Introduction to Parasites and Root Causes

The biggest mistake that people make when dealing with parasites is actually trying to suppress the symptoms, not understanding that they're actually working too far downstream.

They need to go far enough upstream that they realize they have parasites. And they also realize what other contributing root causes may be there. If you're overwhelmed with chronic health symptoms and still don't have answers, you're not alone.

I'm Dr. Javan and on redefining wellness with Dr. Javan, we'll be exploring root causes like Lyme disease, mold and parasites, and I'll guide you with simple and practical steps towards real healing.

Well, I just want to thank you so much for being on here with us today. This is such a topic that is important and I'm excited to have you here because You have a major expertise in this topic.

I love it. So I can't wait to hear your thoughts on parasites today. Yeah. This is really fun for me too, Jayvan, because I mean, this is so your wheelhouse and we're so aligned.

So I've been looking forward to this. So what is for you the biggest myths about parasites that you hear? Well, there's kind of like the beginner myths and then the advanced myths, you know?

I mean, truly. First of all, you know, we have to combat the sense that like parasites are only contractible away from where you generally live. Like, oh, if I haven't been to Bali or if I haven't been to Mexico recently, there's no way I could have gotten a parasite, which, you know, we both know is totally untrue.

Parasites don't know borders, right? And there are plenty of parasites that are homegrown and temperate and also developed regions, right?

Common Parasite Myths

They can be chlorine resistant. It doesn't matter if you're drinking treated tap water, you know, and filtering from there and they can be contracted in pools and natural bodies of water.

So yeah, you do not have to have been on a cruise or gone into the jungle recently. So you mean parasites don't obey like national borders? They don't like hop off the food at the Mexican crossing?

Exactly. They don't have to actually apply for visas. And since, you know, someone else could have gone to the jungle and then coughed up some eggs on you on the bus, you know, on your way to work.

It's a, it's pretty interesting how, how widespread these guys are now. So it's really more about whether or not you're a good host, right? Whether then whether or not you've ever been exposed to parasites.

So that's myth number one. Myth number two, I love this one. My doctor would have found and diagnosed the parasites if I had them. And of course, you and I both know that's not true because traditional medicine is just, it's not actually focused enough on educating, you know, our doctors about early signs of parasites, and they too are combating some of these myths, right?

And they're starting to catch up some of them, which is wonderful, but you need to be parasite-versed. And they might not actually be even educated on the symptomology of parasites to have considered them as part of your health picture.

Exactly. You know, I say, I was always telling people your medical doctor's job is mostly crisis management to keep you alive. They do a phenomenal job at it.

Right. They're not trained in these smaller, more chronic illness type conditions, which is what parasites cause. So that's why they're also, this is another piece of the puzzle, why they're not even really paying attention or looking for them.

Yeah, that's a really good point. I think also people think that if they've done any lab work, like, oh, my stool tests would have revealed it, or my colonoscopy, don't you think?

Like, that would tell me, right? Or I would have noticed them in the toilet. Those are like three of the most popular myths. And honestly, they're not going to be down there in your colon once you've cleared out your colon.

Like, parasites are highly mobile if they're large enough to see. They're large enough to go where the food is and they're not stupid. You need to think about that.

We have yet to see a person come through our practice that has had a colonoscopy recently and seeing the parasites that they actually are getting out.

Well, and you said, well, maybe I've seen them. Well, have you looked at your stool? Have you actually looked at your stool and paid attention to it and thought about what am I looking at?

Because once I've taught somebody to look at stool, They start going, huh, I wonder what that, what I didn't eat rice yesterday. What's that little thing down there?

I didn't have tomatoes recently. What's that thing down there? You know, you've got a college student that comes in and you know, they're hanging out with their mom.

They're like, I saw you on Instagram. And you said that when it looks like tomato skins in stool, which happened every once in a while, especially when I drink too much, I wake up in the morning and I, you know, have an explosion.

Um, that could be a parasite. Yeah dude. Trematodes, right? So, our parasites don't just look like cute pink earthworms. They blend in, they can look ropey, like mucousy blobs, they can look like lentils, like tomato skins, that's famous.

Even little branches. Those are actually liver flukes that have formed in the shape of your bile ducts, right? So, they can look like all kinds of stuff.

And they can also look like undigested food if you're not, you know, looking closely enough. So it's, and also there's no reason for them to be in the toilet if you haven't actively gone after them because they secrete enzymes to break their bodies down so quickly once they die, that if they're just living their natural life cycle in your body, you're never going to see them in the toilet unless your immune system is strong enough to actively try to go after them and expel them.

And it usually needs a lot of help to do that. Right. So. Absolutely. Yeah. I also love this one. Really want to unpack this a little bit with you today.

If I've done a parasite cleanse in the past, parasites are definitely no longer a contributing factor in my health issues. Like, oh yeah, I got that parasite in Mexico where I got, you know, Montezuma's revenge.

And then I did this three week thing and that's over, right? Yeah. Check the box, right? Like in your health, check the box. It's like, I went to the gym once, I'm in shape now, right?

that's a really good metaphor for it. So I think it's just important that we take a step back and we look at like, what

do parasites do for us? And then it starts to make more sense why these myths are just, they're not helping us out, right?

So parasites act like toxin sponges. That's why they are so persistent because we are all exposed in our food, air, and water right now in our homes, right?

So they're actually doing a job for us. It just comes at such a high cost that we got to take care of them. I couldn't agree more with everything you just said.

Those are some of my also favorite myths because This is something we need to get out there. The more information we get out there about this possibility just adds information to people's ability to have a chance to get well.

So any more myths or should we move on to just talking a little bit more about like what kind of parasites we got to deal with? No, I think that's a good start.

I think the main myth that people tell me is that we really have to unpack here, and you've done such a good job of this as an advocate right now, is just to understand how widespread the symptoms can actually be.

Symptoms Beyond the Gut

This is not just about, oh, if I get stomach cramps. I must have a parasite. It can actually show up in a lot of different ways. You might actually feel crazy amounts of fatigue and brain fog, food cravings, food sensitivities, dairy allergies are often actually parasite driven.

Even sulfur sensitivities. It's not just about your genes that can also be parasite driven. histamine sensitivities can be parasite driven. And also, I really want to say this with care and with love, that we're having a really good mental health conversation right now in this space, like never before, but we're not connecting the dots enough.

So we're having more frank conversations about anxiety and depression. And you could see it in the culture, like even on Instagram, there's a lot of memes of my anxiety, my anxiety.

You know, people are trying to explore, like, what does this mean? Why am I driven this way? And yes, there can be life events, and there can be very real mental health and emotional issues that drive that.

However, parasites are very good at creating anxiety and depression. You know, they're really good at actually creating that at will. in order to drive your behavior and change the way you eat so that you are creating a more optimal environment for them.

So please know that all of your emotional resilience that you used to have could be right underneath the surface. It's all still there, the best of who you are.

If you start unpacking these symptoms and start connecting the dots and you are willing to go after the parasites directly, right? Absolutely. They say you are the five people that are closest to you.

What if parasites are the things the closest to your brain, right? So there's a study done in toxic plasmosis that showed that when this parasite was in the brain of mice, the mice would run out to cats and present themselves as dinner basically, because that parasite wanted to get to its end host, which was the cat.

Maybe you are the five organisms closest to you as the new saying out there because parasites can drive you to do things that don't seem like you per se, you know, irritability, anxiety, depression, like you're talking about.

So I think that's a huge and very valid point that you're talking about there. So what would you say are some signs? You've talked about mental health.

You've talked about GI. Well, what are some of the other signs and symptoms of parasites? Well, it's not just about like the food sensitivities and the gut issues.

You can actually have serious persistent gut pain. And this is a really important trigger to not overlook, especially after eating, if you start getting gut pain.

We also have so many people that come into our practice like, oh, my ileocecal valve comes out and my chiropractor has to adjust it after I eat. corn or dairy, you know, they can always tell us like, well, but, but why, why, why is that happening?

And it's because parasites can have a lot of strategies to dam up certain parts of your digestive tract so that they can feed and they create these little nests.

So. Yes, gut pain is important to understand and cannot be overlooked, but it can also be a wider range of symptoms like sleep disturbances, right? TMJ.

Michael, my partner, had the worst TMJ I've ever seen. He would literally dread going to sleep because he would wake up with smaller teeth in the morning.

He was chipping them every night. grinding, and he was choking with sleep apnea, which is another parasite sign. He was waking up, and he would wake up more tired than when he went to bed.

And he went to dentists, central dentists, all kinds of specialists, and it wasn't until he dealt with the parasites that all of that resolved. And he had a parasite case for the textbooks.

There was some scary stuff coming out of him for a while. Well, that's one thing. I also want to make sure that we don't overlook the brain fog piece, right?

And just another note on the emotional distortion piece, like parasites are very good at increasing dopamine in the system so that your immune system actually can't see them as well.

And they're also good at snacking on your serotonin. because they like your serotonin too. So as you're producing serotonin in the gut, they actually get to eat first, whether it's your food or your serotonin.

And that's why they're more active around the full moon, which you're so great at educating on. But this can be yet another reason why your emotions are dysregulated, right?

Absolutely. Do you want to add anything about that? You're an expert at that. Well, there's so much that goes in there. I mean, you're talking about parasites in the gut, releasing endotoxins that cause constipation, immune response, causing dysbiosis of your bacteria, which produce dopamine and serotonin, by the way.

So these are neurotransmitters that are made inside your digestive tract. So if they're made there and they're either you're killing the bacteria that make them or you're chomping it up, these neurotransmitters are directly in correlation to Well, dopamine, it raises when you eat chocolate or win a race or get excited and happy.

Well, if you have more of that, maybe you're going to be, I don't know, addicted to sugar, having those cravings, like you mentioned, or if they're snacking on the serotonin, maybe your anxiety is up and you could be getting headaches because you have a serotonin deficiency.

Maybe you've been put on a SSRI medication to increase serotonin. So there's a lot of pieces to go into this parasite conversation. And instead of just, if you're on a medication, so if you're on a mental health medication, you may need to be on it right now, but stop and go, why am I on this?

What is it doing for me? How is my physiology needing to be helped, fixed, supported, or rebuilt so that my body does this on its own? If I need more serotonin, how do I make it make more?

If I need to absorb it better, why am I not absorbing it? Is it because my receptors are blocked with inflammation or other hormones like stress hormones.

So yeah, there, there's a multitude of reasons, but it's always why be that little kid in the classroom. Why, why, why, why, why that's what, that's what my job is.

And I love it. So if you're out here listening, obviously you want to know the wise. So yeah, there's, there's my two cents on parasites and neurotransmitter.

Yeah, I think it's beautifully said. And like the last one I would quickly tack on is that GABA piece because, you know, it's been proven that many parasites will actually eat your GABA as well.

And that's that neurotransmitter that calms anxiety, that produces that feeling of rest and, you know, actually helps support, you know, a parasympathetic dominant state.

You know, if you're getting robbed of that, you know, it's not just about what the poisons excrete, but the parasites excrete, but also what they're taking away from you.

So we got to get them out is the punchline, right? Like our friends say over there, Todd and Jay better out than in. Yes. And when they come out, and now this sounds scary to have parasites come out.

People always imagine something off of like an alien movie where there's this thing that comes out as wiggling and that's not what happens. What happens is you excrete it and if you want to see it, you can go digging.

That's the most common thing. Clients send me pictures, sometimes more than I want. I could remember when I first started seeing parasites come out when I was first on the, on the docket.

I was like, oh yeah, send me the pictures. I'm so excited. And now like, oh yeah. I'm good. I'll look if you want me to. Yes. Yeah. I remember a colleague of ours, actually, who's a friend, became a client, and he was really sure he didn't have parasites.

We'll talk about the stages of parasites in a minute. But he was really sure. He was really adamant. No, I don't have them. I would know. I'm a practitioner.

I would know. And then at 7 a.m. on a Sunday, he just sends me all these super graphic pictures of parasites. And all he said was, you're welcome. And this is a boundary.

We will no longer be texting. Those will go through the portal. Yeah, they'll go through the portal. That way I'm not sitting down for my morning coffee.

Open up a test. All right. Well, yeah, that changes my morning. Yeah, exactly. Does that make him a parasite friend for the moment, having a negative response?

No comment. Actually, since we started that, I do want to quickly just acknowledge to people that we talk about this in terms of six stages of parasites.

So the first is denial, right?

Parasite Healing Stages and Seasonal Cleanses

It's kind of like the five stages of grief, but there's an extra one tacked on. So denial is more like, it definitely could not be me. And if you're listening to this, I am betting you're at least on the way past this stage because otherwise you wouldn't be listening.

And then the second stage is like bargaining. Am I going to see them? How will I know? Can I get out of this? Is

there a magic pill? The third stage is disgust.

Oh my God, these things are coming out of me. The fourth is depression. When is this going to be over? You know, I'm sure you hear this all the time. I know I do.

Like, when will I know? How long is this going to take? I've already got 300 feet that have come out. How much more could possibly be in there? And yes, that's a real statement.

You'd be surprised, right? Yeah, I know, right? For Michael, we were in the beginning of our parasite journey. We were measuring his progress in terms of how many feet had he gotten out a day.

Yeah, that's a real thing, guys. I mean, you'd be amazed at the well-mannered, you know, little ladies that come to us and they're like digging in their poop and measuring with a measuring stick or they're, you know, washing them out in a spaghetti strainer and like, I need to know what is in here.

So if you're somebody that has done that in the past, don't worry. You're not alone. It's not a requirement, but it actually sure does help you get through it.

That's part of the, that's the heart of the stages in there, right? It's like, I don't want to know. I don't want to know. Okay. Now I really want to know.

And then you're really good to the next stage. I'm sure. Yeah, exactly. Actually, I just have to tell a quick story. We had a 22-year-old working with us, and she had been sick since she was 12 years old, right?

And she had just done the full gamut. Her dad was an MD. He was adamantly against this parasite work. He was sure she didn't have any. And the first few she got out, she actually named them and framed them.

Yes. Because she was so like, oh my God, here's the reason, right? Why no one could figure me out and why I haven't gotten well. So it was like Fred, Ethel, somebody, I don't remember, but it was very funny.

that she hang them on the wall in her dad's office. She put them up in her bedroom where he would walk by and see them every day. So God bless. And then truly the last stage is freedom.

And that's kind of what, you know, Dr. J when they are getting at is that you may still be processing through them in this stage. But your energy is, you're seeing gains, you know, you're past the acceptance point.

You're like, okay, this process has actually set me free. I can see the end in sight. Everything's going to be okay. And is the end in sight just pulling the final piece our final drop?

No, I'm kidding. No, it waves a flag. The very last one waves a surrender flag. And here's the thing, you know, as we're talking about this. This does not mean it's not checking the box where it's like you did your one workout and now you're in shape for the rest of your life.

You're not done with parasite cleansing when the last one on this cleanse comes out because You're still living in the world. You're still eating food.

You're still going through life and having events and stress and toxins interact with you. So you get to a point where you're symptom free, feel amazing.

You're living, you're doing well. You've rebuilt your digestive tract. You've gotten stronger, hydrochloric acid that's produced in your stomach to protect you, but you still may want to do a cleanse here and there.

And you may still have something come out here and there, just like you have to maintenance your fitness by going to the gym. I think that's really well said.

You know, we've only lost the art of doing this very recently. Every continent had parasite cleanses built into their religions, to their, you know, change of season rituals.

You know, Europe did this up until as late as the 1940s and 50s. You know, we still have clients that come in and go, Oh yeah, my grandpa used to do a parasite cleanse with the turpentine oil and, or, you know, the pine concentrate and that kind of stuff at every change of season.

And we, so it's only that we've only lost this right when we need it the most. I still have farmers that come in because, and in small town Midwest, It still was a thing in the sixties up into the seventies clients will come in like, oh yeah, I can remember my grandpa, grandma, mom, dad.

These are 60 year old individuals that, you know, at this time that would say, all right, time to deworm the cows. And here's yours. And the funny thing is it was the same stuff.

It was just small dose. You know, the person was 120 pounds, the cows a thousand. So dose appropriately, but same stuff. Same thing. We're no different than our animals around us.

If your cat, dog, horse, chicken, ferret can get a parasite, so can you. Yeah, that's really well said. Yep. So hopefully that demystifies it a little bit.

I know we want to talk more about for folks that have been dealing with gut issues for a long time, what are some steps they can take? Where would you like to go next?

I'd really like you to talk us through Just the process you go through and the biggest mistakes people make. Like you were just saying, but like, let's just take this on that journey.

So somebody walks into your clinic, calls you and goes, I think I might have a parasite. What's it like? Well, they usually say, I don't feel good and I haven't felt good in a long time.

It's usually a little bit of a convincing. Or sometimes they're starting to come in and say, okay, I've started parasite cleansing with somebody else, but I crashed.

You know, they put me on these hunt and kill drugs or, you know, I've done biocidin, why aren't I getting better? You know, that kind of thing. So, it's a range between that.

I think the biggest mistake that people make when dealing with parasites is actually trying to suppress the symptoms. not understanding that they're actually working too far downstream, they need to go far enough upstream that they realize they have parasites, and they also realize what other contributing root causes may be there, right?

For example, I have yet to see somebody come through our clinic that has a serious mold issue that didn't also have parasites. And so if you don't go after the mold, the parasites will keep coming back because mold is so good at suppressing the immune system, right?

So it cannot fight off or keep an appropriate balance, those pathogens. So it's important to understand the synergy of multiple root causes at play, you know?

And so another thing that we want to make sure that people understand at the beginning of the process is like, we're going to assess those root causes.

Clinic Approach and Root Cause Assessment

We're going to do those toxicology labs. We make people agree to do some EMF mitigation before they ever come into the practice because we only want success stories.

And, you know, there's a really good example of this. We had an amazing woman come through. She'd been through to all the people, right? She tried all the things.

She was living on just a few foods. She was so diligent and so committed and really frustrated with her gut issues. And we had put her on, you know, some of our favorite anti-parasitic tools that you and I use.

And she had been on them for a couple of months and she hadn't seen anything in the toilet. She was like, well, maybe they're invisible. Do I even have to be on this anymore?

I know you told me 60% of parasites are invisible. But am I done yet? How will I know? And we were trying to get her to do the EMF work and we finally said, you have to assess your body voltage where you're sleeping.

This is non-negotiable. And it turned out she was trying to sleep in several volts and anything over one volts is catastrophic to your health, say the building biologists, right?

And so she started turning the breakers off to her bedroom at night, not the whole house, just her bedroom as an experiment Within 24 hours of doing that, she got out her first ropeworms and they started pouring out of her.

I mean, she had epic, epic ropeworm. She got many tapeworms out, strontaloides, pinworms. It was just like… The flood gates opened and she was shocked, but it makes sense because if you don't understand how the root causes work together, like EMFs may not have been her root cause singularly.

She was also exposed to mold and heavy metals and stuff, but it was the EMFs were suppressing her immune system enough. Her body could not fight back.

So the pills were not enough to overcome that, you know? So that's a big part of our methodology is like, how is all this fitting together? What is your home doing?

Is it helping you or is it hurting you? You know? Um, so that's a big piece of our, of our process. So it's a, it's a process that requires making sure that they live in a place that is acceptable for healing in.

Yeah. And then. What else comes after that? What other pieces are coming out of this? So let's say EMFs and mold and water and food and hygiene are all taken care of.

Where do we go from there? Well, we want to make sure that you're supporting the nervous system along the way, right? Because those steps you can take every day are free and they will make sure that you take a lot less pills for a lot less long a time because you've got to be in the healing state to heal.

Like that just makes sense. That's just math. So a big issue with parasites is they coupled with your prior life traumas and the stress coming at you in life day to day right now, all of this put together is very good at keeping you in an agitated state.

Parasites are fantastic at that. They drive anxiety, depression, they disrupt your sleep. So you never feel like you can fully relax. And you also feel like you never have enough resilience to handle what life is, you know, thrown at you.

So you're in a kind of constant state of overwhelm unless you do active nervous system support work, right? Retrain the limbic system, activate the vagus nerve.

These things are really easy to do. There's so many great books out there now on free trainings. We incorporate nervous system support in every single one of our courses for this reason.

It has to be a part of your work, right? I fully agree. If you're in survival mode, you're not in thrive mode. And until we pull you out of survival mode, your body is focused on getting blood flow and nerve conduction and sensation to your hands and your feet and your, and everything's going outward away from your organs, away from the rest,

digest, heal, repair, recover.

So as long as we're out in the periphery of our body, trying to protect ourselves from the big bad bear that's coming after us. We're not healing the cuts on our back.

And that's why nervous system is so key as a piece. Yeah. I think it's really well said. So that's got to be a piece of each stage of healing. And, you know, this won't surprise you, but we, we also do a lot of liver destagnation work because we find that chronic digestive symptoms, you know, the liver is usually playing a part in that if you've been exposed to things that have helped parasites to set up in the first place.

So when the liver gets overloaded by industrial toxins, right, things like PFAs, halogens, this can be like very simple stuff that you're getting on your clothing and in your food.

Also heavy metals, also mold, of course. These things can help to stagnate the bile pretty quickly and bile has to flow in order for digestion to be healthy.

And bile has to flow in order for you to be able to excrete enough toxins every day that you don't need parasites to act as toxin sponges, right? So bile salts are suspended in liquid in very delicate chemistry.

So the liver's making bile every day. For a healthy person, it's between 28 and 32 ounces of bile a day. That's a lot. It's supposed to be moving through quickly, actually quite a bit of it.

Coming into the gallbladder, getting condensed down in that little catcher's mitt before it gets released out for every meal. right, as needed. You're supposed to be excreting toxins, emulsifying fats, absorbing fat soluble minerals, getting that calcium.

Biola has a lot of jobs to do for you. And if you just throw it out of whack, just a little bit with that chemistry, it goes sticky, sluggish, slow moving.

And then you have 2000 miles of bile ducts in the liver that are like, oh, I can't I can't really flush through here, which means you're not flushing out your blood, you're not digesting your food, you're not regenerating as quickly as you can.

So we actually have to go in and actively break up that stagnation usually to finish the parasite process. Otherwise, you're always going to be a little bit on the back foot and there's a reason for them to come back.

Very well said. And I want to support this with saying, I know you're one of the experts in gallbladder flushes and bile stagnation. So make sure you go and check out her website.

We're going to give it that to you here at the end, because there's a lot of great information that she provides on this topic. Because if you're stagnated and then you go try to do anything in the detox infection, toxin world.

such as flush mold out or move metal, or even try to kill parasites, Lyme or whatever your thing is that you want to attack. And it can't get through the liver.

It just recirculates creating inflammation and irritation and stress. And you feel it and you call it a herx or you call it a die off or a detox symptoms, or you just stop doing what you're doing because it doesn't feel like it's working.

If you can get through that stagnation. Life is so much better on this journey. So definitely check. It's like check out her website. She's an expert on this.

She's got all the hacks on how to do the perfect gallbladder flushes. So as we're kind of getting toward the end of this, I got a few more questions I want to dive into because one, one is how do you test for a parasite?

Lord. I think we're probably pretty aligned with this together. So here's something just to consider.

Testing Limitations and Diagnostic Layers

There are serious limitations. Let's start there with the existing testing methods on the market. So we already talked about stool tests. There's actually as low as 24% replication rates with stool tests.

So an easy, gentle way to say it is the tech is not there, and it's a layer of information. right, that is great to have, but it doesn't mean if a parasite didn't show up on your stool test that you don't have them.

It doesn't preclude it. It just means that test did not pick them up. Okay. So that's an important piece to just kind of reckon with. It's also really important to understand that, you know, you're not going to see these on like imaging while like, oh, I had a gut ultrasound for something.

And, you know, we already talked about colonoscopies and why those are not going to be useful. You literally fast. and flush out beforehand. Like why would they be down there?

That makes no sense. Think like a parasite, right? You're playing hide and seek and they, you know, like you're hiding in leaves in the yard and they clear all the leaves from the yard.

You're not going to continue to use that spot to lay there. Uh, yeah, that's a really good point. That's not even a hiding spot anymore. And that's what you just did.

You cleared all the poo, all the place to hide. You're like, I got to find a new spot, which is deeper in the body. Yeah, that's perfectly said. And unfortunately, guys, these are, you know, the ones you can see are highly mobile and the ones you can't see, well, you're not gonna see with the naked eye anyway.

And there's over 60% of parasites are invisible to the naked eye. So then we come down to blood tests, right? So we can look at the serology, right? We can look for antibodies that could be driven up by parasites.

We can look at monocytes, eosinophils, like different basophils, et cetera, that could be elevated. and indicate a parasitic infection, but many other factors can contribute to those, so those aren't super conclusive, okay?

Again, a layer of information. Muscle testing is a really important thing to understand because if you're working with an experienced practitioner, this is, again, a great layer of information.

It's not legally considered a diagnostic tool, and also you really need to be working with somebody who's actually trained in parasites and knows what they're asking the body for.

Okay, so there's lots of muscle testers out there. Let's just say the quality of the question determines the quality of the answer, okay? And then we really come down to the symptomology.

You know, so when it comes to symptom analysis and medical history, these are crucial layers of information. And in our experience, they can be the most reliable.

And then, of course, you can do root cause analysis because where there's mold, where there's heavy metals, where there's industrial toxins, that necessitates a microbial response in the body, which is often pathogenic.

So we think about in terms of layers, what would you say, Javen? I agree. It's parasite testing from a lab sucks. It's got a long way to go. There, there are a few people out there doing better things there.

If you get a true pathologist, meaning someone that studied and has a doctorate and actually understands it, that that person will actually look at your stool, not a lab, because a lab of the technician that's not trained like a pathologist that gets three minutes to scan through a slice of your a slide, so a slice through your stool and look for a very specific type of album.

If they don't see it, they're done, they're moving on. If you get a pathologist to do it, we're starting to see some

things come out from a few more knowledgeable.

There's, there's hope on their horizons, but after that it's, it's muscle testing, it's symptoms, it's good practitioners that understand what they're looking for in your other labs that would suggest parasite and then you make a decision from there.

And I want to close out with this question. What is your best strategy to get rid of these things? I know you went through kind of the beginning works.

What's your favorite like actual parasite tools? Well, I mean, my favorites honestly are all about drainage and then actively going after these guys. So, you know, we support detox pathways opening and adding in mitochondrial support before we ever ask the body to let go of parasites because you're usually at an energy deficit.

They've usually been eating first for a long time, right? You know, it feels so good. So we need compliance and that means not just from you taking your pills, but also from the body.

So we need to work with the body and not try to override it. So always mitochondrial support and drainage first. And then we also need to actively go after them.

Mimosa pudica seed is like one of the best tools available to us right now. And it's, it's so sticky. It's going to pull at the biofilm. It's going to pull at, you know, mucus and sludge that's, you know, up against the side of your small intestine.

That's also going to go after the worms. It'll help suffocate them and it'll also help pull them out somewhat intact. So you can actually see what's going on.

Treatment Strategies and Drainage Support

And that means you're pulling out toxin sponges intact. So that's a really big deal. So the Cellcore product line, you know, pair two, pair three, pair four, these are game changers on the market.

And what they're doing is not just putting together like, it's not just wormwood. Okay. It's not just clothes. It's not just walnut. It's the synergy of how these herbal, um, you know, formulas, like they work together.

So that's really important. Again, you've got to turn off, you know, these exposures to EMF so that your body isn't trying to fight an uphill battle. That's free.

So please do an EMF assessment in your home. There's lots of tutorials online if you don't want to learn them from us, like, just figure it out, guys.

It's one step at a time. And that includes dirty electricity, body voltage, and wireless radiation. I mean, we teach this in our gut courses for a reason.

Cause we need to get the parasites out. And then of course, like coffee enemas, dude, like you can add so many good things to your coffee enemas to help support the parasite expulsion process.

So, you know, we love adding para three into coffee enemas. Coffee enemas are a great way to help the body to speed up release of parasites because it costs your body so much energy to get these suckers out.

So it's an easy way to move the situation forward. So don't, don't overlook that. that step, right? Yeah. So I, I just want to rehash what you just said.

So everybody hears you because the common thought that is out there is if I have a parasite, I need to take an antiparasitic to get it out. And what you're saying is the best way to get parasites out is to support, build, support your body with the proper nutrition, rebuild some of the damage that's done, get rid of the things that are causing it

not to function properly, and then make sure that the path to getting these things is out.

Which is by the way, from my experience, the difference between somebody that can work with a lot of people that are sick and just the small community of people that are pretty well, just a little sick.

Because if you're only slamming the antimicrobials, you can only work with the people typically that are pretty well because their body already has all the rest of that stuff done because of luck or life or genetics.

So if you're hearing Sinclair Wright here. Just remember it's not about just taking the pill. She said it so many times, but I just wanted to say that one more time.

Cause it's something I try to talk about all the time. It's like, you've got to look at the whole picture, not just the single pill. And I just want to thank you so much for jumping on with me today, giving this time and energy to help people to get on the right path and see the big picture.

Cause you see it. with such a wide vision that the, as some docs say that the 30,000 foot view, you're not just looking at it from the bug equals kill equals better.

Cause that's, that's too simple. It's not what really works for most people. That's really beautifully said. I just really appreciate your work in the space, Jayvon.

I mean, you're really helping educate a whole generation of practitioners and folks who desperately need our support. So thanks for the chat today. And do you mind if I close with one advanced tip most people don't know?

I want to make sure we don't leave our advanced, our summer junkies hanging. I'm always thinking about you guys. So I rarely talk about this because there's rarely time, but, you know, Jaypon's so great at this stuff.

We might have just this minute. There's a really cool machine called the electron charging machine, and you can actually lay it over your belly. And it's kind of like how, you know, fishermen actually get earthworms to go fishing.

So if you, what they will do is they will stick the, like a car battery recharging, you know, if you stick those two ends into the earth, we will get earthworms coming out.

because you're adding so much energy into the system that earthworms don't want to be near it.

Advanced Tools and Where to Find More

So that's an easy way to get your earthworms for fishing. Like you'll just see them pouring out. The same thing can happen when you use the electron charging machine.

It's a very gentle mesh that you can put over your belly. And it just is adding electrons back into the system because so many of us are deficient in those.

We need a 20% electron surplus in order to heal quickly. And we're not getting that because we're not out in the nature, like getting them from the earth, from the solar winds with fresh air, you know, fresh water, bodies of water, we're just fresh food.

We're not getting that anymore. So this is a great way to add that back into the system and watch what happens. That's all I'll say. Sounds fun. I know, right?

You're going to go get one. I can tell. Coming out the bottom end there. All right. Well, before we jump off here, can you please tell people where to find you and get all this information?

Cause I know you're putting it out there all the time. Yeah, thanks. Um, so you can find us on Instagram, Detox Rejuvenation. You can find me your health reset as the podcast I host DetoxRejuvenation.com.

That's where we'd have all of our courses and blogs and stuff. And this was a joy to do with you. Thanks for having, yeah, thanks for being on here. Thanks.

You know what, for everybody that's listening, make sure you get out there and you go check out our website, check out this machine that will get the earthworms out because I have to look at it.

And until we talk next time. Thank you for tuning in to redefining wellness with Dr. Javin. If this episode spoke to you, please follow and share this podcast with someone who is ready to take control of their chronic health symptoms.

Also, please consider leaving a review. It helps more people find the show. See you here again.