Introduction and Welcome

All right. Welcome back, everyone. We are joined by the one and only fantastic, amazing Dr. Stephanie Canestraro. Welcome. Thank you. Thank you so much.

So we're online, but we happened to be in the same city. And this is I'm not used to this because everyone that I deal with is like, oh, you're up in Canada and they're either in Arizona and California or somewhere, but you're down the street.

I can see your house from my window. Yeah, we're right now. I'm in Dominican. We're in the Dominican. Where? Of course you are. Yeah, yeah, that's millennial.

I work. Yeah. So we're going to dove into something you've been working on, including on yourself, which is vagus nerve. But I remember first hearing this from you earlier on when we were like in the research phase of our business and we were working on this project with autism and you were talking about the gut, gut brain connection.

I knew nothing at the time. Right. I thought Tylenol was the answer to everything. At that time, I thought you were telling me the brain and I was like, What is she talking about? This makes no sense.

But then I started to dove in and I learned so much. And, you know, and now, of course, you really pioneered all of this. So, first of all, tell us about your story minus the water bottle on the side of the highway.

We're going to avoid that word. Okay. Yeah, I'll leave that alone. I'll leave that one. It's too much.

Stephanie's Health Crisis and Vagus Nerve Discovery

It's not true. I got into functional medicine or alternative health because of my own kind of struggles and what happened to me in 2009. I mean, I had always had gut issues.

So even from a kid, like severe gut issues, like just and no one knew what to do, right? They just kind of brushed it off, told you you had IBS, tell you whatever it is, and they don't realize the importance of the gut and what.

Brushing it off and letting someone live, especially in their childhood years with like gut issues can do to your brain or your immune system. So by the time 2009 hit and this is what I see with people in their twenties, right?

It's kind of like the cusp of like where you can have this tipping point and your health kind of starts to fail. You lose the organ reserve. So I say that my, my vagus nerve got hijacked because that's what it felt like in 2009 when I went from feeling like a normal human to like severe anxiety panic attacks.

I got Bell's palsy, so that's when half your face gets paralyzed. I had the feeling of bugs crawling all over me, which is a neurological symptom I had.

I mean, I couldn't move my arm for one day. I had numbness on my legs, then I had numbness on my arm. Then I had numbness on my face. Like it was terrifying.

And I was in chiropractic college at the time and nobody could help me. And I was going to the hospital with like these kind of symptoms that would come and go.

And so like my face was paralyzed, but then the next day it was better. Like it was terrifying. And I mean, I had tons of gastrointestinal issues, like lots of reflux, lots of just terrible.

Like one point I felt like I couldn't swallow and it like I had this hiatal kind of hernia. So anyways, it all kind of tied it back to the vagus nerve and only in November 2021 realized that it was actually stealth infections that are affecting my vagus nerve.

So I got big into these stealth infections, the gut, the vagus nerve. So I mean, the vagus nerve for people who don't know what that is, is we have 12 cranial nerves.

And those are nerves that start off on our brain or our brain stem and they innervate different parts of our body. There's the facial nerve that makes us do all of our facial expressions.

The vagus nerve is cranial nerve 10 It's known as the wandering nerve. So. Vaga like a vagabond, like, you know, it's kind of a wanderer because it's the longest cranial nerve in our body, and it's responsible for our parasympathetic nervous system.

So our resting digest side of our nervous system, which in our modern life, you know, a lot of people are suffering with anxiety. They're they're just doing too much.

We can we can push ourselves into our sympathetic, nervous system with just thoughts alone. So that's like, you know, if you think of the parasympathetic rest and digest, the sympathetic nervous system is the opposite.

It's fight or flight, right? And with all other mammals, their fight or flight can get turned on because they feel like they're at risk. They're being threatened.

Right. It's say it's a they are coming very dear and their sympathetic, nervous system turns on. They bolt out of there. The changes happen that have to happen for you to protect yourself.

And but they don't stay in that state once they're out of the danger. If they got away from their predator, they will graze again. They'll go directly back into this resting state where they can digest, where digestive juices go to their gut, where their body goes, lowers inflammation, where they, you know.

So just like that, we humans are the only ones that with our thoughts can put ourselves into a sympathetic state. Right? Right. Now, you could think of something terrible that happened to you or a time you were scared and you could turn on that feeling in your body and the processes would happen as if you were in that situation.

Again, we're the only mammals that can do that, and we live most of our life these days in that sympathetic state. And, you know, and then the vagus nerve gets turned off too much.

And just like a muscle, like it starts to lose tone, let's say. And then there's multiple other things that can affect it. But when you're vagus nerve and that's why stress is so important and that's why health comes into this all like not just what pill do you take or what supplement or what great thing.

Like you have to learn how to manage stress. You have to learn how to turn off that ruminating thoughts that that humans do and that is now kind of worse than ever because it changes it starts to change your gut, microbiome, even stress and not having your vagus nerve turned on. So so the vagus nerve, it's literally starts at your brain and it innovates everything.

Your heart, your esophagus, the back of your throat. So it's responsible for like voice changes in your voice. It helps you produce stomach acid. So stomach acids, what we need to sterilize our food so that bugs don't enter our small intestine that aren't supposed to be there.

It's responsible for pooping. So the downward movement of your bowel, it's, it's. It's our calming nerve. It's the most important nerve, I think, in the body, if you had to choose.

And yeah, I got into it out of necessity with my own. What I felt like was my vagus nerve being hijacked and no longer functioning because of things that we'll get into.

What the Vagus Nerve Does

And you said it was hijacked by stealth infections, which to me sounds like, you know, something from the World Economic Forum. I don't know if that's coming next.

What is it? Stop infection. So maybe that's what they're mimicking. So stealth infections are infections in our body that we all have, that our bodies keeping at bay.

At some point in time, the typical things that fall under like a stealth infection umbrella is like Lyme disease is a big one, so. borrelia burgdorferi There's lots of different viruses like hepatitis, hepatitis, like or sorry, herpes, herpes simplex one, herpes simplex two.

Right. They lay they're kind of dormant. When people get stressed out, they might get a cold sore like people know cold sores that's herpes simplex one.

And then there's there's genital herpes, which is simplex two and people can have those self infections. They fought them off in the past, but they're still kind of they're laying dormant and they can kind of come out when the immune system tanks for whatever reason.

Is it that you're too stressed? Is it that you got a toxic overload? Is it that you got another infection that made you take away some of your defenses so that these bugs that are hiding in a more dormant state and some of them, like herpes, hide in the nerves, some of them hide in biofilms, which are like like a glycol collect.

So think of like honey that's dried around the jar, right? It's like made of carbohydrates and it just engulfs them and they can hibernate in there. Right?

So a lot of these bugs and parasites, so there's parasites like Toxoplasma, which you can get from cats that is can be a stealth infection, like it's a parasitic infection that your body fought off.

Maybe not completely fought off, but it's kept at bay. It's not an acute infection. It's not there's not trillions of them in the body where you need like emergency kind of thing or you're having like very overt symptoms.

It can be this like different waves of symptoms depending on stress, depending on and for women, since this is a women's summit, depending on where you are in your cycle, depending on the moon for males.

Right. Because the moon, the lunar cycle changes our immune system, the amount of melatonin, all of that. So then these bugs can become more active at certain times and they can show their face just with like certain symptoms around that time and then your body gets it under control, right?

So these stealth infections, they if they become if your defenses go down enough and they can start to replicate at a high level, which is what happened to me in November 2021, which for multiple reasons, but Lyme was able to turn back on and it's only retrospectively that I learned Lyme disease was the cause of my neurological Lyme.

This time I had Lyme itis right. It affected my heart. But there's multiple reasons for that because there was a virus that was, you know, inflammatory to the heart that was going around at the time.

There's a big one. I don't know if we're talking about that, but and then there was also a rollout of a brand new frequency and frequencies can be healing and frequencies can be damaging.

So right now, if someone hasn't heard of 5G, which is a new novel, manmade frequency that has been unleashed upon us without any human studies that was rolled out since March 2020, that is affecting all of our health in a negative way without people knowing.

It's just some people have better defenses than others. But it is it's definitely dangerous frequency and there's ways to mitigate it and lower your exposure to it.

But it's part of the reason that I'm in Dominican right now because of how much I feel like I actually get electric. Right. So in in November 2021, I happened to be in Las Vegas where there is something even stronger called 5G.

Plus, I had treated someone who had COVID and didn't know. So my body was fighting that off and it was a stressful time. So it kind of tipped me over the edge.

Even though I'm in functional medicine, I've been working on this. I eat a clean diet. I was exercising. These environmental burdens are bigger than ever, you know, they're spraying our skies with, you know, cloud seeding where we're getting more heavy metal burden.

So if we don't have good detox patterns, which is something that a lot of people don't have, and I have had gut health issues my whole life. So how's my liver working?

Your gut is so closely tied to your liver function. Your vagus nerve also controls your liver. Releasing bile. But when you get stagnation from toxic overload or when you're prone to that because some families are more prone to like nonalcoholic fatty liver or that's that's showing stagnation in the liver.

So when you're already prone to toxic overload and now all of these things are coming out, you you better believe that diet's not enough, that just exercising is not enough.

You know, you've got to help your body detox. You've got to support these pathways. And that's what I learned the hard way, because I had already learned it and I was in functional medicine, but I didn't get it.

I didn't get what could happen to the body like it happened to me in a bad way. And I mean, what I've learned from that is empowering for the patients I work with, for me to never have it happen again.

Stealth Infections, Lyme, and Hidden Triggers

But it is definitely eye opening of and even I'm always been an empath. But now like these things that you feel in your body and how fearful you can feel and like it's it's terrible.

To a lot of people like a lot of the discussions we've had here are our own people like yourself that were sick, that couldn't get help. They figured it out on their own.

And you're the one person I talked to that this happened twice. Yeah, you had two different. And it kind of rooted in the same thing, meaning the certain defenses that were off.

But what you're saying is there was new threats that you didn't realize that were out there. So growing up, it was just everyday people eating garbage and not understanding what our environment is like.

And now there's new loads that are added and we haven't had a discussion I think, where we didn't touch on EMF. Everyone's been talking about the effect of it, but we don't really know.

Like you said, when it comes to 5G and the new things that we deal with, our new phones were it at all of the research around cell phone safety was from the 1980s.

And if you look at the phones that existed in the 1980s. You had a big antenna. They were like this, you're like this. You barely got service. Yeah. They didn't do what these what these phones are like.

Super computers now that are constantly signaling, you know. And it was already not great for us before, but now they've added literally a frequency that didn't exist.

Right. They were using radio waves before. Like this is like in I mean, if I look at how part of how I got better, it was applying different frequencies to my body.

Right, right. That's how I that was big part of like what pushed or like frequency specific microcurrent like different kind of rife frequencies. So we're frequency beings like everything gives off a frequency like we cannot like.

And if you don't understand that, like that's why this is so, so detrimental. And you know, we're seeing the highest rate of death between 18 and 40 since like World War two.

That's insane. No one's talking about it. You know. Like, people's hearts are just blowing, like. So tell us about some of those. I mean, I'm sure everyone's in here now.

What are those frequencies? What are you doing? So when you say rife for treatment and what are some of these tools? Yeah. So there's a bunch of different tools.

The original rife machine was created by Raymond Rife, who realized, oh, certain bugs don't like certain frequencies, and he could zap and kill parasites by applying a frequency onto a human being.

Right. So you would touch the electrodes and the electricity would flow through the body at pulse waves. Like where? It's not like you're always exposed, right?

Because then that's even bad. And, you know, he was eradicating disease and, you know, your vagus nerve has a frequency when it's healthy that you can try and and reset.

That's why I like humming. And humming is a frequency that bugs don't like that help activate your vagus nerve. So, like, we can create these frequencies daily to kind of help ourselves.

And that's why we do get people to hum and use OAM. But there's different machines that have kind of taken that base rife technology and they have made it even more kind of efficient.

So there's things like the amp coils, one of them frequency specific microcurrent which is basic but helped me a ton. The people at a little machine still like a grand but you can program a lot on there.

There's something called infopathy which uses light frequencies and and sound, which you can plug into your computer, which is a Canadian company which literally is a few hundred dollars.

And then you pay like a monthly $11 thing to have access to all the different frequencies and you can apply them to your body. Like that's what I travel with now because I need to protect myself because I am a canary.

I always have been. I've always been sensitive to things. I've always known when there's mold in it. So there was also mold was a big the thing that turned this on and and this is we're talking about frequencies and frequencies that kill bugs and frequencies that can make bugs stronger or irritate them.

Well, 5G irritates mold to make 600 times the amount of mycotoxins. So the spores that mold give out that make them toxic to humans, it makes when they were exposed in a petri dish to 5G near a 5G base camp, they grew gave off 600 times more mold.

So if you're already sensitive to mold and now mold is getting aggravated by this frequency, now, how do you feel now? Everything is I was already mold was already a problem for me when all of this turned on with Lyme, there was a mold exposure, right?

So and you know, and I talk about Lyme and people are like, oh, did you get bit by a tick? Like if you have chronic symptoms are used to listen to Dr.

Klinghardt and want to like roll my eyes like not everyone has Lyme that has chronic symptoms. If you have chronic symptoms, I guarantee you've been exposed to Lyme.

And if you did a stealth pathogen test, it would show up there, okay? And it will ebb and flow in between when you

have symptoms and when you don't of how high the titers will show up of your immune system fighting off these pathogens.

But again, I had to go through it myself to see like just how prevalent it is. And it's not just through text, it's through intimate partners that maybe are exposed to it. It's through mosquitoes.

And, you know, I just read a book called Bitten and it goes into like The Diary of Burgdorferi, who's like Lyme is coined by, like, Borrelia Burgdorferi.

That is that guy. She had a diary and it was essentially like they were doing studies on ticks like, like Lyme used to be an infection. You got, you got a fever, you got over it and got it done.

You were you had immunity, right? Well, what they did is they took these ticks and they force fed them Lyme with other co-infections they're called now like I don't even know if there were co-infections before these studies in the forties or whatever it was were they force fed them into the ticks belly these infections that wouldn't exist together in the tick that those who those infections combined just regulate your immune system so much that that's why they can take over and become this chronic pervasive live torture for someone for humans body and is similar to syphilis.

It's a spiral it's a spiral shaped bacteria and it embeds into tissue like you really got to get your immune system up to start to really clear it. Right. So it's like screwing into stuff. It's painful.

You have pain in your body, but it can show up as just pain in your neck here and there, like which I had.

Frequencies, EMFs, and Rife-Based Therapies

It can slow down your liver a little bit when it's, you know, when your body's keeping it kind of under control and you can have radiating pain into your right shoulder blade and that can be line.

It doesn't have to be what I just went through when it got turned on and it was pretty obvious that something was terribly wrong. Right. So we've talked about so many different things that to me are astounding.

Here's the threat. Here's this stuff that your body is dealing with. And then what you're saying is that the vagus nerve is like central to whether you're going to be healthy or not like so 10% of people dealing with this same bucket of problems may feel ten different ways depending on how well they're doing there.

Yeah. And by the way, like COVID or post-COVID, people have long COVID. It's very similar symptoms to Lyme disease. Right. And both of them can actually infect the vaguest, in fact, the actual vagus nerve.

And you can get dysautonomia. So a lot of people like our clinic blew up just ers are telling like long COVID patients that they have vagus nerve disorder anemia, but then they don't have a tool for them to kind of help deal with it.

And first of all, you have to lower the toxic load. So that is we use binders, we support the liver, we do different things like Lutetium, NAC, whatever it is, but the liver is key.

We got to get it draining. We are using citrus or citric acid. We're just like getting things draining, right? And so we got to help and we can stem the actual vagus nerve.

So there's external stimulation for the vagus nerve like these that you place because the vagus nerve becomes the most superficial in the trachea, in the ear, right here in the ear.

And then but it also comes down the neck here. This is where you have most access to it. So historically there's been a stim where you implant it onto the vagus nerve, which I would suggest because it's invasive and, you know, but now you can do it through the skin, through electrodes, right?

You put a stem in to kind of jolt it, to get it going because it's fatigued or tired or not firing. And even doing that, your body starts to kill off pathogens because your vagus nerve is responsible for your immunity, for your immune system.

So there's that I teach a lot of people, like even tapping it with a toothpick because I was having what I thought were anxiety attacks in the past. And I am trained in acupuncture.

So I would take I didn't have acupuncture. I was on a plane. I was having like this wave of anxiety, which I didn't know. So that was a toxic overload.

But to calm myself down, I start tapping my vagus nerve. I start tapping my sternum. And I was able to release that kind of acetylcholine or or like turn on more GABA.

Those are things that are more calming. Acetylcholine is the neurotransmitter of the vagus nerve and get itself into kind of the state of calm before I had these kind of external stems.

So there's there's multiple ways, though, to to activate your vagus nerve. There's nutrients that can help it, right? There's things like bee one is a nutrient that is helpful for a disabled vagus nerve.

Anything that brings blood flow to the brain, there's like her pure in cerrado leaf, there's essential oils like smelling certain essential oils. Like there's a parasympathetic blend, like from vibrant blue oil, there's lavender, there's bergamot, there's there's there's multiple, and then there's using your facial features.

So your vagus nerve, it tangles or shares like a sheath with your facial nerve. So when people are really sick, they get a sick look on their face, right?

They don't have the same facial expressions. You can force facial expressions and that helps to activate your vagus nerve because it holds the facial sheath that is shared by the muscles of the facial nerve and you get blood flow and your you can activate it that way.

Same with something called fa gazing. So you gaze as far as you can using your ocular motor nerve or and do since. Well it's just two of the cranial nerves and there's a huge connection between your eyes and your heart.

So even like putting pressure on your eyeballs, just like a small amount, a pound of pressure can calm your heart, can calm your nervous system. So and then, I mean, making sure that lymph isn't stagnating over the vagus nerve.

So our lymphatic this the shirt's actually good because it's right here where our lymph drains 75% of our body through our lymphatic or thoracic ducts.

Okay, so lymph has to take all of the waste. So think of when you have stealth infections or toxic overload, the body kicks it out of the bloodstream because it goes, I can't survive with this.

And it goes into soft tissue muscle like interstitial space in between the cells or the lymph has to clean that out or else people are in severe pain and all of that. Right?

So it clears 75% of the body and it has to go here while people are getting traffic jammed up here because of stagnation. We need our pathways open and the vagus nerve is very superficial right here.

So we get backflow toxins onto our vagus nerve and that equals anxiety as well. Right? Opening in here. And that's why a lot of people are getting heart palpitations right now.

It is actually compression of lymphatic fluid around your electrical very electrical heart. So think about if you put pressure, even if it's just a little extra pressure around the heart.

Right. All of our fluid drains into our heart. It has to then get filtered through. Some of it gets put directly into the

kidneys, through the lymph vessels around the kidney.

But most of it clears up here and goes. Then it has to go into your circulation and then your body gets rid of it through your kidneys or your your gut.

Right? Mostly like we can breathe out toxins, we can sweat out toxins, but those are our major pathways. So we put them out with chemo. So, you know, opening here is like something I've been having to teach a lot of people and we're using oils and stuff that help lymph move.

If people have castor oil, they can use that. If people have some poké oil, which is known for even used for for breast scarring and stuff like that, because it can really get stuff moving.

You know, things like neural therapy helped me a lot. That's injections of cocaine along interferon stock points that can open up and let the lymph kind of flow through.

But you know, that that congestion there, it can cause a lot of anxiety.

Mold, Toxic Load, and Detox Burden

And I've been helping people through anxiety talks by clearing toxins through their to ducts. Your other duct over here your lymphatic ducts here your your head and your arm like it does like a quarter of your body and then the rest comes through here.

So I need I know I'm kind of all over the place, but like, I guess I just want people to see that it's like our whole body is so intricately connected.

If you can get toxins moving out and you know, the liver is like the way you want things to go because it's easier to poop things out than your tiny kidneys have to filter those things out.

So we always want to get stuff out through the the gut and the liver. So we need the liver draining, too. So that's a huge point. Like I had a gigantic liver, you could feel it under my ribs and it was a pain in congesting against my ribs.

Okay, so I work on my liver every day and I'm teaching people how to work on their liver and you can feel it. Then it gurgles and you feel relief because the bio's flowing and it's getting that crap out.

And then I get people to take binders that act like little sponges so our body doesn't reabsorb those toxins into the bloodstream and they hold on to them so that you can poop them out.

Yeah. Yeah. I mean, you said you're going all over the place, but I think people listening, that's really the only way to answer questions like this. Because if I mean, people wanted to teach me about the vagus nerve, teach me about toxins, teach you, but you can't answer the question in full until you understand how all the systems interconnect.

Oh one It's a baton pass from here to here to here to here. And that's why your brain, you know, this functional thinking that you have is going all over the place, because that's the only way to answer the question.

It's you've got to look at all the pieces, you know, and having been through this a couple of times now, we've got to figure things out. And the people you deal with, you know, I work with you as a patient and I've seen your functional approach is incredible.

Connecting the body and the spirit, the the detox system, like everything it needs to be thought of that way. I know you're, you're mentioning binders, etc..

I remember you once worked with me on a parasite regimen. So where does somebody actually start? If somebody

feels like this sounds like maybe this is my issue, how do they know they have a vagus nerve issue?

And what's the first thing they should do? Mm hmm. I mean, most people these days have some sort of vagus nerve issue, but if they're if you are having an restful sleep, if you're feeling pain throughout your body, if you're got any type of gut stuff.

So if you have heartburn or acid reflux or if you have diarrhea or if you're constipated, like the vagus nerve is playing a role for for sure. Right. And like we did the the parasite cleanse with you because the gut, the vagus nerve takes information from the gut and brings it to the brain.

Right. And if it's if it's dealing with stress or the gut's toxic, then it's it's sending out the troops like it's triggering the brain to make changes to to try to protect it.

Right. So it's always getting these dangerous signals, dangerous signals, dangerous signals. Then your vagus nerve gets shut down and it's like, I'm in survival mode, right?

So anxiety, you get, like I said, changes in your facial expression. Like I looked at myself in the mirror and I was like, I just don't look the same right now, and it's starting to come back as I heal.

But like, I know other people close to me could see it. Like my mom, just like I can tell, because something changes in your face when you're not feeling well, right?

So even that like, not wanting to socialize when you don't feel safe, you don't want to go into crowds, you don't want to. So if you're, like, really anxious or you feel like someone told you you have agoraphobia or this and that your your body is in, it's beyond fight or flight, which is your sympathetic.

And it's in like shutdown mode, which is. Right. So so that's when you you for sure have a vague nerve thing. But any of the symptoms I explain, like all those neurological symptoms, I mean, there's tests like when the doctor opens your mouth and says are like tells you to say he's assessing your vagus nerve, right.

Because if you have a deviation in that little heinie thing at the back of your throat, which is called the uvula, then it will deviate away from the side that's injured of the vagus nerve.

Right? So or too tight like it can be muscles compressing it. It can be like choke points, like too much toxins on that side. So you've got to clear that side more than the other when it comes to like the manual approach to the vagus nerve, which is really important, like soft tissue adjustments working on like all the stuff I was showing you that can help your vagus nerve when you're having that kind of deviation.

That's like a really obvious finding, but changes in your voice. So a lot of these machines that assess your vagus nerve, they uses your voice. They also like put electrodes on you to get your heart rate variability because that's a way to measure your vagus nerve.

So, you know, a lot of people are wearing these wearables these days that are measuring heart rate variability. And I think that's a great measure. But I don't think you should be wearing those all day because you're literally putting EMF into your body continuously.

So if you want to use it as a tool, but it's all about exposure to when we come to when it comes to bad frequencies. So if you're wearing it all day long, that's to me, that's a big no no.

But if you use it and you put it on and you get your you do a session of like part math or something where it's clipped on your ear and then you can get a reading of your heart rate variability, which heart rate variability is our heart isn't supposed to beat at the same tempo each time, like it wants to use the muscle in different ways.

How to Assess Vagus Nerve Dysfunction

And that's when you're in a a vagal state. You have high coherence or high heart rate variability. And whenever people are sick, they have like no heart rate variability.

It's just going like it's just the same. It is not good for you. You'll feel anxious. You won't feel rested when you sleep, all of that. So you know, you could do a quick measure like that and it can give you your heart rate variability.

And when I was sick, mine was terrible. And it's starting to, you know, go back in for like people have like an aura ring, which is, I think much less because it's a smaller surface area.

But still, I wouldn't wear it all day. That shows your readiness score and like your readiness scores based on their measurements of your vagus nerve.

Mm hmm. Okay. So, again, just generally feeling unwell, just not feeling vital, that just shows that you have to work on your vagus nerve and when I say work on your vagus nerve, I mean you have to detox your body.

You know, you can do the things that are exercises for your body. You can help your body clear lymph that's working on your vagus nerve because if you're getting toxins out of your body, you're not going to be in as much fight or flight and yeah, so I mean, you're you have the DNA companies.

So we know genetics and epigenetics play into how well we detox. So any information that you can get that helps your body out and knows what what's better for your body and what's not.

And we do a lot of testing of the gut, you know, to see if there's parasites or if there's more of a burden from Candida or it's usually a multitude of them.

And we say if there's a you have a policy of a parasite that was Dr. Todd Watts here and so forth. And that's how I got into the parasite cleanse. It changed my life right from my gut thing.

I was more calm after it. I had passed large worms and I was like, you know, and you take a binder because the worms give off lime and they give off. They hold toxins.

So parasites are a good place to start, especially if you just want to feel better and now I just know, you know, here I was killing parasites, but my parasites probably had Lyme in them because I was a Lyme patient and then they were getting released.

But I wasn't killing the lyme. Right. So. So I was taking binders though that would bind up the lime. I was taking enzymes and I don't think that that's what it because the year that I got sick was the first year.

It's since I found CellCore in 2016 that I didn't do a parasite cleanse because I was feeling good. That's the scary part. I said to my family, I feel the best I have in my adult life.

I feel joy. I feel I don't feel anxious. I feel in the moment. I feel like I'm attracting good things. That's what that's what I said two weeks before.

So you're telling me that came from within me? Like, that's why I was like, what are these external things at play that has just taken me from feeling well and vital to to like, I'm going to die. Wow.

And that's that's how close we are to good health and growth. You know. It's like I felt my toxin bucket. I felt like it was decently empty. And I, you know, when I'm like, maybe if I did a parasite cleanse that year, I would have been even better.

But I was like, you know, I feel really good, so I'm just going to leave it be, you know. So anyways, that's kind of my $0.02 for it, I think. I think everyone is on the cusp right now of and I'm not trying to scare people like I really do say this because I want people to be empowered and not to be like ignorant of like, you know, even, you know, if you see family or friends and like people that have like chronic symptoms, they get like they're just sensitive.

Like you're one step away from being sensitive in this day and age with everything coming at us. Like, so it's like, don't be cocky about it. Like, no, I mean, you're your, the reality of today, especially in the last few years, so much more has been pile up on what we have to deal with, you know, and you wonder why like you said, there's health is not the the outcome is not the same.

The first time ever we've seen the American average lifespan drop and it didn't drop by a few months. It dropped by three years. And that didn't happen in my life.

That. I'm so sorry. Go ahead. No, I lost you. I think we just because you're in the Dominican, your wife is working in Dominican speed. Sorry. Dominican time.

Yeah. No, I was just saying, it's the first time ever that I've heard of teenagers dying in their sleep. Yeah. At such an alarming rate. Yeah. Yeah, I don't.

Death Syndrome was coined in this year. Right? Yeah. Yeah, for sure. Are you crazy? All right, cause. You know, and it's you. You wonder, what will your sleep is when you have your peak of adrenaline.

That's when you make it and address killing and heart injury. Don't mix so well, right?

Treatment Approaches and Patient Support

So when you have scar tissue in the heart and you have damaged heart tissue and you add adrenaline, that's why you see these athletes are going to drop dead while they're playing, you know, during the peak of the game.

So question marks, why is there heart injury right. You know, so yeah. And that's why they're dying. Like, I'll. Tell you on the field is where they have also this 5G plus and what is it cause coagulation.

You know. Coagulation. People that have perfectly healthy hearts are having acute coagulopathy that makes their blood clotting within moments. That doesn't happen, right?

It's huge clots in people's aorta these days. You're aorta is huge. Like it's not like these chronic low grade, you know, buildup of plaque on the heart.

Like, you know, people are dying acutely of acute coagulate. But these everything's get jammed. Fluid mechanics is everything moving your lymph is everything.

Getting the liver moving is everything. It's going to protect your heart, which going to keep you alive right. Now for sure. And now I know people listening are probably thinking, Oh, I may need to go through this and get some support.

So how do work with you if I you know, if you're working with new patients or not? Yeah, we are. We're taking new patients at the moment. So I mean, we do a discovery call to kind of explain because I know it can be overwhelming and we're trying hard to make it not overwhelming and really have support for the patient because that's something that even me as a practitioner are going through it like I needed of someone that I going to be like, I'm feeling like this.

It's like, you know, because there's die off symptoms or there's and there's not. I work with a lot of healthy people, by the way, that just get healthier and then they just, like, perform better.

Because I work with a lot of athletes and you lower their toxic load and they're like, I'm flying on the ice because I work with lots of hockey players or you know, like I had my best one rep, my ex for.

So I'm like, wait, people, weight training people. So like this is not just to if you're really sick and you're trying to get better, this is like, let's optimize, let's empty your cup.

You can feel good, but there can be problems. Like let's get interested in our biology because our body is the only thing that matters because that's what keeps us here.

Everything else is secondary, you know. So, so we do a discovery called to kind of explain to our whole and we do a lot of testing because we want to look at your gut.

We use your DNA tests. We do. We do a lot of like nutrient testing. Like we just want to get information that can just be unique to you to help you heal and see.

We do even we have been doing stealth infection tests on healthy people just to see where they're on the cusp of things. And what we're finding is amazing.

So, you know, we're doing people are like, why am I doing the tick borne test? Well, because don't you want to see like what's there and how you can protect yourself?

And, you know, like to me that's empowering. So this that shows like all these different stealth pathogens that I was talking about shows Lyme, Bartonella, Babesia, which is a parasite it shows or like Alicea Rick study or Rickettsia all of these ones that can just be burdening you at a low level, right?

And then we use different herbs and stuff to clean it out. We use a lot of binders, we get the lymph moving. That's the most important thing. We could have zero tests and we could do the same thing on someone to get their liver moving, to get their lymph moving better, to get them digesting better to turn on their vagus nerve and they're going to feel better.

So we have different options based on how sick you are, how much support you need. Everything. And where do people find, you is their a website. So we have our websites vagusclinic.com.

It's actually like in the process of getting a big facelift, but it's still functioning right now. I, I'm trying to post more and more on Instagram. Mine's @drscanestraro which is my last name and my first initial and then vagus clinic, @vagusClinic Instagram.

Those are the ones we're most kind of active on. We have a blog. We are trying to make a lot of resources where you don't have to work so closely with us and you can still have the benefits.

So we're doing a lot of guides and programs that are starting to come out. And we're we're in the process of doing like a cardiac congestion, heart palpitation kind of thing that I was telling you about, where we're teaching you how to clear that toxicity from around your heart so that people who are having these strange arrhythmias or heart symptoms that people are telling them, Your heart's fine, it's because your heart is and it's what's around it.

So because that's huge right now. And then, you know, we've worked on our EMF guide to teach you how to, you know, just lower your exposure to these frequencies and negate them by grounding, by being in nature, by getting off your phone, by shutting off your wi fi or hard wiring your house.

Like we have a lot of resources that we're trying to work on and make everything more accessible. Amazing. I hate that you went through the pain, but your brain brought us some amazing solutions.

And thank you for joining us this awesome conversation. You know, some stuff that we haven't heard anywhere else so we need to talk about. So thank you.

I urge everyone to take a look at this as a minimum. We'll look at some of your guides because I mean, I've been talking for years now and I always learn something.

So it's amazing. And thank you again for joining us. Thank you. Thanks for having me.