Introduction to Parasites and the Worm Queen

I can't believe I come from Western medicine and I had no idea about this and how sick I was from it. And that's really what made me go so viral was I shared my story about having parasites.

In 2019, I almost died in the woods because I were so sick with now I know chronic Lyme, which I didn't know when we talked a few years ago on our live together.

If you're overwhelmed with chronic health symptoms and still don't have answers, you are not alone. I'm Dr. Javan and on redefining wellness with Dr Javin, we'll be exploring root causes like Lyme disease, mold and parasites, and I'll guide you with simple and practical steps towards real healing.

Hello and welcome back to redefining wellness podcast. I'm your host Dr. David Moore and today I get to interview Kim Rogers, the worm queen. And as you can imagine, we're gonna be talking about some parasites today and the unique part about talking to her is her history.

She was in Western medicine, she worked it, She lived it. and then her health pushed her to find parasites. So if you're not looking at parasites right now as a potential problem for you, where have you been?

This is something that has been everywhere. She's on everything talking about parasites, I've done parasite summits, parasites are in oh about half of the people the population of world today.

Kim started a business around parasites that has been booming because she is solving a problem that so many people have that they didn't even know about it.

So Kim, thank you for joining us today. Thanks for having me, I'm excited to be here. I want to start off with a little bit of the meat and then we're going to get into your history a bit.

But why parasites? I mean, that's what the universe wanted me to sit and talk about. And I'm happy that I got a really fun name like the Worm Queen that allows me play with it and kind of make the topic a little fun, you know, entertaining.

Definitely. You know what? I mean, anytime I post some stories on Instagram and I put like little worms on the screen, people are like, what is that? They love it.

So how common are parasites? Because that's the big thing. Everybody's like well, I live in the United States. I love in Europe. Like parasites aren't here.

That's what the government tells me. Yeah. The first world country, no way we have a parasite. No way they're in our salmon or our pets that we deworm.

That we should be de-worming ourselves because our pet's are, in my opinion, the number one way that can get a parasite. One way I got mine and water.

Those were the two ways that I became overly ill because of parasites were worms in the water And, you know, it really is sad that we just can't think about it in such a taboo way.

You said half, but, I mean, 3.5 billion people have parasites, so that is half of the world. But in our country, the CDC says 60 million, But that statistic is from, like, five years ago still.

They've never updated the 60 millions per the C. D. C. that has parasites. And that's only tested if they've gone to,

and got an actual test from them. They won't actually accept testing from another country to move that number of 60 million.

So in my opinion, which my number isn't even in that 60,000, because my test came back negative with LabCorp, but it came which is who I used at the time for me to get tested and find out that I had crypto, roundworm, Jeremy had defragilies.

And it really just kind of created this, oh my gosh, I can't believe I come from Western medicine and I have no idea about this and how sick I was from it.

How Common Parasites Really Are

That's really what made me go so viral was I shared my story about having parasites and In 2019, I almost died in the woods because I was so sick with now I know chronic Lyme, which I didn't know when we talked a few years ago on our live together.

I had no idea that I'd chronic lyme at the time and I living in mold. And so all of those things compiled onto my already overflowing bucket of toxins.

Then I'm being doused with worm water from where I live at that time. And so it's crazy to think that we just go off of those numbers versus the symptoms.

And I think what's made this go so viral over the last few years is that I teach people how to go of your symptoms instead of worrying about a test that may or may not be accurate.

You know, I love what you said there as you were going through the parasite piece of the testing sucks. Like it just is awful. And as a provider who runs tests for a living, i run so many tests because here's the deal.

Um, when I tell you, Hey, You probably have Lyme and parasites and maybe mold. Saying that out loud to you, you're like, okay, yeah, I believe you. But does your husband, does you grandma, whoever else is a benefactor in your life, your children, do they get it?

A lot of times the answer is no. So I'm like hey look, here's the labs we can run. And here's the symptoms you have. If you can, if you had the finances to run them, sometimes it's just nice to have those tests, but with parasites, honestly, I'm like, don't waste your money.

Go get a Clintons for a hundred bucks, 200 bucks or 300 bucks. Whatever it is going to be. And if start pooping out worms, there you go. There you and so many people poop out.

Worms. So many. I mean, it was my job all day. When I first started growing parasite cleansing, after I got through Lyman mold for myself, I started doing this with patients.

They're in my office, they're sitting there hanging out with me. And they were like, hey doc, can you like look at this? And for them, it's the first time they've ever seen anything like this, what they pulled out of their stool.

I'm just like I am good at the point, like the 400th picture. I'm good, I need like an AI that will identify it for me so people can just upload and get like their fix.

But so many pictures of parasites coming out their eyes, their mouth, they're everything. I had a woman send me something. She's like, yeah, this came out of my, you know, and I was like that one was new.

Like, oh, that was the first time there. And anyway, parasites come out. Can you explain why parasite testing is so bad in the Western medical model? And as you're doing that, tell us your background in Western medicine because you worked it forever.

Yeah, I worked it since 2004. And I didn't just work in the field. I actually left the filed after around 10 years and I started running colleges. So I ran 25 healthcare colleges, which also included laboratory tech testing.

so I know exactly how they test and why they tests the way they tested because I helped train a lot of the technicians. And I wrote curriculum, so I worked for large publishing companies like Cengage, Pearson, and McGraw-Hill.

And then I write all the curriculum for allied health and other healthcare type of, you know, departments when I was running the colleges. They get three minutes.

There's so many ways that you should be testing with the stool and they don't teach you that as a patient. So when they give you those stool tests, you're actually supposed to take like a screen, like four day snapshot of your stool.

They're evaders, they know you are looking for them because they're a frequency inside of you body that just alerted to them. People have actually ordered our kit And the smell and the frequency of us just talking about it, they pass worms because they're attached to our nervous system.

They're an alive frequency inside of our alive bodies. So they really do know what's going on because of that. Back to the lab. When you give your stool, you're usually just doing like a scoop here and a scope there and then you send it in, and you don't fridgerate.

You're sending it in. It's sitting because it's not a priority. So really some things might be dying in there. Things might go away. I mean, who really knows at this point exactly what they're all looking at when it comes to their lab and how long it sat for.

By the time they get it and they put it under the microscope with their naked eye and their seeing exactly was going on. they may not be seeing something that they've ever been trained to see before.

So that's bad.

Why Parasite Testing Misses So Much

Then after the lab slip is stamped negative, there's a thing at the bottom of that lab-slip that says, this is not in lieu of a parasitic infection. That's their out.

By the time it's all said and done and it gets to your doctor, the doctor in insurance has already said, oh yeah, nothing wrong with this person. Any medication the Doctor might give you to take, is not going to be covered because now the lab has looked at it and been like, yeah, we didn't really see anything.

But it might have just been a sample of that day. That's also the problem. So I recommend doing like you get two stool samples doing one scoop into it from one day of poop, but don't fill it.

Then the second day do the 2nd one, then go back on the 3rd day and put it back in that 1st day one so that you have now 2 full days of your gut in the stool sample.

And then the 4th day, do that again on 2th one. Fill those full and then refrigerate them, send them off and you can get a better idea of a 4-day snapshot.

You're only getting like a 1-2 day snapshot of what your guts looks like. The thing is they're not just in our gut, they are in your blood, our tissue and our muscle.

So we really should be doing live blood analysis when we're trying to diagnose these things because they're going to show right up. I say the people that I've talked to over the last five years of doing this, they say that pretty much 95% of people they get a live-blood analysis they can determine they have a parasite immediately or Lyme or mold, because you're seeing your blood right there.

And it's undeniable then. But because we don't really have affordable, available, accurate testing, we really don' have away to one, pin a number exactly how many of us have parasites, but pretty much everybody that I'm around has parasites.

So I would say 95% of have us parasites So it's really a faulty system, and I'm working really hard over the last few years to rectify that. To just say you don't need that test to have you take the Parify Parasite Cleanse.

You don' need the test go in and feel valid in what you're feeling when you have the symptoms. YOU need to feel VALID without having that black and white test of saying, oh yeah I have parasites.

Oh yeah. Well, just to add to this, I've been doing parasite work since, oh my goodness, 2016 I think now. And I'm starting to get old. I turn 40. But when you're talking about parasites, it comes down to They're like, oh, it's not near you.

I'm like well, then how'd your dog get it? Your indoor cat. You live in New York, you have an indoor Cat. It's never left the house since it was an infant.

And you've already dewormed it three different times in the House. Why? Where did it come from? Are you saying you're not in The same environment as the cat?

Or are you Saying that cat didn't lick your fingers, didn' sit on your pillow, Didn't run across your this that or the other. Are You the one giving the parasite the Cat?

I think that's the real question at this point. I mean, it's possible. It's possibly, you know, we're laying with our animals. We're letting them lick us.

They're microscopic. I remember I had a dog and I ended up having the same parasite as my dog. And it was because my dogs stepped in its poop and then walked through my house and thought I cleaned it and didn't wear shoes.

So I have my socks and they rubbed their butt on the rug. Whoa, wait a minute. And you're trying to clean it. You're doing your best to control the situation.

It is what it is. We just need to deworm them and then de-worm ourselves. But I really never even thought about the fact that we could be giving our pets the parasite.

Listen to this. Like you have apartments in New York City that are at the 50th story. The cat or the dog can still get a parasite, the cat's never leaving the house.

Yeah, you may take the dogs on a walk. But the cat can still get a worm. Where is it coming from? The food is supposed to be certified to not have them.

So if we believe that, okay, that's not where it's coming. It's from you or somewhere you've been, so that means you're around parasites. And anytime someone comes up to me and says, you know, well, they're an animal.

They can get parasites, but I can't. I'm like, why? Because your diet is cleaner and healthier and less processed. You've had less antibiotics and stress than they have.

Give me a break, right? Like, that's not real. We are way more vulnerable with all the junk that is thrown at us than our animals who, which many of my friends, they feed their animals way better than themselves.

They work their animal out. they do all of the things for their own animals that they don't even do for themselves, so that one of funny things. But, you know, what are your thoughts on this?

I'm a big red meat eater. I am a midwest guy. Not saying I won't eat a vegetable. Just saying, I do like it medium.

What's your thought on, do we get more parasites from raw fruits and vegetables, meaning eating fruits or berries, or eating meat?

I think we get it from the produce. I Think that's multiple ways. We get from a produce one Contaminated water we're thinking we are washing our produce with good clean water, but unless it's distilled and filtered or filtered water We're washing out produce where I was with worm water.

So I actually recontaminating it I think we get it from our produce the most, more than meat. I mean, I actually eat quite a bit of meat now. Um, I used to not eat as much meat and I just make sure it's fully cooked. I don't eat any raw or any uncooked anything anymore.

Even when I'm out, i'm very careful to no eat salad or produce because I don' know how they cleaned it and prepared it. And you don't really know who touched your produce as well, and you definitely don' know how they cleaned it to get anything off.

And I only eat organic. But sometimes that's even harder to think about because there's no chemicals, which we don''t want, but there''s no chemical on it, to stop the bacteria and the worms and bugs to be on the produce.

So that'''s kind of what I think their thought was when they were spraying all the pesticides on everything, is they''re like, ''Oh, we'''re just trying to keep it.'' but they didn't realize it was being absorbed in.

So it's the same type of concepts, right? Like, but at least it is easier to clean. And so it definitely important to know you shouldn't eat anything raw.

I just don't anything eat raw anymore. It's a bummer, All right, so I got to take a second back. I'm a big proponent of distilled water. Love that you're talking about that.

someone is improving and that the changes are not just purely in their head. I had a client this week who was just like, she goes, well, when are we going to retest?

Are we gonna retesting? Well, I'd like to get through a few things before we do so I can make sure that we've moved the needle enough to make it worth you rerunning testing.

And there are people that don't do as much testing on because unfortunately tests cost money. So expensive. But you just said worm water. And I don't hear many people talking about worm water.

How do I test to prove one way or another if a water has worms in it? There's two companies. One of them I use is parasites.org where they send it to Mexico.

And that's how we found out what nematodes were in our water in Hoodsport and in Seattle, Washington, which we don' live in seattle anymore.

Pets, Produce, and Water as Infection Sources

We used to. The whole city's water is terrible. And, you know, we just don't test it for nematodes in our country, which is crazy that we don' test for these things unless there's a broken pipe.

And then all of a sudden we're like, Giardia, go test the water, boil your water. But really it's in the w atter every day. I also have another company that I'm trying to think of their name.

There's only two companies I've ever come across that test for parasites. We tested my dad's well because we bought land out near my parents. And so they have a well and well actually well water is worse.

I remember when I was working in the ER and whenever someone would come in that had multiple days of stomach problems, we would say, well, do you have well?

And instantly we were asking that because we knew that if they had stomach issues going on and they at a well, they have a parasite, but then we never said to them like, oh, it's because you think you might have parasite.

And so it really is important to know that water is a huge contributing factor of worms. But they're just two different companies and there are the only companies in the five years I've been doing this that test for actual nematodes in water.

Then they send you the pictures of what they found in a water, But I currently use parasite stock. We tested our water here where I live now, which is outside of Lake Tahoe.

And we have zero worms in the water, here, where we live. I mean, I love zero water, zero worms in the water. But now I'm like, well, what do I got to do?

I've got a carbon-based system that goes to a reverse osmosis system. Yep, you're good. That then we distill sometimes. I wish I could tell you it was all the time, but after I did both of those, was just like well is that enough?

Yeah, it is. We are also fanatics. We have three different filtration systems. As long as the filter you're using is a five micron or smaller filter, you are good.

And that's because nematodes are 40 microns and then you go all the way down to heavy metals and pharmaceuticals and different types of arsenic that are in the water so those get to be finer.

So the finer you go, the better, but then when you so fine with your water filter, you have to do add back because it's stripped everything and then that's really rough on your hair and your skin.

So it was a fine balance. And so there's a couple of like filters that I talk about because I travel with filters everywhere I go and I make sure, oh my God, we went to New York and it terrible two showers and my filter was black, black.

I mean, it's just wild and you can't see it unless the filter is clear, which is what we use. We use a clear housing filter so we can see exactly how gnarly it is.

Seattle's, It was like 10 showers and it was black and we had to change our filter every 10 days, six days. I means it like between six and 10 because it so bad when we lived in an apartment.

I tell you what, once you distill your water, if you do that, it's really hard to go back. I started distilling in my office in like 2021 and we didn't know how to do it, right?

Like, you know, turn the machine on, and you're like, oh yeah, that's great. It's just going to work, Right? You don't think about it. No, You actually have to clean it about every three weeks for the amount of people we have in the office.

And we opened that sucker up and there was like an inch, probably not an, inch a half inch of like this sewage smelling yellow, white, just ugh. And to get that out of there took us a week.

I was, like, I can't ever look at water the same ever again. ever. It's so wild, isn't it? Well, we use a distill machine, a pharmaceutical-grade distill-machine at the manufacturing facility with Rogers Hood because it's important to actually have this water when you're creating tinctures.

And it contributed because of the fact that me and Jeremy got so sick from the water in Hoodsport, Washington. And when I look at water now and I see it, and that would have been on my body, if you absorb two cups of water every 15 minutes, whether you're showering in it or you are bathing in, when you go in like you're swimming in it and everything that's in that water, you are absorbing it through your skin.

Transdermal is the, in my opinion, the best way to get medicine, but it's also the worst way when you were

swimming and contaminated water or you showering in.

So, and you think all like our dogs drink it, our cats are drinking it. We're showered in, and it's such an easy way to catch a worm. It really is, it such a crazy situation to think that our country doesn't test the water like it should be and that we have to put all these filters on the one thing that, we used to have in the UN, they used say that clean, available water was every human's right in world and they've actually redacted some of that because they can't keep up with how contaminated our water really is.

So they cant honor their word anymore. All right, so I got to steer this back into parasites because you're the worm queen and I do think it fits perfectly.

For those of you listening, there's a reason why parasites are so much more prevalent today than they probably were even 50 years or 100 years ago because I've been here.

They haven't necessarily changed that much. We have And what I'm seeing, and I'd love for you to expand on this, is that parasites are actually really good absorbers of toxicities.

Yes. And if you're toxic, then your body's like, hey, I need help. I can't get it all out of my own. Come here, parasite. But then the toxicity never ends in our society today.

Are you seeing that? Yes, and I also agree, you know, they're decomposers. They're doing something in our body that is alerting us that something's going on.

So for me, personally, I had 13 surgeries. I have a lot of scar tissue inside of my body. And I ended up having another disease called ademio. But I'm in remission from all of it because of all the cleansing that I do and the modalities and how I've taken care of health.

but they can hold six to eight times their weight in spores, heavy metals, other viruses, and other worms. And the problem is that when you're doing a parasite cleanse, if you are not doing it correctly, all of that is dumping it back into your body.

So they've done this absorption, right? They're absorbing all these things, they're holding it in their house, They're literally in that biofilm absorbing all of the toxins that we're talking about on a constant basis, candida, all the heavy metals, and then you go and kill them off and they drop all that into your body.

And that's what I learned from all this five years ago, was that they're absorbing these things that my body is trying to get protected of, right? They are in the bio film, which you have to break that, but once you break the biofilm, where does everything go?

And because we're such a toxic environment nowadays, we are in such toxic world right now because of all of the sugars and all the dyes and everything that we all talk about on a daily basis, where we've really overflowed that, like even with them, they're just mass producing their, I mean, it's just crazy how fast they can produce eggs.

It's crazy, how even when you go in and do a parasite cleanse, you still have to continue to do it because we're exposed on a daily basis. You have make sure that when are doing a Parasite cleanse that you're doing it.

with the binder, which I didn't know a lot about when I first started this journey, because they absorb so fast. And I think that that's where people talk about how you need to have parasites in your body to sop and mop up all of these toxins.

But they don't talk how how have to get rid of them all at once. You know what I'm, does that make sense? Yeah. So you're saying, you know, the parasites, they're mopping all the stuff up, then they grow out of control because there's so much to mop up.

They have unlimited food source.

Parasites, Toxicity, and Biofilm

You're a perfect little host because you are super toxic and immune compromised. Then they just explode onto the scene. And then to get rid of them, which is what I see with herxing and histamine reactions and backed up lymph and and back up bowel, You've got to make sure you binding that and keeping everything moving.

There's an art to it, Which is why you have the kit versus just a product. Yes. So when you're putting together, we've talked about right now, they are common, it just is.

You're getting filled full of toxin. We went into the water, which I could do a whole podcast on water. I actually have. From there, it's just like, you're dealing with parasites that there are multiple different facets.

They're in your lungs, your brain, and your joints, whether it is Babesia or Strontoloides or a tapeworm. You've got to figure out where to go and what to do.

But it does not just come in with a wrecking ball and take Ivermectin, take Posiquanil, which we've used in my clinic. If you just simply go with napalm, this medication, and just wipe stuff out, it's going to do more damage.

It does, actually. And I want to touch on the ivermictin, because I don't get to talk about it very often. When you take ievermectin from what I've watched other people, that the ivormictine trend hits and then they go through this whole thing with it, they're not binding, are not being shown how to support their bodies.

They're just like taking it. Right? It actually stirs up pinworms because the frequency that's inside of these synthetic big pharma meds are not to target everything where when you bring something in like the parasite cleanse with herbs and like a Z pack, if you do take synthetics, you then want to pivot over and follow it up with Herbs.

And it's because you've only targeted the specific frequencies in which that medication targets. And I mean this by when an opera singer sings and she gets her voice to the same frequency as the glass, it shatters.

So that's what they figured out how to do with synthetic drugs. And that what I figured how how do to with herbs, with the ailments. So when you're taking something like Ivermictin, it's only really targeting things like flatworm, not really a tapeworm even though it is on there, you still have to follow it up with a different type of tape worm medication and you have follow up really with hawthorn berry, hawtorn flower, they don't like hawhtorn, so it makes it inhospitable.

And then you're going to dust up other things. So you are not just targeting one thing, but then your going dust things up like for me, I have Epstein-Barr virus and it was active when I took Iver and I had a really hard time on Ivernmictin because I've EBV and caused me to have chest pains.

And so you have to be careful of that. When I see these trends of just willy-nilly taking Fenbenazol and Iver, it's like cringing to me because I'm like, oh my gosh, you guys really need to binding.

I am not seeing anybody talk about how you got to bind when you do those things. You know, it's really important because they're dumping again back to that.

They're, dumping everything that's inside of their bodies in your body. And so you got to come in and find out what frequency that is. We had issues with heavy metals.

So I was like, cilantro, let's bring in some cilantro so that people that are waiting down that parasite in that biofilm, release that heavy metal. It will release some of the like the frequency of whatever we're trying to remove.

But with synthetics, it's really important that on the back end, once you're done, that you followed up with herbs. it really will make it a much better cleanse and a better mindset for people when they have that to kind of fall back on.

I like synthetics. I do them a couple of times a year, because we were so infested. And so because of the water. So

I liked doing them. But then I feel even better after I followed up with a cleanse.

That's herbs. I had some clients that came from a Facebook group probably six, seven years ago. And it was like the Sharkman Protocol, I believe is what it's called, something like that.

It was heavy duty rotation of meds for like two straight years, a couple of them. And I was just like, if that didn't wipe out every parasite, what's up?

So they come in and I'm working with them and they're mordellans and this is pre like the blow up of everything being not histamine amassals, they were mardellan, fibromyalgia type patients.

And when they came in, I was like, oh, you must have knocked out parasites. That probably isn't a thing anymore. So let's check, let see what your labs are saying.

Let's see your history, your assessments, what everything looks like. It seems like there are some signs that parasites are still here. They're like oh yeah, they just keep coming.

I'm like no parasite can replicate fast enough. to keep coming if you are actually killing it when you're on something like that in rotation for two straight years.

Like they just don't replicate overnight. Yeast candida can, viruses can. A few of the bacteria can but they usually aren't just like an overnight explosion in your body.

Parasites are a little slower, which is good. So you can actually get rid of them and then move on to some of other things to work on. What you were talking about frequencies, I usually just say it's like phytonutrients is another way that I would talk about that.

Because oregano is not one chemical, it's 200. It's a ton of different phytonutrients that a organism will have to defend against. Not all of them are going to be anti-parasitic, but many of the are immune modulating or anti parasitic or antiviral.

So when you then add, as you mentioned, Hawthorne and Wormwoods and Black Walnuts and Cloves and all of these other pieces to the pie, you're talking about hundreds of phytonutrients, not one ivermectin, which allows for the body to, or the immune system to kind of get ahead is what I see.

And with these people that did sharkman did all these meds for two years. Here comes Noni Marinda, here comes some other things that I was using at the time long before you had arrived on the scene as the as The Worm Queen.

And I just piecing together different herbal cocktails from within my clinic. And boom, parasites are coming out. They start seeing shifts. We did have to do some other work with some of the things like I believe mold was a big part for one of them and another one had radioactive stuff going on.

That they had a radon in their basement. So I had to figure out some pieces for them. But exactly what you're saying is meds have a place. They're just not the only.

And if you take med, it's not just that that's enough, which is what a lot of people think. Oh, I could do herbs. That's cool. But I'll just go do a med and it'll be done.

I'm like, eh, not exactly. Why? They just do it differently. So you have to know how to use them differently and 95% of the people I work with, even though I have medical team, medical doctors in my practice, we don't need medication to get through parasites if you're doing it correctly and synergistically with the right herbs, right lifestyle changes, and then removing immune suppressants, which could be like you mentioned, you lived in mold.

So that's just such an important thing to talk about. Well, we've gone through a lot of the pieces of this and you

talked a little bit about your formulation, but how did you come to your formulations on Parify because there's literally hundreds of herbs.

I actually clotted this before we talked. How many different herbs and all of history through the lore and the religious situations and Ayurvedic medicine and Chinese medicine, how many of them have been claimed to do parasites?

There's just like so many. So many. There's so many herbs that claim it. Why I chose the herbs I choose was when I did just the wormwood, black walnut hull, garlic, I didn't feel cleansed.

I saw worms, but then I had them coming out my skin, and that's what made me go so viral. As I talk about that, they came out in my urine, And I thought, okay, so break this down.

Process of elimination, right? Heavy metals weight down the parasite. So I need to remove the heavy metal. How do I do that? So after I went viral with just the one cleanse and then I started researching and reading people's comments a lot, like this community helped make this all happen because I was reading everything everyone was saying.

So heavy metals. Okay, so at the time I used some zeolite to help remove those heavy medals.

Herbal Cleansing and Supportive Protocols

Well, zeolithes very difficult to work with. You have to do a bunch of nano stuff. And so I thought, well, cilantro, like cilantro is a heavy metal detox.

How do I pull the medicine from cilantro? So I started looking at how to actually pull them medicinal value out of that. Is it an alcohol base or is it a water base?

Or is that a both? And so I thought, okay, so that's gonna release the weight in the biofilm. Oh, well, I gotta break the biofilm in order to get there.

Okay, longwort lichen. Longwort Lichen, which is one of my favorite herbs, goes along with the ooze. That one helps break that biofilm. So now I burn their house down and they're all exposed.

Pick them out. What was that? What's bio-film? I know what this is, but it's something that is not well understood. So biofilm is like a hard shell, egg type of shell that's around environmental toxins like mold, parasites, and lime.

And you have to break it in order to expose. When you're doing certain cleanses, you are literally just getting low-hanging fruit because you haven't gone in down deep.

to expose them, burn their house down. The biofilm is the house. It lives in mucus. Some people think biofilms is mucous, but I've seen it where the bio film is literally like the hard shell that's around the eggs and around their home.

So you have to get rid of that in order for you to actually get in there and actually start removing them. And maybe that protocol that you had seen in 2016, they weren't breaking that bio-film.

Or Micton's not gonna break all that biofilm down, you'd have breaking urban. One of the ones that we don't really utilize a lot is lungwort lichen, because not a lotta people know what lungwart lichens is.

It's part of a tree that looks like a hand that's on it, and it helps it breathe, the tree from having a biofilm build around it. So when you actually extract the medicine out of lungwort lichen, it does the same thing in your body.

And then it works with ooze. Ooze is one of my favorite herbs. I instinctually, without even knowing I had lime, I kind of suspected it. I've been drawn to for so many years, I lived in it in the woods.

It was everywhere. This is such a beautiful herb around me. Didn't even know it was really an herb. And then I started researching. So when you get all of those things together, it starts to take out the different issues that you're having inside of that biofilm.

So you burn the house down and now you've exposed everything and everyone. You've expose the viruses, you exposed the bacteria, You exposed other worms, exposed some spores because they hold on to six to eight times their weight in spore and heavy metals and you have to go in systematically, synergistically and start picking them out of their house because their not wanting to leave.

So now you're going in and you are bringing in the cilantro to help remove that heavy metal that's weighting it down and now your going and helping remove the candida overgrowth of yeast with Oregon Grapefruit.

Oregon grapefruit paired with wormwood is such an amazing combination. Wormwood like the main character and Oregon is the supporting character that works so well with wormwood when you put those two things together because worm was only targeting specific parasites when You bring in Oregon grapefruit.

It's reducing that inflammation allowing mucus to pass and it's helping with small intestinal parasites so when get those small intestine parasites is usually coming from the blood and coming from the upper part of your stomach.

And I mean, it really ends up being such a, like Dr. Jess always said, It's so synergistic and it's because it allows us to be able to kind of come in like a shock and awe.

Like we're not just sitting around saying, well, we'll get to you later mold spores. No, man, I brought in Ceylon cinnamon to help move those out. Like they're all being targeted.

So I felt like after doing all of these cleanses, so when I went viral in 2021, it was July of 21, I can't believe it's been five years. I just did that $130 cleanse from Amazon and it made me so sick.

And so I didn't want to keep cleansing if I was going to be sick like that, but I went viral. So I'm like, okay, what else can I do here? You guys like tell me.

And I wouldn't got books and I've been studying like other countries medicine, how they, they handle worms and what they do for all of these environmental toxins.

And I started looking at it. I'm like, okay, so you gotta target a lot of different things. It's not just a one and done. We're exposed on a daily basis.

You gotta break this thing called biofilm down. That's wild. And then you're trying to remove the inflammation that all of this is living in. Then I found out about mucoid plaque, which is a whole nother subject that it all lives in, and so I think, oh my gosh, this really has to be kind of a kit versus you should just buy this and you shouldn't just by this.

And that's why I created high sustain and metal flush. You got your parasites, you got Candida and bad bacteria. Metal flush helps break down the biofilm and helps remove those heavy metals.

and then you gotta bind. And so it's so simple and I always say a bad cleanse is like a Bad Trip. You gotta keep doing it in order to grow and heal, but no one wants to do them again, right?

So why make a cleanse bad? Why not make it gentle and effective? and have people feel better. The whole purpose of why we're doing this is to gain a little more traction when you're so chronically ill.

You need just a bit of light. And I know this from my own experience. I was very chronical ill, dying in the woods. As soon as I got a glimmer of the light, as soon I saw it, the roundworm, flukes, and the pinworms in my toilet three days into my first time ever doing anti-parasitics, I knew what was wrong with me.

And I haven't stopped since. And because I had that validation and I trusted myself, that just came from out of nowhere for me. I feel like being able to give that hope to people, I don't feel well, I'm gonna try this cleanse.

Usually some of your brain fog goes away, your inflammation goes, away your skin starts to clear up. You start to function on a normal level again. And that hope is like, you can't beat that.

you know what I mean? I do, and I want you to describe what those things look like in the stool. Because when I tell people what they look in this stool, they're like I've seen that, how do I, where, what, can I a do a parasite cleanse?

Like, yes you, Yeah. I mean, I made it so affordable. It's a hundred dollars for our cleanse. it's been a $100 for five years. And that's like a couple of drinks throughout the week, right?

I sit down and when you start to see the worms, like roundworm can look a double of different ways. A lot of people think it is like an earthworm, which there are some large round worms that look like that.

But it looks more like a flat, like when it dries, especially if you get it out dead, it really does look a little earthy worm, but not always. You can have chunks of fluke look like tomato skins.

I know me and you had chatted about that before, that it looked like tomatoes skins coming out. And you're like, I didn't eat any tomatoes today. You know, I didn't eat any tomatoes for the last couple of days either.

Pinworms, threadworm, and I think that tapeworm eggs look very similar when I'm trying to look at what people send us. The pinworm look similar to what the rice looks like of tape worm eggs.

So those kind of all kind look like the same to me at times when I'm trying to identify them. What do they show you when they bring them to you? I always laugh because I just remember so many conversations where somebody was like, Doc, I know we're doing Parasite Cleanse.

I see rice in my stool. What's that? Like, probably nematode. Oh, well I haven't eaten any rice. So, all right. And then, you get that college kid that comes in.

Yeah, just remembered this one so blatantly. College kid was not bought in, did not want to be working on themselves. Mom and dad, trying to get them healthy.

They learned about, different things that they could do. The kid was struggling. They had a weekend where they were partying and we were just sitting there chatting about parasites.

And I, for whatever reason, I started talking about like, yeah, you can see them when they come out, they're like what do they look like?

Recognizing Parasites and Mucoid Plaque

That's when I said the tomato skin, that's what I've said, the rice and the little kind of like almost kidney bean looking kind situation, like little bean situation.

I'm like I see those. And then the funnier part was they didn't want to admit in front of their parents, yeah, after that fraternity thing, I saw a lot of those.

I'm like, you mean when you gave an alcohol flush to your body? Not that I ever would recommend doing that. Yes, weird things can come out, and they're unexplainable looking.

Your own body tissue doesn't look like rice. Right. If you haven't had anything that's rice-like and all of a sudden it's coming out of you, Let's figure out what that is.

So that's something I've run into a lot. And it's just fun because a light bulb comes on like, oh. The first time you pull

a mucoid plaque that didn't make it all the way out and it just dangling, you're like.

It's all rubbery and black and its got so much attached to it. We actually have a muclack cleanse called Gutty and It has chia seeds, psyllium husk, coconut activated charcoal and bentonite clay.

And then you add distilled or filtered water with some lime. The lime helps neutralize it and give a little bit of nutrients back in it. But then, you drink it, and people have had so much come out of their guts.

And it's because plaque actually sits in your colon from all of the crap and grease that we eat. get like a magnet to it, right? And so things just kind of hang out there and then why do they need to leave?

We literally are making it so easy for these things to stay in our bodies. We have made it's so easier for them to live rent-free in their bodies for so many decades because our country doesn't do this, we don't promote this.

we dont talk about it which is wild because other countries do that. From all the places that I've visited around the world over the last few years, I have asked every single place.

I go on cruises and I'm like, hey, you're from Jamaica. What do you guys do for parasite cleansing? And they're like oh, we drink this tea called the Bush and we actually get frowned upon if we don't drink it every month because we know this is just something that happens in our society.

And I am like that is crazy. So the mu plaque though, that was a wild one. I did a mu plaque cleanse when I first started this and that's what made me do gutty and the amount of black that came out of my gut, not just because of the charcoal, you just know when you look at it, it's rubbery and it stick and you're like, what?

That was in me? Like how am I absorbing any nutrients with all of this coating in my body? And once you see it, you can't go back just like when you distill water.

All right. We've been talking for like 45, 50 minutes. I think we could go on for hours with parasites because we all just love this topic. And I have seen this be the game changer.

So if you're not getting better from Lyme disease or mold or you have IBS or any gut symptom for that matter. By the way, when I say any gas symptom, I mean, if, know your digestive tract exists.

Like if you just know it exists, like if walk around on a daily basis and you can like feel things down there besides like I'm hungry, I haven't eaten like four hours, that's not exactly normal.

Like you shouldn't have acid reflux, any sort of bloating, cramping, tenderness. That just doesn't happen. By the way, live this now that I am well. And so many of my patients are like, yeah, don't really have to think about like my body anymore.

It's to say disconnect from yourself, but if constantly know a part of you exists and it's in your mind and you're thinking about it and your feeling it, that means there's something you probably can help yourself with to just be straightforward.

And I just say that out loud because it so normalized to feel like crap now. It is. So if you are dealing with any gut stuff, parasites could be there.

Also, if you've lived in mold and had mold toxicity, If you have dealt with Lyme disease and took a bunch of antibiotics. If have a Candida overgrowth that won't go away.

if You have Dysautonomia, POTS, MCAS, any of that. You Have Parasites. Yes. You're immune suppressed, you have parasites. It's not a maybe, it's a you do.

Are they the number one problem? Maybe not, but you haven't. And that's just the way it is. I just wish we could get

on that page with a lot of providers and be like, Hey, these are real.

They may not be your number-one causation, and you may have to deal with them to actually get well and just go from there. It's a really great place to start.

And for me, that's where I started. Then I found out I had parasites, old and ultimately chronic Lyme. I probably never needed a hysterectomy because I'd been diagnosed with all the things, right?

Stage 4 endometriosis, 13 surgeries, hystraectomy when I was 29. And so it was my root cause of all of it. And it just started with just doing a parasite cleanse, and I felt so good.

I'm like, I wanna feel like this all the time. So I always tell people the same thing. It might not be your only root-cause, but it is the best place to start to find out where else to go to help your body.

Well, we're gonna drop a link for every platform that we have where if you want a Parify kit, you can get it for everybody out there. You can go to the link and you could purchase the Parified kit.

Like she says, like a hundred bucks. So that's a lot better than going out and spending four or 500 bucks on a stool sample that as she so eloquently educated on is not going to give you the answer.

I'd rather just look at my stool and be like, yep, nope, all right. It's an easier and cheaper way to do it. But how can people follow you? Because you're always putting out some fun content of parasites.

Just bringing it to the reality of like, here's a parasite in salmon. Here's the parasite and you name the thing. So we're gonna follow that. Pets. You can find me on Mrs.

Rogers Hood. That's M-R-S-RO-G- R- S-O- O-D. you can also just Google Kim Rogers Worm Queen. I'm going to pop up everywhere. Um, I also have a podcast called what's eating you with the letter U it's on all streaming platforms and on YouTube.

And my website is rogershood.com where you buy the parasite cleanse as well as the mold cleanse. We have the mole cleanse, we have lymphatic drainage cleanse that helps move your lymph prior to doing cleanses, and you can actually take that every day.

We're just really here to help guide you and assist you to the our best of our ability. Yeah, I mean, you really just type in Worm Queen, You'll probably find me everywhere.

You go. It's good to have a fun nickname. And thank you so much for coming on the podcast today. Thanks for having me. I appreciate it. Thank you for tuning in to redefining wellness with Dr.

Javin. If this episode spoke to you, please follow and share this podcast with someone who is ready to take control of their chronic health symptoms. Also please consider leaving a review.

It helps more people find the show. See you here again.