How Parasites And Toxins Are Quietly Rewiring Your Brain | Sinclair Kennally Transcript

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Parasites And Neurotransmitter Disruption

If you cannot easily reach calm, alert, If you cannot easily reach calm, alert, awake, aware, softly positive as your awake, aware, softly positive as your default, something has gone wrong. So, default, something has gone wrong. So, today we have to talk about parasites today we have to talk about parasites because they're so good at disrupting because they're so good at disrupting your neurology and distorting your own your neurology and distorting your own internal experience neurologically. My internal experience neurologically. My brain just doesn't work as good as it brain just doesn't work as good as it used to. I'm getting more senior used to. I'm getting more senior moments. This is only going in one moments. This is only going in one direction. It doesn't feel good. Or oh, direction. It doesn't feel good. Or oh, it's my hormones. Midlife, I'm just it's my hormones. Midlife, I'm just supposed to be suffering. I guess I'm on supposed to be suffering. I guess I'm on the neuro spicy spectrum. I guess I'm the neuro spicy spectrum. I guess I'm just not allowed to feel at home and just not allowed to feel at home and safe in my own body. And I'm always safe in my own body. And I'm always going to be over agitated. We're totally going to be over agitated. We're totally in charge of that experience and in charge of that experience and suffering is optional. Most people's suffering is optional. Most people's reaction to the word parasites, reaction to the word parasites, honestly, first off is like, oh yeah, honestly, first off is like, oh yeah, that's not me. That's a third world that's not me. That's a third world issue. Or my doctor would have told me issue. Or my doctor would have told me if I had parasites, they would have if I had parasites, they would have found something. I don't think I have found something. I don't think I have those. That's actually none of that's those. That's actually none of that's true. Parasite infections, like protozoa true. Parasite infections, like protozoa and helminths and single-celled and helminths and single-celled organisms, are actually extremely common organisms, are actually extremely common in developed countries, um much more in developed countries, um much more than conventional medicine will than conventional medicine will acknowledge. And they're rarely tested acknowledge. And they're rarely tested for on standard panels. But, um they for on standard panels. But, um they have documented direct effects on brain have documented direct effects on brain chemistry. How would I possibly have chemistry. How would I possibly have parasites? My body would know. My body parasites? My body would know. My body wouldn't let that happen. Or I would wouldn't let that happen. Or I would have seen them in the toilet or my have seen them in the toilet or my doctor would have told me or they would doctor would have told me or they would have shown up on labs. Actually, it's have shown up on labs. Actually, it's very, very difficult to capture very, very difficult to capture parasites on labs at this time. It's parasites on labs at this time. It's because of how fast they break down because of how fast they break down their bodies as they die. It's because their bodies as they die. It's because of the methods of testing that we have of the methods of testing that we have are very indirect and incomplete. The are very indirect and incomplete. The replication rates for parasite testing replication rates for parasite testing are extremely low, they're in the low are extremely low, they're in the low 20th percentile. That's crazy. What that 20th percentile. That's crazy. What that means is you can test the same poop means is you can test the same poop specimens, the same stool, and get the specimens, the same stool, and get the same answer about 20% of the time.

same answer about 20% of the time. That's not a really good track record, That's not a really good track record, is it? I don't think so. I don't feel is it? I don't think so. I don't feel comfortable with that. Why would comfortable with that. Why would parasites be such a big deal anyway?

parasites be such a big deal anyway? Well, actually, they've always been a Well, actually, they've always been a big deal. We have parasite cleanses kind big deal. We have parasite cleanses kind of built in to our indigenous knowledge of built in to our indigenous knowledge on every continent and even to our on every continent and even to our cultural knowledge and even our cultural knowledge and even our religions throughout the world up until religions throughout the world up until very, very recently where we lost this very, very recently where we lost this information just in the last few decades information just in the last few decades right when we need it the most because right when we need it the most because parasites will thrive in toxic terrain.

parasites will thrive in toxic terrain.

What Parasites Actually Are

What is toxic terrain? It means an What is toxic terrain? It means an overloaded body with exposures to overloaded body with exposures to toxicants like chemicals, heavy metals toxicants like chemicals, heavy metals like we've been talking about the last like we've been talking about the last couple of days. EMFs are very immune couple of days. EMFs are very immune suppressive so they actually open the suppressive so they actually open the door to parasites. That should be door to parasites. That should be getting your attention, right? Your getting your attention, right? Your Wi-Fi router, your cell phone, your Wi-Fi router, your cell phone, your laptop, they are immune distorting and laptop, they are immune distorting and suppressive and actually strains like E.

suppressive and actually strains like E. coli and staph produce faster in the coli and staph produce faster in the presence of Wi-Fi. Your keystone small presence of Wi-Fi. Your keystone small intestine species like lactobacillus, intestine species like lactobacillus, you know, all those fun guys, they you know, all those fun guys, they actually produce slower in the presence actually produce slower in the presence of Wi-Fi. So the bad bugs go into of Wi-Fi. So the bad bugs go into overdrive and the good bugs struggle to overdrive and the good bugs struggle to succeed. So even at a cellular level, succeed. So even at a cellular level, even at just like a protozoa level, even at just like a protozoa level, these single-celled organisms like these single-celled organisms like Giardia, Blastocystis hominis, Giardia, Blastocystis hominis, Cryptosporidium, and Toxoplasma gondii, Cryptosporidium, and Toxoplasma gondii, like these guys are running the show like these guys are running the show right now. E. coli is doing great.

right now. E. coli is doing great. Fungal overgrowths are just running wild Fungal overgrowths are just running wild in this day and age of chemical in this day and age of chemical exposures and birth control and PFAS in exposures and birth control and PFAS in the water and microplastics, like the water and microplastics, like they're just having a ball with that they're just having a ball with that stuff. Meanwhile, the body itself is stuff. Meanwhile, the body itself is really struggling to keep up. Now, why really struggling to keep up. Now, why would they do so well in in an would they do so well in in an environment with toxins? Because toxins environment with toxins? Because toxins are inflammatory. They're not are inflammatory. They're not biologically compatible for us, right?

biologically compatible for us, right? That's what makes them toxicants. That's That's what makes them toxicants. That's what makes them irritating to us.

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

fun to look at on social media for sure. Those are like roundworms and tapeworms Those are like roundworms and tapeworms and pinworms and hookworms. They're very and pinworms and hookworms. They're very cool. They're very scary looking. My cool. They're very scary looking. My favorite are the flukes. Those are liver favorite are the flukes. Those are liver flukes and intestinal flukes because flukes and intestinal flukes because they're so good at sneaking in on your they're so good at sneaking in on your food. You've all been exposed. It's just food. You've all been exposed. It's just a question of are you a good host or a question of are you a good host or not? Was your immune system in a not? Was your immune system in a position to fight them off? So, those position to fight them off? So, those guys burrow into your liver and hang on guys burrow into your liver and hang on there long-term. They just enter through there long-term. They just enter through contaminated water, undercooked meat, contaminated water, undercooked meat, produce, soil, contact with pets, small produce, soil, contact with pets,

small kiddos, and travel. But, the standard kiddos, and travel. But, the standard stool panels miss the majority of stool panels miss the majority of clinically relevant infections. And so, clinically relevant infections. And so, that is the bummer about parasites and that is the bummer about parasites and understanding whether or not you have understanding whether or not you have them. But, the absence of a diagnosis is them.

How Parasites Affect The BRain

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

where's the ammonia coming from? Parasites. What kind of parasites? Parasites. What kind of parasites? Actually, all of them can do this. Actually, all of them can do this.

Ammonia and aldehydes. Very, very Ammonia and aldehydes. Very, very [clears throat] easy to make those. [clears throat] easy to make those. That's what endotoxins are. Endotoxins That's what endotoxins are. Endotoxins are the poison that parasites make. It's are the poison that parasites make. It's like their poop and pee. Crosses the like their poop and pee. Crosses the blood-brain barrier with ease and starts blood-brain barrier with ease and starts instantly impairing neurological instantly impairing neurological function. They are also really good at function. They are also really good at siphoning nutrients like zinc, B12, siphoning nutrients like zinc, B12, magnesium, tryptophan. We love magnesium, tryptophan. We love tryptophan. What is that a precursor tryptophan. What is that a precursor for? Really important transmit uh for? Really important transmit uh neurotransmitters. We'll talk about that neurotransmitters. We'll talk about that in a second. That's really important to in a second. That's really important to understand. These are all direct understand. These are all direct precursors to neurotransmitter precursors to neurotransmitter production. And they steal them from production. And they steal them from you. Parasites will steal those from you you. Parasites will steal those from you because they like them too. They want to because they like them too. They want to thrive. They want to feel good. And they thrive. They want to feel good. And they don't want you to thrive and feel good.

don't want you to thrive and feel good. They want you on the back foot. But, They want you on the back foot. But, that means that you don't feel like that means that you don't feel like yourself. So, they're literally yourself. So, they're literally distorting and stealing your good distorting and stealing your good feelings from you. That's weird, too, feelings from you. That's weird, too, isn't it? They disrupt gut integrity, isn't it? They disrupt gut integrity, increasing intestinal permeability, and increasing intestinal permeability, and amplifying systemic inflammation that amplifying systemic inflammation that drives neuroinflammation. But actually, drives neuroinflammation. But actually, we do know how to do it. We do know how we do know how to do it. We do know how to heal from difficult life challenges.

to heal from difficult life challenges. So, if you feel stuck, there can be some So, if you feel stuck, there can be some deeper physiological issues um that your deeper physiological issues um that your body's asking for support from. That's body's asking for support from. That's why we never address the brain as if it why we never address the brain as if it is separate from the body because it's is separate from the body because it's not. Remember how we talked about it on not. Remember how we talked about it on day one? The brain drains last. Learning day one? The brain drains last. Learning all about the glymphatic system. How is all about the glymphatic system. How is your brain supposed to clean itself out your brain supposed to clean itself out and maintain an anti-inflammatory state and maintain an anti-inflammatory state if it's getting dosed with all of these if it's getting dosed with all of these endotoxins from parasites constantly endotoxins from parasites constantly that are super inflammatory? If it's that are super inflammatory? If it's getting its precursors for getting its precursors for neurotransmitters stolen by these neurotransmitters stolen by these parasites? Big problem, right? When we parasites? Big problem, right? When we think about this, what else does do think about this, what else does do parasites do? They activate the immune parasites do? They activate the immune system chronically, sustaining the system chronically, sustaining

the cytokine-driven neurotransmitter cytokine-driven neurotransmitter suppression. Remember cytokines and the suppression. Remember cytokines and the immune system, how the immune system and immune system, how the immune system and the neuro your neurology are always the neuro your neurology are always talking to each other? It's a dialogue talking to each other? It's a dialogue constantly. Should I be inflamed? Yes, constantly. Should I be inflamed? Yes, you should. Should you be inflamed? Yes, you should. Should you be inflamed? Yes, you should. We should be inflamed. Let's you should. We should be inflamed. Let's be inflamed together. And so, you're be inflamed together. And so, you're getting all of your energy wasted on getting all of your energy wasted on defense instead of repair when you don't defense instead of repair when you don't feel safe. Why would you not feel safe?

feel safe. Why would you not feel safe? It could be signals coming in from the It could be signals coming in from the outside world or from the internal outside world or from the internal terrain, from the toxicants and the terrain, from the toxicants and the parasites. So, what else can parasites parasites. So, what else can parasites do? Oh, yeah, they can manipulate host do? Oh, yeah, they can manipulate host behavior. There's so much clinical data behavior. There's so much clinical data about this. It just boggles my mind that about this. It just boggles my mind that it's not being shared broadly in it's not being shared broadly in medicine. And this isn't one of our medicine. And this isn't one of our first stops cuz it used to be. Farmers first stops cuz it used to be. Farmers would go handle the herd and give the would go handle the herd and give the herd a parasite cleanse and come in and herd a parasite cleanse and come in and give their family the same stuff, same give their family the same stuff, same herbs. Parasite cleanse time, you know, herbs. Parasite cleanse time, you know, change of seasons, let's keep the change of seasons, let's keep the overgrowths at bay. This was normal just overgrowths at bay. This was normal just a couple decades ago even. And it still a couple decades ago even. And it still is in certain parts of the world. We've is in certain parts of the world. We've just lost it here for the moment. They just lost it here for the moment. They do manipulate host behavior like do manipulate host behavior like Toxoplasma gondii. There's a ton of Toxoplasma gondii. There's a ton of studies about how it directly alters studies about how it directly alters dopamine metabolism in the brain to dopamine metabolism in the brain to serve its reproductive cycle for the serve its reproductive cycle for the parasites. You actually get riskier parasites. You actually get riskier behavior with Toxoplasma and um it behavior with Toxoplasma and um it actually shows up differently in men and actually shows up differently in men and women. More aggression in men, more um women. More aggression in men, more um submissiveness to risky, scary submissiveness to risky, scary situations in women. This is not an situations in women. This is not an accident. This is parasites running the accident. This is parasites running the show and distorting your thinking and show and distorting your thinking and behavior. Also, um greater tendency behavior. Also, um greater tendency towards car accidents, with self-harm, towards car accidents, with self-harm, with certain parasites like the the with certain parasites like the the studies are wild, guys. The more you studies are wild, guys. The more you look into this. I'm not telling you this look into this. I'm not telling you this to scare you. I'm telling you this to scare you.

Parasite + Gut-Brain Axis

I'm telling you this because it's a very fixable thing and because it's a very fixable thing and you can do it at home at a pace that's you can do it at home at a pace that's right for you and you can be in control right for you and you can be in control of your own future. So, parasites in the of your own future. So, parasites in the gut-brain axis. Who's heard about the gut-brain axis. Who's heard about the gut-brain axis? Oh, yeah, you know, the gut-brain axis? Oh, yeah, you know, the gut and the brain, they're talking to gut and the brain, they're talking to each other, blah blah blah, Sinclair.

each other, blah blah blah, Sinclair. Let's talk about it from a neurochemical Let's talk about it from a neurochemical lens, though. 90% of serotonin is lens, though. 90% of serotonin is produced in the gut. Do you guys produced in the gut. Do you guys remember what serotonin is? They're good remember what serotonin is? They're good feelings. Dopamine precursors are also feelings. Dopamine precursors are also synthesized in the gut. Now, dopamine synthesized in the gut. Now, dopamine has been like synthesized down to just a has been like synthesized down to just a reward molecule. It's so much more than reward molecule. It's so much more than that. We're going to talk about dopamine that. We're going to talk about dopamine and serotonin today and how magnificent and serotonin today and how magnificent and complex they actually are as and complex they actually are as chemicals for you and how to get them chemicals for you and how to get them back. So, and also we want to back. So, and also we want to acknowledge that the vagus nerve carries acknowledge that the vagus nerve

carries bidirectional signals between the bidirectional signals between the enteric, which is the intestinal nervous enteric, which is the intestinal nervous system, which is really the first brain system, which is really the first brain of the body, and the brain itself. So, of the body, and the brain itself. So, when parasites compromise gut integrity, when parasites compromise gut integrity, neurotransmitter precursor production is neurotransmitter precursor production is disrupted at the source. Inflammatory disrupted at the source. Inflammatory signals travel directly to the brain via signals travel directly to the brain via the vagal pathway. That's a bummer, the vagal pathway. That's a bummer, dude. What does that mean? Inflammatory dude. What does that mean? Inflammatory signals travel directly to the brain via signals travel directly to the brain via the vagal pathway. So, when parasites the vagal pathway. So, when parasites are excreting their irritating are excreting their irritating endotoxins, increasing ROS, releasing endotoxins, increasing ROS, releasing ammonia, we're actually getting ammonia, we're actually getting immediate signals from the enteric immediate signals from the enteric nervous system all the way to the brain, nervous system all the way to the brain, "Oops, we got some inflammation down "Oops, we got some inflammation down here. It's not good down here. Don't here. It's not good down here. Don't feel safe right now, please." And the feel safe right now, please." And the gut microbiome, of course, which gut microbiome, of course, which regulates much of this production, regulates much of this production, becomes destabilized when parasites are becomes destabilized when parasites are present. The gut is not separate from present. The gut is not separate from the brain. What parasites do to the gut, the brain. What parasites do to the gut, they do to the brain's [music] they do to the brain's [music] chemistry.