Parasites: Are They Your Gut's Friend Or Foe? Transcript

(Transcripts are generated by AI and may contain errors)

Summit Welcome and Host Introduction

Welcome to the Reversing Chronic Gut Conditions Summit. I'm your host, Sinclair Kennally, and today I get to share with you something we've been working on for a very long time.

This beautiful group of interviews, which I think of as our collection of love letters to you and where you're at on your health journey. My partner Michael and I both struggle with our health significantly for many years and decades even.

And so much so that we thought we were living our dream lives as mental health practitioners. And we actually had to go back to the drawing board. It had to go back to school, and I had to look for a whole new set of solutions just to heal myself because no doctor could figure me out.

So whether you're like me and you were a gluten free yogi who still feels like crud, and you're searching for that set of solutions you haven't heard yet, or you're still trying to figure yourself out.

Or maybe you're just getting started on your own health journey, taking your health into your own hands instead of waiting for a doctor to fix you. You are all welcome here and we have an amazing lineup of folks for you.

We brought together some of the most leading edge clinicians and experts today, each with their own zone of genius that can help you to illuminate what might be going on for you in your gut and how to reverse your chronic condition.

So today is all about root causes, and that means we're going to be unpacking environmental stuff.

Root Causes of Chronic Gut Issues

Mycotoxins sick building syndrome. Stephanie Seneff is joining us, though, as the world's leading researcher on glyphosate, that pesky herbicide that is causing leaky gut for all of us.

Todd Watts is doing an amazing job of breaking down terrain theory versus germ theory and what does it all mean? Jaban Moore is sharing his thoughts oninfections and what are the root of those.

And David Jockers is doing a phenomenal job of sharing with you the ins and outs of the digestive tract. So before we dove into environmental toxins and the root causes of your chronic conditions, I wanted to give you a little bit of context with this theme to start.

And that's all about parasites, my friends. So you're going to hear all about toxins today, and you're going to hear about, you know, parasites and bugs and, you know, infections throughout the summit.

And I want to give you a framework to think about this in that you may not have encountered before, because it's very easy to, in the background, be wondering, well, like, why would my body let all of this happen?

You know, why? Why, if my body is so resilient and so brilliant and I do content that is absolutely brilliant and it's never too late to heal. Why is all this happening?

And why can't my body see these parasites or these toxins and just fix it? Right. I mean, that makes sense. It's I absolutely ask that question. I was in total denial about toxins interrupting my health mold, interrupting my health, heavy metals.

And I definitely didn't think I had parasites. You're kidding. Absolutely not. Yeah, I'm down to three foods, but, you

know, this isn't me. Whatever you're describing, I didn't want it to be true about me.

But the truth is, it doesn't take very much to disrupt our bodies. Exquisite rules about how to heal itself and how to maintain itself. It could just be basic toxic exposures in your food, air and water and in your home, which is what we're going to be exploring today.

So you're going to learn all about the ins and outs and that from our speakers today. And I want you to understand that every time you learn about a new toxin, your understanding yet another reason why your body may not be in a position to fight back that infection or to hold those parasites in check.

In fact, your parasites may not be your enemy at all.

Why Parasites Thrive in Toxic Environments

In fact, there might be a very good reason for them because parasites thrive in a high toxin environment. In fact, they thrive in a low oxygen stagnated environment as well.

And that's really one way that you could describe most illness today. Illness is stagnation and health is a state of flow. So, okay, if we're overburdened and you're going to hear all about how that happens, why that happens and how to fix it.

And we have potentially the perfect environment for parasites. And your immune system can't necessarily fight back because your parasites love to hang out in a sluggish environment.

What does that really mean for you? Are they bad guys taking advantage of the situation or are they here to help? And so in many cases, what we see is that your parasites are doing a dirty job for you.

They're becoming toxin sponges. They're holding on to all of those toxins for you. The retroviruses, viruses, you know, whether it's Epstein-Barr and, you know, your Lyme, your co-infections, your Mycotoxins.

And it's been shown that Candida can hold up to several times its weight in Mercury. That's pretty interesting. And that when a parasite dies, we actually have a re tox ification event because parasites will excrete an enzyme so that they can actually decompose very quickly in your gut, which is why you may have been on parasite cleanses before this and never, ever seen a worm in the toilet, even if they're there.

So we don't want that to happen, right? We want to be able to approach this with strategy and care, because if they're holding on to toxins for us and that's and they're here to do a job, should we let them stay?

Well, there's that's a tricky question. And it's actually something that I want to help you understand today. Not necessarily parasites come at a cost.

Right. So let's just look at what some of those symptoms are that we might actually have parasites in, that they're causing an issue for us. You might have teeth grinding, skin rashes and bruxism is another word for teeth grinding and the clenching of your jaw at night.

TMJ difficulty sleeping. You might think of yourself as a night owl when in fact you're really just. It's really just your parasites waking up and wanting to play.

You might have severe brain fog when you wake up in the morning because you've slept so poorly because they've disrupted your sleep. You might wake up frequently in the night.

You might actually have to get up to pee during the night because they have disrupted your body's ability to self-regulate your ADH or Antidiuretic hormone.

You might even have anal itching, and that would be because certain parasite species migrate, the females do

down to near the rectum to lay their eggs and they coat those in a sticky substance so that their eggs will go out with your bowel movements and propagate into new environments.

But that substance is very itchy and irritating, and so it's common for people with parasites to actually have anal etching at night. What else might be happening for you?

Common Parasite Symptoms and Misdiagnosis

Well, skin rashes, that's huge because parasites can drive a histamine overload and that can translate into skin issues. So histamine overload isn't always about like seasonal allergies, I think, like sneezing, runny eyes, you know, flushing of the cheeks.

Histamine could be skin rashes that are persistent, like eczema, psoriasis, dermatitis, rosacea. Can also really be experienced as a histamine overload where you're really sensitive to high histamine foods like citrus, for example.

And it never used to bother you before it, but it sure does. Today, Mast cell activation syndrome. You're going to hear about that in the summit. Like Kelly McCann is going to shareall of her brilliant genius around that.

And so much of that can be driven by toxicity and also the parasites that are here to mop up the toxicity. You might have iron deficiency. Why would that matter about parasites?

Because your parasites get to eat first. They get to eat your food first, and they're also snacking on whatever they have in reach, where they're hookworms that are embedding into your gut lining and drinking your blood, literally, or minus cellular parasites that are embedding into your red blood cells or snacking on them.

There's a whole lot of reasons why you might have parasite driven anemia or maybe unexplained weight gain or unexplained ability to you really struggle to get up to a healthy weight.

And you're very underweight because, again, your parasites are eating first. You might also have anxiety and depression because parasites are really good at dealing and at driving your emotions and secreting different endotoxin.

So different messengers for you at a cellular level that drive your behavior and get you to eat certain foods. Like maybe if you have dairy cravings, carb cravings, sugar cravings, they could all be parasites that might not be you at all or what else exists, because that can be cysts of various kinds, can actually be a stage in different parasites, species, reproduction.

So these are things to be aware of. It's not just diarrhea or constipation, it's not just bloating. It's not just abdominal pain. And what we think of as the obvious parasite symptoms could actually be parasites driving autoimmune conditions as well, and even joint pain or muscle cramps.

That was certainly true for me. Sinusitis. We've had students in our rapid Get Reset program and get out. So it's fair to say it's from using their devices with our different rinses in them and certainly brain fog and difficulty concentrating because it's exhausting to be overloaded with toxins and parasites running the show.

So one of the things that I want you to become aware of is that your chronic conditions are actually recreating themselves over and over and over again because your gut is extremely resilient.

So as you listen to each practitioner today and throughout the entire summit, I want you to listen for how is my gut recreating the condition that it has?

You're not stuck with it, you're just accidentally recreating it. And parasites are a huge picture, part of that picture in driving chronic conditions.

Parasite Forms, Life Cycles, and Detox Reactions

So I don't know about you, but I had denial for a very long period of time, even when Michael figured out that he had parasites and he was getting out these big worms, he was measuring his progress each day for a little while and his ability to infect literally how many parasite feet worth that I get out today, like tapeworms be huge, long and large.

These segmented bodies that look like flat, creepy ribbons like these can be very long and very scary. Or even the little guys like hookworms are just a couple of centimeters long and that's it, just mere millimeters long.

And they're draining you of your blood. But most typically people will see things like Strongyloides, which is actually by some studies and some statistics show that you know, that is the world's most common parasite, that 100 million people are infected every year with strange ladies.

My goodness, that is quite a lot of people. So I just want you to realize that you would not be alone if this was you and that you absolutely can do something about it.

I'm going to give you a few pictures that you might even recognize, something that you've seen in the toilet on your own parasite cleanse just to confirm.

So this is from a studentfrom Rapid Gut Reset and she is sharing her catch of the day. So she's has multiple parasite species here. They can often look like just almost like thin lines of mucus.

It's like you're looking at basically an empty body as a parasite has has died and there's less in there and within the skin itself. And so you're getting out the skin.

It looks like tissue or mucus that doesn't break up and it still has its own shape to it. You can also see very interesting irregular shapes. They don't all look like earthworms.

That's a very typical rope worm presentation where you can see these pockets of air gas like this methane in there that they actually can even use to look them out and and they can be quite long in length.

But the truth is, most parasites are invisible to the naked eye. There is, according to some studies, there's over 60% of them are invisible to the naked eye because they're mono cellular.

So protozoa and they are absolutely affecting your body and they're driving these symptoms. But you might never see fireworks in the toilet, and that's okay, too.

We got to get those eyes, guys, out as well. But first, we need to understand the job that they're doing and why are they thriving in your body and how are they holding on to toxins for you?

I think liver flukes are actually a great example of that. I'll show you a picture of these as well right now. So liver flukes, here's a few different kinds are actually surprisingly common.

And treatments loads. It's like the larger parasite class name for these. So sometimes they look like melted jolly ranchers or tomato skins. And these are actually we didn't eat tomato skins.

Right. And these are actually forming in the shape of your bile ducts in your liver itself. They can also look like little aquatic animals and they can you can often release like many of them, in a time or just one random one at a time, depending on the protocol you're on and how much you're empowering your body to let go.

The darker they are, according to some schools of thought, the older they might be because they're actually soaking up more and more of your body's iron.

And then there are these weird ones. Look, this guy looks like a little mini liver. Isn't that funny? Some of them are very irregular in shape, and some of them are actually forming at where the the bile ducts come together because it's a great place for them to snack.

Some of them look like little sea creatures. We might see these from time to time and go, Oh, that's weird. Those look like lentils, but I eat lentils. Huh?

Wonder what that's about? And the truth is, you may have had these for 25 or even 30 years because that's the CDC claims is their natural life cycle.

Closing Encouragement and Summit Preview

So it's not about where do they come from. Have you been to Mexico or someplace fun and exotic in the last couple of years? These treatments come in on food just like all other parasites do, and there you can get them, contract them in fresh bodies of water like rivers and lakes and streams.

Or you can also contract various types of parasites in pools because not all of them are deterred by chlorine. In fact, some of them, like giardia, can just form a lovely little protein shell, a protective coating from the jaw, from the chlorine, and do just fine.

Do you want to share with you one little red herring that's here in this liver fluke slide? And that sucks. And that's a parasite egg. See, we've seen those as well from time to time if you have suddenly empowered your body to release.

So I hope we pick your interest. There's a lot of amazing stuff to unpack throughout the summer together and what I most want you to understand, if you want to call me your parasite lady or you know that that crazy lady that thinks people full of parasites, I hope that you're exploring your root cause exposures throughout the summit because that's what I have designed it to do for you, that you can really methodically unpack what are these root causes that through my health off kilter that made it so that my body is not in a position to heal itself, even though my body is brilliant and it still remembers how to heal.

In fact, you are always healing, right? Otherwise you'd be dead. We're just all healing at different rates and you're looking to optimize yours and you're looking to reach a new level of health once more, right?

So get to know your critters throughout the summit. It's another route. Toxins that drive their ability to flourish in your body get excited and curious about uncovering things that you may not have heard before are may not have considered from this angle.

We're here to help. I personally went through more years than I care to count where my entire life was driven by not feeling well. And you know, I lost a lot along the way.

So if that's you, I just want to remind you that it's never too late to heal and you're absolutely in the right place. So I know that for sure that the this quote resonates with me.

He who has his health has a thousand dreams, and he who does not has just one. So let's make your dream of healing and being healthy and vital, real once more over the next few days, unless uncover a lot of gems that you may not have considered and will help you put it all together.

Thanks for being here. Let's go.