



**THE SPECTRUM  
OF HEALTH**  
— P O D C A S T —

## Podcast Session #6

# ***Parasites and Chronic Illness: What Can We Do?***

With Dr. Todd Watts

*Dr. Todd Watts is here to talk to us about parasites and their role in Lyme Disease and other chronic illnesses. Most importantly, he's here to help give us some direction on how we can move forward.*

*Dr. Watts also shares his own health journey with us, how he develops his products, and how they can be used clinically. Dr. Todd Watts is a National Board Certified chiropractic physician, a functional wellness practitioner, and is licensed with the Pastoral Medical Association. His passion helping others restore their health so they can live their true purpose stems from his journey from overcoming his own health struggles. Click here to learn more about the 6-Week Parasite Challenge! For more from Dr. Todd Watts, visit <https://drtoddwatts.com/>.*

00:05 **Dr. Christine Schaffner:** Welcome to the Spectrum of Health podcast. I'm Dr. Christine Schaffner and today, I'm speaking with Dr. Todd Watts. Dr. Todd Watts is a National Board Certified Chiropractic physician in Idaho, a functional wellness practitioner, and is licensed with the Pastoral Medical Association. Dr. Watts' passion for helping others restore their health so that they can live their true purpose stems from his journey in overcoming his own health struggles. I met Dr. Todd Watts a few years back at a conference, where he was newly developing his product which we call Para 1 today. He also came to visit Sophia Health Institute a few weeks ago and gave us first-hand knowledge of his products and how he uses them in clinical practice. So today we have a conversation about his own health struggles, how these products were developed and some clinical pearls. I hope you enjoy our conversation.

01:03 **CS:** Welcome everyone, I'm so excited to introduce Dr. Todd Watts. We have so much great information to share with you all today so, welcome Todd, thank you so much for being on the podcast today.

01:15 **Todd Watts:** Thank you for having me.

01:17 **CS:** I know we met a few years ago at a conference, and I think at that time, you were really in the beginning stages or maybe in the midst of formulating some of the great products that you've already introduced to us. I would just love for you to share with our audience today how you got into treating chronic illness, and these chronic parasitic infections that we're going to talk about, and of course, that goes hand-in-hand with the environmental toxicity that we know is really interconnected with these chronic illnesses. How did you begin your journey learning about all of this?

02:02 **TW:** Well, my journey began at 41 years old, with deciding to go back to get my doctorate. And before then, I had multiple issues in health. I've always been interested in alternative healthcare. I'd gone to naturopaths and chiropractors and kinesiologists to address Epstein-Barr virus and allergies. And during that time period, at the end of my 30s, I had a lot of stress. That was back in 2008, and the markets crashed, and it gave me an opportunity to check into, what do I really want to do when I grow up?

02:40 **TW:** And with that high amount of stress, looking back now, I also see what was going on. I was living in a house that I had built, that had well water, in an area that had high arsenic in it. I didn't know that at the time. I think a year and a half of being exposed maybe to that high arsenic, and then with losing everything I had, my businesses and houses and cars and everything, I had had a lot of stress, even to the point that I had some heart palpitations and chest pains. I got over that anxiety or stress in my life and I went to school. And during that time period, I had had a lot of symptoms increase that I didn't ever have before. A lot of headaches, a lot of chronic pain, arthritic pain, brain and memory problems. And the allergies were just horrible, especially seasonal allergies with my eyes.

03:38 **TW:** I knew I wanted to go back to school to get my doctorate. I asked, am I going to be a naturopath or am I going to be a chiropractor? I talked to several people and I decided to go become a chiropractor, because in Idaho, there are licensed chiropractors, but naturopaths, unfortunately, are not licensed there yet. So I went back to school and while I was in school, I went to a conference, and at the conference, a gentleman spoke about chronic Lyme disease and co-infections, and that is when my eyes were opened up

to, wow, I identified with so many symptoms of Babesia and some of Lyme disease, of Lyme bacteria. And further on, getting tested later on, in the blood test I did, it showed that I have chronic Lyme disease.

04:31 **TW:** And so, I was addressing Babesia, Borrelia, and those issues, and I had some symptoms resolve, which was great. I was very happy about that, but I still had food allergies and chronic headaches, and a lot of muscle tension and brain issues and different things still happening, so I learned about parasites. Dr. Matt Buckley down in Texas was the one that introduced me to that era, and he turned me onto Dr. Klinghardt. I started learning about and watching Dr Klinghardt's stuff. And then watching anything and everything out there. My kids thought it was funny because I would be watching videos about parasites every night. There was a big popular song a couple years ago, called Paradise by Coldplay. And they would go around the house singing "para parasite," instead of paradise.

05:22 **CS:** That's cute.

05:23 **TW:** And my wife played a couple of jokes in the toilet, throwing little things in like, "hey, look the kids passed parasites" and it was quite a family ordeal and a joke. But it changed my life because in that process, I came across the mimosa pudica seed and then from there, it just expanded out in what we have today. And in addressing parasites, my food allergies went away, my headaches all went away, my seasonal allergies went away, a lot of my pain went away, but I still had a little bit of fatigue and especially muscle fatigue. Most of my general fatigue went away, but my muscle fatigue, I couldn't work out. I went for almost 9-10 years, not being able to work out, and that's when I really got into the heavy metal stuff and learned about

heavy metals, and how to detox, and then came up with products that just knocked them out, as far as my symptoms go. I was really excited about that because now I've been working out again, and my goal this year as I turn 50, is fit to 50. My goal is I'd be fitter than I'd been in the last 20 years, and I already feel better than I have in the last 15 years. And so, it's just been quite a journey from where I've come from, and then overcoming some of the things I did, and then my family, some of them are my kid's and my wife's issues. It makes you learn, it makes you push forward to keep trying to see what's better. I did this protocol, I'm still having problems, so then I did that protocol...and you go through and you learn, but you realize sometimes you just have to create and figure out your answer on your own.

07:12 **CS:** I love that. I know a lot of us who have really embarked on this journey as physicians, we have our own personal health journey. I think our patients really can appreciate that because you know firsthand what they're going through, it's like you've been always on your path even though I'm sure 2008 was challenging...but look at where it led you, right? So today we really want to talk about you...you created a line of products out of your personal journey and experience working with patients. The line is called CellCore Biosciences, correct?

07:56 **TW:** Correct.

07:58 **CS:** We were really lucky, we had you and Dr. Jay Davidson come to Sophia the other week and give us a one-on-one experience learning about your products and how to apply them to patients. I would love to share with our audience what is behind these amazing formulations, and what we're treating, and why we're treating that and everything. Many people who follow

the work of Dr. Klinghardt, yourself and myself understand that when we look at this paradigm of chronic illness, we can't just look at one thing, because people would be probably not as sick if it was just one thing, right? So we look at this whole ecosystem of chronic infections and then how environmental toxicity plays a role with our immune systems, and how to recover people's health. You mentioned right away this experience that treating parasitic infections went under-treated for a very long time, and in addressing that, that's really when your health jumped to the next level.

09:01 **CS:** People are more and more educated now, but in the conventional community, they don't really talk about parasitic infections unless you've gone to a third world country, or they think, "oh gosh, these alternative doctors who talk about parasitic infections, what's behind that?" Can you talk about why we're addressing parasitic infections, and even if you haven't traveled outside of the US, why, if you have a chronic health condition, you should be looking at this?

09:32 **TW:** That'd be great. For my case, I lived in South America for two years, and with that, I'm sure I had exposure to parasites down there, especially knowing the fact that I was sick for a few weeks, you know, having the runs the way you hear of Montezuma's revenge type of stuff. But for the most case, even in the United States, it's in our water sources. I have a patient recently that kept getting exposure and they tested positive for parasites in the lab, which was amazing. And so I said, "you've got to check your water," because they were on well water over in the northeast. Their well water came back negative, it was fine. Well, they have a house in Rhode Island and it's on municipality water. So they had that checked, and they checked some

neighbors and then they checked the water down at the county offices, and it came back positive for nematodes in the municipality water.

10:35 **CS:** Oh, wow!

10:36 **TW:** And I thought, "wow! We hear of heavy metals being in it, like lead being in the water, but parasites?" And they had squamous cells. So I thought that was very interesting, finding in the lab work that came back that it could just be right in our water sources. And then we know it could be on food, on animals if you have animals who are exposed, especially if you have farm animals, with walking barefoot, parasites can be received from getting bit by mosquitoes and ticks. And all the Borrelia--Dr. Alan MacDonald, Dr. Oberdorfer and several other doctors did studies of ticks, and found nematodes in the Borrelia and the tick guts. There's just so many ways we get exposed to it.

11:25 **TW:** And so what happens is, we live in a balance, and when it becomes an imbalance in our immune system, then we see headaches, allergies, skin issues, chronic health conditions, always getting sick. There's so many symptoms that we could have that relate back to an imbalance with parasites. My approach for a long time was, let's just knock those guys back and let's clear them out of the body. I don't know if you can get them all out of the body, but what you have to do is, you have to change the environment, like you talked about before. You have to change the microbiome. A healthy microbiome means a healthy person, but what causes an unhealthy microbiome are all the toxins that we get today in our foods, and all the EMFs that we deal with, the chemicals we're exposed to from shampoos and lotions and conditioners to cleaning products, to everything sprayed in the air, to our

grass and our lawns and how we treat those, to even the metals that we got either from our mothers in utero, to the exposure from all of the other sources through which we get heavy metals.

12:50 **TW:** So as we do know with heavy metals, these infections can really proliferate and be protected by the heavy metals. I remember when I got all the silver fillings out of my mouth, that the Candida just went away on its own from my tongue completely-- it cleared up, doing absolutely nothing other than removing the metals out of my mouth. And so, to really get that microbiome cleaned up, we have to clear toxins, metals, chemicals, infections and overgrowth, especially parasites. I think sometimes we get an overgrowth of those infections due to how toxic we are.

13:33 **TW:** And so, it's important to then approach the cleansing of the body and the infections through a bigger, broader approach of, "okay, I have this infection, I'm dealing with chronic Epstein-Barr or Cytomegalovirus, or you name it, the whole list of the typical patient that you or I have in our clinics, they have just about everything. So then you have to say, "okay, is it really an infection problem? Or is it an immune system problem? And what's the biggest burden on that immune system not allowing the person to overcome it?" And it's a combination of infections, toxins and metals.

14:15 **CS:** I think you brought up a lot of great points. As we have evolved, we've been exposed to parasitic infections, and these are things that we have dealt with over the years, but I feel like the increasing insults to our microbiome and our internal ecosystem is stressing out our immune systems more so these infections become opportunistic, and they become more chronic. And one of the things, before we dive into how to treat these things, I think we

should touch on is this whole idea of testing for parasitic infections. I know that you just listed a laundry list of symptoms that many people can relate to, and I definitely see the allergic phenomenon. I think when Dr. J did his parasites summit, I talked about the relationship between parasites and histamine, and we're seeing all these really increased sensitivities in our patients.

15:26 **CS:** I have one patient who is a naturopathic doctor, and she grew up on a farm, and as we were cleaning out her parasites in her body, her food allergies went down tremendously--she had had anaphylaxis to certain foods and everything. What I'm trying to get at is, we have this really significant list of symptoms, and then when people are trying to identify these, if they don't work with a doctor who uses some form of energetic testing, these might go undiagnosed for many years. Can you highlight the problems with conventional parasitic testing?

16:14 **TW:** Well, it's not very good.

[laughter]

16:17 **CS:** I agree.

16:17 **TW:** We can maybe get some protozoans, the typical protozoans that can show up on a lab testing, but they never test positive. I have had patients that send in an actual liver fluke. It is verbatim, you open up the manual and there's a picture that looks just like a liver fluke and you send it into the lab and that comes back negative. I don't know exactly why that would ever occur other than what happened to just plain observation or understanding how to

do it. In my approach, I do an assessment questionnaire on parasites, and also look at the case history.

17:00 **TW:** I remember one of my patients down in Texas or Oklahoma, she was having all these chronic problems and nobody could figure her out, and I found, okay, she had chronic Epstein-Barr virus and really high markers. And then as I was talking to her, she's a freshman in college, so talking to her, I'm asking when did all her problems start. All her problems started her freshman year, between her freshman year in high school and her sophomore year. And what did she do right before her freshman year in high school? She went down and spent the summer in Honduras, and then she spent three summers in Honduras. Everything started happening right after her summers down there. Well, what's pretty prevalent down there? Just within the culture there, we can easily get parasites. So in treating her for the Epstein-Barr, we obviously went after the parasites, which helped us to get much better results because the parasites were what was probably causing the suppressed immune system.

18:13 **TW:** Sometimes we just have to use our intellect in assessing what these are and understanding what symptoms. I have lots of research articles that show how parasites can cause and interrupt and cause seizures, for example. Or how they can plug up the liver and the bile ducts and so then you have a sluggish liver. Or dealing with ADD, ADHD and many other neurological symptoms, there's tons of research there...so I like to be able to correlate these symptoms with, "oh, it could be this parasite". For example, schistosomiasis can cause a lot of bladder pain and could be the problem in patients with chronic bladder pain where it hurts to urinate when everything else

comes up negative. You know how I found that out? I found that out while muscle testing.

19:08 **TW:** I had a patient, a 7-year-old, her mom had gone the whole medical route, it came up with nothing, having seen all these specialists in six weeks. And so I muscle tested, and came up with schistosomiasis and from there started asking, "okay, well, what did you guys do right before all the stuff started happening?" And they were up in Ohio, swimming in the lake. And then as you know, in the life cycle of a schistosoma and the hookworm it can still happen in that environment, most likely in that kind of environment. So, I referred her on to a medical doctor to be able to get some prescriptions and within three days, her problems were gone. And she hasn't had problems in two and a half years. But that poor little girl would have had if she hadn't come and gotten a hold of me, the poor little girl would have had chronic problems for years and years and years.

20:06 **CS:** And that's what we see. I love that story and I agree. I think some of the most rewarding clinical results have been when we treat these underlying parasitic infections that have gone overlooked for so long, and because of the way we both practice, with really paying attention to clinical history and the patient stories and symptoms, we're like detectives, right? And then also, we both use a form of energetic testing that absolutely helps guide our decision making. I just wanted to make sure that we drill down that point that we're not opposed to parasitic testing and looking for these infections in lab work, but if we relied on just that we probably wouldn't help as many people as we are with this approach. I just wanted to make that point clear. And for people who have done some stool testing and they said, "oh, that's been

ruled out," and they're still struggling with these problems, I don't want them to necessarily close the door to looking at this.

21:17 **CS:** So Todd, your path led you to develop a few types of formulas to treat parasitic infections. Can you walk us through these formulations? You have created a product, one is called Para 1 and the other is called Para 2, just walk us through those formulas and how they work?

21:39 **TW:** So the first formula, the Para 1, is the Mimosa pudica seed, and that product I started using four years ago. I used it for three and a half years before I brought it out to the general market, and I tested it in numerous clinics. And the thing is, with that product, we were able to see tremendous improvements on so many people in many different ways, including food allergies and sensitivities. It helps to clear out and to bind to the stuff that's in the intestines. And there's been different controversies on whether or not it's just the product coming out of people. And it's a great question, right?

22:23 **TW:** So, it does gel up, it's very sticky and it binds on to things and what comes out of people is maybe some of the product, but it's also a lot of other stuff, whether it's biofilm, or parasites, or toxins that it is binding and clearing out of the system, it works. That's the key part for me--it has helped change thousands of people's lives in that time period. Seeing people who have chronic constipation issues, now they're going to the bathroom regularly. One gal had had migraines for 10 years, on the product for two weeks and for the first time she was migraine-free. One of our patients could only eat four foods for two years because she was so histamine sensitive to everything, and the product allowed her to expand her diet to a normal diet. She's

really clearing still, but she can tolerate so many other things without getting bloating, headaches and severe pain.

23:26 **TW:** That was our first product that I launched CellCore Biosciences with. And then from there, I came out with Para 2, which is a really good ayurvedic blend of organic clove, neem, Vidanga. All of those are excellent in specific roles in treating parasites, but also they're good antimicrobials in general, and they're good for liver function and digestive function. It's very well tolerated. When I formulated that, I wanted something that more people could tolerate, more than some of the other things that are already out on the market that are a little bit more harsh. That's not to say that I'm not going to be bringing out some of those as well, but it makes it simple for people to be able to take and use and not hurt. I've taken 12 a day on the Para 2. My brother did 20 in a day and cast parasites off with that product. It's just a good overall general anti-parasitic product, so it can address tapeworm to intestinal nematodes and roundworms to flukes, as just a regular general formula.

25:00 **TW:** The other one, an intestinal mover we have is the Bowel Mover. The Bowel Mover is also really great in regards to being an antimicrobial and anti-parasitic. The big thing about that product is it helps to move the bowels through the system and to lessen the gas, and to really get the muscles moving again so that you can get that peristalsis activated. And we've had really good results with that product with patients that have been very chronically constipated, it may take them a little bit of time before they get that going, but once they get it going, it really maintains well without the severity of cramping and diarrhea, but just gives a nice movement and softer stools.

25:52 **CS:** Wow.

25:52 **TW:** So those are the first ones. I do have another, I think four formulations of parasite stuff that I'll be coming out with that I'm in the process of bringing together and testing. One of them is going to focus more on threadworm and strongyloides and the nematodes, protozoan-based parasites. Another one is going to focus really more on flukes and then another one on tape worms, and the larger type worms in that area. I do have some more formulations that will eventually be released but in the meantime, we have more of our detox products coming out and/or already released to the market as well.

26:41 **CS:** We're getting to know Para 1 and Para 2, and we have the ability to use a lot of range of different products with people with parasitic infections, as everyone's individual of course. And the thing that really made me pay attention to your products is that I've had patients who've done our medical anti-parasitic protocols that Dr. Sun-Yu developed and had struggled for years with rotating different things. And when they added some of the products that you have just mentioned, we just saw this whole other layer of movement with symptom improvement, getting different types of parasitic infections out of their body. I'm really looking forward to your new formulas and just having options other than pharmaceuticals. One of the things many people are always asking is, and Dr. Klinghardt is always tackling this too--people want to know how long they need to treat these parasitic infections?

27:52 **CS:** And my experience has always been that, of course depending on the person and how long that they've been sick, all of this, but it tends to be that this is an infection that doesn't resolve with one pill and one day--we need to be persistent and also have consistency in the treatment. And so,

can you just speak a little bit about your experiences in length of time that parasitic infections need to be treated?

28:20 **TW:** Yes, I can. The process of treating people can take time, and I let them know on average, 12 months is a good thing to do. Now, some people, six months is the result because they're not really too bad. Other ones, it's a couple of years. And so, now, listening to the experts out there before, when I started learning about this, protocols ranged normally from 18 months to three years when treating parasites. Now, my goal and what my process is, okay, why? What can we do to quickly get them out of there, which is where detoxification comes into play. I think if we clear the toxins and the metals from the body, then there'll be less of an environment that parasites survive or thrive in, and we can clear them out quicker. We'll see what the future has to hold, but I'm in agreement with what you were saying, and what Dr. Klinghardt preached, and that is, in being consistent and rotating through numerous products. My first year I did it, I went through 12 products, three of them being medications. I know I passed the tape worms for example, but it's not surprising, being that I lived in Argentina and Bolivia for a couple of years.

29:47 **TW:** But I've had patients that've never gone out of the country...one of my patients passed a 6-foot tape worm after 10 days being on our protocol and she had had hives for a year, every day, and was seeing all kinds of help from passing that six-foot tape worm. She hasn't had hives now in three years.

30:06 **CS:** I love that story, because I do see this increased awareness around what people call mast cell activation syndrome or these really, really sensitive patients...I do think that parasites definitely can be at the root of this.

This is something that takes time and you do see symptom improvement in time. That's great information, Todd. Let's really dive in--so we've mentioned that we know we've been evolving with parasites for a long time, but why we're seeing these chronic infections and these types of illnesses is because of the impact that our environment is having on our microbiome and our immune system. I know we're both passionate about sharing how glyphosate and heavy metals can affect the microbiome and our immune system. Do you want to touch on your approach of how to detoxify these environmental exposures to strengthen our immune system and also to maybe cure these parasitic infections more quickly?

31:25 **TW:** Yes, so we developed the first two binder products, which are our bioactive carbon products, and they are called HM-ET binder and Biotoxin Binder. Now, the HM-ET stands for heavy metals and environmental toxins. I know I wasn't very creative in creating that name, but I figured I'd make it easy for practitioners to know. Oh, that's heavy metal one, okay. Now they're composed of bioactive carbon molecules, and the HM-ET one specifically has been developed to bind and clear glyphosate and all those herbicides and pesticides and chemicals and heavy metals. The way these products are, the base molecules come from fulvic and humic acids, all separated out, and then from there, formulated with different size of carbons: small, medium and short chain carbon molecules. They're highly active carbon chain molecules, meaning that they are composed of molecular carbon, hydrogen, and oxygen.

32:42 **TW:** And the great thing about them is that, not only do they help to bind and clear stuff from the body, but they also help to feed the good microbes in our body, and they help support our tissues in repairing, as well as our cells, and they feed the mitochondria. So there's the polysaccharides, the

polyelectrolytes, the phospholipids and lipids and proteins and nucleic acids and organic acids all within these products that do different roles. It's not just a binder, it's a cellular repair product. It's a tissue repair product. It helps to pull out the glyphosate, let's say, in the GI system and then helps to repair those tissues. Our bodies are composed of carbon, hydrogen, and oxygen, and that's 96.4%. And then from there, it's 3.6% minerals.

33:43 **TW:** But most of us always take minerals to help our bodies heal. Minerals are great co-factors that we need as glyphosate and other chemicals can chelate them from the soils and also chelate them from our body as well, and antibiotics kill our good microbes. So we need to be sure that we're putting things into our bodies that are going to help heal those good microbes in the microbiome as well as the tissues and our cells and really upregulate mitochondrial function, because if we can't get the mitochondrial function upregulated to repair the body then it really makes it hard for us to overcome these chronic viral infections and these chronic Lyme and other issues...whether it's yeasts, fungus, or other bacterial infections that are suppressing our immune system. So that's what that first product does--it's a really aggressive binder and it clears out the body.

34:41 **TW:** Then the biotoxin binder comes in and that goes after more probably ammonia and mold toxicity and by-products of the toxins from these infections, but it also has vitamin C in there and other components, that one actually is a better food for the microbiome in the mitochondria functions. It helps to clear up the gunk or the cellular debris, and so it focuses more on cellular debris and the bio-toxins. And so, we're addressing two of the biggest issues within the body because what I see with ammonia for example, it's high amounts of ammonia, which Lyme is a big producer of, and parasites, and

bacteria in general, and then also eating high amounts of meat, the ammonia in the gut can inhibit methylation. Methylation then inhibits the VH4 process which then, in the liver, prevents it from clearing ammonia out of body, and you become really ammonia-toxic, which creates fatigue and brain fog and headaches and all kinds of other issues.

35:55 **TW:** Heavy metals like lead, for example, can inhibit the same process in dealing with the urea cycle in the liver and then you get all this ammonia buildup in the body. So really, at the beginning, especially, I really like that biotoxin binder because it's going to help upregulate cellular function as well as binding and clearing out some of these really toxic biotoxins. It really helps start kicking off the immune system because it's upregulating ATP and mitochondrial function and energy. So that's what that one does.

36:35 **TW:** And then we have three more products coming out here in the next four to six weeks, and one of them is, an all-in-one binder, and it does address metals. It's not as aggressive as our HM-ET Binder, but it has three parts to it. One part is for upregulating, again, mitochondrial and microbe function. One part is to deal with metals and the other part deals with clearing viruses and radiation. That's where muscle testing helps, in figuring out what people are ready for and which one they currently need, or do they need a combination of those binders to really get them going? The other one is a liver-kidney detox and then a lymphatic detox. My belief is, we've got to be sure our drainage systems are working, hence the Para 1, it really helps to open up and clean out the GI system and then the liver, kidneys, which are super important for making sure the toxins can then clear out, and then, out of those detox organs and then from those lymphatics need to drain into them.

37:46 **TW:** So every one of our products except for the Mimosa pudica, the Para 1, every one of them has bioactive carbon molecules in them. And so, these valence or bioactive molecules will help with the delivery, whether it's the Para 2, whether it's any of these other detox products and herbs, that way they're protected through the GI system from the acidity or the alkalinity and they can be delivered at the right pH, and they're bound to the carbon sizes to be able to then deliver it where we need to in the body as well.

38:23 **CS:** And that's what makes your products really unique, these additions to the products to help with detoxification. You mentioned a lot of great information, Todd. One of the things that I just wanted to share too, is about your binders. You have instructed that we're able to use these with and without food, one of the biggest roadblocks to a lot of my patients taking binders is the need to take them away from food. So, can you just explain that a little bit, about how that is unique to your products? Because it's definitely an improvement for patients' quality of life taking these types of products.

39:12 **TW:** Yes, I'd be glad to do that. So with these products, they help to balance the minerals in the body and make them bioavailable. If they're not bioavailable, they take them out and they will go in and help get the nutrients delivered from the foods that you have or other vitamins as well. So they help protect them from either being broken down in the stomach, or help deliver them where it can be at a higher pH. So they accentuate your nutrients and delivery of those nutrients, and that's why you can take them with food. It's just not going to be an issue of stripping minerals. We've always heard activated charcoals and binders can strip minerals, and you have to take all

these mineral supports, and you have to take them two hours away from anything else. It doesn't work that way. It actually binds, it brings electrolytes into the body. It brings a balance of minerals into the body, it helps bring in these nutrients in the body as well as supporting, bringing the nutrients from the foods into the body.

40:30 **TW:** So that's the big difference I think. Yes, you can take them with food, no issues at all, and it works great, and you can add them to food for kids, you can add it to liquid of any sort. The HM-ET Binder, for example, really dissolves in the water amazingly, and there's no taste to it. Some of the other binders actually have more of a taste because there's some of the vitamin C or other things, co-factors that were put into it to make it what it is, but they're not bad.

41:06 **CS:** I think that's great in a very unique difference in your binders. I think it's really important to just take a step back and say it's not only that we are seeing more parasitic infections due to the environmental toxins, but we also, I'm sure you see this in practice too, as you kill parasites, there's this mobilization of toxicity. If you're not doing this in a comprehensive protocol that really addresses all of your routes of elimination, that's when we see people have really severe die-off reactions or that's when they start feeling really sick and so, along with your products and what you're creating, we employ a lot of coffee enemas and colonics, and lymph drainage techniques to do at home and different types of remedies and strategies to try to make it easier for people as they kill these pathogens and infections, for them to have fewer symptoms. I just wanted to make sure people understand this. It's not always a do-it-yourself at home adventure, having guidance is really going to be the safest way to tackle this.

42:27 **TW:** I agree. It definitely is one of those things when you're doing and working with products such as these, it's a good idea to be sure that you're either working with a practitioner or a coach to help you through some of the things you're dealing with. In fact, my goal was to be able to have people not hurt and not have really bad reactions to stuff in the process, and that's how we hope to manage our clients that we see here in our clinic, is to lessen those but still get the same results. And it sounds like you guys are doing so many things there too, to do the same thing. That's great.

43:07 **CS:** Yes, absolutely. I know that you're in development of this, but maybe just sharing with our audience the whole idea of viruses and maybe even the retroviral idea, where does that fit in the puzzle with parasitic infections and these chronic infections? I know that you're coming out with some strategies to deal with that. You mentioned Epstein-Barr. I think Epstein-Barr is a very common viral infection that many people have had an exposure to and that can be one of the things that gets reactivated. That's just one virus out of many. I think you have some really great insights into the viral piece.

43:55 **TW:** I love it because it was part of my life and I've seen with so many patients that come in that do have the chronic viral issues as well. In my research and in looking at Dr. Hulda Clark's work, she talked about in one of her books quite a bit--that these viruses are tied with specific parasites. I don't necessarily think that one virus is always going to be with one parasite necessarily but I definitely agree with that concept. In my treatment and in my process with patients over the last number of years, I try to correlate a muscle test, "okay, this is a chronic virus, what is then the parasite associated with this?" And then from there, I've developed, "Okay, well, what also is the toxin

or metal or infection that is also a part of it? And then also is there an emotion that is also tied to that chronic infection?"

45:01 **TW:** And by doing that, boy, the results have been amazing with people. I've seen such better results by treating viruses at the same time treating parasites. As you well know, they all go together. But when I was first practicing, I didn't know that. I didn't know enough about parasites or understand parasites to that level. I was like, "Oh, gotta treat the virus. We gotta treat Lyme and Babesia," and then as I went through the journey of realizing I'm not getting all my symptoms gone, something else is going on I need to address, boy, that parasite thing really made a big difference for me and really changed my life. And that's where with this retrovirus or total detox or all-in-one detox product will really help address the radiation and the viruses and the retroviruses. And what I found is, it's amazing how many people actually do have these viruses in there, and they have no idea.

46:05 **CS:** I'm sure you get this a lot too, it's like, can we really kill all the viruses, or do we figure out a way to kind of modulate our immune system, to where they're not activated? Do you have an opinion about that?

46:18 **TW:** You know what? I don't much have a opinion about it. I just know medically, they say you can never get rid of a virus. But in my training and learning blood work, for example, Epstein-Barr, if it's more than four or five times the limit, then it's in a chronic condition that's affecting your health. And so you know, there's a chronic condition happening with the viruses, and affecting even Hashimoto's. And so, it is vital in treating that. But it goes hand in hand with what we talked about, the parasites. I had one guy who had this

chronic herpes on his lips, but then all through his nose, for years, it was constantly coming back, and he was on medications for that. We just took him through our parasite cleansing. We also realized that he had severe mold toxicity, and in dealing with clearing out toxins, that cleared it all up. He hasn't had a problem with it since, for at least probably eight months now, that we've been working on him. He's been able to get off his medications, cleared all the issues, he had dealt with mold problems. And then cleared out the parasites, which really affected his well-being. Not only with foods, but mental well-being as well, along with the mold toxicity. As you all know, these things can highly affect mental issues.

48:12 **CS:** To take a step back, I completely agree around the viral piece. So just looking at again, if you're working with a doctor who runs what we call titers. So looking at IgM and IgG antibodies. IgM is typically in medicine, the acute infection and IgG is typically past infection. But doctors like Todd and I, look at that number, and see that as an indicator. If you're positive it just doesn't mean that you've had a past infection. But this can be an indicator of what we call your viral load, and that your body and your immune system is still really taxed with this. And it's something that needs to be treated. And so no, I'm glad you brought up that point Todd. And then the other piece that we've touched on, is this whole retroviral idea, that Dr. Judy Mikovits has really educated us on. I hope to have her on an interview one day. There's another type of virus that can definitely impact our immune system, and can be challenging to treat. But we have tools for that, of course. And then another great point Todd that you brought up is, just... I think we've hit this point home. It's like, it's not just one thing, we have to look at that inter-relationship, and that inter-connection of the body. If you're struggling with your health, you might be seeing a mold doctor, a parasite doctor, a viral doctor, or a chronic

fatigue doctor. But having someone put all those pieces together, that's where I see people get better.

49:44 **TW:** Exactly, I'm in complete agreement with you. And that's what I love about your clinic, is that you guys look at the bigger picture. And you look at tying it all together. And if you do the research, there is research out there. There's research on, for example, strongyloides, and the correspondence with a retrovirus called HTLV. And it's like "wow." All of a sudden you see what those symptoms are. People could possibly have the retrovirus HTLV, and you can't clear it without clearing strongyloides. So then are you going to just try and treat the chronic virus? No, you're going to treat both, and then you have to look into the other components. As you know, I look at blood work, and see so many things just on a comprehensive blood work panel. There's such a story that everybody has on their labs, that most doctors don't see. And then you create the picture of how they are. And it can really identify a lot of problems just right on a regular, pretty comprehensive panel.

50:56 **CS:** I know that you're really passionate about biochemistry. This also gives clues, about metabolic processes, or nutrient deficiencies...there's a lot on just a really basic blood panel, that's not expensive.

51:24 **TW:** Exactly. And then of course, all the ones you talked about with the titers. There's a lot of good information on those where you can see a baseline, and where people are at. And then where they can go, going forward.

51:35 **CS:** Absolutely. And at the end of the day, what makes us know that we're doing our job is when people feel better, right?

51:41 **TW:** Yes.

51:42 **CS:** [laughter] So that's the fun part. Well, Todd, I know that we can probably talk for another hour. I so appreciate you sharing all this great information. Dr. Klinghardt loves your products. And we've been really enjoying learning, and working with them. I'm not here just to kind of sell your products. The formulas that you're putting together are addressing some of these root causes of why people have struggled for so long. I just want people to have access to this information, especially if they're not able to see someone like you or myself or Dr. Klinghardt, that they feel empowered by this information, so they can really get better. I know you and I both do this work for lots of reasons, but one of the, of course, leading reasons is that people just lose too much time in their life when they're sick and it just keeps them from doing what we all came here to do. I think this is just such an important overlooked piece of the work, so I'm so glad you created this product line.

52:54 **TW:** Thank you. My goal ultimately is to be able to take care of the problems that aren't being addressed currently, and to get it done so much faster. If we can do that and help so many more people out, it's just going to be amazing. And, like you said, our desires are to help people have their life back. I feel like I have my life back, and I feel that if everybody else can have their life back and their purpose back and they're fulfilling their mission then maybe their struggle is for a reason...so that they can then have a higher mission to help other people, too.

53:32 **CS:** I believe that too, absolutely. And so Todd, where can people find more about you and your practice, and as well as your products? I know that

you've partnered with Dr. Jay Davidson as well. Can you share with our audience where they can find more about you?

53:51 **TW:** Yeah, they can go to [drtoddwatts.com](http://drtoddwatts.com), and they can find more about me and my story. And then our CellCore Biosciences is a practitioner site, but they can see some of the products on there. And then we'll be having more videos and we'll be having more education as we are progressing with all the things that we need to in our business, our company, with me and Dr. Jay. So we'll have more information out there here soon. And that'll really help, I think.

54:29 **CS:** We're all looking forward to that, but I know it's a big undertaking, creating a supplement company. So one day at a time, right?

54:38 **TW:** Exactly. One day at a time. I have patients I have to take care of, and run a supplement company.

54:44 **CS:** I know.

54:44 **TW:** Practitioners, if you're listening, if you don't get a response within a day, just be patient. I'll get to it.

54:50 **CS:** Absolutely, absolutely. Well, thank you so much, Todd, for your time and I really appreciate all the work that you're doing. I know that we will be staying in touch.

55:00 **TW:** Thanks Dr. Christine, I really appreciate you guys, and have a wonderful day.

55:06 **CS:** Thank you for listening to the Spectrum of Health podcast. I hope you enjoyed my conversation today with Dr. Todd Watts, and I have a fun invitation to share with you. My good friend Alexis Saloutos is partnering up with her dear friend Caroline Dooner, and they are offering a six-week parasite challenge. This is a very unique approach to parasitic infections, working with the energetic principles and also the ways that this affects our physical body. I'm a guest speaker on the challenge. If you'd like to learn more, there's a link in the show notes, and I hope you'll join us. Thank you.