The Ultimate Silent Killers: Catching & Killing Parasites Transcript

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Introduction to Parasites and the Summit

Welcome to the Silent Killers Summit, where my guests and I are uncovering the root causes and giving you solutions for chronic inflammatory symptoms and diseases.

I'm your host, Laura Frontiero. Today, I'm going to do a quick talk on the five top ways we get exposed to parasites and what to do about it. Now, this is one of my favorite topics, and we help a lot of people eliminate parasites from their body and get down to the reasons why parasites are inside of them.

Now, parasites are quickly becoming a big problem that we're faced with in our healing journey. And I'm going to explain why. It's estimated that over a third of people in the U. S.

have a parasite infection right now. So to put that into perspective for you, that's somewhere between 60 and 90 million people. Personally, I think like everything else that's estimated, it's probably a conservative and low estimate, and I'm guessing it's more like half to two thirds of the population.

And you could be one of them without even realizing it. So we're going to talk about five causes of parasite infections, why they're there and what can what you can do to eliminate them from your body.

And parasites are everywhere.

How Parasites Spread in Everyday Life

And you'll be surprised to learn how they get into your body. The first thing to realize, really, and accept is that parasites are alive and well right in your developed country.

They don't just live in the tropics are third world countries and they don't stop at borders. So here's the funny thing is that I live in San Diego. The Mexico border is about 40 miles south of me, and we share the same ocean.

We have underground waterways that we share. And the parasites don't just stop at the chain link fence that's separating our countries. We also import a lot of food from Mexico here in Southern California and in California.

When it's off season for us for our own growing season, we import. So. And your country does too. And your region of the world does too. So let's unpack how we get exposed.

First is through eating raw or undercooked meat, fish or eggs. Now, if you like to eat raw cookie dough like me, chocolate from cookie dough, that's like a I'm very transparent about my addictions and where I fall.

If you put raw cookie dough in front of me, I cannot I cannot avoid it. I have to have it. It is literally one of my most favorite things. But it has raw eggs in it.

So we try to stay away from raw cookie dough in my house and then sushi. So don't get mad at the messenger. I'm just sharing the details with you. But parasites are very common in raw fish.

My brother is a is a, you know, a chef. And he's worked in some of the finest restaurants in the world, Michelin star restaurants. And they just get the fish in, they pluck the parasites out, and then they feed you the fish, whether it's raw, whether it's seared, whether it's cooked.

You may be getting parasites in your fine dining. So the second thing is walking barefoot outside, playing in a sandbox, swimming in lakes and streams, getting bit by ticks and mosquitoes and flies or other biting bugs.

So I don't know about you, but I spent a lot of time as a kid going to the river, going to the lake. Been camping a lot in my life. Lived in areas of the world where mosquitoes were rampant.

I have been bitten a lot of times in my life by bugs, and I have spent a lot of time in bodies of water and parasites are in our environment. Now, I don't want you to think you should stop going outside or, you know, going water skiing or going camping.

You need to do these things. It's important to understand how easily it is to get exposed, though, because there's things we can do to solve this. So number three is eating in restaurants when food is prepared by people who don't wash their hands after using the bathroom or eating food grown in sewage contaminated water, which doesn't necessarily mean you're importing your food from a third world country.

It can happen right in your developed country. We have sewage contamination right here in the U. S.

Common Symptoms of Parasite Infections

You know, how many times do we hear on the news that the lettuce is contaminated with bacteria or, you know, well, parasites are no different. It's just that the bacteria gets all the press, the bacteria gets all the lip service.

So we do get quite a bit of contamination in our food. Number four is your pets loving on your pets. So think about the age old wisdom of warning that pregnant women should not clean the cat litter box due to toxoplasmosis.

I'm sure if you're a woman and you ever have been pregnant, you've heard this. Or if you're a man who's ever been married to a woman who is pregnant, you've heard this.

So toxoplasmosis is a parasite, and it doesn't just infect pregnant women. It can infect anyone cleaning the litter box at any time. So I always think of crazy cat lady with 5 to 10 cats and she's a little bit off emotionally, mentally.

Maybe she's got toxoplasmosis because she's around cat litter all the time. Okay. Number five is being and by the way, your dogs are no exception. I'm just not picking on dogs right now.

But your dogs don't, you know, licking your face. Dogs are parasites, too. I mean, think of heartworms heartworms in a dog. It's parasites being in contact with other humans, kissing, having sex.

We pass parasites to each other. In fact, pregnant women pass parasites to their unborn children, too. So here's the bottom line. Literally living on planet Earth is putting you at risk for parasites.

And unfortunately, parasite infections can cause a lot of symptoms and health problems. So I want to go over some symptoms of parasite infections. I'm going to give you a short list of symptoms.

It's not a complete list, but things like exhaustion, joint pain, weak immunity, feeling like you get sick all the time. Skin rashes, brain fogginess, depression, anxiety, mood swings, headaches and migraines. Constipation.

Oh, gosh. The cluster of digestive stuff gas, diarrhea, bloating, food sensitivities. And then there's elevated blood, sugar, crack, dry lips, teeth, grinding insomnia.

This cluster of symptoms, we call it MADS middle-aged deficiency syndrome. It seems to set in somewhere in middle age and just keep going. We're pretty mad about it over here Bio-Radiant Health.

We hope you're mad about it too. Mad enough to do something about it.

Why Parasites May Persist in the Body

That's why you're watching this. I mean, underlying it is like, hey, this isn't fair. Why is this happening? I'm doing everything right. I'm eating the healthy food.

I'm exercising, I'm taking the supplements. I'm working with a natural path. Why do I have this? Yeah, I get mad about it and do something about it. So why are parasites in our body anyway?

Why are parasite infections on the rise? Well, it's this emerging and developing area of functional medicine, and we know that we're seeing more parasite problems than ever before, than ever before.

And there's a theory on this, and it may be that our bodies are becoming so full of toxins that our immune system is actually allowing the parasites to be there to eat up some of the toxins because parasites feed on toxins.

Your immune system is very smart. Your immune system will literally say, Hey, parasite, come here. You got in here when I ate that cookie dough. I know.

And I'm actually not going to remove you right now because I've got this mold toxin over here in this heavy metal over here, and it's hurting my brain.

And I really need you to just eat this up, because even though your irritating, you're not as dangerous as these toxins. So that's quite an analogy. But this is really what we think is going on.

So I'm going to share the Trojan horse analogy with you. The Trojan Horse story is a famous tale from Greek mythology. And so during the Trojan War, the Greeks pretended to abandon, you know, the siege of Troy, and they left this big, massive wooden horse at the city gates as a gift.

And then, unbeknownst to the Trojans, Greek soldiers were hidden inside the hollow horse. And the Trojans brought the horse into the city as a symbol of victory.

We did it. We're going to take this horse. They. They fled. They left. They left this horse here. We're going to take it in. So they bring the horse in and that night, the Greek soldiers emerge, come out of the horse, opened the city gates, and allowed the Greek army to enter Troy.

And the Greeks sacked and destroyed the city, ending the long war with a clever and deceptive strategy and I'm suggesting to you that your immune system is using a clever and deceptive strategy.

The relationship between your immune system and parasites are kind of similar. Your immune system invites the parasites in to solve the toxin problem because the parasites will hide the toxins inside of their bodies like the Trojan horse hid away the soldiers.

You following me? When the parasites die, the toxins are released and they hurt our body. They wreak havoc on our system. They create symptoms.

How to Reduce Exposure and Support Cleansing

Just like the soldiers who destroyed Troy. Now, I know this sounds like a crazy analogy, but it's a great way to understand what's happening here. And the moral of the story is that you can't completely clear parasites without dealing with toxins.

So hear me loudly. You cannot solve the parasite problem unless you deal with toxins. So if you're going online and you're buying a parasite cleanse from a practitioner who is not also addressing what I could get on my soapbox here, who's not giving you mitochondria energy support, who's not opening your drainage pathways, who is not helping you detox carefully and slowly and then doing deeper detox?

Once the parasites are out, you're just DIY your health and putting money in the pockets of somebody who's not helping you through all of this. And I get on my soapbox about that because it frustrates me.

So your immune system is trying to desperately hide toxins away from your vital organs, from your brain, from your heart, from your overwhelmed liver.

Parasites are a good holding tank like the Trojan horse. So what do you do about it? Well, here's some strategies. First, you can wash your hands all the time.

Good old soap and water. I don't want you using antibacterial stuff. I don't want you using chemical hand sanitizers. You don't need anything harsh. Second is cooking your food properly, cook your meat thoroughly, avoid eating raw or undercooked meat, fish or eggs.

This is important. And vegetarians, you're not getting off easy either because there's tons of parasites inside of leafy greens. There's a whole family of parasites that you get in vegetables that live in the dirt.

So yeah, you're going to eat raw greens, but you're going to wash them really good. So number three is drink clean water, choose purified water, especially when traveling to high risk areas.

So you, you know. Yeah, well, it's true. My risk of getting a parasite is probably greater in Mexico than it is in the United States, because probably our water, you know, cleansing system that I'm showering in, that I'm, you know, being exposed to, probably it's better.

But the United States is a risky area, too, so parasites don't stop at borders. Remember that number four is keep your immune system strong. Focus on building up your gut and mitochondrial health.

So get enough sleep, move your body, avoid processed food. I mean, we have tons of talks, including my talks all about this. And five, honestly, I can't say this loud and clear enough work with a practitioner who can safely take you through parasite cleansing protocols without dropping your energy or making you feel sick.

It's really important to have a plan in place that actually clears parasites the right way. So the first thing you need to do is boost up your mitochondrial energy.

Then you need to open your drainage pathways. Then you need to gently, in strategic, clean, move through parasites to get your immune system taking over.

Remember, a good protocol is only doing 20% of the lifting. Your body is doing 80% of the work. I want you to remember that finally you can actually do the deep cellular detox at that point and the bigger parasite flushing down the road.

The big full moon parasite flushes. That's later. That should not be the first thing you do.

Testing, Practitioner Support, and Closing

So we take people all the time, groups of clients through parasite cleansing every month, our clients are sending us photos of parasites every week. Oh, my gosh.

We literally get so many pictures, poop pictures emailed to us. We have to tell our clients right in the subject line of the email warning poop photo, parasite photo, so that my poor support team, when they open these pictures, they know what they're getting into.

They're not just eating lunch and looking at people's toilet pictures, you know, they can control when they look at these pictures, I personally look at every picture that comes through.

My team sends them to me. Another parasite picture Laura. Check this out. We respond to all the parasite pictures. So if you if you think you're a parasite, send us a picture.

We will happily look at it and respond to you. So even when parasites don't show up on gut testing, our clients past parasites. Parasites, our trick here, they are very good at staying inside your body.

It's not often that you see a parasite on a gut test because you're just taking a little tiny bit of that poop sample and

sending it to the lab. And if you didn't catch the DNA or an actual fragment of a parasite or a food in that specimen, then you're not going to see it.

And they really like to stay inside of you. So parasites are far more prevalent and common than we think. That's what I want you to hear here. If you're feeling like you might have parasites, get into contact with me.

Get in contact. One of the practitioners for teaching you at this summit, we have several parasite specialists sharing their knowledge with you, myself included.

While you're viewing the summit, look for practitioners you resonate with, connect with them. Stay tuned after the summit finishes airing because I'll be hosting a series of masterclasses to get you more information on your favorite topics from the summit.

I usually do one on parasites. I usually do one where we show a lot of pictures and stories. So be prepared. I will show you these things, but I will warn you, when I do a webinar or a masterclass, I will say, okay, the next pictures gross.

Shut your eyes. If you don't want to see it, look away, you know, do something and I'll let you know when you can look again if you don't ever want to see them.

If you want to know how to get focused on medicine, lab testing and clear the parasites, then look for my emails after this summit because I will be contacting you.

Put in your safe list laura@laurafrontiero.com I'll be in touch with you. We do work from with people from many countries around the world. You can find more at Laurafrontiero.com there is a clickable link to my Bio- Radiant Health website at the bottom of the page where you're watching this video.

Until next time, take good care. Bye now.