



THE

FATIGUE

SUPER

CONFERENCE

Parasites and how to deal with them

Guest: Dr. Jay Davidson

Alex: So welcome to The Fatigue Super Conference and to this interview. I'm talking with Dr Jay Davidson. Hi Jay great to have you.

Dr Davidson: Great to be here, thank for having me.

Alex: Just to give a bit of background on Jay. So Dr Davidson focuses on functional natural medicine, he's a popular speaker and a two-time Number.1 International Bestselling author. Dr Jay was host of The Chronic Lyme Disease Summit, number 1, 2 and 3, he was also the host of The Parasite Summit and co-host of The Detox Project, which had over 50,000 participants.

Dr Jay Davidson is admired for his ability to bridge the gap between the scientific health community and the lay person. His at home programme is his private community that walks you through his exact protocols that changed his wife's life from a near death experience of Lyme Disease. He is also the co-founder of Microbe Formulas.

Jay great to have you. I have been diving into both of your books today, which we'll I'm sure come to some of the key pieces as we go through it. One of the things that really struck me though was the power of what really drove your passion for this area, your wife's experience with Lyme. So maybe you could just say a little bit just to kick off about what happened in that story and why it was so pivotal in turning your direction as a practitioner?

Dr Davidson: Absolutely Alex. You know there are so many things that happen in our life and I feel as if we can take one of two paths. Either we can respond and step up to the plate when things are thrown at us or we can try to push them off and we can take another path that seems to be easier but actually makes life harder later on. So I look at life as either we get to do the hard things now to make life easier later on or we can take this scapegoat and do the easy things now that actually then make life hard.

So we have these roads that we can pick and when my wife crashed, she had Lyme disease when she was 7 years old, in a coma, and from that point for, she grew up in Wisconsin in the US a very hot bed of tick zone but that was 30 plus years ago now when that first occurred so way before most people knew of Lyme disease. There wasn't really the internet then yet and all this public information available but she ran into a lot of different health issues. When my daughter was born almost 7 years ago on my wife's 30th birthday, their firecracker 4th July babies, so they share a birthday which is funny, but when my daughter was born pretty much the bottom fell out for my wife and my wife just couldn't recover and it got really stressful. I mean her health, she was pretty much near death, so everything else went on pause. We ran a very successful corrective Chiropractic office dealing with what we thought at the time, detox and nutrition and things that were deep, but obviously not enough to have her abundantly healthy. She never liked to be the guinea pig so its kind of like we just did things for her to get by and she never wanted to try something to crash, you know she'd rather just want to get by. When my daughter was born that was 'the straw that broke the camels back' that's like no we need to do something and that's where I guess my personality came in really well. I'm either all in or all out and I was all in, like OCD researching this, figuring this out, 'OK what do we need to do to get my wife's, or really save her life, but then get her health back and get my wife back.

(10.26)

So that was a big shift in my path and it's really easy for us to look back and say 'oh my gosh did this happen to her, why God, why us, why this, why that' and I really believe Alex you can boil it down to two thought processes. Either we look at life as it's happening to us, like everything is happening to me, poor me, this victim mentality or we look at life as it's really happening for us. And the moment that we shift to understand that it's actually for us that puts us in this champion seat, this champion mindset and realise oh no what I thought at the time, and I feel extremely guilty even saying this now, but I thought my daughter was a curse because I'm like my wife is literally dying and I'm not sure what we need to do.

And when I look back now she was that blessing, she was that angel that forced us to dig deep to uncover all these things that just hadn't dealt with before for her and so much comes down to mindset and understanding and it's real easy when you're in this chronic illness to just be your worst enemy. To pick at things and fight things and really understand 'wait a minute my brain and body are connected and I'm one and this is actually for me and there's going to be benefits. Maybe you don't see them now but there's going to be positives that come from this and I'm going to overcome'.

Alex: Yes and I remember reading in one of your books that your wife had kind of been just about getting by for many years and there were times where, I remember reading that she had to pull out of the Junior Olympics because she had a sinus infection. There were these various kind of moments where it got in the way but it was never bad enough that somehow it became the crisis that needed attention. I think sometimes what happens is things just have to get bad enough that one reaches the point where they really do realise that I can't continue like this and indeed sometimes having a reason bigger than ones self becomes necessary and perhaps the birth of your daughter for both of you was a kind of moment where 'we can't go on like this we have to find a way for something to change'.

You were talking about mindset and in a moment we will move on to kind of more of the causes of fatigue but just briefly to explore a bit more, you were saying about having these kind of moments of realization that either life is against us or you realise life is for you. Maybe say a bit more about some of the other pieces that you found have been useful as a practitioner and also in supporting of your wife. That have been helpful in supporting some of those shifts in mindset?

(13.14)

Dr Davidson: Yeah. I mean this is a lot newer concept to me and putting pieces together so I'm still processing it but I guess what I believe is so important with chronic illness, you know my wife when she was 7 years old she got sick, they gave her some medications and that caused brain encephalitis, which is essentially brain swelling, then she went into a coma for 6 weeks. And in that process when somebody does that they're essentially, their mind, their unconsciousness if you will, it detaches from the physical body. You know like you're kind of separating the spirit or the consciousness of the body from the actual physical body and when I look at all the different tools that are out there for emotional healing and health from the EFT/Tapping on and on the list goes. I feel one of the most important things in the emotional side is to come back in your body and stay there. When somebodies not feeling well, especially when they're chronically inflamed and in pain, you exit because you don't want to feel the pain but the problem is when you detach from your physical body now your body can't operate at 100% because you're not really in the body. And it almost might be a little, I might not be explaining this properly.

Alex: No what you're saying is very clear to me, yeah.

Dr Davidson: OK. So my wife when she was giving birth to my daughter it was 25 hours of natural labour, she was a big baby and my wife's a pretty tiny girl,

110lbs, and my daughter was 8lbs 12oz. it was a natural labour but it was long and when I look back, and this is very recent you know continuing to put the pieces together, but when I look back I'm like wait a minute I bet you that within that 25 hours I can't even imagine the feeling and pain that women go through with childbirth but something that long and that agonizing I bet you in that moment she detached because that was her way of dealing with the pain. But I feel like after that happened that she didn't come back and when she didn't come back that didn't allow her body to recover. She hit rock bottom a couple months after, had to stop breastfeeding, she got allergic to literally everything except for water and then traditional bone broth. She did that for 17 days basically forcing the fasting. She'd have a piece of lettuce and her throat would close off, you know her body was just so reactive.

So when I think about in the emotion mindset I feel like the mind body connection, because you hear that a lot but it didn't really connect with me until the last couple of months, of how important that is. And I feel like when you're tapping and you're doing all these different things you're saying 'hey mind come back in my body'. It's so easy to say 'oh my gosh I'm feeling anxiety' and not want to be in your body because of that feeling but the thing is you have to acknowledge that emotion, you have to acknowledge 'OK maybe I don't have a lot of energy', don't run from it but acknowledge like hey maybe I'm not feeling so energized or maybe I'm feeling very angry or depressed or anxious. Acknowledge that emotion, don't run from it, but then say thank you but I don't need that right now. So not like you're running from it but you're acknowledging it, you're standing there and kind of facing it if you will and I believe that changes a lot with chronic illness.

(16.46)

Alex: It's fascinating you say that because we have a phrase in the psychology team at The Optimum Health Clinic which is 'for your body to heal you have to be in it'. So kind of pretty much exactly what you've been saying and we see it as you describe that when there's some kind of trauma, be it a major trauma or a kind of subtle developmental trauma of not getting emotional needs met in a way that's important, that the way we survive is we have to detach from our emotions because feeling the emotions is something we don't know how to do or is too overwhelming or too difficult. So there's a kind of perpetuation of the kind of stress response by the nervous system having to support that detach and actually by coming back in that is part of what allows that system to switch off into a healing state. So it's really interesting that it's something you've identified and observed in your practice and your work.

Moving on a little bit more to a bit more of a global understanding of some of the things that can cause fatigue, and obviously this is an enormous topic

with lots of different kinds of facets and elements but in your experience, what's interesting to me is you're coming at this from number of different perspectives. You're coming from the point of view as a educator whose run a number of online summits interviewing dozens and dozens of experts, you're coming at it as a clinician whose got a lot of experience running a busy clinic and practice with other practitioners working with people and you're coming at it as someone who has been the carer and supporter of someone that's been through it. So I think that gives you a pretty unique set of insights.

What do you identify as some of the primary causes? So when you are making sense of a case what are the things that you're looking for to explain why someone's experiencing fatigue?

Dr Davidson: Yeah absolutely. Emotions and mindset, like we have been talking about, is a key piece. We all have different emotional baggage that we bring along some people just like to carry more of it than others and it's very easy to get caught in a certain cycle that you've been programmed in through childhood or through past, maybe you know an abusive relationship, or just different types of things that have happened in your life. So our mindset and thought process and how we organize emotionally is very important. I think that's one of the foundations.

Same thing I would put in there for food. The nutrition you put in your body is absolutely imperative. Now do I believe that you can change somebodies chronic illness just with food, in today's day and age I don't believe it's enough, that there's more pieces to it, but that's really kind of the foundation.

Then if we step more, what I would say in the functional medicine world, you know really getting to the true sources of what's going on with people's health beyond just food and emotional trauma and mindset. Not to push those off, they're really important, but really to kind of steer a little but more into this kind of focus is parasitic infections are really big and a massive epidemic. Other chronic infections, I like to separate parasitic infections from other chronic infections. Other chronic infections I would throw the viruses, bacteria, so Epstein Barr Virus, you know the viral category, which is known to cause fatigue especially. We've got bacteria like Lyme Disease, Bartonella, these other type of critters that can really inflame the body and also you know stress out the adrenals and wipe people's energy out. You've got fungus in that category so we've got parasitic infections, chronic infections, mold in the environment, so work, home, school. And then I would put as the last one toxicity and specifically heavy metals is a massive epidemic, I would also throw in there pesticides like glyphosate, which has been found in rain water and we share one atmosphere so it's everywhere unfortunately. And I would also put radiation, there's been a lot of the Fukashimas and things in the

world that unfortunately is creating a lot of toxicity in the planet. Ultimately I believe those four things are some of the biggest causes of why people struggle with energy and just struggle with abundance of health and really their health to be optimized.

(21.04)

Alex: So let's break those down a little bit more in a minute but perhaps just before we do that I know you were saying before we started recording that you'd updated a little bit but one of the things I liked about your first book 'Five Steps to Restoring Health Protocol' was the emphasis you placed on the importance of the first step being detecting. Like diagnosing, getting clarity, a stat that jumps out to me that I thought was pretty staggering is that you were saying the average time a patient has before they're interrupted by a medic used to be 25 seconds it's now down to 12 seconds, which means you've pretty much got 12 seconds to explain what's happening before there's something that's coming forward.

So maybe say a little bit about the role that you see of taking time to get clarity and to detect and get a clear picture before jumping into potential ways of resolving things.

Dr Davidson: Yeah it is quite staggering. Typically in a conversation what you'll find is the other person isn't typically listening to that stat you just dropped, you know that it was 25 seconds and now it's 12 and what typically the other person is doing what is inner dialogue like this as we're 'communicating' is I'm typically waiting for my turn to talk. So I'm not really listening to exactly what you say but I'm waiting for my turn to speak and there's a difference of actively engaging and listening, Alex, to like the words you're saying and processing that rather than 'huh I wonder what I'm going to do later today after I'm done with this client?' 'You know is this just like this other client that I worked with'. To not have that mind wander, and with today's day and age people are distracted, we are the scroller generation of the world. We have an attention span less than a goldfish they now advertise, so when we're looking at health I believe that you yourself know more about you body than anybody else does.

So it makes the most sense as a doctor for me to listen to, for instance Alex like tell me 'what's going on?' 'What are the biggest things you're looking for help with?' Give me a history, 'When did this start?', you know tell me more. And typically I don't see clients one on one anymore but my team of doctors does and the biggest thing is the first initial appointment, we actually block two hours off, but typically the first half hour is us listening. 'Basically

verbally vomit what is going on and we're going to take notes and intake things so that then we can start asking more intelligent questions.

So I feel as if definitely with the insurance world that for a doctor they are only going to get so much reimbursement, no matter if they spend 5 minutes or 5 hours with the patient, so they are going to be pushed into spending less time with them because the actual client is the insurance company, it's not the actual patient. You know whoever pays for the visit is the client and unfortunately when insurance pays for something like that the doctors kind of fall into suit. So I'm a big fan of finding people that you resonate with, finding people who actually listen to but also who've had the experience in guiding.

Alex: One of the most helpful questions that I find as a clinician is when you feel like you've got the whole picture and you feel like you've got everything and you say 'Is there anything else that I need to know?' When I used to ask that question it was almost out of politeness and what I started discovering was that maybe 1 in 4/1 in 5 times there would be some crucial piece of information that would come at that point that actually had a significant impact on the perspective I would then take on the rest of the case. But you might be an hour in to dialogue with a client to even get to the point that you feel you've got enough clarity that you're just kinda going 'Is there anything else that I'm missing'. So I think taking that time is as you say, someone's got to be paying for that time and it's either the clinician out of their own time or it's the client that ideally is in a position to be able to do that.

So you were saying to me before we started recording that we were talking a little bit about the sequence of how you approach a case in terms of, you mentioned these different kind of pieces like parasites, and Lyme and mold and you were saying to me that you see parasites as being a kind of crucial piece early on in that picture. So maybe say a little bit, before we come to that piece of the sequence, why parasites can be important in fatigue and then yeah why you see that as a key piece to address early in the process?

(25.45)

Dr Davidson: Yeah so things continually grow in understanding what's most effective and so that first book I wrote 'Five Steps to Restoring Health Protocol' that's probably coming on four years old now, which doesn't seem like that long yet obviously the whole editing and publishing process, like the book was written way before it was actually available to the public. If anybody's written a book you know the whole painstaking process.

Alex: I always like people telling me that books are outdated quickly, it shows that people's work's evolving right (laughs).

Dr Davidson: Yeah and it's not to say don't get the book, you can get it but know that there's a lot of changes that have occurred and it's good because now we have a better understanding of order and effectiveness to really speed this up. Because it's real easy to look at this world and say 'Alex you know what there's more toxins than ever been created in this world, there's more EMF's and EMR (Electro Magnetic Radiation), everything's Bluetooth and WiFi and cellphone and they're going to 5 G. You can get in a scary place or you can also look at it from 'well if all that's advance and that's actually stressing us out more our tools actually have advanced thought to allow us to be healthier to match that' and what side do we pick. I really believe that it's important to pick the side of 'hey there's better tools out there today than 20 years ago'. The availability and more forthcoming of where does your food actually come from and quality and ingredients, I mean that's better today I feel like than 20 years ago. People just didn't ask those questions and it's needed.

But when we look at the other side of it the first step is to understand what's wrong, if you can't rule things out like 'I'm not sure if there's mold', 'I'm not sure if I have parasites that Dr Jay is talking about', I would rather assume that it's part of your issues so that you don't miss it. But if you're like 'No way that can't be' and you push it off that could be a critical step that might hold you completely back and so when we're looking at order the first thing is to detect and understand what's going on and if you can't rule things out assume all of it's an issue, and the next step is opening up the drainage pathway's.

So drainage is really the normal body fluid pathways, if you will, on how the body clears things out. So going number 2, pooping, the colon is that pathway of how the digestive tract empties. That's really actually the base of the whole drainage pathway that everything pretty much relies off of you pooping. So if you're not pooping 1 to 2 times a day, and for those that are struggling with health and looking for health restoration I would always recommend 2 – 3 times a day, assuming it's not watery stool. We always want to make sure that pathway's open more than less open. The liver bile duct is an extremely important pathway, the kidneys clearing out toxins that way, we've got the lymphatic system, the brain draining to the lymph which is the glymphatic system, skin sweating. So there's multiple of these pathways and if they're clogged there's not point to jump to try to detox, there's no point to jump to try to kill things because those toxins and the debris of the pathogens that you're going after they have nowhere to clear to and if they don't have anywhere to clear to you're gonna get inflamed, you're going to have all kinds of symptoms, you're energy level is gonna drop because your body is bombarded with this

debris and inflammation. It's like 'I can't clear this out' because the pathways aren't open. So first step is opening up the pathways.

The next thing, and this was a big shift that I took a few years ago after I wrote 'The Five Steps to Restoring Health Protocol', it's like 'oh god I've gotta up date that' but there's so much going on, it's on my list. The next step is parasites. Parasites are a modern day epidemic because of the toxicity epidemic. So toxins in our body, there's 85,000 registered with the United States of America, who knows how many chemicals have actually been synthesized by humans on this earth; I mean that's a hard number probably to figure out but 85,000 chemicals. It accumulates and it creates an environment in our body that allows these pathogens to thrive. Parasites specifically will absorb heavy metals so they're sponges. So if you have heavy metal toxicity you're bodies like 'hey parasites why don't you hang around because you're gonna help minimize this burden of heavy metals'. The problem is then that means that you have the parasite with the heavy metal inside so it's technically still in your body but now the parasites are now producing toxins and they're causing their own stressor and you still have the toxin technically within the body.

(30.25)

So parasites are a modern day epidemic, the point, and I have to give my friend Dr Todd Watts massive credit, he was the guy that opened my eyes up to parasites. He started showing me pictures on his phone of things that clients were getting out and I mean they were like creatures. Right. (laughs). I was so intrigued, I was grossed out.

Alex: Like an Alien right when you start really looking at some of the images of some of the stuff that people actually have been holding in their system.

Dr Davidson: Oh my gosh, yeah, and I started looking at the pictures and I was grossed out but so intrigued. I'm like 'I wanna try this' and so he sent me a bottle of Mimosa Pudica seed and I started taking it and 17 days later I was sitting on the toilet and I go to wipe and it didn't feel normal and I look down and there's these two worms hanging from me into the toilet bowl. They're dead and they were long obviously to be in me and into the toilet water. I took some toilet paper and pulled them out and my mind just started racing. I'm like 'wait a minute if I have these, a relatively healthy guy, who else does?'. And the next month and a half every stool there's just piles of worms, like small or 4-7 inch ones and across the board with all the clients I was working with at the time I was like we have to go down the parasite route. I think this is a big epidemic, this seems to be a big piece to the puzzle, and next thing you know I would say cleansing parasites effectively was one of the most profound things I've done on a protocol side.

What I realised was that mold spores will live inside of parasites, that toxins will live inside of parasites, that viruses, certain viruses will actually live inside or parasites and then even certain types of bacteria will live inside of parasites. Like Lyme Disease for instance has been shown to live safely within certain types of parasites like nematodes. So if somebody has a viral infection, if they have a bacterial infection like Chronic Lyme Disease, if they have heavy metal toxicity, if they have mold toxicity, clearly make sure your environment is safe. So remedy or move and be very cautious with porous things like furniture and mattresses that you don't bring those and contaminate your next environment type of thing.

If you can't get up over the hump chances are because you've got to take down what I consider almost that mother cell, take down the parasite that then unleashes an unlocks those other areas.

Alex: So in terms of sequence what you're saying is firstly you need to make sure your drainage is working and one of the things you were saying about that as well is that there's no point in getting in to sophisticated fancy programmes if you haven't got the basics that are working there. And then that actually potentially before one goes after Lyme or Co-infections or other things, or mold or whatever, that you preference is to tackle parasites first?

Dr Davidson: Yes and you see this human nature across the board, like look at relationships. Right if you're relationship isn't where you want it to be with your spouse you do you jump into some advanced type of thing, you know technique to help benefit your relationship where you're like 'hey there's not intimacy in my relationship' and you go buy some Karma Sutra books. You got to remember the basics like what's your spouses love language, if it's quality time then doing all the other things isn't really going to work and it's the same thing in the functional medicine side. You can have the best protocols out there for detoxification and clearing mold and killing Lyme Disease but if you don't have your foundation of opening up your drainage pathway and take down the parasitic concrete wall that's a barrier to all this you're just going to be hitting your head against the wall and wondering 'why me?', 'why can't I figure this out?' It's because either you're missing a piece of the puzzle of you're doing it in the wrong order.

(34.13)

Alex: Right makes sense. Do you have a preference for testing for parasites and also maybe say a bit about some of the ways that you recommend in terms of treatments?

Dr Davidson: Yeah so the testing out there for parasites stinks, right now I don't recommend people spend money on a test because a lot of times it comes back negative and we still want you to cleanse. So I'd rather have somebody to put resources, instead of \$500 on a stool test put that toward actually cleansing. Put that toward you now clearing those parasites out of your body. Within the last 2 years they looked at 40/45 different species of parasites that they never looked at before on DNA sequencing side of it and in that they found over a million new genes and this is in the last two year. So to think that we know all the, because there's a lot of PCR testing for things out there, that we know exactly which bugs, how to test for every one and that every time we test it's going to be a 100% accurate, at least right now in 2019, no way.

So I hope that as things grow and advance that there's going to be more testing out there but my friend Dr Todd Watts, his test is, you know hold your two fingers up, find your pulse and if you can feel your pulse that's a positive for parasites. If you can't feel your pulse then you might want to re-feel to make sure you're still alive.

It really comes down to in all the cases in chronic illness, there's always been at least some type of parasite or parasites in somebody's body. Now of course there's going to be different levels where somebody might have to cleanse for a year, other times it might be you know 90 days and all of a sudden they're kind of up over that barrier. So it is individualized.

Alex: And in terms of getting rid of parasites obviously that can be quite a tough process sometimes depending on what kind of parasites are there. What is your preference in terms of protocols and supplements and also pieces that perhaps support alongside supplements?

Dr Davidson: Yeah well I'm definitely going to be bias having been co-founder of Microbe Formulas and the other founder if you will is Dr Todd Watts. I was speaking at a conference and this guy I didn't know asked me a question at the end, I was talking about hormones and Lyme Disease, and I'm like 'either this guys a jerk or he's just really smart'. Afterwards we had a dialogue and talked and I'm like 'oh no this guys actually really nice he's just really smart. He just wants to dig down on the pathways and know the answer'. We actually became friends and that's when he showed me the pictures of critters that people were getting out and that's what kind of opened my eyes and then I tried it and then I realized 'wow'. So I told everybody 'you gotta call this guys office, we can call him the parasite guy Dr Todd Watts, order this stuff called Mimosa Pudica Seed' and so for a few years I just sent clients to him. He had thins hand compound pharmacy because it's really sticky and no fillers so it was an interesting process that he used to go through but then one day my

brother-in-law was like ‘why don’t you partner with Todd and come up with some more effective stuff’ and I’m ‘like yeah it’s actually a good idea’ and Todd was right there and he’s like ‘yeah it’s a good idea’ and that’s actually how our company formed.

So just I kind a like to explain intention that I actually tried to talk Todd out of ever doing a supplement company because I’m like you don’t want to deal with the regulation and all the hassle, FDA, all that stuff, luckily he didn’t listen to me and the low and behold obviously we have Microbe Formulas.

(37.57)

Mimosa Pudica Seed game changer; that is the stickiest stuff. It’s very fat soluble so when you take it in capsules you want to drink lots of water but that stuff just gels up and it grabs onto things in your gut. I mean people have literally cleared out what looks like beef jerky, you know I don’t know petrified whatever in their digestive tract that’s just clogged them up. I’m a really big fan of Ayurvedic herbs so things especially over in India, you know holarrhena, triphala, clove, neem, vidanga.

These herbs work really well for clearing parasites out. We’ve actually got a new one coming out that’s specifically geared for strongyloides, which seems to be one of the biggest epidemics and it’s also, if anybody has sinus issues, I’m really leaning right now just on the clinical side of, if you’ve heard of marcons, which is like the multi-resistant staph aureus in your sinuses. I don’t know if it’s really that or more parasites, it seems strongyloides is parasite in nature and we’ve actually, just through some earlier testing now on this newest formulation, it’s called Formula 2, which should be out soon. But we’ve continually reformulated it, we’ve tested it behind the scenes for over a year now but we’ve actually had a bunch of clients get worms out of their nose when they just put like a drop or two of the tincture in maybe 6oz of distilled or filtered water and then do the neti pot through, worms come out.

I really believe that there is a bigger epidemic of parasites out there than we would tend toward and if you look at, I mean there’s been research out there, there’s a book called ‘Your Brain on Parasites’ it’s like a black cover. A lot of research about parasites and how it actually changes thought process and personality and emotions especially in animals and insects and things like that so of course it would correlate, that would make sense that it could do that to us too. Of course human testing isn’t as easy as that kind of stuff but I really believe that this is a big epidemic that needs more attention and also to be addressed.

Alex: Totally makes sense. So that's the kind of eliminating kind of process be it parasites, and I guess that there's some cross over here in terms of Lyme and Co-infections and other things, right? That perhaps there's different pieces you might bring into the jigsaw but you're saying that you would deal with parasites first. Once you've worked with parasites is that the stage then you would move to other pathogens as it were?

Dr Davidson: Yes. Let me just share this image because I feel like it will help the listener. So if you look to the left side it says 'Detect', that's understanding what's wrong, then the next step is drainage. And understand with drainage, drainage comes along with you for the journey. So as you're cleansing parasites, as you're detoxifying heavy metals you're bodies going to be getting more stressed from the actual process so you're going to need a little bit more support than if you weren't doing anything. Well that support is actually supporting the liver bile duct, it's supporting the kidneys, it's supporting the colon, it's supporting the lymphatic system.

Like I said the next step is parasites. Once you start going after the parasite realm now it kind of unlocks you to really actually clear mold spores, it unlocks the heavy metals that are in parasites where you can actually start getting really deep down and clearing out the built up toxins and also the virus bacteria. What's interesting about the virus side of it is when you have a parasitic infection it causes autoimmunity in the body and actually pushed the immune system on the opposite side, the whole TH1/TH2. It pushes it to the opposite side that then allows viruses to replicate and essentially go out of control. So if somebodies got some type of Epstein Barr, Cytomegalovirus, HSV1/2, you know these different types of viral infections that are in the body and your continually bombarding and you're like 'why can't I get this down, why can't I get it under control?' It might simply be because there's a chronic parasitic infection that's not allowing the immune system to actually activate to go after the viruses. Besides the fact that these things, these pathogens can be inside of parasites as well and if it's inside then it's like you've got this protector that's essentially housing the bacteria and viruses. That you've got to clear the protector out, which is the parasite, and then allows your immune system to get down deep into these infections. So there's definitely an important order to this.

(42.35)

There are some things, not to over complicate it but, environmental mold is, early in the game you want to make sure the environment is safe.

Electromagnetic fields or electromagnetic radiation is really important because that will actually raise blood glucose. In research we know that in this digital toxicity, if you will, these digital waves and things will actually make good bugs go bad, they'll cause mold to increase the micotoxin it produces by 600 times. So essentially your environment, mold and EMF, is really important.

Also if you have mercury in your mouth, if you have root canals or especially cavitations are probably even more important, which can come from root canals, essentially cavitations are infection in the jaw. If you have those things those could easily hold you back as well. So I don't want to make it so simple that it's this, but it is this. You know this is the core and then just make sure we're not missing some of those other pieces as well.

Alex: And how much of an impact do you think when you're, it may also be that the work that you're doing with the parasites because you're using binders may already be having some impact on some of those other pieces as well. But I guess that then there are specific protocols that you're recommending once you've dealt with that parasitic kind of layer.

So tell us a little bit about how you would then start to work with those other pieces?

Dr Davidson: Yeah so the graphic is linear, when you're going through it it's not, there's a lot of overlap if you will. So you start with drainage, general recommendation is you now give yourself 30 days of making sure you can poop, making sure you open up the liver bile duct and support the kidneys at minimum. To kind of get it going, you know do that for 30 days. Energizing the mitochondria's not a bad idea either at that early stage, then move into parasites.

When you start parasitic cleansing it's good to have something to grab on to the debris. So some parasites will die and they, you know, will clear out some of the debris that's in them and others will die and release it in your body and that's where a lot of the symptoms will come in. So parasites like to produce ammonia, which is a very alkaline toxin, and it can make you feel like trash or just like a wreck, so having something to bind on to ammonia is really important. Parasites will release heavy metals so it's important to have some type of binder that can bind on to heavy metals so they don't redistribute and you know make get deposited in some other place so that when they do get released from the parasites dying that you're soaking those up.

So there is a lot of overlap but it's best to understand it in a linear order to know 'OK this is the order' now as you're listening to all these different experts, like for instance on your fatigue event here, or listening to podcasts or reading books instead of a bit like 'OK I'm going to have to completely trash this thing I was doing with all these 30 supplements now I'm going to switch over to this'. We can start taking nuggets like 'oh you know what coffee enemas, huh, that helps to open up the liver bile duct. That's in the drainage category'. Boom, you've got a tool. Or 'oh it's cats claw for Lyme Disease' OK

well that's in the chronic infection you know bacteria /virus category, write that down as a tool. Instead of being so overwhelmed that things don't make sense if you get the basis of the roadmap, now as you start to learn, you can start throwing things in there and it makes so much more sense and you can be guided a lot better.

Alex: Very cool, very cool. And I think what you're saying about sequencing, it is crucial because you can do absolutely the right things in the wrong order and it's like having the code for a safe. You can have the right numbers in the wrong order but it still isn't going to be effective in terms of opening the door.

I was curious, one thing we haven't perhaps gone into when we've been talking about parasites and digestion is the role of leaky gut. Do you want to say a little bit about how parasites can drive leaky gut and also how leaky gut can then be part of, you mentioned something in your book about the relationship between autoimmune diseases and how there's a kind of ripple effect often of these kinds of pieces.

(46.49)

Dr Davidson: Yeah the gut has gained a lot of attention in the last few years and rightfully so. I believe it's a really important piece but the gut itself isn't the source. The leaky gut or really in the scientific literature it's called 'intestinal permeability' right, the things that open up the gut. It's kind of like Swiss cheese and the holes get bigger and so things sneak through that they shouldn't and the body gets in this autoimmune and reactive type mode.

The thing that causes leaky gut isn't leaky gut itself, it's the things upstream. So chronic infection, Lyme, these viruses, toxins are big things, glyphosate it rips apart your digestive tract. We've got parasitic infections itself will do that too and the toxins that parasites produce. Being in a moldy environment will do that, eating horrible food, you know processed food, kind of the standardized type diet will stress the gut out and cause intestinal permeability or leaky gut. Being emotionally stressed out will do that as well.

So when we're looking at lets fix the gut in order to fix the gut you've got to deal with all the other things. So what you can do is really focus on how do I support the gut as I go upstream to then eliminate what's upstream and then now I'm going to stop stressing the gut out down stream. So if you have a power plant and it's kicking out poison into the river the goal isn't like 'how do I scoop the poison out of the river as fast as possible', which is kind of the gut. The goal is 'well how do you stop the poison from being dumped into the river that then causes the gut to be stressed out of the river to be stressed out. So it's all about getting to the source and if we work through the sources it's such an easier journey.

Alex: Yes and I guess sometimes when you've dealt with those sources, be it parasites, be it parasites and some kind of Lyme and Co-infections that then there's a stage of kind of rebuilding and supporting the body in repairing the damage. Because it's like, for example, in the case of your wife who a number of decades had had her body just about hanging in there with these things that were going on but you take away those pathogens or those things that are kind of causing problems. Yeah I'm curious as to what you see as being some of the pieces that are helpful and then that rebuilding on the other side?

Dr Davidson: You mean for the digestive tract specifically?

Alex: Yeah the digestive tract and also more general as well like some of the things that you see as facilitating the bodies own healing process and mechanism.

Dr Davidson: Yeah. One of the most important things for gut health and just the bodies overall health is what's termed, it's bad language because it's phase 3 detox, but it's actually drainage. So when you look at the liver, the liver's really the lifeline of detox of the body, it's called phase 1 and phase 2 detox where it essentially will take some chemicals modify them to actually make them a little bit more toxic to then get them to phase 2 to then process, then to kind of neutralize them essentially.

And then the liver's now 'OK I've got these chemicals and things that I've processed what do I do with them?' And that's what phase 3 detox is, which is really liver drainage. How does the body get rid of it. It gets rid of it primarily by dumping it into the bile. So bile movement and the viscosity where it's more runny and can flow is very important. Glyphosate will actually stop bile secretion and production, just like that. Estrogen, high estrogen levels will actually clog up bile as well. So for those that have hormonal issues, it's unfortunately a self-perpetuating cycle because the liver's so big with hormonal production that when the bile flow is backed up then it's gonna kind of jack your hormones up even more, kinda gets into that flow.

So opening up the liver bile duct and then talking about parasites a lot there's a lot of parasites that love to be in there two besides all the toxins that can clog it up just from getting dumped into it. Strongyloides, roundworms can climb from your GI into the bile ducts, liver flukes, giardia, you know all these different types of things can be in there so just understand motion is life and opening up the liver bile duct is one of the most important things.

(51.07)

There's herbs out there like bitters that can help open that up, there are things you can do at home, like I mentioned coffee enemas, liver/gallbladder

flushes, castor oil packing, these type of things that can help kind of create more movement. There's other things out there called TUDCA, it's an acronym for Tauroursodeoxycholic and what you need to know about TUDCA is it protects your liver. So if there's any liver damage and your taking medications, this is big in the weight lifting world like steroids, and it's really stressing your liver out if you take TUDCA it will actually prevent further damage. So it's one of those products that's very healthy for your liver but it's amazing because it's a water soluble bile acid to get the flow moving.

So anybody that is reactive, sensitive, food allergies, very up and down like 'oh my gosh', have multiple chemical sensitivities exposed to perfume, fragrances, mold and just get knocked down and out the liver bile duct is almost surely plugged and needs to be opened up. If you open that up I feel like everything changes for your health and also your GI tract too.

Alex: That's fascinating, that's an interesting one. And also I've got a couple more questions. One that I'm always curious about with people that have had a breadth of experience is, I'm curious as to what you see, we mentioned some of the mindset stuff earlier, but I'm curious as to what you see as being the difference between people that have fatigue related conditions and some of the complexities and the pieces you were talking about. That those that are effective in their recovery process and those that aren't. Are there any kind of things that you've identified which are, either look at it from the point of view of things that are getting in the way, like are kind of stopping that healing process or indeed either attitudes or strategies or ways of approaching which seem to be increasing the likelihood of success for someone's healing path.

Dr Davidson: Yeah. The two you or for you that we talked about earlier I believe is really important. Man, it's such a loaded question in the emotional side. I really believe though if your attitude is in imperfect action that a lot changes. A lot of times we want to wait until like 'I've figured exactly everything out and I've researched everything about this topic and now I'm going to do it' but if you just started acting. Learn something where does it fit into the order and the protocol, like I was discussing, and just start moving on it you're going to learn a lot faster that way than if you just try to, you know, take interviews in and books in without actually trying to implement it. So implementation, imperfect action and massive implementation is going to get you the best results.

Because you're going to look back in one or two years and realise 'wow I can't believe how far I've come' and simply because you've just taken little steps. It's not trying to create a whole foundation and a whole house at once; you're not trying to knock down a huge wall all at once. You're just kind of chipping away at it but it's chipping away constantly that makes massive changes.

So with my wife, my wife is healthier than she's ever been and it's been quite a journey but that journey has been so positive because we see just, I mean the thousands, I don't even know the number of people we've affected, you know. Just with all the things I've done out in the public let alone the actual clients that we've worked with, let alone the people that are in our inner circle at home community and that are doing these protocols. It's such a profound impact and it only happened because we took massive action and we didn't have it all dialled in right away but we figured it out and that allowed us to be at the point that we're at now where my wife is healthy. And I think that's the mindset to be at, imperfect action. Like yeah you might not have it all figured out but just act, just move.

(55.21)

Alex: Yeah it kind of takes a certain courage and determination and I guess coupled with a certain amount of patience and willingness to stay at things at to get set backs along the way and use those as a source of positive information.

Before we come to how people can find out more about you and your work is there anything that you feel that we've missed or you want to add to what we've said so far?

Dr Davidson: Just keep moving forward. You know there is a reason where you're at and if you get into that place of 'why me, why is this happening' look at it from what have you learned thus far from your health being in the state it's at? What have you gleamed from it? And if your health had not gotten to that part would you have ever actually learned all of those things or that thing depending on what it is? And when you get to the point where you're like 'wow I now understand so much about diet, I now understand so much about, you know name the category' that all happened because there was this 'crisis' or this challenge. And life is continually just stepping up to the challenges, they're not problems they're challenges and that's how we grow. We never grow on top of the mountain we grow in the valleys and it's the valleys where the challenges are and that's how you're going to move forward. So I just would encourage you to move forward, keep learning, implementing and just listen to your heart. If you listen to somebody or read something and you're like 'wow that really grabs me' or wow resonates with me, go down that path. But don't feel bad as you get down that path a little bit and feel oh maybe this isn't the right and start going another path or keep learning things. You're only ready for what you've been exposed to and where you're at. So it's just continuing taking a step forward. You don't see the whole staircase, you just take the first step and we don't know where exactly that staircase is going but

just keep step after step after step and when you look back you're going to realise wow I've taken a lot of steps and I've really moved forward.

Alex: Nice, that's a great analogy. For people that want to find out more about you and your work where's the best places to do that?

Dr Davidson: Best spot is my main website drjaydavidson.com pretty much everything is links there. It's probably the easiest place.

Alex: Fantastic and there's obviously you're a bit of a summit master so there's an ongoing kind of summits and ways to for people to dive in that I guess they'll find links through your main site.

Dr Davidson: Yep our supplement companies on there, the at home programme, our one on one coaching, summits, yeah we try to put them all there just to make it easy.

Alex: Awesome. Jay thank you so much that's been fascinating I really appreciate your time today. Thank you.

Dr Davidson: Thank you Alex.