Parasites: 5 Ways We Get Exposed, And How To Solve It Transcript

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Introduction to Parasites and Energy

Welcome to today's fresh new lineup of speakers on the mitochondria Energy Summit. I'm your host, Laura Frontiero. Today I'm going to do a quick talk on the five top ways we get exposed to parasites and what to do about it.

So to start off, did you know that it's estimated that over a third of people in the United States have a parasite infection right now? That equates to somewhere between 60 and 90 million people.

And I personally think like everything else that's estimated by the World Health Organization or any big organizations is that it's under estimated. And I personally think that's a conservative number, and I'm guessing it's more like two thirds of the population.

And you might be one of them without even realizing it. So in this quick talk, I'm uncovering the five top causes of parasite infections, why they are there inside our bodies and what you can do to eliminate them from your body.

And this is really important to a mitochondria energy discussion because it takes a lot of extra energy for your body to deal with this smoldering infection.

The parasites are thriving off of your nutrients.

How Parasites Enter the Body

They're skimming off the top. And it is creating they are creating toxins in your body that are detrimental to your mitochondrial function. So first off, parasites are everywhere, and you'll be surprised to learn how they get into your body.

The first thing to realize and truly accept is that parasites are alive and well right here in my developed country, in your developed country. And they don't only live in the tropics or third world countries because parasites don't stop at borders.

If you go somewhere and bring a boar and bring a parasite back with you, it doesn't just cease to exist when you cross the border. And I think we just learned with this pandemic and how rapidly COVID spread across the globe that infections don't really have borders, do they?

So it's a myth that parasites are from, you know, third world countries and tropical places. So here are some places or some some areas that parasites are getting into our body are ways that parasites are getting into our body.

So first, they're eating raw or undercooked meat, especially fish and pork. And I'm sorry about telling you that sushi could be giving you parasites. Don't shoot the messenger, okay?

I'm just the messenger. There's a reason that wasabi is served with raw fish. And it's because it's antimicrobial, that spiciness and the antimicrobial aspect of it.

But most of us aren't eating the amount of wasabi that we should have with raw fish. And so make sure that you're cooking your food. There's always a risk of picking up a parasite with undercooked meat that includes, you know, beef tartare.

It includes undercooked pork, undercooked chicken and raw fish. And, of course, there's some fish that are more likely to have parasites than others. But parasites can even be in the smaller species of fish as well.

It's not just the larger fish or fish that live closer to the bottom of the seafloor like halibut, for example. That's higher likelihood for sneeze, I think.

Okay, second. Walking barefoot outside, playing in a sandbox and swimming in lakes and streams and getting bit by ticks, mosquitoes, flies, or other biting bugs.

So basically, this is an invite, an environment situation. So if you are walking barefoot outside and you, you know, parasites live on plants as well, not just on animals.

And if you get a little cut in the bottom of your foot and a parasite enter their little micro hairs, even it doesn't have to be something you see with the naked eye.

Then playing in sandboxes, you know, concerning because cats use sandboxes as their litter box. Other animals could be using it as well. Of course, parasites live in bodies of water, so concerns about lakes and streams.

Common Symptoms of Parasite Infections

And then, yes, ticks carry Lyme disease, which is a bacteria, but also ticks and other biting bugs like mosquitoes flies. Anything biting can harbor parasites as well.

So number three is eating in restaurants when food is prepared by people who don't wash their hands after using the bathroom or if they're if you're being served food that was grown in sewage, contaminated water, which can be very prevalent a lot of our or at least here where I live, a lot of our produce comes from Mexico and South America, where this is.

And even here in the United States, I would say that there's a problem with sewage contamination and not enough regulation on this as well. And then you can't control what people are doing, you know, who are preparing your food with their own personal hygiene.

And the fourth way that you get parasites is from loving on your pets. So I already mentioned that cats use, you know, a litter box as a sandbox. As a litter box sometimes.

So think about the age old wisdom of warning the pregnant woman not to clean out the cat litter box due to toxoplasmosis. So that's a parasite. And it doesn't just infect pregnant women.

It can infect anyone cleaning a litter box. So I always think of, you know, how we make fun of people who have five or ten cats and we have the, you know, we coined the crazy cat lady.

Maybe she has parasites. Maybe that's why she's a little bit more emotionally off because. Because of all her cats and and dogs don't get away without, you know, having parasites as well. So do we.

Let our dogs lick us and get all over us. And dogs have parasites, too. And the fifth way that we get parasites is we've been in contact with other humans, especially actually kissing and having sex and swapping body fluids with other humans.

So we pass them to each other back and forth. And in fact, even pregnant women pass parasites to their unborn child as well. So here's the bottom line.

Literally every everyone living on planet Earth is potentially exposed to parasites. And unfortunately, parasites can create a lot of symptoms and health problems.

So I want to go over some of the symptoms now of parasites. And it's it's quite frustrating because these symptoms could be symptoms similar to other things.

So as I give you this list, you're going to be thinking, I have that, oh my gosh, do I have a parasite? So exhaustion,

low energy fatigue. I mean, this is the mitochondria energy summit.

So people watching are wanting more energy. So chances are if you're here, energy is not 100%. Joint pain, a weakened immune system where you feel like you get sick more often than others, or it takes you longer to recover.

Skin rashes and flares are brain fogginess, depression and anxiety and mood swings. Parasites definitely definite impact the mood significantly because they love to feed off of our neurotransmitters and that affects our own mood when our neurotransmitter, when they're skimming off the top and taking our neurotransmitters.

Headaches and migraines can be caused by parasites and then gi stuff like constipation, gas, diarrhea, bloating, food sensitivities, elevated blood sugar.

That one is a tricky one. So, you know, I have some clients that have tried everything to solve their blood sugar situation and nothing has resolved it.

Why Parasites Persist and the Trojan Horse Analogy

And once we start looking into removing parasite and working on their gut health, their blood sugar gets better. And some other interesting ones are dry, cracked lips, teeth grinding and insomnia.

So if you wake up at two in the morning and three in the morning like clockwork every single night, just being awake, that could be parasite activity.

So here's the big question Why are parasites problematic in our body? Doesn't or shouldn't our immune system be able to solve this? And this whole study of parasites is also an emerging and developing area of medicine in general.

And there's probably a lot we don't know or understand about parasites, and there's a lot we do understand. And we know that we're seeing more parasite problems than ever before.

And there's a theory on this, a reason why we might be seeing more people with more parasites showing up on test, more parasites showing up where people do parasite cleanses.

And it may be that our bodies are becoming so full of toxins that our immune system is actually allowing the parasite to be there to solve some of the toxin problem. So your immune system is generally equipped when you're exposed to bacteria and parasites to fight it off and get rid of it.

But people are having chronic problems with parasites and so your body is so intelligent and so smart and your immune system is so smart that if there's a toxin, let's call it let's just call it a heavy metal mercury, for example, because that's really, really toxic to your brain and nervous system.

So if there's a parasite over here that likes to feed on mercury and eat it up, your immune system, hypothetically, may actually say, you know, as if I'm your immune system.

Hey, you parasite over there, you're super annoying and you cause all kinds of symptoms and you make me more to you than you wake me up at night And you're making my bowels runny and you're making me bloat.

However, this metal over here is way more dangerous for me, and it's causing my brain not to work properly and my nervous system to malfunction. So how about I strike a deal?

How about I let you hang out in me? I'll let you do your thing. You eat up this heavy metal over here and get it off of my brain and I'll let you stay here.

So, hypothetically, that could be what's going on. Parasites are like a Trojan horse. So if you know the Trojan

Horse story, what happened was the Trojan horse was rolled into the city of Troy and it was a like a victory gift.

And there the the Trojan people rolled it in thinking that they had defeated the army and and that there was no there was no more risk. So they rolled this big Trojan horse into the city, closed the gates, thinking of it like a victory trophy.

And in the middle of the night, a bunch of soldiers were hiding in sight of the Trojan horse, and they came out and took over Troy and destroyed that city and took control of it.

And that is similar. But it was the Romans, by the way. The Romans came in and took over Troy. The Romans were hiding in the Trojan horse and that is similar to a parasite situation.

So the analogy is that a parasite is holding on to toxins. All these toxins we're getting exposed to.

How to Prevent and Address Parasites

And when the parasite dies, these toxins come out of it just like soldiers out of a Trojan horse and make us sick. And of course, parasites have a lifecycle, right?

So they live and die and reproduce. And when they die, what happens? These toxins get recirculated into the body. So the question is, what can you do about it?

So some simple things. First, wash your hands all the time. Good old soap and water is fine. You don't need any harsh antimicrobial soap. So that helps just with transmission of, you know, touching and putting it in your mouth. Second, it cook your food properly.

So make sure to cook your meat thoroughly. Avoid eating raw or undercooked meat. Fish raw eggs, drink clean water. So choose purified water especially.

Especially if you're traveling to high risk places. I mean, it's true that it's easier to pick up a parasite in some particular areas of the world. But it's also true that parasites don't know borders and that we have lots of parasites in developed countries.

When you are traveling to a country that may be compromised, make sure that you have access to purified water. And the next thing is keep your immune system strong by focusing on building up your gut and mitochondrial health.

Get enough sleep, move your body, avoid processed food, all those things that keep your immune system humming along strong. And the final thing, you know, consider working with a practitioner who can safely take you through a parasite cleansing protocol without dropping your energy or making you feel sick.

Now, I am seeing a trend that I am seeing is I see a lot of parasites on gut tests and I also have people whose parasites don't show up on a gut test.

But once we start taking them through parasite cleanses, they see parasites in the toilet. This is quite common actually, and that's because parasites aren't always excreted on the day that you collect a gut test.

And they may not. They may be hiding behind biofilms and they may not they may not be in the sample. Also, I will say that, you know, a gut test checks for around 15 different different species of parasite.

And there's hundreds of species that could be in your body at any given time and beyond the gut they can be in. For example, they can travel from your GI track into your gallbladder and into your liver.

They can travel into your pancreas, into your spleen, into your lungs, into your bloodstream. And some parasites are microscopic protozoa and we wouldn't see them with the naked eye anyway.

So that you suspect that you may have a parasite infection or you want to learn more about how to prevent them. Get in contact with me on the page where you're watching this video so I can help you purge these parasites and get your energy back.

You're also listening to many talks by people on this summit who can help you as well. We have a lot of parasite specialists here, so definitely connect with the practitioners that you resonate with and find somebody who can help you with this.

Be sure to connect and I'll be hosting a live, Easy Energy Reset three week journey in a few weeks and I'll be going live on Zoom with participants each week and we'll be doing a deep dove into toxins and gut health and more.

Is the energy reset is available for you to purchase when you get your all access pass to the summit? When you purchase access to the summit. So if you want more information on how to get either the summit or easy get reset, just email support at Dr.

Talk and the Help team. We'll get you all sorted out and then stay tuned after the summit finishes airing because I'll be hosting a series of masterclasses to get you more information on your favorite topics from the summit, including how to get functional lab testing to look for things like parasites and toxins that evaluate gut health and also how to work with me from nearly anywhere in the world.

You can find me at Laura from TerraCom and there's a clickable link, a clickable link to my website near the bottom of this page, where you're watching this video.

And until next time, take good care by now.