Introduction to Parasites and the Summit Topic

Hello and welcome back to our Reversing Mast Cell Activation Syndrome and Histamine Intolerance Summit. I'm your host, Dr. Meg Mill. And today I'm joined by my esteemed colleague, Sinclair Kennally.

She's a certified nutritionist and expert on chronic digestive disorders and the co-founder of Detox RejuveNation. I am so excited to have her here today.

And we are going to talk about a really important topic that actually is often misunderstood, especially in the conventional space, but even sometimes in the functional medicine space.

So we are going to talk about parasites today. You've probably heard of them, but may not be sure how they fit in or what to do. So thank you so much for joining us today, Sinclair.

You're so welcome. So this is actually one of my favorite topics because I love seeing the light bulbs go on for people and realize others. They might be something huge of overlooked.

And that's why I'm not healing yet. Yes, I know in that when those things change, it's just such a game changer. So I'm excited to dive into this too.

Now I know we share. We all have personal stories, so I love to share some stories. I know you have a history, so I just like to to give a little background because I know sometimes it's really personal for us.

Yeah, it absolutely is. It's and I think that that actually makes you an amazing practitioner when you get to have your own trials and tribulations, you so like, you know, not only greater empathy but just more commitment to finding tools that really work.

So yeah, for me, it was definitely a very personal journey. I was actually in mental health first, and it was my weird rabbit hole of, you know, a confluence of symptoms that ended up to be, you know, major chronic illness.

I ended up in the hospital as a mystery patient. They couldn't figure me out. None of the normal labs came back. And then a conclusive. You know, one thing to fix the MRI is the Cat scans.

There's just nothing to point at and say, let's do a surgery or let's put you on a prescription. Like, that was just, very long road. And a big part of that journey for me was parasites.

And I was in denial about it for a long time because that's like, how could that possibly be something that my body would let happen, for one thing? And if I'd gotten one, wouldn't I know right away.

And the truth is, it took me until I was down to three foods. I was like, really unlivable. Gut pain, crushing fatigue, big mood swings, extreme bloating, sharp abdominal pain, Gerd.

And actually, it was like a it was a lot. It was running my life. And, until I finally decided, okay, maybe I need to look at this parasite thing and tackle it head on.

Yes, I know, so yeah, it's true.

Personal History and Parasite Overlooked Symptoms

It's there's they are invasive and we can get them everywhere. I think we live in an international world. So I think sometimes people think parasites or something like if you travel to a different country or you know somewhere else

and you know, you can actually get them from your grocery store from anywhere.

Yeah. I'm so glad you said that because I, I still feel like we have to encounter that myth every day. Parasites don't know borders. And of course, with our international food production system, they're coming in anyway from tropical regions because they're growing food off season somewhere, and we're importing it, like you said. So.

And there's a lovely, study that I like. The quote that was from Wisconsin. It was 38 out of 40 salad bars tested, had parasites in them. And this is, you know, several years ago now.

So it's just an important point that, it doesn't matter if you're a meat eater, if you're eating plant based, you have plenty of exposure. Parasites are alive and well in North America.

You don't have to have gone to a developing country or hung out in the jungle. Although it's certainly easy to pick things up that your microbiome hasn't seen before, and your immune system isn't calibrated to if you expose yourself to new environments.

But it doesn't require that. And for many of us, parasites actually steal into the picture because we're overloaded by toxins, right? So and parasites act as toxins, sponges so they can kind of sneak in and your immune system will even tolerate that.

And it's these slots subtle, subtle chronic symptoms over time that build and build and build like histamine overload. Right. That actually end up really driving a significant part of our health issues.

And they snuck in the back door a long time ago, and they've had plenty of time to set up shop. So quite interesting right? Yes it is. Yes. Let's start by just kind of talking.

Let's go to basics 101 for people that maybe just don't know what a parasite is or how to look for a parasite, can we start at the beginning? It's going to be.

Absolutely. Let's start with assessment. Because like what signs and symptoms would actually apply to you to to actually look further into this. Right.

And actually histamine intolerances is one of the biggest ones. And having MCAS a diagnosis of MCAS as is, you know, quite the indicator as well because parasites, many, many, many species of parasites, one of the fundamental characteristics that they have is they actually produce high loads of histamine.

And they also interfere with the liver's ability to actually deal with histamine. So, then of course, remember, histamine in and of itself isn't bad. It's how much do we have of it?

And can our body regulate it? Well, right. We need it to be alive. It's not a bad word, you know. It's just do we have too much of it? And so then becoming oversensitive to that and, you know, ending up having to live our lives around that.

So that is a primary issue. We also have a lot more, a lot of secondary issues. And you don't have to have all of these. You could just have some of them, you know, it's very common to have skin issues that can be diagnosed as autoimmune in nature, like rosacea, eczema, psoriasis, obviously digestive conditions like bloating, you know, constipation, diarrhea, alternating constipation and diarrhea.

The same parasite species can create constipation or diarrhea, depending on a number of factors in your gut. So we don't want to rule that out for you.

becoming sensitive to foods, that's a big deal because, parasites love to disregard late and distort your immune responses. It's a big part of how they like to run the show in your body.

So as soon as you start becoming chemically sensitive, it's just. Yeah. Ring any bells? Food sensitive. It doesn't

have to be food allergies. Although dairy intolerance and grain intolerance is, you know, really indicative of parasites, but also some weird stuff like, you know, sleep disturbances, difficulty falling asleep, difficulty staying asleep, feeling like you wake up exhausted even if you had 8 to 10 hours sleep, finally waking up in the evening.

I hate to break it to you, but you're not a night owl, sweetheart. Humans don't have a night owl, gene. We have parasites. Healthy humans want to be in sync with the sun, right?

And then, of course, like some fun things that can show up in your labs. It is hard to test for parasites, but there are some markers, like in yellow and iron.

B6, B12 deficiencies and zinc deficiencies. Right. So those are things to look for as well as more localized symptoms like headaches or migraines or joint pain or, people who have parasites often feel difficulties settling into themselves.

So they might have anxiety like I did or depression like I did. You often see them chewing on themselves like chewing on their nails, scratching at them.

So just kind of like difficulty being at home in your own skin. you'll never unsee that now. Yeah. And 91 you all now you're like landscaping. I'm doing chewing ice.

Like those kind of things sometimes do. Yes. Totally. Yes. People with their hair in their mouths or fingers on mouths or fingers in their nose. I mean, it's just like it's a it's a whole thing, guys.

So you don't have to have all the gross stuff. You might have the eye floaters, you might have, you know, more localized things like breathing problems and, you know, asthma, which can be attributed to mold exposure.

But it can also just be parasites, like eggs in your lungs. That's a whole thing. So that's strange. Ladies, for you, that's one of the most common parasites in the United States.

So yes. I, I love talking about this stuff because it sets people free. It brings so much joy to it. But I realize it is disgusting. Yeah. Just like when you see the pictures, when you get sent the pictures of the parasite that that you can.

So that's like you can see it actually sometimes, not always, but sometimes you can see them passing. Yeah. And so if you know that's a great point actually because people think, oh, if I had a parasite I would know, I would have seen it in the toilet.

Right. And actually is parasites die. First of all, over 60% of parasites are invisible to the naked eye, right? They're mono cellular. They are actually classified as cultures and pathogenic biofilms.

So you're not necessarily going to see fireworks in the toilet unless you're on a parasite protocol that draws them out. Then those larger worms you might see in the toilets still intact, but they do as they die.

They secrete enzymes to break down their bodies very quickly. And unfortunately, that's a re toxic vacation event for you. So it's part of why if you've been on a parasite cleanse, it's not well designed.

You'll feel really bad as they're dying off because you are liberating. And then rapidly, all these toxins that the parasites have been holding onto for you.

So it's, really weird stuff. But yeah, that's why you might not have seen them in the toilet unless you're on a specific protocol that draws them out.

Yes. Yeah, absolutely. And I think I want to just even go back to what you were saying about the symptoms, because it really does vary.

Parasites, Histamine, and MCAS Connections

So my daughter was I'm going to just use her as an example. She was having migraines, and I was trying to get her to do all of the things that I'm telling her to do, and she wasn't listening.

And so we did do a stool test. And I said, well, you have a parasite. It showed. It doesn't always show, but it did show. And it was like, actually the thing that finally motivated her to listen.

And she had no GI symptoms. And so that and that's like that's an important point. I think what you're saying when you're bringing up all of these different things, I think people think, well, I don't have an upset stomach or I'm not having GI symptoms.

And this can present, like we're saying, with the histamine overload, with the sensitivities, with the migraines, with and all different ways. And it's tricky.

I'm really glad you're underscoring that point because, the last thing I want to see is people aren't suffering unnecessarily. So I think we should name a few of the other ones too.

Like beyond, like the mood disorders, like the depression and anxiety piece. You know, there's there's some weird symptoms like TMJ, teeth grinding at night, you know, this, this kind of stuff.

And yes, there's like highly localized things like rectal itching, you know, why would you have that? Because Mama Parasite is going to thread her way down to the rectum.

Lay her eggs right, right there at the end of the colon, and secrete a sticky substance with it so that they get picked up with your bowel movement. But the sticky substances very irritating to you, so you end up scratching.

You know, I think some people think, oh, you know, parasite symptoms are going to be only gross in nature. And yes, there are those, but it's also things like, you know, I floaters and, you know, yes, abdominal pain and all of that.

But like dry lips, menstrual problems. That's a big one that I think you and I both see, you know, liver congestion, reproductive distress, especially in women like these.

These can be like those cysts, ovarian cysts, you know, fibroids, PCOS, endometriosis. One of the first things I would look at is liver overload and parasite load.

You know, how can we free up the reproductive system from having to handle all this stress for the body because it's being asked to do too much as a detox pathway?

You know? Yes. So I really appreciate you bring it. Did we leave any out? I don't know, I don't think so. I think we we got a ride variety center. Yes, we got the we just if you're listening watching you know that you have to look at everything.

And I think that's where unpacking some of these things can get difficult because especially when we're told, like you're saying, you're fine, your labs look fine, you're they're normal and you're saying, okay, no, but I have all of these symptoms and we're really trying to help you figure out where to start.

So let let's move a little bit into you mentioned really in relation to histamine mast cell because there is that connection with parasites. Yeah. There really is.

and again guys we're we are making histamine in the body. Right. We, we need to have it to live. So let's not give it a bad rap. It's what we're looking at is how does the body actually process histamine.

And you know the good news is you're like pull up on experts that Doctor Mag has, you know, taking you on this grand tour in cemeteries. So I won't belabor that point.

I'll just point out that, you know, parasites are really good at producing histamine. And so it's very easy to have overproduction of histamine because your body can't actually regulate itself.

And its own histamine load if you're parasites are deciding when to produce histamine. So it's not just you in relationship to your environment, it's not just you in relationship to your own liver overload and can you keep up, but it's also how are the parasites responding to their environment.

And if you think like a parasite, parasites are driving your food cravings and they're responding to your environment in your body and the environment your body is in all the time.

So one of the things that we teach in parasite cleansing is actually, you know, EMF, we call it hygiene, EMF hygiene, just how to think about this. Because as you sleep, your body needs to be able to be in a low EMF environment so it can heal quickly, but also not have the your immune system suppressed so it can go after parasites.

So you aren't overproducing histamine. So to think about the cascade effects of the environment that you're in when you already know if your immune system is on the back foot, if your body has become overloaded, it doesn't have the energy to detox.

Whatever you've been exposed to in your food, air, and water, you are the perfect host for parasites, right? So therefore we we it is safe to assume that we need to assess and take a deeper look at our parasites, a part of your histamine production and therefore part of your histamine overload.

And what does it take to unpack that for your body once it's already depleted? Already over sensitized. Right. These are these are the ways that we look at this clinically together.

And I know it's confusing because, you know, it's tough to like I mean I really love that you call that right away that it's tough to find parasites on labs.

Like we just we get to acknowledge that for sure. We do not have commercially available full proof testing methods at this time. You know, we it's like you said, like, oh, yeah, we found one.

We actually have proof. That's that's what a stool test is for it. So it's a layer of information at best. Right. And it will not give you the full picture of what's under that.

It's all it is is a window. So thanks for calling that out. And I really appreciate it because we had to give people realistic expectations. Yes. Yeah. It's it's tough.

So if someone is thinking that they may have a parasite where do you start. Where do you put this in your eye. Because I know you work with a lot of people with chronic illnesses.

So where do you layer this in your healing? As early as they can tolerate it. Honestly. And, I want to make a really important distinction here. And I know you're very thoughtful about this as well.

we don't just go in and hunt and kill. Yes. Just because the bugs are there and they're driving symptoms doesn't mean the fastest path forward is actually killing them off and creating huge diff reactions.

Because, for one thing, histamine sensitive people can't tolerate that. Right? So then we get into this huge drama of flare and crash with parasite cleanses.

If they're done inappropriately, it doesn't mean you can't tackle them or you know, as early as possible in the health journey. We just need to make sure that we have drainage support in place and that we're drying out the parasites as much as possible, intact, you know, with materials like more supportive care, etc..

and making sure that we have enough mitochondrial support and we're thinking through your environment at the

same time. Right? Because if you're frying alive while you sleep in bed at night from your emfs that can create, that can actually turn your histamine load depending on your EMF, sensitivities and, the environment that you're in.

So that's a really big deal. And that will absolutely inhibit your body's ability to not just clear histamine, but clear the parasites themselves. And any parasite cleanse is really an invitation to the body.

The body still has to do the work. Oh, that's a good one. Yes. Right. I know, and I'm so glad I learned parasite cleansing from German parasitologist as cranky old guys because they they really impress us upon me.

Like 85% of the work is what they say, is coming from is being done by the immune system, is being done by the body when it comes to parasite work. So your your supplements are informing the body, but you still have to have the energy in place, which is why we always do mitochondrial support.

Drainage Support and Preparing for Cleansing

We want to smooth out the way we want to have drainage support in place. Like, okay, let's open the doors, let's get things moving right. We need the gut letting go.

We need the liver letting go. You know, not too fast. But you know, we need to keep things moving. And then we layer in the antibiotics. Absolutely. As soon as you will tolerate them.

So let's just talk about because we you and I know drain and support. But they may not know what drainage support is. So let's just talk a little bit about some of those steps that we want to do first.

Yeah it's a great point. So when we're thinking about drainage I know it's a it's such a gross word, but you know, the bodies progress. That's fine. That is. We not.

I'm totally desensitized to all of this. Like, I'd love to show you some parasite pictures today just so you guys know what to look for in the toilet, right?

Maybe we can make sure you find some time for that. And, the the thing about drainage is it's absolutely crucial to not just staying alive, but being healthy.

Health is a state of flow. I always say a moving stream runs clean, right? So that means that you are able to take things inefficiently, like food, air and water, right?

And absorb what you want to and release what is unwanted very efficiently. That's flow. That's drainage. So yes, you're using your detox pathways for that.

You're among trees, right? So that's your liver, your kidneys. Yes. Your digestive tract is essential for that. Your colon and yeah, your lymphatic system, your lymphatic system, you know, higher up in the drainage funnel are essential to be working.

So we're flushing out the body, right. The body actually spends just as much, if not more work flushing things out that, you know, we don't need anymore or we never wanted in the first place, as we do, taking things in and trying to digest and absorb them.

So drainage support is about helping the body do what it already wants to do. It just hasn't been in a position to do it as efficiently as it would like to.

And why would that be? Well, because we're living in a really strange day and age of these toxins in our food, air and water. It's not anything like exotic.

You know, you don't have to have been in like a really weird situation. You have to have been like a fireman, like running into a burning buildings and having things toxic off gassing at you, like your home is off gassing at you.

So let's let's just, you know, give our body some grace that it might need some drainage support. And remember that we always start with drainage from the bottom up, because you don't want to try to flush a clogged toilet, because what happens then?

You're going to get this overflow of yucky, unnecessary symptoms. Right? So the colon's got to be moving. Just basics. You're not allowed to detox and you're not allowed to parasite cleanse if you weren't pooping my friend.

So we want to be pooping one, two, three times a day. Want to be hydrating in order to support that. So we have a clear door to the exits, right. Because one of your body's favorite ways to let go of toxins is through the bile, through the bowels.

And that same goes for parasites. How else are they going to leave the body? Really, when you think about it, yes, some of them are going to be like we've had many clients pee out parasites.

And, you know, we teach these nasal rinses so you can get the local ones, especially for those of you that have been exposed to mold, you probably have some bugs up here.

We got to flush those guys out too. But really it starts from the bottom up. So we always open up the colon where we support gut motility and, you know, gentle liver support so that you have the energy to let go of parasites.

so that's what drainage support is supporting what your body already knows how to do. It just can't keep up right now. Yeah that's really important. And the other thing you mentioned interesting is the toxin part how parasites love toxins.

Can we talk a little bit about that. Yeah. Yeah. And I, I want to help you guys think about this. So when I say parasites I mean the mana cellular guys all the way up to the big worms, like the big tapeworms. Yes.

Can be over 20ft long, but usually you have something in the middle. You have, like some hookworms that are like this long that are attaching to your small intestine wall, the lining of it, and they're drinking your blood. Right.

And what are they doing? They're actually helping to filter your blood at the same time, and they're holding on to toxins for you. And those bigger worms like thread worms, roundworms, tarantula ladies these guys are holding not just the industrial chemicals that came in that you breathe in, that your liver is having a hard time processing and letting go of, but also the mold and mycotoxins.

You know, your Candida is holding on to the mercury from your amalgam fillings that. Yeah, you got the amalgam fillings out a few years ago. You still have 80% of that mercury in your body.

And then Candida is acting in a parasitic way for you. It's stabilizing that mercury and slowly, very slowly oxidizing it and breaking it down over time into slightly less toxic formats of mercury.

So your body is allowing it because it will actually hold several times its weight, its own body weight of mercury for you. That's why. And the reason why you feel so bad when you do a Candida cleanse, because you are releasing the mycotoxins, the Candida hounds, the mercury, and other heavy metals that you drink in your tapwater or you showered in or you know, was in your baby food.

You know that it's if this is just normal life stuff at this point we can't get away. So we assume toxin exposure and we understand that each parasite species has its own strategies for holding toxins for you, in part because they don't mind.

They thrive in toxic, low oxygen environments. That's not where your immune system thrives, so they love using it as a survival strategy because your body will tolerate them.

And then they get to eat your food first. They get to steal your energy. First they get to steal your Gaba, right? Your calm neurotransmitter, your serotonin.

That's like, you know, oh, you know, the will to live happy feelings and things like they they get to eat all of that. They enjoy all of that from you.

So they don't want to kill you. They just want to, keep you weak. And toxin absorption is a great strategy for them to be allowed in the door and set up shop.

So amazing question. What do you do? You know, when you're seeing this? We don't know what they're holding. So we're really trying to do these parasite cleanses and can we talk a little bit about supporting your body during that time so you're not getting the perks reactions?

Yes, absolutely. so I always talk about so if if you don't know what a Hertz reaction is, it's short for Horkheimer reaction. And what we mean is, although I know that our histamine and our Marcus folks know exactly what.

You guys know you've all been through it like we have. So first of all, it's not fun. it can be, you know, misnamed as a healing reaction. It's not. It's an unnecessary symptomatic response.

And I think about it this way. How to make a heart's reaction. Let's learn the formula so we know how to avoid it. You make a reaction because you don't have enough drainage support, and you don't have enough mitochondrial support for your body to process what you're asking it to process.

And then you add in some root cause work, like, oh, maybe you should detox and maybe you should, kill off some parasites. And how about we just add to your to do list?

Even though you don't have enough energy, you don't have enough drainage. That's how you make a herkes reaction. So you didn't set the stage up properly for yourself.

And, a lot of this is learning your own body and taking some responsibility for, really taking in the protocol that you get from your practitioner and really investigating it fully and providing clear feedback because your practitioner can't help you if they don't understand the response to getting you.

Everybody is different in terms of your capacity to offload and drain right and detox at each chapter of your healing, which is why, like in our parasite cleanse, I can even in Rapid Parasite Jumpstart, which is our our get started Quick Parasite course, we teach people how to individualize and customize protocol for yourself based on your own drainage capacity at the time, which can change dramatically over time. So, we just want to think about, first of all, acknowledging that hurts reactions are going to happen if the formula is off.

We need enough mitochondria support enough to change support. Then we layer in the detox and parasite work. Right? And I apologize, I forgot what your question was.

Was that that's exactly what it was. And I would have to say, you know, even practitioner wise, I can't tell you the number of people that I've had actually come to me that have been put on detox right away.

And there's just something going on right now where people just detox, talk about detox all the time. And if you do that before your body is ready, you're just asking for problems.

Parasite Cleansing, Reactions, and Visual Examples

And I think that's something that what you're saying, it's really so important to know because, well, I always just think what a good thing in the wrong place is just can be such a bad thing sometimes.

And we really have to acknowledge there's a process to healing. It may take some more time, but if we follow that process, you're going to set yourself up in a positive way.

Instead of feeling like, I can't do anything, I feel worse. Yeah, I'm really glad you said that and I agree with you. It's it's really important that we lay the groundwork, especially for people with histamine sensitivities and it gas.

And it's not a life sentence, guys. It's not a death sentence either. It's about respecting the fact that your body's on the back foot and there is a way forward from here.

We just all you need to know is what is the next step. So yes, we got to offload the parasites. So we also get to prepare the body for that work. You know. Yes, yes. Thank you so much.

What you said do you have your pictures ready because. Oh yeah. Someone say that's a fun little treat. Let me actually give you the. We can share. Okay. Thanks.

Benton Tanaka. Here we go. Can you see that yet? I can't see it yet. Okay, let's try the. We can just. So we have. This is really fun. we I call them our family photo album because we have a big forum that everybody shares their progress along the way.

It's so great. And you want to know when to look for it, right? I know it's gross, but hey, we gave you a warning, guys. You want to know what to look for?

This is it like. Yes, these are some of the bigger ones. Like that's a very classic presentation of what's known as World Worm, where you get these big, you know, methane bubbles, you know, in here that are helping them to float.

One of the easiest ways to let go of these is actually with enemas and coffee enemas, because it provides the body with the amount of energy that it needs to offload these things while they're still intact.

It's not a requirement, but it sure does help. And I just love seeing this because, oh yeah, this is great. So this is like, a whip worm right there. potentially, you know, also within this size range, this could be, this is a little long for hookworms.

It could be pin worms, etc.. And you get, you have to remember that parasites aren't always pretty. Like, they're not all going to look like pink earthworms, right?

Some of them, like a major class of parasites, is, flatworms, which, you know, tremor toads that can be, you know, often mistaken for those tremor toads are liver flukes, lung flukes, you know, intestinal flukes and blood flukes, as well as this classic presentation of, you know, I love this illustration because it really shows, like what some of that thread worm class of parasites are doing in the gut and why you might have that pinchy feeling and that block that comes intermittently, especially if you eat carby foods or dairy.

You know, whatever your personal triggers are, what are they doing? Well, they're damming up a section of your intestine and trying to slow down motility, so that they have longer to feed on your food.

The slower your food goes, the more it rots, the higher the sugar content. Yay for them. Yeah, right. Not yay for you. Yucky for you, but certainly, really important to to understand.

So that's some fun stuff. I also always love to show flukes because if you're doing any live or support work, you want to know, but, they don't always come out looking like worms, right?

And, you know, you'll see a lot of debate online, you know, and even practitioners get hooked into this debate. Like, those aren't worms. They're mucus plaque or it's biofilm.

It's like, well, yeah, but a lot of that is, first of all, you're never gonna know unless you test it under the microscope. And we haven't mapped most of the parasite, genome because there isn't the money to do it.

It's just not worth it to the people who fund most of those studies, because how are they gonna make money off of it? Guys, that's what you have to think about.

How many medical institutions think. So we we expected to take some time first to be able to map the parasite

genome in any real way. You know, people who are trying to fund rope worm studies.

So, you know, I've been working on that for over 20 years and it's privately funded. They've only mapped part of the genome. It's it's slow going. And that's why you're still seeing a big debate about this stuff online.

But it doesn't matter if it's parasitic biofilms, you know. And the toilet or if it's full on worms. It's better out than in because those biofilms are absolutely.

What they do is they pull and trap your white blood cells, and they can actually modulate their own DNA up to 90%. within a colony, what's more typical to be like up to 70% within a colony, because this part of your intestines a little more acidic than this end of their colony, this part's a little warmer.

This part's a little cooler. Fine. They're going to figure out a way to thrive. They have no problems adapting to you and trying to drive your behavior to adapt to them.

So we just get to think like them and to say, better out than in. We'll never know. Every single species that you have. We actually don't need to for you to get your health back.

That's the good news. Well, we do want to do is set the body up to be a draining, detoxing, parasite excreting machines so that you can catch up on this overload and backlog that has developed over time.

Return to that living stream once cleaned. Remember how we talked about that? And that's that's when you get back to feeling healthy and resilient again.

You don't have to worry about, well, when am I going to know that that was the last parasite that I saw in the twilight? That's the end. They don't wave a white flag like we're done. We give up.

What we want is to offload the excess of them so that your immune system can become back in charge, and you have enough energy to meet the challenges of your life.

That's what we're looking to create. And that that is enough. I promise that is enough for another. Improve, too. You see that change so you don't have to unless you don't have to have that test that, you know, I mean, like we're saying, the testing can be variable.

You start to feel I always tell people like you start to feel better. You can tell you can tell. Your immune system is more active. We're working on all of these pieces.

And I loved another thing how you said that really they are in charge. Like when we think of parasites, they are living. So they're, you know, they have life cycles, they can adapt.

And that's something kind of hard for people to think. I think in your own body, too, we're coexisting. Yeah, that's a really great point because my parasites all have their own reproductive cycle, so they're more active at certain times of the month.

That's why you see all the online content about like full Moon challenges or oh my parasites and wow that I full moon. Yeah ers. And you know police station staff up during full moons because they know your parasites are more active and they're driving weird behavior.

Yeah. You know you're my I lived back in the day when we were totally broke because we've been financially devastated by our health issues. You know, we're trying to just, like, focus on healing.

We lived in this yucky apartment complex, and every full moon was wild. People would drink too much. They would, you know, it was it was nuts. So yeah, it's it's not uncommon for parasites to be driving that kind of behavior.

And we have to think about when you're detoxing heavy metals or other toxins. Those don't have a consciousness.

They don't bite back. You just want to make sure you're releasing them in a way that's safe and doesn't create more harm on their way out the door.

Parasites. You actually have to get ahead of them in the life cycle and get your immune system back in charge. So it is fighting a consciousness. It's a different, different set of strategies for sure.

But I love that message of hope that you really underscored. If like, this is all doable and you do see symptom reduction along the way, we see people in Rapid parasite jumpstart in rapid gut reset.

These guys are dialing back their dairy intolerances. They're getting more and more tolerant to histamine. They're getting more and more tolerant to their environment.

They're able to go back into storms. They're able to sleep through the night. They're not, you know, dealing with that, you know, life ruining skin conditions anymore.

Or maybe you're the person with migraines and you don't have any gut symptoms like all of this can you can make substantial progress if you're doing the right tools at the right time.

Yeah. So this. Yeah. Thank you so much for all the great information. Can you tell everyone where they can find more about you? Oh yeah. Thanks. And so we do.

we're on Instagram @detoxrejuvenation. And, you know, you can also follow me personally. Sinclair Kennally. I have a podcast, Your Health Reset. And we do have, a really lovely, I love it because it's we take hundreds of people through this at a time.

It's an easy way to get started on your parasites. It's called Rapid Parasite Jumpstart. And in just a few weeks, you learn all these tools and we make it safe and even fun. We.

We laugh, we cry. You have a ton of support in the forum together. It's just it's a real joy to finally take back control of your health. So that's my my favorite way for you to get started on this topic.

Well thank you. Thank you so much and thank you for joining us today. Thanks. I really appreciate your advocacy in this space for this population. It just but demystify this and let people know they're there's hope and help.

So thank you so much. Yes yes have a great day everyone.