EXPLAINED: The Toxic Triad of Biofilms, Fungus, and Parasites Keeping You Sick! | Sinclair Kennally Transcript

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Biofilms And Immune Suppression

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. So during our time together the dots. So during our time together today, we're talking about the truth today, we're talking about the truth about biofilms and how they disable your about biofilms and how they disable your immune system. Once you understand a immune system. Once you understand a little bit more about that, all the all little bit more about that, all the all your symptoms start to make more sense.

your symptoms start to make more sense. It's okay if you have some complex It's okay if you have some complex health issues. It means that it's time health issues. It means that it's time to prioritize going after this from a to prioritize going after this from a root cause perspective. You're not too root cause perspective. You're not too complicated to heal. And healing in this complicated to heal. And healing in this day and age is not mysterious. It's just day and age is not mysterious. It's just a little bit more complicated than it a little bit more complicated than it used to be. That's okay. We can still used to be. That's okay. We can still use body-driven, body-led strategies. We use body-driven, body-led strategies. We just need to be really intentional and just need to be really intentional and make sure we're only using tools that make sure we're only using tools that actually work. And that's what we'll actually work.

When Symptoms Take Over Life

And that's what we'll talk about how to finally break free talk about how to finally break free from this toxic triad of the fungal from this toxic triad of the fungal overgrowth, the biofilms, and the overgrowth, the biofilms, and the parasites really that conventional parasites really that conventional medicine is unfortunately still medicine is unfortunately still completely missing. If you don't know completely missing. If you don't know anything about my story, I'm just going anything about my story, I'm just going to say really quick, none of this is to say really quick, none of this is hypothetical for me. I had lots and lots hypothetical for me. I had lots and lots of diagnoses along the way that were of diagnoses along the way that were really, really frustrating. And my life really, really frustrating. And my life had shrunk down to the size of my had shrunk down to the size of my symptoms. Anybody ever feel like that?

symptoms. Anybody ever feel like that? Like I just don't trust what how my Like I just don't trust what how my body's going to feel day to day. body's going to feel day to day.

Therefore, I'm going to say no to this Therefore, I'm going to say no to this thing or I'm going to hang back or, you

thing or I'm going to hang back or, you know, I'm going to try to do this, you know, I'm going to try to do this, you know, thing that I used to be able to know, thing that I used to be able to do, whether it's a weekend away with the do, whether it's a weekend away with the family, a camping trip, or even a family, a camping trip, or even a birthday party, or even just as simple birthday party, or even just as simple as a glass of wine or a meal out and as a glass of wine or a meal out and then pay for it for days afterwards.

then pay for it for days afterwards. Your life shrinks down so slowly Your life shrinks down so slowly sometimes it's hard to notice just how sometimes it's hard to notice just how much it's impacting you until something much it's impacting you until something finally gets your attention. It's maybe finally gets your attention. It's maybe it's an event or a symptom or it's like, it's an event or a symptom or it's like, "Whoa, okay. Now we're really in "Whoa, okay. Now we're really in troubling territory. I really have to troubling territory. I really have to make this a priority." And so if that make this a priority." And so if that happened to you, I totally get it. I happened to you, I totally get it. I just thought it was stress, honestly, just thought it was stress, honestly, and I thought my stubborn weight gain and I thought my stubborn weight gain was stress. You know, I'd had a lot of was stress. You know, I'd had a lot of traumatic experiences as a child and a traumatic experiences as a child and a teenager and so I was working those teenager and so I was working those trauma release tools and, you know, trauma release tools and, you know, nervous system-led practice until I was nervous system-led practice until I was too sick to even run my practice too sick to even run my practice anymore. And then had to go back to the anymore. And then had to go back to the drawing board to figure out how to fix drawing board to figure out how to fix my health. And Michael had to do the my health. And Michael had to do the same thing. He had to shut down his same thing. He had to shut down his practice. So it's been an interesting practice. So it's been an interesting journey where we both had really, really journey where we both had really, really different symptoms. He had full-blown different symptoms. He had full-blown MCAS, unlivable skin issues, you know, MCAS, unlivable skin issues, you know, TMJ, could not wake up all day long, and TMJ, could not wake up all day long, and like big anxiety outbursts like whoosh like big anxiety outbursts like whoosh out of nowhere. And I had the kind of out of nowhere. And I had the kind of the opposite. I was down to three foods, the opposite. I was down to three foods, but I knew exactly what they were. You but I knew exactly what they were. You know, and if I ate the wrong thing, it know, and if I ate the wrong thing, it would feel like my guts were exploding would feel like my guts were exploding like a knife was ripping them open. I like a knife was ripping them open.

The Parasite Masquerade

I had GERD and nausea and just like the had GERD and nausea and just like the GERD was so bad like acid reflux all the GERD was so bad like acid reflux all the time. I was very depressed and had very time. I was very depressed and had very dark, dark emotions. And parasites can dark, dark emotions. And parasites can do that to you. Mycotoxins, heavy do that to you. Mycotoxins, heavy metals, parasites, they can all generate metals, parasites, they can all generate those heavy, difficult feelings. And those heavy, difficult feelings. And they can also disrupt your they can also disrupt your neurotransmitters to the point where neurotransmitters to the point where your histamine clearance is so bad and your histamine clearance is so bad and you have so little GABA and so much you have so little GABA and so much glutamate that your anxiety is through glutamate that your anxiety is through the roof. Like a lot of these difficult the roof. Like a lot of these difficult emotions that we're trying to figure out emotions that we're trying to figure out how to grapple with in our culture right how to grapple with in our culture right now are actually biochemically driven now are actually biochemically driven because our terrain is overloaded from because our terrain is overloaded from toxins in our food, air, and water. I toxins in our food, air, and water. I don't know how to simplify it any more don't know how to simplify it any more than that. I want you to understand that than that. I want you to understand that it's not an accident that parasites are it's not an accident that parasites are exploding in this day and age. It's not exploding in this day and age. It's not that they haven't always been there.

that they haven't always been there. They have. We've had seasonal cleanses They have. We've had seasonal cleanses on every continent to keep the parasites on every continent to keep the parasites in check to keep our immune system in check to keep our immune system strong and we have lost that strong and we have lost that information, you know, that historical information, you know, that historical ancestral strategies that we used to ancestral strategies that we used to have that were appropriate for every have that were appropriate for every microbiome, every ecosystem on this microbiome, every ecosystem on this planet. We've lost those right when we

planet. We've lost those right when we need them the most. This is what so many need them the most. This is what so many of us end up with. And this happened to of us end up with. And this happened to Michael and me. You know, you think it's Michael and me. You know, you think it's digestive conditions or neurological digestive conditions or neurological conditions or sinus distress or a lung conditions or sinus distress or a lung condition or joint and muscle pain and condition or joint and muscle pain and or a skin condition as well and or or a skin condition as well and or you're starting to get autoimmune you're starting to get autoimmune disease labels like mine. Like I had disease labels like mine. Like I had Hashimoto's, fibromyalgia, rheumatoid Hashimoto's, fibromyalgia, rheumatoid arthritis. Like this are really scary as arthritis. Like this are really scary as they start to add up. Especially, you they start to add up. Especially, you know, when you think about the quality know, when you think about the quality of life ahead and what are you going to of life ahead and what are you going to do about all this stuff, right? We blame do about all this stuff, right? We blame a lot of this on hormone dysregulation, a lot of this on hormone dysregulation, but hormones are all downstream of but hormones are all downstream of terrain quality, meaning the quality of terrain quality, meaning the quality of your cells and your extracellular your cells and your extracellular matrix, how clogged up they are with matrix, how clogged up they are with toxins and how clogged up they are with toxins and how clogged up they are with parasites, fungus, and biofilms.

parasites, fungus, and biofilms. Depression, anxiety, and even suicidal Depression, anxiety, and even suicidal ideation. Like I don't mind telling you ideation. Like I don't mind telling you that is something that I lived through.

that is something that I lived through. And I think we need to talk about this And I think we need to talk about this together and be okay with facing this together and be okay with facing this head-on. So this is what we call the head-on. So this is what we call the parasite masquerade. You think it's parasite masquerade. You think it's these long list of supposedly different these long list of supposedly different labels on the left, but it's really all labels on the left, but it's really all driven by parasites at least in part.

driven by parasites at least in part. They are one factor among many. All They are one factor among many. All these symptoms are clinically proven to these symptoms are clinically proven to be potentially driven by parasites. It be potentially driven by parasites. It may not be your only health factor, but may not be your only health factor, but it could be a really, really significant it could be a really, really significant one holding this in place. Michael's one holding this in place. Michael's getting out 3-ft long worms and I was getting out 3-ft long worms and I was going, "Wow, that really sucks for you, going, "Wow, that really sucks for you, dude. I'm so sorry you're going through dude. I'm so sorry you're going through that. That's not my problem cuz we have that. That's not my problem cuz we have different symptoms, so it couldn't different symptoms, so it couldn't possibly be my problem." I spent a lot possibly be my problem." I spent a lot of time in denial. It's a very long of time in denial.

Healing And Recovery Stages

It's a very long river and I traveled all the way down river and I traveled all the way down it. And then I went into bargaining it. And then I went into bargaining mode. Well, I guess I have to, you know, mode. Well, I guess I have to, you know, potentially acknowledge the fact that potentially acknowledge the fact that parasites might be part of my picture, parasites might be part of my picture, but am I going to see them in the toilet but am I going to see them in the toilet and wouldn't I have already seen them or and wouldn't I have already seen them or how will I know? Can I get out of doing how will I know? Can I get out of doing parasite work? Is there a workaround?

parasite work? Is there a workaround? Can I just like take a constipation Can I just like take a constipation remedy and then be done with it or is remedy and then be done with it or is there a way I can tell that the there a way I can tell that the histamine in my body to be quiet without histamine in my body to be quiet without actually tackling the root causes like actually tackling the root causes like parasites, fungus, and biofilm? And parasites, fungus, and biofilm? And [laughter] then [laughter] then as you jump into the parasite work and as you jump into the parasite work and you get empowered, um there are still you get empowered, um there are still moments of like yuckiness and overwhelm.

moments of like yuckiness and overwhelm. "Oh my god, these things are coming out "Oh my god, these things are coming out of me. I had no idea." And, you know, of me. I had no idea." And, you know, sometimes there's moments of depression, sometimes there's moments of depression, too. The good news is this other story too. The

good news is this other story always ends well. You know, that there's always ends well. You know, that there's a stage of acceptance like, "Yeah, a stage of acceptance like, "Yeah, they're coming out, but I feel better.

they're coming out, but I feel better. I'm still living my life. I'm getting my I'm still living my life. I'm getting my life back. My life is expanding once life back. My life is expanding once more and I'm still managing all this more and I'm still managing all this while I get the last of these buggers while I get the last of these buggers out." And then getting to the stage of out." And then getting to the stage of freedom again. My energy is back. I freedom again. My energy is back. I haven't seen any parasites for months haven't seen any parasites for months and my symptoms and my sensitivities are and my symptoms and my sensitivities are gone. Did you know that you can reverse gone. Did you know that you can reverse food sensitivities and histamine issues, food sensitivities and histamine issues, skin rashes, joint pain, brain fog, skin rashes, joint pain, brain fog, tinnitus, eye floaters, you know, all tinnitus, eye floaters, you know, all these things that are parasite-driven?

these things that are parasite-driven? When that is the main factor, all of When that is the main factor, all of this can be reversed and that is so, so this can be reversed and that is so, so comforting to remember and we see it all comforting to remember and we see it all the time in our practice and in our the time in our practice and in our campus. People who just do rapid campus. People who just do rapid parasite release see major, major parasite release see major, major improvements in their function. You can improvements in their function. You can get out, you know, big scary junk like get out, you know, big scary junk like this just by doing parasite protocols this just by doing parasite protocols that we teach you on our campus. And that we teach you on our campus. And this isn't about like, "Well, you know, this isn't about like, "Well, you know, what species is it? And is it mucoid what species is it? And is it mucoid plaque or is it biofilm or is it fungal plaque or is it biofilm or is it fungal overgrowth?" I'm pretty sure this thing overgrowth?" I'm pretty sure this thing on the left is not fungal overgrowth.

on the left is not fungal overgrowth. Like that thing took a long time to come Like that thing took a long time to come out and it's really gross, right? You out and it's really gross, right? You know, some of them look pretty beat up know, some of them look pretty beat up by the time they come out. And they by the time they come out. And they guess can be different colors. They guess can be different colors. They don't all look like beautiful pink don't all look like beautiful pink earthworms. They don't need to. They earthworms. They don't need to. They don't have to be pretty or, you know, don't have to be pretty or, you know, look like what we think they're supposed look like what we think they're supposed to look like in in order for them to to look like in in order for them to thrive in your gut and really drive a thrive in your gut and really drive a ton of histamine issues, food ton of histamine issues, food sensitivities, fatigue. These guys are sensitivities, fatigue.

Parasites And Fungal Synergy

These guys are eating at your table first and they are eating at your table first and they are driving your um symptoms. They're driving your um symptoms. They're disrupting your sleep. We'll talk about disrupting your sleep. We'll talk about how they do that today. And we'll talk how they do that today. And we'll talk about how they create intentionally a about how they create intentionally a synergy between fungus that you've been synergy between fungus that you've been exposed to either through your food or exposed to either through your food or the air around you environmentally like the air around you environmentally like molds and mycotoxins, for example, from molds and mycotoxins, for example, from molds as well as other types of fungal molds as well as other types of fungal overgrowth from like weaponized yeast.

overgrowth from like weaponized yeast. Yeast has become fake and is getting Yeast has become fake and is getting added to foods in ways that are were added to foods in ways that are were never intended and yeast byproducts. And never intended and yeast byproducts. And they can really, really drive background they can really, really drive background inflammation in the body in a very inflammation in the body in a very frustrating way. So when we get to this frustrating way. So when we get to this point where we have finally empowered point where we have finally empowered the body to start getting some of this the body to start getting some of this junk out, it is deeply satisfying to junk out, it is deeply satisfying to realize, "Oh, okay. I can feel better realize, "Oh, okay. I can feel better with every release of these." Have you with every release of these." Have you ever had one of those moments where it's ever had one of those moments where it's like anxiety beforehand, probably like anxiety beforehand, probably because this guy is dying off, feeling because this guy is dying off, feeling like, "Oh gosh,

something is wrong." And like, "Oh gosh, something is wrong." And then you go to release in the toilet and then you go to release in the toilet and you realize you have released a you realize you have released a parasite. And you even before you knew parasite. And you even before you knew what came out of you, you felt this what came out of you, you felt this relief. Almost like, "Oh, it's safe to relief. Almost like, "Oh, it's safe to be back in my body again." Like, "Oh, I be back in my body again." Like, "Oh, I just kind of feel more like myself." just kind of feel more like myself." That is the psychological experience of That is the psychological experience of going after these guys, whether they going after these guys, whether they look pretty or not. Most of them are look pretty or not. Most of them are microscopic, by the way. And some of microscopic, by the way. And some of them are quite adorable. I have a them are quite adorable. I have a special affection for these trematodes, special affection for these trematodes, these liver flukes. But liver flukes are these liver flukes. But liver flukes are interesting because they have such a interesting because they have such a long life cycle in the body. 25 to 30 long life cycle in the body. 25 to 30 years is what the CDC says. And they're years is what the CDC says.

Why Gut Protocols Fail

And they're coming in on your food, you know, coming in on your food, you know, whether it's produce or meat or fish. whether it's produce or meat or fish.

There's no class of food or diet that is There's no class of food or diet that is safe from parasites. The question is safe from parasites. The question is not, "Have you ever been exposed to not, "Have you ever been exposed to parasites?" The question is, "Are you a parasites?" The question is, "Are you a good host?" And then where are they good host?" And then where are they hanging out in the body? These are hanging out in the body? These are coming from from one of our amazing coming from from one of our amazing students. She got these out of her nose students. She got these out of her nose doing our sinus rinses because we do doing our sinus rinses because we do have to tackle the fungal overgrowths have to tackle the fungal overgrowths and biofilms that help parasites hide and biofilms that help parasites hide and a great place for them to do that is and a great place for them to do that is actually in your sinuses. So, feeling actually in your sinuses. So, feeling like yourself is still entirely possible like yourself is still entirely possible when these are a part of your picture when these are a part of your picture because these are reversible. So, that's because these are reversible. So, that's what I want you to remember as we go what I want you to remember as we go through the clinical stuff today about through the clinical stuff today about this. So, solving gut overgrowth, this. So, solving gut overgrowth, biofilm, fungus, and parasites, why biofilm, fungus, and parasites, why you're still sick, and how to finally you're still sick, and how to finally clear what's been living in you. One of clear what's been living in you. One of the most important things I want you to the most important things I want you to walk away with understanding today is walk away with understanding today is that most gut protocols focus solely on that most gut protocols focus solely on bacterial overgrowth like SIBO. The bacterial overgrowth like SIBO. The problem with this is not that the SIBO problem with this is not that the SIBO isn't there, it's not that it isn't isn't there, it's not that it isn't real, but those protocols tend to real, but those protocols tend to accidentally ignore deeper, more accidentally ignore deeper, more persistent patterns of microbial persistent patterns of microbial imbalance. Biofilms and fungus and imbalance. Biofilms and fungus and parasites form a protective network that parasites form a protective network that allows them to evade the immune system allows them to evade the immune system and resist treatment. So, if you're and resist treatment. So, if you're thinking about your gut issue like it's thinking about your gut issue like it's a probiotic issue or um a bacteria a probiotic issue or um a bacteria issue, then we're really missing most of issue, then we're really missing most of the picture of pathogens that are the picture of pathogens that are actually running the show and distorting actually running the show and distorting your immune responses, distorting your your immune responses, distorting your gut motility, stealing your nutrients gut motility, stealing your nutrients from you, stealing your energy from you, from you, stealing your energy from you, making it difficult for you to rest, and making it difficult for you to rest, and yes, disrupting your neurotransmitters yes, disrupting your neurotransmitters so making it very difficult for you to so making it very difficult for you to feel like yourself because you're losing feel like yourself because you're losing your dopamine, your serotonin, your your dopamine, your serotonin, your GABA, and you're getting too much GABA, and you're getting too much glutamate, and your histamine clearance glutamate, and your histamine clearance is too slow. Functional medicine experts is too slow. Functional medicine experts are often talking about like, "Oh, are often talking about like, "Oh, there's dysbiosis in your gut." And in there's dysbiosis in your gut." And in practice, hypothetically, like in practice, hypothetically, like in abstract way, that is not untrue. That abstract way, that is not untrue. That is not factually incorrect. But in is not factually incorrect. But in practice, what's happening in functional

practice, what's happening in functional medicine is they're putting a probiotic medicine is they're putting a probiotic in place or a bacteria strategy to deal in place or a bacteria strategy to deal with this, and that's not what most of with this, and that's not what most of the dysbiosis picture is. Dysbiosis is the dysbiosis picture is. Dysbiosis is an imbalance in the microbial an imbalance in the microbial communities including bacteria, but communities including bacteria, but really the fungi and the parasites and really the fungi and the parasites and the biofilms are running the show. They the biofilms are running the show. They have a hierarchy in place where they get have a hierarchy in place where they get to distort your behaviors at a much more to distort your behaviors at a much more persistent and systemic level than persistent and systemic level than bacteria can leading to the the bacteria can leading to the the compromised digestion, immunity, and compromised digestion, immunity, and metabolic signaling. So, true resolution metabolic signaling. So, true resolution really does require identifying these really does require identifying these root layers, the biofilm removal, the root layers, the biofilm removal, the immune support, and the whole ecosystem immune support, and the whole ecosystem recalibration so that we're not just recalibration so that we're not just trying to play whack-a-mole with the one trying to play whack-a-mole with the one bacteria that showed up or the one bacteria that showed up or the one parasite that showed up on your stool parasite that showed up on your stool test because those are such an test because those are such an incomplete method of of assessment. It's incomplete method of of assessment. It's fine if you want to use them if that you fine if you want to use them if that you have the money and the budget for that, have the money and the budget for that, but it's not going to give you the whole but it's not going to give you the whole picture. It's going to give you a very picture.

How Biofilms Protect Pathogens

It's going to give you a very small, literally pea-sized window into small, literally pea-sized window into your gut microbiome that has made it your gut microbiome that has made it through and out the colon to you. That's through and out the colon to you. That's how much gets tested is a smidgen of how much gets tested is a smidgen of stool off of a pea-sized amount of a stool off of a pea-sized amount of a sample. And the replication rate for sample. And the replication rate for those is really, really low. Meaning, those is really, really low. Meaning, they don't come up with the same results they don't come up with the same results even from the same stool sample. It's even from the same stool sample. It's hovering in the low 20th percentile, hovering in the low 20th percentile, which is really unfortunate. It's very which is really unfortunate. It's very frustrating, but that's where we're at frustrating, but that's where we're at in terms of um commercially available um in terms of um commercially available um you know, microbiome testing in this day you know, microbiome testing in this day and age. Doesn't mean that we won't get and age. Doesn't mean that we won't get cooler, better testing methods down the cooler, better testing methods down the road, but it does mean that if you want road, but it does mean that if you want to fix your symptoms, it's time for you to fix your symptoms, it's time for you to start learning about these factors to start learning about these factors without waiting for a lab to prove it to without waiting for a lab to prove it to you. You know, we want to see how does you. You know, we want to see how does the ecosystem work, and how do we the ecosystem work, and how do we support our own body to rebalance the support our own body to rebalance the ecosystem? So, when we look at biofilms, ecosystem? So, when we look at biofilms, all this starts to make more sense all this starts to make more sense because they really do act like an because they really do act like an invisible fortress in the body. Biofilms invisible fortress in the body. Biofilms are microorganisms that secrete like a are microorganisms that secrete like a very sticky matrix, the extracellular very sticky matrix, the extracellular polymeric substances, it's the EPS, that polymeric substances, it's the EPS, that shields them from both antimicrobials shields them from both antimicrobials and from your own immune system and from your own immune system strategies. They'll even biofilms as a strategies. They'll even biofilms as a white blood cell drifts by, will grab it white blood cell drifts by, will grab it and suffocate it. It will essentially and suffocate it. It will essentially eat the white blood cell so that your eat the white blood cell so that your your surveillance system internally is your surveillance system internally is compromised. Isn't that weird? Like it's compromised. Isn't that weird? Like it's biofilms are the slow-moving or biofilms are the slow-moving or non-moving Pac-Man of the body. They're non-moving Pac-Man of the body. They're very weird. Um they're really good at very weird. Um they're really good at hiding bigger parasites. Bigger hiding bigger parasites. Bigger parasites will actually encourage parasites will actually encourage biofilm growth or even create it so that biofilm growth or even create it so that they can nest behind it, lay eggs within they can nest behind it, lay eggs within it. That's why we're saying there's such it. That's why we're saying there's such a strong synergy. So, within biofilms, a strong synergy. So, within biofilms, bacteria, fungi, and parasites, they can bacteria, fungi, and parasites, they can actually share genes and communicate via actually share genes and communicate

via quorum sensing and exchange resistance quorum sensing and exchange resistance traits. Like, "Hey, this person has used traits. Like, "Hey, this person has used a lot of antibiotics, and that used to a lot of antibiotics, and that used to keep some of the infections at bay.

keep some of the infections at bay. Let's use these strains and these Let's use these strains and these strategies so that we become even more strategies so that we become even more resistant to those than we were before.

resistant to those than we were before. Oh, this person has um you know, Oh, this person has um you know, elevated white blood cells. Well, let's elevated white blood cells. Well, let's tell each other how to work against them tell each other how to work against them so that um those strategies don't work." so that um those strategies don't work." And that's the biofilms, fungus, and And that's the biofilms, fungus, and parasites telling each other. They are parasites telling each other. They are literally working together. It's why if literally working together. It's why if you only target one, if your you only target one, if your anti-parasitic protocol from some that anti-parasitic protocol from some that you know, not to disparage them, but you know, not to disparage them, but there's these really big celebrity there's these really big celebrity crunchy mom accounts on Instagram um and crunchy mom accounts on Instagram um and they're like, "Just buy my one product they're like, "Just buy my one product because my kiddo felt better on it and because my kiddo felt better on it and the rash went away, so therefore you the rash went away, so therefore you should buy my product." That's a really should buy my product." That's a really um Honestly, disingenuous way to um Honestly, disingenuous way to approach this. Your body needs much more approach this. Your body needs much more strategic support than that, and you strategic support than that, and you deserve better. So, I want you to become deserve better. So, I want you to become more discerning after today about what more discerning after today about what are the tools actually required. The are the tools actually required. The more you understand about how biofilms, more you understand about how biofilms, fungus, and parasites work together, the fungus, and parasites work together, the smarter you will be about what is smarter you will be about what is actually worth your time, your energy, actually worth your time, your energy, and your budget. So, biofilms are a and your budget.

Biofilms And Toxic Load

So, biofilms are a primary reason chronic infections primary reason chronic infections persist or return even after rounds of persist or return even after rounds of antimicrobial treatment. That's a really antimicrobial treatment. That's a really important detail for you to know.

important detail for you to know. Biofilms can make pathogens up to 500 Biofilms can make pathogens up to 500 times more drug resistant, and that's times more drug resistant, and that's implicated over 80% of chronic implicated over 80% of chronic infections according to the NIH. So, infections according to the NIH. So, this is not a do I have biofilms?

this is not a do I have biofilms? Everybody has biofilms. Everybody has Everybody has biofilms. Everybody has parasites. The question is, are yours parasites. The question is, are yours running the show? And are they in a running the show? And are they in a state of overgrowth in a way that your state of overgrowth in a way that your immune system can no longer keep them in immune system can no longer keep them in check? And you would know because the check? And you would know because the symptoms that are showing up in your symptoms that are showing up in your body, they really have your attention.

body, they really have your attention. It's just a multicellular microbial It's just a multicellular microbial community embedded in a self-produced community embedded in a self-produced protective matrix often found on mucosal protective matrix often found on mucosal surfaces. So, that's your gut lining, surfaces. So, that's your gut lining, it's your sinuses, it's your sinuses, you know, those are great favorite spots you know, those are great favorite spots for biofilms, but they can actually be for biofilms, but they can actually be throughout the body. They can be deep in throughout the body. They can be deep in your lymphatics. For example, breast your lymphatics. For example, breast implant illness is becoming better implant illness is becoming better understood in this day and age thanks to understood in this day and age thanks to the work of some of our wonderful the work of some of our wonderful colleagues, and biofilms are found colleagues, and biofilms are found around the implants themselves. The body around the implants themselves. The body is using them almost as like as a is using them almost as like as a

protective layer between it and um the protective layer between it and um the implant and the body. So, you might have implant and the body. So, you might have some encapsulation. Yes, you know, some encapsulation. Yes, you know, what's those hard calcium shells, you what's those hard calcium shells, you will always find biofilms where there is will always find biofilms where there is foreign material in the body. The body foreign material in the body. The body will let that become a layer between you will let that become a layer between you and it. Now, at a microscopic level, I and it. Now, at a microscopic level, I want you to really pay attention to what want you to really pay attention to what I just said. The body will let biofilms I just said. The body will let biofilms form a protective layer between the body form a protective layer between the body and the foreign material. When you're and the foreign material. When you're getting constantly bombarded by toxins, getting constantly bombarded by toxins, which are foreign materials, they're which are foreign materials, they're synthetic, they're harsh, even heavy synthetic, they're harsh, even heavy metals which are of the earth, you know, metals which are of the earth, you know, officially, they were buried deep in the officially, they were buried deep in the earth's crust for the last several earth's crust for the last several thousand years. We've only just now thousand years. We've only just now liberated them. They're really hard on liberated them. They're really hard on the body in very, very small amounts.

the body in very, very small amounts. We're getting those in our air pollution We're getting those in our air pollution and our personal care products. They're and our personal care products.

Detox And Drainage Strategy

They're getting actively sprayed on our soils as getting actively sprayed on our soils as part of those big ag products, part of those big ag products, fertilizers, herbicides, pesticides. So, fertilizers, herbicides, pesticides. So, it means that we're getting exposed to it means that we're getting exposed to things that we didn't evolve with. And things that we didn't evolve with. And that's a really big deal because when it that's a really big deal because when it comes into your body, your body's like, comes into your body, your body's like, "Okay, I'm going to try to use my normal "Okay, I'm going to try to use my normal detox pathways to get out these detox pathways to get out these exposures." And those don't work as well exposures." And those don't work as well as they do for your normal metabolic as they do for your normal metabolic waste, and you're already overwhelmed waste, and you're already overwhelmed with the number and style and size and with the number and style and size and different scope of materials, it's just different scope of materials, it's just a constant onslaught for your sweet a constant onslaught for your sweet little body that's trying so hard to little body that's trying so hard to protect you and perform well for you.

protect you and perform well for you. You know, your body is truly innocent, You know, your body is truly innocent, and it knows how to clear this stuff, it and it knows how to clear this stuff, it just can't keep up. Yes, it will let just can't keep up. Yes, it will let biofilms form of a layer between you and biofilms form of a layer between you and the foreign material. And that's how a the foreign material. And that's how a lot of this is taking off so fast for lot of this is taking off so fast for our population. You're watching the our population. You're watching the Detox Nation podcast. Firstly, thank you Detox Nation podcast. Firstly, thank you so much for being here. If this 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. This is our body of patients need most. This is our body of work. It's not a one-off, and it means 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. We love supporting you. So, biofilms love supporting you. So, biofilms outsmart the immune system by acting outsmart the immune system by acting like that invisible fortress, right?

like that invisible fortress, right? They inhibit immune detection by masking They inhibit immune detection by masking antigens and damping inflammatory antigens and damping inflammatory signals. Pathogens inside biofilms, signals. Pathogens inside biofilms, remember how we talked about just a remember how we talked about

just a minute ago parasites can hide within or minute ago parasites can hide within or behind biofilms, pathogens inside these behind biofilms, pathogens inside these biofilms can modulate macrophage biofilms can modulate macrophage activity to suppress immune activation.

activity to suppress immune activation. So, your alarm bells should be going off So, your alarm bells should be going off to come in and tackle these pathogens to come in and tackle these pathogens and say, "Not today. You got to go. We and say, "Not today. You got to go. We don't want you here. No, thank you." But don't want you here. No, thank you." But because they're using biofilms to because they're using biofilms to modulate your macrophage activity, the modulate your macrophage activity, the result is suppressing that appropriate result is suppressing that appropriate immune activation that should be going immune activation that should be going off. So, you might be reacting to things off. So, you might be reacting to things in your body like toxins, food in your body like toxins, food contaminants that are getting out into contaminants that are getting out into your bloodstream because of your leaky your bloodstream because of your leaky gut, because of your everyday toxic gut, because of your everyday toxic exposures, and your immune system is exposures, and your immune system is essentially wasting your immune energy essentially wasting your immune energy on those materials and not efficiently on those materials and not efficiently seeing and going after these guys, the seeing and going after these guys, the biofilms and the pathogens that are biofilms and the pathogens that are working together. And your immune cells, working together. And your immune cells, like neutrophils, for example, really like neutrophils, for example, really struggle to penetrate the EPS layer of struggle to penetrate the EPS layer of biofilms, resulting in this chronic biofilms, resulting in this chronic low-grade inflammation rather than low-grade inflammation rather than eradication. Biofilms confuse the immune eradication. Biofilms confuse the immune system into tolerating them, like living system into tolerating them, like living with an intruder who hides in your with an intruder who hides in your walls. That's a really good way to think walls. That's a really good way to think about it. So, this might be why you about it.

Why Detox Can Backfire

So, this might be why you struggle to detox until you get a struggle to detox until you get a biofilm savvy strategy in place. Now, biofilm savvy strategy in place. Now, remember, we don't want to explode this remember, we don't want to explode this stuff. Do you know why? Because biofilm, stuff. Do you know why? Because biofilm, just like pathogens, are holding onto just like pathogens, are holding onto toxins for us, and as we dissolve them, toxins for us, and as we dissolve them, we want to do so with care and intention we want to do so with care and intention and at a pace that your body can and at a pace that your body can tolerate. We don't want to carpet bomb tolerate. We don't want to carpet bomb them. We do not want to have to go after them. We do not want to have to go after them with harsh, you know, materials them with harsh, you know, materials like prescription strength stuff can like prescription strength stuff can often really backfire because it's not often really backfire because it's not providing a full solution, and all it's providing a full solution, and all it's doing is temporarily liberating some of doing is temporarily liberating some of the stuff. So, people can get huge the stuff. So, people can get huge reactions to what used to be highly reactions to what used to be highly tolerable antiparasitics. You know, we tolerable antiparasitics. You know, we used to say, "Yeah, if you want to work used to say, "Yeah, if you want to work with, you know, prescription with, you know, prescription antiparasitics, that's fine, you know, antiparasitics, that's fine, you know, you can do that at our clinic if you you can do that at our clinic if you want to." But, you know, what we have want to." But, you know, what we have discovered is that people are becoming discovered is that people are becoming more and more sensitive to those. People more and more sensitive to those. People often don't use enough clearing often don't use enough clearing strategies in place, and so we want to strategies in place, and so we want to be much more intentional and strategic be much more intentional and strategic in this day and age. Just because the in this day and age. Just because the more toxic and clogged up our terrain, more toxic and clogged up our terrain, the more um care and strategy we need to the more um care and strategy we need to apply to the protocol design itself.

apply to the protocol design itself. Heavy metals and biotoxins bind to the Heavy metals and biotoxins bind to the sticky matrix of biofilms, just like we sticky matrix of biofilms, just like we were just saying, creating internal were just saying, creating internal reservoirs of toxicity. That's why it reservoirs of toxicity. That's why it may be hard to clear out the junk may be hard to clear out the junk without dealing with the biofilm, but without dealing with the biofilm, but you don't want to just explode the you don't want to just explode the biofilm cuz that can be a retoxification biofilm cuz that can be a retoxification event for you. You want to gently event for you. You want to

gently dissolve and slough off and clear out dissolve and slough off and clear out like deal with it almost like a biofilm like deal with it almost like a biofilm flush versus like a liver flush, flush versus like a liver flush, basically, but in a no-flush flush basically, but in a no-flush flush approach, right? We don't want to create approach, right?

Building A Smarter Protocol

We don't want to create a big event out of it. We want to create a big event out of it. We want to create like baby daily flushes of these things like baby daily flushes of these things where we're really emphasizing where we're really emphasizing clearance, not just exploding them in clearance, not just exploding them in our guts. So, detox symptoms, like our guts. So, detox symptoms, like anybody ever had these when you're anybody ever had these when you're trying to deal with your symptoms or trying to deal with your symptoms or going on a detox or a cleanse or an going on a detox or a cleanse or an antiparasitic protocol, and you actually antiparasitic protocol, and you actually feel worse? Headaches, rashes, brain feel worse? Headaches, rashes, brain fog, flu-like symptoms, that's what Kirk fog, flu-like symptoms, that's what Kirk says. Often spike if biofilm isn't says. Often spike if biofilm isn't addressed or if binders are improperly addressed or if binders are improperly used. So, biofilm acting like a sponge used. So, biofilm acting like a sponge is an okay strategy for your survival in is an okay strategy for your survival in the moment, but as the problem builds the moment, but as the problem builds up, it means you have to treat them like up, it means you have to treat them like the sponge that they are in order to get the sponge that they are in order to get rid of them. So, we don't want to just rid of them. So, we don't want to just explode the sponge or squeeze it out and explode the sponge or squeeze it out and then leave it there, and then all the then leave it there, and then all the toxic stuff from the sponge is just like toxic stuff from the sponge is just like sitting in your guts making you feel sitting in your guts making you feel bad. We actually want to rinse the bad. We actually want to rinse the sponge out with water, with gentle sponge out with water, with gentle little squeezes, flush, flush, flush.

little squeezes, flush, flush, flush. The solution to pollution is dilution. The solution to pollution is dilution. We want to get back to a state of flow.

We want to get back to a state of flow. So, clearance is a way more important So, clearance is a way more important clinical strategy, so like really clinical strategy, so like really upregulating drainage and binders during upregulating drainage and binders during this process while you dissolve this process while you dissolve biofilms, while you use antiparasitics.

biofilms, while you use antiparasitics. And we want to make sure that you can And we want to make sure that you can tolerate those fundamentals of drainage tolerate those fundamentals of drainage before you go after and start shooting before you go after and start shooting to kill. We want to be intentional about to kill. We want to be intentional about this. Biofilm ecosystems adapt very this. Biofilm ecosystems adapt very rapidly, and fungi and parasites can rapidly, and fungi and parasites can signal each other to change form or even signal each other to change form or even retreat. You are never going to kill all retreat. You are never going to kill all of the biofilm. There will always be at of the biofilm. There will always be at least 1% of your biofilm that is in least 1% of your biofilm that is in dormancy at any given time, and it dormancy at any given time, and it rotates which part of the colony is in rotates which part of the colony is in dormancy, so that it's always a healthy dormancy, so that it's always a healthy batch that is going into dormancy, so batch that is going into dormancy, so that no matter what, if the conditions that no matter what, if the conditions are right, it can reawaken to try to run are right, it can reawaken to try to run the show in the future. That's nothing the show in the future. That's nothing that we have to actually stress out that we have to actually stress out about. You know, you're talking to about. You know, you're talking to somebody here today like I thought that somebody here today like I thought that I was going to die young from my Lyme I was going to die young from my Lyme disease and that I was going to be disease and that I was going to be wheelchair bound in the process cuz I wheelchair bound in the process cuz I could barely move for a couple of years.

could barely move for a couple of years. I couldn't lift my arms up enough to I couldn't lift my arms up enough to brush my teeth, so I didn't. I couldn't brush my teeth, so I didn't. I couldn't unfold my hands to, you know, grip my unfold my hands to, you know, grip my own steering wheel, so I drove to work own steering wheel, so I drove to work with my wrists and elbows. That's why my with my wrists and elbows. That's why my Like I wouldn't get in my car. He called Like I wouldn't get in my car. He called it the death trap. Thought it was insane it the death trap.

Thought it was insane what I was doing, but I didn't know what what I was doing, but I didn't know what else to do. You know, we can withstand a else to do. You know, we can withstand a lot of suffering. What got me to realize lot of suffering. What got me to realize that I had to take a totally different that I had to take a totally different approach was that I didn't feel like approach was that I didn't feel like myself anymore as a human. Like my myself anymore as a human. Like my temperament, my personality was gone. My temperament, my personality was gone. My sense of humor, my creativity, my sense of humor, my creativity, my natural generosity, my ability to be natural generosity, my ability to be present for myself or other people was present for myself or other people was totally gone. I was a shell of myself.

totally gone. I was a shell of myself. And it's because this ecosystem of And it's because this ecosystem of biofilms, fungus, parasites, you know, biofilms, fungus, parasites, you know, the Lyme and coinfections, they all play the Lyme and coinfections, they all play a role in this, too. They are part of a role in this, too. They are part of this ecosystem. So, we can't kill our this ecosystem. So, we can't kill our way out, and I'm not worried about my way out, and I'm not worried about my Lyme coming back. I'm not scared about Lyme coming back. I'm not scared about that. I know what it took to get me out that. I know what it took to get me out of that position. And by the way, I'm a of that position. And by the way, I'm a giant wuss, okay? I am inherently lazy giant wuss, okay? I am inherently lazy about self-care. I was always looking about self-care. I was always looking for the shortcut. I wanted to blame a for the shortcut. I wanted to blame a doctor. I was like, "Why can't you just doctor. I was like, "Why can't you just give me like something simple like a give me like something simple like a single pill? Or is there a surgery? Like single pill? Or is there a surgery? Like just cut part out of me so I don't have just cut part out of me so I don't have to think about this anymore and go back to think about this anymore and go back to normal." Like I really had very to normal." Like I really had very remedial thinking about this and big remedial thinking about this and big attitude [laughter] attitude [laughter] and chip on my shoulder, and I crashed and chip on my shoulder, and I crashed on absolutely everything I tried. I know on absolutely everything I tried. I know that if I can do it, you can do it. I am that if I can do it, you can do it. I am not afraid of not afraid of my Lyme disease even though like we my Lyme disease even though like we would call it like officially in would call it like officially in remission. And so like yes, it could remission. And so like yes, it could come back, you know, and the biofilms come back, you know, and the biofilms could come back because they always have could come back because they always have a little bit of dormancy, but I know a little bit of dormancy, but I know exactly what to do to keep myself safe.

exactly what to do to keep myself safe. Whatever I want, whenever I want, I go Whatever I want, whenever I want, I go wherever I want, I travel, I do the wherever I want, I travel, I do the conference circuit and talk on stages to conference circuit and talk on stages to practitioners every spring and fall.

practitioners every spring and fall. That is exhausting. That is a huge That is exhausting.

Why One Product Fails

That is a huge output of energy, and I see what the output of energy, and I see what the other speakers are doing behind the other speakers are doing behind the scenes to prop themselves up. It is a scenes to prop themselves up. It is a very, very demanding life, and I don't very, very demanding life, and I don't have to do what they're doing. I don't have to do what they're doing. I don't have to trick my body into faking it for have to trick my body into faking it for short periods of time like some of these short periods of time like some of these other speakers. So, I want you to know other speakers. So, I want you to know that there's absolutely all the reason that there's absolutely all the reason in the world to be really excited and in the world to be really excited and hopeful about your future cuz if I can hopeful about your future cuz if I can do it, you can definitely do it. And now do it, you can definitely do it. And now I lead a really big life, a bigger life I lead a really big life, a bigger life than I could ever have imagined, which than I could ever have imagined, which is crazy. When I'm talking to you about is crazy. When I'm talking to you about this stuff, I don't want you to go into this stuff, I don't want you to go into despair. What I want is for you to feel despair. What I want is for you to feel empowered like, "Oh, that's why this empowered like, "Oh, that's why this stuff that I tried hasn't worked. Well, stuff that I tried hasn't worked. Well, that makes sense now. I'm going to get that makes sense now. I'm going to get smarter about what is worth my time and smarter about what is worth my time and energy. What is really going to take to energy. What is really going to take to be in partnership with my body? Now that be in partnership with my body? Now that we know that multispecies biofilms with we know that multispecies biofilms with bacteria and fungi and parasites amplify bacteria and fungi and parasites amplify this

inflammation, amplify drug this inflammation, amplify drug resistance, amplify nutrient theft, so resistance, amplify nutrient theft, so they're eating at my table first, well, they're eating at my table first, well, no wonder I feel so depleted. Even if no wonder I feel so depleted. Even if you're overweight, you're probably at you're overweight, you're probably at the cellular level starving to death.

the cellular level starving to death. That's the functional experience in the That's the functional experience in the body even if you're carrying extra body even if you're carrying extra weight. So, please give your body so weight. So, please give your body so much love and adoration and reverence much love and adoration and reverence for what it's been able to do. This for what it's been able to do. This isn't just about Candida, by the way.

isn't just about Candida, by the way. When we're talking about like fungal When we're talking about like fungal overgrowth, biofilms protect more than overgrowth, biofilms protect more than just bacteria. Candida becomes invasive just bacteria. Candida becomes invasive and immune evasive in biofilm form.

and immune evasive in biofilm form. That's very true. Um and parasites like That's very true. Um and parasites like Blastocystis and Giardia nest within Blastocystis and Giardia nest within fungal colonies and mucus biofilms. So, fungal colonies and mucus biofilms. So, they're all working together. That is they're all working together. That is the point. And then the heavy metals the point. And then the heavy metals bind to the EPS layer just as they're bind to the EPS layer just as they're coming in on your food, air, and water coming in on your food, air, and water and creating further immune confusion and creating further immune confusion and reducing detox capacity. So, this and reducing detox capacity. So, this microbial matrix creates like a microbial matrix creates like a self-sustaining ecosystem that must be self-sustaining ecosystem that must be dismantled in phases. And that's the dismantled in phases. And that's the part where, you know, if you had any part where, you know, if you had any leftover magical thinking like leftover magical thinking like I did about, "Oh, it's just one product.

I did about, "Oh, it's just one product. I just got to find the right one product I just got to find the right one product for me." We want to let that go today.

for me." We want to let that go today. That is some lovely magical thinking, That is some lovely magical thinking, but we can outgrow that. We can be but we can outgrow that. We can be smarter than that. This requires a smarter than that. This requires a dismantling ecosystem it is that's dismantling ecosystem it is that's holding your parasites, your biofilms, holding your parasites, your biofilms, and fungus in place, which is generating and fungus in place, which is generating your skin conditions and your joint pain your skin conditions and your joint pain and your tinnitus and your floaters and and your tinnitus and your floaters and your food sensitivities and your sleep your food sensitivities and your sleep disruption and your hormone disruption and your hormone dysregulation and your mood swings, your dysregulation and your mood swings, your anxiety, all of these frustrations that anxiety, all of these frustrations that really dictate the quality of our life really dictate the quality of our life and really shrink down what is possible and really shrink down what is possible for us on a day-to-day basis. This is an for us on a day-to-day basis. This is an ecosystem, and we're going to dismantle ecosystem, and we're going to dismantle it piece by piece in a really it piece by piece in a really intentional way. That's why you haven't intentional way. That's why you haven't been able to clear or detox pathogens been able to clear or detox pathogens until you include some biofilm until you include some biofilm strategies. Enzymes like serrapeptase, strategies.

Stress And Immune Suppression

Enzymes like serrapeptase, biofilm busting botanicals like black biofilm busting botanicals like black walnut, oregano oil, and targeted walnut, oregano oil, and targeted binders are essential to penetrate the binders are essential to penetrate the EPS and expose hidden pathogens, but we EPS and expose hidden pathogens, but we don't want to just use those tools don't want to just use those tools alone, and we need to choose the right alone, and we need to choose the right tools for you at the right time given tools for you at the right time given your sensitivity levels. So, there's a your sensitivity levels. So, there's a class of antiparasitics that are still class of antiparasitics that are still working even in this day and age. A working even in this day and age. A class of biofilm breakers and dissolvers class of biofilm breakers and dissolvers that are still working in this day and that are still working in this day and age. And then we have drainage support age. And then we have drainage support tools that are still working in this day tools that are still working in this day and age. And then we have binders that and

age. And then we have binders that are actually worth your time and money.

are actually worth your time and money. And then we need a lot of energy support And then we need a lot of energy support to tackle all of this because your body to tackle all of this because your body knows that this is happening to an knows that this is happening to an extent. It's not stupid, but it's not in extent. It's not stupid, but it's not in a position to do anything about it a position to do anything about it because it literally doesn't have the because it literally doesn't have the core foundational nutrients or the core foundational nutrients or the energy to deal with it at this point.

energy to deal with it at this point. So, you have to give those back to it if So, you have to give those back to it if you're going to be in partnership with you're going to be in partnership with your body. It's like Candida is just your body. It's like Candida is just such a great example of this. We all such a great example of this. We all have Candida. It shifts from yeast to have Candida. It shifts from yeast to hyphal or the invasive form under stress hyphal or the invasive form under stress or immune suppression. Who here has had or immune suppression. Who here has had a little bit of stress or a little bit a little bit of stress or a little bit of immune suppression for one reason or of immune suppression for one reason or another? Maybe it was the mold and another? Maybe it was the mold and mycotoxins, maybe it was COVID. We've mycotoxins, maybe it was COVID. We've all had a rough few years, right? This all had a rough few years, right? This is 2026. We we now have all kinds of is 2026. We we now have all kinds of things on our bingo cards that we didn't things on our bingo cards that we didn't before, you know, in terms of life before, you know, in terms of life events and world events. It's been a events and world events. It's been a rough few years for all of us. So, of rough few years for all of us. So, of course, your oppor- opportunistic course, your oppor- opportunistic pathogens in the body, including pathogens in the body, including Candida, will respond in kind.

Candida, will respond in kind. Mycotoxins released by fungi impair Mycotoxins released by fungi impair liver detox and vagus nerve signaling liver detox and vagus nerve signaling and mitochondrial output. So, there's and mitochondrial output. So, there's this cascade effect in both directions.

this cascade effect in both directions. If you have any of this junk in your If you have any of this junk in your body, which we all do to some extent, as body, which we all do to some extent, as soon as you start experiencing enough soon as you start experiencing enough stress or enough depletion, they're stress or enough depletion, they're going to start to take advantage of going to start to take advantage of that. And once they have set up shop, that. And once they have set up shop, they are going to reflect back to your they are going to reflect back to your body, "Hey, I'm going to inflame your body, "Hey, I'm going to inflame your bile ducts so you can't detox as fast as bile ducts so you can't detox as fast as you used to. I'm going to impair your you used to. I'm going to impair your vagus nerve function so you can't settle vagus nerve function so you can't settle yourself down and self-regulate as well yourself down and self-regulate as well as you used to." Why does that matter?

as you used to." Why does that matter? Why would they even bother to do that to Why would they even bother to do that to you? Why is that a core strategy for you? Why is that a core strategy for parasites, fungus, and biofilms? Because parasites, fungus, and biofilms?

Parasite And Fungal Alliance

Because if you can't self-regulate your nervous if you can't self-regulate your nervous system the way you want to, the way you system the way you want to, the way you are literally designed to, if you can't are literally designed to, if you can't soothe and settle yourself down and soothe and settle yourself down and create safety for yourself within your create safety for yourself within your body in an embodied way, your nervous body in an embodied way, your nervous system will tell your immune system and system will tell your immune system and your digestive system and your detoxing your digestive system and your detoxing and drainage strategies, don't put and drainage strategies, don't put energy there. It's not safe enough right energy there. It's not safe enough right now. We need to be on alert to deal with now. We need to be on alert to deal with these threats.

these threats. Don't upregulate detoxing and drainage Don't upregulate detoxing and drainage right now. Don't go after the invaders. right now. Don't go after the invaders.

Don't focus on digestion. It's not safe Don't focus on digestion. It's not safe right now. We'll get back to that stuff right now. We'll get back to that stuff once the threat has passed. But now once the threat has passed. But now we're living in an ongoing threat, we're living in an ongoing threat, aren't we? Which is okay. It's not too aren't we? Which is okay. It's not too late to fix all the stuff and actually late to fix all the stuff and actually fix it with natural tools. But we do fix it with natural tools. But we do have to tackle the problem head-on have to tackle the problem head-on because it doesn't get smaller.

because it doesn't get smaller. Parasites and fungi co-colonize in Parasites and fungi co-colonize in mucosal biofilms. This is that toxic mucosal biofilms. This is that toxic alliance that I promised to tell you alliance that I promised to tell you about. So, parasites and fungi together, about. So, parasites and fungi together, what does that mean? It means the little what does that mean? It means the little critters that came in on your food, critters that came in on your food, parasites whether they're microscopic or parasites whether they're microscopic or the bigger helminths, you know, the the bigger helminths, you know, the trematodes, whatever they were that came trematodes, whatever they were that came in in your normal everyday exposures, in in your normal everyday exposures, maybe from letting a puppy kiss your maybe from letting a puppy kiss your face or swimming in a river, you know, face or swimming in a river, you know, when you were a kid, wherever they came when you were a kid, wherever they came in, they came in. And those parasites in, they came in. And those parasites and the fungi that you got exposed to, and the fungi that you got exposed to, whether it was Candida or mold, either whether it was Candida or mold, either mold in your food or mold in your mold in your food or mold in your environment, they co-colonize, environment, they co-colonize, meaning they work together to build up meaning they work together to build up their colonies in mucosal biofilms. So, their colonies in mucosal biofilms. So, they're telling biofilms, "Hey, hurry up they're telling biofilms, "Hey, hurry up and make more of yourself because we and make more of yourself because we want to nest in here and we need lots of want to nest in here and we need lots of room to do that." And they protect each room to do that." And they protect each other and confuse immune responses.

other and confuse immune responses. Fungi degrade gut barrier integrity. Fungi degrade gut barrier integrity. That's a really big deal. While That's a really big deal. While parasites hijack neurotransmitters parasites hijack neurotransmitters resulting in anxiety, food reactivity, resulting in anxiety, food reactivity, and exhaustion. So, this is and exhaustion. So, this is the synergy that drives chronic immune suppression that drives chronic immune suppression and dysfunction and leaves you reactive and dysfunction and leaves you reactive to the world around you. So, the immune to the world around you.

Where Pathogens Hide

So, the immune energy you do have gets spent on ready, energy you do have gets spent on ready, fire, aim. Oh god, there's a Glade fire, aim. Oh god, there's a Glade PlugIns. Let's get a headache. Oh god, I PlugIns. Let's get a headache. Oh god, I sat in an Uber or I sat next to somebody sat in an Uber or I sat next to somebody with perfume or I ate something with a with perfume or I ate something with a weird toxic preservative in it. Let's weird toxic preservative in it. Let's have a big immune response to those have a big immune response to those things. And that's how your immune things. And that's how your immune energy gets spent. It gets wasted.

energy gets spent. It gets wasted. Ready, fire, aim. Ready, fire, aim Ready, fire, aim. Ready, fire, aim because your mast cells are so because your mast cells are so trigger-happy and ready to release trigger-happy and ready to release inflammatory materials, those cytokines, inflammatory materials, those cytokines, interleukin-6, histamine, all of it. And interleukin-6, histamine, all of it. And there's nothing left over for the other there's nothing left over for the other side of the immune response, which is, side of the immune response, which is, "Hey, we're going to mount an immune "Hey, we're going to mount an immune response. We're going to go in and we're response. We're going to go in and we're going to get the bad guys and we're going to get the bad guys and we're going to kill them and flush them out." going to kill them and flush them out." That's the other half of the immune That's the other half of the immune system and there's not enough energy system and there's not enough energy left over for it. And that's deliberate left over for it. And that's deliberate on the fungus, biofilm, and parasite on the fungus, biofilm, and parasite strategy. That is their core idea, their strategy. That is their core idea, their reason for winning until now is we're reason for winning until now is we're going to get the immune system to react going to get the immune system to react to the other stuff, the toxicants, and to the other stuff, the toxicants, and not be able to mount an immune response not be able to mount an immune response to us. So, the synergy drives that to us. So,

the synergy drives that chronic immune suppression and leaves chronic immune suppression and leaves you reactive to the world around you. If you reactive to the world around you. If you feel like your sensitivities are you feel like your sensitivities are multiplying and your energy is multiplying and your energy is disappearing, this hidden alliance is disappearing, this hidden alliance is probably playing a big role for you. And probably playing a big role for you. And pathogens don't always stay in the gut, pathogens don't always stay in the gut, right? We got to get smarter about this right? We got to get smarter about this stuff. They migrate and embed in the stuff. They migrate and embed in the sinuses and lungs. We got to remember sinuses and lungs. We got to remember pathogens don't always stay in the gut.

pathogens don't always stay in the gut. They can also be in your skin and your They can also be in your skin and your scalp. That's a big one. Most common scalp. That's a big one. Most common mis-species are Blastocystis and mis-species are Blastocystis and Entamoeba histolytica. Those are known Entamoeba histolytica. Those are known for extra-intestinal tissue invasion.

for extra-intestinal tissue invasion. Strongyloides, that's a big one, Strongyloides, that's a big one, systemic parasite with auto-infective systemic parasite with auto-infective capacity. What does that mean? It means capacity. What does that mean? It means they can keep perpetuating their life they can keep perpetuating their life cycle. They can be embedded deep in your cycle. They can be embedded deep in your muscles. That's why you might be having muscles. That's why you might be having aches like I did. We get that blamed on aches like I did. We get that blamed on fibromyalgia and then it's like, "Oh, fibromyalgia and then it's like, "Oh, well, now I finally figured out it's well, now I finally figured out it's Lyme and co-infections." Well, usually Lyme and co-infections.

Cravings And Neurotransmitters

" Well, usually actually it's a synergy between, yes, actually it's a synergy between, yes, the Lyme and co-infections, but also the Lyme and co-infections, but also Strongyloides and how the biofilms keep Strongyloides and how the biofilms keep these guys going because they will hide these guys going because they will hide them from us. Candida, really good at them from us. Candida, really good at penetrating the tissues body-wide.

penetrating the tissues body-wide. Candida is not a gut problem. It is a Candida is not a gut problem. It is a whole body problem. And Aspergillus, whole body problem. And Aspergillus, that's a fun [clears throat] one, right?

that's a fun [clears throat] one, right? That's our molds that are super common. That's our molds that are super common. Um there's actually many mold species Um there's actually many mold species that's all they care about, how to keep that's all they care about, how to keep you on the back foot so that they can you on the back foot so that they can run the show. So, cravings that run the show. So, cravings that pathogens hijack your taste buds and pathogens hijack your taste buds and satiety signals to feed their life satiety signals to feed their life cycles, especially sugar, dairy, and cycles, especially sugar, dairy, and simple carbs. And the inflammation and simple carbs. And the inflammation and malabsorption that you're experiencing, malabsorption that you're experiencing, that's damage to the gut lining. And that's damage to the gut lining. And that's going to impair your nutrient that's going to impair your nutrient absorption, especially those fat-soluble absorption, especially those fat-soluble vitamins A, D, E, K. Like we need those vitamins A, D, E, K. Like we need those for our hormones, for our brain, for our for our hormones, for our brain, for our bone and teeth health. So, some bone and teeth health. So, some parasites produce enzymes that inhibit parasites produce enzymes that inhibit serotonin transporters and also alter serotonin transporters and also alter vagus nerve signaling. But that vagus nerve signaling. But that emotional volatility in general, the emotional volatility in general, the rages, the panics, histamine issues, rages, the panics, histamine issues, those aren't just your traumas. That's those aren't just your traumas. That's not just the news cycle hijacking and not just the news cycle hijacking and ruining your day. Your ability to ruining your day. Your ability to self-regulate is getting stolen from you self-regulate is getting stolen from you by these critters. And you are still a by these critters. And you are still a very resilient person underneath all of very resilient person underneath all of this. You're still a very positive this. You're still a very positive person and creative and naturally person and creative and naturally emotionally generous and kind. Like all emotionally generous and kind. Like all of that is still available to you, but of that is still available to you, but it's underneath these distortions. So, it's underneath these distortions. So, that's why I want you to feel better that's why I want you to feel better about who you are as a person. I want about who you are as a person. I want you to remember that everything that you you to

remember that everything that you loved about yourself, either your loved about yourself, either your ability to trust yourself in certain ability to trust yourself in certain situations, your natural kindness and situations, your natural kindness and compassion, like all of that is still compassion, like all of that is still there. Your body is just aiming for there. Your body is just aiming for survival right now and it's having a survival right now and it's having a perfectly logical response to the stress perfectly logical response to the stress that it's been put under.

that it's been put under. >> [music] >> [music] >> [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. 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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care. care. I'm really glad you're here and I'll see I'm really glad you're here and I'll see