## Introduction to Fibromyalgia Triggers

Hi. Welcome to the freedom from Fibromyalgia Summit. I'm doctor Roger Murphy, and I'm your host. I've got Sinclair Kinley here, who is a natural path, and she's known as the Liver Lady.

Is that right? The liver lady and the chief talking officer of Detox Rejuvenation. And we're going to be talking about some of the triggers that we see in fibromyalgia, some of the toxic things that we get exposed to that unfortunately for those with fibromyalgia and really start to initiate some of the symptoms that oftentimes can't be explained by some of the testing that we do or some of the conventional work that's been done.

So this is going to be a really interesting conversation. And Sinclair, thanks for for being back on the summit. Thank you so much for joining us. Pleasure. Roger. You know, I love collaborating with you.

And I just love that you're doing this summit. It's it's such a an area of passion for both you and me. This is really sweet to be able to do this one.

Great. You know, several people in the summit, they we've talked about kind of focused on mitochondria dysfunction. And we know that toxicants toxins can really sabotage these mitochondria.

These these power plants of the cells, those are fibromyalgia genetically, don't have as many mitochondria. And the ones that they do oftentimes are not working like they're supposed to.

And that kind of fits right into some of your clinical, findings as well as that mitochondria and, and these important, these important organs can get shut down from the things that we get exposed to every day that we kind of don't even think about.

Right? Yeah. It's so true. And, you know, this really started for me with my own journey with fibromyalgia. And for so many of us, fibromyalgia is a diagnosis.

You know, like the last thing you know, we're out of options. It must be fibromyalgia. You know, it. And I definitely had mitochondrial dysfunction to the nth degree.

So it it got us diving into the literature about my mitochondrial myopathy and their relationship to fibromyalgia, which, you know, there's been great studies exploring since as early as 2012, which is pretty early in the field of fibromyalgia, when we really didn't even start talking about this.

The first time was like, what, 1990? Yeah. So yeah. Early 90s. Yeah. Really? Yeah, yeah, yeah. So for me, it was definitely about or driven by my mold exposure.

I had multiple mold exposures. I had a lot of heavy metals that went unnoticed on labs. Right. Because it just. That's not what you're running traditional labs for.

## Mitochondrial Dysfunction and Toxic Exposure

So, once we started tackling those things and actually going at it from the mitochondrial perspective for my own recovery journey, the fibromyalgia started abating and I started seeing, you know, progress, serious progress in my Lyme disease issues, you know, so it's just like the whole picture finally started to not just come together for me, but I could actually finally start seeing progress, you know, whereas the the prescription route just did not work for me.

So. Well, I think most people know you, you know, you can't drug your way out of fibromyalgia. That's probably why you're, you know, watching the summit.

It's just, you know, if you're trying to to suppress every symptom with a drug, there's so many symptoms before you know it, you're on a half a dozen to a dozen drugs.

There's definitely a time and a place I'm not. Well, I don't want to badmouth anybody or stepping on my toes, but. But really, I mean, realistically, fibromyalgia is not a condition that really responds very well to traditional medicine.

It's just the way it is. That's why so many people give up hope. And so many physicians in traditional medicine kind of give up on their patients. Unfortunately, this, you know, can be incredibly frustrating.

So the mitochondria, these are the power plants of the cells. They're communicating with the organelles inside the cells or sending out messages or designed there to help us to be able to communicate, you know, these different systems.

But, and they supply energy. That's probably one of the most important things. But with they get under threat, then we have this thing called the cell danger theory, which some of the, some of that, interview folks have talked about, and I think it really fits into the fibromyalgia puzzle, but with mitochondria, what are some of the things that that can affect the function of these mitochondria, these, these, these, energy power plants and, and then generate the symptoms.

What are some of the things that can affect them in a negative way? Well, this is such a great question. And I and I hope everybody's perking up right now because this could be the key to unlock things for you.

We certainly see that in our own clinic all the time. So, heavy metals for sure is a huge issue for mitochondrial health when when mitochondria are subjected to heavy metals, you experience a high percentage of cell death and necrosis.

And like essentially what we're looking at is mitochondria becoming victims of toxicity. It's not just the cells. The mitochondria actually slow down.

You can watch it in real time. If mitochondria are exposed to like aluminum, say, from air pollution or food packaging or something, they actually slow down and come to a halt.

This is very interesting. And then also, you know, medications can be hard on mitochondria, just like they can be hard on the liver. You know, we we have used medications for a reason.

There's always a good reason. But often the delivery mechanisms, are quite toxic and hard on the body over time. Right. Parasites are also huge. You know, they can really like, inhibit the proper function of mitochondria during mitochondrial cell division.

And when you think about it, that's absolutely essential for repair in the body and for healing just in general. Right. And parasites have mitochondria in their cells as well.

So when our mitochondria are attacked by parasites during cell division, the mitochondria of the invading parasites actually have strategies to inhibit the proper function of the human bodies, mitochondria.

So that's where things get really trippy, right? And then, of course, you know, just pathogens in general. And I have to keep bringing up more because there's so much overlap between, you know, the, the symptoms of fibromyalgia and the symptoms of, mold poisoning.

Right? Anxiety, depression, fatigue and tiredness, headaches, including migraines, pain and stiffness all over the body, not just in the muscles, in the joints.

Problems with thinking memory like just this brain fog, concentration issue, sleeping issues like there's there's quite a synergy there that it would really behoove people to consider.

Like have I been exposed to mold? Is that a part of my health picture? Yeah. So one of the and I and I can't remember who it is now they're starting to run together.

Some great some great speakers, great health experts. Well, one of the conversations I had was about, you know, why do you think that we're seeing so many more people who are reacting to Mo O'Neill?

Nathan, how could I forget? Nathan. So I was asked this the question. I'll post it to you.

## Rising Mold, Lyme, and Chemical Burdens

So I've been specializing fibromyalgia 22 years, and what I've noticed in the last 5 or 6 years is that the things that I used to take were the big catalyst for triggering a lot of the symptoms, you know, which they still are, but poor sleep training, fatigue, problems with the thyroid, food allergies.

Now, what's on the what's really showing up a lot is Lyme and mold. Whereas six years ago when I was testing people, you know, we were talking about this, in some of the, the, masterminds and fibromyalgia that I have, that I'm a member of, and, you know, this would come up, but when I would test, I'd never see it.

Now, Sinclair seems like everybody I'm testing for has more toxins. Some Lyme people, but definitely mold seems to be a really a big problem. And the way that Neil explained it, this is what he said.

He said that's what he's saying is the the triggers now are different than what they used to be, and in particular mold and Lyme. And he said he thinks like I would agree, is we're just exposed to so many toxins now that we, our bodies just have broken down.

We cannot tolerate anything else and something comes along with it. It's a mold toxin or, you know, this Lyme infection that probably was there could have been there dormant for months, if not years.

And then all of a sudden, bam! Now we started developing symptoms associated with these two things. Yeah, I think that's really well said. You know, we we're essentially our buckets are overflowing.

Right. Our body's capacity for resilience has officially, you know, hit a ceiling in the last few years. And it's actually Tom O'Brien that showed me the research back in 2018 from the EPA's own report that we are importing 250 pounds of chemicals per person per day.

Wow, 250 pounds of chemicals per person per day into the US. And that's a tick. Tick is five years old. So that's the same right. And that's not. And there's a lot of those chemicals.

We don't even know if they're safe or not. We just we don't even we don't we don't have the research on that yet. Right, right. The the studies that have been done right, that have been approved and acknowledged by the CDC and the EPA, they do acknowledge that there's we actually have some serious reckoning to do that.

There's there's a big gap between what gets approved and for human use and, and what might actually be happening to our bodies afterwards. So Environmental Working Group is a great resource to look at like new information coming out.

If anybody wants to follow along there go to org. Just to get a little bit more literate about this stuff. It's not that we don't know. There are, you know, tens of thousands of studies that are in isolation about how a chemical affects the body.

In this one study, what's missing is, is it was all taking a step back and going, okay, this is too much. Yeah. We have to do something about it. And we think, oh, we live in America or we live in an developed country.

It's the burden is on the government to, you know, keep us safe. And that's not true. The burden is on the consumer to prove that a substance is hurting you.

And then you have to go to court. And then wouldn't you know it, they've got three formulas that are just legally different enough that they can substitute in to keep business going.

So it's in this is not for despair. Like this is the part where people start going, you know, and I totally get it. I was there, well, we just have to remember is that we have more control than we think we do.

Right? And, we just have to start looking at our own lifestyle, our own homes and our own bodies and say, okay, I need a strategy for my environment, and I need strategy for internally.

Right. And you can't ignore either one. Yeah. And like to your point about the mold, mold becomes so much more toxic in the presence of emfs. Right? So we brought cell phone towers into the home just in the last decade.

Right. With Wi-Fi routers and smart devices, those are all a little cell phone towers and mold thinks it's under attack when you're trying to use that bandwidth.

The frequency. Because mold is a colonizer, it needs to communicate within the colony. So it will start growing faster and dumping more mycotoxins and those poisons.

The mycotoxins will actually be up to 600 times more toxic because it thinks I'm I'm in a scary environment. I have to protect myself. Yeah. So that alone could account for why all of us are having to become fibromyalgia literate.

Well, yeah. And certainly stress, right? I mean, stress and inflammation are the two catalysts for probably every, every condition out there and mental health condition.

And so we're seeing oh, well, last couple of years in particular have been incredibly stressful. If you've already got, a medical mystery illness or you're one of those people who kind of falls through the crack with fibromyalgia people, you know, physicians don't know what to do with you.

You can explain what's going on. Some don't even acknowledge that you have an illness. It's all in your head, right? You know, it's incredible amount of stress.

And then along comes some other type of stress or subscriber situation.

## Environmental Detox Basics and Air Quality

And then, like you said, the the bucket spills over. And and a lot of these folks are kind of like the canary in the coal mine anyway, aren't they. They're they're nervous system is on hyper alert.

So they, they don't have a lot of stamina or resiliency to stress. It's why they're vulnerable to fibro flare. So now you got some of these other things that are added to this this stew here on the pot.

And you know before you know it it's it's just overflowing. Yeah I think that's really well said. And that's one of the reasons why I appreciate your advocacy so much in this area. Roger. So do you.

So in your, in your practice, do you see a lot of people with heavy metal toxicity? Is that something that you routinely see, and do you. Yeah, yeah, I'm starting to see it.

You know, there was a period again. There was a period they used to test everybody. And then there was a probably a decade where I wasn't seeing it very often.

It seems like that's something that's showing up more on my patients now. Yeah. It big time that that involved we're just seeing just an explosion of it you know.

And it makes sense. And there's, there's great labs that you can run. My favorite right now is the vibrant labs. Total toxin Burton. You know where you can see the industrial chemicals including PFAs.

You could see heavy metals. You know, it's urine is not my favorite way to test for heavy metals, but it's a good layer of information. And then mold mycotoxins. Right.

So it has more markers than most people do via urine for that. So that's great. And then my favorite way to test for metals is a photo spectrometry. So laser laser spectrometry with the illegal scan which is French technology, but there's not that many of them in the US.

And vibrant labs are very accessible. You could do them at home. Yeah. So what are some simple steps people can take? Because, you know, the people here, oh, you need to detox. Can you do that.

The next thing you know they're doing a three week colon cleanse or something. Just totally too radical. They can't handle it. Yeah. You know, from having the the condition yourself at one time and and then able to to heal yourself.

Yeah. They can't handle a lot of stress. So if this if this changes in diet or you know where you're on the pot all day, I mean that's just not that that backfires for fiber magic.

What are some simple steps people can do, being proactive and start to just kind of clean their environment up around, you know, their living environment, if nothing else.

Yeah, well, I'll tell you two stories. One one about me and one about a client to kind of help folks consider how to take the next steps for themselves.

For me, you know, I was so, impacted by fibromyalgia. I had to tape my fingers with popsicle sticks at night and shove them under my pillow. Otherwise I would wake up like this in the morning and it was an RA.

They kept saying it was fibromyalgia and I couldn't stand for more than a few minutes at a time. Would have to drive to work with my elbows because my hands weren't working.

You know, wouldn't for the first six hours of the day and then when I made diet changes and when I started getting the toxic chemicals out of my house and thinking about things like air filtration, I started to get some relief.

And then I started working with things like, not just red light therapy to support the mitochondria, but also drainage from the bottom up. Right. So that means actually literally offloading the colon, because so many of us, if we're not in a state of flow, that's part of why our bucket is overflowing. Right?

And people with toxicity have a tendency towards either constipation or diarrhea. But either way, your body's saying I'm overloaded. So you really want to start with the bottom up.

Before you start like trying to do deep lymph work or something because there's nowhere for that to go if you actually can't drain out through your intestines.

So spread away. People hurt. You know, her climate reactions, detox reactions. People get scared of detox because they push from the top down instead of releasing from the bottom up.

Yeah, so sounds basic, but we have to start there. And that's. Yeah, that was what really saved my life. Was was understanding that principle, you know, and I think about this.

Oh go ahead. I'm going to say, yeah, I think we do need to start with basics, because I think I think people, you know, they're chasing the shiny objects.

So they're doing all these things are getting their amalgams pulled out there doing. And there's, you know, there's, you know, chelation therapy. And I was saying I had a big medical practice.

We did all those surveys. And there's a time and a place for that. But really starting from a, you know, laying the foundation is where you need to start.

And the first thing is to make sure you're you're pooping every day, you know, and we know the fibromyalgia 70% of the fibro have irritable bowel syndrome.

So obviously that's a warning sign that something's not working right. Your digestion your elimination is not working right. And I totally agree is that's the first place to start.

So you're saying from the from the bottom up, making sure you're getting those toxins out by being able to have a normal bowel movement every day. You can't flush out clogged toilet. You will overflow.

You will get unnecessary symptoms. So let's not do it that way. You know, I'm thinking of, a really one of my most beautiful success stories about fibromyalgia was really dramatic.

She's a darling woman in her early 70s, and she, had no gallbladder. And she had really crippling fibromyalgia. It was so bad she couldn't hold her new grandbaby, her first grandchild, and she because she was afraid she would drop him because of the pain in her arms.

It was just devastate. And she actually got about a 70% reduction in her symptoms within a week. Just by going full carnivore, full animal protein forward, getting out all of the processed food and plant toxins, sneaky irritants in her diet.

And that's not, empirical evidence. That's anecdotal. I want to stress that that might not be the case for everybody, but for her being able to get away from these gut irritants that she had overlooked, you know, like foods that are very toxic to the liver and, and by, you know, extension really hard on the body and totally stop a state of flow, keep you keep poking the bruise, so to speak.

It gave her instant relief.

## Diet, Liver Health, and Food Irritants

And then we could do a series of liver flushes. You know, she had no gallbladder. She was getting out, you know, hundreds of pea size guys and a few golf balls, you know, along the way with no pain, because we did the groundwork of releasing from the bottom up and preparing her and breaking up stagnation with, you know, stone breaker herbs and very gentle tons of mitochondrial support.

So that last 30% of her, you know, crushing symptoms took about six months to resolve. But it was, you know, it was a combination of diet and then this very intentional breaking up of stagnation so that she could detox, you know, but there's a reason why we get our gallbladder out, and it's usually because liver's overloaded and we just don't know what to do about it after that.

Right? Yeah. So it all it all fits together. It all fits together. And, you know, I, I have numerous patients that have fatty liver disease. That's something that just I just see it all the time.

You can see it. You know, we see the elevated liver mark, liver enzymes, in the lab test. And you see that, and then you ask them, by the way, have you ever been diagnosed with fatty liver?

And they say, yeah, but my doctors never say anything about it. You know, it's a sign that that their liver is not functioning like it's supposed to, so they can have a breakdown and their ability to be able to get rid of these toxins that we we you can't get away from toxins.

But what you can do is try to limit them. But every time you eat something, there's going to be something in there that's got to be detoxed every time you breathe in air.

Depending, you know where you're at worse than others. But your body's got to be able to, to be able to detox itself. But if you've got a fatty liver, it's our sluggish liver.

You're really kind of, that's your part of your weak link, right? It's it's going to affect you, you know, it's going to affect you in a, in a negative way.

Well, it really is our master regenerative organ. Right. Not not that it I mean, it can rebuild itself every six weeks, which is amazing. Amazing. Yeah.

But it what it's doing as, as it's flushing out your blood as it's processing your hormones, converting them, breaking down old ones. It's actually providing essential building blocks to your entire body.

So that it really is determining the rate at which you can heal. So, it's it's not just our detox organ. It actually provides over 500 functions for as often 200 of them or more simultaneously.

So this big boy is like really our hard worker and we don't know it. Right. And I think that we get into these, we put ourselves into a corner where we were just, you know, trucking right along living, living the American lifestyle, you know, doing what we thought was healthy enough until our bodies starts screaming louder and louder and then we go, oh, okay, I have to take this seriously.

I have to be very healthy. And then we end up on foods that are actually very hard on the liver, like, some of the most toxic foods for the liver, we think are health foods, or they're hidden in health foods like soy protein isolate very hard on the liver.

We don't isolate proteins. So it's really extra work for the liver to deal with. Fructose is the hardest sugar for the body to process because it all must be done by the liver.

It's the most aging sugar. People don't know that. Like, oh, I'll just do fructose only right. Or I'll, you know, I'll juice, but they'll juice really, really high sugar.

Foods. And it because it's, you know, more appetizing and they could be really hard on you whey protein powder, same thing. Maltodextrin. So hard on the liver.

There's so many studies linking maltodextrin to fatty liver disease and nonalcoholic fatty liver disease that's in protein powders, health food protein bars, keto treats.

It's used as a filler in supplements like, you got to start seeing this stuff, you know, and and just just take that one nugget and go, okay, I'm smarter today than I was yesterday.

I'm going to start looking for that. Is this in my rotation right now? That's all you need to do. So I really encourage my patients to shop on the outside aisles, bypass everything in the middle. Right?

I mean, if it's not a real food, you're just not. You need to avoid it. And, you know, it depends on where you're at in your health journey. Some people are certainly sicker than others.

Some people need to be more vigilant than others. But the majority of folks with with fibromyalgia is a chronic illness that is very complicated, and it's going to take some work to be able to overcome it.

Now, you've heard numerous folks on here, including Sinclair, shared her own story that, she was able to overcome fibromyalgia. It's very much a treatable condition, but it does take some work.

And one of the things I really encourage you to do is to take the small step and and realize eating real food so real food is something that comes off of a tree, it's off of a plant or it's an animal, it's not been processed, is tried to be as is.

Vigilant as you can about eating something that if you put it on the outside, it would be gone within a few hours. Either it would sometimes would come along your predator and take it away to eat it, or it would become oxidized and, you know, start to break down.

I think that's really well set. We got to get away from these preservatives and kind of unplug from the natural health marketing where we think like, oh, if it says all natural, that's good enough.

But if it's still in a package, it might come at to higher cost for you. And what about all those who say gluten free? You know, you know, vegan and gluten free?

You know that gives you. Yeah, but it's like full of rancid seed oils and stuff that are so hard on your liver and like guarantee and fibromyalgia flare.

Yeah. So you mentioned the carnivore diet. So are you a big fan of a grain free, grain free type of diet, or does carnivore or keto or paleo what's what's probably your number one diet that you recommend for your for your patients?

Well, you know, what I will say is that, I, I see myself with Switzerland. I don't, I don't engage in diet wars. So you know, I anybody getting ready.

Everybody is different, right. Everybody. You know it was different on the inside as we're on the outside. So yeah. But I do see people clinically. It is undeniable.

People who are willing to eat animal protein forward and step away from processed foods, step away from grains and lectins and common irritants. And that includes nuts and seeds.

Right now, paleo for many of us, is not far enough because, it still contains all these irritating anti nutrients. But when you're on the back foot, it just your gut has to spend too much time trying to break that stuff down.

The juice is not worth the squeeze, basically. So you can be breaking that stuff down or you can be repairing. You choose every day. So you gotta go really simplify down.

And people who are willing to do that, it is undeniable how much faster they heal versus others. It's simply undeniable and then some people may be oxalate sensitive, some people may be histamine sensitive.

So those are things to consider, right? But not everybody should. Yeah. I did a series of looking at all the different diets and, and blogs, and there now is a whole report on my website about what diets for you.

I mean, there's, I mean, I, I stopped I think I did a dozen. So there's a, I think there's a dozen ones that I have in this report, you know, the, the paleo, the keto carnivore or Whole foods, plant based.

What was one you mentioned? You mentioned, oxalate lectin lectin. Yeah. My and yeah. So, you know, you can look at those, but I mean, you look the first reaction when you see this or you go, oh my gosh, which one is the right one?

But everybody's different. But I think the for me, what really is important is that you get those grains out of your diet, at least as a trial. And sugar, fructose and sugar, too many sweets, too many simple carbohydrates we know that generates inflammation.

Can can cause nutritional deficiencies. All sorts of things can start to show up. Increases yeast overgrowth, leaky gut. These things start to show up.

So getting that out of your diet, I think it's very important. So that's a simple thing right? I mean some people go oh gosh that simple. It is. I mean I know it's a lifestyle and it's something you can't do, you know, right away, but you can start working your way into that.

Then you mentioned a G. I think that's G and the Dirty Dozen. These are the most toxic foods out there, kale being one of them. If it's not okay. By the way, strawberries, you know.

Yes, yes, yes. And then they have the clean 15. So these are foods you don't have to be so worried about if they're not organic. What are some things in the, in, in the air that we can do?

You mentioned, air purifiers. I love the Austin air. That's what I've. I think most but machine I think it's 20 years old. It's still every few years I got to get a new filter, but it's still running great.

But it has all kinds of absorbent material compared to other filters in that same price range. Austin Air there's no contest. Ongoing costs are totally lower for Austin Air versus the other guys on the market.

They were also the units that got used at Ground Zero. So clean that up for 911. That speaks for itself. There's great research around that.

## Chemical Sensitivity and Small-Step Detox

I also love the high tech air reactor because that is really good at breaking down things like mold, chemicals and mold and mycotoxins and other types of chemicals that off gassing your environment.

So if you know you're chemically sensitive and that's a part of your fibromyalgia picture, it's it's a wonderful investment. So that you can be safe, it actually will, work on you internally as well as your breathing in those, those particles.

If that feels out of your price range. Guys, you're not off the hook for air filtration because most of your air pollution is inside, not outside. Your air can be up to 400 times more toxic inside than right outside your window.

So open the windows. A $20 box fan will go a long way. Like let's let's give the body a little bit of a break here, you know? Yeah, yeah. Now what if it.

So, other things I can do is make sure they're changing their filters so their air filters get Hepa filters. I mean, these are things that are not that pricey.

They're inexpensive, but they can make a difference. Plants. I'm looking I'm looking at my bamboo and my spider plant right here in my library. There's plants that you can put in your household.

I did a whole series, and I know you've got a lot of resources on your website about some of this as well, but plants can help detox the air. I love snake plants and, spider plants.

Snake plants are so hard to kill you have to water them very infrequently, thank God. And so they're not going to mold while they're sitting in water for you, which is great.

Spider plants are great at capturing VOCs. So volatile organic compounds that are really hard on the body, there's a proven link between those and fibromyalgia.

Bromeliads are wonderful to have in the bedroom because they, they essentially shoot out oxygen at night for you and they sequester carbon dioxide during the day.

So it's it's a really beautiful, you know, thing to, to bring into the home. And I think it's part of why we're, we have so much obsession about plant, you know, plant ladies and stuff like that on Instagram.

Now it's because you intuitively people know, like, I need some help in here. It's a little toxic. Yeah. Yeah. Now we've talked a little bit about let's go back to fatty liver in the mitochondria.

What are some of the supplements that you like. What are some things that that are accessible out there that people could do on their own to help with fatty liver and or help their mitochondria work more effectively?

Well, I really want to stress a couple of basic things. So you're not allowed to detox if your bowels aren't moving,

period. End of story. You need to move your bowels every day, guys.

So if you have a tendency towards, you know, being constipated or not flowing, you got to start there and then you're allowed to work on your liver and try to flush stuff out from the tissues to get a break from your fibromyalgia.

So from there, I really always want to start with mitochondrial support for detox. It's a mistake people overlook, you know, so you can use micro minerals for this.

Key minerals, some cell cores. Great. Or energy by bio immersion. That's a favorite because even super sensitive people won't react to that one. So that's fantastic.

And and once you have a little bit of energy in the system, then you can start asking the body to offload right? So, I like things like, kale support, which is a very well-rounded supplement for the liver and just kind of like start to wake up the liver.

Hey, you want to you want to get rid of some of the stuff that you haven't been in a position to let go of, but really, I like adding in bile salts, you know, because the king of bitters and it's also a bile builder, you know, that's fantastic.

And it's expensive for the body to sequester and to make new bile from it. So it's great to just add it into the mix. You always want to consider your gastric juices when you're trying to detox and give the liver a little bit of a break.

So you need a reason to for the body to be able to break down your food more easily, right? So you may have to add in a little bit of HCL. You may have to add in a little bit of maybe not ox bile, maybe tadka or bitters.

Instead there's you know, you may have to add in some enzymes to get to the point where your body is flowing again, enough to break down its own food.

It seems counter intuitive, but not really when you look at how long you may have been on the back foot. Right? Yeah. And then I really love to do Stone breaker herbs when you're ready, because you can break up the stagnation.

Like it's not just the gallbladder, the good stones, it's the liver too. Right? So you can have thousands of stones packed in that beautiful biliary tree that's just livers like I had.

I had no where to put this, so I put some cholesterol around it and now I'm stuck, you know? So it's just a great thing to consider over time. But my favorite, favorite detox product for fibromyalgia of all time is really a liver support product.

And it's carboxy. It's it's short, medium and long chain carbons that really pull from deep out of the tissues. Heavy metal. Not heavy metals, really, but more like industrial chemicals as well as mycotoxins.

And it's just so good at drawing it out. You can see magic, you know, miracles when happen, when you use it consistently. Yeah. Do you? So we mentioned some supplements.

But for those of you that are wondering, am I chemically sensitive if you don't know me, most people know. But you know, some of the signs, a big one would be you find that that smells odors have become a problem maybe a year or two ago.

No big deal. But now you get around somebody with perfume or do you get really sensitive? You can't even go into, an office store because you smell the ink or or I have some patients that are incredibly sensitive.

They try to read a book if it's new, they can't read the book because of the smell. So these are some of the if you get funny reactions to you take Benadryl should make you sleepy and you revs you up.

Or, you know, if you get these funny reactions, you kind of know that that you do has some chemical sensitivities.

What are some things they can do if they know they have chemical sensitivities that may help to help them not be so vulnerable?

Yeah. Well, you know, first I want to emphasize that's a hard question. That's not an easy question to answer is oh, I love it though I you're so smart writer. I think you're right on the money here.

So what I want to emphasize is that detox is at a very basic level of math. You want to be able to get out more toxins per day, and you take again. So you even if you're super chemically sensitive and you're like, oh, I'm so sensitive at this time, I'm very afraid to try a new supplement because I could react.

Then your job is to go to your environment first. Yeah. So so you're going to clean air, food, water, clean sleeping area where you can rest deeply. You go to the emfs, you reduce the emfs in your home body voltage, not just wireless radiation, dirty electricity.

You look at all of those, so that you're not so under pressure. And I really emphasize this axiom live small now to live big later. Who cares if you can't go into target right now because you'll get a reaction?

Don't go into target. It's not the end of the world. Don't push yourself through that order online like it's it's really don't don't ask your body to do things that a normal person should be able to do.

If you're already chemically sensitive, your job is to reduce the variables and be very kind to your body, because your resilience is underneath all of that.

Just so you know. Yeah. I also really encourage you. So I guess, what is it, Robert? I think it's 12.8% of the general population has been diagnosed with multiple chemical sensitivity.

Right. And then but it's like 26 or 27% of the general population report, you know, self-diagnosed chemical sensitivity essentially. So this is you are not as rare as you think.

Even if you're the only one in your circle talking about this on a day to day basis, or the only one in your family. Think about this in terms of very tiny steps.

So can you buy an organic t shirt and wash it a few times before you put it on your body? It really should be seven times when you use can use, nontoxic dishwashing.

I mean, dishwashing, clothes washing, whatever. The detergent. Thank you. Right. Yes. Yes. These little steps, anything you can do to lighten your load because it's in line.

These are the folks that oftentimes will share. Golly. Over the last few years, I've gotten more and more sensitive. That's, your body's warning signs selling you.

You've become overly toxic. Your body can't handle anymore. So doing some of the steps that Sinclair has suggested is these little bitty things they build upon themselves.

And what you see is you get to where you can handle more and more and more.

## Practical Resources and Closing Remarks

But it is these little steps that make the difference. It is can you store your food in glass instead of plastic? Can you use a glass tea kettle instead of that Super Suspect one?

Or you're like, I don't really know what this is made of. Actually, now that I think about it, you know, can you use organic loose leaf tea instead of tea in a plastic tea bag when?

Because that can release over a million toxic particles into your morning cup. Like, we can get real granular here.

And and that's what I want to emphasize is that this is a bunch of tiny steps.

They're all very doable. You don't have to do them all today. Yeah, but you can start to gather this information, make a master list, check off things that you have started and go, I did that.

I'm I'm on my way. I'm making progress, you know? So this is complex, but it's not mysterious. And I can't emphasize that enough. This is not like I'm mystery patient X, and no one will ever know what to do with me. You know, Roger and I will tell you, we deal with mugs like you all the time.

I was that and it's two step at a time. You got this. This is this is very doable. Yeah. And and I think diet you've mentioned diet. So that's really important.

And I did a masterclass for detox. And one thing that I really focused on in that masterclass and and there's a report on my side about it is the foods that we the Basilica family.

So just as you already mentioned some things, but, brussel sprouts and organic kale and broccoli and cauliflower, these things arugula, Terry Walsh was out here and she was sharing about her, her paleo intense diet.

And part of that was to get these foods, and that would help your liver to be able to function more efficiently, especially those who have a sluggish liver or chemical sensitivities.

If you can't take a supplement, start with diet and then maybe you can go from there taking maybe a homeopathic something that's really gentle that we use on our, you know, I'll, I know for me kids that I work with, that's really what I start them all.

They do really well and homeopathic. But people who are chemical sensitive, a lot of times they have to just use homeopathic things instead of more nutraceuticals that may be a little too intense for them, but diet just changing to your diet, I think it make a big change, over a period of time difference, like even switching to whole foods from processed foods.

And I, I know if when you're tired and you feel fragile, I remember like the last thing you want to do, please don't take away my crutch that I'm, you know, it's probably hurting me, but I'm functioning with it.

Yeah, but sweet potatoes will go a long way, guys. They're very comforting. They're very low effort, you know? Easy. Yeah, that's a good scrape. That butter on there.

You know and and call it good you know. So there's there's always a way and closing the I'm sorry. Go ahead. Sorry I want to emphasize the oils piece of this because, if you have a, if you're chemically sensitive, if you have signs of fibromyalgia, you chances are you have an overloaded liver and one of the most, thoughtful things you can do that's super simple is to gently swap out your seed oils like your canola, your vegetable oil.

What does that even mean? Those are industrial oils. They're not meant for food. They're they're broken down with hexane, and then they're bleached, like, these are not worth it.

And go back to oils that were meant to be used, like, you know, coconut oil is very easy on the body. That's vegan. Olive oil is good for cold dishes, but really the deeply healing ones are going to be grass fed butter, grass fed ghee, even goat butter.

That's fantastic. Tallow is deeply healing and and if you actually add these in, in small amounts that your body can tolerate, it gives your liver a reason to flush out those old rancid oils that can stay in your body for 6 or 7 years at a time, like talk about something that's going to screw you up.

If your cell walls are made of old rancid oils and you can't receive nutrition into the cell and you can't get out cellular, metabolic waste or toxins, yeah, you're going to have a really big problem.

Yeah, yeah, we've covered a lot. And so where do I start? What do I do in and w g.org. And I know it's a lot. Don't let it overwhelm you. It's not you know this is you know this is something you might want to watch again over and over.

You want read the transcript highlight whatever. But in the meantime I really want to encourage you do is go to Sinclair's website and check out some free resources about some things that we've talked about today.

She's got a wealth of information there. Sinclair, what's the best website for them to go to learn more about what we've talked about today? Yeah. It's easy.

It's detox rejuvenation.com. And you can there's also free self-assessment quizzes on there like do I have the symptoms for EMF sensitivity, chemical sensitivity mold and heavy metal burdens.

You know so that those are fun place to start right on detox rejuvenation.com. Yeah as always this has been enlightening. I've learned a couple things here.

Didn't didn't even didn't know. So and I consider myself up on this, but obviously you really know your stuff. And so thank you so much for sharing your, your, your knowledge and your passion.

Really appreciate it. I catch your manager and I just so love the advocacy work that you're doing and leading the way in this space. So thank you so much. For.