



985: Undiagnosable: The Hidden Ways Parasites
Affect Us Even When Labs Don't Show Them
With Sinclair Kennally

Child: Welcome to my mommy's podcast!

Katie: This episode is brought to you by NativePath and in particular, something I have been experimenting with and really, really loving lately. And here's what you need to understand. A lot of us think calcium is important for our health, especially for our bones. But is this actually true? Bad news. It turns out maybe not, or at least there's more nuance here.

One of the largest bone health studies ever conducted followed thousands of women taking calcium and oral vitamin D daily, and the results were surprising, but not in the way you would think. They saw no significant reduction in their risk of fractures, and they saw no improved bone density. So all those calcium pills might not be doing what we think, and it turns out they might actually be counterproductive.

But here's where it gets interesting. A brand new study found that women who did one thing every morning consistently for six months gained 7% bone density, which is massive. This is the same amount of bone mass the average person loses over the course of five years after a certain age. So what did they do?

It was not a medication or even a workout. It came down to one simple thing added to their morning routine. And that's why a lot of people, especially people over 50, are making this one simple change and seeing massive results. I'm sure you're probably curious what it is, and it's a particular protein from one of my favorite brands called NativePath.

And they're offering all of you up to 45% off of this, plus free shipping and a free gift. Right now you can visit savewithnativepath.com/wellnessmama to find out what it is and how to implement it and save up to 45%. So again, that special site for 45% off is savewithnativepath.com/wellnessmama And see why people are adding this to the routine with amazing results.

This podcast is brought to you by BIOptimizers and in particular, their product that holds my heart, which is their Magnesium Breakthrough. My goal this year is to continue to focus on my wellness and to create more harmony and resonance, and we all know that the foundation of health is a good night's sleep.

I talk about that so much on this podcast. And magnesium is the one nutrient that helps my sleep so much as well as so many other aspects of my health because magnesium is vital for so many things within the body, and it is nearly impossible to get enough from food anymore. And Magnesium Breakthrough from BIOptimizers is in a category of its own.

They have seven different forms of magnesium in one supplement, and since magnesium is involved in over 600 different biochemical reactions in the body, no other supplement on the market offers all seven types of magnesium in one bottle. Pretty much every function of

your body is upgraded when you take magnesium regularly from the quality of your sleep to your brain function, from metabolism to stress levels, and so much more.

This is one of the few supplements that lives on my nightstand and I'm a little odd, but I take every morning because I actually get energy from it though most people notice that it's better at night. Now studies point to a lot of benefits of magnesium, including that it may help improve sleep quality, especially by supporting healthy sleep onset and have more peaceful nights.

Magnesium is also involved in stress management support and it may help maintain energy levels and positive mood while also supporting mental clearness and relaxation. Magnesium is also important for healthy and balanced muscle tone and providing the building blocks to strong bones, and it promotes a balanced stress response, supports relaxation.

And I feel much calmer when I'm regularly taking magnesium. So let's face it, even if your 2025 resolution is not all about focusing on your health like mine is, how are you going to be able to achieve your goals in any area without enough quality sleep and stress management? Check out Magnesium Breakthrough and make it part of your daily routine this year as well.

For better sleep, better stress response, and much more. They have a 365 day money back guarantee and you can find it at Bioptimizers.com/wellnessmama and use the code Wellnessmama for a discount.

Katie: Hello and welcome to the Wellness Mama Podcast. I'm Katie from wellnessmama.com. And I really enjoyed this episode with Sinclair Kennally about undiagnoseable, the hidden ways that parasites affect us, even when our labs don't show them and what we can do about it. And I feel like she is a very important voice on this topic because especially when it comes to parasites, if we just try to attack parasites without understanding the other things she explains today, it can actually make things a lot tougher on the body.

And she has amazing resources on this topic. I know parasites and parasite cleanses are trending right now and getting a lot of talk on social media. I feel like her perspective is very important to really handle this in a way that's synergistic with our body.

And Sinclair is an award-winning authority on all kinds of chronic digestive conditions. She's the CEO of Detox Nation and the owner of the Selah Center and the host of the highly acclaimed Detox Nation Podcast. As well as the survivor of complex autoimmunity and many other things as well.

She's known for her work specifically in gut health and how she's helped over 15,000 people resolve the root cause behind their chronic and mysterious health conditions, especially related to gut, liver and parasites. And you will understand why as soon as you hear her talk today. She's an absolute wealth of knowledge. I loved talking to her. Let's join her now.

Sinclair, welcome and thank you so much for being here.

Sinclair: Thanks so much for having me, Katie. I'm excited to do this.

Katie: Me too. I am beyond excited for this conversation. I followed your work for a long time. Already learned a lot from you, and I feel like you have such great knowledge on specific topics that are really relevant right now, especially, and that a lot of people maybe don't realize are relevant.

So in this first episode, I would love to really delve into the topic of if someone's labs maybe aren't showing parasites or they've been told they don't have parasites and why they might still be having symptoms. I know this is a big topic, but can you talk about how parasites show up in unexpected ways and symptoms that people might not associate with having parasites?

Sinclair: Yeah, that is such a great question and it's definitely something I had to personally learn the hard way. So I just love that you're willing to ask it because I think I could have shaved years off of my health journey and, you know, years of suffering, honestly, if I had been willing to look deeper into this and been my own advocate.

So I'm super excited we're doing this today. First of all, we just wanna acknowledge some of the limitations of labs that are commercially available to us in this time. So it's very cool that people are getting more educated about how important gut health is. And it may, you may have already had like a stool test or you know, some kind of lab that your ND or functional medicine practitioner encourage you to run.

And I just want you to understand the limitations of those before you make big decisions about what they said about your body. Because really when you're thinking about parasites, the most reliable and the most thorough thing to do is look at your health history, your toxin exposures, and the symptomology. Because parasites are really, really good at hiding. Let's take a stool map for example.

And it's not that these are bad or wrong labs, we just wanna acknowledge the limitations of each lab so that we understand that we're not tripping over really important clues that the body is giving us, just because the lab didn't say, these are all of your parasites. In fact, it would be impossible for a lab to do that because they're only testing for certain markers,

and the parasite genome is vast. There are tens of thousands of different pathogens and honestly, healthy gut bugs that turn into the pleomorph. That's the fancy word term for it. Into an aggressive form when the need arises or when the conditions are right in the body.

So candida is not just candida. Healthy candida in a healthy body is actually there to help you maintain balance between different microbes in the gut, almost like a traffic cop. But candida turns pathogenic, just to pick on this for an example, because it's so common, when there are toxins present. So we wanna understand that. And you know, a bug is not just a bug. We wanna learn the reason why it's over, has an overgrowth in the first place, and we can unpack some of that today.

But when you look at a stool test, what you're looking at is only a few markers that have been tested. And how does that happen? You take one bowel movement, you ship it into the lab, they take one smidge from that stool and they spend 13 seconds or less on it. And the replication rates for the findings are less than 50%. It depends on the lab and it depends on the test, but that's pretty problematic to be able, not able to reproduce the same results than half the time.

In fact, some labs, it's much lower, it's as low as in the twenties, 20% range. So we just wanna acknowledge the limitations of it. If you have the money to do it and you're curious about what's under the hood, and you wanna use that as an example, that's great. But don't use it as a big pronouncement of everything that's in your gut, because you gotta think like a parasite. Is a parasite's job to make sure that every bowel movement has a dead one of them or one of their eggs in that stool test so that a lab technician can spend 13 seconds or less looking at it? No, that's not their job. They don't have to think like that. They're in the middle of their own life cycles. They're doing their own things.

So it's great if you have it in the budget or if you got something out of it like, oh, that's interesting. Now I'm more aware that I might have h Pylori or blasto some of the things that show up regularly on these tests. But let's just take it with a grain of salt and understand that the gut microbiome is so much more vast and complex than what can currently show up one of those stool tests.

Katie: That makes sense and why it can be so elusive even to try to figure out where to start with this. And you mentioned your own journey with this and how you're, it might have been a shorter path if you had known these things earlier. If you're willing, would you share a little bit of your own journey?

Because I feel like it's both inspirational and really educational for people who might be experiencing similar things.

Sinclair: Yeah. I would love to it. The truth is, it's not a pretty story. Like it's, it was deeply upsetting and, you know, financially devastating. I was suffering for many, many years and I didn't understand what it was, and I actually thought that it was my temperament. I thought I was just a sensitive person, an anxious person, a depressed person. That that's why my body was becoming more and more sensitive.

And that's one of the reasons why I'm so passionate about sharing this work is that yes, it's a two-way street between the body. Of course, your body's talking to you with your symptoms and it's gonna affect your temperament and vice versa. So I don't want anybody coming up with some big stories about they've lost the best of who they are, just because they're not feeling well.

This isn't just, it's so much bigger than stress in this day and age. Right. So that's what I wish someone had told me because I became a very reactive person. Wery fragile, emotionally anxious, depressed, and I was down to three foods at one point. And my body really didn't get my full attention until I ended up in the hospital. Because I was part of that American work ethic of like, push through work till you're dead, like you'll rest later.

You know let's, let's be useful. Let's make something, you know, for other people. And I was inherently hardwired to take care of other people, so I definitely missed a lot of the signals along the way until it was very devastating. And unfortunately, you know, hospitals don't have great answers for those of us that have very subtle symptoms creep in slowly over time. Allopathic medicine is wonderful for interventions that like, okay, we gotta cut something out, or we gotta set this bone, we gotta save your life today. Great, by all means, go to an MD, go to a hospital for those things. But when you're looking at more subtle issues, they're not gonna necessarily show up on blood work. Not the normal metabolic panels.

And so I remember the hospitalist being excited when I got admitted into the hospital, like, Ooh, we got a live one here. What's this? And how they lost interest in me and became irritated with me when scan, after scan was inconclusive. The tests looked normal. They started saying well, maybe you need to be on psych meds.

You know, this is obviously an issue with the neck up. And it was really scary because when I left that hospital, I thought I was going home to die. I didn't even bother to check myself out. I didn't have health insurance. We just walked out. I leaned on Michael, so we walked out into the parking lot and I got into bed at home, I didn't get out for six months.

And the gaslighting that happens in the medical system when they don't have an easy label for you is profoundly frustrating, but it's also very scary because you start to not trust yourself. And really the information is all there. The body's telling it to you, body's brilliant

and it's telling you that something has gone wrong. And in my case, I had been poisoned. And that's true of so many of us today. Like, because we're living in this era of toxins. That's why I love your body of work so much. And I think what you're doing to support families is just absolutely critical in this day and age. Because you're really saving people, you're saving their futures, you're protecting the possibilities for them and their children.

By just making these small little shifts. But for so many of us, we don't realize until we get a health crash. Like, oh, I've actually been poisoned and I didn't consent to this. I didn't consent to the processed food that shredded my gut lining, the herbicides and pesticides that killed a lot of my healthy, happy, important gut keystone species that inhibited my body's ability to, to absorb proteins that created this body-wide inflammation. I didn't consent to live in mold.

I didn't understand that a little mold goes a long way against the backdrop of all these other toxins, and that that paves the way for parasites to be running the show. Excuse me. Getting a little teary here. So what happens for so many of us is that this stuff creeps in slowly and we think there's something wrong with us.

And that's true, there is, but not in the way you think. Your sense of humor is still there. Your, you know, brilliance, your creativity, your natural generosity, your kindness, your natural emotional centeredness is all still there underneath these inflammatory symptoms that have crept in along the way. And so many of those symptoms are actually directly driven by parasites and your body can see them. Your body knows they're there. It's not an accident that they're allowed to set up shop. It's that they're acting as toxin sponges for you. Like that candida that we were picking on earlier, candida can hold several times its body weight in heavy metals. It will bloom in the presence of birth control and antibiotic residues. Like it's there to help mop up the mess and so are the other parasites and pathogens. So the more we understand that, the more intelligent we can be about going after them directly. Because we do eventually, when the time is right, need to tackle them head on because they drive so many symptoms. But we wanna respect the role that they play in the body as we do that process.

Katie: Yeah, I feel like that's such a valuable reframe, and I'm excited to go deeper into the specifics and ways that people can support the body. I think even understanding that like even though we can think of parasites as bad, they're actually serving a purpose as well. And like you said, the body is brilliant.

I think that was a big step for me was learning to reframe having an autoimmune disease away from my body's attacking itself to my body is always working in my best interest, including right now. And how do I best love and support my body? And I think you also

brought up a really interesting point that I would guess a lot of people don't fully understand.

When you talked about kind of the mental health side of this. I would guess a lot of people have the idea that parasites live in the gut and parasite issues are more digestive related disturbances. But it sounds like from your direct experience, and I would guess in your work, this actually can have really far reaching effects, far beyond just our digestion.

Can you talk more about that and the symptoms that can show up? Because I feel like that might be really new information for a lot of people.

Sinclair: Yeah, that's such a great point. And I really appreciate you bringing up like the labels that can be applied to us during this process. Because that can feel really scary. I remember searching so hard and fighting for a diagnosis for years, like, please just give me a label so that I know that I'm not crazy.

And so that, and thinking inherently that a label's gonna help set you free, but in the end, that's really often not the case is it? I had Hashimoto's and fibromyalgia and rheumatoid arthritis and tinnitus and Lyme disease and all the co-infections and I was told that I would never be well, and you know, that's scary when you can't open and close your hands.

When you can't walk to the bathroom, you can't lift your arms long enough to brush your own teeth. It's, it's really scary. But those labels don't necessarily set you free. It's the understanding of the root causes for the labels. Like for example, these toxins and parasites and the synergy that they have together to provoke these inflammatory processes in the body. But you're not gonna override the body or outsmart the body in the process of healing. You wanna understand what the body's own strategies are for healing and work with it. In order to gently unpack this and dissolve it. You can't force your way into healing. You actually have to relax your way into healing.

So we can talk about the parasympathetic nervous system today if we have time, and how crucial that is in reclaiming your digestive health. But it's really important to understand that parasites, to answer your question directly are not just living in the gut and they're not just showing up symptoms in the gut. They can be body wide. And yes, they're really, really stealth masters. They're, they're phenomenal at hiding out and setting up colonies over time. And they will take advantage of any short-term stress that you have, or short-term exposures that drop your immune system strength down, and then they'll really start to run wild.

So when you think about inflammation or stagnation, those are two primary strategies that parasites have to run your body to be in control instead of you. They eat at your table first. So they're always going to hijack your nutrients. That's why on lab work, some of the signs

that you can see that can point towards parasites are being deficient in iron, deficient in zinc, low in your vitamin Bs, even though you're eating to supplement these things and you're getting more and more intangible in that.

But wait a minute, I'm eating organic and I'm eating these, you know, healthy produce and you know, grass fed meats and you know, why is this not, you know, why isn't the needle moving? Because you're feeding your parasites first. So symptoms of parasites that are really typical are actually skin issues. Because parasites love to create these inflammatory compounds that show up as skin distress because the skin is trying to compensate and excrete.

So what would that be? Eczema, psoriasis, rosacea. Just getting rashy, hivey, any of those histamine driven symptoms can actually be parasites because they're so good at jacking up your histamine levels. Increased food sensitivities over time. Anybody less tolerant of foods than they used to be? They're high in histamine or dairy sensitive, or you crave sugar or you have more energy at night than you do in the morning. Spoiler alert, you are still human. Humans are not night owls. Humans are supposed to be up with the sun and down with the sun. That's us at our healthiest and at our best. We're supposed to have the most energy early in the day, not late in the day.

So if that's flipped for you think parasites. Similarly along that line, disruption to your sleep. So difficulty falling asleep or waking up at night, restlessness. You know, dreams that are distressing if you're able to dream or if you're not able to dream, that can be a clue to bruxism.

So that's teeth grinding and TMJ sleep apnea, like the list goes on and on. It's amazing those, and we didn't list any gut symptoms, but that's usually how they get your attention. Right, well, we talked about food sensitivities, but like bloating, digestive issues, like feeling like your food doesn't move after you eat. That's because one of parasite's favorite strategies is actually to slow down your gut motility so they have more time to feed. And also your food naturally ferments more and then they get more of those sugars and alcohols get the most out of your food.

So digestion, like constipation, diarrhea, or just for fun, alternating constipation and diarrhea, those can all be clues as well. But you're right. One of the things that I'm most passionate about is helping people to see the mental health and parasite connection. Because it's so damaging to have a story about yourself that isn't true. So parasites are wonderful at creating anxiety. I know we have all these social media memes now about how we're all socially phobic and how we talk about our anxiety like it's a house pet.

But that can actually just be driven by this parasite explosion we're seeing in this day and age. Because parasites interrupt your own production and use of gaba, which is your calming neurotransmitter, right? So we want the ability to rest and settle. Why would parasites do that? Because they don't want you to be able to easily enter into the right rest, digest, and heal state, because that's when your immune system strengthens and your body goes to work and does cleanup.

So they would rather keep you a little stressed outside of the parasympathetic dominant state so that they can run the show. They also interfere with your serotonin. They love to eat your serotonin and steal it from you, and they also interfere with your dopamine. So that's both your motivation and your good feelings.

So who are you really? If you can't experience your own neurotransmitters, your own desires, your own ability to connect and your own ability to rest.

Katie: Wow, that was such a good explanation. And I would guess many people listening can resonate with the parts of your story about medical gaslighting or being told everything's normal or it's all in their head. Or they just needed birth control or psychiatric medication or whatever the case may be. And that really detailed explanation really seems to indicate to me that like also, parasites aren't something we want to spot treat or like just go after as if they're a symptom and with the sole focus of kill parasites.

Because you just explained how this is all so interconnected. So I would guess can people, if they don't know how to navigate this well, can they actually make it worse by trying to kill the parasites before their body's ready to deal with all the reasons that the parasites are out of control to begin with?

Sinclair: Yes, Katie. You totally hit the nail on the head. Thank you. This is really important to understand. We do not want to just go in and carpet bomb these guys. You know, yes, they are running the show and we don't want them to. We wanna give back our own, you know, capacity to digest and rest and detox and connect. But we don't just, their solution's not just hunt and kill. In fact, so many people suffer unnecessarily when they get put on those protocols. It's not that your practitioner, you know, wants to hurt you. They mean, well, they just took a weekend workshop or they got introduced to an herbal or a pharmaceutical from their reps and you know, they get told, oh, this is really great for parasites.

Okay, fine. Just because something has the capacity to kill a small organism or to harm it, doesn't mean it's the right thing for you. The order matters a lot and the stack, so your supplement stack matters a lot. And I would take that even further and say supplements are about 25% of an anti-parasitic protocol. No more, no less. You can't skip that layer, but that's it friends. So we could talk about the layers of what belongs in an anti-parasitic

protocol today. If you want to, or the things outside of supplementation, wherever you wanna go from here.

Katie: Yeah, I definitely wanna go in both of those directions. And before we jump into that, can you also touch on, it seems like parasite cleanses are having kind of a moment of popularity on social media. Maybe it's just my bubble of social media, but it does seem like there's a lot of misinformation floating around. And maybe a lot of people are jumping into these more like harsh cleanses without understanding that other 75% that you're talking about.

Why do you think it is if it's true that parasite cleanses are getting so much attention right now?

Sinclair: I think it's the social media loop. So somebody sees a worm in from somebody's toilet and you know, that's really eye catching and it's really interesting and it, I think also subconsciously you go, wait a minute. There's more to my story, and that's a really important instinct. Like you should listen to that instinct.

You just wanna be really discerning about which tools you use. So I totally get why people are interested in this right now, and I love that they are, because we really lost all of our awareness about parasites, through in the developed world pretty quickly over just a couple of decades. This used to be folded into the seasons.

The seasonal change meant dosing up on anti-parasitic herbs for the whole family and just maintaining health together. That was a part of seasonal cleansing. It's been understood, you know, in many regions of the world that like spicy foods are natural anti-parasitics. You just wanna be really discerning in this day and age because remember, we're in the era of toxins. We have 50 x'd, our toxin load in just a period of 10 years. That's insane for a body burden for people. And that's both Americans and Europeans.

That's pretty interesting. So when you look at what parasites do for us and the job they do. And why they're allowed to just explode in your body right now, it's because they're mopping up the toxins and they're physically holding them for you. So it's one of the reasons why we don't just kill, because that will create a re-oxification event for you. For the mercury from your amalgam fillings, from the lead from mom's lead based paint that she grew up with that got transferred to you in utero. For the arsenic that was in your chicken and rice. From the cadmium that's now in unleaded gasoline. From the mold and mycotoxins that you've been exposed to.

And yes, whatever you live through in your college dorm room counts, or your childhood basement flooding every year. It all counts. It's all added up in there. All of the endocrine disruptors from our plastics, you know, the herbicides and pesticides. If your liver can't get

it out right away, it's going into storage and one of the storage units is your parasites. Because otherwise it's gotta end up in, you know, if you're lucky, it'll end up in fat if a toxin is lipophilic. And that means your brain, your glands, your fat cells, your adipose tissue throughout your body.

But you know, other than that, it's gonna be your in your vital organs or in your bones. Like, this is not good. So that's why we don't just go in and explode these guys. And so I think that the health coaches and the influencers and the crunchy mamas that are out there selling these one product or three product parasite cleanses. I'm gonna give 'em the benefit of the doubt and tell and say, okay, I think they mean well. But it's very dangerous what they're doing. And we inherit a lot of people who crash on those protocols and get, they never had diarrhea, they had constipation. Now they have diarrhea for two years. Like it's, this is not a joke. What we're dealing with in this day and age. And it's not to scare you because this is still all fixable, and it doesn't matter how sensitive you are, you can always take a step in the right direction.

Let's just be really discerning about the order of those steps and make sure that the body is supported and we do safety first. That's all.

Katie: I think that's a very hopeful reminder. It's all fixable and the body is designed and wired to heal and understanding that we can work with it instead of against it, hopefully in that process. So I know that there's a lot of complexity that must go into this and that each person might be a little different.

And that I would personally say it would make sense to me to work with someone who really knows what they're doing and specific to your case and understand more deeply. But I would love to touch on some of the points for people to understand about misconceptions when it comes to parasite cleanses. And those important things to do in the right order and or what are the other 75%. Like what factors may people not even realize are associated with addressing a parasite problem?

Sinclair: Yeah, that's a great point. So the first place I would start is actually... I just have to say one last thing about these misconceptions like I. We've gotta talk about the nervous system influencers and how misleading they are because if they're not toxin literate and they got some relief from finally learning how to use and work with their nervous system, they start saying really damaging things online that again, are like really harmful to people.

If you don't understand the full picture and you wanna specialize in just one area, that's fine. But acknowledge that the picture is bigger than you and stop telling people that they don't need to look in this direction. Because you are never going to tap your way or, you know, haven your way or, yoga your way into a strong and healthy immune system once

more. If you actually have a parasite issue, you actually do have to tackle them head on. So yes, we wanna work with the nervous system, but you're not gonna like do, you know, journal your way and process your way out of actually supporting the body. Why would you be so stingy with this vessel?

Your body is the vessel for your soul. Why wouldn't we be kind to it and actually supply it with what it needs and acknowledge that it is biochemical in nature as well as bioelectrical. Bioelectrical, meaning the nervous system. So we do wanna do both. Like if we're going to tackle our parasites head on, first we pay attention to the symptomology.

If you have three or more symptoms from what I'm talking about today, then I strongly encourage you to assess this further for yourself. If you have any food sensitivities, skin issues, digestive issues, sleep issues, mood issues, concentration, brain fog. These are all great signs that it's worth exploring further for you.

And if that's the case, well then let's, yes, always start with some nervous system support. So that we're acknowledging that the body needs a little bit of encouragement to get back into rest, digest, and repair mode on a daily basis. Because parasites are so good at stealing the ability to do that from you. So what would that look like? We have a body of work called Soma support. We've gathered a lot of our favorite somatic techniques for that, but there's many, many different tools out there. You just use what works for you. Yes, you can do vagus nerve stimulation. Lots of different things will work for you.

We wanna fold that in though. We use Soma support upon waking before taking supplements, before meals, and on the way to bed and after a stressful event to retrain the body. It's okay to let go of stress. It's safe now to rest and digest and detox. Because as soon as you upregulate the parasympathetic dominant mode for the body, you're actually upregulating a healthy, balanced immune system. And that's confusing for a lot of us that have said like, well, but my immune system is like on over alert. All the time. I don't need to upregulate my immune system.

Actually you do because the more one end of your nervous, or your immune system, is going ready fire aim, everything is upsetting. Ready fire aim. The more you need to actually restore balance so that the other side of the immune system can start to upregulate and say, Hey, I see these fungus issues, I see these parasites, I see the biofilm. I'm gonna tackle it. I'm gonna handle it. I'm gonna see them coming in on my food. I'm gonna handle them before they set up shop.

And I'm also gonna go after the guys that have already set up shop. So nervous system support is crucial. It's just step one. We also need to think about making sure that we have our drainage pathways open. Drainage is not like a cool sounding word. It's kind of gross, I

realize. But it's absolutely critical for success with parasites. So what do I mean by that? In bio-regulatory medicine, we talk about drainage as our emunctories or drainage pathways. Very closely related to the concept of detox. So detox is the process of dealing with toxins in the body. Drainage is the process of excreting that which is no longer wanted. So your normal metabolic waste.

And also, yes, those toxins once they've been processed. So we wanna drain from the bottom up. We want some colon support. Make sure that you're moving your bowels every day. That is thing number one, two, and three to make sure that you do not have unnecessary reactions when you're doing parasite cleansing. Because if you're not moving your bowels, you are creating way too much lag time between die off and excretion. Parasites will start to secrete enzymes as they die to break down their bodies, which means you are liberating toxins.

So we want lots and lots of drainage support, moving the colon, moving the small intestine, and yes, supporting your liver and your lymphatics and protecting your kidneys during this process. So what would liver support look like? Liver support looks like digestive bitters. It's something you can either fold into your meal. Like arugula is a wonderful bitter, it's my favorite one. If you're healthy enough to digest arugula. Some people aren't by the time they get to parasite work, that's okay.

You can also take an herbal tincture that is just condensed, distilled bitters. Up to 20 minutes before a meal is great 'cause it gets your gastric juices moving. It tells your body, okay, we need to get the stomach acid ready for digestion. We need to get the bile ready to move and meet the stomach acid and neutralize it as soon as it gets to the small intestine. So what else can you do? You wanna be thinking about, what are the precursors to detox and drainage for the liver? 'Cause the liver does over 500 jobs. That's insane. Detox is just one of them. It's also helping you to digest every aspect of your food. So when we think about drainage support, we wanna think about globally.

How do we keep the liver moving and soothe it, reduce inflammation, and restore efficiency. So those are critical pieces. As well as always having the right binders in place for you to mop up those toxins that are getting excreted by the parasites. So those are the crucial precursors before adding in antiparasitics.

Katie: Yeah, I love that that's all the, like before we actually even start addressing the parasites themselves. And it makes sense to me, like the stats you talked about in the modern world, how much our bodies face every day, that these areas of support are actually really important to be aware of, even if we're not in an active parasite problem.

Like these are all things our body's constantly handling. And we're gonna get to record another episode after this one. And I really wanna in that one dive deep on the nervous system side too. Because I've said for a long time, even if we don't feel mentally and emotionally stressed, if our body's getting bombarded by things in our personal care products or in our environment or foods that we aren't tolerating, like our nervous system still perceive stress.

It doesn't know the difference between that and the metaphorical being chased by a tiger. And our modern lives kind of set us up for being in that state constantly. So it requires a little bit more awareness to make sure that our body's able to reach parasympathetic and to actually enter that state where it's ready to heal to begin with.

And I know you have so many resources and more knowledge than we could cover in 12 podcasts or hundreds, but if someone is really wondering if they have a parasite issue. Or they have had some of these kind of unexplained things and symptoms that have they've been told are normal or they've been medically gaslit. Where would you recommend that they start with your resources to start to learn more and see what their path to healing might be?

Sinclair: Oh, that's a great question. So we have a free parasite self-assessment that you can just take and score yourself. And you can start to see how your symptoms start to really connect and can be driven by parasites. So that's where I would start is our free parasites self-assessment, and you can get that on detoxxnation.com

I'm sure we can link in the show notes for you, but that'll help you on your own self-assessment journey. We wanna be in the driver's seat in this process for ourselves. Yes, use guides like me as navigators, but the whole point is to get back in control of your own destiny, and that starts with learning your body's signals.

Katie: I love that. I say often, at the end of the day, we are each our own primary healthcare provider because we're the one creating the inputs toward our health. And I love, I really believe the best outcomes happen when someone is in the driver's seat of their own health and working with someone who has specific knowledge that helps on that drive.

And I love all the information you put out. I will definitely link to everything we talked about in the show notes so people can find you and learn more from you. And I love that you're bringing such a knowledgeable and balanced voice to what seems like a lot of sensationalism that's floating around on the internet right now. And giving people both hope and a roadmap and encouragement that the body knows how to heal.

And when we support it, we can get better. I'm very excited for our episode 2, so you guys tune in for that one as well. But Sinclair, for this episode, thank you so much for your time. This was fascinating.

And thank you guys as always for listening. I hope you will join me again on the next episode of the Wellness Mama podcast.