Why Parasite Protocols Must Start With Drainage Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to the Healing Terrain Podcast

Because there's a lot of misinformation out there because people think that it's only third world countries that deal with parasites because of their water supply, their food supply all of that.

So talk a little bit about sources of parasites and where, you know, just everyday people may be dealing with issues. So a couple, couple ideas here. One is our food comes globally.

It's not just locally anymore. Two, the fact of the matter is, is you can get sick in these third world countries much quicker than you in the U. S. Hands down, no doubt.

So it's in water supply, it is in food because of they fertilize or whatever they do. I have lived in Argentina, Northern Argentina. And we boiled our water, we put chlorine in our, water we strained our we had to be careful.

So at least we have, for the most part, better systems of that for hygiene. Symptoms are only part of the story.

Todd Wattsu2019 Health Journey and Parasite Discovery

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.

Hey, everyone, Dr. Drew Kidder with Cellcore Biosciences. And this episode of the Healing Terrain podcast is a super exciting one because we are joined by none other than the co-founder of CellCore, Doctor Todd Watts.

Doctor Watts, thank you so much for being here. Dr. Kidder, great to be on here. Awesome. Well, we're going to talk about a topic that is oftentimes overlooked in integrative functional foundational medicine, but it has been a catalyst with not only the growth of cell core, what really was a catalyst of your own health journey.

So can you share a little bit about how you became so passionate about this topic of parasites? Yeah, so in my own health journey, it began when I was 28 with Epstein-Barr for a little while, got through that, then at 40 with Lyme, guy diagnosed with lyme and working through the cycling of what that is.

So those that have lymed disease know that you do great, you treatment and then you crash again, and you go up and down for years. So I had a doctor that said, Hey, you know, looking at parasites, I think that could be the problem.

And so I go, don't know much about it. Nobody's talking, nobody's, talking about. Wasn't much out there. So. I started doing this deep dive into it and then treating, treating for parasites and I just phenomenal, phenomenal results.

All my headaches went away. My seasonal allergies went. The rest of my pain went and stopped the cycling of the lion thing. Man, there's something really to that.

So as I was in practice and I've seen a lot of patients for Lyme disease, it's like, well, they come in, and they have all these labs, here's Lyne, co-infections, all of these viruses.

It's, like what don't they? And so it just dawned on me, it's not an infection problem. It's immune dysregulation. So then I like T helper one cells, T-helper two cells.

I went down that rabbit hole and T Helper One cells helps to deal with Lyme, co-affections, viruses, protozoans.

And then T helper 2 cells is what deals with like these big parasites, cestos, gematodes, nematode.

and so with that, what I found is like all these people probably have suppressed TH1, function and we need to rebalance that out. Like what causes suppressed TH1?

Overactive TH2. What causes that? Oh, parasites, right? Right? What is, what is it? Well, What happens with upregulation of it. I, so you have your immunoglobulin E, IgE goes way up some this time.

So then I'll say, now you got seasonal allergies, food allergies. All this stuff. And everybody's running a food allergy test. It's like, oh, don't eat this food.

Don't get that food and like all then you're not eating whatever you are eating.

How Parasites Affect Immunity and Chronic Lyme

And then the next time you run, it's allergic to whatever you're feeding is what you are allergic too. So that's not the issue. It goes back to Parasites for driving it up, making that.

And they would release also Interleukin 4, 5, 13. These different types of Interlekins would then cause suppression. of the end-to-end immune system of TH1.

So that was my thing. And so then I started working with my patients like, oh, hey, let's address parasites. All of a sudden now, boom, huge results for all these chronic Lyme patients all over the nation that I was working.

They're already done years and years of working so many doctors on Lyne disease. I'm like okay, maybe that's not the solution. It's actually parasites and then game changers.

Then I start working, okay hey You know, I'm using all these different formulas from all of these companies. Okay. So then I started formulating products and they're like, oh, wow, this is a massive, massive difference.

And doing my own formulations on getting the results for people. So you obviously must have traveled to other parts of the world to get a parasite, right?

Because we don't have parasites here in our country, so talk about that a little bit because there's a lot of misinformation out there because people think that it's only third world countries that deal with parasites because of their water supply, their food supply all of that.

So talk a little bit about sources of parasites and where, you know, just everyday people may be dealing with issues. Sure. A couple of ideas here. One is our food comes globally.

It's not just locally anymore. Two, the fact of the matter is, is you can get sick in these third world countries much quicker than you in the U. S. Hands down, no doubt.

It's in, it's the water supply, and it is in food because of they way they fertilize or whatever they do. I have lived in Argentina, Northern Argentina.

And we boiled our water, we put chlorine in our, water we strained our. I'm like, you, We had to be careful. So at least we have for the most part, better systems of that for hygiene.

But the fact of the matter is, is if you have animals, they have parasites. If you. Cattle, goats, sheep, horses, They, definitely have all kinds of parasites that we can get.

Tapeworms come from, you know, there's pork, meat, some beef, dog tapeworm, cat tape worm, fish tape, worm sushi, all that type of stuff. Sorry to all the sushi lovers out there.

Better eat some spicy stuff to go with it. then there's also the fact that you walk barefoot. There's parasites in the soil. You get bit by a mosquito, you get bitten by spider, get bite by it's sick or a flea.

They all have those organisms in them that we can contract. It's a possible to avoid parasites into today's environment. And actually probably always.

I mean, the number one killer in world is parasites. People don't know this. Malaria is a parasite, right? So, and that's through usually a contraction with the mosquitoes, But, yeah, it's just really interesting that we deny the fact that have parasites in the US because, oh, we have clean water.

We do. we just have less exposure than through our countries.

Where Parasites Come From in Everyday Life

Well, and even, you know, when we talk about water, here we live in Idaho, right? I know we both spend time on the water and in water outside of chlorinated, brominated pools, do you ever go in a river, in an ocean, or in pond, and a lake?

The answer is yes. So we deal with exposure to parasites there. You don't go into a body of water without somehow it getting into orifices, right? Your ears, your mouth, you nose, that's a mode of transmission.

But talk a little bit about, because we don' want people to think that everyone who is exposed to a parasite is going to have a problem, right? Because ultimately, if our bodies are functioning optimally, we should have the ability to rid those parasites.

But what are some of the things that are oftentimes missing, which are the foundations of cell core that people have issues that may allow that parasite to be more problematic long-term?

Yeah, so I think a lot of people are undiagnosed. And in the research, it shows that most people don't even have symptoms, even though they have parasites.

But at some point in time, they could have a crash in their immune system, and then parasites upregulate. They could a load of toxin that comes in, parasites that up-regulates.

Parasites can be helpful because they absorb a little bit, right? So that's why when you do parasite cleanse, is really important to detox. and open up drainage pathways at the same time.

So if you just clear parasites, it could some ways make you more toxic because they're not absorbing that anymore. And, but at same they put out their own toxin.

They had their little bug poop. Same thing with Lyme that has its own byproduct of toxins. All these organisms have their by-products of toxins that cause problems in the body.

It may not be a gut problem, but it could be eczema or it can be headache. It could itch your skin. I mean, almost every symptom you could tie towards a parasite, it's just that we don't realize that that's the case.

So, you know, anxiety, brain fog, I think you just, the list can go on and on. And, and so it just good to really look at understanding, do the roadmap to health, clean out the body, claim with the bodies, support mitochondria, cleaning out toxins, clearing out bugs.

And it can be life-changing. So many practitioners you meet, especially at EECO, will say, addressing parasites completely changed my life. And I tried every supplement from every supplemental company, practically, and nothing worked, but so far.

the fact that a healthy microbiome is a helping you. And that's how I base CELCOR off of trying to get a healthier

microbiomes. Right. Absolutely amazing.

You know, you touch on even, think of the little ones, right? Pinworms, how many sadly little one's with itchy bottoms, rashes, all of that. Is it ultimately a parasitic infection?

Right? You touched on something really important that I don't want to just skip over, and that is the fact that parasites absorb other toxins, right? They can.

Some of the data shows that they can absorb up to 200 times more, thousands of times, more toxins than the tissue that their in, so if you have a parasite, a liver fluke, something that's in the liver, they could absorb that toxin.

Partly is that because you're a really good host, They, they want to protect you. Yes, I do. And they're, really good. They're stealth because they, put out enzymes and they build a biofilm that the body doesn't even recognize at some point that they are even there anymore.

So then they cohabitate. with no one knowing they're there. The immune system has no idea and then that's when it creates a big problem.

Symptoms, Biofilms, and Toxic Burden

So for those people that don't know, what's a biofilm? Biofilm is a protective layer that protects a lot of parasites, bacteria, protozoans. It can be composed of Well, heavy metals, environmental toxins, it's encapsulating this film that encapsulates all this.

It makes a really beautiful environment for them to thrive. Right. Hence why oftentimes, even though people may be addressing parasites, they may using some killers, if you will.

they can still have recurring long-term infections because they're not addressing the biofilm. So that's why we have great products to disrupt the biofilm, to release that so the parasites can be exposed to then be able to address them directly.

What are some of the things that we see, you know, they can absorb toxins, right? So what are the toxins that people need to be thoughtful of with parasitic infections?

What can they absorb? Is it any type of toxin intoxicant? Well, the absorb heavy metals. They absorb environmental toxins of many sorts, BPAs, for example.

So I think they, I don't know that they're necessarily like, oh, I'm only going to absorb this one type of toxin, right? They just do it. So super important what I am hearing is as you're addressing parasites, mitochondria to give the organs necessary support to be able to have the energy to do its job, you need to basically grab a hold of what those parasites can be harboring because, correct me if I'm wrong, you can kill a parasite, but when they release that toxin, You can become more toxic, sicker as a result of What they released.

Yeah. So a lot of times the parasites just dissolve. And so when it dissolved, the toxins, toxicants are released into the body there so that it needs to be absorbed up.

Otherwise you feel like crap. Right. That's horrible. Yeah. So, you know, importance of following the system. Our body has a system you mentioned from the very beginning, like the roadmap to health.

CITCELL Core was, was founded on really is trust the body to do the work that is designed, but supported through all the pathways. Energy and drainage first.

Drainage before detoxification, addressing those parasitic infections. comprehensive protocol, right? or the foundational protocol to make sure we're going through those steps.

So do you wanna talk a little bit more about like how are we moving people through a system like that with the roadmap to health is critical? Yeah, we learned this through sonical practice, right?

Like, oh, let's address gut health. I learned in this functional medicine, address got health first. Well, people won't feel like it. And so Jay and I talked about these really sensitive people or our clients So what do we need to do?

We need open up drainage and support energy first. Once we started doing that, people were able to go through the Parasite Protocol so much easier. And of course, you know, there's people that are impatient, especially practitioners.

I'm gonna go straight to the parasite products and I'll find and then like, Oh my gosh, that was not fun. And so they go back to the beginning, phase one, and then I think they'd go into phase two of these, of dressing parasites.

Foundational Protocols: Drainage, Energy, and Detox

Easy. So we've created those protocols and those processes for the practitioner and for their clients to make it simple and the least amount of herxine or feeling bad as possible.

And we had tremendous success with it. I had a friend of mine, he had, at my age, you know, young guy, 50, 57 years old, and he had cancer and went through some cancer stuff and really just didn't feel good.

We were a stuff of a business guy. And I said, just get our foundational protocol. Get that, do that first. Then we'll figure out after that what to do.

He went to that. It says his energy and how well he hadn't felt that well in years, like decades of just doing our basic protocol So it's not just for chronically ill people, right?

It's regardless of where you are in that health journey, that spectrum that maybe you're that person that's bounced around to a lot of other practitioners, they've done the detox, maybe some addressing of viral infections, bacterial infections.

Lyme infections things like that. It's not just for the sickest of the six. We all can benefit from this optimization of our health. What do you typically recommend?

Because it's interesting. You referenced pets, right? When we deworm our pets other cultures de-worm on a regular basis. Yes. How often do think it is advisable for many people, you know, to just periodically do a parasite protocol?

I think once you've been through the protocols, you get your health to that healthy level, then, You know, a couple of times a year. Yeah. I. Think is important.

And it's interesting is, as you referred back to who was, who it was good for, I've had. The Spartan racers I worked with professional athletes that it took their game just so much so higher level.

So it not just for the sec it. You optimize optimal health. Everybody could use it well. I mean, why not live your best life? That's how I want to be.

Right. And especially when we go back to that very foundation, you know, with mitochondria is you need to give the body the energy, give to organs, the glands, and the cells, that they're designed to function at their best, right?

For us too. So, so many disease processes really you know, we don't fail, our organs don''t fail overall without failure of energy first, right? So give it the energy, go through the drainage, the detoxification and addressing that.

So parasites, I think can be a huge, huge missing piece with so many practitioners and so much patients. In kind of closing, what advice do you have for people related to that parasite and kind overall, overall toxic burden world.

What, uh, you know, clinical pearls can you give people? Don't overlook it just because it doesn't come up on testing. It's not on a physical test that you're doing.

So what? Just address it. The products are healthy. They're products that are good to help create a better environment for the body. Why not go ahead and just move forward?

The herbs that God made us. So, you know, if you don't do it, we're going to realize the impact you're gonna have on your patient's lives. And that's the key element to look at.

Practical Advice and Closing Thoughts

The process of removing toxins and toxicants from the body is so important because by doing so you are going have optimized mitochondria function which will optimize every aspect of health, right?

And, that is why we use our binders for the biotoxins. produced by all these bugs, also for all the environmental thoughts that come in from the body.

And we're getting exposed from our food to the air, to our water supply, the furniture we sit on, so the clothes that we wear, and the lotions and potions we put on our bodies.

There's toxins in every aspect. So we need to address internally and even externally at times those things. Well, Dr. Todd, as always, you're a wealth of information, a well the passion, we talk about people who are heartfelt.

It's palpable in the work that you do, the working you've done, how much you continue to pour into this community. We can't thank you enough for having taken that step to create self or biosciences because endless lives have been changed.

We basically, we have over 11,000 practitioners worldwide who are using Cellcore products. We have 40,00 plus patients worldwide whose lives have been touched through the work that you started.

And so I hope this opens up people's eyes to recognize that parasites and those hidden stealth infections may be a critical piece for them and their patients.

Thank you so much for your time. Thank for joining us on this episode of the Healing Terrain podcast, and we'll look forward to having you again soon.

Thanks Dr. Kitter.