Conquer Candida: Why Your Past Cleanse Failed Transcript

(Transcripts are generated by AI and may contain errors)

Gut-Brain Connection Overview

Welcome to day three of Reversing Chronic Gut Conditions. I'm your host Sinclair Kennally and today I'm so excited to unpack the gut brain connection with you.

This is so important to understand because of course people often call the gut the second brain, but really in so many ways it's the first brain and it sends ten times the signals to the brain that your brain sends back.

So there's a lot of communication coming from the gut up to the brain about your health, about your feelings, about the State of the Union, so to speak, and what is needed for you to have optimal health.

And one of the things I really want you to get out of this summit is to start understanding just how connected your symptoms really are. You may think you have multiple conditions that are disparate and have no relationship to each other, but actually your body is having a single logical response to everything that has come before this, and it is absolutely brilliant and how it is navigating it.

So we want to reclaim our relationship to our body's own brilliance in this summit. One example I want to give you of that is Candida, which often gets a bad rap because it sounds ugly.

It sounds like something that should be gone quickly. It sounds like something to get rid of. And like, what does that have to do with Gut Brain Day, right.

Well, it actually has a lot to do with that because signs of Candida can include anxiety, depression, fuzzy thinking, digestive issues, of course, obviously also joint pain.

Candida Symptoms and Cravings

Now nutrient deficiencies, oral thrush, that white tongue rashes and other skin reactions and recurrent urinary tract or vaginal infections. You can have one or both of those and they can both be driven by Candida.

And of course, the obvious one, strong carbohydrate and sugar cravings. And it sure is hard to eat healthily for yourself, for your body to fix your digestive conditions when you're what you think is your body is telling you, if I don't get some sugar, if I don't get some carbohydrates now, I'm going to die.

And who's really saying that, though? It turns out that your bugs are saying that your body's not saying that your body doesn't need sugar like that. Your body has its own intuitions about the nutrients you're missing, what it would like to have, the form that it would like to have it in so that you can digest things.

Given the State of the Union right now and how to make it easy for you. But the bugs in so many cases for all of us are running the show, and I know that was certainly true for me when I was down to just a few.

First, the bugs were absolutely running the show and Candida was one of them. So let's talk about what it can do to cleanse usually involves and why that's probably hasn't worked for you yet.

So usually involves eliminating certain foods from your diet, right? Like such as sugar, refined carbohydrates, alcohol. And this has become sort of the trope, right?

Well, just remove all these things, you know, do a little apple cider vinegar, do a couple of things, maybe a supplement here and there. Kill, kill, kill. And then you'll be back to normal, right?

What your Candida is going to come blooming back as soon as the Apple card gives it the first opportunity to, it'll tip

back over. Everything will come spilling out and the Candida will bloom.

So you might have tried to regulate this through apple cider vinegar, which is a lovely food for some of us. For some of us, though, it's not appropriate, especially for those of us with nasal dysregulation.

You want to really be smart about this. We don't want to add in fermented things like vinegars. When we have histamine sensitivity or massage issues. Or you might have been told, you know, use ghee, clarified butter, which especially if it's organic, that's great.

Who's got short chain fatty acids called Butyrate?

Why Candida Cleanses Often Fail

We talk about those in some of our talks today. You know, these are typically produced by healthy gut bacteria, but you can actually add them back in through ghee.

And this can help keep Candida at bay, especially because Butyrate strongly inhibits the growth of Candida and its ability to form biofilm. And that's going to help keep your symptoms in check.

But it's not usually enough. Coconut oil, same thing. Potent Candida killer, strong anti-microbial properties. Right. But still, somehow not enough because Candida, like so many things that we're unpacking in the summit, are it's considered an opportunistic infection.

So if the immune system is weakened in any way, then, okay, the delicate balance of good and bad bacteria is going to go awry. It's going to shift quickly.

So we often talk about Candida as if it's the bad guy. But I really want to dove into the root causes with you. I want you to start asking yourself why?

Ask your practitioners why? Why haven't I kicked this? Why didn't your Candida cleanse help me long term? Why did it just come right back? The second everything wasn't perfect, the conditions weren't perfect.

So, for example, yes, we know drinking alcohol can increase the likelihood of Candida high sugar diet stress. That makes sense, right? Stress changes the way you metabolize sugar.

Long term stress also weakens the immune system. So, yeah, that's going to lower defenses to fight pathogens for sure. And we also want to go further afield and start looking actually under the hood.

So when you consider like have you been exposed to mold like we talked about environmental toxins on day one, this is a really big deal because Candida can follow in behind mold and set up shop.

It's the perfect set of conditions where mold has invaded the body. Candida can follow and thrive. We also want to consider things like mercury. I'm going to show you pictures of somebody who's been through this journey and this may look or feel like you in just a moment.

So this would be like we talk about Mercury as, oh, my gosh, you can't you got to stay away from fish. And yes, Mercury can come from eating fish. But often their largest source of mercury is either your mom in the womb or because of her amalgam fillings, or you're amalgam fillings.

Even if they're old, even if you got them 30 years ago, even if you got them properly removed several years ago, you may still have mercury in the body because it's very difficult for the body to excrete.

Root Causes: Stress, Mold, Mercury, and Medications

And Candida may be there to help mop up that mess. Candida can hold several times its weight in Mercury. And I'll

show you a study today that few people are aware of that helps to highlight this and the benefit that Candida is doing for you.

So other sources are like air pollution, vaccines and amalgam fillings. Where to covered that? Yeah. So that's basically, you know, the main ones. And then antibiotics, antibiotics, overuse can lead to strains of pathogens for sure.

And for so many of us along the way, we got tucked into a pressured into antibiotics. We've been asked for them thinking this will be the thing that helps me, this will be the thing that pulls you back. And maybe it did.

Maybe it was necessary, but it still set up the conditions for unfortunately opportunistic strains like Candida. So other lesser known things, birth control pills, it's now become clear that Candida actually flourishes in a high estrogen environment and birth control can absolutely contribute to that picture because it contains a massive dose of synthetic estrogen.

And your body's not distinguishing the difference between synthetic estrogen and real insurgents. And we're also getting exposed to Zino and estrogen, which are chemicals that look like estrogens.

So lots of reasons for Candida to be setting up shop and not being as easy to kick as it used to be. Chlorine and fluoride. Other reasons for Candida to set up shop and those can be added in by your municipal water source to help sterilize and kill off certain pathogens.

But fluoride and chlorine can can kill indiscriminately and yeast is not affected. So Candida, which is a yeast, can be found even in the most, you know, so it's actually considered like the most fluoride resistant pathogen.

So to keep this clear and also cortical steroids, that's a common one. So you suppress the immune system, it helps to lower inflammation. Yeah, that's this is going to happen.

This is going to be the perfect situation for Candida set up shop because corticosteroids are super common. They can be prescribed for allergies or arthritis, asthma, even skin issues like dermatitis.

Let me show you what I'm talking about and this will give you a little visual. So this is a great example of what someone with Candida can look like. Many of the symptoms are silent.

You might have bloating, you might have digestive issues, but you may be the only one that knows that. But then you have that telltale white tongue, or you might actually have candidiasis, which can look more like this.

This is an extreme version. And if you could see this poor gentleman here had very developed rashes and you'll notice it's along the the pattern of his lymphatic system.

Right. Collecting under the armpits, really collecting where. At the termini here. Right where the lymph needs to dump out. There's going to be this excess of distress.

Right. So that's a place where Candida can set up shop and it can be under the skin. Candida doesn't have to just live in the gut. It can go systemic and cover every organ, not just your tongue.

And remember, it's always there for a reason. Your body's not making a mistake. Sure, it could be your high sugar diet, but that may be just one factor.

You may also have had any of the root cause exposures that I just laid out for you. So this poor gentleman that he has good news at the end. Don't worry, he was exposed to Mercury early on.

He had eight amalgam fillings and he didn't think anything of it because it was standard and covered by his dental insurance. He thought he was doing a good job taking care of his teeth and he got exposed to some chemicals along the way.

As in his early career as a construction worker. And then he actually was he was prescribed corticosteroids for other issues and then for his skin itself.

And that absolute at least gave the perfect conditions for the Candida to start raging. And unbeknownst to everybody underneath all of this, this poor gentleman had been living in a brand new, beautiful home, his dream home with his dream bride.

And they were making a beautiful family together, two little ones. And they were all living in mold, never saw it.

Candida as a Heavy Metal Cleanup Response

It was hidden behind the drywall, didn't realize it until they were finally ready to move out of that house. So all of these root cause pressures were building up and they were starting to leak out in his digestive issues onto his skin.

And your normal Candida cleanse ain't going to cut it for this. You've got to go to the root cause exposures. Don't worry, he has a happy ending. This is him just a few months later.

And I just want to underscore this point for you so many practitioners are going to dismiss what they've laid out today, but they may not be aware of some of the newer studies around this.

And this is a perfect one that lays it out so beautifully that Candida species are able to reduce ions of gold and silver down to less toxic forms, as well as ions of heavy metals such as mercury or lead to their corresponding in space.

So based on this result, we can infer that Candida species had developed specific mechanisms that allow them to achieve homeostasis, meaning their happy place in the presence of metal ions.

Therefore, Candida can actually be used as a clean up strategy for these heavy metals and indeed for so many of us. That's what the body is doing for you. It may be h-pylori and your industrial toxinsthat you got exposed to through tap water.

And that's why era h-pylori is thriving or for you may be this Candida or SIBO one to ask what is underneath this things? It's not enough to get a name for your problem.

We want to ask why? Because that's when we start to understand the body's beautiful, brilliant, logical response to what it has been put through. And when you start to listen, then you can gently unpack this in a way that you get lasting results.

So I hope that you're listening for that today, as I walk you through these expert interviews. There's so much to learn about the gut brain connection.

And I can't wait to hear what you take this from here. And just like this guy having a happy story, happy ending, he went through rapid get reset. He did all of the, you know, the tools to gently unpack his root causes one at a time.

You can do the same thing. You can access your root causes and decide what to unpack in the right order under guidance, hopefully, and care. But it's absolutely possible.

So let's get excited to all our sleeves and dive into the day.