## Introduction and Dr. Todd Watts Bio

Welcome back. We're continuing our conversation on reversing chronic gut conditions. I'm your host, Sinclair Kennally. And today I am joined by the wonderful doctor, Todd Watts, my dear friend and colleague.

And I'm going to read you his official bio, but it really doesn't describe his level of impact in this space. So I'm going to fill in the blanks for you because I really wanted you to get the benefit of his wisdom and what he has shared with functional medicine and helped people to progress into really a whole new level of integrating by regulatory medicine and really meeting the desperate, urgent need of chronic conditions today.

So here's what his bio actually says, and I'm going to add him a little bit. So Dr. Todd Watts is a national board certified chiropractor, musician, physician in Idaho, a functional wellness practitioner.

Many know him as the parasite guy, which is true. But he also has extensive knowledge in functional blood chemistry biochemistry and helping those with chronic illness overcome their struggles to restore their health.

He's also the co-founder of the The CellCore Bio Sciences and loves to research to formulate products and which will which will change the world. Dr. Watts was the first to bring memos that put a cascade to the general health market in the United States.

And he has an amazing health journey which has also led him to be able to help others. And I would actually go further and say Dr. Todd Watts has really been foundationalin starting a movement of people taking back control over their health, even in today's complex day and age.

And, you know, all the factors at play with that. So I'm so thrilled to be able to share his wisdom with you today. Thanks and welcome, Dr. Todd. Thank you for having me on. Okay.

So sorry to embarrass you, but you're kind of a big deal. And let's let's unpack for people. I really wanted you to be at the beginning of the summit here with me helping people to understand what paradigm we're in, because there's a lot of different ways to view health and medical issues today.

And I want to help people ground into what the solutions that are available to us that are there we see working, you know, and you have been instrumental in sharing those with people.

So let's start out and let's do a sort of rapid fire presuppositions, you know, building the framework for people some good.

## Germ Theory vs Terrain Theory

Sounds good. Okay. So how would you describe the difference between germ theory versus terrain theory? We often refer to terrain theory as we're trying to describe the solutions.

But if you don't know what it is, it's not very meaningful. Right. Right. So what most people are familiar with is germ theory. And germ theory is where we talk about the bugs are bad, so we get to kill the bugs.

Hence we we have antibiotics, antifungals, everything's there to we're getting infected and then we're trying to kill it and get it out of the bottom tier.

String theory is the fact that the bugs are there for a purpose. It's the terrain that's changed and therefore causing polymorphism, meaning that the bacteria is already there and we already have equal in our body.

We already have Candida in our body and it was reintroduces toxins into our body also. Now these things can see a morph and be toxic to us, meaning that their byproduct is toxic but in a bug itself is not necessarily toxic.

And so therefore what we're missing out is we need to clean up the terrain versus always going after the bugs. Bugs play a role and in fact part of detoxifying and what's really happening is the bug is metabolizing the toxin and and that's why it raises that's why we get all those Candida antibodies when we get other bacteria that increase, say, pylori and a variety of other bugs, there.

And in it can be even to the point of, you know, there's some theories, maybe Lyme disease, maybe Lyme. Right. Has a role of detoxing the body that we got exposed to something and now it's active and it's gone and and we're always trying to go in there, kill, kill, kill, you know, through the antibiotic, through herbals, through whatever it may be, versus looking at it from a an immune standpoint or detoxing what's creating the problem.

And then looking at, okay, how do I balance the message to not to make the body to work on someone the way it should? Yeah, that's a great way to summarize it.

So what do you see as some of the biggest toxic drivers that are really clogging up this terrain in our body today? So there's a couple of the largest exposures we have, or one is glyphosate, and then another one is atrazine.

And atrazine, the second most used pesticide. And that that is also, you know, highly responsible for a lot of hormonal dysfunction within the body is where a doctor wrote a book on extra generation that it's the this the estrogenation in a way of men lower testosterone and more and more estrogen and creating all kinds of health issues developmental issues as well.

Yeah, really well said. And so I think that people are still focusing a lot on heavy metals and they are absolutely disruptive to the terrain. And at the same time, we need to really expand our awareness and our our intelligence about this chemical exposures and how quickly we can verbalize them.

Right. Well, there's there's 86,000 or 86,000 chemicals registered with the EPA. So, you know, probably 44,000 or so that are active chemicals being used.

But then you have all these other ones that are forever chemicals, the plastics, etc., and those, you know, you really look at those. They're in our environment.

They're they're everywhere.

## Environmental Toxins and the Terrain

So we are worried about a little bit of the heavy metals that we have exposure to that we're blaming the problem for or is it the 86,000 plus chemicals that have been used for years that are increasing when you look at the health trends, you know, colitis and you know, Crohn's disease, autoimmune disease, a lot of these illnesses have really skyrocketed in the nineties on up through the 2000 once right along with the usage of glyphosate, for example, and then the other is other chemicals.

And, and so can we blame everything on the trend in functional medicine? We get these trends well it's Candida that's the problem. It's you know, it's it's heavy metals it's mercury to the problem and then ignoring what we're most exposed to in our food and water.

Yeah, that's a really great point. Okay. So in terrain theory, given that are body burden of environmental toxicants is going up dramatically over the last couple of decades, you know, what is the relationship between that and that bacterial response that you alluded to?

If bacteria are not the enemy, what are they doing and why have they become so, quote unquote, problematic? So their problematic because of their byproduct, they produce kind of a bug, right?

We react to that. It creates a lot of problems. So in line in the example of Lyme is that an it creates joint pain it creates and it's not the line that's creating it's it's the byproduct ammonia and the other two byproduct the toxin they produce parasites produce a lot of toxins, that is bio toxins that then also create joint pain that creates a lot of gastrointestinal problems, a lot of and dysregulation within the immune system.

And so you consider, okay, the whole raw bacteria, part of it is cleaning up the environment. And there's a experiment done that I know the company that it had this beagle, the training dairy the training where this is a nasty process, disgusting is like how do we clean this up?

So they fed it nutrients the bacteria that they put a bunch of nutrients in it that fed good or bad bacteria that really the clean up. So they weren't going in and trying to kill off all the anaerobic bacteria and garbage stuff.

Instead, they fed the good bacteria, metabolize the toxins and cleaned everything up and created the right microbiome or the right to rain in that area.

That's perfect example. Okay, so you're the parasite guy and you really helped people to understand just how widespread gut parasites are and how persistent they are.

You know, setting aside for the moment, you know, other systemic parasites, how does all of that fit into the gut microbiome issues that we're seeing today?

Polymorphism Do you think that you know, how how can you explain to people who are just getting exposed to the idea of parasites driving some of their deep gut issues, how all this fits together.

Was, Pearce says, proliferate.

## How Bacteria and Parasites Fit In

When there's a when there's a bad terrain, then the immune system is affected, which then allows the parasites to then proliferate, create an environment where biofilms are built.

You have a lot more yeast, fungus that is in that arena and more bacteria. So with that they thrive. They absorb actually a lot of toxins, which is a beneficial in some ways.

I presented on this. But the at the same time when you consider what's really happening there is them. They're producing their own toxin, a bio toxin that causes damage to the lining of the intestines and causing damage to the function.

How the body works, some of them produce enzymes that inhibit peristalsis to where you know, you get constipated, other ones cause a diarrhea. And in the system and then otherwise produce enzymes that inhibit Krebs cycle function which the ancient trade fatigue and lack of production of ATP, which is the fuel for lots of enzymatic reactions within the body and how it all works.

So when you look at it overall, what it does, yeah, it creates all kinds of issues. I remember one of the problems I had when I first started detoxing, I created a product called Pareto and I worked on it for 20 years and I made a formula with the combination of a variety of ingredients and I was wasn't quite there yet.

And there's one other thing. So I finally added one other ingredient colloquially Basil, and all of a sudden literally I've been taking the product with for the whole baseline and taking it for a couple months.

I'm using two dropper fulls and I do two doses now. So my hands are swollen, my feet are swan, I got rash all over my body. What's going on? And I thought like my wife, she's laundry, so you know, it's not going to happen.

And then I realized, oh, it's the product. Yeah. And I just had just, I still had renders of line and other things in my joints that needed to be cleaned out.

A body needs further detox and as I did that, I'd backed off for a few days and then started back on it. Lower dosing worked up to where I was doing five or ten dropper riffles and it is it's changed so much in my health by being able to clear out deeper, deeper detoxification.

And so when you look at some of these urge, not only do they have maybe some antimicrobial effects, but they really work well with the microbiome on helping to balance out and or, you know, can have an inflammatory properties and a lot of other help properties versus just chilling, chilling stuff like name is one is called the village pharmacy and it really helps you actually make a better microbiome and they say that it has parasites because of the bitter so it pushes stuff out.

Yeah, that's a great overview for people. So you mentioned your own product development. Of course, that's for self care. And I just want to give people a little bit of a window into your personal health story and how you're coming at this, not just as a clinician and as a formulator, but also as somebody who has walked this path of being chronically ill and having to figure out these issues for yourself.

Can you share a little bit with us? Yeah. So I'll be 55 here in September. It happened at 28. I hit her wall with Lyme, with Epstein-Barr. So I went through that whole thing was down for a couple of months and then got slowly back to work and getting my heart back.

But after that and 30 I started developing allergies and and just injuries were occurring on hamstrings, muscles, tendonitis, Achilles tendonitis, really bad wrist pain and resting probably back of my wrist for 20 years.

I couldn't figure out what that was. And a little stitch underneath my left ribs that this little peanut every so often bothered me. And then when I hit 40, I went through a lot of stress.

And in 28, there's a lot going to happen in the economy. I lost my house, my cars, everything, and a couple of girls, some back school, age 41 at that.

At that point when I was in school, I was at a conference and listened to this doctor talk about Lyme disease, never heard of it. And he listed all his symptoms and they can manage fatigue, headaches, migraines.

So sensitivities of seasonal allergies, joint pain, memory issues, the word recall. You know, I can work out. My legs seem really heavy and stuff with my heart.

## Dr. Watts' Personal Health Journey

Okay, what is all this and you know Lyme and be resilient to many main issues and you know I went down that road of taking products for that stuff helped for a while and I would trash her for a while and she wasn't looking at the whole system and the infection.

And as I was going through my journey as a doctor, I graduated and you know, another guy told me about parasites go get this parasite. So I went this rabbit hole, deep dove.

Once I treated parasites, also my whole system bounced out and I start cycling back in and these Lyme disease issues and because the teach one teach me systems are highly correlated and one suppresses the other, which is out of balance.

And the main issue I had probably was the parasite infections creating suppression in the immune system, allowing the issues to occur. And then I and then from there I learned more about detoxification and understanding toxins.

And as I cleared out toxins, then a lot of my symptoms with that fatigue went away. My allergies went away. Plant parasites, you know, my joint pain or wrist pain, that was crazy.

The recipient that had all those years gone. And so just my headaches, migraines, all that went away. And so my fatigue really went away, went to address some of the toxins, the toxicants and and the parasites also helped. Me a

little bit about your story is that I think it gives people a lot of hope, for one thing, and also describes the progression that so many people have to make.

You know, there are these early warning signs for years and then when life hands your really stressful event that exceeds your nervous systems capacity to meet it, that's when everything comes crashing in.

That's when the toxin bucket feels like it's overflowing, even though it's been building for quite some time. Decades. Yeah, it's exactly. So because you have such a breadth of expertize in in gut health, in persistent, chronic gut conditions and in parasites specifically.

I really want to give us some time to unpack that. Some of the myths that still persist, even at functional medicine, even in natural health, about parasites, about chronic conditions, because I think we're still catching up to the data that's available to us now.

What do you think. Sir? Yeah, I agree with that. One is that, you know, they believe in testing in parasites where they test on on I mean, they do composites sometimes.

But, you know, I have had so many negative tests that I saw it and just feel, you know, it was like, okay, well, we had nothing. I really believe this is the problem.

We need to really treat that and ensure not just stuff comes out like you can't believe. You know, I've seen this from other loads of liver flukes. Too many people, tapeworms can have people roundworms, you know, just people.

I've had women urinate out parasites and parasites. Parasites come out through their sinuses and their nose, some out their ears. That's rare. But couple couple those through their skin exam in their life and health changes dramatically because of going that avenue of the drug it's and I would have never gone down that road in functional medicine had I relied on a lab to find a cure.

So true. It's I think it's heartbreaking actually, the the level of accuracy in those stool tests that are claiming, you know, essentially that if we if we can't see it in there, then and it must not be there because you can waste years of health on essentially an incomplete window of information.

Well, what people do is they take nutrients and vitamins and vitamin C and vitamin D and they do diabetes and they do all these other things. And what they're missing out is the root cause of why they're not getting at the foundation of what's really happening.

And if you look at other countries, so as you go out, study outside the United States, you know, this is this common parasite cleansing is really common in the global economy.

Now, just because we live in the United States doesn't mean we're not affected by these things. You can get gigabytes into food. You can get them through water sources swimming in the lake, walking barefoot from your dogs and cats and horses and animals and.

## Parasite Testing Myths and Common Mistakes

Things to each other, you know. With each other. It just it sort this out is. And so if we just are more consistent with doing that, you're going to have better health and a longer longevity.

So what do you think are some of the top mistakes that people make when it comes to parasite cleansing? Because not all parasite cleanses are created equal?

I know they're not for sure. So many times I've had people take all kinds of different products, which is why I formulated a bunch of new ones was because I never saw the results.

And so when you're looking at it, one is you got to be sure you're taking products that address the eggs and just the

different forms of the parasites.

Otherwise you just keep reinventing them, they just keep producing. So that's where trade for products and repairs have ingredients that address takes care of two, three and four and.

And then you must separate their products. Then a great job is scrubbing the gut, removing a lot of things that don't belong there. And we've seen that over and over with people.

And it's you know, some people think, oh, it's just the product that you see. It's not just the product as a clinician, as a work with the product for probably eight years now now, maybe nine years now and then other clinicians, you know, you can tell what's the product, what's not the product.

And also you get to look at clinically, how are there, you know, how old are symptoms? Are they going away? Are they out of people improving and it's awesome to see people's lives changed from that, from that standpoint.

And they're not they're aren't creative people. And even the medications and medications actually can be helpful, but they don't address the the stages of the patients in on undress, the eggs and stuff that they that they need.

So some of them are more just like other ones go systemic. And so I find, you know, really diving in, working more with nature has really helped and really getting good results this do.

We get people in our rapid get reset course who go from not believing that they they they disbelieve that they have parasites and like I'm here but I'm here to learn the other tools in the course.

I'm sure I don't have parasites. And then we have them do the the pair one challenge with the most Percocet and with they go from not believing that this is a core issue to them to like in six weeks they can tell already they're so body literate so quickly.

Oh, I can tell when I'm about to pass a large parasite because I have these internal signals and then this is how I feel afterwards. And it's a relief.

They feel more like themselves again, you know, there are significant shifts in your health often right away, and it's just astonishing. It's amazing.

It's amazing how many switch is going away. I mean, seasonal allergies or. Well, I had them in data and my eyes. It's so bad in my throat. 18 and nasal congestion irritating and just the quality of life changes, the headaches, the migraines that is wonderful to be able to not have that and be able to eat different foods without having reactions to the foods as well.

You know, to get rid of the different pains and issues within the body that can occur from parasites. Yeah, yeah, yeah. It's actually wild. So we are going to unpack this further in the segment with Dr. Jaban Moore and so many other friends.

And I really want to fill in any gaps right now to set the stage for everybody so that we can have a really successful educational experience here. People really can take control over their own health in a short amount of time.

So when it comes to terrain theory, how toxins build up, how they necessitate almost that pathogenic response, bacteria play a morphing into their aggressive form to help stabilize the situation or take advantage of it.

I mean, how you look at it, it's parasites thriving in the stagnant environment. What else do people need to know about this picture in order to figure out like what is a really what's really going to move the needle for them?

So a couple of different things. One is being sure your drainage pathways are going be you're having good, bad moments. Your your bowels flowing with it will be able to get the toxic toxins toxicants out of the body.

And another thing to consider is is as you parasite cleanse is really important to cleanse and clear toxins and toxicants because otherwise if you don't do that then you can know some of the repercussions from headaches, rashes and things.

## Drainage, Detox, and Daily Support

And so opening up drainage is really important and using the binders to really help to soak up or clean a sponge or the toxins and stuff. And then, you know, using the process, there's a process to this supporting mitochondrial functions that restoring the body's own immune system to function the way it needs to is are really important.

The the optimal thing is is for me I look at is how do I get the body to do what it's supposed to do? And it got me, you know, made it to do on its own.

It's overburdened right now. So let me remove the burden and then allow it to do what it would have naturally. And as I do. That's beautifully said. Thank you so much.

How about for folks who think that they're already doing drainage support and then like Dr. Todd, I've been working on this stuff and I still feel a little lost or I'm not seeing the results that I was hoping for.

What are some common things that people skip or overlook? What if they don't get any support? And that's that's awesome. That means you support a kidney, liver and bowel movements.

So those organs need to be really supportive. Well, then the next thing to consider and look at is going to be to really look at, okay, how do I get to that optimal health balancing immune system out?

Or it really is important to consider what bacteria, protozoans, viruses and stuff is going to be from the immune system parasites. Stage two And if this imbalance, then the body is not going to handle it.

So you may need to give it additional support to deal with those things, to reduce some of those symptoms. And then from there, you know what I tell a mindset and how you think is so important.

You are what you think. The physiology occurs, walking in, getting out in the sun is really important is red light therapy, sunlight therapy. You know, there's the cold plunge therapy stuff working in some of these things into your daily routine.

Animals have really been helpful to really open up that liver and move things, colonics for some people. So, you know, bringing some of these different treatments that you may not normally do or accustomed to doing actually can be some big breakthroughs for you.

Yeah, that's such a great point. I really appreciate your pointing that out. Any last words of encouragement for our gluten free yogis who still feel like crap?

They think they're doing everything right and they still have a long way to go. It's just a feeling like crap and you haven't got the source of the problem, so you still have to work on why it's there.

There is a reason the toxins are missing. There's an infection that you're missing or a parasite that you need to clear, and that will get you to the next level.

This is a journey. It's not an event. Detoxification is not an event. It's a journey. It's a lifelong thing. You will get exposed every day, especially if you live in Southern California, where I'm from originally, but it's in the air and we look at the air looks horrible.

The water supply has a ton of toxins. That's why say water is so important. And the food in organic and locally grown people, you know, and supporting local, local businesses is really important anyway.

It supports your community and I'm a big advocate of that and especially meat. Meat she back in the store. The reason why it's red is because it's sprayed at the morning chloride and sprayed with the chemicals to keep it looking fresh.

Where you go buy liquor. I have a sister in law that raises cattle so we get a half a cow every year and once or twice a year we, you know, it's all frozen.

It's not going through a process of getting toxins added to it. Also, is it free range versus, you know, eating out the garbage and the toxic food that they're feeding?

It has all the GMO stuff in it.

## Mindset, Lifestyle, and Final Encouragement

So knowing what you're eating, what you put into your body, when you're putting it into your mind, your brain is really important and it can be the game changer for your mindset that really helped me overcome.

My health is changing the way I thought and knowing that I was a warrior to overcome all this chronic ten years of fatigue and health issues to get me to where I am today.

That's beautifully said. I didn't realize that back when I was so sick. And I, you know, couldn't read an email, couldn't write a sentence, couldn't stand up for more than 5 minutes at a time.

I had this negative meditation going the whole day long. My body is broken. I'm on the short bus, my genes are messed up. Why me? Why me? You know? And everybody was listening the whole time.

Does is amazing. Funny how that works. And it was really making that decision to ask myself instead just even a neutral question is that that I'm thinking right now adding to my life force or is it decreasing it?

And I answer is always going to be clear your body knows the truth. It does. That's great to clear the air. Thank you so much for sharing your story and that the gifts that came out of your own health journey.

I would argue that it's worth it because so many of us, including myself, have benefited from your deep research and your commitment to excellence. So I really appreciate your contribution.

You're welcome to be part of this. And it's what I have a passion for helping others to fix.