Why Detox Protocols Fail (Even When Done Correctly) Transcript

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Introduction to parasites and terrain

Because we don't have parasites, we live in the U. S. It's one of my favorite things in D-bonk, especially in muscle testing arenas where we have medically sourced through all the various journals of how much they're actually known about, they are acknowledged here in U-S, how many people are affected from all of the variety of different parasite species.

So it is absolutely not a taboo or a fallacy that these are just third world countries where you had to eat raw fish or sushi to have them happen. And I think that, like I said, that's a big part of what's been missed.

I thinks it's symbiotic relationship of our innate design that is with us all the time. But because of the things that we mentioned earlier, 47,000 active chemicals in our air, food and water, we're constantly putting things in your body that create a non-optimal environment that they start to pleomorph and proliferate, which then can become a bad thing to either a TH1 or TH2 suppression or over activation.

So that why it is such a critical thing and I believe why over all my 20 years in foundational medicine, Nothing has been more home for me than Cellcore because what we've done is create the foundation of all these things that are needed.

Symptoms are only part of the story. I'm Dr. Drew Kidder. And I am Dr Emily Hernandez. On the healing terrain, we explore deeper systems influencing clinical outcomes from toxic burden and microbial imbalance to the foundational factors that drive resilience and long-term health.

Hello everyone, Dr. Drew Kidder, and I am super excited to be joined today for this episode of the Healthy Terrain podcast by Jimmy Scaringi. So Jimmy, thank you so much for joining us.

It's awesome. Glad to share some knowledge and insight and help people get to the highest level themselves. Absolutely. Let's talk a little bit, actually, let's not talk, a lot about detox, right?

Detox is such a buzz. It's been a bus for so long, but people oftentimes, they use the word detox incorrectly, because they're talking about a cleanse and they are not really detoxing their bodies properly.

Podcast intro and guest welcome

But you really are an expert when it comes to What do you do when you perceive that you're doing a detox correctly, but they end up failing, if you will.

So what are some of the critical things? I know you are a big guy that focuses on mitochondria before doing any type of detoxification. Talk about the importance of mitochondrion for detox.

I think we got to set the stage in a few ways, right? So as Dr. Drew said, in the way that I teach detox, it's in four major pillars. Energy, which is always going to be the cellular mitochondrial level first.

Drainage, binders, killers. Those are the four big categories. But sadly, over a 20-year career in this field, I thing exactly what you said Dr Drew is why people fail because we are sold the expectation that a three day, a five day a seven day 30 day is going get the job done.

And sadly, in today's day and age with what we're up against in terms of chemical toxicity, air, food and water, it really needs to be something that is done continuously.

Yes, you can get aggressive for moments in time, but it should be Something that has applied on a day in and day

out basis. Well, You kind of get stuck bypassing that cellular component of the mitochondria, because so many things are built around the Candida cleanse.

And obviously, we are very big on parasite cleanses, right? Sure.

Detox framework and mitochondrial energy

But the parasite cleanse, I find that all too often the lay person who's seeing an influencer or a podcast and is not working with somebody that understands this, they want to go to the killers.

And when you jump right into the killer is when come across the Herck's reactions, the rashes, that this product is too powerful. Because if you don't have enough energy at the cellular level to support the mitochondrial function, electron transport chain, Krebs cycle, reactive oxygen species aspects, all of those things are critical at mitochondria level.

That to me is why out of all companies, out all places, Cellcore has been my home. because we do that I think better than anybody, which is support the mitochondria from the creation of mitochondrial biogenesis to supporting it, feeding it to getting enough electrons, carbons, oxygen, hydrogen through what is needed to execute energy as that is the single most aspect of detox.

Awesome. Well, explain a little bit more like how we can say that mitochondria are important for that detox, right? And we're going to get to the next step, which, you know, is drainage because we have to support that first.

But talk a bit a more about what do you actually do to energy right mitochondria we think of them as being that little powerhouse of the cell right we all learn that regardless of our level of science education but what do you do clinically to support mitochondrion it's you know it should come as no surprise as we sit here and talk But if you were to say to me no Jimmy you can only take one product the rest of your life what would it be i'd be very very hard pressed between.

One of the binders but i don't think i could put any of them above what bc ATP would be because if u can continuously supporting the mitochondria you will in essence have all those pillars that i spoke about.

give the mitochondria the components they need to create what they have to do. That will support drainage pathways, that will help support immune responses, and that'll support binding aspects.

So, to me, it's got to be a BCATP, but we have the three amigos, if you will, so depending on where you're stalling in that mitochondrial ATP production, I really love to use with patients early, often, in continuous the hydroxygens.

BC ATP for me is king and then Mitoactive are tremendously important. And then really, we know in the physiology of it, Trimag as well is a critical component to help us get to that point.

Yeah, because magnesium is such a crucial part for energy production. But you mentioned too, you know, Mitoactive, right? A lot of people are like, oh, well, what's that?

And the beauty of that is it contains two critical ingredients. One, it always contains our extracts of humic and fulvic acids to provide, you said the carbon, the hydrogen, and the oxygen, but then also CoQ10 and PQQ, right?

Talk a little bit about the importance of Coq10. What is that doing with energy production? So, not to get super sciencey on it, Right? But in that Krebs cycle, in order to be able to take the food that you've eaten or the exposure of the sun and actually turn it into the energy, to powerhouse the cell, That CoQ10 is a important catalyst factor to it.

So for, I guess, a lay example, right?

Mitochondrial support products and ATP production

You want to light the firework. You have to have that igniter that starts the process. That's going to be a big part of it, and what I really like with it too is, A lot of people who are energy depleted and fatigued, that's another vital aspect that is good for your muscles.

to be able to get that additional support if you're working out, if your an athlete. Those are two of my favorite things as a little side plug on it. I love pairing Mitoactive with BCATP and also the proactive approaches.

You're going to the gym, you got a hockey game, You got to golf tournament, tennis, whatever it is. you've done a heavy CrossFit workout and you are exhausted, your sore.

i love that also for the recovery. So it comes across multifaceted. So, we can look at mitochondria in multiple ways, right? We have to protect them because you reference the air we breathe, the food we eat, and the water we drink, how toxic exposure impacts mitochondrias.

So we need to prevent the mitochondrial from that damage. We need to give the mitochondria the nutrients that it needs to actually produce energy, but then also create new.

You mentioned mitochondrial biogenesis, right? What do we do to help grow new mitochondrion? That's where the second ingredient is the PQQ, pyroloquinoline quinone, that extracts the DNA.

Again, not to get too geeky on the science, but actually gets your body to produce new mitochondria. So we're giving it the fuel, protecting them, we are building new Mitochondria, so energy, super important.

And I think that while we were there, right, and we just laid that really awesome foundation for what those products and lay terms do, We should also highlight that supporting this idea of energy which is what I thing most people think of with it, Right?

But we also supporting all other base physiological components. your mitochondria is the basis of your hormones and your memories your thoughts your regeneration of the body.

your immune function, detox ability, they really are the motor, the primers and the executors of all these other things that can go wrong. And I think that's why a lot of protocols fail if it's I'm trying to fix my hormones, I am trying fix X.

If you didn't get to the root of the cellular problem, because as I teach, all disease, disease begins with mitochondrial dysfunction. Love it. So we set a great foundation, hopefully, for everyone on the importance of mitochondria.

But then we just go into detox, right? We just start pushing detox? No. Why not? Why? Is that why people fail? I think it's a massive reason why People fail.

And I always try to keep things simple, Dr.

Drainage pathways and why detox fails

Drew, we can get super, especially you and the deep aspects of physiology and biology. But just think of what I'm going to say to you in simple terms.

God never got you wrong. Man never Got you right. So if we Just think Of the simplistic things that we Can see, We have more drainage pathways than almost anything in the body when you step back and think of it.

Your colon is evicting of toxins. That's a drainage pathway. The liver, the gallbladder, that's drainage pathways. You lymphatic system. Yes, our lungs breathe air, but they are a drainage pathway, your skin, kidneys, bladder.

We have so many systems that were designed of elimination and pathways that that has to be a critical factor. So if

you charge up the cells in the mitochondria and the body can start dumping and moving toxins, your lymph starts moving, maybe your phase three liver detox is doing well, but the colon is backed up and somebody's normal is having a bowel movement once every four or five days, all you're doing is detoxing to retox and that is not an adequate way to support the pushing detox, right?

A lot of people say, well, our body is designed. Our body, as you said, you know, created to do all of those functions without interference, but our bodies should just be able to detox on its own.

But what I'm hearing is, if you don't open up all those drainage pathways, just deal with recirculation of the toxins, 100%. And I think, you know, again, I always try to be in late terms, especially when I'm talking with my patients, right?

If you have a blood, if you had a clogged toilet, and you can't keep flushing it and expecting it to… Well, You can. You tried. Yeah, it doesn't go well.

And that's where you hear the Herxheimer reaction or the detox symptoms of the rashes, because now your body is using the emergency hatches, which are not the ideal pathways of drainage.

So it's so critical. That's why I love what we represent here at Cellcore. I teach those four pillars. Energy is king, drainage, binder, killer. But all too often, detox promotion is kill, kill kill without an emphasis on can your body even eliminate what it's trying to rid itself of.

So, great segue because, you know, we talk a lot about binders, right? How important it is to use bindars. Where do bindors fit into that detox, kind of system in your programs?

So you've built the energy, open the drainage pathways, You know, where do you use and why do use a binder?

Binders and toxin removal

I mean in again in today's day and age you have to because so much of what they're doing in commercial farming It's really a big thing of glyphosate and the pesticides and herbicides are doing to the soil is destroying the humic and folic acids So to your point I think innately with the creation that God gave us our bodies would do all these things when man has so perverted the Humic in the full the gases that are critical of for the body's ability to detox, we always have to have them in.

That's why I said I'd be stuck between BCATP or one of the binders. They're really very similar, but the binder is critical. But in the way that we teach it, especially in a muscle testing arena, I'm always teaching providers how to pair the correct mitochondrial energy with a drainage and then a binder and you can run all of them simultaneously.

They got to be in this supportive system to help each other with that. In the multitude of the environmental toxins that, we see the binders are absolutely critical because As we've talked about, there's over 47,000 active chemicals in our air, food, and water.

So to me, that is the best multivitamin on the planet. There's no A, B, C, D, zinc, calcium that's overcoming the amount of toxicities. If you have that binder in there and you're running it with the correct energy, you'll have a wonderful opportunity to see your hair, your skin, nails, organs, any kind of disease dissipate.

Yeah. You're saying I need more binders. He's always got to make hair comments with me. Yes. Follically challenged. You, early on, you mentioned even like, parasites and things like that.

So obviously Cellcore has been built around doing a lot of very, very successful parasite cleanses, but talk a little bit too about, You mentioned you can't just kill, kill kill.

Again, setting that energy. But even when you're doing the parasite protocol, if you will, you still need a binder, right? Why is that? I would never ever, especially out of all the microbes, go after the removal or killing, if you

would, of parasites and not have a binder.

One, I think we should have just a little small segue, which is I personally believe they've missed something in the microbiome study, we recognize we are more bacterial than human, viral, fungal, but parasites are also symbiotic to our body and they serve a benefit.

But when they become a problem, they're a problems. What is the symbiotic relationship? They're going to be sponges for heavy metals and other toxicity.

So yes, there can be an inhibitor or an overactivator of TH1 or TH2, so you go and you start killing them. But what they've been eating and consuming inside of your body, those toxins, Well, you've killed them, they're now regurgitating it out into the system.

And they can actually hold and harbor more toxins inside the parasite than is actually in your body.

Parasites, terrain theory, and symptom expression

So when you kill these things, You unequivocally have to have a binder paired with it to soak up and mop up the toxins that are coming out of their bodies as you start to extract.

They're absorbing toxins in those tissues. You know, I think of that like from a perspective of they have a really good host in you, right? They're doing well living in use.

So that's almost like a protective mechanism that they're soaking up those toxins to protect you but they are living off of you. Yeah. You know, talk, I guess, a little bit more about that parasite topic, right?

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So that's why it's such a critical thing. And I believe why over all my 20 years in foundational medicine, nothing has been more home for me than Cellcore because what we've done is create the foundation of all these things that are needed.

If you hit those four pillars, we have seen incredible things, that some people say, Jimmy, That's a miracle. You've heard me say it. No, there's only one person that works miracles.

But this needs to be the expectation because we all have an innate design to heal. We have to a little bit self-responsible. So how do we mitigate some of this, right?

Reduce the toxicity that you're being exposed to through the air, the food, and the water. Have good filtration in your house. Drink clean water, start to eat real food.

God food minimizing the GMOs and toxins that are in you food and your terrain will reward you by not having an

over-proliferation of the critters that actually trying to help keep you alive.

Yeah. So where are some other sources, right? Because it's not accurate to say that we don't have parasites in the US, and it is not just from sushi and everything else.

But where is some of the other source of parasites that people may be exposed to? And does everyone who gets exposed with a parasite have an issue with that parasite?

No, that second question is really critical. I'm a big, big person in how I teach this and what we do with muscle testing and foundational medicine, that to me the germ theory is completely dead.

It makes absolutely no sense at all. However, the terrain theory means everything.

Closing thoughts on healing and resilience

So why would Susie and Bob jump in a lake where they may be getting an external protozoa or something of that nature? And Bob had an issue, but Susy didn't.

Then it comes back to how are they living their lives day in and day out? What is the train of the individual and when it got exposed to? Because when we hear that terminology asymptomatic, it's when you have harmony amongst your immune system.

TH1, TH2 are doing their jobs. You didn't even know something got into you. But if your terrain is compromised and your system is no longer fighting for you in that efficient manner, now you can have massive symptomatology.

So that's why I think it all comes back to what are you eating? What are drinking? And what do you living in? Are you actively working daily to help your body work for?

So what I'm hearing is, even though we're exposed to parasites, and we are on a regular basis, right? Our body should have the ability to rid those parasites and rid the toxins, but it probably goes back to the beginning of, is your mitochondrial productivity and function optimized and or the drainage pathways open.

I absolutely I think that we could have a massive conversation that seems pessimistic or fear based of all the things that are wrong. And that's where I tell people if I told you all things, that were wrong, it would sound very depressing.

However you're in a design was created to survive and thrive beyond what the world is doing to us but we have to be proactive self responsible and despite all the things that we can't control in our air or food or water to every weekend.

your body will still flourish and prosper, you just have to continue to stay on this grind of, and sadly that's what it is, is a grind, supporting your mitochondria, keeping enough energy to the system the way it was intended to have, drainage pathways stay flowing, binders help mop up the mess, And when we do have administer some killers, we got some awesome product to do that.

So I'm hearing trust your body to do what it was designed to. Right. And support it, give it what needs to support and not try to shortcut things. So this has been fantastic, Jimmy.

Thank you for taking the time to be with us on this episode of the Healing Terrain podcast. What closing thought do you have for everyone that kind of wraps all of this up?

Your body's ability to heal is greater than anyone has permitted you to believe until you meet people like us. Love it. Thank you so much for joining us.

Appreciate you, my brother. Likewise.