Understanding Parasites: Transmission, Symptoms and Natural Solutions Transcript

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Introduction and Guest Background

Everyone. Great to be back with you. I have a special guest today, Doctor Christine Schaffner, and she is a board certified nature doctor. And as you know, if she's a doctor, then she's very well versed in integrative medicine.

Well, the good conventional stuff and extensive expertise and all the good natural and holistic treatments. So Doctor Schaffner was so great to be with you.

Oh, thank you so much for having me. I'm really honored to be here. Well, we're going to talk about parasites. How much of a problem they are, how you identify and help patients with it, how it relates to whole body health.

But tell us more about your background, if you would. Yeah, absolutely. Thank you. Well, I'm a practicing natural doctor for about 14 years and I have been trained not only natural medicine but also in by a regulatory medicine.

And that is the medicine that came out of like Switzerland, Austria, Germany. And it very much looks at the body like natural medicine, but also has this idea of the body's ability to self-regulate and heal.

And so the natural philosophy also aligns with that philosophy, and that we both agree that the body is wise and intelligent. And really, as a doctor or physician, our job is to identify and remove obstacles for that healing ability to heal the body better than any doctor could.

And so what I gravitate in by regulatory medicine is they look at these things called interference fields and these, you know, common, overlooked areas that can really impact the body's natural ability through the autonomic nervous system and the facial fabric in this regulatory capacity.

So we look at hidden infections and the tonsils and the sinuses and the appendix of a god. We look at dental interference fields from toxicity, from amalgams to root canals and cavitation, as well as looking at scars and how they can impact the electrical systems of the body as well as the lymphatics and really the communication network.

And so I really, you know, love what I do. And I treat patients from all over the world who really find them, them selves in this area of gray.

What Parasites Are and Why Theyu2019re Overlooked

I very much feel that we're in the middle of a paradigm shift, and especially how we approach chronic illness today, and we really need to look at it as, you know, multiple root causes and, you know, multi systemic illness and that the body is a connected whole organism.

And we have to always when somebody has the symptom in one system, we have to look at the body as a whole. And so I'm really dedicated and devoted to changing that paradigm.

And I grew up around medicine to mark within the conventional aspects of my dad is a oncologist and my mother has a nursing background and was a nurse educator.

So I, you know, grew up around this as part of my blood. And I found myself as a young adult, you know, in the science and spirituality book sections and Barnes and Nobles.

And I always was asking those deeper root causes and, you know, really, you know, I think that, you know, kind of informed me to look at the root causes beyond the physical realm as well, and looking at, you know, the body from a physics lens and life through that lens as well.

And, yeah, you know, I just really do whatever the patient needs. And I do use some conventional tools in my toolkit, and I try to remain agnostic and non-biased.

Obviously, you know, has natural passerby follow the therapeutic order and really want to, you know, give the patient what they need. But I've been humbled, you know, by, you know, we just have to get out of the way and just do what the patient needs in order to get well in this very stressful, modern life that we found ourselves in.

Wow, that's a good summary there. So people are very interested. I find you probably find two talking to patients or just talking to people, and they find out your integrative medicine people always asking about parasites.

How common are they? Do they cause problems? They think they have parasites. I mean, you know, the viewers a bit more about this, you know, issue of parasites.

And what do you see with that? Yeah, I think often, especially in the United States, we think of parasitic infection as third world infections and things that don't really happen in our country unless you've traveled to a place where they have a different microbiome, the food or drink the water, and you get an exposure.

And I've really again, been educated by the observation of my patients, of how important this is to identify, dress and give proper treatment in order to recover somebody from a chronic illness.

Parasites are again very overlooked, very, you know, neglected, but very common in our culture. And when we think about parasites, we can think about, you know, how men so worms we can think of protozoa that actually a little bit more like bacteria.

And then there's a terminology called ecto parasites, which are more the vector borne parasitic infection. So I kind of think of, you know, things that are from ticks and fleas and mites, you know, in that category.

And I treat a lot of mine disease. And when we think of Lyme disease, we think of Borrelia, but also the code transmission of other co-infections. That can be the Busia, which is a protozoan, to Bartonella, which is another bacterial infection to Mycoplasma and and all of these other things.

And I would group them in this category and because they behave like parasites as well. But when we think about parasitic infections, I think why they often get so overlooked is because they're really still quite hard to identify and diagnose.

It's often a clinical diagnosis. And so I look at the clinical history. There is some information and a basic blood work that can also point that there might be a parasitic infection.

I'll always run a CBC with a differential. It's called on my lab work. And that allows me to look at out of the pie of white blood cells you have at any given moment, what is the body prioritizing?

So are you making more neutrophils or lymphocytes or eosinophilic or monocytes. And SNF also a type of immune cell that often when it's above I would say two men in the CBC, we need to kind of consider in our differential diagnosis that there might be a parasitic infection.

You can also see that the MCB might get high. That can be an indirect marker of B12 and folate. So a lack of absorption of key nutrients in the gut. And then there could be also I see a lot of people with mass activation and histamine intolerance.

Where Parasites Hide in the Body

So that is also hard to identify in the labs. But that can be a clinical diagnosis where people can have a lot of that inflammation, as well as a lot of Marcel activation, which is not just allergies and skinny orientation, but can be everything from, you know, to bloating and to on pain and inflammation.

There's a lot of different, you know, basically symptoms when we're looking at that. And I look at the underlying cause of those issues and can be parasites or even mold or other infections, there's always a reason.

So that's kind of like a big overview again. So we have other tests that are worth doing. By the time somebody comes to see me, they often have spent a lot of money on their health.

And so I have to always think of, okay, how do I get the best result and be mindful of their resources because I'm not, you know, I don't take in turns.

And so, you know, sometimes those lab tests like the GM app or there are other great tests for diagnostics or Genova or what have you that can look at parasites.

But I find that probably, I would say maybe 8 to 9 times out of ten, they there are false negatives in those tests. And so they can identify bacterial dysbiosis or even Candida overgrowth or other inflammation markers in the gut.

But parasites often go unnoticed. And that's just the nature of parasitic infections. And so so I look at the whole story and then Mark, I, I also use a lot of bioenergetics testing.

And I know that has been a little bit esoteric and vu for many years, but I think people are getting to understand that the body communicates with invisible sales of energy and information, and they're very brilliant people, and who often come out of Europe, who have developed different systems that just look at patterns and look at, you know, different patterns that we can see in the body.

And I've learned to rely on those tools as well as muscle testing to help me, you know, form this whole story when I'm finding, you know, prioritization of what to treat.

And I would say often those kind of bioenergetics tools lead me to, you know, a treatment plan for parasitic infections more than a GI map would. So, you know, again, I'm just biasing for getting the patient the treatment to get them better and whatever kind of means necessary that I can do in the most elegant way.

Yeah, I found the same thing over about 29 years. Run the stool test. They can give you some valuable information, but more often than not, parasites don't show up and you treat the patient anyhow and they get better.

So you're like, why did I do the test? But I mean, yeah, I hear what you're saying, I hear it, you're saying, yeah, yeah. And I would say, you know, when we think about trading parasitic infections again through these trolls and these assessment and just again, you know, you've been practicing for so long to you can just see these patterns and people.

Right. Pattern recognition that we develop as clinicians understand. And again you know in safe ways to treat. But you know parasites can hang out in the of course, the intestinal tract and the colon and the small intestine.

I find it very commonplace, especially when I am starting with the patient is looking at the bile ducts and the gallbladder. That can be a very common place that we see on parasitic infections like liver flukes.

So these can be then they act more like I would say, protozoa than, you know, kind of when you imagine more than a one, they're smaller in size, but we have a large area of surface area of the biliary system and the liver.

And so often our patients who find us have congested Bios. So the the liver cell makes file the bile then gets transmitted to the or transferred to the gall bladder.

And then it gets created. When we eat fatty foods. However, the bile is also a radical elimination. It helps us to get rid of cholesterol and metabolic waste and the onslaught of environmental toxicants that we're all bombarded with, from Michael toxins to heavy metals and so forth.

And so over time, there could be lots of reasons that a patient gets the, I would say, a sluggish delivery system.

And then that can become a breeding ground for these liver flukes.

And so to offload the liver and to get the bile moving, we often forget to it got to treat the liver flukes and to, to, you know really somebody's liver.

So those are really common places. And then I'm a big proponent of looking at the lymphatic system and the connective tissue and the fascia. And we see this interconnected kind of highway in the body.

And this could be often an area that the, you know, different types of parasites can get into.

Digestive Symptoms, Terrain, and Root Causes

There can be also stages in the lung. So chronic asthma or lung issues can often respond to parasite treatment and then neurological symptoms. So again there could be parasites actually in the nervous system.

So in the central nervous system or just surrounding nerves in the peripheral nervous system that create a lot of, you know, mast cell activation or parasites also secrete what we call bio toxins.

So when the body is attempting to eliminate parasites, that can be, you know, we can talk about that in depth. That can be a very interesting battle as parasites have a consciousness and they have a will survive in your body.

And so when the mean system is going after them or you have treatment, they can secrete biotopes that can affect the nerves or, you know, the liver or what have you, and create a host of symptoms that can make them very uncomfortable.

Treated to treat if you don't have the right approach. So those are kind of the tissues. I would say that I find parasites. I mean they can be in the bladder.

So chronic UTIs or bladder infections or interstitial, that can be another area that I didn't mention. There's you know, some school of thought to for women in the reproductive organs, for the pelvic floor.

They can also be in the sinuses as well. In the oral microbiome, we know there can be fire or protozoa as well. So it's like really they're not just, you know, gut related.

So I'm just painting this picture. You know, you are stuck out there with a chronic symptom and this hasn't been treated, you know, let's look at it and, you know, get a physician on board to give you some, some treatment in a safe way.

Yeah that's good good information. So when people come in and they have, you know, got symptoms, it could be irritable bowel and or bowel disease, acid reflux, indigestion, whatever belching.

Tell us more I like your definition of parasites because really the general sense that's true parasites using a, you know a host to get its nutrition from.

So it really is expansive. So that makes a lot of sense I think probably mess and we're here minds. We have it narrowed down too much I think you make a lot of sense with that.

But with those digestive conditions what are you commonly seeing in that realm? Yeah. So, you know, often I see a lot of histamine intolerance and mast cells.

So that can be, as you mentioned, like reflux or Gerd or bloating. I can also see a lot of Sibo. I think Sibo is a really important, you know, pathology to diagnose and treat, but I think it's a symptom of often a larger issues.

I see a lot of Ilio siecle valve kind of either kind of pain in that lower right quadrant, or there is just inflammation in that lower right quadrant where the small intestine meets a large intestine, and that can be an area of hot pocket, if

you will, of dysbiosis.

So constipation, diarrhea, again, if you have a sluggish biliary system you're going to have most likely be constipated. We need bile to help with that motility and to set the terrain.

And I want to mention here to mark that we have parasites. You know, we were not sterile people, right? We have a microbiome, we have a viral, we have a micro biome.

We have this like the great, you know, frontier of medicine, to understand this relationship between the human body and all of these microorganisms that we cohabitate with and that we need for our health and that are also good to contribute to our disease and parasites are part of the terrain, right?

We are the are people on the planet and we interact with all of these microbes. However, if they become chronic, there is sometimes two things that I often think about when people have a chronic parasite infection.

One is that they could have a lowered amenity, right? So there could be a lineman co-infection issue, a long haulers issue, a Michael Thompson issue that is pairing their immune system for that natural kind of ability for their basically immune system to identify and tag and clearer these parasites or keep them at a reasonable load, if you will.

So I often think, like, okay, what's a deeper kind of infection that's inviting these parasites to thrive? You know, in this system there's, you know, the immune system.

And then the other piece is the environmental burden. There are papers that look at parasites as pollutants sinks. So as this the body becomes overwhelmed by toxicity.

There could be this again, the body allows or is compromised in a way that the parasites actually, you know, thrive in a toxic terrain. And they can also basically take up some of the toxicants that the body is exposed to.

So I just mentioned that and answering your question because we, you know, we want to look at the gut symptoms, of course, and we want to treat the parasites.

And I'm happy to talk about treatments as well, of course. But we also want to look at the deeper reasons why somebody is having a parasitic infection in the body, one often a overlooked area.

Two people have unhealed infections in their job, whether that's from a root canal or a cavitation, especially the wisdom tooth cavitation. There can be a relationship between a parasitic infection and this necrotic bone.

And the trauma not only from an acupuncture meridians is done relationship, but this can be an area of necrotic bone and an area where parasites might have a stage in, and that they can hide and evade them in system.

And so again, I could probably talk for like three hours about this topic, but I'm trying to give people some real important clinical pearls, especially if they seek to treat this and want to make sure they look at their whole, you know, terrain rather than just focus on, you know, one infection and treat that and better.

Parasite Treatment Strategies and Supportive Care

Yeah. That's good, that's good. Well, I know people are going to be very interested in different tools you use. Be terrified. So there is definitely we have to you know, you know, definitely get first.

And to use a number of tools to treat parasitic infections. Parasite treatment often takes time. So I think that's something to just get your mindset around that it's often not one protocol that is going to get you rid of your parasitic load.

Again, my viewpoint of parasite treatment is we got to reduce the burden enough that that mean system can take

over and kind of look at the body as a whole to keep these from reoccurring as well.

So I you know, this goes without saying, I'm always doing my parasite treatment in the backdrop of a healthy elimination system. So we do a lot of drainage, we do a lot of gallbladder support and kidney support, and making sure people are pooping regularly.

And all of these things are very, very important because you're going to feel more symptomatic or how that hurts. I'm a reaction in the backdrop of a really impaired elimination system.

So I often have people do a host of treatments and their protocol, and then we're big fans of colon and coffee enemas, lymphatic drainage with a person, sauna therapy, ionic footpaths, you know, whatever that is for that person.

We find that magic combination that keeps their body eliminating. We also use binders and binders basically get digested and get into the gut. So when the bile gets eliminated, which can have bio where there could be bio toxins just from the die off in the digestive tract, that there is a mop, if you will, to bind to those bio toxins and eliminate through the stool so that people are not feeling as symptomatic.

So binders are really important. I've also used over probably the last 4 or 5 years, more mast cell treatment before I begin a protocol to prevent those big flares that can happen when we're treating parasites.

So I've been taught, you know, through patients that when you kill parasites, you can get all these interesting skin symptoms because of the relationship with the the gut and the skin as well as mast cells.

You know, that's a big part of where they are. The first line and the connective tissue, which is related to the skin. So, you know, I'll do things from, you know, Fender Crumlin to Da enzyme to quercetin to vitamin C to different herbal combinations.

But I'm often doing a mast cell protocol with my organ of elimination and lymphatic protocol. And then I use a lot of side cord products. They you know, Todd and have been friends and, you know, they've seen the impact of using the, you know, basically using different strategies to eliminate parasites and how much that can help people with chronic illness.

So they kind of distilled a lot of knowledge over the years and put them in a couple key protocols. So I often will use pair one, pair two, pair three, pair four in different combinations.

I use freeze dried garlic at times or different suppositories. Bio pure has a second story of artemisinin and garlic that can be quite helpful, and whenever we do as depositary gets in the biotechs a little bit more easily through the portal circulation.

So I use a lot of those treatments. And then I will use drugs. I mean I was trained by Doctor Simon you. And if again we keep working up that therapeutic ladder and we need to have more support, I'll use things like IBR or filter side or albendazole or my buddies all.

We can't use Ben Bendis all in this country, but some of my patients find it for a linear, you know, these are, you know, a number of things that can be helpful again, at the right time with the right support.

Don't just go buy this on your own and do this. It's there's a sequencing and a prioritization that is needed. But I've been humbled that patients do need that at times to get rid of, you know, parasitic infections.

But there's a lot to do, you know, without those as well. And you know more and what is a very potent. But I mentioned artemisinin already. But again that is great herb for parasitic infections as well as lime and co-infections especially a baby which is a protozoa.

So there's some kind of crossover. So that kind of is you know, my strategy and I often will create an initial protocol

for about 4 to 6 weeks and see how people do.

Most people feel, you know, it can be challenging, but they feel better. And then I use my tools on to continue treatment depending on what people need.

And a clue, you know, if you have a parasitic infection is if you are more symptomatic around the full moon or the new moon. And sometimes when we start kind of breaking down or kind of getting a maintenance mode, we'll just do parasite cleansing around a full moon or a new moon.

So we're only as healthy as we're able to eliminate, as well as we're able to keep these stealth pathogens at at a certain threshold, I believe, you know, we're so focused on key nutrients and, you know, multivitamins and all of that, which is important, you know, for longevity and for health and preventing disease and overcoming a chronic illness.

We have to keep our microbes in check for technical. But but, you know, I feel like so I find people again once you when you're sick and you get better, you'll do anything to keep your health.

And I think there's this idea in this journey that we can, okay, take a pill and be done, you know, and I know people find us thinking more than that.

But, you know, life, the world is right now. You need to as a lifestyle. Tending to our terrain is a lifestyle. It's not just a one and done kind of, you know, protocol in order to maintain our health and in these times, very.

Yeah. Very good. Now, during your parasite treatment, I know beforehand you support the detox to drainage, maybe do some mast cell treatment. Are you maintaining part of the detoxification protocol?

I presume during the treatment phase as well. After or. Yeah, that's all layered on, you know, along the way with all my protocols, you know, because you're as you get rid of parasites and there is what we call die off in the industry, you know, again, parasites are going to try to survive, right.

They have a consciousness in their body and, and and your body rather. And they're going to try to survive. And so that can look like symptoms. Right.

While you're killing parasites that can be headaches to constipation or digestive issues or insomnia or what have you. And I have found if we do those things alongside treatment, those perks or die off reactions are less or more manageable or not as long.

And so for the viewers, I think one of the many good things that they'll get out of this talk is that this conventional idea, taking a few doses of an anti parasitic medication boom blasted out and everything is good to go.

It just doesn't work that way in reality. Yeah, I know the standard of care. If you look up on like Medscape or one of the conventional libraries out there, they'll often say, if you have a parasitic infection to do 1 or 2 doses of a drug and, well, that might work for somebody, but it's not going to work.

Treatment Duration, Die-Off, and Closing Remarks

For many of my patients who have a chronic illness, these are infections have that have taken hold in your system for a long, long time before you probably have identified.

And they need we need to match the force of intervention and the length of treatment with the strength of the infection. And, you know, there are books out there if you want to read them.

They're hard to read. I mean, I just, you know, I can only get through so much of books like parasite, Rex or let's I forget the one time it was on your dinner plate or is something like that, but.

Oh yeah, Louise and good old man. Maybe I think Ken. Louise. Yeah, she I love her. She was a really great proponent of this in the early days. And you will learn, you know, parasites have so many bad options to survive.

And they are very, very, very intelligent. And so we need to acknowledge that and meet, you know, create strategies and treatment protocols that understand the nature of these infections.

Oh, very good. Now you're in the Seattle, Washington area. Correct your practice. Yeah. So I practice. Yeah. In person here. And I you know, over the last few years we've learned how to do a lot of this virtually.

And so I have license and licenses and a lot of states that naturally are licensed in. And if you're a resident and one of those states we can establish care through via telemedicine. So excellent.

The best website for you is doctor drchristineschaffner. That's schaffner.com doctor Christine schaffner.com. And so they can get hold of you. Thank you.

Yeah thank you. Now I hope this is helpful and informative. And I hope that you consider some of these tools and thoughts on your journey to getting better.

Absolutely. Thank you. Yeah. Thank you so much. Thank you.