know that cysts can be a part of the reproductive cysts can be a part of the reproductive cycle of parasites? Not just some cycle of parasites? Not just some parasites. Many parasites have this as a parasites. Many parasites have this as a strategy. Ovarian cysts, uterine cysts, strategy. Ovarian cysts, uterine cysts, liver cysts, brain cysts, like I want liver cysts, brain cysts, like I want you thinking about all these things in you thinking about all these things in new light. Also, what else happens with new light. Also, what else happens with toxopplasma? It can directly upregulate toxopplasma? It can directly upregulate dopamine production in infected neurons dopamine production in infected neurons creating dopamine dysregulation.

creating dopamine dysregulation. Toxopplasma likes dopamine. It likes you Toxopplasma likes dopamine. It likes you to be like kind of overstimulated and to be like kind of overstimulated and kind of acting a little wild because kind of acting a little wild because that means that it can propagate more that means that it can propagate more easily. There's lots of jokes about easily. There's lots of jokes about toxopplasma Gandhi being cat scratch toxopplasma Gandhi being cat scratch fever being more sexually promiscuous on fever being more sexually promiscuous on Toxopplasma Gandhi desiring multiple Toxopplasma Gandhi desiring multiple partners on Toxopplasma Gandhi partners on Toxopplasma Gandhi submissive behavior in risky situations submissive behavior in risky situations or aggressive behavior. So it's or aggressive behavior. So it's associated with research um and associated with research um and increased impulsivity risk-taking and increased impulsivity risk-taking and slowed reaction time. It's also linked slowed reaction time. It's also linked in epidemiological studies with higher in epidemiological studies with higher rates of anxiety, mood disorders, rates of anxiety, mood disorders, schizophrenia spectrum conditions.

schizophrenia spectrum conditions. Anytime I hear about somebody Anytime I hear about somebody selfharming or even taking their own selfharming or even taking their own life, I immediately wonder what life, I immediately wonder what parasites did they have and if had they parasites did they have and if had they been exposed to mold and heavy metals.

been exposed to mold and heavy metals. It is that profound how these exposures It is that profound how these exposures can distort our way of being and our can distort our way of being and our access to who we really are. Humans access to who we really are. Humans don't want to die. That's not a human don't want to die. That's not a human impulse until we reach a very natural impulse until we reach a very natural end conclusion. Humans have a deep, deep end conclusion. Humans have a deep, deep desire to live, to connect with each desire to live, to connect with each other, to expand, to learn. Humans are other, to expand, to learn. Humans are curious. Humans are positive. Humans are curious. Humans are positive. Humans are supportive. Humans are generous. And if supportive. Humans are generous. And if you don't feel like that, you don't have you don't feel like that, you don't

have access to the best of who you are right access to the best of who you are right now. And that's okay because it's all now. And that's okay because it's all fixable. But don't believe what you see fixable. But don't believe what you see on social media. There's some on social media. There's some distortions happening right now. And distortions happening right now. And it's because of the toxic exposures.

it's because of the toxic exposures. It's because the parasites are running It's because the parasites are running the show because of those toxic the show because of those toxic exposures. You're still an incredible, exposures. You're still an incredible, incredible, beautiful, brilliant, worthy incredible, beautiful, brilliant, worthy human, and so are all the people around human, and so are all the people around you. You may not have access to those you. You may not have access to those feelings right now, and they may not feelings right now, and they may not either. But it doesn't mean we give up.

either. But it doesn't mean we give up. It means we dig in. We get smart. We It means we dig in. We get smart.

Understanding Neurotransmitters

We become the CEOs of our own health to get become the CEOs of our own health to get our own emotions and our own thoughts, our own emotions and our own thoughts, our own instincts back so that parasites our own instincts back so that parasites don't run the shell. And that's where we don't run the shell. And that's where we want to learn about the want to learn about the neurotransmitters. So these are those neurotransmitters. So these are those yummy chemicals. That's the chemical yummy chemicals. That's the chemical language of the nervous system. Every language of the nervous system. Every cognitive function, every emotional cognitive function, every emotional state, every behavioral pattern you state, every behavioral pattern you experience, every decision you make is experience, every decision you make is mediated by these signaling molecules.

mediated by these signaling molecules. They are produced, released, received, They are produced, released, received, recycled, and degraded in response to recycled, and degraded in response to nutrition, to sleep, to stress, to toxic nutrition, to sleep, to stress, to toxic burden, to infection. So simply put they burden, to infection. So simply put they are responding and produced within your are responding and produced within your terrain. Your terrain meaning you know terrain. Your terrain meaning you know the cells and extracellular matrix of the cells and extracellular matrix of your body your tissues you your meat your body your tissues you your meat suit that's where your neurochemicals suit that's where your neurochemicals are happening. Now do we want to are happening. Now do we want to medicate over the top of problems and so medicate over the top of problems and so we want to be intentional about the we want to be intentional about the tools that are available out there. The tools that are available out there. The more people learn about their own more people learn about their own neurochemistry, there's like a weird neurochemistry, there's like a weird side effect that happens in the mental side effect that happens in the mental health world, in the personal health world, in the personal development world, and even in development world, and even in functional medicine, it's almost like functional medicine, it's almost like still talking like your brain is still talking like your brain is divorced from your body and like, oh divorced from your body and like, oh yeah, we can do like gut health stuff, yeah, we can do like gut health stuff, but when it comes to the brain, let's but when it comes to the brain, let's just tell it to shut up and play along just tell it to shut up and play along like a good little soldier. And that's like a good little soldier. And that's actually not getting back to the actually not getting back to the exquisitess of you, into your own exquisitess of you, into your own brilliance. You're going to get back brilliance. You're going to get back into your own brilliance, not by into your own brilliance, not by micromanaging these neurochemicals from micromanaging these neurochemicals from the outside in, but by understanding the the outside in, but by understanding the interferences and going after the interferences and going after the interferences because there's not that interferences because there's not that many interferences. There's only a few.

many interferences. There's only a few. There's chemicals, heavy metals, mold, There's chemicals, heavy metals, mold, parasites, EMFs. Those are the parasites, EMFs. Those are the interferences. Those are the blockers of interferences. Those are the blockers of your ability to create your own feelings your ability to create your own feelings and decisions. And if we want to become and decisions. And if we want to become back to who we really are and be able to back to who we really are and be able to see things through that are important to see things through that are important to us, live by our own real values and be us, live by our own real values and be our own

creative, curious, generous our own creative, curious, generous selves, let's become experts at these selves, let's become experts at these interferences and how to resolve them at interferences and how to resolve them at home. You're watching the Detox Nation home. You're watching the Detox Nation podcast. Firstly, thank you so much for podcast. Firstly, thank you so much for being here. If this conversation speaks being here. If this conversation speaks to you, hit subscribe right here on to you, hit subscribe right here on YouTube and turn on the bell if you want YouTube and turn on the bell if you want a heads up when new episodes drop. Each a heads up when new episodes drop. Each episode is a love letter from me to you.

episode is a love letter from me to you. What I wish I had known on my healing What I wish I had known on my healing journey and now what our students and journey and now what our students and clients and patients need most. So this clients and patients need most. So this is our body of work. It's not a one-off is our body of work. It's not a one-off and it means if it's there in your feed and it means if it's there in your feed every week, you get to be a part of the every week, you get to be a part of the journey, too. And we get to help you. So journey, too. And we get to help you. So each follow helps us bring stronger each follow helps us bring stronger voices to the mic. And of course, every voices to the mic. And of course, every subscribe helps the show grow. Thank you subscribe helps the show grow.

Glutamate In The Brain

Thank you so much for being an essential part of so much for being an essential part of it. We love supporting you. So glutamate it. We love supporting you. So glutamate is a really important one to understand is a really important one to understand in this process because you may be in this process because you may be accidentally jacking yourself up with accidentally jacking yourself up with irritability and overwhelm if you don't irritability and overwhelm if you don't understand how glutamate works.

understand how glutamate works. Glutamate is the brain's primary Glutamate is the brain's primary excitatory neurotransmitter. It's the excitatory neurotransmitter. It's the accelerator for the nervous system. What accelerator for the nervous system. What does it do? It drives learning, memory does it do? It drives learning, memory formation, synaptic plasticity. All formation, synaptic plasticity. All those sound great, don't they? Yes, those sound great, don't they? Yes, please. We'll take more of that. And please. We'll take more of that. And cognitive activation. Yeah, in cognitive activation. Yeah, in appropriate amounts, glutamate is appropriate amounts, glutamate is essential. But in excess it does become essential. But in excess it does become neurotoxic and it starts to become to be neurotoxic and it starts to become to be processed as an inflammatory experience.

processed as an inflammatory experience. This is a process called exyitotoxicity. This is a process called exyitotoxicity. If glutamate is elevated or poorly If glutamate is elevated or poorly regulated, neurons fire excessively and regulated, neurons fire excessively and they're damaged or destroyed by their they're damaged or destroyed by their own activity. So they get excited, own activity. So they get excited, excited, agitated, agitated, agitated, excited, agitated, agitated, agitated, rash, dead. And the brain stays in a rash, dead. And the brain stays in a chronic state of activation and it chronic state of activation and it cannot come down and self-regulate and cannot come down and self-regulate and self soothe. Anybody wish they had the self soothe. Anybody wish they had the ability to self soo more? I'm going to ability to self soo more? I'm going to show you what that is in a second. So if show you what that is in a second. So if you have a tendency towards anxiety, you have a tendency towards anxiety, agitation, hyper sensitivity, and racing agitation, hyper sensitivity, and racing thoughts, that was me. I thought that thoughts, that was me. I thought that was like my whole personality for a few was like my whole personality for a few years. if cognitive function becomes years. if cognitive function becomes erratic. So, it's sharp for like really erratic. So, it's sharp for like really short periods of time and then short periods of time and then completely offline at others and you can completely offline at others and you can never count on your brain. It's like, I never count on your brain. It's like, I don't know how I'm going to feel one don't know how I'm going to feel one minute to the next. I don't know how I'm minute to the next. I don't know how I'm going to be able to function one minute going to be able to function one minute to the next. So, I'm going to start to the next. So, I'm going to start spending a lot of my energy covering up spending a lot of my energy covering up and trying to hide how dysfunctional I and trying to hide how dysfunctional I really am. That was me, too. Or maybe really am. That was me, too. Or maybe sleep becomes impossible to really sleep becomes impossible to really initiate and maintain. Remember, we were initiate and maintain. Remember, we were talking about sleep as day one's talking about

sleep as day one's homework, how to reclaim deeper sleep.

homework, how to reclaim deeper sleep. And some of you were like, I don't even And some of you were like, I don't even remember what that feels like. It's a remember what that feels like. It's a glutamate issue. So, what drives glutamate issue. So, what drives glutamate dysregulation? Heavy metals, glutamate dysregulation? Heavy metals, particularly mercury and lead. That's particularly mercury and lead. That's why we covered them on Monday together.

why we covered them on Monday together. And they impair glutamate re-uptake And they impair glutamate re-uptake transporters. That's important because transporters. That's important because your body should be deciding how much your body should be deciding how much glutamate to make, how and when to use glutamate to make, how and when to use it, how to recycle it and break it down, it, how to recycle it and break it down, and when that is appropriate. And heavy and when that is appropriate. And heavy metals absolutely disrupt that metals absolutely disrupt that experience. And you saw really good experience. And you saw really good reasons on day one for all of us to have reasons on day one for all of us to have these microexposures to heavy metals these microexposures to heavy metals right now. Now remember, all that is right now. Now remember, all that is fixable. We don't go out and try to Ivy fixable. We don't go out and try to Ivy keilate heavy metals in a weekend.

keilate heavy metals in a weekend. That's not safe. That's like a recipe That's not safe. That's like a recipe for disaster. This is something that we for disaster. This is something that we gently release over time. We're going to gently release over time. We're going to relax our way into healing. I'm going to relax our way into healing. I'm going to show you how. Micotoxins and pneumonia show you how. Micotoxins and pneumonia are really good from at doing this, too.

are really good from at doing this, too. Micotoxins and pneumonia from parasites. Micotoxins and pneumonia from parasites. They elevate extracellular glutamate. So They elevate extracellular glutamate. So freemoving glutamate that's just like freemoving glutamate that's just like agitating the neurons any old which way agitating the neurons any old which way any old time is just kind of floating.

any old time is just kind of floating. Who knows where it's going to go. And Who knows where it's going to go. And also chronic neuroinflammation disrupts also chronic neuroinflammation disrupts the glutamate glutamine cycle ring that the glutamate glutamine cycle ring that keeps levels in check. What does that keeps levels in check. What does that mean? Means if you have reasons to be mean? Means if you have reasons to be inflamed throughout your body you have inflamed throughout your body you have reasons for glutamate glutamine to be reasons for glutamate glutamine to be thrown off basically. So inflammation be thrown off basically. So inflammation be gets more agitation. So, glutamate and gets more agitation. So, glutamate and the brain you're living in. If you're the brain you're living in. If you're feeling overstimulated or never quite feeling overstimulated or never quite settled, a brain that will not quiet settled, a brain that will not quiet down, and you might be exhausted but down, and you might be exhausted but also unable to rest, that sounds like a also unable to rest, that sounds like a glutamate issue. It is not caused by too glutamate issue. It is not caused by too much mental stimulation. Even though it much mental stimulation. Even though it can feel like that, it's caused by the can feel like that, it's caused by the underlying terrain driving excitatory underlying terrain driving excitatory neurotransmission beyond the brain's neurotransmission beyond the brain's ability to regulate it. You cannot think ability to regulate it. You cannot think or meditate your way out of glutamate or meditate your way out of glutamate exytotoxicity. So for those of you that exytotoxicity. So for those of you that are using meditation or prayer, try to are using meditation or prayer, try to self-regulate and feeling bad about your self-regulate and feeling bad about your internal experience. Remember you have a internal experience. Remember you have a body for a reason. You have body for a reason. You have neurochemicals for a reason. We want to neurochemicals for a reason. We want to support the body as well. It is the support the body as well. It is the vessel for your soul. Why would we vessel for your soul. Why would we ignore it and try to just think our way ignore it and try to just think our way out of something or talk therapy our way out of something or talk therapy our way out of something? We want to honor and out of something?

The Role of GABA in The Brain

We want to honor and be good stewards of the body. So GABA, be good stewards of the body. So GABA, that's

your buddy. In times like this that's your buddy. In times like this where you're feeling over stimulated and where you're feeling over stimulated and overwhelmed. If glutamate is the overwhelmed. If glutamate is the accelerator to your nervous system, to accelerator to your nervous system, to the brain, GABA is the break. It is the the brain, GABA is the break. It is the opposite. It's the brain's primary opposite. It's the brain's primary inhibitory neurotransmitter. So where inhibitory neurotransmitter. So where glutamate accelerates, GABA decelerates.

glutamate accelerates, GABA decelerates. It slows things down. It governs the It slows things down. It governs the ability to slow down and downregulate ability to slow down and downregulate after stress or stimulation. That's the after stress or stimulation. That's the GABA. Oo, slowing down. recaling like GABA. Oo, slowing down. recaling like calming reclaiming safety sleep calm calming reclaiming safety sleep calm focused mental states if you're like focused mental states if you're like dang what I would give to be calm and dang what I would give to be calm and focused at the same time if I am calm at focused at the same time if I am calm at all I'm too exhausted and I either zone all I'm too exhausted and I either zone completely out or I'm unconscious I'm completely out or I'm unconscious I'm either extremely agitated and scattered either extremely agitated and scattered or basically unconscious that means that or basically unconscious that means that you don't have enough GABA because GABA you don't have enough GABA because GABA is how we self soothe calm and focused is how we self soothe calm and focused at the same time. It's not just your at the same time. It's not just your sleepy time the way people talk about sleepy time the way people talk about although it is good for sleep onset and although it is good for sleep onset and continuity. It's also for anxiety continuity. It's also for anxiety regulation. Did you know anxiety is not regulation. Did you know anxiety is not an emotion? It is a physiological state.

an emotion? It is a physiological state. It is an overexitation of the nervous It is an overexitation of the nervous system. It's not like anger or fear.

system. It's not like anger or fear. Anxiety is simply over stimulation. That Anxiety is simply over stimulation. That is a physiological recipe. So we want to is a physiological recipe. So we want to acknowledge that for what it is and acknowledge that for what it is and support the body through that experience support the body through that experience and out of it. want to get out of the and out of it. want to get out of the habit of anxiety because of all these habit of anxiety because of all these funky disruptors. Think about how funky disruptors. Think about how exquisite and intelligent and exquisite and intelligent and intentional your biology is. It's doing intentional your biology is. It's doing an amazing job considering all these an amazing job considering all these disruptors. So, you can actually trust disruptors. So, you can actually trust your body. It's telling you the truth.

your body. It's telling you the truth. It's getting your attention about what It's getting your attention about what these stressors are. And the more you these stressors are. And the more you understand the language of the body, the understand the language of the body, the easier it is to support it through this easier it is to support it through this process. So, GABA is insufficient process. So, GABA is insufficient relative to glutamate. When that relative to glutamate. When that happens, when we don't have enough GABA happens, when we don't have enough GABA relative to the amount of glutamate, the relative to the amount of glutamate, the brake cannot match the accelerator, the brake cannot match the accelerator, the nervous system stays in overdrive and nervous system stays in overdrive and the brain cannot transition into the the brain cannot transition into the states it needs for rest, repair, and states it needs for rest, repair, and focus cognition. That is why glutamate focus cognition. That is why glutamate comes first. GABA's deficit only makes comes first. GABA's deficit only makes sense once you understand what it's sense once you understand what it's trying to counterbalance. Why would trying to counterbalance. Why would glutamate be accelerated? Heavy metals, glutamate be accelerated? Heavy metals, chemicals, parasites, mold, life stress, chemicals, parasites, mold, life stress, more glutamate. Great. Diet issues. More more glutamate. Great. Diet issues. More glutamate. Great. Fake food. More glutamate. Great. Fake food. More glutamate. Great. Oops. Do we have glutamate. Great. Oops.

What Steals Your GABA

Do we have enough GABA to slow that down and soothe enough GABA to slow that down and soothe it? Yes or no? Yes. What steals your it? Yes or no? Yes. What steals your GABA? The usual suspects. Chronic stress GABA? The usual suspects. Chronic stress can of course deplete GABA synthesis.

can of course deplete GABA synthesis. And hey, haven't we all been through And hey, haven't we all been through that in the last few years? My goodness, that in the last few years? My goodness, very, very stressful years. And the very, very stressful years. And the nervous system actually will consume nervous system actually will consume GABA faster during times of stress.

GABA faster during times of stress. That's what it's supposed to do to That's what it's supposed to do to self-regulate. But you may not have self-regulate. But you may not have enough to meet the needs. Most mold enough to meet the needs. Most mold species actually produce compounds that species actually produce compounds that competitively bind GABA receptors. It's competitively bind GABA receptors. It's trying to keep you agitated and trying to keep you agitated and depleted. Mold is alive. Mold has a depleted. Mold is alive. Mold has a consciousness. It's not stupid. It's consciousness. It's not stupid. It's been around longer than us. There's been around longer than us. There's references that deal with it in the references that deal with it in the Bible. We are not new to this game. What Bible. We are not new to this game. What is new though is that mold and is new though is that mold and microtoxins have more reasons to thrive microtoxins have more reasons to thrive in this day and age because there are in this day and age because there are toxic building materials and because of toxic building materials and because of the EMFs and you have more reasons to the EMFs and you have more reasons to not be able to fight back efficiently not be able to fight back efficiently against mold than you used to. So mold against mold than you used to. So mold can really run the show for a lot of us can really run the show for a lot of us now in ways that it did not for our now in ways that it did not for our grandparents. This is not your grandma's grandparents. This is not your grandma's mold. Parasites through ammonia mold. Parasites through ammonia production and tryptophan siphoning production and tryptophan siphoning disrupt the biochemical pre precursors disrupt the biochemical pre precursors GABAs depends on. What does that mean?

GABAs depends on. What does that mean? Parasites keep you from being able to Parasites keep you from being able to make and use your GABA so that you can make and use your GABA so that you can feel safe and relaxed. They don't want feel safe and relaxed. They don't want you feeling safe and relaxed. No, that you feeling safe and relaxed. No, that would mean that you'd be able to fight would mean that you'd be able to fight back. Cuz what happens when you're safe back. Cuz what happens when you're safe and relaxed? Your immune system and relaxed? Your immune system rebalances and goes through a target and rebalances and goes through a target and cleanup phase. You do repair work. You cleanup phase. You do repair work. You detox and drain, making you less of a detox and drain, making you less of a good host to parasites. They don't want good host to parasites. They don't want that. They want to run the show. Gut that. They want to run the show. Gut dispiosis. GABA is produced in part by dispiosis. GABA is produced in part by specific gut bacteria. A compromised specific gut bacteria. A compromised microbiome means compromised GABA microbiome means compromised GABA production at the source. So GABA production at the source. So GABA supplementation without addressing these supplementation without addressing these drivers is a very temporary patch and it drivers is a very temporary patch and it can actually throw things off. So the can actually throw things off.

The Glutamate-GABA Imbalance

So the terrain keeps depleting faster than you terrain keeps depleting faster than you can replace it. It's why we got to go can replace it. It's why we got to go after this systemically like what is the after this systemically like what is the most elegant approach here? That's what most elegant approach here? That's what you should be asking yourself. Not like, you should be asking yourself. Not like, "Oh god, now I need to go get a "Oh god, now I need to go get a glutamate supplement and a GABA glutamate supplement and a GABA supplement and a dopamine supplement, a supplement and a dopamine supplement, a serotonin, and now I got to do a serotonin, and now I got to do a parasite cleanse and now I got to mold." parasite cleanse and now I got to mold." No, we want to have the least amount of No, we want to have the least amount of elements necessary for you to get elements necessary for you to get momentum and move forward. That is momentum and move forward. That is elegance in science. It's the least elegance in science. It's the least amount of elements necessary to produce amount of elements necessary to produce a result. So glutamate, GABA imbalance a result. So glutamate, GABA imbalance in practice, when glutamate is high and in practice, when glutamate is high and GABA is low, the clinical picture looks GABA is low, the clinical picture looks like wired but exhausted. cannot rest like wired but exhausted. cannot rest even when depleted. Anxiety that has no even when depleted. Anxiety that has no clear situational cause. Racing thoughts clear situational cause. Racing thoughts at night. Inability to transition into at night. Inability to transition into sleep.

Sensory hyper sensitivity. Easily sleep. Sensory hyper sensitivity. Easily overwhelmed by noise, light, or overwhelmed by noise, light, or information. Emotional reactivity information. Emotional reactivity disproportionate to the trigger. Oof, disproportionate to the trigger. Oof, that was me too big time. Difficulty that was me too big time. Difficulty sustaining calm focus. Oscillating sustaining calm focus. Oscillating between overstimulated and completely between overstimulated and completely gone mentally. This pattern is extremely gone mentally. This pattern is extremely common in people with significant toxin common in people with significant toxin or toxic or infectious burden. That's or toxic or infectious burden. That's us. That's pretty much everybody in this us. That's pretty much everybody in this day and age. It's the default right now.

day and age. It's the default right now. Again, totally fixable, easy to relax Again, totally fixable, easy to relax into gentle steps that start getting into gentle steps that start getting your momentum going. Then it is your momentum going. Then it is routinely misread as an anxiety routinely misread as an anxiety disorder, ADHD, or insomnia. I got lots disorder, ADHD, or insomnia. I got lots of mental health labels applied to me. I of mental health labels applied to me. I got lots of neurological divergence got lots of neurological divergence labels applied to me. And if those labels applied to me. And if those resonate with you, great. But if they resonate with you, great.

Dopamine is Misunderstood

But if they aren't helping you in experiencing aren't helping you in experiencing yourself the way you want to and in yourself the way you want to and in living your life in a deeply meaningful living your life in a deeply meaningful way where you feel at peace and at ease way where you feel at peace and at ease and neurologically flexible, where you and neurologically flexible, where you can easily rise to meet the challenge of can easily rise to meet the challenge of the moment as yourself in a way that the moment as yourself in a way that you're proud of, then I invite you to you're proud of, then I invite you to take a deeper look at this dopamine. I take a deeper look at this dopamine. I think this is so interesting. Dopamine think this is so interesting. Dopamine has gotten such a bad rat with our has gotten such a bad rat with our social media memes and all that stuff.

social media memes and all that stuff. This is so much more than just like, oh, This is so much more than just like, oh, you know, your rewards like I'm rewarded you know, your rewards like I'm rewarded with from my social media scrolling.

with from my social media scrolling. It's so much more than that. Dopamine is It's so much more than that. Dopamine is about your drive. It's about your about your drive. It's about your motivation. If you're not excited to get motivation. If you're not excited to get up in the morning and meet your day, up in the morning and meet your day, whether it's to go say hi to your cat or whether it's to go say hi to your cat or go out in your garden or feel the sun on go out in your garden or feel the sun on your face, you know, breathe in the your face, you know, breathe in the fresh air, sip your favorite tea, like fresh air, sip your favorite tea, like if if you're not like excited to meet if if you're not like excited to meet your life even in the smallest moments, your life even in the smallest moments, something's very off because that's how something's very off because that's how humans are hardwired to feel motivated, humans are hardwired to feel motivated, to have drive, to want to like pursue to have drive, to want to like pursue what's important to you. Whether it's what's important to you. Whether it's learning how to draw or, you know, learning how to draw or, you know, learning some, you know, like random learning some, you know, like random nichy thing or really helping people in nichy thing or really helping people in your community and showing up in a whole your community and showing up in a whole new way, like we should be feeling drive new way, like we should be feeling drive and reward and motivation all the way up and reward and motivation all the way up until the end. My grandmother, one of until the end. My grandmother, one of the original hippies, was singing in the original hippies, was singing in choirs and traveling to Asia and choirs and traveling to Asia and volunteering and all this stuff all the volunteering and all this stuff all the way up until a couple of months before way up until a couple of months before her death. She was so excited to be her death. She was so excited to be alive, even though she didn't like her alive, even though she didn't like her husband. Even though she was a really husband. Even though she was a really judgy person, she was still like in it judgy person, she was still like in it to win it, man. Like that was really to win it, man. Like that was really interesting to watch and interesting to interesting to watch and interesting to think back on when I I see these um think back on when I I see these um social media influencers like, "Well, social media influencers like, "Well, now that I'm in midlife, now I'm not now that I'm in midlife, now I'm not motivated, but that's like appropriate motivated, but that's like appropriate right now." No, it's not. It is not right

now." No, it's not. It is not appropriate whatsoever. You should feel appropriate whatsoever. You should feel drive, reward, and motivation throughout drive, reward, and motivation throughout your entire life. You might have your entire life. You might have different things as you mature be different things as you mature be motivating to you. That's different. And motivating to you. That's different. And the brain's primatory excitatory primary the brain's primatory excitatory primary excitatory neurotransmitter is excitatory neurotransmitter is glutamate. But dopamine itself is like a glutamate. But dopamine itself is like a really cool it's like a buddy to really cool it's like a buddy to glutamate. It's like a collaborator to glutamate. It's like a collaborator to it. We're actually creating synaptic it. We're actually creating synaptic plasticity with it and cognitive plasticity with it and cognitive activation. It's actually creating activation. It's actually creating motivation and anticipation and reward motivation and anticipation and reward seeking. That's why it gets a bad rap seeking. That's why it gets a bad rap because like oh reward, you know, I'm because like oh reward, you know, I'm going to eat something to get my going to eat something to get my dopamine hit. Oh, reward seeking like we dopamine hit. Oh, reward seeking like we work towards it because we were work towards it because we were motivated and we anticipated it and then motivated and we anticipated it and then it also supports executive function and it also supports executive function and the experience of forward momentum in the experience of forward momentum in life. When we have dopamine life. When we have dopamine dysregulation, that motivation dysregulation, that motivation disappears. Who feels less motivated now disappears. Who feels less motivated now than they did 10 years ago? That's not than they did 10 years ago? That's not normal. Did you know that? It might be normal. Did you know that? It might be common, but it's not appropriate or common, but it's not appropriate or normal. Motivation disappears when normal. Motivation disappears when external circumstances haven't changed.

external circumstances haven't changed. That's a sign of dopamine dysregulation. That's a sign of dopamine dysregulation. tasks that used to engage you feel flat tasks that used to engage you feel flat or pointless. If you're used to like to or pointless. If you're used to like to make that cake or you're used to like to make that cake or you're used to like to make the coffee in the morning or you're make the coffee in the morning or you're used to like look forward to like you used to like look forward to like you know little things. If the future stops know little things. If the future stops feeling compelling um if focus becomes feeling compelling um if focus becomes difficult to initiate and impossible to difficult to initiate and impossible to sustain if pleasure and reward feel sustain if pleasure and reward feel mutivated muted or inaccessible or mutivated muted or inaccessible or stimulant dependency increases. If you stimulant dependency increases. If you have to use caffeine, sugar, or some have to use caffeine, sugar, or some kind of novelty um hit to your nervous kind of novelty um hit to your nervous system or if you use crisis to stay system or if you use crisis to stay oriented, engaged in your life. We all oriented, engaged in your life. We all have that friend that creates crisis have that friend that creates crisis around them. It's a nervous system around them. It's a nervous system regulation thing. They are vibrating at regulation thing. They are vibrating at chaos. Why is that? Because they'll be chaos. Why is that? Because they'll be completely uninterested unless it's completely uninterested unless it's chaotic and it's dramatic. That's chaotic and it's dramatic.

What Disrupts Dopamine

That's dopamine dysregulation. So, what would dopamine dysregulation. So, what would disrupt dopamine? Mercury, lead, disrupt dopamine? Mercury, lead, micotoxins, parasites, chronic micotoxins, parasites, chronic inflammation. Weird, right? But also, is inflammation. Weird, right? But also, is it surprising? I don't think so. I think it surprising? I don't think so. I think it's the same root causes that that can it's the same root causes that that can disrupt the body from magically disrupt the body from magically maintaining itself. And so, if we just maintaining itself. And so, if we just go at this from a root cause lens, go at this from a root cause lens, everything gets simpler. So, mercury everything gets simpler. So, mercury directly targets dopamineergic um directly targets dopamineergic um neurons in the substantion and the neurons in the substantion and the stratum in the same regions implicated stratum in the same regions implicated in Parkinson's disease. Who here is in Parkinson's disease. Who here is seeing a huge uptick in Parkinson's seeing a huge uptick in Parkinson's disease? It's the mercury amalgam disease? It's the mercury amalgam fillings plus the organo phosphates, fillings plus the organo phosphates, those pesticides that we are spraying those pesticides that we are spraying all over our food like there's no all over our food like there's no tomorrow. That's literally how we're tomorrow. That's literally how we're thinking about it. We're spraying it on thinking about it. We're spraying it on our crops that we're eating and our crops that we're eating and ingesting. We're spraying it on our our, ingesting. We're spraying it on our our, you know, kids soccer fields, at our you know, kids soccer fields, at our schools, in our parks, on our golf schools, in our parks, on our golf courses.

Very weird stuff. And it's all courses. Very weird stuff. And it's all targeting the same areas of the brain.

targeting the same areas of the brain. Lead impairs dopamine synthesis and Lead impairs dopamine synthesis and receptor density, reducing both receptor density, reducing both production and the brain's ability to production and the brain's ability to use what it produces. That it's known use what it produces. That it's known and understood that lead's energetic and understood that lead's energetic signature in the body is depression signature in the body is depression because it's so good at disrupting because it's so good at disrupting dopamine. Micotoxins suppress dopamine dopamine. Micotoxins suppress dopamine transporter function and drive oxidative transporter function and drive oxidative damage in dopamineergic pathways. That's damage in dopamineergic pathways. That's no good. Parasites directly manipulate no good. Parasites directly manipulate dopamine metabolism in limbic dopamine metabolism in limbic structures. Parasites will get you back structures. Parasites will get you back to your lizard brain faster than to your lizard brain faster than anything. [laughter] anything. [laughter] You'll get they'll get you down to like You'll get they'll get you down to like survival weirdo thinking really survival weirdo thinking really [laughter] really fast. This is part of [laughter] really fast. This is part of how they do it. They don't want you how they do it. They don't want you loving life and being self-regulated.

loving life and being self-regulated. They want to run the show. Chronic They want to run the show.

Serotonin: Stable and Safe

Chronic inflammation from any source suppresses inflammation from any source suppresses tyrosine hydroxilase, the rate limiting tyrosine hydroxilase, the rate limiting enzyme in dopamine synthesis. So why enzyme in dopamine synthesis. So why does that matter? It matters because we does that matter? It matters because we want to have our motivation and our want to have our motivation and our drive intact. And serotonin is kind of drive intact. And serotonin is kind of the uplifting like buddy partner to the uplifting like buddy partner to dopamine and glutamate. It's the dopamine and glutamate. It's the steadiness. It's the safety. It's the steadiness. It's the safety. It's the sense of self. It creates mood stability sense of self. It creates mood stability and emotional resilience. It is the and emotional resilience. It is the thing that gives us that natural thing that gives us that natural positivity. Oh, I'm open, neutral, and positivity. Oh, I'm open, neutral, and slightly positive. I'm slightly curious.

slightly positive. I'm slightly curious. I want to expand. I want to learn. I I want to expand. I want to learn. I want to contribute. I want to grow.

want to contribute. I want to grow. That's this natural set point that we as That's this natural set point that we as a human have a right to experience as a human have a right to experience as our default and the sense that things our default and the sense that things are okay to have impulse regulation. You are okay to have impulse regulation. You know, when somebody's like, "Hey, do you know, when somebody's like, "Hey, do you want to get drunk?" No, that doesn't want to get drunk?" No, that doesn't sound good. Oh, I'm overwhelmed. What sound good. Oh, I'm overwhelmed. What should I do about it? I think I'll take should I do about it? I think I'll take a walk. That sounds good. So, impulse a walk. That sounds good. So, impulse regulation, good towards hell, not away regulation, good towards hell, not away from it. Um, the subjective experience from it. Um, the subjective experience of feeling like yourself. Gosh, don't we of feeling like yourself. Gosh, don't we all want that? We want to feel like all want that? We want to feel like ourselves again. You know who's really ourselves again. You know who's really good at stealing that from us? Parasites good at stealing that from us? Parasites and fungus. They actually eat your and fungus. They actually eat your serotonin. They will steal it. That's serotonin. They will steal it. That's why parasites are more active around the why parasites are more active around the full moon cuz you make more serotonin full moon cuz you make more serotonin around the full moon. Isn't that around the full moon. Isn't that interesting? So that whole full moon interesting? So that whole full moon parasite cleansing is not just hippie parasite cleansing is not just hippie mumbo jumbo. There's actually science mumbo jumbo. There's actually science underneath it. What a trip, right? Life underneath it. What a trip, right? Life is so interesting. So when serotonin is is so interesting. So when serotonin is low, mood becomes fragile and low, mood becomes fragile and unpredictable. Rumination and obsessive unpredictable. Rumination and obsessive thinking increase. and the world feels thinking increase. and the world feels threatening or meaningless without a threatening or meaningless without a clear cause. Emotional pain tolerance clear cause. Emotional pain tolerance decreases and small stressors become decreases and small stressors become disproportionately disproportionately disproportionately upsetting. The sense of being yourself

upsetting.

Why Serotonin Gets Depleted

The sense of being yourself erodess and yes sleep deteriorates too. erodess and yes sleep deteriorates too. So why serotonin gets depleted? 90% of So why serotonin gets depleted? 90% of serotonin is produced in the gut from serotonin is produced in the gut from tryptophan. Remember when I told you at tryptophan. Remember when I told you at the beginning tryptophan is our hero the beginning tryptophan is our hero man. It is a huge winner for us and we man. It is a huge winner for us and we have got to have it because 90% of this have got to have it because 90% of this neurochemical that tells us hey I'm neurochemical that tells us hey I'm myself I feel like myself I'm safe is myself I feel like myself I'm safe is produced in the gut from tryptophan in a produced in the gut from tryptophan in a process that depends on a healthy process that depends on a healthy microbiome and adequate co-actors like microbiome and adequate co-actors like B6 and zinc and magnesium and iron and B6 and zinc and magnesium and iron and intact intestinal tissue. Every intact intestinal tissue. Every interference factor we have covered this interference factor we have covered this week reaches serotonin through the gut.

week reaches serotonin through the gut. Parasites will steal tryptophan for Parasites will steal tryptophan for their own metabolic processes. their own metabolic processes.

Miccotoxins damage intestinal tissue and Miccotoxins damage intestinal tissue and disregulate the microbiome, reducing disregulate the microbiome, reducing serotonin synthesis at the source. Heavy serotonin synthesis at the source. Heavy metals deplete the mineral co-actor.

metals deplete the mineral co-actor. Serotonin production depends on chronic Serotonin production depends on chronic inflammation redirects tryptophan away inflammation redirects tryptophan away from serotonin production and towards from serotonin production and towards the kyronine pathway generating the kyronine pathway generating inflammatory metabolites instead. And inflammatory metabolites instead. And remember like we have some tools in our remember like we have some tools in our culture right now like SSRIs. They don't culture right now like SSRIs. They don't actually restore serotonin production.

actually restore serotonin production. They actually slow its re-uptake They actually slow its re-uptake temporarily increasing the perceived temporarily increasing the perceived availability of what little the system availability of what little the system is producing, but they don't actually is producing, but they don't actually give you enough of it. They don't give you enough of it. They don't resupply serotonin resupply serotonin and they don't resolve the reasons why and they don't resolve the reasons why you wouldn't be making enough serotonin you wouldn't be making enough serotonin in the first place. So it's one of the in the first place. So it's one of the many many reasons why SSRIs are limited many many reasons why SSRIs are limited and they can actually create damage. So and they can actually create damage.

Neurochemical Stressors Add Up

So there's a very interesting there's a very interesting wellestablished body of clinical wellestablished body of clinical research just about that. So the research just about that. So the neurochemical stressors add up right neurochemical stressors add up right glutamate dysregulation brain can't stop glutamate dysregulation brain can't stop firing. This is gaba depletion brain firing. This is gaba depletion brain can't calm down. Dopamine suppression can't calm down. Dopamine suppression nothing feels motivating or rewarding.

nothing feels motivating or rewarding. Serotonin depletion nothing feels steady Serotonin depletion nothing feels steady and you don't feel safe and like and you don't feel safe and like yourself. So, we're actually not dealing yourself. So, we're actually not dealing with four separate problems here, with four separate problems here, though. Have you noticed the theme? This though. Have you noticed the theme? This is just one terrain problem expressing is just one terrain problem expressing itself across four neurochemicals um itself across four neurochemicals um that are simultaneously wanting to that are simultaneously wanting to balance themselves and each other within balance themselves and each other within our exquisite biology. The terrain our exquisite biology. The terrain driving it is the toxic burden, the driving it is the toxic burden, the miccotoxin exposure, parasite

infection, miccotoxin exposure, parasite infection, chronic inflammation, nervous system chronic inflammation, nervous system dysregulation, and yeah, impaired dysregulation, and yeah, impaired drainage. Because remember, the brain drainage. Because remember, the brain drains last. So, you're not crazy, guys.

drains last. So, you're not crazy, guys. And it's not too late to fix this. If And it's not too late to fix this. If you've been living with a brain that you've been living with a brain that won't quiet down or flatness or won't quiet down or flatness or emptiness that doesn't match your emptiness that doesn't match your circumstances or anxiety that feels like circumstances or anxiety that feels like it's out of control and like comes out it's out of control and like comes out of nowhere and it's hard to manage, like of nowhere and it's hard to manage, like yeah, that's physiological, not yeah, that's physiological, not situational. Motivation and drive that situational. Motivation and drive that have gone missing. A version of yourself have gone missing. A version of yourself you no longer have full access to.

you no longer have full access to. You're not depressed because something You're not depressed because something is wrong with your personality. And it's is wrong with your personality. And it's okay if you have real life stressors at okay if you have real life stressors at the same time. We all do. Life is not the same time. We all do. Life is not going to slow down enough for us to heal going to slow down enough for us to heal ourselves physically, physiologically.

ourselves physically, physiologically. You're not incapable of handling your You're not incapable of handling your own life. You can totally take care of own life. You can totally take care of this. You can handle this. And you're this. You can handle this. And you're not struggling cuz you're weak or burnt not struggling cuz you're weak or burnt out or broken. Your neurochemistry is out or broken. Your neurochemistry is being disrupted by interference that is being disrupted by interference that is measurable, addressable, and reversible.

measurable, addressable, and reversible. That's it. There's a physiological That's it. There's a physiological recipe to this. And your brain is doing recipe to this. And your brain is doing exactly what a brain does when its exactly what a brain does when its terrain has been compromised. Did you terrain has been compromised. Did you know that the brain doesn't have pain know that the brain doesn't have pain receptors itself? Yeah, you can receptors itself? Yeah, you can experience headaches and migraines.

experience headaches and migraines. Those are actually right around the Those are actually right around the brain. They're not in the brain itself. brain. They're not in the brain itself.

The brain's way of telling you that it The brain's way of telling you that it is inflamed and in trouble. Brain fog, is inflamed and in trouble. Brain fog, anxiety physiologically throughout the anxiety physiologically throughout the rest of the body, attention issues, rest of the body, attention issues, nervous system dysregulation. That's the nervous system dysregulation. That's the way the brain is telling you, hey, I way the brain is telling you, hey, I have some junk in here I cannot clear.

have some junk in here I cannot clear. It's so inflamed in here. It's so inflamed in here. Neurochemically, I am distorted. Please Neurochemically, I am distorted. Please help me out here. I know what to do.

help me out here. I know what to do. Just give me the raw inputs and I will Just give me the raw inputs and I will fix myself. Your body is really smart fix myself. Your body is really smart that way. So, the terrain is the way that way. So, the terrain is the way forward. Your brain is your terrain.

forward. Your brain is your terrain. [music] Thanks for spending this time [music] Thanks for spending this time with us today. I know these with us today. I know these conversations can bring up a lot, and I conversations can bring up a lot, and I want you to have room to sit with what want you to have room to sit with what you learned and let it land in your own you learned and let it land in your own body. If you want more support or you're body. 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. Find me on Instagram with me. Find me on Instagram atthedetoxnation atthedetoxnation atthedetoxnation [music] and explore resources mentioned [music] and explore resources mentioned in this episode at detoxnation.com.

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