How Parasites Affect Thyroid Function Transcript

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Introduction and Doctor Kelly's Background

Hi, I'm doctor Kelly Halderman. I'm a former medical physician and author of The Thyroid Debacle. I'm now devoting my life to education, research and biotech because I realize we need educated people to bring us cutting edge information, especially when we find ourselves with a diagnosis such as hypothyroidism.

When I was practicing allopathic medicine, I myself became very sick, bedridden with what would be diagnosed as Lyme and mold infections. Along my health journey, I was also diagnosed with Hashimoto's thyroiditis, a condition I was told that could only be managed with medication.

Well, I'm here to tell you that there is more than medication to help you, as you will learn through my powerful interviews with several functional medicine practitioners.

There are tools that will help empower you to take charge of your health. Join me today as I interview leading doctors, naturopathic specialists to uncover the most useful health insights for you.

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Hi everyone. This is Doctor Kelly. Welcome back to Doctor Talks. We're continuing our series on thyroid health. And we have a very special guest, some of my very good friends excellent practitioner Doctor Tyson Frank.

Welcome, doctor Frank, thank you so much for having me. No problem. You were top of my list. Sacrifice. And because we go way back, I mean, Doctor Christie, you have really opened up some doors for me and, you know, really been so knowledgeable in your pursuit for just improving yourself and your clinic.

And I'm always following what you're doing. So I'm just so happy to have you here. Well, thank you again for having me. I'm excited to be here and to kind of discuss some of the stuff that we're finding and treating and getting success with.

Yeah, definitely. So we're going to be talking and mostly about thyroid and parasites. Which is a major problem. We all know it. So, doctor Frank, before we go down that road, road of getting into the parasites and thyroid, tell us about yourself and your practice.

Well, I'm a chiropractor by education who got into functional medicine while still in college because I was trying to find better ways of getting results, even for myself.

Doctor Tyson Frank's Practice and Functional Medicine Journey

You know, before I even got into practice and treating people was to let me down, a lot of different pathways arose to discover different ways of finding things outside of just laboratory testing and how to find better results, which led me through functional medicine.

I got to epigenetics, doing a lot, testing genetics and looking at that. Then I also got into, energy medicine. It can easy allergy things allowed me to kind of had the education on one side and be able to treat appropriately on the other side for each individual based on their personal needs, even when it comes down to their genetic needs.

And so by doing that, I was able actually treat and fix myself for a lot of Lyme things and parasites, stuff that I've dealt with most of my life that were kind of missed, and most of the functional medicine aspects due to laboratory testing.

So it's allowed me to kind of come through and, and fix my life in a lot of ways. And by doing that, I've been able to help quite a few other people. So that's such a common thread.

And among a lot of us functional medicine practitioners is that, you know, we met a lot of roadblocks when it came to healing, and so we really had to just dive in ourselves to get ourselves better.

And I share that story with you. And I think that we're of some of the most tenacious people because we have the empathy for our patients. We have the empathy of knowing what it's like to suffer.

So kudos to you and your clinic and all. Your very talented, partners and doctors at the clinic. We'll get into that, at the end so people can learn more about how to find you.

But let's first talk about let's let's dig in right away. Let's, come out the gates ablaze in here. How do parasites affect our thyroid? Well, parasite or thyroid issues have become more and more mainstream.

We're seeing more diagnosis of Hashimoto's, autoimmune issues and things like this. And what are we going to say about parasites? Is there an invasion?

They're trying to take over your body. They're trying to make it a place where they can heal at home. So doing that, they have to disrupt our normal immune system.

They have to disrupt all the pathways there in our body. They're going to affect them in a negative way. And so they go through an almost in a terrorist type.

We jokingly call them parasites in our clinic because that's what they are. They really are. They're hidden, they like to hide, and then they like to manipulate us.

Not just our mood or our behavior, but how we eat, what we eat. You know how we are. Metabolism works, which is a big part of the thyroid. How we go through and fight these, these things off is through our immune system.

And if immune system is challenged, we have trouble there. So it weakens us. It allows toxicity to build up in our body. So some of the the big things right off the bat, when we look at that, when a parasite comes in, the first thing it tries to do is to try to feed and breed.

Those are two main goals in life feeding breed well to breed. It's got to be able to feed properly and it's got to feed on something. So it is going to steal the resources in your gut.

It's going to steal from you what you're eating or is going to actually feed on you. It's going to chew on your tissues and steal your blood and everything else it needs to survive.

And to do that, it will cause all kinds of other issues. One of the biggest things we see is and parasite specifically is normally in the gut. That's normal.

We first notice it and we have parasites in the brain, the liver and other organs. The stuff that we'll come across a little more acutely and we'll see those things kind of pop up or that can go undiagnosed for long periods of time because laboratory testing, trying to find parasites in the brain aren't very good.

Now. I mean, you can't get things in the blood brain barrier to show up in a blood test usually. And so dealing with those things there takes quite a bit.

So it's always interesting to see how a parasite will come in affect you on several levels. First thing, it'll affect your neurotransmitters. It'll affect your microbiome, your gut, which creates a lot of your neuro transmitters such as serotonin, which makes you feel good.

The whole thing about serotonin is it helps your bowels move as well. So your bowels are moving while you're

happy. Things are going well. Well, the bowels don't move. Toxicity builds up.

And then we have trouble clearing out, which means that we're absorbing. I think we've talked about this in the past. We had the detox report cycle where we drank detoxify things out.

But since our bounce along that, we start re absorbing it again. And now we're just swimming in a muddy pool here because we can't filter anything out and get it out. System.

And so what they do is will disrupt that. They'll mess with our neurotransmitters or slow down our bowels so they can feed on what they want to feed on.

And the more they feed, the more toxins they produce. Because anytime you feed of animals comes out the rear end. All right.

How Parasites Disrupt Thyroid Function

And so this can affect us by affecting our nervous system, our vagus nerve going up to the brain, brain fog, all these different things that happen with that. So parasites are a really big problem.

And they also affect our hormone levels and they affect our ability to, major hormones to the liver because the toxins build up, slow the liver down, and then we can't convert thyroid hormone very well.

So T4 93%, I believe, of all T4 that's produced by the thyroid gets converted in the liver. If it's not converting it properly then we're going to show low T3 which in the hypothalamus as I said hey when you start making more so till the pituitary start making more TSH and then I'll start ramping up the thyroid even more.

And even though we're pushing harder, we cannot get the liver to convert any faster. And so it slows that down. And the thyroid can get worn out. So are you saying, in effect, that parasitic infection can set off like that cell danger response where the right the body's just like we're under attack.

We have to shift our resources. We have to shift what we're doing, and then we don't feel well. And we have brain fog. You know, like you said, our bowel, everything's affected.

So that brings me into question. So what are your top symptoms? Like? How do we know? How does a person who's watching this, like, how do they know that they might have parasites?

I mean, you said a lot of things, but are there anything else specifically? So when we look when we look at parasites, they're kind of a great pretender or their symptoms come across as many other things.

And so a lot of times we don't realize we have we have not that stomach. We have something going on. It comes and goes. It waxes and wanes and go, I realize that, but the full moon and new moon cycle, it changes how they respond to how they act.

As a general rule, during the new moon, parasites kind of wake back up and they ramp up to the full moon for a few days. They lay eggs, and then they kind of go on to a lower the kind of resting for a few weeks.

And this is why people kind of go back and forth. And I always ask them, well, rude question, do you ever get an itchy butt? Oh yeah, every once in a while, but not all the time.

Well, that's usually when they're going down laying eggs around the anal opening. Therefore, they can be expressed out of the body and that plays into it.

So some interesting as well when we talk about the cell danger response and how this works, is we kind of operate in two systems in our body, our parasympathetic, which is rest and digest or sympathetic, which is fight or flight.

And what's fascinating about this is fight or flight is like a big red button, okay. The body's sitting there in a normal state. Everybody's at the factory.

It's what I call the factory fortress analogy here. We're in the factory. We're producing things or building things. Everything's going great. Everything's chill.

The sun comes along and sets it off, and somebody has a big red button. Everybody gets your battle stations. We're under attack now. If you have a bear chasing you, this is what you want to happen.

Your body completely shifts the way it operates for you can get away or fight something off and then you escape. Hopefully you escape and then you get better and everything goes back to normal, or even goes back to the factory floor.

Starts working again. Now the real problem is, is when we get hypersensitive to things and our toxicities are high in our body and we're already at a high stress level, little things set us off.

We can have somebody walk up to us. We have a car and walk up to us and talk to us. That said, you see him coming, but, you just feel it rising up. Your body shifts and changes, anxiety starts rising up.

And so this plays into that. So that fight or flight and most people don't realize how the cortisol, the DHEA ratio works. And you're familiar with pregnant Lone Steele or shunting which means that as we're going through and making cortisol for stress, it either has two pathways going over to DHEA to make our sex hormones our testosterone, which, my goodness, there's so much testosterone therapy out there right now for men and women because they're so deficient it.

But at the same time, stress is so high. So they're producing more cortisol. And this lowering testosterone is lowering all of our other estrogens that we need.

And things are getting way out of imbalance. And so when that happens, what's interesting is when the DHEA in cortisol ratio gets out of balance here and we're staying at a high level to get parasites, create a chemical stress in the body which really drives this, which then can affect our neural tissue health.

So our ability to have good sleep and to feel good, feel happy, have good memory and learning, but also affects our muscle skeletal health. So we lose muscle mass about producing testosterone.

Then you get the carbohydrate metabolism. So this is also where we see diabetes and things like this really start coming in with more people under stress.

Because when you're under stress and you're in that state of sympathetic dominance, we're going that fight or flight all the time. Your body's use a sugar free energy and your sugar cravings all the time.

So you're riding that roller coaster up and down, and then you get into it where you start getting autoimmune issues building up because the body starts attacking itself, because the immune system still upregulated and didn't know how to handle the inflammatory aspects back and forth.

You can't detoxify properly. And then you have metabolism issues, and then you have the entire endocrine system, which goes into the thyroid, of course, but you also have ovarian testicular issues.

And then you also have pancreas, insulin. Going back to the diabetic issue again. So the stress that these things cause them your body completely throw everything out of whack.

And you remember stress kills. Well, we just talked about how it does it. Right. So exactly. Very well put.

Symptoms and Moon-Cycle Patterns of Parasites

I really think it's interesting when people, think it's voodoo when I start talking about the phases of the moon, because I'll ask them, well, ever notice if you have animals, how they start to get real squirrely, you know, times and they're like, oh yeah, that is really true.

It's like, well, there's case in point. There's no placebo effect there. They don't really pay attention to the cycles of the moon. I have noticed this with especially with, children that have parasites.

It's you can document it and that's one of the most important things I think for the listeners. Document your symptom patterns. Just document like don't pay attention to the moon.

Just document how you're feeling. Really qualitative, quantitative. If you have like an aura ring or something you can be tracking of course get, you know, professional help by someone like Doctor Tyson, you know, but really, we can kind of start to look at the patterns.

And you're saying that these patterns, if you have a parasite, they might really rear their ugly head during these cycles of the moon, which is interesting.

And I would say that not always right. I mean, it's not always it's, you know, it can or cannot happen where their symptoms may or may not be displayed more, but it certainly is a thing I find in seasons two that we see it progress more.

And then you have these things called supermoons, which the moon is much closer to the Earth. And if you have two supermoons back to back, it's almost like it doesn't let up for 6 or 8 weeks.

It's just instead of having a two week on, you're just constantly right this way for 2 to 8 weeks and you're just in miserable pain. You just don't feel good.

And that really plays into that. So there's various things to it. But as a general rule, we see this happening. And you know, anybody who's outdoors maybe wants or fish, they have charts based upon the moon cycle to know when to go be successful.

And they've been proven out. People follow these things because animals react to the gravitational pull of the moon and how they feed and eat and sleep and everything else.

Right. Okay. So, what parasites moving back kind of into the thyroid, what parasites are usually associated with thyroid disease that you're saying? Well, we have Georgia.

We have, which is one that comes from usually contaminated water, which you can play into that as well. Cryptosporidium is one that I see quite a bit.

This one actually is a one that's really hard to get rid of. It takes six weeks or six months to a year, because crypto goes into a shell and will protect itself.

And you almost have to starve it out, because if you treat for 3 to 4 months and you let up, look back up, start back over again. And so this one you really have to get after it.

There are some newer, different treatment models that we're working on with some laser and some other energy stuff that I think we're actually able to get in there a little bit quicker and get after that, blast. Just harmless.

The one that actually will create, increase, the thyroid antibodies. And to be able to just like it plays into it. But the most common one that I see in my clinic, and it's the most common parasite I see, is called poke worm.

So Decatur Americanus and this thing is about an inch and a half long, and it looks a little bit thicker than a hair. And so most people only see their stools if it does come out.

But this thing will actually go through and feed on the lining of your gut. And so you have these folds in your gut, and you have these be like figures sticking out on top of the finger or little tiny fingers here.

Well, they come up, chew on those, and then they use the blood and they'll sit there and almost like they're sucking on the teat. You use a description there and they're sucking the blood out, which is why they cause anemia on the body.

So low energy starts make you feel more rundown. But if you get thousands of these things in your gut, what happens is they start puncturing the holes in your gut lining, which is kind of a parasitical dysbiosis or leaky gut that we're creating.

And you know as well as I do when you get leaky gut, well, now we start getting things to start getting into the body that shouldn't be there or been filtered properly.

This is why we see people a lot of gluten issues, because they start to fix the body because things are leaky into the body, because this and most of the gluten, a lot of the nut allergies things I did with the kids are nothing else.

We take care of the parasites and we're always amazed at how most of that goes away. They don't have much issue with that anymore because it heals like you're getting that.

You're getting at the root cause. It's healing it up. And you could do those tests to your blood in the face and just remove all those foods. But if you're not taking care of the parasites, the cause, we're good about it.

So that's great. So I used to do all those food allergy test kits, and the frustrating thing about it was you'd go through and you'd, okay, we eliminate this, we're gonna do this diet now, six months from now, all the stuff they start on right.

So but to get back real quick, just. I just want to catch up. One thing here is when we start to get that dysbiosis or leaky gut and we get gluten for the leaks into the body, we get something called molecular mimicry and the immune system starts to attack that and it looks like the thyroid.

And so then we start developing thyroid autoimmune issues where the body's attacking the thyroid. We start seeing these levels rise. And I've seen it across the board of my patients with Hashimoto's.

When we come back and we start doing the parasites, all these numbers start dropping significantly. Wow. That's incredible. That's that's really a piece of information.

I've done many interviews and I haven't heard that piece yet. Okay. So let's go back a little bit and let's talk about those parasites chewing on those villi.

I have to assume that that's going to cause some nutrient major nutrient deficiencies. Are you seeing that across the board. Are you seeing like a pattern at all.

And then that same thing that it rectifies after treating usually with what we're treating there, we'll we'll see a lot of mineral deficiency things like that.

We have increased mineral count. But the other side is we also need to come through and find some way to rebuild that faster, for it can heal quicker.

So sometimes vitamin C to build a college and sometimes a straight collagen, sometimes there's other things that we need to increase. There one product that I have that I found works really great for healing outside skin is called loquat.

It's a citrus fruit, the hill, the skin. And so we have that that we put in our remedies that will actually go through and help heal the gut lining and faster with that.

So very interesting. Okay. So then that leads me to the testing for parasites. How do you uniquely at your clinic test for parasites?

Common Parasites Linked to Thyroid Issues

Well, this is something that I found interesting as I got into energy medicine started testing this way because originally I started out my life as a doctor, as a functional medicine.

So we did a stool test. We do all these things here and said, you got a stool test. People spend all this money on, they get it back and look at it go, no parasite there. I'm go on.

Yeah, I think there is. And then I had on occasion I had a patient actually pull the parasite out of the stool, put it in there, take a picture, show it to me.

Since the lab loves to, they can't find it. I'm like, well, this lab's terrible, except for the fact that when these worms die, they release enzymes that actually break themselves down.

And so by the time in the lab, sometimes they're not there. And so I'm going, we got to find a better way of doing this. And they were really I mean, I'm sorry to interrupt, but I really want to ask you this question.

I have heard that the parasites are typically so well attached to our digestive system, to our, you know, the integrity that these stool tests, I mean, they don't miss just some.

They miss a lot. Would you concur with that? Yeah. Okay. Well, it depends on the parasite too. I mean, like if you're having hookworms or some of these other one of these microscopic ones where there's hundreds of thousands of them that some of them are going to come out, you're going to find something in there.

But if you have a tapeworm, unless a piece breaks off, you may not see it unless there's eggs. And there you may see, because there's not usually much competition, not usually full of 20 tapeworms.

Usually one of them, and it doesn't create enough environment for using more than one. You can have different types. You could have beef tapeworm, pork tapeworm, or several others in there, but usually it's kind of one major one.

So but unless a piece breaks off or something else that they can see in there, that one is usually kind of hard to find. But that also takes me back to when I started actually learning the energy medicine.

To start doing this, I started actually going through to be able to find things in other parts of the body that we're going to show up in the stool test.

There were, I mean, liver, flukes, because the liver fluke doesn't go down into there. So they will find those with energy medicine. We started finding parasites in the brain and all these people, the Toxoplasma gondii, which comes from cats, which has read an article, is considered the most successful parasite in the world now.

And this thing will actually affect your mood, your behavior, your inhibitions, everything you go through. And it's absolutely incredible because cats weren't really something that people kept as pets up until, you know, the 1800s, except for the Egyptians, they weren't an indoor animal and now they're indoor animals.

And now this thing is required to actually be able to reproduce only in a cat. So to get there, it will get into mice or some other form of bug or something to get to the cat and will remove the inhibitions of the mouse, and the mouse will run right at the cat, or the cat will eat it.

Yeah, there was a paper not that long ago that said that there was an increased risk of schizophrenia in males who had a cat growing up. And it's like, here's your probably your answer.

You know, I mean, they love the brain for some reason. So really enjoys being on the inner or cerebral area. But I mean, that goes back to the whole, the crazy cat lady, you know, where is that come from?

I mean, like, what are you trying to say? I said, come on now. I, I'd be saying, check your cats. Yeah. So I'm saying, because I've had patients who literally were on death's door with this in their brain.

Wow. And we've had to do some incredible things. And I had one girl that came in to me. She was about 14 at the time, and she was living on Ivy, so I didn't think she's going to live through the year and we have to address that certain sounds that set her off.

She just completely just fall out of the chair, you know, at the time, she'd be digging into her head, bleeding down her face and everything from this in her brain.

When played certain sounds, certain tunes or fragrances, music in it. Absolutely. She just clawing at herself, trying to get to it. So it was actually very disturbing.

But her right side is she's now raising horses and writing competitions and has several different jobs, and she's just getting after life. So it's incredible.

So in in you, you found that using the energy techniques that you in making yourself that you have perfected because I mean, we when we met years, years and years ago, we talked about, you know, cardiology and testing with you and your clinic, with your techniques.

I mean, everyone just take a look if you can, in back of Doctor Tyson. I mean, this is like half of his clinic right here. It's, we were just talking about.

I have in the room. It's very, very impressive. And so you're again, you're able to see fine things, address them. That traditional testing is not able to to test for.

But I, I do think, you know, if someone can't come and see you, I think that you gave us some really good information on what is it? You know, what does it look like to have a parasite?

You don't have to have parasites in your stool to have it. You. You could have some sick symptoms. They can be all over the place. And those again, those are those stealth infections where it's so hard to get the proper diagnosis because it masquerades.

There's so many things you could have a patient with migraines, you can have one with, you know, chronic bloating, you know, skin rashes. And you could be, you know, throwing spaghetti at the wall in terms of treatment spending thousands and thousands of dollars when you're offering is more of a precision, precision strategy.

And I really, really like that. It's one thing to fight it, but those streamers actually build the test and figure out what specifically you need and custom blend that together for what you need.

Specifically, you may have the same parasite infections in your family, but you may need a different remedy because of what you're dealing with there.

So let me go back to when we first met. I wasn't doing energy medicine.

Testing Methods and Energy Medicine

And let me quote you on it because because I remember this stuck in my head. You said, doctor Frank, if you would just learn to do this, you'd be such a good doctor.

You're right, I mean, I know, but I don't know. No, I think I said such a better doctor. I don't remember saying it, but. Yeah, I mean, everything happens for a reason, right?

But I just, I, I've seen a lot of amazing things with the tool. I just knew that you could take it and run with it. And here we are years later and there we are.

You are definitely ahead of the pack in in what you're doing at your clinic. I appreciate that. Yes. Yeah, absolutely. The truth. So, let's just touch on in treatment.

So you you alluded to the fact that if I have a parasite, but my son has the same one, you know, typically we would think, oh, it's the same treatment kind of talk about your, your, your thoughts on that.

So the, the technique we use, we call somatic resonance testing is a form of kinesiology. We can go through and we can test. Or it's like actually have you hold the frequency of where that parasite you that you're testing to.

And we can figure out what specifically your body needs it. Maybe you both have the same infection, one of the more chronic ones more acute. And you may need something differently.

So those like it's like actually looking at okay do you need a herbal okay. Well we can blend herbal together or we can come through and make it a homeopathic version of it.

Or we can invert the frequency of it to make it something different. So if I have a parasite, you take the fruits of the parasite, invert that frequency to kind of help your body actually cancel out.

That now looks like it might come through and take a let's say we need neem or pumpkin or loquat, or when these other ones are helpful hookworm. I can actually go through there and actually potent ties it in at a higher frequency level one x all the way to one M, which is one times or up to 1 million times for the frequency of it, and put that in homeopathic and combine those together and come through and do that.

Sometimes people need herbal, sometimes they don't. Pregnant women, we can't give them most of the herbs that you need for parasites because they're pregnant, right?

Right. Because, I mean, it can cause abortion. So what we do is we go back, say, okay, I can treat it, create a homeopathic, just the energy frequency of it.

And they can do that just fine. All have any effect on it, but they can still expel parasites with it. So it's quite interesting. Some of the different things that we found with that that actually still get results.

And the pictures we get from our patients. My, my, my assistant least has a collection. Yeah. And I'm sure, I'm sure. So then, I know again, this is going to be different from patient to patient.

But what do you see as the treatment course. Is it usually two rounds? Three rounds, rounds every year. How is that cadence. So I work with more chronic ill people.

So they're already coming in there already. And an issue by the smell. That one's there. And some people, you know, a month, two months, we get through it.

And what I do is and and I learned this the hard way is, oh look you're not testing to any more this works great. Hey, we fixed it 3 or 4 months later to come back and say it's starting back up again.

And so what I've learned to do is I come back, I say, okay, it's not sure. Now we're going to put you on a maintenance does were to give you a very tiny bit for three months.

And we're going to make sure we're just testing, make sure and make sure we take care of any eggs or anything else that can catch and start all over again.

You don't go through all that work and put that effort in and not have the vigilance to go through and make sure it's there. So I usually go through and we get after pretty quick and hard, make sure the body can handle, make sure

the detoxify and properly from it.

And so we have to dress all these things with it. Sometimes it's a multi-factorial case where we got Lyme, we got mold issues. We all these other things are playing into it and we can't push this hard.

We need to address it and put it in what I call checkmate, you know, stabilize it there to keep it from progressing while we're clean, some of these other things up, and that becomes an issue.

And this is where like Lyme disease, these parasites can affect Lyme. Even though you clear out the body, they keep releasing it back into it. And if your immune system or stress kicks up your system, Deb's also you got Lyme again that can play to but also affect thyroid functionality and everything else as well.

So there's all these different factors that we have to look at and address.

Treatment Approaches and Maintenance

Is there hidden viruses in there? We did with Epstein-Barr. We have these other things are causing neurological issues that are playing into it. So all these are factors and that causes stress on the body will essentially take the body and shifted away from the thyroid working properly and put it on the adrenals.

Sure. And so we got to get it back out of that state where we get the thyroid functioning high level and then supporting what is glandular as well as minerals, whatever it is, to make sure the livers function a high level pharynx, you convert that over to the body can use that properly.

Okay. And then so I have two questions based on that. The first is let's say we just have a healthy individual who just wants some tips on trying to avoid getting a parasite infection.

Is there are there anything that that even when your patients get over their parasite infections and you know, they're they're still on, you know, perhaps a lower dose, but they really want to know is or is there anything that you encourage other than, you know, keeping the acidity of the stomach was something that I would think and just keeping.

Is there anything else? Well, I mean, the biggest thing is to make sure your microbiota is strong so you can take good probiotics because these you got good bacteria, bad bacteria.

The bad bacteria is like the walls. The good bacteria like the sheepdogs try and protect us. So they're going to fight for you there to defend you. They do everything they can to help you.

And so we want to keep that very strong. So in that we need to stop putting things in there hurting it a lot of sugar, a lot of other things like that.

They're going to affect it and start feeding things. We need to, not just the prebiotics but the good fibers are thing. We need to help them to grow, but we also need to make sure we're getting a good balance in there.

So Kiefer Kabuga just taking those things are going to be a huge part of that, just maintaining that health there. So if something does slip in the stomach, it can fight off and deal with it and get rid of it.

So that's one of the big ones to keep your immune system ready for that. And it's not just about boosting, you know, immune of God and things like that.

It's actually building up these forces in your gut to help with that, because it's really kind of the first big area to get it, or you going to breathe it in, it's going to come through the lungs.

But in case that when you have something there and even your microbiota is all over your body, I mean, your lungs are thick, so you need that everywhere to protect you.

And so that'd be kind of the first thing I really look at. Okay, what do we need to do for the how do we maintain that health there. Okay. So any any sort of foods that you find that people just keep getting exposed to.

Is it maybe pork or just make sure you cook certain foods. Any tips on that? You know, it's so hard to tell anymore because I have people that show with parasites from all around the world.

And they never left the state. The brain left their own state, you know, and it's so much just on the foods now that gets transferred around. And it's hard to say really, because you, you go to a store and they have fruit, fruit and everything from everywhere and put together.

You don't know what's being blended together, so make sure you wash everything real well. I'm a big fan of using ozone. I like a lot of the machinery.

I think we get vegetables or fruit. We put in a big bowl we put in there, we bubble it for about five ten minutes and it kills off all that stuff on there at last.

Twice as long in the frigerator too. So teenagers. So that doesn't really happen, but I know they eat us out of house and home anyway, so you know, really fast.

Nothing. Nothing goes bad. Well, I think that we covered a lot. I think that there's some really practical, information and really awareness. Awareness is really a was, is really important because, you know, there's just some, some practitioners who say everybody has parasites, you have to do a parasite cleanse, and some people get in big trouble because they do these boxed cleanses and their detox pathways aren't open.

They end up re toxic find themselves. It's I'm sure you've seen this over and over as a clinician. So I, I really like the guidance and you know, where can people actually find you, where are you located and how do we get Ahold of you or your staff and your clinic?

So if anyone wants to make an appointment to see you, how do we do so? So I'm in Wichita, Kansas, and we treat patients, all of the United States and other countries that fly in to see us.

We, kind of specialize in chronic illness. So people come in for package deals and we'll treat them every day.

Prevention, Clinic Info, and Closing Remarks

They get to spend time with us every day. We go through a whole cleansing, process there. But, you can find us on our website, which is WW dot the Sara Life's intercom, which I'm sure you're probably going to post it somewhere in the info with us, and then you can call our office at 31637.

I'm sorry, 5313030. And that will allow you to kind of get Ahold of us. And we always offer free consult. I have five doctors in the clinic here, and we are up and running, and we are doing really good work here with all of them.

So I'm really proud of all these doctors there. I learn from them all the time, so it's incredible. Have them there. So if I'm not available, you may get one of the other doctors and they're all great.

We work together as a team. So it's, it's encouraging. So. But call you get a free 20 minute console. We do zoom calls if we need to. We kind of see how we can help, what we're finding and how we can change your life for the better.

Very good. And you can do everything virtually, right? I mean, you don't really. You don't have to have that's I think that's so important too, because a lot of people, you know, that it's just with Covid, we're we're not used to going anywhere, but you can do everything that I was I was standing in your clinic, you can do of course you're going to get, you know, like a lot more exposure to that.

I mean, you have a lot of really new therapies in your office. So, you know, of course, if you can do that, that's

great. That is totally great. So how about one thing that doctor patient is especially doing right now to stay healthy?

How about a tip? What I'm doing to stay healthy right now. Well, while working out, you know, eating. Right. That's the typical answer, right? I'm really kind of focusing on some of the, different homeopathic things that we're doing.

And I'm actually find that some of those actual frequency things work better for me. And so we're coming up with some, new ways of doing stuff to, help people kind of figure out how to keep these frequencies in their body a little bit better and build a balance out.

So some things we're working on there. So nice, nice and experimenting on yourself, that's always I mean, every everything that I am. That's right. Oh that's great.

Well that's means you have a lot of faith in everything that for my kids. Right. Right. When they're. Yeah. When they're around. Right. Very good. Well, it is been a pleasure to have you, doctor.

It's always really nice to see you. I mean, we're good friends. Beyond this, you know, this doctor talks, but we're really blessed to have had you today.

And I link all your stuff so people can find you. But just thank you so much for your time today. You're absolutely welcome. I really appreciate it. Yeah. Take care.