The Better Question: Are You Stuck on the Parasite Cleanse Merry-Go-Round? Transcript

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Intro to Parasite Cleanses

don't look at that as like it's this ongoing lifelong battle against parasites. It is a very short-term battle. That's a key differentiator for Sharon.

I know a lot of the conversation right now on parasites is around people that are a little bit more savvy are using things like ivermectin. This bends it all together at different pharmaceuticals to actually deal with these things that's becoming a bit a more known.

They've always done this. Those are not new drugs. of drugs to deal with parasites. But I think that came to fruition and really on the forefront around COVID-19, people started to see some benefit.

It certainly was considered a conspiracy theory was kind of kept under wraps. Welcome to the resiliency method, the truth about healing. I'm Dr. Erica and we are here to uncover the root causes keeping you stuck.

Together we'll restore your energy, your focus and your resiliency so you can finally heal, regenerate and feel truly alive again. The CDC says around 60 million Americans have parasitic infections, but the reality, it could be closer to 330 million.

Welcome to The Resiliency Method, the truth about healing podcast. I'm Dr. Erica, and today Lyric Turner and I are having a very real conversation about something most people never get clear answers on.

The better question today we're asking is, is are you stuck on the parasite cleanse merry-go-round? Have you even started a parasite cleanse yet? If you haven't, you need to start now.

But you also have to get off that merry-go-round because a lot of people get stuck there. So we're going to be breaking down why stool tests often miss what's really going on because parasites can live in places like the liver, the spleen, and the brain, a nervous system.

Why Parasites Are Hard to Diagnose

We'll also explore why the idea that parasites only exist in tropical or third world regions is outdated, especially when exposure can come from things like pets, sushi, even our drinking water, and even family members.

And we'll talk about Why repeating parasite cleanses around the full moon can keep people stuck in cycles of temporary fixes instead of actually supporting deeper levels of healing inside the body?

If you've got a pulse, you got exposure, and you probably have a parasite. But the real question is, what do you do with that information? If you're enjoying the Resiliency Method podcast, we'd be so grateful if you would take a moment to leave a quick five-star review and a written review on Apple Podcasts.

Your support helps more people discover the show and join this important conversation. Thank you so much for your support. Welcome back, everyone. I'm Dr.

Erica. Thanks for joining us for another episode of the Resiliency Method, the Truth About Healing podcast. Well, what to say here, right? Let's talk about the social media trend about Instagram.

Your Instagram, you're scrolling through Instagram today. Oh, man, I feel like, for me, we've got to maybe start posting some of our clinical data on this in our pictures, in the form of pictures.

We've seen all sorts of crazy things throughout the years in terms of dealing with parasites. I don't know if anybody wants to see those. Yeah. We do share them with patients, other patients that are embarking, but we give them warnings about clicking on the photos beforehand.

At your own risk, right? But no, there is something to be said for seeing that. the proof is in the pudding, so to speak, around using these types of interventions.

But I guess it's good to just set the stage, because I think a lot of people are like parasites. And again, to your point, it is becoming a little bit more of a discussion.

We've always known this is a really big topic when it comes to health. The CDC actually estimated in 2023, just a few years ago, over 60 million Americans have a parasitic infection.

I would say that 330 million maybe. Let's talk about why, let's first talk why it's actually kind of hard to necessarily diagnose a parasite infection.

Should we start there? Yeah, go for it. Yeah. I mean, oftentimes when you're looking for parasites in the diagnostics, you are looking at the stool and where are they?

Exposure, Treatment, and Short-Term Cleanses

That's the last place. That stool, that's been on the way out. And usually they're not on their way unless you actually doing something to Push them out.

Yeah, we're excited to place it on the stool. That means they're leaving. Right. But most people, when they are going to do a parasite test, are oftentimes not doing anything.

They're just looking for an answer to their health problems. Doctors will run a stool sample and say, oh, no, parasites here. I always tell people that's like, if I invited you to my house and I was like come on in, you're going stay the weekend.

Did you bring your sleeping bag? Let's set it up here in the foyer. and you can sleep in the foyer all weekend. Nobody's going to do that. Parasites don't do either.

If you're looking in a stool, you are looking at the exit door and they are not hanging out there. They are in livers, spleens, they're in brain, in nervous system.

And if you got a pulse, you've got to parasite, my friend. That's the sad truth. So if are thinking that you may not be one of the 60 million, it's probably because 60-million only represents where they were actually seen in the stool when a parasite test was done.

And yeah, why do you think this is so hard for Americans? Because I know a lot of other countries, this something that's very commonplace for them. Well, I mean, i think it's been relegated in the US, maybe that's changing a little bit now, but it has been really good to tropical medicine.

So, you know, doctors, only doctors who are educated in tropical you know, looking at that. And so it's, I don't think that our, our Western trained doctors, medical schools are, are training or learning.

They're not teaching about this. Absolutely. It's it is seen as like, oh, it. That's something that, you now happens in a tropical third world, developing world nations that still have clean water isolated.

Yeah. But it could not be part of. If you work with an animal, you'll eat sushi. If we drink water, we have parasites. Yeah. But what's different about what, how we look at that, because a lot of natural health practitioners and functional medicine, when next we'll talk about parasites, it's not unknown to our world that we're in, but we don't look that as like this, this ongoing lifelong battle against parasites It is a very short-term battle approach.

That's a key differentiator for Sherrod. I know a lot of the conversation right now on parasites is around people that are a little bit more savvy are using things like ivermectin that bends it all together at different pharmaceuticals.

to actually deal with these things, it's becoming a little bit more known. They've always done this, those are not new drugs, they're actually very safe drugs.

to deal with parasites. But I think that came to fruition and really on the forefront around COVID-19, people started to see some benefit. It certainly was considered a conspiracy theory was kind of kept under wraps.

As we moved away from that time period, the truce been allowed to seek out a little bit more in terms of the usefulness and in particular, it was useful in the context of COVID-19, and I think a lot of scientists and researchers are looking at it from how does this function as an antiviral.

You know, our perspective on that from working with a lot of bodies is that probably just in itself, bringing the chronic parasite infection down inside the body allows the immune system to have enough power to actually deal with that virus.

Because the reality is, is we're supposed to be able to deal what viruses, either the ones that are contagion or the one's that actually built into our DNA.

Actually, we should, are our bodies are designed to also deal parasites. Yes, they are. So weird. But yeah, that is true. A healthy body that has a healthy terrain.

be impervious to parasites, they can eat some sushi and eat a parasite. Well, let's not blame it all on sushi. I love sushi, okay? We don't want people to walk around though and you can't eat sushi- No, I want sushi too.

Yes. We want to be able to eat- That's, and if you're eating good sushi you are probably not eating parasites. So let us be fair. But we do, it's definitely a place where it can come from.

Also, what we know is that these medications that people are talking about and definitely herbal approaches. I mean, I studied traditional Chinese medicine and a significant part of that was in Chinese herbology.

So I know all of the herbs that are used certainly in the Eastern countries for jiggling with parasites. They're very common, wormwood, walnut seed. There's a ton of different things, Artemisia.

Those are all herbs that historically have been used successfully. What we've seen in modern day society is that usually when you're dealing with a parasite, because of some of the toxic burden we're all dealing in our modern society and because just the generations we have Oftentimes you need a couple, a parasite cleanse with important drainage for the body as well.

Drainage, Deficiency, and Whole-Body Support

And that sometimes can get missed, especially when you're talking about using it, drug therapies for sure. So important drainage to go along with that.

And then, you know, those elimination pathways open so that it's able to die off. Yes. I mean, yeah, otherwise it can be rough. Yep, absolutely. So sometimes people will not respond as well without the appropriate drainage that can customized for the individual, especially with our process.

And then certainly we also know that the drug approaches as well as the herbal approaches. And by the way, let's just back up for a second. Those drugs I mentioned earlier are based off the blueprint of actual herbal therapies.

It's that when you take, and most drugs actually start with some kind of thing in nature that they've now replicated and sometimes patented inside of a laboratory setting.

So we can make billions of dollars off of them. But a lot of drugs come from our herbal therapy and we're duplicating that in a petroleum-based, lab- based.

sector and then doing studies around that. So, ultimately, what we've seen, though, is that drugs, therapies, and even herbal therapies can definitely be a little harsher.

These types of herbs tend to be colder in nature. And when you're talking about inflammation, you are talking again about a heat pattern inside the body.

To counteract the heat patterns, oftentimes, for cooling the But then over time, when you have a chronic deficiency going on, which if you've had parasites and you had heavy metals and all these self-capsules we talk about often, you'll have organs, tissues, and glands that have been beat up right over the time.

And that's what we call that a Chronic Deficiency Pattern. So when you have a chronic deficiency pattern in the body, you're actually retaining cold in that tissue often.

And by that, what we mean is there's not as much oxygen and blood getting to the particular area oftentimes because if the bodies sees a parasite, we'll do what?

Well, yeah. Yeah, absolutely. Absolutely. If you encapsulate something Over time, what you have is less blood flow, less oxygen, red blood cells with coming with white blood cell, all things that you need to actually thrive or to have an organ tissue or gland thrive, right?

So when you're dealing with parasites, people are not, and I didn't see this for a long time either, myself, you've got to a endpoint of dealing parasite infections.

Um, otherwise you keep on recirculating cold herbs and throwing cold orbs at the body and never get to the fact that, that deficiency is underlying. They're sort of throwing coal and cold, right?

And then ultimately that can aggravate the scene cause even longer term or deficiency in the organ tissue or gland. So while it's an appropriate treatment, it needs to be a treatment for a period of time.

And when we need to figure out how to get the patient beyond that particular spot. Are you tied to treatments, protocols, and gurus who promise results but don't deliver?

You're not alone. For years, I struggled with my own long-term illness and I know how frustrating it feels when nothing seems to work. That's why I developed the resiliency method.

It's a science-backed approach to combining the best of Western and ancient medicines to restore your body's natural intelligence. Patient after patient has discovered what's possible, living stronger, brighter, and more spiritually connected than ever before.

Whether you're facing autoimmune issues, hormonal imbalances, weight struggles, or just feeling stuck, you don't need another quick fix. You need a clear path forward.

take the first step with a discovery call at drericaonline.com forward slash discovery that's d-r-e- r-i-k-a online.

Clinic Approach and Core Reset Program

com forward source discovery or dive deeper with the full initial consultation at doctor erica online dot com board slash initial dash consultation because your health your clarity and your freedom cannot wait I mean, in our clinic, we're never just treating these things in a vacuum like, oh, were going to do a parasite cleanse.

Instead, it's oftentimes combined with we are also detoxing heavy metals, or handling chemical toxicity. We're also working with healings like the digestive system, especially after food sensitivities involved.

just this one thing that we're working on, it's part of a bigger program, a better approach. Absolutely. That's obviously, you can customize to each patient.

But it's just, I rarely meet a patient that doesn't need a parasite cleanse. How about you? I don't think I've ever had one. Right. Yeah. To some extent, they may be different types of parasites.

That's the other thing too. The different herbs that line up with different kinds of parasite. Through our process, we get things customized a little bit better.

So sometimes people come in right, right off the bat, you know, very first visit we're going to start with parasite work. in combination with some other stuff, but other times it takes maybe, you know, four or five visits.

Absolutely. To uncover that. But we get there. And then we get the pictures. Yeah. They tell us, yeah. And we do, you mentioned the customized way in which we work and we absolutely do that.

I think that always gets people faster results and it gets them more sustainable results. But we know that there's a lot of do-it-yourselfers out there that like to start somewhere, sometimes on their own and maybe using ChatGPT as their doctor, at least for a little while.

And so we also have now a program called the core reset program, which is a great starter point. It's definitely if this is your entree into this notion that maybe there you should be doing this and want to do it in accordance to, you know, making sure your drainage pathways are supported and such.

But you definitely want to do it yourself. The Core Reset program that we have is a great one that takes you through not only which products to use, but also gives you information on how to work with the products and then how it also works with your diet and how you work your health in general around a parasite cleanse.

And also, to your point, it includes some of those aspects of doing some detoxification to heavy metals. There are options from us called the Core Reset Program, if you're interested in that.

Look at the show notes to get some more information on that, and what else is there to say about parasites? Did we miss anything? Yeah, get off the parasite mare and go around.

If you are somebody, I would say this too, better question to ask yourself is, have I done enough parasites. for a lifetime. Because if you're one of those people, you are what we call the merry-go-round.

And the Merry-Go-Round will take you only so far, and then you'll start aggravating the scene. So if are one those of people that have played around with parasyclosis for…

A lot of your life. Every full moon. Yeah, every full noon. Maybe you have..

Avoiding the Parasite Merry-Go-Round

. First of all, your ahead of time because you know how important this is for your health. So, well done and you've got to get yourself off of those superficial cleansing approaches because ultimately what's hanging out below is an organ tissue or gland that has been beat up from these things.

And if you aren't getting to the point where you can rebuild those things, you're kind of not going to have that at all. You're going start flat towing just like we did because we're speaking from experience here.

So you might ultimately get better. It will probably actually do more damage with all those car sheriffs. in the long run. All right, cool. Thanks for joining us.