Introduction to Todd Watts and Parasite Myths

Welcome back to the conversation. Today we have Dr. Todd Watts. Welcome, Todd. I'm so excited to bring you back to the Mitochondria 2.0 Summit. Thanks for having me on.

Excited to be here. Yeah, well, I don't know how people viewing don't know you, but in case they don't. I going to do a quick introduction and we're going to dove into the world of parasites.

Today, though, you are a national board certified chiropractic physician based out of Idaho. You're a functional wellness practitioner. And many of us do know you as the parasite guy.

And you also have extensive knowledge in functional blood chemistry biochemistry. And this is one of the reasons I wanted to bring you also on to the mitochondria summit.

You work with chronic illness. You help people restore their health. And you are the co-founder of Cell Core Bio Sciences. This is a supplement company that has changed my life.

It's changed the life of my family. And it's changed the way that I practice functional medicine with my own patients. So I am so excited to bring you on here because I do believe that this is one of the most impactful supplement companies in the world.

And I'm really pleased to talk about parasites, the myths, the solutions, and shed some light on the truth about what people really need to know. So let's do it.

Let's do it. All right. So this is a totally unscripted, off the cuff discussion today. I don't even know the questions. Exactly. I'm going to ask you.

We are going to just riff and this is way more fun. So I will tell you that I had a lot of misconceptions about parasites. I grew up in the Western medicine world for 20 years before I even found out about functional medicine.

And so I used to think that parasites were that there was like three of them and we tested them on a ova in parasite test, you know, in the Western medicine lab and nobody ever came back positive for parasites.

So when people would come to me and say, I think I have parasites, can you test me? I'd order this test. And 100% of the time there was no parasites. So let's start with that myth right there.

That is true. I validate all of that because every test that I would run would come back negative and then we would work with them and to say, okay, you have the symptoms and the complaints about would match up with the parasites, so we're just going to treat you anyways.

And the next thing you know, they have a six foot tapeworm that comes out or they got roundworms that come out or you know, I've seen it, I've seen all kinds of things from stuff come out of their nose versus come out noses, people throwing out parasites.

I've seen them urinate out parasites. I seen some of their skin. And of course, coming out of their bowels, tons, including myself. And I had to go to the bathroom like wait some things there and have it pull it out.

And I had a tapeworm probably that had gotten when I lived in Argentina for a couple of years. But it's they exist everywhere. And the interesting thing is, is that for some reason, when you cross the borders into the United States from Mexico, because I have a group in San Diego where you're at it and you don't have parasites because you're in the United States of America and you come from Asia and you get parasites over there.

That's okay. But now you come from the United States of America, and since you're in this zone specifically, you don't have parasites, and you can come from Africa and you're okay to have them there.

But once you cross the border into the United States, no longer have them magically. Right. It's so funny. So there is this misconception and this myth that you have to go to a third world country or the jungle or something to pick up parasites.

But the truth of the matter is that they are all over the planet and very alive and well right here in the U. S.. So let's talk about some of the you've already mentioned a few of them, but some of the common parasites that people viewing right now have and don't even know it.

They don't know it because they're not seeing it come out of their body.

Common Parasites and Symptoms People Miss

But one of the most common, especially in children, is ten worms. And so it's got this scotch tape test that it can do. But I've seen stats as high as 50% of children have worms and 50%. 50.

Wow. That's that's. Yeah. The stats are all over the place, but as soon as high as 50%, the kids. I can't sit still there by matches. They move around all the time that folks in school, they have behavioral issues.

Roundworms are super common dogs, cats, of course, all your animals such as cattle, goats, sheep, horses, all have those sort of things, tapeworms. So you have your dog tapeworm, you had your fish tapeworm, you had your pork, your beef.

And basically anything you eat meat wise can have tapeworms and tapeworm eggs that you can also get. And then if you have any animals, you're going to have tapeworm, you're going to have any types of you can have parasites, cats can transmit them.

You know, you always hear women that don't you're pregnant, don't change the kitty litter because you could get Toxoplasma Gondii, which is a protozoan, microscopic parasite which could damage the fetus.

But what about if you're not pregnant, still get the same thing? It just that it can create more anxiety issues and it can drive glutamate problems versus galaso inhibits GABA production and glutamate which drives anxiety issues and then can also.

Wait, wait, wait. This brings a whole new light to crazy cat lady. Yes. No, it's. It's true. Right. So the person who owns all the cats who seems a little bit off here is that.

Transmitter is going to be affected because the enzymes put off by these specific protozoans or parasites, which are, you know, you can't see unless you're looking at a microscope.

So and they they inhibit some neurotransmitter production because the enzymes cannot no longer convert skin. People have schizophrenia. And same thing.

It's it's the it's the parasite that has driven that sort of issue. So it causes it. One study was really interesting because it said that men can be kind of aggressive, you know.

So, Chris, that aggression and then women tend to cheat. So you have that that tried to to to get out there and do more of this crazy sex game type stuff.

Right. Little more thrill seekers. Or women cheating. That's a thrill seeking. Thrill seeking, right? It's beyond that sort of thing. Yeah. I've said all women that she had this parasite, but it just that was in the study united just to those that had tended to have those characteristics.

Oh, that's so fascinating. So while we're talking on characteristics of how you might know you have a parasite, and then I want to share with you the story of me pulling a parasite out of my nose.

I happened so. But first, let's talk about what our viewers could expect to feel and what has been what has been ignored by their by their doctors, perhaps.

And even in the functional world, you know, there's a group of practitioners who really don't believe parasites are a problem. Some people believe, oh, everything is caused by nutritional deficiencies or like we were just discussing, some people believe it's all mineral deficiencies or so there's a lot of myths out there about what causes problems, but what are the symptoms and the conditions that our audience is experiencing that could be related to parasites?

Well, you know, I always joke, how do you diagnose it? And it's like, okay, you put your two fingers up next to your jugular, you feel this pulse. And if you have a pulse, he had a parasite.

And we all get that, which is part of living in this world. But, you know, you looking at with symptoms, you know, one of the issues I had was severe allergies, seasonal allergies.

And then there's food sensitivities because when you have parasites, it upregulates two immune system, two cells which put out and you know, can four or 513, which doesn't really matter most people but it's also upregulates IGA.

So now you react a lot, a lot stronger to outside influences into your body and then headaches, migraines, number one, cause migraines in my research was parasites, specifically thread worm.

So these tiny little things that are point nine millimeters to 2.5 millimeters like really small, like little sesame seeds that are stomach or small intestinal parasites and they make their way into the lungs.

And then they had this whole lifecycle can last decades and decades and people they can also get into the sinuses. So people that have chronic sinus problems have probably had parasites, food allergies, parasites, seasonal allergies, same, same sort of thing.

And then even any longer asthma conditions that regulates the immune reaction to where they have those, you know, itchy reactions and so or allergenic reactions to where they get asthma and bronchitis and things to clear that.

And also bronchitis to the asthmatic conditions go away and eosinophilic esophagitis your symptoms go up because what parasites it's the parents that's the they have huge granules in these white blood cells that help to break it down.

Clear mouth. So can I just share right here just some to put some real life experience on this for people. So I've done parasite cleansing with your recommendations and protocols now for a couple of years, you know, I started out doing it, you know, a hard push on parasite cleansing for months and months and now doing kind of more quarterly cleanses.

And I haven't been on allergy medication now. I took allergy medication every day of my life. Every day of my life. I took an Allegra and I have been off of allergy medication now for over a year and I don't have that a hard reaction, allergic reaction.

But I had my entire life. Yeah, I don't have headaches anymore. I don't have seasonal allergies anymore. I don't have these food sensitivities to where I would react to dairy or extremely almost a gotten rid of through clearing parasites joint pain.

So I have severe wrist pain as to wear those wrist braces and take out approach protein with physical therapy. None of that worked. And as I cleared parasites, all of a sudden my joint pain, my wrists went away.

Yeah, it's. It's it's. It's incredible. I see eczema, skin conditions, my, my wife and all my kids or my kids had eczema.

How pronounced that? I say eczema.

I said so I prefer that. And my wife said it her whole life off and on. And and having a babies, having her kids flare up, her whole body flared up. Just horrible.

And, you know, you feel powerless to help on how to help with. I mean, I never experienced that myself. And so as I was having my headaches and and all my other Lyme disease issue and parasite issues and fatigue problems and allergies and whatnot, they were having skin conditions. And as I clip parasites and nuclear parasites also I could do dairy without having severe ex not clear where they could.

They no longer had eczema. I had a lifelong issues with the night gone. As we cleared Strongyloides in my research I saw that roundworms and thread worms which is what this trying to what is their coolest is are the major causes of asthma.

I've worked with many kids, children, babies head to toe leading parents had a tape gloves on so they can scratch themselves during a full moon.

Why Parasites Flare Up Around the Full Moon

As we correlated that, we we calculated the weeks that they had such severe flare ups or reactions and went back and looked at the journal and it was all during the full moon when it was just really, really bad.

And we clearly had Tito cleared him up in a short period of time by addressing the parasites. So this brings us brings me to another question. So we're talking about the symptoms that people have, everything from lung disorders to allergies to pain to mood and neurotransmitter changes that can cause anxiety, depression.

We know it's linked to a whole bunch of gut symptoms and we could go into that. But you just mentioned something that is probably sparking people's interest.

Why the full moon? So why is it worse during a full moon and why do we do full moon? Parasite cleanses when those of us who know about the parasite world and I said, I do these things quarterly, I also do them around full moon.

So can you can you explain that to our audience? Yes. So the full moon part of it is that so going through the lifecycle, the larvae come out of the lungs go up and then down through the esophagus into the intestines.

So depending on the type of parasite, if it's if it's the thread worm strong, it always does the small intestine, it is the roundworm, it goes to the large intestine.

And so that's where they are mature become adult adult parasites from the larvae level stage in the lungs. And that's why there's a there's a flare up with with that process.

And and I think that the lunar pools and the gravity and everything, it's just and changes the body to work in a way that's what they're natural. And they're after our serotonin, right?

Well, probably so about 70, 85% of serotonin is made in the gut. Yup. And more so during a during a full moon. They get really excited about that because the way I understand it is they use our serotonin to help communicate as well and mobilize and move hence parasite.

Right. What's the definition of a parasite. It uses its host. That's right. And takes away. Right. And so, you know, one of the other things I see, what it does is symptoms go back to the symptoms.

There is is fatigue. I had severe fatigue issues for years for my forties. And as we cleared out parasites and I did research and some of the research I found in a study that showed that that's specifically the thread worm studies and roundworms that they created create an enzyme that inhibit cycle function so the Democrat cycle doesn't work

so well, which means it causes mitochondrial dysfunction.

Yes. And our audience here is, you know, they're they're watching this summit because they want to learn how to improve their energy. And that's another reason that I brought you on here, because cell core, the company that you founded, not only helps people remove parasites, but the very the very foundational piece to, you know, healing someone's body is supporting the mitochondria.

And as many of us know in the space cell core stands for the core of the cell. And and so talk about that why do we need to support mitochondria energy production while we're helping in assisting the body to clear unwanted microbes and infections and pathogens?

Why is that important? Well, a big part a big part of that is because the ability for the body to detox, the ability for the immune system to work the way it needs to, there's a there's the core that does that.

And that's the mitochondria that the mitochondria produces. The byproduct of ATP and the ATP molecule can either be utilized in these enzymatic reactions and to heal the organs, to work properly, to detox and to digest and to create neurotransmitters, to create hormones.

Energy is needed. You can't do that without the fuel. This is the fuel. The other thing is outside the cell, these molecules use as a as a mitochondria, meaning that it's used to signal the immune system that there is an infection here you need to come after.

So that's where you think about when you get the flu or you got you're not feeling well, the energy levels go down because then they're using the ATP levels to go after that, which is tend to help signal the system to do something else.

And then also within the mitochondria, it creates pure water, which is vital for optimal health of the body in that system. And then it has a massive role in the production of hormones.

So meaning that where the hormones are produced or where hormones are activated, it all goes through a process and every process goes through the mitochondria.

So our body handle stress, cortisol is made in the mitochondria. So each organ has some specific mitochondria cell. So that's, that's why it's very important to support the mitochondria because it plays a major role in immune system and ability to deal with every reaction to repair in your body as well as to create the water and producer hormones.

Mitochondria, Energy, and Detox Support

So I just want to you know, there's a pearl of information here that, you know, for our listeners right now who are working with practitioners to solve their health problems and the thing that I want to say, what I just heard you say and what what I make sure I do in all my programs and protocols is everything that you are doing needs to have mitochondrial support placed into it.

So if your practitioner is not supporting your mitochondria and I would ask this question to your practitioner, what are you doing to support my mitochondria energy production while you're detoxing me, while you're helping me remove microbes, while you're working on my gut health, while you're balancing my hormones, while you're helping me fix my HP axis and help me regulate cortisol better.

What are you doing to help my mitochondria? Would you agree? Central question that's absolutely get to take the next step further with that is is is it the support of the mitochondria or is it what do we what is what are we trying to do with that? Because what happens when you generate mitochondrial function, we go into anaerobic respiration, meaning that the energy is made at a very inefficient way through glycolysis, and then that's converted into lactic acid, creates a fermentation process which is very unhealthy in our bodies.

Instead of a robot respiration which occurs in the mitochondria utilizing oxygen. So you think about think about this for the common person here is similar to sprinting you sprint fast, we run out of energy and you start building that lactic acid up in your muscles really quickly.

You can't go for very long versus jogging or walking. You can go for a really long time because the oxygen can keep up. So so it's it's either you run out of oxygen, you have downregulate mitochondria due to toxicity parasites, mold, other things that downregulate that.

And then you get that fermentation or that lactic acid doses process. And our goal is to get that working again and what really runs everything in there are charged particles, meaning that all these toxins and all these metals and all these problems create all this free radicals.

Free radical is an electron that we need to bind with oxygen and it gets converted to water. And part of that process, you either like superoxide or glutathione or nucleophile converts hydrogen peroxide to water in that process.

So then the other thing to consider is, is that okay, what's the whole point? What's what's the whole point? Everything that occurs in the mitochondria or cycle creates two main metabolite once called FDA to the end of the age to the primary one meaning that they're reduced to have a hydrogen added to them in that process of Krebs cycle, they go to the electron transport chain to generate an electron and the hydrogen and then those go through the process.

At the very end we use three hydrogens to create ATP by adding a phosphate to ATP and then we have our mass a great molecule. So we need electrons, protons and oxygen are the three main molecules.

So when I call charged particles that are mitochondria need, that are cells need to make this reaction occur. And this is what this is how we approach this.

And you detox in the liver and phase one, it's electrons, protons and oxygen are the three main molecules utilized to do that. And and so this is what cells cause all about.

This is why we get such amazing results in our program, in my programs that I run with people, they get results fast. They get results fast because it's all about this is why I brought you on here, because your biochemistry brain, right?

Like, we love to talk about parasites, but our audience needs to hear how important this is. That you must have charged particles in your process to really, really magnify your healing protocols.

And so that's exactly you're completely right about that. And that's where we need to get in there, remove the toxic things that are causing all the free radical oxidation and, you know, being out and tearing apart everything.

And then supporting with the nutrients, the fruit, the charged particles that then allow the reaction to occur. And then the other thing is to optimize oxygen within the body so that you can you can have is phenomenal or heroic respiration.

And so here's how you can inhibit. That is one of the core things that nobody thinks about inhibiting cycling. You can't get to the electron transport chain going through the crap cycle first.

And if you're inhibiting that process, then you can have a low mitochondrial function and then we have 2000 mitochondria. So a liver detox, if you don't have energy to do it, your heart has 5000 mitochondria.

Purcell Your brain and nervous system has 10,000. Quite a lot of energy to make things happen. We optimize the mitochondria and so we need to get rid of the things that are causing sort of core things that are creating the problems.

So that brings me to my next question. So clearly we've established the importance of mitochondria support while you are eliminating parasites. And the other thing I want to unpack here today and what I always teach in my programs is that parasites like to live in community with toxins.

And so let's talk about that because parasites and toxins go hand in hand, you cannot address one without the other. And in fact, there's an order of operations to detoxify.

And what I see in functional medicine, which is which is kind of backwards, is a lot of people want to go straight to a liver flush, they want to go straight to a detox, and they're not addressing the underlying parasites and other microbes that like to just bathe and frolic and live in a toxic soup and.

All right, that's what's happening. And so if we don't first solve the parasite problem and start the ball rolling there, we're on a long uphill battle to detoxify your body.

In fact, you may never be successful. So can you speak more into that and why this is so critical? So at ECO, it was last year, the year before I spoke about parasites and how much toxins they hold that actually play a beneficial role in this, in the fact that they'll have up to 2000 times the amount of toxicity in them that we do in ourselves.

They absorb that toxin. And so as we so the way they really clear out toxins from our body is by getting rid of parasites. But at the same time, if we just get rid of parasites that are detoxing, then that can create then reactions to the chemicals that they were absorbing for us.

So it's important to do those hand in hand and be sure that you're opening up the drainage pathways or moving bile piles flowing, lymphatic cells moving so that whole process, so that drainage.

And so the most successful way of what I've seen and helping people is to be sure, open up drainage support, energy, to clear out the stuff in the gut, parasites and whatnot, and then go more systemic.

And it's going to be much easier on a person to do it in a specific order that you coach on. So and you're you're absolutely right. You have to do both together.

It's hard to clear parasites fully, too, if you're not detoxing, because then the toxins can affect our immune system that don't allow our immune cells and stuff like what's produced by them.

Like interleukins four or five and 13 that then get rid of the eggs and clear out help to clear out the parasites as well. So important that we do this in the right order.

Okay, so we're going deep here. And I did mention earlier that I was going to tell you about the parasite that got pulled out of my nose because I know people are listening right now, going to she going to talk about cures, but she got pulled out of her nose because people love the gross stuff.

Right. And it's the best. It's the best. So I just want to paint the picture for you. I was sitting at Eco, which is sell cause conference for practitioners, for people who don't know what that is.

And we were talking about parasites and you showed a video of a woman pulling a parasite out of her nose. And I realized in that moment that I pulled a parasite out of my nose when I was 12 years old.

So this is what happened. I told you I had really bad allergies when I was a kid. Terrible. I could blow my nose better than any kid ever. You know how when kids blow their nose, they try and they just blow out their mouth or like.

Parasites, Toxins, and the Right Detox Order

The fruit. And they don't actually blow their nose? Well, I was one of those kids who could honk my nose because I was so congested all the time. So imagine me, this one particular day with terrible, congested, everything feels bad.

I feel like something's up there and I just have to get it out. So I'm standing in the bathroom blowing my nose repetitively loudly, and my mom, after like 10 minutes of this nonstop, my mom goes, Laura.

Stop it. And I knew I had one more chance to get whatever was bugging me out of my nose. So I took a huge deep breath in and I blew as hard as I could and something dislodged and I felt it move in my sinuses and there it was just sticking out of my nose.

So I proceeded to pull it out and I felt it move through my sinuses. And it was this long and in my whole life. I mean, I'm 50 years old. I think I think I learned this from you two years ago.

So at 48, I thought this whole time that that was mucus that came out of me. Now I know better because mucus falls apart. Mucus is not firm. Mucus is not something you can pull on if you tried to pull it.

It just disintegrates in your fingers. Right. And in that moment, I realized I pulled a parasite out of my nose, changed my life forever. Wonderful story.

You know, I have another Mexico coming up in May. It's I have a picture well, three pictures on one slide on different parasites that came out noses and that in that video from me from Jimmy's clinic there that that girl that she pulled out four different worms out of her nose was incredible.

It just too for all those people and and so so yeah. It's it's it's amazing how they do exist. But when you look at how do they get infected the first place did a study on ticks and tick borne illness with Lyme disease.

Oh, well, well, Todd, I lived in the Sierra Mountains near Lake Tahoe, and I had a pet deer as a child. A pet deer? That's a true story. It's a whole nother story I could share with you.

But I lived in the woods and played with wild animals. Taking their yards of ticks. 40% of them had parasite parasites in their bellies. Every ticks also seen pictures of mosquitoes.

Mosquito bite. And then the next thing you know, they had something moving from near the isle, way down to a little bit of parasite that came through mosquito bites.

There's, you know, in our food, in our water. It's interesting. I had a patient I worked with years ago. She was a pharmacist. Her husband was an engineer.

And it was really interesting because she's like, I think I have parasites. Dr. Watson And so we tested like, okay, you both have all these health issues and gut issues like let's just test your water.

So they tested the cabin water they had well, water, they're negative and they tested the municipality water and the municipality was positive for nematode larvae.

Oh, my gosh. And then so the right girl came in. That's a fluke. So they got some of their neighbors and tested their water and then also business downtown and it came back positive into larvae.

I got into that kind of water, but neighbors got on a got issues, I think a crown or something. It's like no wonder why people are sick at times. We think that we can get it.

But you do. If you have a dog, get out. You can have parasites. Just you walk barefoot, they can penetrate in through the skin. And you think he's got bit by something?

He can go swimming in the lake. I had a gal that I worked with, her daughter is seven and was up in Ohio Labor Day weekend visiting some friends from Florida.

They were visiting them in the summer and in the Midwest, those lakes are disgusting. I lived in Kansas City for a while yet. Be really careful where they go into and also she had bladder pain six weeks straight.

Went to a pediatrician, the GI doctor or urologist and multiple, multiple specialists. Nobody knew anything. So she was referred to me and I did some research what would create bladder pain and figured out it was probably just a zone, which is a hookworm that penetrates through the skin at the border into her bladder.

So they never took her out to another doctor. I knew that it was her that could do a prescription and they consulted with him and got a prescription for prostate cancer, which is that, you know, what's used for that specific parasite.

And three days later, things got amazing. Makes me wonder how much interstitial cystitis is. Not actually interstitial cystitis is potentially parasite activity.

That's another thing I you know, we use our own case studies here and we realized things about us as we learn. I had chronic urinary tract infections, sometimes up to eight per year or probably probably 25 years.

And you can imagine the amount of antibiotics that I took as well. That's another thing that has resolved since doing all the parasite work. I don't get UTIs anymore. They're gone.

I don't have I don't need allergy medicine. I don't get UTIs. I mean, there's a lot has improved in my life doing the deep parasite cleansing. I've seen that over and over.

Lots of patients, chronic UTIs, unavailable for years that get resolved months because we treat parasites and that and in several past literally you could see they were just freaked out that they pass a parasite out.

Yeah I haven't peed one out yet. Thankfully, I don't want to see that. I have gotten a lot of parasites out the other end though, and when you talk about something coming out and needing to pull it out, that's happened to me.

That's happened to many of my clients. At first it grosses people out and then it's such a relief to get it out. And it's like it's like it's like euphoric, honestly, to get it out.

I tell you it clearing out that tapeworm for me that I had also my dairy allergy and it just. Oh, that's another one. Dairy allergy. So people who cannot tolerate dairy, you might not be lactose intolerant.

You might have a parasite. Yeah, for sure. Yeah, that's another thing that cleared up for me. I can have dairy now again. So good. So, I mean, we've covered a lot of ground here.

Clearly, we've established that parasites are everywhere. Clearly we've established that parasites are connected to many, many, many chronic symptoms and health conditions.

We've established it's pretty easy to get rid of them if you do it in the right order. And if you if you really support if you take a protocol in the right order, there are steps and there is a systematic way to do this.

Personal Stories, Hope, and Where to Find Todd

We've covered, you know, supporting mitochondria energy production so that you can be successful with this. Any last words you want to leave are audience with in terms of, you know, hope, in terms of what's possible for them, in terms of taking the growth factor off this mean anything.

I'm sure struggling with your health it's not a one thing if you go to a doctor he says it's because of Lyme disease. It's easy. It is wrong to go. The doctor says it's because of road toxicity.

He's wrong. It's never one thing. It's more toxicity. It's Lyme disease, it's parasites, it's toxins and and it's emotional trauma, physical trauma. There's a variety of things.

It's not one thing that's your problem. It's the multitude. So that's where you have to look at consider protocols that are going to address all of them and that are going to really help your body to repair and do things on its own and restore its proper processes to where, you know, God gave us these bodies and these immune systems and in

mitochondria so that we can have great health.

And if we support those things in the right way, we will have great help. And there's nothing that replaces exercise as a great way, positive thinking and how you think creates physiology, whether it's bad or good.

And, you know, you have to address where you at, where you're at and your relationships, because not all parasites are real parasites in your gut, in your body.

Those some of those parasites can be relationships in your life. So you get to be sure you get rid of all parasites, including human parasites. And you know what?

Find your purpose in life. What is your purpose and passion? Because that's what's going to drive you to obtain what we have. And I said a lot of times in the past, you know, your struggle right now could be your gift in the future.

So the gift is in the struggle. And as you are conscious, then you'll be able to help others who have had similar problems and give them hope. And I've been I've been blessed to be able to have my own health journey for ten years when I was in my forties and now here in my new cities, I feel fantastic and I'm living my life to the fullest and but before I was I was, you know, I wasn't thriving.

I was just surviving. But yeah, so many people. I'm like. Yeah, you know something? You just said that your struggle can be your gift and, you know, not everyone is going to become a practitioner like you or me.

But here's what I see over and over again, is that once you heal your body, your family is watching you, your friends are watching you, your coworkers are watching you, and they see how much you shift.

They see how much your mood shifts and your chronic fatigue shifts and your chronic pain and all the symptoms that you have and you start living again and then they want what you are having.

So you can absolutely create a ripple effect and change the trajectory of your family because you healed yourself. You can change your loved ones in your work space, friendships, your community.

It ripples out. So don't think that you aren't that powerful with healing your own body. So we have the health seekers here watching this interview, watching this summit right now.

And so it is possible for you to be that impactful in the world. Totally agree. You're amazing. Thanks. Okay, so let's tell people where they can find.

I mean, we've done a lot of talking about cell core. Cell core for all people are just hearing about this the first time is a practitioner company, meaning you can't as a consumer go out and buy it unless you're working with a practitioner or have a practitioner who can get that for you.

So first off, I want to tell people there's hope because you can go to Laura from TerraCom and go to shop and sell cause there so you can get this and you can connect with me after this summit and I can teach you how to use those products.

But also, Todd, where can our audience find you if they want to learn more, follow you. You do have a clinic in Idaho as well. I'm not sure if you're too active seeing people anymore.

You're so busy educating and building products that the rest of us can use to heal the world. But we're in our audience for you. So, Dr. Randi, Michelle is running the clinic and we have Dr.

Nick and Carol that are also practitioners there. A body wellness clinic, dcoms and then Dr. Todd watch dot com and they house up there and the site needs to be updated probably but it essentially my goal, our mission is to educate practitioners to be able to make a bigger impact throughout the world.

And that's part of why we have our eco are exponential clinical outcomes seminars and conferences. And you know, I'm on Facebook and sometimes I post I need to get more active on that.

But and and for our practitioners watching because a huge percentage of people watching these summits are actually practitioners learning from us as well.

They can go to self care, bioscience is dot com and they can set up an account, they can get access. And we have a whole learning center there and there's a lot of great free information assessment tools for figuring out what's going on with your clients or patients intake forums.

We provide all kinds of support for the practitioner education. On to why what's the foundation to why embrace it. And we like to call it foundational health and medicine like this is the core where we need to focus on and then you can do some of the functional stuff after it.

You don't clear the foundation, make sure that's set up right then. It's really hard to move forward in it and as well. So for the practitioners so quickly to provide sciences dot com you know go there and get an account it's free account.

Just have to be sure that you have your your license information to be able to get an account there. Amazing. Thank you so much, Todd. I mean, your impact in the world is huge.

Your ripple is very big. And I mean, and thanks to you, you know, I'm able to help so many people, so many practitioners around the world are able to help others.

I mean, I'm using your products in Europe and Canada and all over the world at this point, which is which is so meaningful and impressive. So thank you for what you're doing.

One man can truly change that many lives with you and a team of amazing people at Salesforce. So thank you. You take good care, everyone. I know.