

0 (1s):

Hey, babe, a quick announcement before this week's episode, I want you to know that you're invited to my brand new, totally free masterclass on womb sovereignty. It's one thing to have the desire to step out of the mainstream and take charge of your own health. But it's another to actually understand why our current model of care isn't working and cultivate the practical tools and evidence-based information. You need to care for your own wellbeing in this masterclass. I'm going to show you how we're unpacking three of the major myths in modern gynecology. And I'm going to share the essential body literacy information that you need to start taking charge of your own womb care.

0 (45s):

In my years of experience in birth work and reproductive health practice, I've seen time and time again, how many of our common practices of gynecology are not actually rooted in the truth of our biology. You can understand how your body works so that you can make informed decisions and step into your full sovereignty when it comes to your womb and the rest of your life. Again, this class is totally free, but spots are limited. So make sure you go to the [womb room.co](https://wombroom.co) forward slash masterclass to save your spot. That's the [womb room.co](https://wombroom.co) forward slash masterclass. I can't wait to see you there.

0 (1m 27s):

Now let's get into today's episode. Welcome to the room room podcast, a space to connect with the wisdom we hold and the knowledge we need to heal our relationship with our wounds. I'm <inaudible> womb, health educator, birth keeper, and a clinical herbalist. In other words, a medicine woman, I'm the founder of the womb room. And I'm here to support you on the journey to stepping into your power, by getting to the root of your menstrual issues, aligning your life with your cycles and cultivating sovereign relationship with your will for too long. We've been ashamed, silenced, and ignored when it comes to everything to do with being in a female body, it's time to take back authority over our health and our lives.

0 (2m 12s):

And it starts right here. I created this podcast to merge the scientific and the sacred aspects of wound care and bring you the actionable strategies, practices, and stories to support you on your journey. I believe deeply that our wounds are the key to our power and I trust in your innate healing wisdom. Let's jump in today on the podcast we have wise womb worker, Daniela Morales Diana's ancestry is rooted in. What's known as Nicaragua for over a decade. She's held space for birthing and postpartum families in the bay area weaving in her ancestral knowledge.

0 (2m 57s):

She's a body literacy guide supporting through gut health and womb sovereignty and her work and her offerings are a combination. The path our ancestors set forth for her, her desire for collective expansion and relationships to plant the medicines in today's conversation. We're talking about parasites and the womb. Yes, you heard that right. They're way more common than you might think. We get into just how common parasites are and how they can be connected to symptoms ranging from yeast infections to eczema,

dandruff, and even mood symptoms like depression and anxiety. We also talk about the energetics of parasite cleansing and the spiritual experience of what it means to cleanse or purge from our gut and our womb.

0 (3m 49s):

And we also talk about the importance of our drainage pathways, how herbs and plant medicines can support us and how all of this is connected to really finding pleasure and grounding and enjoyment in our own bodies. Daniella also shares about her amazing course, her parasite cleanse club and how you can find out how to join them and their next round. I hope you enjoy this enlightening conversation. Hi, Daniella.

1 (4m 24s):

I love it. I'm like I'm, I'm ready to get like cozy and get into all the good things I'm excited. The yes. And everyone listening get cozy. I think this is going to be really eye opening and nourishing for everyone. So thank you. I'm so honored to have you as another room worker and that vision worker. Yeah. So I would love to just start with hearing a little bit from you about what is your relationship with your womb? Like in whatever way feels salient today? My relationship with my room, man, we were kind of like joking before we started recording.

1 (5m 9s):

Like how much time you got for this question? My relationship with my room is something that I hold really, really sacred. I, I flow my whole life and my business around my cycle and where I'm at in my cycle. And if I'm ovulating, I'll have more meetings and I'll be on, you know, some podcasts and I'll do more like external things. And when I'm starting to approach my, my moon time, it's a lot more turning inward practices. Like I'll start to stock up my fridge and you know, do all the laundry. So I don't have to when I'm on my, on my moon, but I really revolve my whole life around my wound space.

1 (5m 55s):

My connection to my wound space is, is integral. And my family's life revolves around it as well. So they know like when, when I'm bleeding and when I'm on my moon, I'm not, I'm not going to the park and I'm not hanging out outside and I'm not doing all those things, right. They, my partner and my kiddo are going to be doing their own thing a little bit more. So my life revolves around my relationship to my room space. My family's life revolves around my relationship to my wound space. My business revolves around my relationship to my wound space. It is really integral into in who I am. Yeah. It's been through some shit, you know, everybody's kind of like had their own journey within the room space.

1 (6m 37s):

And the past the past, like five years has been kind of this coming back, this reconnection of self through my wound space, kind of building that relationship, that support within myself, that nourishment within myself that I still need. And yeah. And my wound space has been, has been that kind of portal to connecting back to

me the wound space as a portal. Yeah. Thank you for sharing. That's so beautiful. And I love that your family gets to, and your loved ones and your business, right. Get to be on this journey with you and are invited to that.

1 (7m 19s):

Yeah. It's such a, a barometer for how we can live our whole lives. Yeah. And it just, everything just flows easier. You know, you can set of pushing yourself when, when you're really wanting to rest rest, you know, and it is really about like setting boundaries, you know, which is tough, which is hard. But once I have, like once I got into deeper connection with me, it was easier to see like, oh, this is for me. And this is not for me. And this is what I need to do. And this is what I don't need to do because I was at such a point where I was like, you know, completely not feeling great and, and nothing was, was feeling like it was working.

1 (8m 4s):

And so I had to figure out, you know, who am I, what's going to work for me. And I'm sure we'll get into like the story and of, of a little bit deeper later on, but yeah.

2 (8m 17s):

Yeah. We'll take us into that. Like how did you

1 (8m 19s):

Come to the work you do, and maybe just tell us a little bit about the work you do. And I imagine that that leads into your mothering journey as well. So yeah. Share with us a little bit of that story. Cool. Cool. Okay. So my name is Daniella Daniella Morales. I, I am a Latina, a Latin X person. I identify as my pronouns. Are she her? I'm living in Aloni with Jean territory, which is the bay area in California. And I was born in San Francisco. I've kind of lived in bay my whole life and really surrounded by family and just super, super nourished by the connections that I have to my loved ones, my journey to my wound space and like connection to that really started when my partner and I, we conceived unintentionally years ago and I, I got an abortion and I had got Misa Prestel pills to take at home to do the abortion at home.

1 (9m 28s):

And it was just a journey. And I had a friend supporting me and I didn't know what birth work was or doulas were at the time, but she was so, so just, just supporting me in such a beautiful way that it was, it was profound, but the pregnancy, he didn't release all the way. So I had to go into the hospital, I had to do a surgical abortion. And then that was just really fucking traumatic. And after that, I was like, and to be honest, like I was not consistent with taking my birth control pills. Like I'm just not that person. And so afterwards I decided, or I just had this thought, like there has to be a different way to, to help, to figure out when I'm fertile and when I'm not, and when I'm able to have sex and when I'm not, and I dove into different kinds of birth control and like I U D and the shot and, and all of the different methods and came across fam fertility awareness method and was like, wait, what?

1 (10m 28s):

Like, like I have all that knowledge, like inside of me, like if I just like tap in what, and it just opened this huge door into body literacy, right. I didn't have that language back then, but being able to read my body, know my body communicate with my body was this like big eye opening thing. And I had been an athlete. I played volleyball all throughout my life and into college. And so body connection was something that was integral to me. Like I knew like anatomy, I knew how to manipulate my body in different ways. I knew how to feel good in my body, but this was just a really deep, like internal connection that I hadn't tapped into yet.

1 (11m 15s):

And, and I went there, I just dove in. And if anybody's listening, if anybody who, if anyone's into human design, I am like a big human design nerd, but I have a line one in my profile. And so that's the researcher that just like goes deep on something it's like, sparking your interest. I just like dive the fuck in. So I did, I just learned everything that I could about my cycle and fertility awareness method and decided, yeah, I'm not going to go back on birth control or any kind of presidential. I'm really just going to flow with my cycles. And, and I did. Yeah.

1 (11m 55s):

It's such an amazing, I love this story because it's such a flip of what we're taught and what I often hear, which is, oh, I really don't want to be on birth control anymore, but like, I just can't risk getting pregnant. Right. Like I can't use them because I just, I just can't risk it for you. It was like, actually I got pregnant on birth control. I need something that feels more in alignment with my body and my life. Which exactly. It's really beautiful. Yeah. Yeah. It was, it was definitely, I mean, my partner was skeptical. There was definitely conversation about like, are you sure? Like, is this gonna work? And we use protection for like months, like into my fertility awareness journey, but I mean, I didn't get pregnant like my whole life when I didn't want to get pregnant, I didn't get pregnant.

1 (12m 45s):

You know, like it was just so fucking on point. So it was amazing. It works everybody. So, yeah. So I got into just like wound care and tapping into the wound space. And I was teaching yoga at the time. So I did the psych prenatal yoga training. I was teaching prenatal yoga, and I was like, I need to learn more. I dove into a doula training. And I was like, oh, this is like, what my friend did for me. You know, birth work is not just supporting folks who are in labor, but it's supporting folks who are releasing pregnancy in postpartum time, in their conception journey.

1 (13m 27s):

It's a whole spectrum of support. And so once I got into the birth work field, it was just another like rabbit hole, right. Like I just dove in and I learned all I could, I was supporting folks out here in the bay area. I was part of a collective. And we were supporting more like white affluent folks, like Google, Facebook employees,

right. People that could afford like some, some, some birth support. And it was, it was a little bit, it didn't align with me as much as like my journey now, but I couldn't put a P I couldn't put like a name to it.

1 (14m 10s):

Like, I didn't know what exactly was off for me until I started talking to my grandma, my abuelita about birth work and wound care. And she was like, oh yeah, we use this blood data for this. Or, yeah, the butterfat I used to do this or this position and blah, blah, blah, blah, blah. And I was like, whoa, this is like, this is a thing, you know, like this is like birth work is not just this like new age thing that people are doing. It is actually an ancestral practice. And once I started viewing it as such all of those memories of the PETA knowledge that I had already in my body started like coming to the surface and I started offering it to my clients and folks either resonated with it, or they didn't, you know, it was kind of this, you know, decision and that, that I had to make, like, am I going to lead with them, my authentic self in how I want to show up in the birth work field, or do I really cater to this crowd?

1 (15m 16s):

And I made that decision. I left the collective and I ventured off on my own. And I based my practice on ancestral practices. So in my package, there was a mother's blessing ceremony, a, a set of data at the, at the end of the <inaudible> 40 days of postpartum support. It was, you know, plenty of the medicines and selves and oils and stinks and just all this goodness that felt so good to me. And when I made that decision to offer it that way, people just like came in, like it was it, they resonated with it. So, yeah, that's how my birth worked, looked for a long time.

1 (16m 1s):

And then, and then I got pregnant and, and had my kiddo and my journey through pregnancy was beautiful. I had a beautiful pregnancy. I was amazing and magical. And I had a midwife that I love, and I, I wanted to have a home birth and my partner was on board with it. And leading up to the birth. There was so much that I was processing within my womb space of letting go and releasing that I, I didn't realize was a thing, you know, as, as I was leading up to birth, there was just all of these mindsets that I had about things that were coming up.

1 (16m 48s):

Like, I, I really needed to let them go. And they all kind of stemmed from the medical industrial complex one bit, which was like birthing at 40 weeks. Right. So systems like 40 weeks is kind of at the timeline for folks to give birth. Right. And I was 41 weeks pregnant. My midwife was like, not tripping at all, but I was like, okay, if I were here 41 weeks, 42 weeks pregnant, and my midwife wasn't concerned at all. And I was like, okay, okay, this is, this is intense. And it was just, it was intense because all of those stories that I had been told, you know, a birth worker and I like having a lot of like hospital history.

1 (17m 33s):

They were resonant within me. They were like in there. And so when I was 42 weeks, in two days, I decided to induce with Castro oil. It led to like diarrhea and throwing up and then going into labor and where my body was exhausted laboring for two days, turned into a transfer, turned into a C-section with lots of, lots of interventions. And it was really, really traumatic for me. It was really hard for me, as, you know, being in a place where I was connected with my wound space. I had this relationship with her already. I had this beautiful pregnancy.

1 (18m 14s):

I had this planned home birth. And then it all kind of like, you know, crumbled. It was really intense for me. I went through postpartum depression, anxiety, and then a little bit later I had mastitis and went into, get antibiotics for that as well. I had to stay overnight in the hospital. And that last visit to the hospital, that antibiotic visit really through my microbiome, like over the edge, I started experiencing like yeast infections, bacterial vaginosis. I had chronic dandruff.

1 (18m 56s):

I had like, I struggle with a weak lymphatic system. So skin issues are a thing for me, like eczema. My eczema was like flaring up, like crazy. It was, it was a really awful time. And I was a new parent, you know, I had a baby that I was taking care of and it was really fucking hard. So brutal. Yeah. Yeah. It was really hard. I was going through it and that's kind of like my journey into steaming and parasite cleansing, because there was just things that, you know, I couldn't take one, one solve for my skin and one pill for the bacterial vaginosis steaming wasn't working for the yeast infections.

1 (19m 45s):

Right. Everything I was, I was really trying to apply this allopathic method to what I was experiencing and it wasn't working. Right. Yeah. That's so important. I think for, for others to hear that you can, even with plants, you can still be, we're so conditioned in this like X for Y symptom. Right. You just use this for that. And then even in the plant world, it can be really tempting to do the same thing. Like, oh, I'll just use this plant for this symptom and this one for that symptom. Yeah. When it's like this deeper systemic, totally. Everything is connected. I just got chills.

1 (20m 26s):

Yeah. That's, that's exactly it. You know what I came out of that with was like, I can't like one thing isn't going to help. One thing, like I am a whole being like, I am completely connected. And even in that really low time, for me, even in that like pain and suffering that I was going there was this deep knowing that I am still a whole connected ass person. Right. Because what I came away with is that I need to, I need to heal my whole self, like inside out top to bottom. Like it has to be this integral healing that needs to happen.

1 (21m 7s):

So I, I was researching all of the, the symptoms that I was experiencing and parasite cleansing came up, it

kept coming up and I was like, what the fuck? Like I have parasites, this can't be it. Like, I just went through trauma. Like it's trauma, it's trauma in my body. It's not parasites. You know, it wouldn't be my first guy either. And as I'm like researching more and more and more my, so I in human design, I have a splenic authority, which is just like this, knowing this, like, it's like a really old ancestral Oregon that just like no shit.

1 (21m 51s):

And it doesn't need to explain it. Can't explain it sometimes. And that's exactly how I felt. I was like parasite cleansing. Okay. That's that's it. That's what I'm going to do. That's it. And it was, it, there was different cleanses that I did and different modalities that I use. But the first two weeks of being on that cleanse shit was like transforming. Like the BV was gone, the yeast infections were gone. I was steaming in associate in, in relation to the cleanse as well. But it was, it was so transformative. Like my eczema had never been better. Dan, Jeff like gone, just completely gone.

1 (22m 32s):

Postpartum depression and anxiety were like lifted. They were still things that I like ebbed and flowed through. And that's like hormonal support that I needed to tend to as well. But men, I really felt like not, not even, not even like back to myself, but just this like expanded version of me, like this is, this is me. And it's been a practice that I've been turning into more and more and more. And each time I dive into parasite cleansing, there's this deeper place that I go to that it's not just the physiological parasites that I'm releasing. It's also energetic things that I'm really seeing.

1 (23m 14s):

Right? Like as humans, we are constantly consuming. Right. And taking in information. Right. And we know this through our, through our endocrine system, right. Like when it's light outside, like it affects our, our endocrine system. Our body knows that it's time to like get moving, you know, like eat fuel yourself. And then when it's dark outside, it's time to rest and reset. And so we're constantly taking in all this information and add in like being on our phones and being on Instagram and adding in relationships that we have to people where like consuming things so that we can grow and we can expand into the next version of ourselves.

1 (23m 56s):

But if we don't have a filter to decide what we actually need and what we don't need, then things start getting stagnant in the body. Things just start building up. Yeah. It makes me think there's so many ancestral practices and pretty much every lineage around some form of purging, like safe and intentional purging or cleansing exactly. Our modern, you know, Western world really doesn't have yeah. For the physical and the energetic. Thanks. Yeah. Yeah. And, and I mean, you could probably use any kind of detox, like in a very holistic way, you know, and parasite, cleansing has been that for me, has just been a holistic practice where I turn to it twice a year in the spring and in the fall, which is how I've been taught to do it.

1 (24m 52s):

But I mean, you could do it, whatever really feels good and whatever really resonates with you, but living in relationship with the seasons, excuse me, like in the spring and in the fall and the in-between where we're like getting ready for the intensity of summer or the intensity of winter, you know, to kind of be our best selves during those harsh climates. So I cleanse during those times, and it's just this, this beautiful experience that I get to go through, like within myself to like, what am I ready to let go of? You know, what can I really release and, and shed. Yeah. So, wow. So this kind of, maybe it's a good time to get into like the breakdown, like, cause probably if you're listening to this, I don't know, at least when I think about womb healing and cleansing, like parasites are not the first thing that comes to my mind.

1 (25m 47s):

Right. Like for most of those parasites seems like something that you would get if you were like traveling, you know, not something that we would come in contact with sort of our day-to-day lights. So can you break down for us? What even is a parasite they get in our bodies. I was seeing on your Instagram about how they're not only in our, in our digestive system, but they can actually be in our womb or uterus. So can you break it down? What is this madness? So parasites 75 to 80% of parasites are microscopic, right?

1 (26m 30s):

Amoebas, if you will, they are, we don't see them with the naked eye. So it's, it is really easy to be like lip parasite. Like that's not, that's not a real thing that I'm going to experience, but in fact, parasites are really, really common and we can, we can contract them from walking on the beach, on the sand, like they can attach to our feet and they can get into the mucosal lining of our bodies. We can ingest them through food. So if you're eating foods, you probably have parasites. We can adjust them through water as well. They can live in water. And so we can ingest them that way too. It's really, really common for parasites to live in the gut, but they can travel all throughout the body.

1 (27m 16s):

And because they are microscopic, it's easy for them to flow in the bloodstream to flow up and down the vagus nerve in the body. There have been, you know, there's been stories of people having like worms found in their brains like that been causing like headaches and stuff like these, these beings travel all throughout of us to all throughout us. And it's at first, like I was, there was this big, like it factor that I was like sitting with when I was dealing with, you know, oh my God, I, I have parasites. And now the place that I'm at is that these beings are really ancestral beings.

1 (27m 57s):

They have been here for far longer than we have. You know, they, they are really good at living and operating the way that they do. They hide, they, they stick to the insides of our guts. So they're not going to come out with regular bowel movements. There's even tests that you can do to detect for parasites. But those tests are based on bowel movements and parasites. Aren't going to come out on their own. If you're just having bowel movements, you really have to have some like heavy herbs or even like pharmaceutical



medications to help release the body of them. So it's not something that we really talk about, you know, but it is something that ancestrally was practiced.

1 (28m 37s):

Like if we're living out in the world, we're going to encounter beings that are not usually found like in our homes, you know, they're going to be found like in the theater, in the dirt, in the soil, in the waters where ancestrally, we would've been more inclined to be playing and living in, in relationship with. So it does sound really foreign to us that like parasites, but they're everywhere if you eat well, if you eat food, if you drink water, you probably have parasites. And they can have like really like little to no impact on the body.

1 (29m 17s):

And they can have like really intense consequences on the body as well. So it's not that everybody in relationship with parasites is like doomed to this like horrific fate. We can have, we can be in relationship with them and not experience any kind of symptoms. But when things get out of balance is when is when like symptoms start to flare up parasites also Harbor, a lot of they're kind of like these capsules so they can hold onto heavy metals like arsenic and mercury and lead far greater in far greater amounts than the tissues of our body can.

1 (29m 57s):

So if are in mold as well. So if you have a mold infection, or if you're sensitive to any kind of those heavy metals, parasites are going to just be harboring like extensive amounts of that in the body, they can also hold onto yeast, candida mucus viruses, HPV herpes. So in the womb space, if, if parasites are traveling into the wound space and the most common parasite in the womb space is a fluke. And I have a picture or a little video on my Instagram of one of my clients, like expelling a fluke during her period, after being on a steaming protocol and the parasite cleanse.

1 (30m 39s):

And you can see, you can see it in there. Like it's, it's a little creature. Yeah. Y'all, if you're not too squeamish, you have to go and see, I'll put all the links in the show notes, but you have to go and watch these reels on Instagram because I've seen, I've seen parasites in it. I've seen parasite cleanses sort of be sold as like a, you know, a quick fix, but I've never seen someone who I was kind of connected to really talk about them in depth and your experience, how it's actually impacting lives. And, oh my goodness. It's wild to think that these beings are living inside us. And it's such a helpful framing to not approach it from a fear based place of like, oh my God, I have parasites.

1 (31m 30s):

That's how a lot of folks are selling it too. Unlike talk, you know, like I'm going to do this papaya cleanse and like awesome, whatever, like whatever fuels you to feel good, do it. But it really is this ancestral practice, you know, like filtering what's going to serve you and what's not. Yes. Yeah. It makes me think like that ma I, I

imagine that's part of their purpose if they're so integral into, into the soil and in our food and in our water, how might they be inviting us into this experience of allying with them right. In this cleansing. Yeah.

1 (32m 10s):

I'm curious if you notice where if you think that the correlation in terms of like, I could have parasites and not really have any symptoms versus someone has parasites and it's really debilitating if that has to do with the health or how optimal our elimination pathways are. Absolutely. Yeah. Could you talk a little bit about all of, yeah, for sure. So drainage pathways in the body, we have different drainage pathways and they are how our body drains and releases. And so if you're listening in, you might not see my hands, but I'm making this like upside down pyramid with my hands.

1 (32m 58s):

And so at the bottom of the pyramid is the bowels. And that's like the first place that we want to address when we're talking about stagnation and drainage pathways, it's how our body releases waste stagnation. And there can look like constipation and bloating and IBS can look like skin issues like cystic acne allergies, right? 80% of our immune system is housed in the gut. And if we're not releasing in that place, that's going to have a huge impact on the rest of the body. And then the womb spaces on top of that, we can have stagnation in the womb space. The womb space is a drainage pathway in addition to other functions that it has, but we released there every cycle, right.

1 (33m 41s):

We really started blood and not just physiologically, but emotionally too, right. When we can get really intentional. And I'm sure your listeners have tapped into this. And if not, there they are on that journey. But being intentional about your moon time and releasing what isn't serving you is going to help on a whole systemic level. Right? We are like, we have like a built-in detox. Like it's so profound. Like our body is wanting to release each cycle. So stagnation and there can look like different things like black blood brown, blood, blood brown blood at the beginning, or end of your period, PCOS, endometriosis.

1 (34m 24s):

And then we go into the kidneys, which are also a drainage pathway. They are also really associated with blood. We have the lungs, we have the lymphatic system, the glymphatic system there's our body is constantly constantly draining, right? We are constantly release releasing whether you are intentional about it or not, your body is always letting go of the things that it doesn't need. And when we get stagnant in these drainage pathways in the body, it is really hard for us to absorb the nutrients that we need to. It's hard for the hormonal flow to function optimally through the body.

1 (35m 5s):

It's hard for us to let go. You know, if you've ever felt like frustration or anger, or just like, like an uneasiness, that is the sign of stagnation in the body on different levels. So it can look physiological, it could look

energetic, but we want to be letting go and having open drainage pathways, being able to sweat is another one. If you have a hard time sweating, that's a sign of lymphatic stagnation. And that was that's my weakest drainage point. And so that was something that I to work on before I did parasite cleansing. We want to make sure that the drainage pathways are open so that when we're killing off parasites and all that they Harbor, right.

1 (35m 47s):

All those heavy metals and toxins and viruses and stuff, they need a place to go the fuck out. It needs to go somewhere. Yeah. Yeah. That's such an important point too, in terms of like how we approach it from a holistic point of view that it's not even just like, oh, take the herbs and then you'll release these things. It's like, no, you've got to tend to the systems first so that your body can actually release. Yeah. That's so huge. And something I talk about often in terms of hormones and our cycle health and hormone imbalance, when there is stagnation in the womb, in the gut, in the bowels that neces with our estrogen, it messes with our ability to articulate and yeah.

1 (36m 32s):

And that's, and it's become so normalized totally. Especially in the medical world that everyone has gut issues, right. That constipation or bloating or gas and heavier periods and stuff that's just normal. Right. Right. Just take some Tums or, you know, and on birth control, like yeah. A very allopathic way to treat the symptoms when we're not really getting to the root issue. And parasites is a great way. Like parasite cleansing is a great way to get to root issues because if we don't clear up all of that gunk, that's in there, then there's no way for us to really see the root issue.

1 (37m 15s):

Right. We it's, everything is just foggy and hazy and we're just layering things on top of each other and not really getting to the bottom of it. One of my mentors likes to use this analogy and I love it too. But when you're cleaning out a tub or like your shower, the what's the first thing you do when you start cleaning, you want to make sure that that clog is clean. Right. All the hair is out of that drain. So whatever you're scrubbing in the tub is going to be able to go out. Otherwise it's just going to like sit in there again and it's going to cause more filth to accumulate in and whatnot. So we want to make sure that drainage pathways are open first.

1 (37m 56s):

Yeah. For, for all the reasons. Yeah. Yeah. That's such a helpful analogy. Yeah. Making sure that the everything is open so we can actually release. Yeah. I'm wondering too, are there other symptoms aside from, if we're, if we have these experiences of different types of stagnation, that might be a sign at the very least that our drainage pathways needs some tending, are there other symptoms specifically of parasites if someone is experiencing the effects of them that show up? Yeah, for sure. The biggest ones that I kind of keep my eye out for when I'm working with clients is rectal itching, genital itching, right.

1 (38m 45s):

And rectal itching, or I'm just going to go there. But it's because parasites that are inside the gut and in the bowels, they tend to come out towards the rectal opening and they lay eggs and they're really stimulated down there because there's lots of mucosal lining to feed off of, and lots of hormonal flow. That's in the mucosal lining that they get stimulated by. So they come down into like the rectum area and then go back up. And so that kind of movement and stimulation causes rectal itching also like pulling out of hair. If you're like, if you are prone to like pulling your hair in like different parts of your body, it's a sign that there is activation of the parasites inside of you.

1 (39m 31s):

Like they're moving around and you just don't know like how to like deal with it. So a lot of clients I have will be like, oh shit, I didn't realize I was doing that. And it's a thing that's so interesting. So I just wanted to pause, is that like, kind of like a compulsion or like a nervous impulse interest? It's almost like an instinctual, like get this thing out. Wow. Interesting. Okay. Yeah. Another one is teeth grinding and it's kind of a similar, it's similar to like the, the hair pulling where your teeth are just like, oh, like something is happening inside of me. And like, it's not me causing it.

1 (40m 13s):

And there's like frustration and tension. So teeth grinding at night, especially because parasites are nocturnal creatures. They are really in tune with the moon they're ancestral beings. And so at night, if you have teeth grinding, it's a really big, really big symptom of parasites. And if your symptoms increase during the full moon, if you have like extra rectal itching or genital itching, gentle itching is another one as well, or teeth grinding, or if any of like the symptoms that we've talked about, like skin issues, acne like anger in the body, frustration in the body.

1 (40m 56s):

If all of those get heightened at the full moon, it's another big sign or indication of parasites because higher level or full moon causes higher levels of serotonin in the body. And serotonin is kind of like, feel good, you know, energy that it gives us and the parasites love some fucking serotonin. So they are like more active in the body. So if you're having like trouble sleeping during the full moon or your, or your symptoms like increased during that time, it's another indication. Wow. Okay. If y'all can see me, I'm smiling. Cause I just, I love I'm also a researcher, so I love learning stuff like this. I had no idea the were cyclical moon.

1 (41m 36s):

Yes, yes. Really are. Yeah. Wow. That's so fascinating in, so when we are parasite cleansing in my cleanse, we always do like a full moon, like chat, not a challenge, but a full moon, like deeper detox. So the day leading up to the full moon, the actual full moon and the day after we up the herbs, a little bit to help capture and kill off all the parasites because they're more active in the body, they're free are flowing. They're just like

fucking happy and reproducing. And so it's easier to catch them during that time. So that is like the perfect time to, you know, enhance the herbs a little bit.

1 (42m 19s):

Yeah. It's also like if, I mean, I know we can geek out about like hormones all day, but also like if you've ever done Molly, it was an EMT. Is that I don't know. Or like ecstasy. Right. Okay. So if you've done Molly or ecstasy, that produces really high levels of serotonin in the body. Right. And for folks, if you have done Molly or ecstasy, or if you've seen somebody usually like one of the symptoms is kind of like a swaying jaw. Like people are like, like moving that job. And it's because those high levels of serotonin are activating all the parasites inside the body.

1 (43m 2s):

And the body's like, I feel really good, but I don't know what's going on in that job is just like swinging and now out here in the bay area, I mean, Molly, I used to do Molly when I was a young kid, you know, and I, that jaw swinging was really common. And now being in the field of parasite cleansing, I'm like, oh shit. Like we were all just like being everywhere, set parasites now, you know where to find your clients. Oh, that's hilarious. Yeah. So I'm also curious to hear more about how this potentially can impact our cycles, our menstruation.

1 (43m 50s):

What have you seen in your own body? I know you talked for yourself about the clearing of eczema and the postpartum anxiety and depression. What have you seen in clients around the womb and how cycles or periods have shifted after doing a parasite cleanse? Yeah, the first one that's coming to mind is a client who had like really chronic reoccurring heartbeats and because parasites can Harbor Harbor viruses and bacteria and yeast and, and so many things on like such a deep level, when we did parasite cleansing, a lot of the parasites who are harboring all of the virus of the herpes were able to get cleared out.

1 (44m 46s):

And after parasite cleansing, they didn't experience any breakouts of herpes. And they had, it was like genital herpes and they were trying to conceive. And it was just this thing that was like this big blockage of being able to release themselves like into their fertility journey, you know? And so the parasite cleansing where like cleared out their chronic herpes, another one was HPV. There was a couple of folks who had HPV and were having a lot of genital warts, a lot of genital warts because of the HPV was so prevalent in their body because hormones were so impactful on the virus.

1 (45m 27s):

Right. And after parasite cleansing, like the ward started to dissipate. There wasn't any more HPV symptoms, they got tested for HIV and it was completely gone. That's incredible. Yeah. Yeah. For those of you listening, we'll definitely be doing an episode going deeper into HP B and herpes and cervical health. It

makes so much sense around, you know, I often see what things like HPV, that there is stagnation in the body on some level, right. The immune system is often compromised. There is like this stuckness. And so I imagine, yeah, the combination of the parasite cleanse as well as this underlying groundwork of being so intentional about clearing and opening these drainage pathways being so helpful because our body, our body is designed to clear viruses.

1 (46m 21s):

Absolutely. We're built to do that. Right. It's like, how do we ally with our systems so that it's actually possible. Yeah. Yeah. Wow. There's, I mean, there's so many things, you know, so many, I got so many parasite stories, but I really do love how impactful is in womb health, you know, as like a woman worker myself, like it wasn't my intention to clear up womb stagnation when parasite cleansing, like I was really focused on just like feeling better as a whole, like, like the, my depression, my postpartum anxiety, like my eczema, those were probably like my chronic dandruff.

1 (47m 6s):

Like that was, those were really, really heavy on me. And I didn't think that clearing parasites was going to result in like my yeast infections being completely gone, bacterial vaginosis being completely gone, like genital itching, being completely gone. Like I had no idea that those were going to be a result, but time and time again, with my clients that I'm seeing. And like, it's just each time, like, there's just like this deeper level of healing and it is it's so, so transformational when you can fucking feel good when you have the spaciousness to just allow yourself to be it, it's just, you feel like light and you feel happy and like yourself, you know, it's, there are things that are weighing us down and we are consuming constantly and to really release all of that and let it go, just allows for like our natural state to be.

1 (48m 4s):

And that is what I want for folks. You know, that's why I do this parasite cleanse and promote it so much because I want folks to feel that that like natural lightness that just they're, they're allowing of self. Yeah. Allowing yourself so beautiful to get a little bit so good. I'd love to get a little bit into herbs if you're down to go there and talk about yeah. Like how you think through herbal allies in this work and really what the role of the herbs is like, we've, let's say we've opened up the drainage pathways.

1 (48m 52s):

What is the role of plant medicine specifically intending to and releasing parasites? Yeah. So the way that, the way that I structure my cleanse is that there are two blends. There is a, there's a cleansing blend that acts to kill the parasites and all that they're harboring. And then there's another blend that is the releasing blend that helps to stimulate and support the digestive system so that we can release, right. It causes more bowel movements. So as folks are killing off, we're also releasing and the herbs support us in different ways, right?

1 (49m 38s):

There's different Latinos for different things. And the blends that I've created really are like a cleansing or cleansing blend and a releasing blend. And I did it this way because some folks are more sensitive to laxative, herbs and teas than other folks. So if you are, you're killing off the parasites and all that, they're harboring and you're taking the releasing blend as well. You might feel like you're having too many bowel movements, right? Like on the cleanse, you can have anywhere between like one to like 10 bowel movements a day, right? Depending on like, what's going on for you during that day.

1 (50m 20s):

And like how you're drinking the herbs, it is just this like flushing, this releasing and the herbs. You cater them. You are in relationship with his blood. You are, they are affecting you in a certain way and everybody is different. So you can, you can scale back the dosage of the cleansing blend and you can scale it up if you need some more support. So if you're prone to constipation and bloating, then you can add a little bit more. And if you are really prone to diarrhea or dehydration, then you can take it back a little bit. So it is this relationship that you work with the herbs day to day, every day is going to be different, but the intention is the same.

1 (51m 5s):

And while we're infusing the infusing the herbs, because it is an infusion, so you make your infusion at night, you let it sit. And then in the morning you strain it. And that's what you drink throughout the day. But while you are pouring water over the herbs, I really recommend setting your intention for what you want to release. You know, because plenty does have powers. They come from the theater, they come from the waters, they come from the soils, which has so many nutrients and so many benefits. And so when we're adding in water, which is already just a cleansing energy, we want to infuse that infusion with our intentions for the next day.

1 (51m 49s):

Right? All of those energies are going to hold what you are wanting to release. And also what you're wanting to call in, right? Because with all this space that we're creating, it leaves room for your manifestations. It leaves room for you deciding what you really are wanting to call in. So we infuse it with our intentions that night. And then in the morning you drink it with the intention of like, this is what I'm calling in, or this is what I'm ready to release. So beautiful. Yeah. I'm all about the intentions and the water. So I imagine the digestive herbs, like you're looking at herbs, like digestive bitters and things to get the bowels moving.

1 (52m 35s):

Yeah. Yeah. In the, in the releasing blend, there is slippery Elm. There is marshmallow root. There is centrally for the more like laxative there's planting and then in the cleansing blend there's wormwood, which is a super fucking better like, so, so, so bitter, and this, this infusion y'all is like, it is so bitter. It's really intense, but it's also part of the practice to just sit with it, you know, like, can I move through it? Yeah. But yeah. So there's like wormwood, there is burdock root.

1 (53m 17s):

There is dandelion root there's metals. There's I'm trying to remember all the things there's bow, the article, there's clothes, there's name. Yeah. Lots of things. A lot of like a lot of killing, a lot of like die off herbs, but a lot of nutritive herbs as well. So we're not just like wiping the microbiome. We're also supporting the liver, the, the intestinal lining, you know, like we're really nourishing the system as well. Yeah. Could you speak to that for a moment? Because I think that's a critique that I hear that like cleanses and I'm not like a big detox fan because I think even the word detox has such a connotation in our sort of like Western world.

1 (54m 11s):

There's a lot of detox culture that is not done, I believe, safely or holistically. Totally. And one of the critiques I've heard about things like parasite cleanses is that we're, we're killing off all of our good bacteria or like flushing everything out, you know, similar to how, like we know hopefully at this point, right. That things like antibiotics, like you experienced, they might kill off the bad bacteria, but then they're also killing off all of our good bacteria, which can then cause more issues. So how do you approach that? Like the killing off and then the nourishing and yeah. How did you see that be different in your approach for cleansing?

1 (54m 51s):

So I can't speak to like everybody else's cleanses and how, and the way that they do it. But with, with my cleanse, we definitely use herbs that are going to support the system as a whole, right. We are, we're doing the parasite cleanse in relationship to opening the drainage pathways. So nothing is getting stuck in the body, which if you're like killing off parasites and all that they Harbor and you don't, they don't have anywhere to go. It could result in like Herxheimer reactions and like headaches and migraines and flare ups have already have symptoms that are already present in the body.

1 (55m 31s):

So it can be really intense to do a parasite cleanse. And that's where I see a lot of folks like this doesn't work, or this is like causing me to break out or feel this way. And it's really just like die-off symptoms where folks need to prepare and do the drainage pathway work beforehand. Yeah, yeah. Yeah. That's a piece I see getting missed a lot. I've worked with a few women now who have had natural paths and natural paths are great, but who are supporting them with like doing a yeast, a candida cleanse. And it was like, okay, take these supplements to cleanse the drainage pathways weren't open. And they were just so miserable and sick in that process.

1 (56m 14s):

Cause things are getting released, but then they're getting really absorbed back into the body. Yeah. It's not fun. So if folks are thinking about doing a parasite cleanse you, I think the best place to start is doing is working on your drainage pathways. I actually have a course called drainage pathways and parasite cleansing. And so that is available when the herbs are available. I think it's available right now. I'll let you



know, but it's a great kind of like prerequisite to parasite cleansing. And it's just great to work on drainage pathways anyways, if you're, even if you're not planning on parasite cleansing. So you can start working on that before and that's going to really support you in how you, how you release during your cleanse.

1 (57m 3s):

But I totally agree with you like this whole detox mindset, like there's like skinny teas and, and you know, products to help promote detoxing with the framework of being skinny or losing weight. And while that might happen, it's not the intention of parasite cleansing and we're really looking to nourish the body. So with the clients that I had and with the cleanse that I do, yes, there are herbs that are going to support you and nourish you while you're cleansing and detoxing. But afterwards, we talk a lot about how to take care of yourself after the cleanse, after you're done cleansing and releasing and letting go, what are some blood peoples to help nourish the body and start building back that great healthy microbiome, not just in the gut, but in the whole body all over.

1 (57m 54s):

So there's, there's like a whole section that we do on how to care for ourselves after the cleanse, which I think is, is like an ancestral practice. You know, like you go through this ceremony and then you also need to close it in the correct way. Yes. Yeah. Yes. Ooh. I love that. Yeah. We have to close it with any container, especially with any healing work, having intention and ritual around opening and closing the process is so integral to the work. So I definitely want you to share more about parasite cleanse club. Is it per cycling club?

1 (58m 35s):

It's PCC or parasite Quincy fee. Yeah. Okay. That's that's, that's a PCC. Yeah. I know you have a next round opening in the fall, which I am super excited about. I'm going to do it. My wife is going to do it. I'm so ready before we get there. Do you have any, you've kind of named some already like simple Kips in general. Maybe someone's not doing a full parasite cleanse, but if someone's going a DIY approach and they're curious about what's going on in their body, how their drainage pathways are, what are a few things that we can be doing at home on the daily to support our body's natural and innate functions of being able to and release?

1 (59m 23s):

Totally. So some really easy ones are drinking a glass of warm water. It could be like, I mean, a whole leader would be amazing, but hot water in the morning to help flush the bowels. I think the bowels is like the first place that I would start recommending folks to work on because it is at the bottom of that pyramid that I'm talking about. Right. And if we have stagnation in the bowels, we probably have stagnation in all the other drainage pathways as well. And I'm like working my hands up because we built the lungs, the wound space, the kidneys, the lymphatic system, like all of that is kind of filtering into the bells, right?

1 (1h 0m 4s):

They all release in different parts in places. But the bowels is really central when we're talking about drainage pathways. So drinking a large glass of water at the beginning of the day, right? When you wake up, water is integral. If you can drink a gallon of water a day, you're like money, okay. Like this is like flushing everything out. And if you have stagnation in the bowels, constipation, bloating, another really sweet and gentle technique is to do a little Silva on yourself. Some like belly massage. So working from the right hip up to the right rib cage for the ascending colon and then across to the left rib cage, the transverse colon, and then down from the left rib cage to the left hip for the descending colon.

1 (1h 0m 53s):

And that's going to help promote this movement of releasing. So if you have any kind of stagnation, some massage is going to be really nice for you too. And hot water. Yeah. And those are just really like easy, free medicine that you could do. You know, I'm all about, I'm all about that simple life. So yeah. Water and massage can go a long way. Absolutely. Even with the limp and thinking about like, yeah. The breasts, the chest, the arms. Yeah. Yeah. And being in connection with the body, really like talking to your body, we just had a call yesterday.

1 (1h 1m 35s):

One of my good friends, Nika Haleigh, who was on the call, guiding us in PCC, talking about boundaries and sensuality. And the idea of being sensual is tapping into the senses. Like, what do you feel? What do you taste? What do you hear? And when we're thinking about cleansing and we're thinking about releasing, tapping into how I can connect to my body's senses and really communicate that this is time to release. Right? So whether I put my hands on my wound space and I'm talking to my wound space, like, all right, you know, I know my, my menstruation is coming up.

1 (1h 2m 18s):

It's time release some stagnation in there, whether it's energetics, whether it's, you know, old blood, whatever it is, or if it's the, the lymph nodes, right. I'm touching my lymph nodes. I'm being sensual. I'm tapping into the census here and I'm telling them, okay, lymph. I know we haven't gotten a good sweat in a while, but it's time. It's time. We're going to go for a walk today. We're going to be open. We're going to just pump all of that fluid through us. And it's going to, we're going to let go being sensual about connecting to your body and intentional about releasing can long way. Yes, yes. Yeah.

1 (1h 2m 59s):

All of that also. Yes. Nika. I really hope to have her on the pot. She's amazing. Amazing. Yeah. Okay. Thank you for those. So warm water, especially first thing in the morning, giving that abdominal self massage. So clockwise starting from the lower, right. Moving up over to the left and down to support the movement of the bowels and then yeah. Tending to the lymph and the body in a sensual way. Loving touch is so underrated. It goes so far. Absolutely.

1 (1h 3m 39s):

Yeah. That's amazing. Okay. Now Tyler, so I'm, I'm all about the DIY, you know, research, user intuition, figure it out. And I think, especially with something like parasite cleansing, it's so powerful. If you can go through this journey in a guided way, especially because when I think about this as a practitioner, there is some like intention that needs to go in around safety too. Especially as we're thinking about like killing off and then supporting our symptoms, making sure drainage pathways are open renourishing and rebuilding. So we don't end up depleted and then supporting the emotional and energetic piece, which I'm sure in your community is so huge.

1 (1h 4m 23s):

Oh my God. Our group chat is amazing. If any of my, you know, if any of the people in PCC right now are listening to this, they are, you are like everything to me, our group chat is just like fire. I love it. That's amazing. Yeah. So tell us a little bit about the structure of PCC and then how can we get on the list? When does it open? Because I know we're going to have some people who are ready. Yeah. So we run PCC each season. So the next season that's coming up is the fall. So we're going to be opening doors for purchase mid September.

1 (1h 5m 4s):

And then the cleanse starts beginning of October, there are kind of like all a cart options for folks to dive into. So you can totally dive in and cleanse and community with us, or you can, it on your own. Everybody is so different. And so I want to make space for however people want to do this practice. You can buy the herbs. And with that, there's going to be instructions on how to make your infusions and do the cleanse, excuse me. And then there is the course, which is the drainage pathways and parasite cleansing course, which is a great support for if you're deciding to do the cleanse or kind of preparing for the cleanse.

1 (1h 5m 48s):

And that is a lifetime course. So you can have access to that and all of the updates that I make to it forever. And then the other option is the community space. And that is the group chat that I'm talking about. And it's also weekly calls that we do to kind of check in and see how folks are. I have guest speakers come in that talk about like leading, like Nika talking about like boundaries and sensuality. And another call that we did was more in regards to the belts in like human design. We were talking about the spleen and the sacral center and the solar plexus and how we can store stagnation in there, energetically.

1 (1h 6m 28s):

So there's different, different ways that we build community inside of the community space. But essentially if you're wanting to have some support and have some time one-on-one with me and just get feedback from other folks and, and do this practice collectively with other like-minded folks, then the community space is going to be a really, really great support for you too. So you can choose how you want to interact with PCC, but essentially those are the three ways that you can sign up and get down with us. And we start in the fall

and the IRBs do sell out. So I only make a certain amount of herbs and Latifa blends because I have to, I have to set boundaries to write this.

1 (1h 7m 17s):

There's lots of practices where they just are constantly making the blends, but I want to hold space and a container for folks who are cleansing. And so I make a specific amount of blends each time. And so they usually do sell out. So I let the folks know who are signed up for the mailing list first. And so if you're interested, if you want to just get some more information, or if you want to hear about it first to sign up, you can get on the mailing list and I'll send you the link. So you can put it in the show notes for, for your listeners, but essentially that's the best thing to do. Sign up for the mailing lists, follow me on Instagram at earth and expansion. And I post a lot there about parasite cleansing, so you can get some information there.

1 (1h 7m 59s):

And yeah, I really hope to see a lot of folks, a lot of like wound care folks in that space. I mean, that's primarily what it is right now. Like a lot of people who are into their fertility journeys or wanting to get off of birth control and do it in a, in a holistic way, right? There's lots of folks who are just really intentional about their connection to womb space that are inside the community space already. But I envision that it's going to be more of that and the next coming round. So we would love to have you if you're interested and yeah, this practice is so transformational. So thank you so much for having me on and just being able to share all my medicine here and, and, and Keke out with you a little bit about body literacy stuff.

1 (1h 8m 46s):

Thank you, Daniela. I'm so grateful for the work you're doing and for what you're sharing and yes. Yeah. I'm going to be in there in the fall. I will be posting about my journey. I'm so excited to see what comes up. I have that intuitive sense. I told my wife a while ago. I was like, I think I have a parasite. I, I don't know why. I think that it just fuel it. So yeah, I'm excited to see what comes up, what comes out. You should see the photos that we share in the group chat. It is wild in there. I'm pumped. I really am. Thank you so much for your time and your energy and your medicine.

1 (1h 9m 27s):

I will link all of these things. So y'all know where to find this. Get on the list. Yeah. Sending you so much. Love. Thank you. Take care.

0 (1h 9m 42s):

Thanks for listening to the womb room podcast. If you loved what you heard today, it would mean so much to me. If you would follow rate and review the show so we can spread the love while you're at it, check out some of our free resources like the herbs for room help guide free PMs, reset, challenge, a workshop on how to track your fertility and more. You'll find it all@thewombroom.com and stay tuned for the grand opening of the womb room membership, a transformative space for radical room, health education, and the

powerful community to support you as we revolutionized together, what it means to care for our wounds, make sure to join our newsletter.

0 (1h 10m 24s):

And you'll be the first to know when enrollment opens until next time that you nourish and be nourished by your wound. Bye for now.