



Best Supplements for Parasites and Candida

Guest: Nikki Jencen

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Wendy: Hello, everyone! Wendy Myers here from LiveTo110.com. Today, on the Medicinal Supplements Summit, we are going to be discussing the little critters inside us all—parasites and candida. These opportunistic infections can grow out of control when we become weak and tired and suffer malnutrition from poor diets. At this time, you have to step in to eradicate them with the correct targeted supplements. Our guest, Nikki Jencen is going to tell us how to do just that, how to well, nuke your critters.

And a little about Nikki—Nikki is a telesummit host, founder of Women's Wellness Academy and Weight Loss to Wellness Program Wheat-Free Adventure. She is also a gluten-free Paleo chef who specializes in helping her clients with gut health, gluten-free living, healing with essential oils, and weight loss. Nikki carries degrees in sociology, social sciences, broadcasting, and is certified in nutrition and the culinary arts. Nikki is passionate about inspiring women to live their best life and helping co-create a healthy future for our world.

Nikki, thank you so much for joining us!

Nikki: Thank you so much, Wendy! You are just amazing. I'm so grateful to be on your summit. This is an honor, absolutely. And it's cool to be on the other end of the summit world because with Mega Wellness Summit, you were on my summit. And it's cool to not have to interview, but to be interviewed. It's a different feel. I love to be on summits and to share my knowledge with the world. I'm always getting knowledge from others. But it has really added to the

wealth of my own knowledge just by being inspired by doctors and nutritionists, yourself.

Wendy: Yes. Well, thank you so much for that. I enjoyed being on your summit, as well, and I've had a blast doing this summit. I've learned a lot myself. And it's just really a privilege to be able to teach other people and share what these experts know from their hundreds of years of collective experience. And people, they need help in choosing their supplements. And so that's why I did this summit.

Nikki: Yeah, it's amazing.

Wendy: But why don't we talk about you? Let's talk about a little about yourself and how you got into the health field.

Nikki: Well, I think I was destined to be a nutritionist really, because I watched my mom suffer most of her life with candida and parasites actually. Fibromyalgia, depression, you name it, it was unfortunately part of my life at a very young age. Parasites and candida have been part of my vocabulary since I was very young. I would say like eight or nine years old, I knew what candida was because I had to watch my mother go through it and suffer through it. And so growing up, natural health and holistic health has just been part of my life in a very big way.

Wendy: So let's talk first about how do you know if you have candida overgrowth or parasites?

Nikki: Well, that's a really good question. So there's a lot of different symptoms out there. What just happened to me recently was that I just suffered with a really bad abdominal pain, really, really bad. Now, I'm not saying that everybody's going to get or have abdominal pain. But I had where it was like, "What's going on with me? I have to go to the hospital because I'm such in bad pain."

Well, unfortunately or fortunately for me, I just went straight to the chiropractor and I got tested for candida and parasites. Well, sure enough, the pain was because I have a parasite and candida. Okay. So there's a lot of different symptoms associated with candida overgrowth.

And that's another point that I want to bring up is that we all have candida. We all do. But it's an overgrowth reaction that when it goes out of control, that we need to bring it back to balance. Now, it's not about really getting rid of.

There's a point where we have to bring things into or have to get rid of really our mentality for this killing thing because candida's a natural part of our life.

Just like weeds in a garden, we have all these beautiful flowers. But amongst the garden, you're going to have some weeds. And they either can get really, they can overgrow and take over the beautiful garden or we can take over the weeds, not with a weed killer necessarily, but by pulling out the weeds one by one and really replenishing the nutrients of the soil to really enrich that garden, make it really beautiful.

Same thing happens within our guts. We want to make sure that we're putting the good guys in all the time and replenishing those good gut bacteria that keep the gut at bay so that we don't overgrow that candida. So candida is called candidiasis or *Candida albicans*. So it's really just a natural part of our life, but it can really go bad very quickly.

Wendy: Yeah, so what are some of the things that cause candida or parasites to grow out of control?

Nikki: Mmm sugar. Sugar is huge. Okay. Stress is another huge part of why candida will overgrow and take over our life. Stress is so bad for us anyway. But antibiotics, for one, that's huge. I also want to bring this up, too. So don't shoot the messenger here. But vaccines are another big cause of overgrowth of candida and this happens right out of the womb.

So we really don't have a chance. Our guts are already trying to fight with us because we have to fight off these viruses at a very, very young age, two or three days old. And so we really don't have a fighting chance. Our guts don't have a fighting chance when we vaccinate our children at such an early age or at all really. So some medications also will cause overgrowth.

Chemotherapy. Yeah. Chemotherapy wipes out all of your good gut bacteria, so which allows for bad guys to just take over. When we're at war, the other side wipes out. Well, we take over that land. A weakened immune system, too, so anybody with HIV, AIDS, you know that there's going to be overgrowth of candida present in their guts. But if I could say anything, if you've never been on antibiotics or if you've never had a vaccine, which is not very typical, I would say to look at the sugar in your life, number one.

Wendy: Yeah, and refined grains, too.

Nikki: Oh, grains, yes, carbohydrates.

Wendy: Yes, those can turn into sugar, for sure.

Nikki: Absolutely.

Wendy: Yeah, and I think the most exposure to parasites are people, they're eating raw salads or they just traveled to another country and get a weird parasite our immune system's not accustomed to dealing with. And that can grow out of control. And can you talk a little bit about what candida is exactly?

Nikki: It's a yeast. It's just an overgrowth of yeast. It's like a parasitic fungus, grows like these little tentacles and attach to your gut and it's like hanging out. When you have a candida die-off, they'll actually float to the top of the toilet, essentially, when you poop them out. So watch your poop. If you want to know if you have candida, watch your poop.

If you're going to do any of what we're going to be talking about here, the supplements right, if you're going to do any of those, watch your poop. Watch the toilet. Take a really good look at what's in there to see well, did anything float to the top. Is anything have like brown with little tentacles? They're really disgusting looking. You could look it up online if you really want to see. But it's gross.

Wendy: I know. Just trust me. Okay.

Nikki: Yeah.

Wendy: I'll tell you what's also gross that I read is that when people are having cravings, that the candida will send out like this little arm and then chemical messengers telling your body to eat sugar, which makes people crave sugar. And some people will want to blame themselves when they're having these cravings and they crack and they eat the sugar. And it's really these candida. They're very, very powerful at sending these craving messages to us.

Nikki: Yeah. So we wonder who's really controlling who? You know what I mean? People always say, "Well, I can't lose weight. I have no determination. I can't get rid of the sugar." Well, that's because it's candida and parasites that have taken over your system and are thinking for you, "I need that sugar." And it's very, very hard to fight, to fight that craving because it's really not you who is thinking, "I want sugar." It's really that candida that's like, "Feed me, I cannot thrive without sugar."

Wendy: Yeah, and I've done the anti-candida diet before and it's this catch 22. It's like you're craving sugar desperately, but yet, you can't have it to starve them out. So it's a good idea to take supplements to try to eradicate them and you got to get one step ahead of them. So what supplements have you found work really well for a candida overgrowth?

Nikki: Ooh, I'm excited to talk about this. Okay. One thing that helped me tremendously, 100%, was barberry root. So have you ever taken that one?

Wendy: I haven't personally. No.

Nikki: No. Okay. First of all, my chiropractor, Dr. Hengesteg, he was on the Mega Wellness Summit, he hooked me up because he got me on that barberry root. And I was like the next day, I stopped craving sugar. I knew something was changing in my body. My tummy flattened a bit more, because you also have this belly bloat—I did personally—bad belly bloat and bad gas to tell you the truth is another symptom of that. There's a lot of symptoms that are associated with candida. So you have to do your research on what symptoms are going on within you to see well, could this be candida, could this be a parasite? And we'll get more into parasites in a little bit.

But organic barberry root, one thing is is that you can buy that in bulk. Okay. You can buy it in bulk and then just put it in capsules yourself and take, I don't want to give doses on this, but I took two capsules three times a day. And that seemed to work for me. So if you wanted to buy barberry, not in bulk, another one you can use is Mountain Rose Herbs is another one. If you wanted to do it in liquid, Hawaii Farm is a good liquid brand.

So another supplement is really probiotics. Okay. RELAC is probably the best. Okay. This is an old RELAC. But you want really high probiotic. You want to make sure that you're just infiltrating your gut with the good guys because eventually they'll take over. So then we have grapefruit seed extract. I don't have all of that, all of what I'm going to suggest. But we'll just go quickly here.

Wendy: I've taken that before. That's the NutriBiotic.

Nikki: NutriBiotic, that's right.

Wendy: It's fantastic.

Nikki: Yes.

Wendy: It's really, really nice.

Nikki: Yes, I love it. And then we have a flaxseed oil. You want to get as much of the essential fatty acids in your diet as possible. So if you're going to take a fish oil, take a fish oil. Flaxseed oil is great, too.

Garlic is another great supplement. I like Kyolice is great. You could buy it for about \$18. They actually have a candida cleanse that you can do. That one's about \$14 actually.

Wendy: Yeah, that's a great brand. They have a lot of clinical research studies behind their brand and the benefits of it. It's really, really nice.

Nikki: Yeah, I actually, I like that one, too. Another one is Formula SF-722. And it's by Thorne. And that one's a really good one. You need it in high doses in order for it to work. But I couple that with the RELAC and with the barberry. And it really did help.

Another one is oregano oil. So you can either take it in capsules or you can take it in an oil such as an essential oil. You can just put it in a capsule and take it. I find that oregano oil is very harsh on my stomach. So it's a harsher herb and so you really just have to be very careful and use caution when you're doing anything with oregano. If you have a sensitive stomach, it's probably not the best thing.

Par d'Arco tea is another anti-candida formula herb, I should say. And that's by Planetary Herbals. You could take three to four cups per day of Par d'Arco tea.

Immune Power by Young Living is another great essential oil. You don't want to take this internally. But it's great to diffuse and to put it on topically.

Another one is lavender. Lavender is by whatever—I use Young Living—is another great antimicrobial, fights bacteria, antifungal oil, which I just absolutely love.

Wendy: Well, I've seen a lot of like these candida cleanses you see at the grocery store have caprylic acid in them. Are you a fan of caprylic acid?

Nikki: I've never tried it. I'm not exactly sure. But I can't really say because I'm not exactly sure. I haven't tried it or I'm not familiar too much with that.

Wendy: I don't know if it's that strong because I've seen it in a lot of candida cleanses and I've had a lot of clients do these candida cleanses. And they do the cleanse and the candida comes like right back. And coconut oil, that has caprylic acid in it. And that's been touted as something you can take for candida, probably it's going to have very, very small amounts of caprylic acid in them to really be a huge, huge benefit, even though coconut oil is really good for you. But that was just one other supplement that's known to be good, as well.

Nikki: Well, Wendy, you brought up a good point. So candida, a lot of what happens that I don't agree with is practitioners will say, "Oh, just take this, and it's gone for good." That is wrong. Wrong. Wrong. Wrong. You can't go back to a sugar diet. You can't go back on carbohydrates because it will come back. And it probably will come back with a vengeance because it just will. And you're going to be battling this for maybe the rest of your life, unfortunately.

Wendy: Yeah. And one thing I've noticed, too, with my clients is if people have mercury toxicity or copper toxicity in their body, the body will allow candida to proliferate because it cleans up those toxic metals.

Nikki: Yeah, it just binds to them. Yeah. And it's really tough to do a candida cleanse because of it binding with mercury, then which one do you cleanse first?

Wendy: Yeah.

Nikki: Right. It's really tough. Either you're going to take the candida out so whenever you release the mercury, the mercury can go ahead and go into your brain. It can go into your cells. It's just it can be a tricky situation, as you know, as you know.

Wendy: Yeah, and that's what I was going to say is that anyone who's done candida cleanses and they're trying desperately to try to get it under control, if they're not able to, it's probably because they have metal toxicities that they need to address simultaneously to nick it once and for all.

Nikki: That's right. Absolutely. Another thing is that you can take Candex, which is an enzyme, which would be really great. It breaks down the candida cellular walls. And so it makes it easier to...When you take these other supplements, Candex is not going to do everything all on itself. You have to do all these other supplements such as the barberry, which is a powerful herb.

So you can do the Candex and the barberry together so that you can, for one, break down the cellular wall and then go ahead with the barberry and just swoop it all together and do a good cleanse.

Another thing is is that you want to make sure that you're pooping, right. You've got to take a good fiber to make sure that you're doing a clean sweep, get it out of your system. The only way you're going to get rid of candida or the overgrowth, I should say, is by pooping it out. The excess guys, you just want to say goodbye to them and release those guys.

Wendy: Any symptoms people might have when they're having a candida die-off that people should be aware of?

Nikki: Foggy brain. Foggy brain totally. Fatigue. Tired. You're detoxing. It's really going to affect your brain, how your thought process, how you're thinking. You could have some joint pain. You could have your brain just beyond fire or feel like it's going to be like it's swelling almost. And just know that you're going through a detox. It will past through within a couple of days.

But I don't suggest detoxing or doing a candida cleanse, although, it could take weeks to really get it under control, but start it on a weekend because you don't want to have to be working when you're doing a detox because you'll sit at the computer and you'll be like "Ooh.". You're staring at the computer like, "What am I supposed to do?" You can't think. The candida has been thinking for you for so long that it's really tough to think for yourself.

Wendy: And what are some signs that people have candida infections? I know there's a long list. But what are some of the most common signs?

Nikki: Well, for one, if you have a yeast infection, thrush on the tongue, if you have white spots on your tongue. Your tongue should be completely like a nice pink color. You have white spots on there, that's a good indication that you have candida. Candida can also grow on the skin, looks like eczema, or it could be eczema, actually. It could be under the fingernails. So if you're constantly wiping your fingernails and you have like this gunk under your nails, that's candida.

What else? A lot of people actually have it growing on their eyes. You know that it's really bad when it's growing on the outside of your eye. Yeah, and I would think that it would be quite painful. That's when it's tough to get rid of because I'm not exactly sure how they even go about surgically even removing that because it's stuck to the eye.

Wendy: Yeah, I, one time when I was in my twenties, I used to be a major sugar addict. And I had an ear coning to clean out my ears. And they literally like came up with a half a cup of, it was yeast. It smelled like yeast. So it can grow in your ears, as well. It can grow all over your body. But yeah, that was pretty disgusting. Sorry, if I grossed anyone out.

Nikki: I love it. I love it.

Wendy: I thought, “Wow! I think I have a sugar problem.”

Nikki: Yeah. Exact. Right. But a lot of people do. A lot of people do. And we’re eating such junk foods these days that I would say almost 90% of us have a problem with candida overgrowth.

Wendy: Yeah. Yeah. And so let’s talk a little bit about parasites. That’s another big problem. And I’ve heard that most people have a parasite. Most people have parasites of some sort. Even though, they don’t have these chronic symptoms or bad symptoms, parasites, they live in our body. And let’s talk a little about those.

Nikki: Well, we all have parasites. We can’t avoid them. We can’t run away from them. We can’t even see them. So my daughter, she likes to play with snails. And so there’s a parasite that lives off of snails. It’s called blood flukes. And so that’s another parasite that will just go right into your fingernail bed and start wreaking havoc.

So if you touch your face, which a lot of us do, all the time right, you’re touching your eye, you’re touching your nose, you’re touching your mouth, you’re touching your ears, parasites are going right in to all those orifices in our body. You’re getting it from sex. You’re getting it from food, restaurants. I can’t even tell you.

This is when things started going bad for me is because there’s so many restaurants here in California. We used to live in Wisconsin where restaurants...I lived in nowhere land. And so I didn’t really go to restaurants. We ate at home. Well, then I moved to California. I moved back to California and we started eating out like all the time. And I think that that’s really where my problem started happening is because of the food here, the processed foods at the restaurants, the cleanliness of the restaurants or the lack thereof.

I used to be a restaurant manager, too, so I know exactly firsthand that could be a problem. Wiping yourself when you go to the bathroom, even breathing.

So you really cannot avoid them. They're just going to be present. The problem is when we feed them the bad diet and the sugar is when they grow and they become a really bad problem, big problem.

So it's an organism that's living off of us. We're its host. So it's really going to control our brains much like candida. It does think for us. It wants what it wants. And it like taps in to our thinking mechanism and it says, "Well, I really want that cookie." "I really want, let's go to Froyo."

Yeah, it'll like take you places. So it's really just a matter of really knowing that okay, I probably have a parasite that is growing and taking over my gut that I'm going to have to do some things to work this out.

Autistic children, they have so many parasites in their guts. There was one mom who speaks about she has an autistic son. And the speeches she gave—unfortunately, I forget her name, unfortunately—but she gave this speech about how much, how many parasites she was killing off from her son. Just in the toilet, you could visibly see them. When you visibly see them, you know you have a problem and you know that there's hundreds more and that the eggs are just a bountiful of eggs.

So yeah, they are a problem. They're one to be eradicated. I would say yes, we're going to have parasites. But once they start really taking over your life, you know you have a problem and the balance issue is out the door. You want to just, you want to kill them. You want to get out— Yeah.

Wendy: Yeah, I heard that the problem with them is that you can do a parasite cleanse for a short period of time, but then the parasites, the eggs that they lay, they hatch six to eight weeks later, depending on their life cycle. And then that's why people have such a hard time getting rid of them.

Nikki: Yeah. And they eat and feed off of your gastrointestinal tract. So it's like they're just eating away at the walls causing even a bigger problem with leaky gut. So our food is causing leaky gut. And then we have these parasites that's causing leaky gut. We really have an issue with our guts. And our gut is our immune system. How are we ever going to really have a healthy immune system when these things keep popping up in our life?

So parasites can cause cancer. Yeah, I was really surprised to know this because I interviewed a doctor and he said that he had stage 4 cancer. The doctor said basically just get your life in order because you're going to die. And the doctor figured out that he had a parasite that was causing the cancer.

Well, he went on an anti-parasitic diet and did all these anti-parasite cleanses and out went the cancer. Unbelievable.

Wendy: Yeah, I've heard that. I've read that, as well, too, that a lot of, not a lot, but some people's cancers do have an underlying parasitic component. And it's a big problem because I also read that when people have really low energy, when their energy levels become less and less and less in the body, that's when these parasites can take hold. And really, it's just the perfect support for them. It's the perfect environment for them to thrive.

Nikki: Exactly. Yeah, they also mask mental illness. So if you've been diagnosed with depression, bipolar, schizophrenia, any of those, you know you have a parasite. Yeah, heavy candida, heavy toxic metals, I'm sure. But really, they mask depression in a big way. And another one we've already mentioned is you're going to have heavy cravings, cravings for the sugar. Yeah.

But there is different types of parasites. There's tapeworm. There is hookworms, pinworms, threadworms. And then we talked about the blood flukes that come from the snails.

Wendy: Lovely.

Nikki: Yeah. And if you have pets at home, they also have parasites. You let them lick you on your mouth, giving kisses, well, they might be transferring in a good old parasite to you.

Wendy: Yeah, so let's talk about some of the supplements that can help eliminate parasites.

Nikki: Okay. I do want to talk about first just some of the symptoms. Some of the symptoms, if you have been diagnosed with IBS, which a lot of people have, I'm sure like 90% of people listening to this call have been diagnosed with IBS, which is totally ridiculous because it's like 25% of the problem, really it's like a parasite that has taken over your gut, among other things. But you'll have bad gas.

The symptoms are very similar to candida, but magnified okay, when they're really bad. If you've been diagnosed with an autoimmune disease, a good chance that you have an overgrowth of parasites. If you have anal itching, if you have anal itching, seriously, you know that something's going on. They're laying their eggs outside of your anal. If you have abdominal pain like I did, good chances are you have parasite. And they will come back.

So some of the supplements, this is very easy, you want to...I can't say easy because it's hard to get rid of them. It really is. It's going to take months. It's going to take a lot of effort on your part. But you should do a candida cleanse first, in my opinion, either first or together. You don't want to feel completely horrible. So you want to make sure that you're doing this a bit slowly because if you do everything at once, you're just going to...Mmm, it's not going to be good. It really isn't, so make sure that you're careful with this.

A person or a doctor that you should look up is Dr. Hulda Clark. She has an herbal parasite cleanse. Google her. Go to her website. You'll see that she has an amazing protocol that she uses to eradicate these parasites. There's about 100 different parasite species that can be taken down by her formula. Another one is Christopher's Original Herbal Parasite Syrup. That's a really great one, too. But Dr. Hulda, she says that you should be taking wormwood, black walnut, and clove. So those three are very powerful. You want to alternate weeks. So if you're going to do all three of those...

Also, too, you want to take some enzymes. And Dr. Hulda does give out some enzymes that you can take because as the parasites are dying, they're going to release ammonia so you want to take enzymes that will eat up that ammonia so it'll decrease the effects on your brain, decrease the detox effect for yourself. And, of course, you really want to do diligence with your diet. You could do bone broth. You can do lots of steamed vegetables and really good organic clean meats are what I suggest.

It's going to be very simple while you're doing this cleanse. If you are eating lots of fruit, you're just feeding the beast. If you're doing grain, you're feeding the beast. So you want to make sure that you're just really doing things very clean. Another thing is it's lots of fermented foods. Raw apple cider vinegar. Great. They do not thrive in a more acidic environment. Lemon, they don't really care for lemon too much. So make sure that you're just not making a very nice comfortable environment for them. You got to kick them out and say, "You didn't pay your rent this month. You got to get out."

Wendy: Yeah. I like that analogy. So anything else you want to add to our talk about parasites? Maybe like how long do you need to do a parasite cleanse or anything like that?

Nikki: You know what? It just depends. It depends on the person. I'll tell you that because I'm still battling this thing with myself. And this started back in February for me with the severe belly bloat, abdominal pain, foggy brain, severe fatigue. It ebbs and flows. So it's like, unfortunately, it's going to be on

the person to do their due diligence with their diet. How much are you going to give in to the sugar, fast food, give in to the parasite because if you don't kill off their eggs, they'll come right back.

Wendy: Well, Nikki, thank you so much for informing us about the supplements you did today for candida and/or parasites.

Nikki: Oh, thank you, Wendy. I appreciate it very much for giving me the opportunity to be here with you and talk with you.

Wendy: Yeah. And tell us and the listeners where we can find you, a little more about you.

Nikki: Yeah. Well, I have a plethora of places actually. So we have NikkiJencen.com. We have WheatFreeAdventure.com. We have MegaWellnessSummit.com and WomenWellnessAcademy.com. So all four of those websites will lead you back to me. I'm on all social media, just at Nikki Jencen, so it's really hard to not find me.

Wendy: Yeah.

Nikki: I'm on Facebook. I'm on Twitter, Instagram, all of those, Snapchat. Dear Lordy.

Wendy: Yeah, well, I thank you so much for joining us. And, everyone, thank you again for joining the Medicinal Supplement Summit. Thank you so much for purchasing this summit and I hope you enjoy this bonus talk. Most people have parasites and/or candida and it's very important to know how to eradicate them properly. Your physicians' usually only going to give you antibiotics. And there's so much more you can do. The antibiotics don't always work.

Please share this lifesaving information and take it home with you. Please share with your family and friends and loved ones. I know you know someone desperately in need of this information and you could very well be saving their life or at least vastly improving it.

My name's Wendy Myers and my hope is that you and your family experience what true health really feels like. And that all begins with taking the right supplements for you.