“They’re Running The Show”: Why Parasites Are Breaking Your Gut Protocol | Sinclair Kennally Transcript

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Why Gut Protocols Fail

One of the most important things I want One of the most important things I want you to walk away with understanding you to walk away with understanding today is that most gut protocols focus today is that most gut protocols focus solely on bacterial overgrowth like solely on bacterial overgrowth like SIBO. The problem with this is not that SIBO. The problem with this is not that the SIBO isn't there, it's not that it the SIBO isn't there, it's not that it isn't real, but those protocols tend to isn't real, but those protocols tend to accidentally ignore deeper, more accidentally ignore deeper, more persistent patterns of microbial persistent patterns of microbial imbalance. Biofilms and fungus and imbalance. Biofilms and fungus and parasites form a protective network that parasites form a protective network that allows them to evade the immune system allows them to evade the immune system and resist treatment. So, if you're and resist treatment. So, if you're thinking about your gut issue like it's thinking about your gut issue like it's a probiotic issue or um a bacteria a probiotic issue or um a bacteria issue, then we're really missing most of issue, then we're really missing most of the picture of pathogens that are the picture of pathogens that are actually running the show and distorting actually running the show and distorting your immune responses, distorting your your immune responses, distorting your gut motility, stealing your nutrients gut motility, stealing your nutrients from you, stealing your energy from you, from you, stealing your energy from you, making it difficult for you to rest, and making it difficult for you to rest, and yes, disrupting your neurotransmitters, yes, disrupting your neurotransmitters, so making it very difficult for you to so making it very difficult for you to feel like yourself because you're losing feel like yourself because you're losing your dopamine, your serotonin, your your dopamine, your serotonin, your GABA, and you're getting too much GABA, and you're getting too much glutamate, and your histamine clearance glutamate, and your histamine clearance is too slow. Functional medicine experts is too slow. Functional medicine experts are often talking about like, "Oh, are often talking about like, "Oh, there's dysbiosis in your gut." And in there's dysbiosis in your gut." And in practice, hypothetically, like in an practice, hypothetically, like in an abstract way, that is not untrue. That abstract way, that is not untrue. That is not factually incorrect. But in is not factually incorrect.

Parasites And Fungi Run The Show

But in practice, what's happening in functional practice, what's happening in functional medicine is they're putting a probiotic medicine is they're putting a probiotic in place or a bacteria strategy to deal in place or a bacteria strategy to deal with this, and that's not what most of with this, and that's not what most of the dysbiosis picture is. Dysbiosis is the dysbiosis picture is. Dysbiosis is an imbalance in the microbial an imbalance in the microbial communities, including bacteria, but communities, including bacteria, but really, the fungi and the parasites and really, the fungi and the parasites and the biofilms are running the show. They the biofilms are running the show. They have a hierarchy in place where they get have a hierarchy in place where they get to distort your behaviors at a much more to distort your behaviors at a much more persistent and systemic level than persistent and systemic level than bacteria can, leading to the the bacteria can, leading to the the compromised digestion, immunity, and compromised digestion, immunity, and metabolic signaling. So, true resolution metabolic signaling. So, true resolution really does require identifying these really does require identifying these root layers, the biofilm removal, the root layers, the biofilm removal, the immune support, and the whole ecosystem immune support, and the whole ecosystem recalibration So that we're not just recalibration So that we're not just trying to play whack-a-mole with the one trying to play whack-a-mole with the one bacteria that showed up or the one bacteria that showed up or the one parasite that showed up on your stool parasite that showed up on your stool test because those are such an test because those are such an incomplete method of of assessment. It's incomplete method of of assessment. It's fine if you want to use them if that you fine if you want to use them if that you have the money in the budget for that, have the money in the budget for that, but it's not going to give you the whole but it's not going to give you the whole picture. It's going to give you a very picture. It's going to give you a very small, literally pea-sized window into small, literally pea-sized window into your gut microbiome that has made it your gut microbiome that has made it through and out the colon to you. That's through and out the colon to you. That's how much gets tested is a

smidgen of how much gets tested is a smidgen of stool off of a pea-sized amount of a stool off of a pea-sized amount of a sample. And the replication rate for sample. And the replication rate for those is really, really low. Meaning those is really, really low. Meaning they don't come up with the same results they don't come up with the same results even from the same stool sample. It's even from the same stool sample. It's hovering in the low 20th percentile, hovering in the low 20th percentile, which is really unfortunate. It's very which is really unfortunate. It's very frustrating, but that's where we're at frustrating, but that's where we're at in terms of commercially available in terms of commercially available you know, microbiome testing in this day you know, microbiome testing in this day and age. Doesn't mean that we won't get and age. Doesn't mean that we won't get cooler, better testing methods down the cooler, better testing methods down the road, but it does mean that if you want road, but it does mean that if you want to fix your symptoms, it's time for you to fix your symptoms, it's time for you to start learning about these factors to start learning about these factors without waiting for a lab to prove it to without waiting for a lab to prove it to you. You know, we want to see how does you.

Parasites Hide Inside Biofilms

You know, we want to see how does the ecosystem work and how do we support the ecosystem work and how do we support our own body to rebalance the ecosystem.

our own body to rebalance the ecosystem. So when we look at biofilms, all this So when we look at biofilms, all this starts to make more sense because they starts to make more sense because they really do act like an invisible fortress really do act like an invisible fortress in the body. Biofilms are microorganisms in the body. Biofilms are microorganisms that secrete like a very sticky matrix, that secrete like a very sticky matrix, the extracellular polymeric substances, the extracellular polymeric substances, it's the EPS, that shields them from it's the EPS, that shields them from both antimicrobials both antimicrobials and from your own immune system and from your own immune system strategies. They'll even biofilms as a strategies. They'll even biofilms as a white blood cell drifts by, will grab it white blood cell drifts by, will grab it and suffocate it. It will essentially and suffocate it. It will essentially eat the white blood cell so that your eat the white blood cell so that your your surveillance system internally is your surveillance system internally is compromised. Isn't that weird? Like it's compromised. Isn't that weird? Like it's biofilms are the slow-moving or biofilms are the slow-moving or non-moving Pac-Man of the body. They're non-moving Pac-Man of the body. They're very weird. They're really good at very weird. They're really good at hiding bigger parasites. Bigger hiding bigger parasites. Bigger parasites will actually encourage parasites will actually encourage biofilm growth or even create it so that biofilm growth or even create it so that they can nest behind it, lay eggs within they can nest behind it, lay eggs within it. That's why we're saying there's such it. That's why we're saying there's such a strong synergy. So, within biofilms, a strong synergy. So, within biofilms, bacteria, fungi, and parasites, they can bacteria, fungi, and parasites, they can actually share genes and communicate via actually share genes and communicate via quorum sensing and exchange resistance quorum sensing and exchange resistance traits. Like, "Hey, this person has used traits. Like, "Hey, this person has used a lot of antibiotics and that used to a lot of antibiotics and that used to keep some of the infections at bay.

keep some of the infections at bay. Let's use these strains and these Let's use these strains and these strategies so that we become even more strategies so that we become even more resistant to those than we were before.

resistant to those than we were before. Oh, this person has Oh, this person has you know, elevated white blood cells. you know, elevated white blood cells.

Well, let's tell each other how to work Well, let's tell each other how to work against that so that those strategies against that so that those strategies don't work." And that's the biofilms, don't work.

You Canu2019t Target Just One

" And that's the biofilms, fungus, and parasites telling each fungus, and parasites telling each other. They are literally working other. They are literally working together. It's why if you only target together. It's why if you only target one, if your anti-parasitic protocol one, if your anti-parasitic protocol from some that you know, not to from some that you know, not to disparage them, but there's these really disparage them, but there's these really big celebrity crunchy mom accounts on big celebrity crunchy mom accounts on Instagram and they're like, "Just buy

my Instagram and they're like, "Just buy my one product because my kiddo felt better one product because my kiddo felt better on it and the rash went away. So, on it and the rash went away. So, therefore, you should buy my product." therefore, you should buy my product." That's a really honestly disingenuous That's a really honestly disingenuous way to approach this. Your body needs way to approach this. Your body needs much more strategic support than that much more strategic support than that and you deserve better. So, I want you and you deserve better. So, I want you to become more discerning after today to become more discerning after today about what are the tools actually about what are the tools actually required. The more you understand about required. The more you understand about how biofilms, fungus, and parasites work how biofilms, fungus, and parasites work together, the smarter you will be about together, the smarter you will be about what is actually worth your time, your what is actually worth your time, your energy, and your budget. So, biofilms energy, and your budget. So, biofilms are a primary reason chronic infections are a primary reason chronic infections persist or return even after rounds of persist or return even after rounds of antimicrobial treatment. That's a really antimicrobial treatment.

Biofilms And Chronic Infection

That's a really important detail for you to know. important detail for you to know. Biofilms can make pathogens up to 500 Biofilms can make pathogens up to 500 times more drug resistant and that's times more drug resistant and that's implicated in over 80% of chronic implicated in over 80% of chronic infections according to the NIH. So, infections according to the NIH. So, this is not a do I have biofilms?

this is not a do I have biofilms? Everybody has biofilms. Everybody has Everybody has biofilms. Everybody has parasites. The question is, are yours parasites. The question is, are yours running the show? And are they in a running the show? And are they in a state of overgrowth in a way that your state of overgrowth in a way that your immune system can no longer keep them in immune system can no longer keep them in check? And you would know because the check? And you would know because the symptoms that are showing up in your symptoms that are showing up in your body, they really have your attention.

body, they really have your attention. It's just a multicellular microbial It's just a multicellular microbial community embedded in a self-produced community embedded in a self-produced protective matrix often found on mucosal protective matrix often found on mucosal surfaces. So, that's your gut lining, surfaces. So, that's your gut lining, it's your sinuses.

it's your sinuses. You know, those are great favorite spots You know, those are great favorite spots for biofilms, but they can actually be for biofilms, but they can actually be throughout the body. They can be deep in throughout the body. They can be deep in your lymphatics. For example, breast your lymphatics. For example, breast implant illness is becoming better implant illness is becoming better understood in this day and age thanks to understood in this day and age thanks to the work of some of our wonderful the work of some of our wonderful colleagues, and biofilms are found colleagues, and biofilms are found around the implants themselves. The body around the implants themselves. The body is using them almost as like as a is using them almost as like as a protective layer between it and um the protective layer between it and um the implant and the body. So, you might have implant and the body. So, you might have some encapsulation. Yes, you know, some encapsulation. Yes, you know, what's those hard calcium shells? You what's those hard calcium shells? You will always find biofilms where there is will always find biofilms where there is foreign material in the body. The body foreign material in the body.

Toxins And Biofilm Formation

The body will let that become a layer between you will let that become a layer between you and it. Now, at a microscopic level, I and it. Now, at a microscopic level, I want you to really pay attention to what want you to really pay attention to what I just said. The body will let biofilms I just said. The body will let biofilms form a protective layer between the body form a protective layer between the body and the foreign material. When you're and the foreign material. When you're getting constantly bombarded by toxins, getting constantly bombarded by toxins, which are foreign materials, they're which are foreign materials, they're synthetic, they're harsh, even heavy synthetic, they're harsh, even heavy metals which are of the earth, you know, metals which are of the earth, you know, officially, they were buried deep in the officially, they were buried deep in the earth's crust for the last several earth's crust for the last several thousand years. We've only just now thousand years. We've only just now liberated

them. They really hurt in the liberated them. They really hurt in the body in very, very small amounts. We're body in very, very small amounts. We're getting those in our air pollution and getting those in our air pollution and our personal care products. They're our personal care products. They're getting actively sprayed on our soils as getting actively sprayed on our soils as part of those big ag products, part of those big ag products, fertilizers, herbicides, pesticides. So, fertilizers, herbicides, pesticides. So, it means that we're getting exposed to it means that we're getting exposed to things that we didn't evolve with. And things that we didn't evolve with. And that's a really big deal because when it that's a really big deal because when it comes into your body, your body's like, comes into your body, your body's like, "Okay, I'm going to try to use my normal "Okay, I'm going to try to use my normal detox pathways to get out these detox pathways to get out these exposures." And those don't work as well exposures." And those don't work as well as they do for your normal metabolic as they do for your normal metabolic waste and you're already overwhelmed waste and you're already overwhelmed with the number and style and size and with the number and style and size and different scope of materials. It's just different scope of materials. It's just a constant onslaught for your sweet a constant onslaught for your sweet little body that's trying so hard to little body that's trying so hard to protect you and perform well for you.

protect you and perform well for you. You know, your body's truly innocent and You know, your body's truly innocent and it knows how to clear this stuff. It it knows how to clear this stuff. It just can't keep up. Yes, it will let just can't keep up.

How Biofilms Suppress Immunity

Yes, it will let biofilms form a layer between you and biofilms form a layer between you and the foreign material and that's how a the foreign material and that's how a lot of this is taking off so fast for lot of this is taking off so fast for our population. So biofilms outsmart the our population. So biofilms outsmart the immune system by acting like that immune system by acting like that invisible fortress, right? They inhibit invisible fortress, right? They inhibit immune detection by masking antigens and immune detection by masking antigens and damping inflammatory signals. Pathogens damping inflammatory signals. Pathogens inside biofilms, remember how we talked inside biofilms, remember how we talked about just a minute ago that parasites about just a minute ago that parasites can hide within or behind biofilms, can hide within or behind biofilms, pathogens inside these biofilms can pathogens inside these biofilms can modulate macrophage activity to suppress modulate macrophage activity to suppress immune activation. So, your alarm bells immune activation. So, your alarm bells should be going off to come in and should be going off to come in and tackle these pathogens and say, "Not tackle these pathogens and say, "Not today. You got to go. We don't want you today. You got to go. We don't want you here. No, thank you." But because here. No, thank you." But because they're using biofilms to modulate your they're using biofilms to modulate your macrophage activity, the result is macrophage activity, the result is suppressing that appropriate immune suppressing that appropriate immune activation that should be going off. So, activation that should be going off. So, you might be reacting to things in your you might be reacting to things in your body like toxins, food contaminants that body like toxins, food contaminants that are getting out into your bloodstream are getting out into your bloodstream because of your leaky gut, because of because of your leaky gut, because of your everyday toxic exposures and your your everyday toxic exposures and your immune system is essentially wasting immune system is essentially wasting your immune energy on those materials your immune energy on those materials and not efficiently seeing and going and not efficiently seeing and going after these guys, the biofilms and the after these guys, the biofilms and the pathogens that are working together. And pathogens that are working together. And your immune cells like neutrophils, for your immune cells like neutrophils, for example, really struggle to penetrate example, really struggle to penetrate the EPS layer of biofilms resulting in the EPS layer of biofilms resulting in this chronic low-grade inflammation this chronic low-grade inflammation rather than eradication. Biofilms rather than eradication. Biofilms confuse the immune system into confuse the immune system into tolerating them like living with an tolerating them like living with an intruder who hides in your walls. That's intruder who hides in your walls. That's a really good way to think about [music] a really good way to think about [music] it.