Introduction and Guest Background

Hi, everyone. Welcome to the Reversing Type2 Diabetes Summit. I'm your host, Dr. Beverly Yates, ND, for this session for this recording interview, I am delighted to interview Sinclair Kennally a fantastic colleague who has a lot of wonderful information to share with you and her own personal health journey that has informed her work with her clients.

And over time, what I have noticed is that Sinclair always improves the things that she's doing and makes it relevant so that people can really, really benefit from the health journey that they're on.

You know, I'm delighted that she's part of our summit today, and she's going to talk with us about mold and toxicity and all the ways they can interact with blood sugar and caused this regulation.

So, Sinclair Kennally, welcome to the summit. Thank you so much and is wonderful to be here. I'm so excited about your advocacy in this space. You do such a beautiful job.

Thank you. Thank you. I appreciate that. So if you would be so kind, would you let the audience know what it is we're going to talk about today? But first, before you do that, would you let us know what it is about your background that makes this a particularly juicy topic?

Yeah, of course. So I'm the host of Your Health Reset, which is our podcast, the CEO of Detox Rejuvenation. I'm a traditional naturopath, which means, you know, I essentially use all the natural healing tools they don't diagnose or treat.

I work with the body to support the body's own natural responses to heal. And the short answer for, you know, what makes me an expert at this is that I lived it the hard way.

Oh. Yeah, I was actually pre-diabetic and I was chronically ill for decades and a number of misdiagnoses. And then, you know, it turned out finally, you know, along the way, after a lot of trial and error and a lot of a lot of suffering, to be quite frank with you ending up in the hospital being Mr.

Patient X and diagnosable, I thought I was going to die. It turned out that I had, you know, undiagnosed Lyme mold, parasites, heavy metal exposure and I was sleeping right on top of my WiFi router because I wanted to hide the cords.

So I put it under the bed and it was brand new technology back then. So it's just this confluence of environmental toxicity that really drove this chronic illness that I had underlying for a very long period of time.

And this tendency towards hypoglycemia and this this fainting that I was doing, neurological symptoms, you know, this pre-diabetic markers finally all came to a head.

It was like, well, wait a minute, really? Essentially my toxin bucket was full and I became really passionate about finding the there real ways to fix that in this day and age, which is a little complex, not mysterious, just complicated, which is really important distinction.

And then how to help other people do it since it's affecting so many people today. Yeah, these things are relatively invisible often, and people suffer.

And sometimes, you know, just as you pointed out in sharing with us your journey, they present as undiagnosed of all these mystery problems.

Why Mold and Parasites Are More Common Now

And it turns out the things that people have never been tested or assessed for. And that's why it's a mystery. Right. And nobody went looking for that.

Exactly. Exactly. And it's really important to understand that there's so there's such a long road before you get to one of these diagnoses. Right. And we're taught to like, push through and ignore like as Americans, like sleep when we're dead. You know, that's we're tough.

We can do it, you know, And all the monuments are honestly or to the people that struggled the most. And that's what we grow up hearing about and learning about.

And there's there's no monuments to people who listen to their body signals early. So that's true. A big part of our advocacy right now, right, is learning how to take our health back into our own hands.

Absolutely. Taking control and taking responsibility and making sure your health team around you support you in that mission and doesn't thwart you being helped.

Helped, Right, Because some times the health team around you is not supportive. And goodness knows that's certainly true for people who have diabetes.

Yeah. And that's why I love your message of hope, Beverly. It's it's just so phenomenal to finally hear somebody be positive and empowering in the space about it.

Honestly. Yeah. Super cool. Thank you for that. All right, so let's dig into this. So will you tell us why is there an epidemic of parasites and mold toxicity today?

Why is it worse now than it's ever been? Oh, that's a really good question. Okay. So we have to take a step back and we have to look at why we have parasites and mold in the first place.

So mold is in the Bible. It's been around for a long time. Right? You know, there's there's always been an element of, you know, mold, fungus in nature and sometimes, you know, in water damaged buildings that can become an issue.

The problem is in the 1970s, we changed our building codes to become more watertight, essentially. And in the last couple of decades, we've become more and more obsessed with energy efficiency, which is great.

Or you'd think it would be from a green perspective, right? But it's not necessarily biocompatible for humans and for animals, right? So this is a really important thing.

Know, since we create these plastic or in highly toxic material driven spaces that are sealed up tight. And so if you get any moisture in there during the building process and it doesn't dry out, you get any water damage along the way.

Once the building is built, you get the perfect environment for mold because mold is awesome at cleaning up toxicity. It's there to help break down toxic chemicals.

It's also there to decompose what's dying. And so as you breathe in mold spores and as they come into contact with your body fluids, they start releasing mycotoxins, which is poison, and they start going, oh, okay, this is a great, warm, wet environment for me.

I'm going to set up shop and they start elbowing out others super helpful microorganisms in your body to make space for themselves because they're colonizers and they literally feed on your cells.

They decompose your tissue and snack on it and spit out mycotoxins or poison, and they think they're helping. I'm

here to break down this body. I'm doing great, aren't I?

And here's the issue. They're there to break down the toxicity in your home and they are going nowhere because you don't have enough natural airflow to let in spores from nature that are wind driven from other, you know, live plants that are supposed to be keeping mold at bay and in check because nature loves to keep itself in check.

There's none of that in there because nothing has flown. So mold continuing to set up shop in your home or in your office or in your car or in your church or your school, wherever you're spending time, you're getting exposed and setting up shop.

And you and here's the problem. It's really good at shutting down your liver and shutting down your immune system. So it really suppresses your immune system responses and it slows down bile flow and suddenly you're not able to metabolize your food as well as you were before you got exposed to mold.

You can't break down your proteins and your fats as well, and you can't break down your sugars. This is a really big deal for all of us who have struggled with the line of are we going to get diabetic, are we going to become type 2diabetic?

Right. Or are we over the line, as are getting worse? This is a really important distinction to make. Right. And here's the kicker. This is so annoying that I have to point this out.

We have created an awesome situation for mold to thrive because mold hates EMFs, Mold hates your Wi-Fi router, it hates your smart devices. It thinks that signal coming at it means that it's under attack because mold is a colonizer and it's trying to communicate within the colony and sending signals back and forth.

It's trying to send signals at a similar range of bandwidth or frequency as your WiFi router. So it actually periphery, it's faster in Wi-Fi in it dumps a more intense poison.

In some strains, it's been recorded up to 600 times more toxic than mycotoxins that are dumped when when your mold is in the presence of WiFI So this matters a lot because like, oh, suddenly mold is everywhere in the functional medicine space, right?

We're talking about it and it's like, oh, mold awareness. Mold awareness, but mold been around since the Bible. What's the difference? What's the big deal?

I thought it was really dumb. Personally. I was like, whatever. I grew up with grandparents that were alive during the Depression, man. Like they they got something out of the drawer like, Oh, it's moldy.

We'll just cut that part off, will feed you. The rest is fine. Suck it up, you know? Yeah, Yeah. So I really didn't get it. And I been exposed as a kid, and then I was living out of my car as messed up teenager, got exposed and got exposed in one of my homes, got exposed to my leaky car, just had a leaky door seal on the back passenger side, Didn't want to spend the money to fix it.

In my twenties, broke and then got exposed. Major window leak in my office. And that was really the the straw that broke the camel's back. And so all along the way, I'm getting more and more hypoglycemic, and on the way I'm getting more and more reactive food, crazy chronic fatigue.

You know, my blood sugar numbers are going nuts. And I really it took me a long time until I crashed and crash and crash again to figure this out. It is a big deal to figure it out.

I salute you for doing that. Mold problems in my exposure from Pacific Northwest when I lived in Portland, Oregon, before I became a naturopathic physician, you know, I was originally an engineer.

electrical engineer. That's what got me into this was the sickness and then the recovery. So I salute you for figuring it out. Not obvious. Yeah, that's so funny, because I got sick from all in Portland too.

I The mold grows on me concrete in the Pacific Northwest. You know, that was a clue, right?

How Mold and Parasites Affect Blood Sugar

About the rain? Yeah. Back of pottery. Yeah, that's a good one. Lord, it's a big deal. So here's the thing. You're just regulating your blood sugar with this stuff, and you don't even realize it because no one's connecting these dots in a GP's office.

Right. And mold is really immunosuppressive, as we already mentioned. So it actually opens the door for other pathogens to set up shop and parasites are really good at driving blood sugar dysregulation.

So a lot of them live and die or thrive by causing cravings for carbohydrates, for sugars, for dairy. And they're really good at modulating your behavior to take those things in.

So if you're when we could talk about parasite symptoms to help you self-assess for yourself today. But if nothing else, I want you to give yourself grace.

If you're recognizing yourself in the in your in my mold story. Right. Mold exposure. So common, 70% of US buildings have been water damaged and more than half of those have a serious mold issue.

So by the numbers, it's a lot of us. And once you have parasites are they're a great environment for parasites. It's really difficult to control your food cravings through willpower alone.

And then we turn around, we ask for help from the doctor and they're like, Well, just have some willpower. Please stop eating sugar. Well, your body doesn't actually want sugar, you know, it's it's craving nutrients, but your parasites are craving sugar.

Yeah, that's a great distinction. That's true. You're be confusing. That's true. That's why I love your your whole approach to diabetes, Dr. Beverly, because you're you're so good at removing the stigma around this, you know, conversation.

If it's like a willpower thing alone, it is not. This is a real health condition. This is very serious and requires a lot of nuance and, yes, commitment on our part, the ones who need to heal.

But, you know, it's a it's very complex. It is complex. It's fixable. But and it's also complex. And people have different issues or points on their journey.

And it's not all the same diving board into the pool, you know, the stereotype of people eat too much and don't exercise enough is just inadequate in today's world.

That's old 1950s thinking. In today's world and cortisol nation, we really have to be sharper for all of us as health professionals because we know, as some health professionals, medical professionals come to summits along with the general public.

And the general public has to know more and to insist that their health team meet them where they're at. Right. So for some people, parasites and mold can be part of this blood sugar conversation.

You need to know what's different about it. So, Sinclair, can you tell us a little bit more about how toxicity and parasites can impact blood sugar dysregulation?

Like what would people experience that will let them know, Hey, this might be something I should be looking at more seriously? Yeah. So this is, this is really cool.

So I think it's cool because I like to demystify this stuff. So let's take more first. So mold can actually affect blood sugar levels by producing those Mycotoxins We talked about the poison, right?

That gets released as soon as it comes into contact with your body fluids and it keeps going once mold is inside, it keeps releasing mycotoxins, you know, ongoing.

And these are toxic compounds that can actually interfere with glucose metabolism all on their own and insulin signaling. So mycotoxins can cause insulin resistance all on their own and impair glucose uptake by the cells throughout your body and increase the release of glucose by the liver.

So that's another important one. All leading to this hypoglycemia and like, ooh, having a little more and more blood sugar dysregulation. And it's worth noting that mold and mycotoxins specifically really hammer away at that liver efficiency over time.

And since the liver's job is to help break down and process sugars for the body, especially for different sugars like fructose, you know, that can't be processed for the rest of the body in the same way that it can't for the liver. So it's it starts to really impact your ability to eat even what you would consider healthy sugars.

Right. And that's what we have. Yeah. Yeah, exactly. So and like one of the biggest ones like Aspergillus, you know, it's very common family of molds and it has already been linked to an increased risk of insulin resistance and type 2 diabetes.

Like there's a lot of really interesting studies that have come out just in the last three years around this. So we're like finally connecting the dots, but it takes decades to get that into your your MD's office, you know, and we don't want to wait that long.

No, we definitely don't. Right. Because they are more readily available answers and you can get to them a lot sooner as part of the reason why people attend this aggregation of wonderful content like this summit for reversing type 2 diabetes and just making sure people live that healthy, healthy life and have great quality information to know, Hey, here's another avenue to investigate.

What if this is your issue? We know that buildings, the way they're built with these tighter standards, they don't have the same ventilation and airflow.

A lot of people don't have that personal habit of opening windows every day. Some people live in communities where the air itself is toxic. That is just a tough, talented, challenging situation.

What if their water supply is not right, like all of these things? So now that leads me to my next question for you, which is this What does root cause medicine mean and how does it impact diabetes and blood sugar?

So root cause medicine is asking the question, basically, how did you get the diabetes in the first place? Because there might be a genetic component.

Okay, but what do you have control over? What do you have control over right now? How did your bucket fill up so that your own bodies innate resilience got overloaded?

And what can we do about it? So it's going all the way upstream to take this apart, tease it apart piece by piece. There might be a mold piece for you.

You can find that out with a simple urine test from Vibrant America, from GPL labs. I like using vibrant because you can do it without having to see a practitioner get a practitioner's approval.

I want you to know right away it's it's a kit you can do in your home. So that's that's pretty amazing in this day and age. Is it a part of your picture, isn't it? Let's find out. You know, and then you can look for a practitioner that helps you with it, that really speaks to your listening.

And so that's one one root cause. It's often overlooked and it is something that can be detoxed. And and there's a lot of nuance to that. And when we think about detoxing, mold and parasites are really talking about is removing

these root causes or moving the interference to the body can heal itself and self-regulate.

But a lot of the functional medicine protocols that are really popular stay around them are about hunting, kill, hunting, kill, hunting, kill. And it's doing it too early essentially for the body.

So you get a lot of die off symptoms and those are unnecessary. And then the mold and parasites will come back and flourish because you didn't take care of the rest of the toxicity that made your body less resilient in the first place.

So industrial toxins, heavy metals, plastics, things like that. So it needs to be thought of in terms of all these basic root causes.

Root Cause Medicine and Symptom Clues

Right. And if you were like me and you put your Wi-Fi router under your bed, you're going to have a harder time with your own detox systems and replenishing your tissues and that you're going to have a lot of blood sugar dysregulation, just from that alone.

Yeah, you're going to get whipsawed, right? So let's unpack this a little bit more because this is such juicy information. There's a lot of things going on here.

When you're talking about the detox symptoms and the body being overwhelmed that maybe things are being done in the wrong order. And so the roots of elimination, so to speak, might be compromised, whether it's lymph system, constipation, urination, you know, all these things that go on or that alternating diarrhea and constipation, there's other ways, right?

So what are what are these symptoms? And then we'll talk later about the practical way to support the body. But first, how would people recognize that this might be an issue for them symptomatically?

Oh, such a good question. Well, let's look at symptoms for parasites and let's look at symptoms from mold. And you'll notice that there's a lot of overlap, which is really annoying.

So one of the biggest symptoms for parasites is rest of sleep. So you toss and you turn. You actually are more energized at night. Just put up a post on Instagram was like I you're not a night person just so you know.

And I know I was very attached to being like an 11 night owl. I'm such a thinker, I'm an intellectual, I'm a night up and that your body wants to be in circadian rhythm with the sun and it wants to go, nighty night, you know, stop eating, go start resting as the sun goes down.

So, no, you're not a night owl. Sorry, babe. That's your parasites talking, right? And if you're restless and you wake up throughout the night, your parasites are really good at disrupting your sleep and there's a lot of reasons for that.

But let's just leave that there. Also, teeth grinding is a well known and well understood and caused by parasites at this time. We fully see that now.

So is TMJ. It's very unusual actually to have subluxation and a structural issue and have it be only a structural issue for the jaw. If you have TMJ and teeth grinding, often your teeth grinding and TMJ will resolve at the rate that you get your parasites taking curve and skin issues and rashes, itches, hives, eczema, acne, even rosacea, a lot of skin disorders that we would even consider autoimmune driven and more like so on.

Diseases are actually parasite driven because they're so good at distorting your behavior and getting you to get sensitized to foods and spitting out these endotoxin, these poisons into your gut that then drive up your histamine levels.

Right. And create all these irritating reactions. And remember, parasites are there to help mop up the mess

because your immune system ain't being a good gatekeeper right now.

They're there to hold the mold there, to hold the Mycotoxins the industrial chemicals in your tap water or, you know, whatever you're using for laundry detergent.

They're there to hold all of that for you. They just come at such a high cost, right? So you can also get allergies and food sensitivities for them like we just talked about. This is an annoying one.

You can get diarrhea from parasites or constipation or just for fun, alternating diarrhea and constipation because that's not confusing. Be miserable.

Right? Completely miserable actually really is miserable. And a lot of this is so gross and embarrassing that we don't talk about it and we sublimate it like, oh, you know, it's just my body or everybody in my family.

This is what happens to us. Well, everybody in your family has probably been exposed to the same parasites guys alone. Yeah, It's not a genetic expression of anything.

It's an environmental situation. I got you. Right. Beautiful way to summarize it. Yeah, People get confused. Okay. Great. And then let's see. So we already talk about, you know, urgency.

We talked about abdominal pain. I think it's worth mentioning fingernail biting. That's another huge one. That's very interesting. Chewing on your hair.

This kind of like this is a parasite driven behavior fidgeting. You know, I love that we are having this conversation about mental health right now. And, you know, Neurodivergent, that's great.

But we need to include in that an expanded conversation about what is driving some of that, some of those behaviors are actually parasite driven. It's not getting talked about.

So anxiety, depression, nail biting, needing stimulation, getting overstimulated by light and sound easily, that's both a mold symptom and a parasite symptom.

So don't don't just jump to autism. I love the autism education conversation. We have to understand there are a lot of factors here for you. And health is complex, so you're not necessarily on the autism spectrum.

Your bucket might just be for, you know. Yeah, health care is complex. You have to know what you're addressing. Otherwise you won't be successful in helping the person be better or the person one experience and they go from one practitioner to another and they're still not better.

You know, when you are number ten, 11 on the chain, you know something is not right here. Yes. Thank you for saying that. Yes. So other other pieces, you got to think like a parasite does.

So parasites like to set up shop not just in the intestine. So you might have a consistent pain after eating in a certain part of your gut. And the classical valve is a fun place for some species to hang out because they want to keep that open to be able to feed longer.

Or they set up shop right in a crook of the small intestine and just hang out there and actually build a dam. So they slow down your food progression, They let it rot and ferment and they eat those sugars and you're not feeling well and you're getting all bloated and fatigued and tired.

After you eat, you're getting abdominal pain, you're blaming it on the food choice. And maybe that's one part of it, but so are the parasites, right? Yep, yep, yep, yep.

It just makes sense because they want to live too, and they want to change the conditions to promote themselves. Right? Exactly. Yes. And then the cravings we already mentioned.

A flipside of that is loss of appetite. And just like wild swings in appetite, that's very common. And we already talked about the anxiety piece that's super important to understand the lethargy throughout the day.

And then they wake up at night. Your symptoms getting exacerbated around the full moon. If you're more rash, anxious, tired around the full moon, fewer more digestive issues around the fallen parasites increase their activity around the full moon because you're making more serotonin and they love to eat that and steal it all the time.

It's made in your gut is fair game for them, and that's really fun for them. And they also geared a lot of their reproductive cycles around that event monthly.

And you're also making just enough less melatonin in every four months in every full moon because of the increase in light and the change in the circadian rhythm that your immune system is just that much more suppressed.

Isn't that interesting? Tricky, tricky. I know. So those are some things that you'll never unsee parasites again. You'll be like diagnosing everybody around here.

Watch out for this. This is another this is an unwelcome phenomenon. I found out the hard way. So. Yeah. Okay. So what are some practical ways to support the body in this situation?

Well, one of the first things you can do is you can easily assess for mold and you can do that, that you're in home kit. No problem. You can also easily assess your home for mold with and utilities plates.

That's my favorite way to do it without calling in a mold remediation person who might be financially incentivized to tell you that you need a big expensive repair.

Just start with gathering your own information so mold is actually easier to search for. And just let's find out, right? Let's check under the hood in you and in your home and you can put a plate in your car.

It's like 30 or 35 bucks. Find out, you know, find out in your workspace. Do you do get more wheezy and congested and fatigued at work? Well, then put it in your office. Let's find out.

You know, parasites are trickier because there's not actually a great commercially available test for parasites. And I now I'm going to get some pushback here from the functional medicine space, but your GI maps are not as replicable as you think they are.

Some brands even admit to as low as a 24% replication rate on the same stool sample. And I'm sorry, but to charge hundreds of dollars for that and to say I don't even know if I can give you that same result from the exact same stool sample, that's pretty problematic in my opinion.

So you could consider that a layer of information. Oh, look, we found Strongyloides look, we found IGE pylori, we found Cisco, we found any of those things.

But don't assume that you don't have parasites because you paid for that test and they didn't find them. You have to think like a parasite does. Is a parasite going of puts some eggs in every single poop and are you going to catch that one? And then in the lab, are they going to take that one little smear where the egg is?

And oh, luckily we have that specific parasite mapped fully in the DNA. No, we do not. There's not a lot of money in parasites. Guys, don't assume that the DNA, like the whole genome of parasites, are mapped.

They're not. They're really good. And modulating their DNA to thrive in different environments. So you cannot assume that we are that far yet. We just aren't.

So it's a great layer of information. You can do serum where you can do blood work, where you can look at certain markers are elevated that might indicate a presence of parasites.

But again, inconclusive is just a layer of information some people love to muzzle test for parasites. I don't feel great about advocating for that. And that's because I've I've I've been in muzzle testing, you know, training rooms.

I've been on the teams of trainers, I've been training people, had a muscle test. And I can tell you there's a lot of bad muscle testers out there. So please don't take someone's muscle testing as gospel about whether or not there's a presence of a parasite in your body.

So another way to think about it is there's you can do a parasite challenge test, essentially. But the most that could occur and you can see what ends up in the toilet when you're taking that sticky seed fiber.

And it's very good at mechanically drying out parasites without killing them and setting up a ton of reactions for many people. Some people are sensitive and you will notice symptoms, but the truth is one of the most reliable ways to go to assess for parasites is from the symptomology itself.

So you need to work with a practitioner who can help you triangulating, look at your constellation of symptoms and go, okay, I think we need to look deeper here.

Right? So there's unfortunately, there's no conclusive way to look at this. So that that's the assessment layer. And so we talk about next steps like what you can do at home.

Yeah, I think that that's a practical place to go. But before we do that, if you could just repeat what that word was it didn't it? Quite it dropped out a little bit on recording, you say?

Masuda Ka What was that? Oh my most supercritical seed, So in most of is an herb that's been used in Chinese medicine for thousands of years, literally.

Testing, Assessment, and Practical Support

And then just the seed itself, that fiber is quite sticky. So you can get just that purified seed. Fiber cell core provides it. It's in a product called pure one that that's a great way to get it, but it's also on the market in other ways.

Okay, great. Thank you for clarifying. Going to make sure people hear that clearly, because I can anticipate there will be a lot of questions later. Otherwise. Yeah, absolutely. Right.

Yeah. And most of the memos put out on the market, it has the leaf, the root and the seed all mixed together. And it's not the same thing, guys. So just know that.

Okay, great. Thank you for clarifying. All right, so what's the thinking around this next thing, which is testing for mold and parasites versus the symptoms ecology?

Because like you said, this stuff is complex. Yeah. So the symptomatology is where we can also look at. Sure. We can look at the symptoms we've already listed.

And then you can work with somebody who is familiar with how to spot the stuff on lab work and say, okay, you're using apples to apples first. Those are those are elevated. Okay, that's interesting.

Oh, you have an iron deficiency. Oh, you have a vitamin B6 deficiency as well. Well, those are also correlated with the presence of parasites. Or you have a zinc deficiency and white spots on your nails.

So that's also correlated with parasites. Oh, you really eat sushi? Oh, you get sick all the time. Oh, you do have more. Which also is another indicator of parasites because mold again, remember, guys are so good at suppressing the immune system that your body doesn't have your normal defenses set up as you get exposed to parasites.

It's not a question of if you've been exposed to parasites. Yeah, you are getting. Exposed to all. Bugs. Chlorine in

your tap water is not cutting it.

They got a great protective protein shield that they can put around themselves on these microscopic parasites. They're not bothered by that at all. So and then you got your natural bodies of water.

If you've stepped in a stream or if you've swam, swam on a lake, you know, as a kid, you got parasites. It's just whether or not your body is in a position to keep them down on a level you can handle.

Or are they running the show? Right. And they don't know Borders and by the way, neither does your food. You got food coming in from Mexico and South America and China all the time and you're eating that.

So why do you think that you're not like just because you didn't travel there, your food came there? Exactly. Or from other parts of the U. S. or from Canada or wherever it may be in the world?

I mean, these are international problems. These are global issues anymore. It's not a local thing, but you may be having a very personal individual experience, right, where your whole household might be affected. Yes.

And there are something really interesting that like we think about this in a very funky way where we're always trying to correlate and like, look at this logically. There was a there was a disease that got named.

It was like that called the Jewish Wasting Disease or something in the early 1900s in a very specific area of downtown New York City, because it was affecting only the affluent Jewish community.

Well, it turned out to be parasites that came in through, you know, a domestic a house that like a chambermaid who had just come in from a different country and infected one Jewish family who spread it to their friends, who spread it to their other friends, because you can cough parasite eggs onto each other.

It's a great way to get strange ladies from each other because strange ladies likes to keep their eggs in your lungs. And it's one of the most common worm infestations across the entire globe.

Over 100 million Americans supposedly have it right now. Well, that's a third of us. So wait a minute. That's a lot of people, right? These things have their own interesting transmission patterns.

So earlier, I want to circle back before we wrap up our session here. You've touched a few times on this topic around hypo glycemia. You know, if people have that low blood sugar death and when people I'm thinking, you know, here we are on a reversing type 2 diabetes summit and some people have the experience of being hangry, right?

So if you're hangry, part of that journey is the blood sugar rollercoaster, which means you're experiencing probably some lows, some hypoglycemia in addition to obviously the chronic hyper glycemia.

So can you share with us a little bit more about what goes on with the reactions and the molds and the toxins in the parasite and the the peaks in the valleys, if you will, the hypoglycemia and the hypoglycemia.

So here's the way to think about this and just a very general simple ways so that we don't go down any rabbit holes or we can't button it up by the end of the interview so that as soon as your toxin bucket becomes full to a to a point, whether it's with molds and so the parasites get to set up shop or it's with other types of toxins and parasites get to set up shop, you have an impaired ability to digest, period, because you've slowed down your liver enough and your gut lining is struggling, right?

So you should be able to like your digestive system should be like pretty much the most resilient system in the body. Your gut lining actually turns over like completely every 3 to 4 days.

So it's wild to think about how so many of us spend years and even decades with chronic digestive issues when really what we're doing, we're not just surviving and in an original problem, we're recreating it because we haven't

changed the factors.

We're constantly creating it, you know, and then you could extend that concept to hyper and hypoglycemia because we're not changing your metabolic factors, so you're recreating it over and over again.

I'm thinking of right now a client of ours who was convinced that she had type 1 diabetes recently because she was crashing and she didn't fit the parameters of type 2 diabetes.

And so they ruled that out. But she couldn't figure out what's going on. It turned out that she had a tapeworm attached to her pancreas and it was completely in it.

And she screamed parasites to me. She's as I watched, biting her nails, scratching her teeth. Then she's just like up and down and she gets hangry like crazy.

It's not just, you know, she's going like this and she's doing everything right. And she's doing this, by the way, on an extreme keto diet. So because she has like crazy willpower and it's still happening, right?

So you have to think about how every organ is going to behave differently in the presence of parasites and parasites. We're actually talking about a giant family of organisms.

So everything from the microscopic because 60 or 70% of parasites are actually mono cellular and invisible to the naked eye. And then the larger, more, you know, exciting gut worms, you know, that would be like ringworm, tapeworm, roundworm, hookworm, flukes.

All of these actually have different mechanisms that can drive up and drive down blood sugar because they're trying to get you to eat things that give them the strength to fight another day.

Right. And they want to keep going and they want to keep you weak. So we know that each of them has a different consciousness. And that's and we're really just still discovering how each one has their own strategies for doing so.

So it's a really hard question to answer in this time frame. But the short of it is if you if your toxin bucket is full and for a lot of us it is and doesn't have to be anything magical or crazy that happened to you in order for it to be fully.

You could have just grown up in an environment where you ate canned foods and, you know, you drank from the tap water and you know, you played with normal toys and you wore synthetic clothes and oops, you know, there were some herbicides and pesticides on your food and maybe you had some antibiotics and you had a little bit of, you know, microbiome disruption, okay, a little bit of mold and oops, now we're too full and now we're not in a position to fight back then.

Each one of those has a different strategy for driving up and driving down your blood sugar so that they can thrive and they come at a cost. But they are there to do a job for you.

They're there to hold the toxins, so you want to draw them out in tact instead of treating them like something to be afraid. We can skip that stage. I know it's a little scary and gross standing next to a lot of icky pictures right now. I'm glad I won't.

But we really just have to learn like, how to think, like a parasite and then how to draw them out in a pace that's tolerable for you. So that's really the long and the short of it.

That's great. That's great. All right. Thank you so much for this wonderful session. Rich with information, rich with signs and symptoms and experiences and what people can look for, maybe they will be nodding their head yes or they'll notice somebody else say, hey, this is this is something to explore.

Because I think that, you know, between the issues with lab testing and the reality that this overlap with so many other things, it's easy for people to miss these issues and not understand what's going on with their blood sugar,

and particularly when they are, like you said, they're doing a lot of smart things and they're still not getting that result.

Have to ask yourself, what are we missing? Right. So, friends, as you watch these sessions, all of our wonderful interviews and experts like Sinclair, please share.

Please send it to family and friends, neighbors, people you know who care about their health or maybe who will recognize themselves in these various sessions, because these are experts in detailing things that come from their actual experience with helping people who are living with these problems.

And we're bringing forward the things that aren't obvious, the things that people know are not what we're spending. All of our sessions here in the summit, but rather it's the things that are new and different and cutting edge.

So Sinclair Kennally thank you so much for this interview and your expertise in this session. This has been great to interview you. Please tell us if we would like to connect with you.

Where should we do that? What's your what's your best website for this? Sure. You can find us at DetoxRejuvenation.com. You can get a free mold and and parasite self assessment there if you want.

And we share resourcesall the time on Instagram @detoxrejuvenation and then I'm the host of Your Health Reset which is our podcast where we also talk about stuff so really shareable short pieces to start taking this information.

And if I could just leave you guys with one thing, I just want to remind you that, you know, I grew up with other with older family members having been diagnosed with type 2 diabetes.

And I, I was trained early on what an ugly way that is to end life. And I got very scared when I had this diagnosis applied to me right. I'm being pre-diabetic.

And like, she made it sound like it was inevitable like that. That was the round I was going and it was my genes. And the truth is, that's absolutely optional.

And, you know, if anything resonated for you today, just get curious, right? Just start absorbing information about Mold and Parasites. We have lots of it for free for you to start noticing, like what resonates for you and just remember that this is all fixable and reversible or we wouldn't be talking about it, right?

Beverly. Absolutely. We're looking for people to live a joyful, full and healthy life and to make the rest of your years the best of your years. And by doing that, we put the power in your hands.

All right, Sinclair, thank you so much for being my guest here on this episode. And all right, we're all going to make this something that we pay attention to.

And if this fits, please check it out. Thank you so much.