Introduction to Mitochondria and Parasites

Welcome back to another episode of the Restore Your Mitochondrial Matrix Summit. I'm your host, Laura Frontera, and I'm bringing you experts to help you boost your energy and fix your health so you can build the life you love.

And today, my special guest is Doctor Javon Moore. Hi, David, and welcome to the summit. Well, thank you for having me. I'm excited to talk about mitochondria for sure.

Yeah, I'm excited too because we're going to talk about something else that I love. So we're going to talk about mitochondria and parasites today. And this is going to be such a vital discussion because there's so much misinformation myths and just people don't understand parasites at all.

And you are so, knowledgeable in this area. And I'm really excited to have this talk. So a little bit about you. You work virtually with clients all around the world.

You specialize in Lyme disease and its co-infections, pans, pandas, autism, heavy metals, parasites, gut health, mitochondria support, and other viruses and pathogen.

And you also have something coming up really soon you about the chemical toxicity summit that you're hosting. So you are a busy man. I really appreciate your time today.

Before we get started, can you let us know a little bit of how you got, you know, to where you are right now and why? You know, this is such a critical topic for you to be talking about today.

Yeah. So I, I was a college athlete All-American. And, you know, honestly, I graduated, I started focusing on health, lost some weight because I was a shot big boy.

And as soon as I got healthy, I got a six pack. I felt like my health fell out from under me. And I was like, what? I should be healthier. I'm eating cleanly now and I just got worse.

And after the journey that so many people gone through, a finding that nobody understands why. Going to tons of different doctors, trying different herbs, getting told that, you know, it's in my head or oh, you know, your joint pain, your brain fog, your erectile dysfunction is that just happens sometimes.

I'm like, I'm 25 years old. I do everything theoretically, right. I'm not accepting that. So no. And I end up running into Doctor Alan Linsley, who has become a good friend of mine, and he figured out that I had Lyme disease.

And then from there, as I learned, okay, well, Lyme never alone. Parasites are a part of this. Viruses, toxins and parasites are a major, huge part of it that not nearly enough people talk about.

And that's really what kind of led me down this path. And, you know, you you just listed off things that I work with. It's like I went through these things myself and I see them for clients that, yes, root cause is what we're always looking for, but root cause doesn't have be one thing that can be because you can have several things that are individually root causes that you can be dealing with.

And parasites are a huge portion of that huge. And like I mentioned, people just don't understand parasites.

How Parasites Spread and Why Tests Miss Them

They say, well, I've never traveled to a foreign countries. There's no way I have a parasite, which is, you know, makes us all smile inwardly, because parasites don't know boundaries.

So we're going to get into mitochondria and parasites in, in a few minutes here. But first, can we go into parasites 101. And can you really just break down.

How common are they? That's the first thing because people don't think they have parasites. So how common is this problem? Let's let's just look at statistical data.

CDC says that a million people in a given year would grow a single celled organism. Parasite. World Health Organization has a 100 million people will be dealing with strong antibodies in their lifetime, which is a nematode parasite, multicellular organism.

Looks like a little grain of rice if it comes out of you, which, trust me, we can flush those out of a lot of people. When you eat and you have eight is no rice, you have eight.

No, you know, peas or anything that would look like this. And then there's your start coming out if we start. So there's like, oh, okay, got it. That's what that is.

So those are just two quick stats that can make it a little bit more open. That's a million people in United States. You already 100 million people in the world.

And that's the people that they're identifying and testing and and accounting for. But then we start thinking about, okay, how many other people are dealing with this problem that aren't being told because stool samples just simply don't work.

And testing for organism. We test for what's right here in our local area. We don't test for African parasites or parasites from India or China or Mexico.

Here in the United States, where I am. But we eat food from there and that's where people aren't thinking about it. That's why it's like, oh, they're not here.

And then the other thing is, worm, if you have a cat, you do worm it. If you have a dog, guinea worm it, a horse, a cow, a goat, a fair. Whatever you have, you do deworming.

You're a veterinarian makes you they tell you to. Well, guess what? They're probably eating food cleaner than most of us are because they're eating from a bag that's processed.

It goes through all of its testing and gets back to you, whereas we're eating. I mean, should I preach, eat whole food organic or what does that mean?

I mean, in plants they do not test for parasites. I'm eating meat that they're not, you know, grinding it all up and testing it for parasites all the time.

Yes, you cook it, which kills some of them. But if you're eating sushi or raw fruit and vegetables, if you're eating meat, that's not well done. There could be parasites in there, which means that we should be deworming ourselves twice a year, just like we do our animals, and we're just not doing it.

So that's a huge reason of why parasites are so rampant in our especially compromised mitochondria systems, compromised immune systems that we have today.

And and if you go to countries such as Mexico, third world countries in India, or, we're going to have somebody Sri Lanka the other day, they still do parasite cleanses on their own bodies.

Humans twice a year. We in the United States, in the Midwest, we used to do it twice a year, and in the 50s and 60s on farms. And it's just fallen out of favor because. Why?

Oh, I'm too clean. I can't have parasites. It's not here in the United States. We here? Yes, sir. There's still dirt here.

There's still ponds here. That's where they are.

Yeah. And parasites don't know borders. And let's face it, we kind of don't have borders anymore. People travel, you know, all over the world, and people go to foreign countries.

So maybe you didn't travel to Africa, but somebody in your network of people did, and they brought parasites back over here with them. And then there's person to person contact.

And so you talked about two G RDA and Strongyloides. But how many parasites are there. Thousands and how many thousands. How many and how many do we actually test for?

I mean, so there's thousands of parasites and how many do we actually even test for? If you run a typical GI test, I mean, the best one, maybe 20. Yeah.

And so you mentioned that GI tests aren't even good for finding parasites. Why don't we see them? How come they come back clean? So there is a multitude of answers for this.

I'm going to run through them. Right. One the sensitivity of the test just isn't great. So it's looking for specific types of tissues and looking for eggs, usually in a stool sample.

And it's going to test an egg for DNA. And then we're going to get back a, this is lots of cytokines or something like that, or giardia. And, and that's there are common ones like giardia that we do find because that is more common to the landscape, United States.

But again, one, you're not testing for enough of them because we are eating from everywhere. Just think about this. If most people are like, well, I don't eat raw meat, I'm good.

Well, you do eat vegetables and plants that come from everywhere.

Common Parasites and Their Symptoms

So if you're living in Minnesota and it's the middle of the winter and you're having a smoothie bowl that's organic that they made right there in front of you with plants, where did that come from?

It sure as heck wasn't the United States for the most part. It's from all around the world. So we're not testing for all those things. We're not testing for those.

We're not testing always for an organism, not an egg. If you literally poop out a parasite, actually do that. Do that like poop. Pull it out. Put the parasite right on top of the sample.

Send it in the technician is trained to find the ovum, so we're going to move that to the side. We're going to take a scoop of the poop. We're going to look for the ovum under the microscope.

We're not doing a DNA sampling of the thing. You sat on top. Thank you for breaking that down. I think this is really critical, because you can send what looks like parasites to the lab, and they come back and say, we didn't find anything.

So if you send to a pathologist. So not a lab, not not a big box lab sent to a university lab, and you send it under the guidance of this is veterinary you completely different results.

Fascinating. So what you've just established is parasites are really common there in millions of people. And that's only the people that are actually being tested.

So there's millions and millions more. And probably we're all being exposed. And there is, you know, person to person as well. So if you if your partner, your spouse, if your children have it, you have it too, because we we

passed them.

So you talked about two Giardia strongyloides. What are other common ones and where are they located in the body? Sorry, I guess I didn't talk about either one of those about where they are located.

So we can just go through those and I'm gonna add a couple more to it. So there was giardia, which is mostly gut based, single cellular or and you're not going to see that your stool, it's going to cause a lot of GI flare ups, a lot of GI symptoms that are going to just I mean, diarrhea, dehydration because of it, stronger.

Lloyd is probably one of my favorite to talk about. This little guy is a nuisance. It can reproduce itself inside your own body. It does not have to come out and then go back in so it can auto regenerate inside you.

Right? So, or repopulate and it moves around so it can get in your muscle tissue, cause muscle aching, it gets into your lungs in a part of its life cycle, and it causes breathing difficulty.

It definitely can get in the brain. And 100 out of 100 autopsies, when done by a study, 101 hundred for brains of Ms. patients, they found nematode parasites.

It is a nematode. I didn't read to see if it was all strongyloides, but it was. It was nematodes. The the family that they come from, they're so strong which can get in the brain.

It can also get into the digestive tract. I've found so often if you have a dairy intolerance, you have a parasite. A lot of those times it is a nematode or a strong parasite.

And then I find a lot with women. Honestly, I when I was in practice, I never went into practice to be specific to female health, but I had some females coming in that were chronically ill, terrible menstruation, and I just always keep an open mind with symptoms.

So they came in with brain fog, fatigue, digestive issues. And we were clearing all this out. And when we went through the protocol that I had designed to help the body with nematode parasites, specifically ladies, they're horrid.

Can't walk. You need to go to your menstruation. Got cut by two thirds. And one protocol. And I was just like, oh, and then I started seeing this as a pattern, like, all right, so that's a major player and some of these just awful menstrual situations.

And then there's Bubka. Bubka is near dear to my heart. I dealt with it personally. And it's also because of my Lyme history. And that's kind of what started my journey off.

It is one of the most common co-infections. Up to 40% of people with Lyme test positive for the disease. Also. So this is a blood borne parasite. It is microscopic.

It does get inside your own red blood cells. It can hemolysis. It can cause damage to your blood cells. It also can get in and up capillaries. So you get these like really tight achy joints that, almost look like rheumatoid arthritis.

So I've had rheumatoid arthritis patients come in, that positive RH factor. And then they tell me all their history. We go to test, we find Lyme, we find maybe Bubka, we start working.

And then by the end of a year or so now, their hands move and they can actually function and and their symptoms are gone. So those are probably the top three that I talk about by name.

And then there's a category of like the tapeworms the helminths. So how does the bigger than Sesto Hellmouth. These are types of long worms. About 30% of worms are actually sorry, 30% of parasites are visible worms, like, visible to the naked eye is all real.

Let's talk about. Right. These are the ones on Instagram and TikTok and Facebook and groups that are just like, oh, I want to see that. I kind of want to see that. Do I want to see that?

And it depends on how much they clean them off. Right? Like I get pictures in my email all the time. And these types of parasites, they get the most notoriety because you see them, but they get in your colon and they can release endotoxin specific types of roundworms.

Do, these endotoxins slow down? Pulsatile. It's a movement of your bowels, of your constipated. This is a common side effect of these types of parasites.

They do not want to be excreted. They want to stay inside of your a nice warm host that's feeding them. They want to stay forever. And if you excrete them but you poop them, then, then you know they're off for the rest of your life cycle.

So they they want to stay in you and these worms, they get in there, they get in your liver so they can get up inside your liver, and they can dam up the liver ducts, the bile ducts, and they get gallbladder back up.

So anytime somebody is dealing with a lot of liver, gallbladder, colon issues, I'm going to think to myself, yes, bacterial dysbiosis is where all those stool samples have gone.

And there's all these great tests for what is your microbiome flora. Well, parasites are also causing all that issue. If I hear somebody say I have sibo I've clostridium.

Well okay. So did you take a ton of antibiotics or did you get a parasite that let these things come in there? There are some other reasons, but those are kind of like my one two punch of what might be allowing for those bacteria to be in there.

Parasite is one of the major ones that just doesn't get talked about. This is really I want to, just highlight a couple of things that you said, because so much to unpack here.

So, number one, many parasites are microscopic. They're single celled organisms, which means you cannot see them with the naked eye. Some of them, if you can't see them with the naked eye, might just look like food particles.

And so you may not even realize it's a parasite coming out. And further, some parasites aren't really hanging out in the GI tract. They're in your blood, or they're in other organs or they're in muscle tissue.

So you said a lot here. I think when people think about parasites, they think about worms, and they think about something they can see in the GI track.

And when somebody goes through a parasite protocol and says, but I didn't see anything come out, that doesn't mean the things didn't come out. It doesn't mean that microscopic things weren't taken care of with that protocol.

So I think this is really important, that you just unpacked all of that now in terms of let's bring it to mitochondria, and then we're going to talk about, I want to talk about toxins and the correlation that heavy metal toxicity and toxins with parasites.

But before we go there, why is this even important in the mitochondria realm? Why would I even bring a parasite specialist onto this summit to talk about mitochondria?

Oh my gosh, there's so many ties. And I'd say that we've got to dive into a little like chemical like you're talking about. So the environment we live in right now is just full of EMF.

You have specialists talking about that. So I'm going to just briefly hit on it. They suppress mitochondria function Emc2. You've got chemical toxicities coming in from everywhere.

Whether it's glyphosate, which is a known bacterial like it kills bacterias. What it does, your mitochondria have bacterial DNA. So we know glyphosate damages the DNA.

The structure of the mitochondria. There are plenty of other ones. Plastics, phthalates, other types of insecticides that get in and damage mitochondria.

Why Parasites Matter for Mitochondria

Heavy metals damage the mitochondria. And I'm saying all these things because parasites feed on those things. So the mitochondria modulates your immune system to be able to defend against parasites, but also your body almost in a synergy tastic way, will bring more parasites in to gobble up all of that toxin that is in your environment.

So then now you have damage by counter anti a more parasites and immune system. They can't fight it off. You don't have the energy because of mitochondria damage.

And these help you for a second okay good. We got relief from all these things damaging me. And then the parasites keep growing and then they wait okay.

So wait. Even what you just said is that your body is so smart that it will allow parasites. Your immune system will actually allow parasites to live inside of you to solve the toxin problem, which is otherwise destroying your mitochondria.

Is that what you just said? Yes. Okay. This is huge. I want everybody to understand this. Your body is so brilliant that it will allow something horrible, like a parasite to live inside of you, to protect the mitochondria, to protect those vital little organelles that are that are so responsible for your every, every bit of your functioning.

Okay, so go from there. Yeah. So from there now you have parasites and they're having a heyday eating all this toxin and then they're multiplying. Well the problem is is a few are synergistic right.

A few are good. Like we need E.coli. We need all these bacteria in our bodies to function. We need viruses in our body to function. But when they get out of control their problem.

So now they go pathogenic. That pathogenic problem is well, they poop and that poop is an endotoxin. A endotoxin then goes back and damages our tissue, mitochondria and gut tissue.

And everything else. So as they're damaging our tissue, they're also eating up the toxins. Well, they eat up our food to eat what we need of our minerals.

They eat up our dopamine so that our body doesn't function as well. So they were suppressing the fuel, the food that your mitochondria need. So it's just it goes from mitochondria.

Scared. Bring something in to oh crap. Now we have another huge problem. Now in a perfect world where it's not super toxic, let's talk about how that would actually work.

Parasites notice or sorry mitochondria. Notice that we have a toxic burden. It allows organisms that are synergistic to come in, gobble it up and then it says okay, get immune system.

Go put that back to a normal level and we move on because we don't have this constant influx of toxins every day, all day like we do right now. So I will tell you just to just to give you a clinical piece of this, I had a client come in and we worked on parasites for months with with good stuff.

She'd already done parasite meds and seen 15 other doctors. And I was like, okay, I know you have parasites. We did a little bit of work. I got this just isn't getting the job done for us.

Like it's not the direction we need to go. So we were waiting because I had already ordered labs on mold and other

toxicities, and we found out she was living in a moldy environment.

So I moved out on the environment. And then we did some mold detox. And as we're doing mold detox, nothing in this had anything to do with killing parasites.

All these worms were just flooding out because we were getting rid of their food. Their language was gone. And then you're leveling up the immune system as you're getting rid of the mold.

So the body itself will purge these these pathogenic, probably toxic problems if you remove the source of stress. And it's not to say you never need to do anything of parasites because they can be the source if there's too many of them.

But it's learning what your body needs and then supporting it in their appropriate way. This I'm sure that people are people's minds are exploding right now in the possibility and, and and just thinking, like, if you're sitting here watching this, you probably have a parasite.

I mean, I would say jab in and I, we do parasite cleanses on ourselves regularly because we live on planet Earth and we are exposed to the same toxins.

We you know, we know how to keep our bodies healthy. We got all kinds of biohacking tricks, you know, we know the tricks of the trade. And we still do parasite cleanses a couple times a year, if not more often, because we're exposed.

And so can you talk about, heavy metals a bit? We've touched on other toxicities, but heavy metals are a big problem. They're hard to find. They're hard to treat.

And there's a big connection there with parasites. So parasites absolutely love toxins and heavy metals. There is study. I read that a parasite can carry 6 to 8 times its body weight in toxins.

So as I'm getting into this, I'm still tied into parasites and mitochondria. Right. So the parasite will carry it around? Well, if you kill a parasite, just, you know, drop a nuke on it.

What happens? All those metals, they go everywhere. Right? So if I just throw a bunch of meds in a bunch of antimicrobial herbs and, and we just kill it, then the body has to deal with getting all that out.

Heavy Metals, Toxicity, and Parasite Load

But most of it came along as a phenomenal tool because it doesn't necessarily just kill it. It actually grabs it because it's sticky and pulls it out.

So then we don't have all this extra metal going everywhere, which by the way, when that happens, we call her to die off reaction, detox reaction. That's your mitochondria saying I need to spend all my energy to detox this up.

But it also might be circulating toxins that hit your mitochondria that slow down the polarity that allows that electron transport chain to work. So we've got to pay attention to the metals that are being soaked up by the parasites.

But where do these metals come from? Like I said, I'm doing a chemical toxicity. Some part that's heavy metals makeup. There is a study that shows out of 32 makeups, half of the lipsticks, half of the lipsticks have 32 had lead in them.

That's not okay. That's a problem. You know, every time the person with lipstick on is drinking or eating, they're getting lead put in their body. There is a ton of metal in our water supply.

I do hair tissue mineral analysis and urine analysis for heavy metals. Urine is not quite as effective. I think that for me the gold standard is going to be hair.

Blood is not effective. The body's going to get that get metal out of the blood extremely quickly through the either the urine or the hair, or just sequestering it into storage areas like fat cells.

So the hair test is a phenomenal tool, but if you haven't got a consistent amount of metal coming in over the last 90 days, you may not see it. Or if your body is so suppressed, mitochondria where it does not have the energy to detox, then you're not going to be pushing stuff to your hair, you're just going to metal end.

Put it in a fast. I'll be done with it for now. We'll come back to it later. This might look like a fatty liver. This might look like weight loss resistance.

This might look like metallic taste in your mouth because your brain is dealing with this. But metal does not always even show on hair test if your body is too suppressed.

Now, in a normal case, you'll see ranges that are going up. I tell you what, radioactive elements like uranium, especially for those in California or over on the West Coast, people in areas where radon or radium is in the ground, like Wisconsin.

I mean, it's all over the United States in the world. But, when I see these levels, I'm just like your immune system suppressed. You have a yummy toxin.

You're going to have parasites. Yeah. They go hand in hand. I have a question about the hair tissue mineral analysis. I mean, we know as clinicians it's very difficult to measure for heavy metals just because, like you said, your body's going to keep it out of the bloodstream because that'll just kill you really fast if you have high levels of, metals in the blood and it's really hard to find in the urine, your body puts it away, hides it away in fat tissues.

Parasites soak it up with hair tissue. Mineral analysis. Are you doing any kind of, you know, a month of, you know, safely pulling toxins out and kind of pushing them out of the cells before you're doing the hair tissue analysis?

Is there a better way to do that? There's all kinds of ways to do it. What I do is I run the hair tissue before doing anything. If I can, because I want to see what your environment looks like.

So my big thing is you've got to get into a safe place, safe environment. We can't have a moldy house, we can't have a toxic environment that's flooding you full of new toxins.

And of course, emotional trauma and physical traumas also need to to be the best we can get them to, to have success getting people. Well, I work with a lot of very chronically ill people with auto immune diseases, with myself, with all these things.

So I want to make sure we're safe first. Then if I know that we're safe. So so let's say say we run out at the start and I see nothing. Then I know that likely in the last 90 days, we're not getting new toxins in the hair test.

So we're not in a place. We're getting a bunch of new metal. So if there's nothing new coming in, then I know that we're in a more safe environment. I know that we can get a chance to start healing, but if I see a bunch on there at the beginning, like, where's this coming from?

And that's important to me. Now if I want to know what's inside you, then I would do something for 30 to 60 days, probably more of the 60 day range for the hair test where I'm giving you a glue to.

Had an ally. My ATP, something that's going to push stuff out of your tissues and get it circulating so that I can see it. So you got to just use those tests appropriately.

Just like a mold. Michael. Toxin test. I test first to see if it's either colonized to you, which means you have mold and you're making more. Or if it's something you're living in, coming in.

So you're seeing it on the bar. If you're like, I lived in a mold has three years ago, that's why I got sick. I'm still sick

when I'm out of the house and we run it and there's nothing on there.

My great. You are probably in a safe environment. I may still want to touch your home, but that's another conversation. But if I see it, zero, I'm like, okay, good.

We're in a safe place. Then we can provoke. And if we need to, if you want to and see what will come out. Yeah. This is this is really good. I mean, this is, important you're laying the foundation in the argument to have kind of pre and post labs, not, you know, it's not just a one and done kind of thing.

I talk to people all the time. They're like, oh, you know, I did labs years ago. I'm good. Like, wait a minute. This we to see what's happening right now.

You mean you're sick? Now let's see what's happening now. It's not just a one and done type of thing. So thanks for for breaking that down. Now you started to talk about, if we kill parasites improperly, they explode and get into your tissues.

Can you touch on that a little bit more? You mentioned mimosa politica.

Safe Parasite Cleansing and Drainage Support

And I think what's important here is, and I did this even before I even knew about mimosa politica. Where you go in and you start killing parasites, and then people get really sick.

They they hurt, and then they pretty much say, I hate this, I hate you, and I'm never doing this again. So talk a little bit about that. And the safe way to get parasites out. Yeah.

And with my clients, I absolutely preface everything. We do a lot of detox and drainage to start with. We teach a lot of information about what expectations should be so that people don't hate me later.

If something goes awry. Right. So when you are dealing with the journey of toxins and infections, you got to get them out. That's the whole goal is it's got to come out your stool and to get them out in stool, you have to have the the lymph, the liver, the kidneys, the lungs.

These are detox organs, the skin on board with that. So as a parasite has absorbed all this stuff, and if it's a multicellular organism and it's sitting in you one, you've got to make sure that the pathway from, say, your brain to your bowel is open.

So doing your lymph active, your kidney, liver support, doing a coffee enema, making sure you poop every day, these are musts. Then we use mimosa politica to help with that process because most a good primarily digestive tract product, when these things move through the lymph down to the liver into the digestive track, we need to make sure we grab a hold of it as it's decaying, because you've killed it with the air where you dislodge, you moved it.

We grab hold of the most poo and we pull it out because it's sticky and it keeps them from getting lodged in a village. So in in the bowel, you, if they're, if they're still alive in your bowel, you can grab them with it and it will pull them out for some of those larger worms.

And it's just a sticky substance. You can think of it as it, it's just pulling them out. And you see this in your stool. You see whole organisms when it comes to the the larger rope worm tapeworms in your stool versus again, them decaying.

And then now you have a parasite that's decaying. So you gotta work with that tissue, the endotoxins that are inside of it being released, the metal inside of it being released, and then dealing with that dispersant and then try to pull all that out.

So adding binders as a part of your journey is going to be key, because you can't stop all of it. Make sure your drainage open as a key. Make sure your bowels are moving as a key.

And then having that mimosa protocol the shuttle it out is another big help. Yeah, so there's a lot of a lot of factors going on simultaneously. It's not just about going in and killing parasites.

You got to really think about protecting the organs, opening that drainage system and really supporting getting the toxins out as they release. So that's what I'm hearing.

Like, this is this is not just about taking herbs to kill parasites. You probably won't be successful with just that. You're going to cause a lot of other problems.

You know, there's a few people out there that, I mean, even if you talk about alcohol for a moment, there are a few people out there that can drink all night, wake up and feel just fine in the morning.

They're rare, right? Yeah. Most people would get a hangover. Well, the same thing goes with cleansing. There's a few people out there that might not feel anything if you do it improperly, but the majority of people are going to get a hangover.

If you don't do it right, you're going to feel badly and it's not going to be a fun ride. You're not going to make it to the finish line because you're going to have bad reactions.

So appropriately managing the speed by which you go and your detox pathways, your mitochondrial energy being produced. So you have enough energy to do this process is all part of the journey that's going to allow you to be successful, especially successful without a terrible drawback.

Absolutely. So, we could go a lot of directions here. I want I, I'm wondering if you could speak a little bit about liver and gallbladder. And the key thing there, I think especially in my training with, when I was first introduced to functional medicine, it wasn't really highlighted how much I need to support liver and gallbladder.

Well, I heal gut issues or clear parasites. I know that now, but can you speak into that a little bit and what we might find in the liver, and how to support that?

So no matter what you're trying to get out of your body, the liver and gallbladder are going to be kind of like your your central hub to detox. It was the liver do it filters toxicity and the gallbladder stores bile which is a natural binder that your body makes.

But it's difficult and expensive for your body to make in comparison to a lot of things. So it doesn't like to release it and then let it go through the stool.

So bile you want to support it. I use tud bitters, ox bile. We do gallbladder flushes when needed. These things are to support the gallbladder and make sure that the gallbladder itself can do as much as it possibly can to produce bile, because when you use your bile, it goes into the liver, it binds up the metals that you're releasing, it gets released into the colon, and then the colon will actually reabsorb it.

If we do not have enough bile and it reabsorbed it and some of the toxins it's attached to. So then you just get this circular process happening is not effective.

And can lead to a clogging or stones or just slow movement in the liver detoxification process. So we want to really support the gallbladder to not let that happen.

Now when you have enough bile, you have enough bile salts to supports like with the Typekit, which helps to increase bile salt production or bile itself production.

When that happens, then when you put the bile through the liver and and calling the body is like, oh, I've got plenty

of not too bad, let it go. Also, using binders can help so that bile doesn't have to be the only binder in your body can use those binders to do it.

So that's gallbladder work. The gallbladder, the bile also has other processes where it counts the most like breakdown fat, which, by the way, your fat stores a lot of the toxins in it.

So we need to make sure that we have good bile for that. And it coats the lining of the digestive track and allows for movement of food and things to go through, so helps to coat the digestive tract as another function for it, which I actually learned when I was, doing another summit and, a specialist in liver and bile, like a, PhD was teaching me about.

Okay, so it does have all these other great functions of bile so important. And then the liver itself, the liver infiltration organ. So it helps to filter these toxins.

And if it gets overwhelmed it's going to create a fatty liver. So it's going to just go okay well I'm gonna put this on fat I'm just going to take it to me, which over time slowly decreases function.

And supporting the liver with things like milk thistle, and a C glutathione just helps to increase the liver biochemistry.

Liver, Gallbladder, and Detox Pathways

I'm not the guy that's going to go into each stage of biochemistry here today. No, that's just not my brain. But it helps it to to push the ability to be able to filter that, to get it from, you know, get the bile attached to get binders attached to push it into the liver so that you can excrete it out and pull it out of the blood, which is where it's trying to pull it out of.

You also have the lymph that's doing the same thing. So it's going through and the lymph is where all the waste is, right? So you have waste in your brain as you go from your lymphatic, which is your brain lymph to your lymph down through the body into the liver, and then from the liver through in the colon to make sure that we process all these toxins out.

Thank you. I just wanted to have a quick overview. And and so for people who might be thinking, well, I had my gallbladder removed, it's still important to support liver, because because your bile is actually still making bile.

It's just constantly dripping into your intestines. At this point, it's just not being held. That precious bile is not being held in a gallbladder to be released when you eat.

So still important. Everything Jen just said, still critical even if you've had your gallbladder removed. Now, now let's give people some help. Okay? So, we want to support mitochondrial health.

We want to make our body an environment that parasites are not welcoming. And there's a lot of free, natural things we can do in addition to, you know, working with a practitioner like Jen or myself to help you remove parasites and toxins.

But let's talk about all the things that you recommend people do to really set up an environment that supports mitochondria, supports immune system, and, you know, really detours pathogens.

So honestly, it seems like to me, the more I get into practice, the farther along I got. It's so much all about the mitochondria. It is. I love the topic because if I can get my mitochondria energy up, which controls the immune system, which allows that energy for the immune system, I don't think about Lyme disease.

If I get bit by tick, I don't really care because I know my immune system can pick up and deal with that tick. I know that if I go to Mexico and I'm eating the food that, you know, I could get sick if there's too much, but likely my microbiome, my mitochondria can defend me against these.

These intrusions, which is the way the body's supposed to work when we're healthy. So then how do we do that? Well, there's the free and natural way. Wake up at sunset or wake up at sun up or sun down and go outside.

Get the sun, get it on your body. Get that red light. That red light feeds the mitochondria. And those frequencies go deep into our tissue and give you photonic energy.

So I love red light. I have actual red lights that you can purchase. Not that I make, but there's one that I've purchased off of my home. I do ten minutes twice a day.

I use pterosaur just pad. My my wife loves that thing. Just wrap it around her head if she gets a headache or puts on her stomach. I even use that to help with things like Castrol, Pax.

So I do a casserole pack, which increases lymph drainage. I put it over my liver and it's casserole with a cloth over it, and I put the red light over that.

So now I have that casserole going in, which helps with the drainage of the liver. And then the red light to give the energy a lever to do the job. So those are things that are very easy to do that are not expensive or don't require anything sleeping when you're supposed to.

Which means with your circadian rhythm, when the sun goes down, go to bed. I'm terrible at this. The sun comes up. Get up. I'm actually good at that, which is another problem.

I no live long enough, which gives your body time to rest, digest the repair overnight, and detox your brain and your mitochondria. Right? So sleeping can be so important.

And these are things again you can do at home easily for yourself. Some other things though is you got to get your nervous system to not be so wired tight.

We're also wired tight. The United States here so often, which burns our energy, makes our mitochondria overwork, and pulls them away from being focused on detox and puts them into focus on all this, this anxiety fight or flight stuff that we're dealing with so that we don't have enough energy to detox, which then damages them, and it forces you to make time for them because you have no energy to do anything.

And you're calling me because you can't get out of bed, which is or you're just, you know, you're calling me because your brain is a fog. You can't think. It's hard to do your job where you're supposed to.

So those are just a few tips that I love. Certain supplements and and a multitude of different ones. I've used carbons like C60, I've used BCA, ATP, which I love taking from my brain, from cell core.

I've used, just some basic ones that are kind of universal, which is derivable.

Daily Habits for Mitochondrial Health

So there's a sugar that helps your mitochondria, CoQ10, which is an enzyme that helps with energy production, and then L-Carnitine, which helps to move, fat to your cells so you can break down that fat and make energy out of it, which are just some basic help to support mitochondria function.

Excellent. So lots of different things that we can do. And what I'm hearing is when we are operating, when our immune system is operating really healthy.

And, you know, we don't have a huge toxic load in our body. When we get exposed to parasites, we get exposed to bacterial infections, viruses. We can recover much faster.

Our our body can actually handle it. Yeah. So so good. So as we wrap up here Jen, thank you so much for breaking down parasites. And I'm sure everybody's leaving this talk having enlightenment about how common

parasites are.

Any last words you want to share with people. And then also let people know how we can get Ahold of you where we can find your work. Leave us with some pearls here.

So the final thing is, I just gave a ton of information. That's scary. That is overwhelming. And kind of on the negative side of things, right? The positive is our bodies are built to adapt.

They're built to heal. When you remove the interference, when you get them back on their feet, it can be there and it can stay there. I had Lyme myself, I was distraught, I was a little I mean, I was a little bit depressed for looking back at it.

And you have erectile dysfunction at a 25 year old male. You start to wonder, you know, am I going to be married? Can I get married? Can I? I'm not just going to accept that.

I'm going to take a pill every time I ever want to do something my entire life, it was. It was it was really sad. But then, you know, I got the opportunity to meet doctors that cared, that had answers, that got me better.

And now, now my body feels amazing and I feel good and I've stayed good, which is the key.

Hope, Recovery, and Where to Find Dr. Moore

I don't get sick and I have tons of energy, and my joints feel good and my brain operates well. So you can heal. So I have hope. And once you're there, you will appreciate life so much more.

You will love all that is. That is life because you appreciate it to different degree, and you have more energy and more function than you could ever imagine.

Once you get there. So just have hope. Don't let all these parasites scare you. Just deal with them. Better out than in, as my buddy Todd always says.

So let's just focus on taking one step forward every single day in your healing journey so you can get to the end, and then you can be well and you can do it.

And if you get off of this, you only remember. One thing is that you have hope. You can do it. Keep moving. Awesome. And even where can, working our audience find you?

So I have a Instagram, Facebook, Tik Tok and a website that are all Doctor Jason Moore. Okay, fantastic. I appreciate you coming on here today and enlightening us about parasites and mitochondria connection.

The work that you do is so vital and so important. So thank you for holding that torch. Preciate you. Thank you for having me. All right. You take good care now. Bye.