Detox: It's Not All Gloom & Doom! Easy Steps To Optimize For Those With Thyroid Disease Transcript

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Introduction to Thyroid Health and Detox

Hi, I'm doctor Kelly Halderman. I'm a former medical physician and author of The Thyroid Debacle. I'm now devoting my life to education, research and biotech because I realize we need educated people to bring us cutting edge information, especially when we find ourselves with a diagnosis such as hypothyroidism.

When I was practicing allopathic medicine, I myself became very sick, bedridden with what would be diagnosed as Lyme and mold infections. Along my health journey, I was also diagnosed with Hashimoto's thyroiditis, a condition I was told that could only be managed with medication.

Well, I'm here to tell you that there is more than medication to help you, as you will learn through my powerful interviews with several functional medicine practitioners.

There are tools that will help empower you to take charge of your health. Join me today as I interview leading doctors, naturopathic specialists to uncover the most useful health insights for you.

This podcast has been launched in collaboration with Doctor Talks. Visit them today at Doctor talks.com. Backslash Calendar to learn more about their upcoming summits.

Hi everyone. This is Doctor Kelly, your host of the thyroid series on Doctor Talks. We have a very special guest, one of our favorites here at Doctor Talks and Doctor Summit.

We have Doctor Kevin Connors here on the podcast. Welcome, doctor Connors. Hey, good to see you again, Kelly. Nice to see you, too. Doctor Connors, you just wrote a fantastic book called The Seven Phases of Detoxification.

And you know, I just I just keep learning more about different phases of detoxification as I get older. I've taught about three in medical school, and then I learned that there's phase zero in about 2010.

And then I made up phase 2.5. So we're just going and going with our amounts of detoxification. But it's super important. It's it's really these seven phases really detail how we get this whole process right.

And you know, we're talking about thyroid health and most people with thyroid issues I would say, are most people living on planet Earth have problems with the amount of toxicants in their body versus how they get them out of their body.

Would you agree with that? Oh, absolutely. We're exposed to things that our ancestors never dreamed of being exposed to. And, it's the chemicals that are in our environment that are being created on a weekly basis, not only put into put into our food supplies, but just put into our environment that we absorb through breathing them in through our skin, and, and then through the digestive tract as well, that our body has to deal with.

So it's a it's a major issue that nobody wants to talk about, right? Absolutely. And, you know, especially when people, you know, such as myself, I have Hashimoto's thyroiditis.

There's obviously a cause. And that's what you taught me when we were working together is there is a root cause for everything. I came from an allopathic training where we were just taught to basically prescribe drugs to cover up symptoms.

And so getting at those root causes of such things that cause autoimmunity, one of them is toxins, one of them is your, you know, your body is is that allostatic load?

There's just so many toxins in the body that, you know, there's some mechanisms that we've talked about in different podcasts, but that it's not an accident that your body's creating thyroid antibodies. It's not an accident.

It's it's the body responding rather to everything that's going on. And so, you know, that's where I think it's important for, people who have thyroid issues, who don't have thyroid issues.

They pay attention to what's going on. And like you said, it's almost like something that the elephant in the room we don't want to address is that we need to start thinking about detoxification, whether or not we have a diagnosis of a thyroid disease X, Y, and Z.

You know, you you, help people with cancer. You know, I'm sure that's a major issue is with detoxification. But tell us about the seven phases. Start where you want to start.

Tell us about, you know, your take on how you approach implementing this in well, like you said, you came from a allopathic approach where you make a diagnosis and then give a medication.

But we have to be careful as functional practitioners not to do the same thing. So, so often a nutritionist or a natural path or a chiropractor tried to practice some sort of functional medicine, really does the same thing.

The Seven Phases of Detoxification

Oh, here's your diagnosis of Hashimoto's. Here, take this supplement instead of this drug. Well, it's still a medical approach, but instead of digging into let's see if we could get to some root causes and deal with that, those root causes, so that you don't necessarily need to be dependent upon even a supplement.

Right. So what I, you know, I've heard most practitioners that dig in to cause like this, do address these seven phases. I just put words, names to them, you know?

Okay. That's all I did. It was actually a lecture. I was doing it a couple of years ago talking about how you need to detox. And somebody asked a question about, detoxing heavy metal or something like that.

And I said, well, you have no business starting to detox heavy metal until you work on the end game. And, and I walked through the three phases of detoxification, plus phase 2.5 that you so eloquently describe, that I started talking about, well, we really need to work on the the gallbladder as well.

If you have a stuffed up gallbladder and it's so many people do, especially women, you have to deal with that as well. And that you do need to deal with the, the, reabsorption of toxins in the gut if you have leaky gut issues, meaning you have a separation of the cells in the intestinal wall.

So you're just anything that you are detoxified, you're reabsorbed. Well, that's not doing any good. Or you have a very sluggish colon, and you're not eliminating.

Well, that so I just put a name to those. So in my book, I talk about phase six. Is that in the game getting stuff into the toilet. So if you're not eliminated, having regular bowel movements, not just a, not just regular, but making sure that you have a good test at all trades at time.

You know what? It too fast. You don't want to eat something and have to run to the toilet. And you're not absorbing anything in that food, but you certainly don't want to, you know, be eating caught on the cob today and you don't see it in your stool for five days, meaning that it's you have to slow of it, intestinal transit time.

And you're not, you know, moving food through that fast, though. So there is, a balance with that. But you have to be getting out what's, the inside. So you have to be eliminated properly.

I call that phase six. So making sure that your, your stool is, is, you know, what do you want to talk about? Bowel movements. Right. But you have to talk about bowel movements.

You have to deal with that because that's how you ultimately get toxins out of the body in the end game. So you can think of it as kind of like a stream, any blockage in this stream along the way.

Well, you know, the stream is going to back up. So you want to start at the end of the stream and make sure there's that blockage, and then walk up the stream and make sure that you fix those problems.

So then phase five, what I called phase five is by deed stuff in the gut feeling, the gut itself. All will be part of phase five. You know that, especially with women with breast cancers and estrogen receptive, issues doesn't even just relate to breast cancers.

The number one problem is zero estrogens, estrogens that our environment that we're exposed to in plastics and food sources and things that we reabsorb so readily in the colon.

So we have to use things either just dietary, choices that have fiber in them. The fiber could be a binder that can bind to these things or make selective choices with supplements that, are using things that will bind, to not just bad estrogens, but, a toxic in products that your liver work so hard to get out of the bloodstream.

So, we need to use binders so that we don't just reabsorb poisons that every other part of our body is, is working overtime to get rid of that space. Five and then work back upwards.

Phase four is supported. Gall bladder function and gall bladder function is is where we store bile, that the gall bladder, contracts and secretes bile into the first part of the small intestine.

Bile serves as a function. Everybody most people know that bile serves as it should help digest fats most appropriately. But most people don't realize that bile is what carries all the poisons from the liver into the small intestine.

So it would be, you think? Oh, it'd be even better if why don't why did God make us so that we. So what? Our liver pulls things out of the blood. We just squirt it outside of our body.

But it just doesn't work that way. It squirted or tested, so we got 30ft of intestinal tract that those toxins have to transverse and remain in that lumen until you have a bowel movement.

So we have to keep it in that little bit of the intestinal tract, the small intestine, the large intestine, until you deposited into the toilet. That's the idea of binding.

But sluggish gallbladder, function is a major issue that backs up the liver. So you could be working really hard. And, you know, I going to be taking milk thistle and all these great products that support my phase one and phase two and 2.5 of my, of my liver, the function of my liver to pull things out of the bloodstream.

But if my gallbladder is backed up because I have gallstones, because I just have very viscous bile, that that's just like another giant rock in the stream that's backing the stream up.

Right. And I will just add, is that when I was 20 years old, I had a gallbladder removal surgery. And so this problem didn't start when I was 20. It started when I was really young.

And I think there's there was some, obviously epigenetic, but some, some genetic, perhaps, factors that played into that. I think that, you know, the gallbladder in of itself, the health of it is really, underappreciated.

You know, that's why I created that supplement phase 2.5, to really help make make that bile, move that bile. Are you a fan of using phosphide choline in your.

For sure. I mean, that's really what you make bile from, right? So having that, and there's other products like the artichoke and things like that you have at 2.5, and even doing some physical things like hot packs over your liver, doing some sodas, doing castor oil packs over your liver or a gallbladder.

If you're going to put something over your liver, you're hitting your gallbladder to physically, doing coffee enemas. That nobody wants to talk about.

But all our cancer patients are doing that fairly regularly. But that could be really helpful to help move bile. And this is important. You mentioned gallbladder surgery.

This is important even if you had your gallbladder. Right. Because the the viscosity of your bile could slow it down in the duct. If you remember, it's just going through just a, like a vascular type duct that's encased in epithelial cells, that's surrounded by smooth muscle.

And it only has so much capability of, extension in the duct itself. So if it's you got thick bile, the, the that motion through from the liver. So the liver creates bile, puts all the toxins that the liver pulls out of the blood into the bile.

It has to go still go through the bile, doctor. The common bile duct down to the down to the gallbladder. But if you don't have a gallbladder that it's going right it to the the duodenum, the first part of the small intestine.

And it could still be slowed or blocked through the duct itself. Right? Right. Then you bet. It's interesting people think that, you know, gallbladder issues are for people over 40 and you had to have surgery in your 20s.

People are having these, these issues, in their single digits of life. I saw one study a few years ago, that, they, I don't they I don't know what how they performed the study, but they found an enormous amount of children under two that already had fatty liver disease. Wow.

That's just that's just blows your mind that these these children had to have it in utero and had to be from the mother's diet. And fatty liver disease is a cause for eating a lot of fat.

It's from toxins that that the the liver is actually creating kind of, a, fatty layer around the toxin to protect you from, from it's more serious disease.

So, it's these things are happening to our youth, and that maybe you're finally getting diagnosed at a later year of life, but it's the diagnosis. These are happening earlier. Earlier.

Right? Very sad. So moving on to phase four. Moving backwards. So phase four is the gallbladder issue. It had phase three to it would have to do with the liver function.

So the function of the liver and understand these things are happening, all of us all the time. This is how we eliminate toxins. My book is mainly to talk about how you could facilitate these things.

How could you support these phases that are taking place if you're not detoxified? You are you're going to just be dead in a matter of couple days. So you have to be detoxified.

But people will detoxify at different rates. And this, this phase one, two and three of the liver are, possibly the most, rate dependent, pieces of the puzzle, and that have maybe the most genetic significance behind them.

So, because phase one and phase two are so genetic driven because you have to make very specific enzymes in order for phase one and phase two, functions of the liver to actually work.

If you have a lot of defects that you've inherited from parents, or that you that have bad manifested in your life because of epigenetic, you know, environmental exposure, that is very rate limiting me that you could have very sluggish pathways.

And that's where, you know, we have spoken, in the past about how you talk about, you know, diseases, disorders like autism and disorders that are, you know, very toxic driven.

Whitehill. Is autism caused by vaccines? Well, no.

Gallbladder, Bile Flow, and Gut Elimination

But if a person is exposed to if a child 806 pound baby is exposed to, so a mercury substance or a little bit of substance or any of the other adjuvants that are in that toxin, edge objects that are in a vaccine and they have, you know, severely limited, genetic defects in phase one and phase two pathways.

Those are the cytochrome P450 pathways that rat pathways, the blood pathways that, you, they that six pile baby is not going to detoxify that toxin, whether it be from a vaccine or whether it be from the mother taking medication or whether it be whatever that exposure is, they're not going to detoxify it very quickly.

And it it's it's going to affect that that child before a child is two years old, they really have no blood brain barrier. And if that talks at is circulated, their body goes through the liver, and delivers like, oh, we can't handle it.

We're already dealing with some other things and it circulates again. It's it's going to be deposited somewhere. And if it's deposited in the brain of that child, it could certainly affect cognitive function and affect, cognitive ability certainly affect, neurotransmitter function compared to where it's deposited in the brain, where it's deposited in the body.

And where it is deposited, even it, an adult is where we're going to have dysfunction. So it's not really rocket science to figure out that if you don't get rid of poisons that you're exposed to, they're going to stay somewhere.

They don't disappear. You know, Mercury has a half life of, what, 50 billion years? It's not going anywhere in your lifetime unless you could get it into your bowel and into the toilet.

And, to say that you're eating organic and you're doing everything right and you're not exposed to these things, well, those are all good and well things to do.

But, you are exposed to these things, on a daily basis, and you do you duty to mitigate your exposure as best you possibly can. But while doing that, you need to support all these phases of detox as best you possibly can to decisions for a life.

Practice. That's right. So I'm I'm sure you see, and I saw when I was in practice, people when they wanted to suddenly detox, forgetting that their their bodies constantly detox.

So let's say they, they buy a detox kit and they start to take supplements that really when you look at a traditional detox kit upregulate, it's usually phase one and phase two.

Now, I used to see people get into a lot of trouble, and I'm sure you have to because as as you just so eloquently explained, if you don't have, you know, the other phases of detoxification, working from the bottom up, you're going to logjam all the all the toxins that you are trying to get out.

If you're if your bile isn't flowing, I will add one thing is that now I work, for a biotech company and we specialize in water, and it is staggering the amount of people who walk around dehydrated.

I mean, the statistics are are awful for children, adults, elderly, just across the board and bile is 98% aqueous. And so when we're looking at very foundational things, just making sure we're hydrated, right?

I mean, if you're if you're going to start detoxification, let's say you, you know, you want to go on some detoxification program, which I really think you should talk to your health care provider about before starting anything.

It's that we have to really make sure that we're optimizing that back. And so it's almost like that's where we start. We start with bowel movements. We start with proper hydration.

We start with good fiber in and such in the diet before we're even starting those detoxification. And again, I think a

lot can be done with your diet and you can, you know, talk about that.

But I want to know from your perspective what do you see. And you alluded to having a good diet. What do you see as the top sources for where people are getting exposed and maybe just not even connecting the dots exposed to toxins? Yes.

Well, it's certainly, a lot of things that you could mitigate real easy women. It's it's it's different than men because women put so many things on their body topically.

So you got to think of how do you get things into your body? Well, you you eat them and it might be much more, attuned to eating better than men just as a whole.

Which is great. But then they put a poisonous lotion and poisonous makeup and poisonous hair, stuffed fed. I mean, the list goes on and on, and I, I did an interview with, with, gentleman out of Europe who is very into those things, and he brought some information to light to me that there's over 1300 chemicals that are outlawed in personal care products by the European Union that are okay to use it product in personal care products in the United States.

It's a it's what I say. It's shocking, but not surprising. There's these companies will make two different products, one for the US market and one for the European market, because they can put that stuff in the US market.

So all these these when you look at the back of your hair care product and these words that you can't pronounce, they're biochemical formulas that make the hair care products smell better, work better at a lot of different ways, but they are literally poisonous.

And you, they're the reason why they're outlawed in Europe is because they're. They cause cancer. Well, if they cause cancer, what else are they causing?

Well, I don't have cancer at all. I live with it because I really want my hair to smell like apples or whatever, but Alzheimer's, yes, it's causing it.

So what do you think? These again? You are toxic by yourself. And if you can't get it out of your body, it is becoming part of you. So you, you are, what you are exposed to that you need to get rid of.

These things, become a part of you. When we talk about cancer. Cancer is, cell starts with just one cell that something got inside that cell affected the nucleus. It.

And now the rate of replication has increased. That's the definition of cancer, is that you have a rapidly replicating cell that's replicating cells that are also rapidly replicating.

That is by definition what cancer is. And it doesn't just happen. It it it happens because something got in there, some sort of toxin. We we look at causes of cancer, the cause and the toxicity cause is like 90% of the cases.

Now, your Bronco genes are the cause of cancer. Your Bronco genes, are tumor suppressor genes that if you have defects, don't try to help your body kill cancer.

But the cause is not the genetic piece. The cause is something that got inside the cell and affected the nucleus, the replication rate of the nucleus.

So toxicity is a major issue and it goes way beyond cancer. It affects all sorts of dysfunctions like you mentioned, cognitive dysfunction and everything else that you can think of it literally all disease.

So you have to be working on these pathways. So going back to what you mentioned, yes, we have to look as far downstream as possible. You mentioned hydration with with the gallbladder and bile production.

But also hydration has to do with phase five because if you're dehydrated you will start absorbing every amount of fluid in your in your intestinal tract.

And with that will come the toxins that your liver works so hard to get rid of and up into the colon. So you have to be hydrated for sure. And then you mentioned the box detoxes that support phase one and phase two to be even worse than that is people jumping to key leaders right away.

So oh I have mercury filtered. So I read this book about how bad Mercury is. So I'm going to start taking you to key later. And, and you have no business taking it a key later unless you've supported the cold elimination phase six binders.

Phase five support he call bladder function. Phase four. Phase one two and three of the liver.

Toxic Exposure, Genetics, and Heavy Metals

And then you could start pulling things out of the tissue. Because if you pull things out of the tissue, it goes into the bloodstream and it goes into the bloodstream.

If you could think of it like a cartoon circulated through the bloodstream, it gets to the liver and it's going, hey, could you take these poisons and get rid of them?

And if your liver is backed up, it's void. Sorry, Charlie, we could circulates again, circulates again, gets that same answer. It's just going to get pushed to some other area of the body.

But you could just make yourself sicker. Yeah. And your kidneys think of your poor kidneys having to take the burden and I you know, we're just seeing lots of dialysis centers.

They say there's more dialysis centers per zip code than Starbucks. You know, something something is not right here. And that that's multifactorial. You know, it's a lot of, blood sugar issues and things, but.

Wow. Yes. You know, harp on harp on that for sure. Is that using key letters? You you really need to you need to step back and work with someone who knows what they're doing and make sure all those other pathways are wide open, because I have seen disastrous things.

When you just jump to that. So great point. I want to ask you about binders. I want to go back to binders. Tell us more about are you selective with your binder or do you like a broad spectrum?

How do you approach that? I like a broad spectrum. For I mean, you could do testing with kinesiology had such what would be the best thing for that person at that time?

But it's all you get to really test for. What's the best person thing for that person at that time? So do a broad spectrum. The nice thing about binders is by definition, you're not really absorbing binders.

They're state of the gut, so you can't hurt yourself with binders. Some people are good while you're building your your minerals, but your body does it.

You're not absorbing that. Well, if you're, you know, if you're if your diet is that you're not taking it up minerals into the first place, that could be a problem.

But that, that's that's really, that's a moot point. So taking binders like charcoal, sodium alginate, the clays like bentonite, and, Volvic and humic acid said, there's a lot of really good binders on the market.

I like some more broad spectrum binders that have multiple different things in it that will grab on to different things. Just to make sure we're doing the trick because there's, you don't know what your what you're absorbed through your skin and through the air and through your food.

Loss type. But if you're paying attention, you can't know. So, and you, you have to just make come from the assumption that there's a lot of different toxins that need to be bound and gotten rid of.

Right? Yeah, absolutely. And you talked about some of the genetic defects in phase one and phase two. Some people have their genetics, some people don't have their genetics, some people don't want to know their genetics.

Is there an approach where if you don't have genetics, is there a approach that you like to take with optimizing those? Is it through food? If you you know, you don't know where their weaknesses are?

Do you like lab testing and you talk to us about that so you don't need to run a genetic do a genetic review. There you could just make some assumptions.

So, there are very specific nutrients that support, you know, just like you said, any, like, box detox that is from a reputable company has the, you know, a good source of nutrients that are known to support all the phases of detox, the liver.

If you do your genetics said you do I let's say I do. I had a lot of pot one pathway defects. Maybe I would, you know, use more pomegranate things. But but if you're, if you're taking a general phase one, phase two support, you're going to support that.

Really anyhow, but you just want to make sure that you're supporting everything down the street, at least simultaneously. So, I think you're safe, you know, making itself assumptions.

So even if you have a lot of defects, does it necessarily mean that that those genes are quote unquote turned on and are are really slowing your detox pathways?

You just have the capability of those slowly. Plus the opposite is true. I mean, I might have a perfect genetic outlook, but I have other factors that are slowing those pathways.

You know, alcohol could help shed that. And it over abundance of toxic, load. Well, there's there's there's multiple factors that are involved with that.

Right. I do want to touch on since this is a thyroid thing, that we're talking about as well. We talked about heavy metals and tea lady. And making sure before you do that, you're supporting other the other pathways.

That is a major cause of, you said, a burden, that the kidneys, which is so true, but that is a major cause of when you get it to the cause of Hashimoto's, because Hashimoto's, you know, your thyroid is so dependent.

But iodide iodide is technically a metal. And, and if you're deficient in iodide, your thyroid will take up something else to attempt to replace it. And if you have a lot of circulating mercury or alumina or radium or some other toxic metal that can take the place of that and be that antigen that sparks the whole auto boom trigger, that actually was the cause of the autoimmune disease.

So ultimately, lady, that out is going to be one of the first solutions. But you can't go to that until you support the rest of the downstream. Right side note I've noticed with Covid, neuropathy is post-Covid, even if they are long haul or not.

And neuropathies in meaning like the the the bowel movements, the actual function of peristalsis. There was an article that came out that did show that, Covid was related to some of these, transit times, you know, the, the intricacies of the bowel.

Are are you seeing that? Are you seeing an increase in people having issues with like, constipation? I guess you for a layperson, you know, what would you be experiencing?

Yeah. So that is autonomic neuropathy. So your audit of nervous system is your sympathetic and your

parasympathetic network completely conversely to each other.

Right. So what if you have neuropathy your parasympathetic your vagal nerve, which is your parasympathetic nervous system. You're going to have dysfunction of that everything that your parasympathetic control which are, which is your, your function of your bowel movements.

Right. So that is your peristaltic contraction is a function of your parasympathetic. What people don't always know is that what else does your parasympathetic nervous system do.

It could it's the neurological control of both your phase one and phase two liver function. So it, it is also that neurological control of your immune system.

So we always think of you know, everything we're talking about today has to do with body chemistry. So we're talking about toxins that you get in your body.

That's chemistry supporting all these phases. That's body chemistry. But we tend to forget about the neurology that controls our chemistry. We'll use some you know, neurology school.

And so I I'm very aware and I and you're right I think that it's you know, even having the background both of us in function neurology, we tend to kind of put that on at the side and do chemistry, chemistry.

But then we have to bring that in. We have to be aware because again you're noticing it I'm noticing it. Publications are saying that it's effective. So I didn't even know that.

I did not even know that the parasympathetic, the vagal nerve controlled phase one and phase two. So awesome. So there you go.

Vagus Nerve, Gut Health, and Closing Thoughts

Okay. Well, how do we stimulate the, you know, the the vagus nerve. What we have vagal neuropathy. So there apathy is a dysfunction of a nerve. Right.

So, it's it doesn't mean it's dead. It means it's dysfunction. And it could be dysfunction with Covid because of spike proteins. That's my feeling. Affecting the receptors.

That's possible. Could affect, the could be just conglomerated that are ganglia. That's another possibility. How would you get rid of that through detoxification processes.

But you do what to stimulate that vagal nerve. So we could stimulate the vagus nerve in multiple different ways. So we have you know what a what of the things that are detox.

In the detox book and in our, detox course is, vagal nerve stimulation exercise is so one of the best things to stimulate vagal nerve that, again, nobody wants to talk about is coffee enemas.

So, well, the average person, if I don't have a very serious disease, it's going to be hard to get them to do coffee edibles at any regular basis. But that is a great stimulation.

The whole purpose of doing a coffee at about has nothing to do with I'm constipated, has everything to do it. I've tried to stimulate the vagal nerve because the vagus nerve I again, by definition that's cranial nerve ten.

That is the parasympathetic control of not just the bowel but of the immune system of the detoxification pathway. So that's the neurological control of the detoxification pathways of the liver and of the immune system and of peristalsis.

And we could go on and on of relaxing the heart, relaxing the blood vessels so it breaks down blood pressure and

carbs. The heart brings down heart rate.

It opens up the respiratory system. It opens up the bronchial tubes. All these things that the parasympathetic does. We are living in a world of sympathetic, but it sets the opposite side of the automatic nervous system.

Even if you don't have post-Covid, a vagal neuropathy, we're still sympathetically double that parasympathetic suppressed that a for later a logical standpoint is affecting all my detoxification pathways because it's slowing my gut function.

I gotta have slower intestinal tear threads at times. It's slow in my gallbladder function. It's slowing my liver detox pathways. And that's a huge piece.

Now there's other different little exercises that person could do. We have a list of those at our website. Silly little exercises that help stimulate your parasympathetic.

They do work do working through as many of those as possible really help stimulate the parasympathetic. So download the book great at Connors clinic.com.

You can download the UK. That's a free download. So enjoyed our course our detox course to get access to us as well. Great. The last point I want to touch on from my end is the use of prebiotics.

Probiotics post biotics. Can you kind of give us an idea of your strategy about those supplements? Well, that gets much more complicated because now you're really working to phase five and phase six together.

Really try to heal the gut, right? Because, well, I don't need gut feeling to just fight. Well, I'll guarantee you, every person on this planet needs to be working on gut feeling on a daily basis, at least conscious of it because we're damaging it on a daily basis to talk about toxins that we're taking in.

Any of these genetically modified food garbage is, which even if you're eating all organic, you're still exposed to this stuff is basically at its root, an antibiotic, and it's damaging your gut.

So literally every single person has leaky gut somewhere in their intestinal tract. You need to be working to heal it. And, ad supported it. And then you talk about the unhealthy, this of the hater, the little bit of the gut, the little bit of the gut is supported so much by your microbiota.

And with your microbiota, is it balanced, or relatively absent? You need to be working to build it back. Now you're getting probiotics and prebiotics and post biotics through a good diet.

So not everybody needs to take a nutritional supplement for that. Or maybe I should rephrase that. Not everybody's take a nutritional supplement on a daily basis for them.

Okay. But, but, on a fairly regular basis, you should probably add that to your diet, even if you're just palsied it, you know, a week, a month or something like that, just to make sure that you are gaining some.

So, so the, the biotics to help start growing culture in there, if it's, if you're lacking anything, especially if you've taken any antibiotic. I, I really love Jefferson from US enzymes, master supplements.

He said that when you take an antibiotic, it's like peeling paint off the wall. And it takes six months of probiotic therapy on average to repaint the wall, like, reseed your gut.

And, you know, we're still using antibiotics like candy, for things that are, you know, could could use a different strategy. So, you know, I think people are aren't quite aware of the damage that is done with.

Even if you need that antibiotic, let's say you need it and take it and do as your doctor tells you to do. But realize that they're there. You're like you said, you know, you have to really continue to heal your gut and you may need

some extra help, along the way with that.

But I, I totally agree with you. I think that a good diet, you can get a lot of these nutrients, but people that you know are not in optimal health. I rely a lot on prebiotics and selective, you know, probiotics.

And now I'm a really big fan of, you know, in the past couple of years of butyrate. I think that that's been really helpful in healing the blood brain barrier in a lot of, a lot of the reproduction in the gut is very, affected negatively with all the toxins and things that we just talked about.

So. Oh, absolutely. Absolutely. Well, how about anything else from your end, Doctor Conners, that we did not cover? No. I know people get overwhelmed when they hear talks like this.

They're like, oh my gosh, how futile. But it's it's really not. If you just educate yourself, you understand? This doesn't mean you have to be taking 30 different supplements or something like that.

But but just understand this helps you make better choices. Not just food choices, but anything chemicals that you're exposed to and, you know, if you understand, your body's got to get rid of them or you're going to have adverse health effects is helpful.

So I don't want to, you know, be all that good. There's a lot of hope your body is, you know, God made us in a way that you could recover just remarkably.

But the more knowledge that you have that you can support this in these pathways, I think the better you're going to be. Absolutely. I couldn't have said it better myself.

When we know better, we do better, right? Absolutely. Well, it has been a pleasure, doctor Connors. For more information on you. I know your website, Connors clinic.com, is full of free books, free downloads.

You're very generous, with what you put out for everyone. And thank you for being generous with your time today. Thank you, Doctor Kelly.