Introduction and guest background

Welcome back. We're continuing our conversation on reversing Crohn's and colitis. I'm your host, Sinclair Kennally and today I am joined by my wonderful friend and colleague, Dr. Jimmy Scaringi So Jimmy actually founded Synergy Nutrition and Wellness just a few short years ago.

In January 2019, after years and years of focusing on his health in the form of athletics and esthetics. After ten years of training others and realizing the damage he was doing to his body, he had a wake up call.

Jimmy finally realized there was more to help than lean muscle mass. He realized that internal health and healing was the true path. He was fortunate enough to study under Dr. Stephen Duke to learn a life changing modality called Nutrition Response Testing, beginning in 2010.

Jimmy became an official graduate of USA Nutritional Systems in 2017, and shortly thereafter was inducted into their Hall of Fame for having such a profound impact on his community.

Jimmy is one of my favorite clinicians because he has really spent the time in the trenches with root cause medicine, especially with chronic digestive conditions.

to understand what it takes to heal today, which I would argue is probably the most complex era that we're aware of. You know, there's a lot of environmental stressors and a lot of things that we're doing to live outside our own natural rhythms.

And certainly our food is the poorest that's ever been right now. So let's dive in, Jimmy, to some of the specific about what we're seeing in clinical practice is to people who are still in the trenches in our practices, and this is not hypothetical for us.

We've had our own health journeys. So I'm so glad you're here. Let's dive in. So good to be here. Thank you. Yay! Good. So what I want to tackle straightaway is the really complex, intense, colitis cases that you and I have both had.

Can you give me an example of somebody that would come to you with advanced digestive issues and how you would walk them through the their assessment and what kind of results you can expect them to have throughout the process.

I, I mean, you know, almost 15, 16 years in practice, lots of experience, lots of patient visits, consultations, hearing, many different reasons for somebody to come across my table or in my room and whether it be Crohn's, colitis, irritable bowel, constipation, diarrhea, you know, all of these things that have landed on my doorstep have kind of come at it, no disrespect, but some of the failures of allopathic care, some of these people that have been dealing with it for decades tried all the things that had come to them under standard ideas antibiotics, miralax those that the other to sadly not seeing the results that they either knew that they could or that they should be having.

So, you know, you kind of end up with these people on your doorstep in a little bit of a last ditch effort.

Root causes of Crohn's and colitis

I've tried everything. So what do I got to lose? And then you kind of open up their entire mindset and then, you know, if you would, their own paradigm for understanding that this is not a genetic thing.

This is not a hereditary thing. This isn't even something that you're destined to keep for the long term of your life. When they tell you that you're destined for it because God designed the human body so perfectly, it was designed

to heal.

And if we understand why that body stops, healing become problematic, I think it's an empowering position for somebody to then go, oh, I'm the problem.

Yes, I know that's pessimistic, but you are the solution. And when you can educate somebody on essentially root cause, it's very empowering. So, you know, it takes a tremendous amount of effort to educate.

But it really comes down to a terrain component. What are you eating, what are you drinking? What are you being exposed to? And ultimately, how do those toxins and or critters interact with your microbiome and how it presents in your health specifically and especially gut health?

I think that's really well, so what we have to do or what we have the opportunity to do when we're dealing with really advanced digestive conditions, is to not get distracted by the drama of them and still understand that no matter how advanced the symptoms, your body is still having a logical response to the stressors that it's been put under.

Your body doesn't make accidents like anal fistulas, like these serious problems that come along with advanced ulcerative colitis, with Crohn's, like this, your body's not doing this by accident.

It's not like it's forgotten how to process things or forgotten how to digest. It is simply not in a position to self-regulate as it would prefer. So we've got to get to the root cause itself first, which of course has this lifestyle component.

Do you want to elaborate on that? What do you mean by the food choices that all that what do we have control over here? So I think that when we talk about foods we can get very deep into the topic.

But I guess one of the most simple but challenging principles to understand is that sugar is the devil. Sugar is the enemy, especially in the form of white sugar, white flour.

So if we at least take that first thought of I need to reduce, replace or eliminate that, that's huge. And then we have to open up the product or the conversation to other products like wheat and grain that are sprayed and glyphosate pesticides, herbicides.

I actually teach that to patients all the time that the biggest problem we all have here in the United States that most people have no idea about is glyphosate toxicity and exposure to not only our food system, but obviously our yards, our parks, etc..

So you've got so many of these components that go that go into breaking down the microbiome, and even with just a little bit of understanding of physiology, you know, we learned that God made our body more bacteria and fungus and virus exosome than we are human cell.

And each and every one of these micro organisms serves a benefit and especially a symbiotic relationship to how things are broken down. So instead of thinking about this bacterial overgrowth or this fungal thing, there's oh my God, it's a pathogen.

It's something we have to kill. We should have an understanding and an appreciation for our innate designed to why it's doing that and why these critters are proliferating.

And it will always come back to a component of toxins with the wrong foods coming in sugar, flour, seed oils, hydrogenated oils. These are the big things that we got to be made aware of.

And I know that it sounds very maybe doom and gloom and and kind of depressive of all this bad. We gotta know about the bad. But I always teach my patients.

I'm never running from death. I'm always running from life. Because if we get caught up in what's going on around

us, it can be very pessimistic. And why even do it?

But your design and your innate design is so beautiful that if you just take an active participation in getting the garbage out and not putting it in amazing things at.

I totally agree. I also think that it's important for us to acknowledge that, you know, some of the things that you named are not really foods at all.

You know. No, they're not. We didn't evolve with this stuff. The we're treating it like food, but just because it's ingestible doesn't mean that it's something that our body recognizes as food.

So our body's in a constant state of compensation about that. And then you add in other environmental triggers like, I don't know about you, but one of the first things I look for with colitis or Crohn's is my toxin exposure.

Or another reason for the liver to have shut down, because when we see that lack of bile motility, you know, we see that toxic overburden. For some reason, you know, and often it can include mold, then we're very likely to see digestion dysregulated further and further.

Right? Yeah, I would I would say no doubt about that. And adjacent to mold and mycotoxins. Right. It's really that whole onslaught of all those toxins to your point, is that you're going to not get through phase one liver detox adequately.

And if you can't get to that, you're not getting to phase two. And if you're not getting there, you're really not getting to the most important aspect, right?

Phase three when having that liver gallbladder dump, all the bile, all the toxins out of your blood and then move it through the colon. If the colon so toxic in the liver.

So you got big trouble there. But at the end of the day, it's all correctable with the appropriate action steps and the cleaning of the terrain. While not poisoning it.

So an analogy that I'll give to people is, Jimmy, I've been coming to see you for six months and whatever, I'm not much better. And. All right, well, let's pull out that food journal again.

Let's look at what you're eating. So see this? You see this, you see this. I'm not making you wrong for it. I get it. I'm human. I've been there. Hi. My name is Jimmy I'm recovering sugar at 17 years in the making.

I got it, brother. Like I get it. But if you could think with this every time I give you this supplement, every time I give you this recommendation, I'm putting water on the fire.

But you're on the other side of it. Put gas on the fire. If you're always pouring gas and I'm pouring water, guess what? We ain't going to win that battle.

Diet, toxins, and water exposure

At some point. We have to stop the exposures of what's coming in, or at least work to mitigate them from our diet, because the environment we know is inevitable.

But we can definitely mitigate how much we get exposed to the diet. And that's where I always like to teach people, you know, organic, GMO free. Those are really good things.

They don't mean fully toxic free, but they're way less so. We should definitely be embarking on that because it lessens the amount of toxins that we're coming into.

I'm sure people probably heard you talk about it, so I, we preach distilled water so hard. One of the most toxic

exposures that you're getting right now outside of I said earlier, the biggest problem we all have is to say that nobody knows about.

But the biggest way you're being poisoned is through water that is not actually pure. So I know it's disheartening to some people. I'm sorry, but the bread is the reverse osmosis, the Berkey systems. Cuz.

They're better. But that's also why we preach so hard on distilled water, because now you're getting a fully clean, toxic free ingestible water. Yeah. Better than what?

They're better than nothing. I've seen so many reverse osmosis filters actually exposed as highly moldy, or the tanks have been infected, and there's actually no way to repair that.

You actually just have to stop using the system. Like, that's your point, guys. The to your point about the mold. And that's very true. The reverse osmosis is I don't wanna say it's chronic or notorious, but in our arena. Right.

We know those things. So you got this person making all these wonderful changes, eating this different, taking these supplements, not thinking that the water is the reason for it.

And lo and behold, you're ingesting mold and mycotoxins because that's what happens at the filtration site of reverse osmosis. Yeah, yeah. We've even had clients with ulcerative colitis who, you know, different ones had mold mitigation specialists come out to us, you know, look through their homes because I was like, you scream mold.

We're going to run a mike tox test on you. Sure enough. Yes. You know, mold in the urine. Okay, well, let's proceed further. Let's investigate. Oh, must have been childhood mold, because I had a mold expert out here.

They couldn't find anything, and I was like, let me out. I want to know who you use. I call them, it's like, I don't believe you. One, two. You're going back out there.

And it was the reverse osmosis and totally been overlooked. You know, it's unacceptable. It is. And so. Go ahead. I was just going to say in, in kind of going with, you know, that other toxin that we mentioned a handful of times in glyphosate, you know, I know that the system, you know, big agriculture, big pharma, whatever, like to use a catch phrase, causation doesn't equal correlation or correlation doesn't mean causation.

But if you look at the statistics of celiac disease specifically within the early 90s to now, you watch it on a statistical graph that goes like this, that literally mirrors the application of glyphosate systemically in the United States.

And so it's really important for people to know this stuff, right? Like our food is banned in 40 countries around the world. So I think if this is a real example for some of the watchers, how many times have you ever tried to eat something here in the US and you feel awful?

And then you're like, hey, I went to Italy and I don't get it. You know, Doc Sinclaire, you told me I shouldn't have dairy and I shouldn't have the, you know, the pitfalls.

But I did it, and I felt great because you weren't exposed to the glyphosate. They don't do these things in other countries, which is so maddening that, you know, unfortunately, we in the United States are the leaders in production and production of glyphosate right out of Saint Louis, Missouri.

Yeah, exactly. It's it's really frustrating. But guys, if you're asking like, well, how does this actually apply to me? Does it actually apply to me? Do I need to worry about this. Yes. Yes you do.

Not only does glyphosate cause leaky gut on contact, which means you are now have an immune distortion. That's what that means. Your entire immune system has been put on high alert, because the exquisite rules of what is allowed in and out of your gut have just been totally violated.

And you're talking about an autoimmune disease like colitis or Crohn's. Of course, this matters to you. Of course it

applies directly to you. But we're also talking about go ahead.

I was just going to say, because I want to I want to give you that, but stay with that point. This may not be a direct Crohn's colitis case, but, I presented a case two years ago for Cell Corps at their annual symposium about fully 100% reversing a child anaphylactic reactions to eggs and peanut lab and medically documented anaphylactic response.

And a year later, we presented this case being totally fine, eating eggs and peanuts. And everybody was amazed. How did that happen? It was the leaky gut factor.

So even aside from what we're really talking about, Crohn's classic, etc., I would agree with you, Sinclair, that almost all autoimmune aspects started because of the leaky gut.

It's just that you get hit with Hashimoto's. Did you get hit with an analogy? Did you get hit with rheumatoid lupus or did it show up in the gut specifically where now it's Crohn's, you see IBS, etc.

but it all comes back to that thing that your gut got beaten up by these toxins and these poisons, and now your body's responding in the way that, you know, it's not designed to it's not supposed to.

Yeah, it's extremely frustrating. But, you know, it's so much more than leaky gut, guys. It's also glyphosate. It's destroying your body's ability to actually break down and absorb your proteins. Yes.

So now you just put yourself in this position where you're on the back foot, body wide. So if you're like, why am I not as resilient as I used to be? Like, this is this absolutely applies to you.

And what you're choosing to put in your mouth absolutely matters. And let's give them even a little bit more of our good for how many people are watching this that have, unfortunately Crohn's, colitis, IBS, leaky gut, but also have hypothyroidism because to Sinclair's point, one of the things that glyphosate destroys is this pathway called the shattered CME pathway.

And one of the responsibilities of that pathway from the bacteria of your gut is to produce an amino acid called tyrosine. And tyrosine is the foundation for your thyroid.

T4 stands for tyrosine four, T3 tyrosine three. So how many of you people came to watch this because of gut health, but are also suffering from whether it be hypothyroidism, Hashimoto's, graves disease?

They come back to the gut as well. Yeah, that was totally one of those absolutely. And then you get other fun secondary autoimmune stuff like I had fibromyalgia, whatever that is, you know, which had arthritis.

Yeah, right. You know, and just. The old diagnosis of exclusion. Yeah. Exactly. Yeah. Oops. We don't know why your joints don't work here. Yeah. There you. Go.

But don't worry. We got we don't worry. We got we got a med that'll manage it. Yeah. And you will never get better. Just so you know. But we're going to measure how fast it gets worse.

You're welcome. Yeah. You're designed for more than that. Don't ever let them believe they'll ever create a belief in your own mind. That's what you're limited more so than.

No way. Absolutely. So let's let's go back into the clinical. So if somebody presents to you say with ulcerative colitis what do you do from there? You start talking about food initially. Right?

You talk about environmental mitigation to talk to you about it. Yeah. So we have to have it. We have to have a we have to look at what habits routines are.

And you know, we got to start mitigating, reducing, replacing, eliminating as we need to I am a in my own in my

own mind, I am a PhD muscle tester. So my main quote unquote, diagnostic for my entire career has been manual muscle testing.

And I will say that I will always find a common theme of the things that we just talked about, glyphosate. It's going to be confusion common in these cases.

Mold, mycotoxins. And one of the other big unspoken components is parasites. I'm going to find that almost always with any of these GI cases. So in in really this is you know, and we're not here to talk about cell core.

But for anybody that hears it, that is why it's my favorite line of all time. Because when it comes into this thing called a binder, there is nothing on the planet that touches what it is that they've created, especially with what those who mix and fold do.

So I know I always got to have these patients on a binder. I'm going to start cleaning up the toxins within the terrain, but any time I'm going to run a binder, I'm always looking for drainage.

So at this point, if they're having lots of diarrhea, etc., etc., okay. If the colon is delivers at the gallbladder, but somewhere within those three core organs, we got to help support those drainage pathways to mobilize the bile to get rather adequate digestion.

So always looking at using a binder, always looking at some level of drainage, support product. And then depending on the health of the exit channels and how that person's feeling, we know that ultimately we have to send some killers in.

Will they be antifungals antiparasitic anti bacterial is possibly. Yes.

Binders, drainage, and detox support

But we got to always clean up the toxins and make sure the drainage pathways are evacuated. Yeah I agree. And so we're we're drawing an important distinction here guys I don't know if you've heard it in the way Jimi just laid this out for you.

We're binders are a class of supplements that help mop up toxins. Right. There's was to glom on. And with a chemical bond. Right. With to different classes of toxins.

But there's binders 1.0 like different clays and charcoals. And there's binders 2.0 and that's the bioactive carbons that, you know, soccer is known for that don't just mop things up in the gut when you ingest a binder orally, but can also go deeper into the tissues because you have short, medium and long chain carbons.

Is there anything you would add to that? The way you draw distinctions between the different classes of binders on the market? Yeah, I would I would again, just from some of the science that we could show with that line.

And then my own clinical experience, I've just never seen any of the other competitors create the same results that I've seen within patients. And I think that it has a lot to do with not only the carbon technology, but the conductivity of these products, any of these products so that they can get to the locations that they actually need to.

And then, you know, I'd also say 15 years of using other binders, you know, it was very rare that you would see a change in your bowel activity where with these ones, I know we're grabbing toxins because we'll see the dark stool and people can kind of at first fear, My God, am I having bleeding because it's dark and it's no, that's the that's the binders actually grabbing and moving and mobilizing all the toxins.

So I think that it's just a different stratosphere. And, you know, in my 15 year career, I've never seen any binders work as well as the ones that we've seen so far for out.

Yeah. And that we just see like a shift in the symptoms. Like just clinically it's undeniable, you know, whereas

before it there was such, such a so much drama about like what can I tolerate a binder or not.

These are actually more tolerated right, than something like Chlorella where the, you know, some of the other issues out there. I had I had a buddy ask me earlier today, he's, I love him to death, but he's a little he's a little green with his understanding of stuff.

So he says to me, do you take a multivitamin? I said, no, I don't, I don't I don't spend much on the vitamins anymore understanding my body's 96% carbons.

I want carbon, hydrogen, oxygen, nitrogen. I want, high conductivity, I want high, energy products. So I said, no, my multivitamin, if anything, is a binder because that I rotate between, you know, the four different binders.

That's all four offers depending on what I'm testing for. But that's essentially my go to ball is what you get out of the humic and the full vics, as well as the detox benefits of being a binder as well.

So I so that that for me is my all time. Yeah, I love that. So the the other reason why this is so relevant, right, is for people with Crohn's where we have like the, the waterfall diarrhea or also your colitis where it's like you're hitting that toilet like just way more than you want to admit.

And it's scary. And there's mucus and there's blood. You know, you have to remember that the body is working to excrete with the tools that it has available right now.

And of course, it has its own exquisite rules for how it would prefer to excrete things. That's why we're talking about drainage and detox today. But if this have been impeded somehow or the systems have been overloaded, your body will use whatever tools necessary to try to get toxins out.

So that's why binders are such a crucial part of the conversation with Crohn's and colitis. Right. And that's such an important thing for people to remember is that, you know, I and I literally say this to patients verbatim, you know, heaven forbid you came into my office, worst case scenario stage for cancer or some autoimmune condition, infertility, or you come in just because you have allergies and constipation.

Everything is cause and effect. So whatever symptomology your body is giving you is the check engine light telling you something's wrong. It doesn't mean mask it mitigated, numb it.

That's all the biologics in the in all those things do it. And the prednisone and the steroids. It's just numbing the symptomology that your body is so intelligently designed to tell you something is wrong.

Don't run from that. Let's go embrace it and understand why. And that's exactly why I like to start with the binders, because sadly, most of these cases are.

I know every bathroom because I've heard this from patients. I know every bathroom from my house to my office, every guest they. Patient corner store.

I know where they're at. Right. So here you put them on binders and and it's the first miracle that these patients have seen in their journey with the GI to stress that they have.

And literally, I got a gentleman right now, I've been working with them for about six months. He's 85 years old. He's been dealing with Crohn's for 40 plus years.

And he was a classic one of those cases 15 times a day. He was going to the bathroom. Jimmy, I'm a retired superintendent and I can't even enjoy going on vacation with my wife because I can't, you know, come out of the bathroom, yada yada yada, I says Named Vic.

So Jake at 85, I can't promise you that I'm the fountain of youth and I'm going to reverse everything that's going on with you. I don't know, because there is a thing called time, and I don't know if, you know, we've gone past it.

But one thing I do know is, the time that you do have left will not be under this poor quality of life. We're going to get these bottles figured out, and we're going to rectify quality life in six months.

And care for a gentleman who's dealt with it for 40 plus years is having 2 to 3 solid bowel movements a day, and he's gone on vacation multiple times now, having the best years of his life in his 80s, when he's dealt with the standard telepathically for 40 years, I knew enough.

I said, brother, you ain't got it. You ain't got to know where the bathrooms are anymore, because that's one thing we're definitely going to see changing literally within.

Two weeks he was down to five a day. Within a month he was down to these two, three a day. And we've maintained it for five straight months now. Yeah.

it I wish I could say actually, I know I don't I, I want everybody to know that that that should be normal. Yes. You should be able to recover at that rate to so yes, from I get Crohn's and colitis like that.

And it's age should not be a factor that we get the same kind of results. 70s 80s like this is not too late for you to heal from this. I get so mad. And it's not mad in a bad way, but I get so mad when we see these kind of things happen because we've see them often and people go, oh my God, you, me, that's a miracle.

There's only one person who works miracles. Yeah, I said, there's only one person that works miracles and he's far greater than I. That's the Lord Jesus Christ.

But if it wasn't for the idea that this should be the expectation, not the exception, you might think it's a miracle. So that's exactly the mindset I try to shift people to.

This is the expectation. This is what I expected for you when you've walked through the door, because it's the power of your body and what it can do. But are you willing to be the active participant to go seek that truth and find out that reality for yourself?

Because it's a power that lies within you. You do not have to sit this way, destiny forever, and do your part there. Sinclair. You know we might not have full resolution.

The quality should be changed real quick. When you start to make the appropriate changes and take the correct support to mitigate the toxic load with that.

Yeah, I totally agree. And you also said something really important that I don't want to gloss over. And I think we need to unpack from a clinical perspective here.

And then I also want to make sure that we have some time to talk about the pediatrics side of this as well. But most practitioners, even so-called experts on Crohn's and colitis, when I say parasites, they kind of look at me like I have one growing out of my neck.

Like, oh, am I supposed to know about that? Yeah, I guess technically that could sort of be a factor. Sometimes it's like, are you insane? No, what you're doing is you're relying too much on the stool testing, which is a joke.

Flawed. Right? Yeah. Thank you. Flawed. That's much. Yeah. You're right. You're version better that one. No, no. That was a much more thoughtful response.

Thank you I retract it's flawed. It's limited. And, we won't talk about 24%. Replication rates are as low as 11% accuracy self-reported, by the way, from some of these companies.

We'll just skip right over that part and we'll go straight to, the the necessity to understand and become parasite literate. If you're going to be working with these conditions.

And what does somebody need to know about parasites if they are dealing with Crohn's or colitis.

Parasites and immune dysfunction

You have them. And not only do you have them, every person that you know that's alive with a pulse has them. It's needs to be thought about. It needs to be thought about in a manner of understanding that God made us a complex network of microbes.

We are more bacterial, fungal, viral, zonal and to a degree parasitic. And we are around human cell. And all of these critters, when they are in a symbiotic relationship, serve a benefit because parasites will eat up toxins, they'll consume heavy metals, they'll eat up glyphosate.

But when your immune system is so overloaded with toxins that you now become one to dominate or suppressed, you now have this symptomology of the parasites and they are going to be there early and often, and they need to come out on a regular basis.

I'm sure, your audience has heard you talk about full moon cleanses. The full moon is not a, trivial thing. So the teachers that are out there, or the people that work in the public sector, they all are just almost gone and the crazies are coming out.

Yeah, that's not without merit. Just like the full moon effects, the tides coming in and out, it affects the migration cycle of parasites and the path that I would try to make it the most real for people.

If you're an animal lover, if you've ever had animals or currently do, just think about this. Please, just think about this. Your veterinarian will tell you you should worm your animals twice a year, fall and spring your horses, your college, or your pig, whatever.

If you're raising them. But they don't ever permit you to think that you should be deworming yourself here in the United States. Yeah, right. We go to these other countries. They don't also use glyphosate.

They do regular parasite cleansing. So I believe that it is one of the biggest hidden things. And I think that's done intentionally. No, no Pandora's box or conspiracy theory there.

But it's not a taboo topic. It's not something that we should be thinking. It's only from third world countries or eating sushi. We need to understand that there in all of us, each and every moment of our lives, that we have a pulse, and our job is to mitigate the terrain, to not allow them to create an overreaction or a suppression of our immune system, to then creating a symptomatic, safe environment.

Right, that they're here for a reason, they're here for their benefiting us. They're acting as those toxins sponges. And to Jimmy's point, yes, they do actually oxidize your heavy metals and they will break them down into less toxic forms for you.

They're they can do so much for you. But those that always comes at a cost. Right. So that's that's where we're talking about the those parasite symptoms.

So it's like well how was I exposed. That's not actually the question. You know where was I exposed. You're actually exposed constantly. It's more are you a good host. Yes.

And are you in a position to maintain your own vitality, or are the parasites running the show? Let's give people some to think what they can be a little fun in the conspiracy world.

Go ask yourself why ivermectin was effective during Covid. Ivermectin is an anti-parasitic. If you don't know that, why was an anti-parasitic effective?

Just leave it there. Yeah, do your own research. Right? Yeah. So what else do you want people to know about

parasites? and how that might be playing into Crohn's and colitis.

Yeah. It's going to be one of those things that causes and creates more permeability, the gut, it's going to create more chronic inflammation. Because now if the critters are overloading and the immune system is becoming overreactive, right, you're going to get a constant cytokine release within the intestinal tract.

So here comes the inflammation, the need for the steroids and, you know, potentially the humors etc.. So at the core, if you clean up the toxins, if you support the good guys, the good bacteria, the good fungi, and use binders to mitigate the toxins as well as some anti-parasitic.

So you start to see some amazing results. So at least I hope it comes back to having everybody think with wait, I've never heard my doctor or anybody that I've worked with in this arena even talk about all these things that could actually be caused.

So I really would hope that it all comes in as a more optimistic thing for people, as an opportunity, because all of these things can be mitigated, they can be removed, and it all starts with the next thing that you eat, drink.

And I'd even add, maybe more importantly, with how you think, you know, don't have a limiting mindset that this is an autoimmune condition that's going to affect you the rest of your life because it's not.

I want you to free your mind from the limiting beliefs of another individual, and first put the greatest belief that your body was designed to overcome this.

But now I have to be active in how that happens. And people like yourself, myself, people that really work at the root cause foundational medicine. You got more than a puncher's chance to succeed.

Yeah, that's really well said. So let's talk about how we could do that for our kiddos, because very few people are versed in root cause medicine at this point for pediatrics when it comes to these really difficult digestive conditions.

I think that parents to know. The thing, I guess I would add, I don't know if I can come as a surprise to you, but the thing I would most want us to know, and some of it will give two comments for the post, but that's why it's so important to educate young women or women that have not buried their children yet, because what you do during those nine months is the most crucial nine, ten months of your entire life.

I understand hormones, I understand all that stuff. I have two children. I'm a happily married man. But we need to educate women to understand that those nine months are not a free for all to eat garbage and poison and all the other things that we just want.

I get it, I get it. But if we could educate women to what they're putting in their body and how it sets up their child's digestive tract, because that's probably the biggest thing that I see with kids without any specific diagnosis.

Number one thing that I see with my children is constipation, not my own, but my patients. And then I start to understand history. Okay, mom, what was pregnancy like?

Okay. I had now an elective C-section. We need to empower women to know the power of a vaginal birth and what it does for creating the microbiome of our children to mitigate symptoms.

Why we need to avoid things like glyphosate? Because you will pass that in utero. parasites. You'll pass them in utero.

Pediatric digestive health and prevention

So it's almost like I would want to prep women with like, let's do a little bit of detox. And even, even if you could conceive like this, let's clean up the terrain the best that we can.

Let's understand what we're eating and drinking for the next 9 to 10 months. And let's set this child up to be on the upswing coming out of, coming from birth versus, you know, fighting an uphill battle already that they're, underweight, underdeveloped.

They've got, reflux like, oh my God, I have another child that I hear about is on a PPI. I mean, it breaks my heart. No, stop doing that. Let's look at the mother's thyroid.

Why did she have an underactive thyroid during pregnancy that caused the reflux in the child not making the hydrochloric acid. So I just the biggest thing with pediatrics I want is we kind of educate and mom be willing to be educated.

Nobody's making you wrong ever. So understand that I don't believe any mother has ever done something that they thought was bad, because they all thought that something was good.

All the diet pop was supposed to be good, that this was supposed to be okay. That's why be open to learning. And once you know better, you can do better.

If you are past that point and you've already buried your children, then let's start looking at what we're currently feeding them. And I say this respectfully.

I've worked a ton of children in my career. I'm a father. That's all they'll eat. No, that's not all they'll eat. They'll eat when they're hungry. Respectfully, stop buying the poisons.

Stop being the friend and stop being an active participant in some of the problems that they have. Because I'll tell you, you know, my kids will give me some up and down at times, but I'm the boss, and if it's not here for you to consume, then that argument or that while I was hungry are only chicken nuggets and mac and cheese.

It really does dissipate. And believe you me, your baby's not going to starve and you start to introduce them to real food and whole food. Guess what starts to happen?

Oh, I think I like that to this kid. You not. I kid you not, my daughter is only three years old. And don't get me wrong, we have some human moments, no doubt about that.

But collectively, if her cousins come over or she goes to a friend's birthday party, she don't want the suckers. She don't want the candy. She literally turns it away.

But she'll take a piece of steak. She'll take the piece of chicken so innately that baby knows. That child knows what is good for them. But if we poison the mind and the body with sugar, well guess what?

Sugar is eight times more addictive than cocaine and heroin. It's real hard to get a child off sugar when you've brought them up on sugar. Yeah. Who's who's going to be the.

Are you really expecting your child to be the person who has the strength of well, and that you have to provide the container. And I know that it's not fun to hear that when you're already feeling exhausted yourself.

So I don't want to do that. I don't want to leave that pessimistic. Right. So then the income of education is not what you can't have. What can you have?

So if you're going to do a cookie, a cake, an ice cream, if you're going to celebrate a birthday, let's look at what we can have, because we want to have these enjoyable moments, and we don't want to have our children sitting in the back of a party having nothing.

Well, we want to teach you what you can have, not what you can't have. And I find that most people, when you start to teach them about the yummy desserts and the better breads and the this, that, the other thing, it's like, oh, that actually tasted pretty good.

Yeah, I don't do it because it sucks. I also really encourage parents to think about this like a whole family approach. Like just because your kiddos symptoms have your attention the most, which I totally understand because a parent's only as happy as their second child.

I know, like we talk to these parents all the time. They're in anguish to watch their child suffer and they're deeply caring. But at the same time, for you to have the strength to hold the container for the child to heal, you have to take care of yourself at the same time.

And if you take a whole family approach, then you're not making the kid wrong for it. And they're eating one way, and the whole rest of the family is eating this other way.

Because talk about anchoring the problem and the psychology of the problem for the child. Right. Drink. You got it. You really does. And I would say that my biggest success cases were exactly that.

And all across all avenues, whether it had been cancer or autism, autoimmunity, it was that if this family member was the one that had the issue that the mom, the dad or the brother, it's literally just make these changes across the board do this as a household because what we're doing is creating a lifestyle that is sustainable to better health, not trying to recoup it or chase it once it's already been gone.

Let's be proactive with what we're doing, and I think that that's the best success is mom, dad, siblings. Everybody's on board, moving in the same direction.

It's not about this person's issues. It's about a proactive lifestyle as well. Yeah, I agree. So what about digging into the deep end of, you know, the clinical issues when it comes to severe digestive issues for kiddos?

what are your favorite tools? What are your favorite frameworks? So, you know, obviously there's many different things that are going on. But the first thing is, right, if this child's constipated, no, take out the normalcy of a breastfed child, or I take the normalcy that out.

it is a little bit more tricky, but I'll find that, you know, topical magnesium gel on the belly is a very noninvasive, wonderful way to help the little start.

You know, your little one start going. As much as I am a seller core through and through provider, I do lean on a little bit more of my homeopathic lines because I do want to make this this event if you would non stressful to mom and dad.

So in certain times we've got to get the binders in. But guess what. Now we're going to open up the capsules. We're going to use the little syringes or droppers to get them in with my kids.

We use the sippy cups that are stainless steel. So they can't see the color change because there's not a lot of taste difference with them, even a little bit of electrolyte on top. It goes great.

so, you know, those are just some, some simple yet important steps where you got to get topical mag gel is one that I'll use. homeopathic work. Really?

Well, I gotta throw some. Binders you like. I like desk bio, and I like energetics. energetics does, a line within their line called tones, which are really just drainage remedies for specific parts and organs of the body.

So Drainage Tone is one of my favorites with kids. GB gallbladder tone, hepatic tone. These ones really hit helping getting constipation in the colon moving.

So if I know that these cases have glyphosate pesticides, mold, mycotoxins, parasites. But they're constipated, we gotta start there. I. I won't even touch the rest of it until they're proven on a regular basis.

And those are some of the easy ones. and then also talking about mitigating some of the other factors that most

people don't get educated on. Right? So your child's past breastfeeding, but you're still giving milk.

Don't ever give pasteurized dairy. Pasteurized dairy literally has an enzyme that has been destroyed in the pasteurization process that really incapacitates digestion.

So when people say, well, I'm lactose intolerant, really? Everybody is when it comes to pasteurized dairy because they've destroyed the enzymes that support that.

So if you're finding that, you know you're still using milk or some milk source, I run as far away from pasteurized dairy as you could and just watch how much that changes child's digestion when you're not using a formula that is based with GMOs or dairy that is pasteurized.

Yeah, that's a great point. So what about for kiddos that are, really food sensitive and are really struggling there? What are your favorite go to tools?

I, I actually learned this from one of my autistic mothers, and I found it to be very effective across all avenues with kids because, again, this young mind, body and spirit is really intelligent to what it needs and what it doesn't need before we pervert it with all the addictions and toxins and everything else.

So sometimes I'll tell parents, well, my kid's picky, you know, he's he or she's this that the other. I will do me a favor. I know it's going to seem a little weird, but cut up berries, cut up carrots, put some nuts and you know, put containers around the house at their height and make it normal for them or okay for them to start eating at their leisure and watch.

When you make these things available, you might go a day, two days, but again, watch how they start to respond knowing what they actually need. And that's been one of the best things that I've seen work with.

The picky eater or the stuck eater is one you got to start eliminating what it is they actually want. So chicken fingers and mac and cheese isn't going to cut it.

We got to peel that back. Well Jimmy, now they're not eating. Believe you me they're going to eat. Cut up some chicken, cut up some steak, cut up some fruits and veggies, put them in some various bowls and you're going to start watching.

And then they're chomping away. It's a really cool thing. And I also think that that's also where after you get the colon moving, the liver, the gallbladder, why it's so important to get the microbes under control.

Because if you could think with as an adult, I know that candy bar is bad, but why do I keep eating it? That's also a sign that the microbes and the critters in your body are hijacking your brain and actually making you do something that you don't want.

Well, that five year old may not be able to verbalize that.

Healing mindset and closing remarks

So a lot of the addictions to one in the mac and cheese or the gummy bears has also to do with their critters. So you start getting the poop and moving, and then you start killing off the toxins.

And it's like he carrots for the first time. They he was craving, grass fed beef. Yes. That happens that a dollar for every time it happened. I might not be talking to you today.

So what? What's sort of your last advice for parents? Because you've been in the trenches with a lot of really difficult pediatric cases where, you know, they've been really sensitive and very tender territory.

If we could think about it's a journey, not a destination. I don't ever fully think that we have health. And what I mean

with that is health is not the absence of symptoms, but it's a complete well-being mentally, physically, spiritually.

So it's not a destination. It's a journey. You constantly have to work at it. So if you could think in this macro thing that we have to do, but in micro steps every day, try to be 1% better than you were yesterday, every week, every month, every year.

If you're even 1% better than you were the day before, that accumulation over time is going to be massive. So if you're a month into the journey, six months into the journey, even a year into the journey, and it still seems like the light is dim, you better believe and understand that every 90 to 120 days, your body is creating new cells at the cellular level.

When you eat, drink, think, pray, meditate on in that time frame dictates the health of those cells. So if you've been at it for 15 years and your body's been doing this, I'm not saying it's going to take you 15 years to get here, but maybe it does, because that might be your gradient of the 1% change that you make.

So I can guarantee you as if you do nothing, nothing changes. If you do something, you have more than a chance at seeing change happen and just take it in baby steps because a lot of little baby steps equal a massive change.

Yeah, that's beautifully said. Thanks so much, Jimmy. Where can people find you in your work? my website is 716synergy.com I am on Facebook and Instagram, YouTube under my personal name, JimmyScaringi and Synergy Nutrition and Wellness.

I also operate a hyperbaric facility called Synergy Hyperbaric, which is, something I would say we didn't do doc and stuff like that, but Crohn's cases, also colitis cases.

Get yourself in a hyperbaric chamber. I'm telling you, you'll see a world of difference. But, Facebook, Instagram, Twitter, all social media avenues under my first name.

716synergy, synergy nutrition and wellness. Check out. Awesome. Thanks. Then you're welcome.