Summit Welcome and Guest Introduction

Hello. Welcome back to mastering the Menopause Transition Summit 3.0, our third year. All brand new, bringing you everything you need to know about how to master this amazing, wonderful hormonal transition around here.

We're all about flipping the conversation from something we dread, menopause to something we celebrate and are excited about, where it can truly be the most sacred second act of your life.

And you can feel better than ever before, I promise. Oh, I'm your host, by the way. Dr. Sharon Stills and I am here with perhaps a familiar face to many of you because she is also a doctor talks summit host Sinclair Kennally.

She is. She is my dear friend and soul sister and colleague, and she's beautiful on the inside and out. And she is knowledgeable on the inside and out.

And you are in for a treat, because we're going to dive deep and have a great conversation about your liver. And it's a little friend, the gallbladder, who often gets forgotten and is very important at this time in your life.

So welcome Sinclair. It's just so beautiful to have you here. Thank you so much and I love doing this with you. I love what an advocate you are in the space for women reframing this crucial time in our lives.

And of course, I just love you personally. So little love fest, a little love fest. Please excuse us. Yeah. Okay. We're done. Now let's get down to business.

But, you know, I hope that you all have women in your life because I think as women and, you know, especially at this time, a lot of times, like when you're younger, women can be so catty, right?

And so competitive and backstabbing. And I love that we have a relationship where we support each other and cheer each other on. And, you know, I hope everyone I wish that for everyone that you have a tribe of women that are your friends who, you know, have your back and you have their back, and you can just, you know, age wonderfully together.

It's really a beautiful thing when women support each other so, so with that being said, let's dive into some physiology. And you know, you are very well known for being the detox queen, the liver queen, the gallbladder queen, the Queen of Queens.

And so, you know, I think this is such an important topic.

Why Liver and Gallbladder Health Matters

You helped so many people online and, I think, you know, we talk about the liver, but I want to talk about the liver from your perspective, because you definitely take it from a deeper, different angle.

And then I want to talk about the gallbladder, because so many women at this time are having issues with their gallbladder or having their gallbladder taken out when they shouldn't be taken out when there's other solutions.

So like ban, like, just teach us. Yay, let's do it. And I want you to know, if you're listening to this and you're trying to avoid gallbladder surgery, we'll have great, talking points for you and action steps for you today.

And if you've already lost your gallbladder, that's okay. There's still a lot you can do to protect to your future and your health and to reduce the symptoms.

So thank you for that important lead in because it's it's true. This is a really crucial time of life for us. I'm really passionate about this topic because I, I guess you call it accidentally went through premature menopause when I was 28 because I was so chronically ill, and I didn't know that that's what was happening to me.

And then I reversed it slowly as I healed. So it's like going through the change and then coming back. That is a very weird experience. And then I have it to look forward to again.

So why. Not? It's a Dr. Stills says it's so amazing. I'm not going to do it once. I'm going to do it twice. Yeah. Yeah, just for fun. But it's really important to understand, like what our liver and gallbladder do for us as women, because there are actually additional factors to consider.

And, women, especially going through menopause and just on the other side of it, have additional risk factors when it comes to liver congestion and disease and also potential gallbladder removal.

So I really love that we get to do this today. And just really look at what's under the hood. your liver first of all is not going to show up early on bloodwork if you're like no, you know, I'm just listening to this for one reason or another, but I'm just because I love Doctor Stills, which is totally a great reason to be here.

but I haven't seen liver stress show up on my bloodwork. Well, that's very common, actually, and it won't for many years. Your liver will be in distress, potentially before it shows up on traditional lab work.

So that's okay. What we actually do in the early days as we go to the symptomology and we go to more functional ranges of bloodwork and scans, there's all sorts of fun tools, but this is how you would know.

Let's just start with the symptoms. if this might be an issue for you, you might have dark circles under the eyes. You might have those elevens that everybody's afraid of and boxing away because that in traditional Chinese medicine, you're facial mapping.

This is where you show liver distress. Right here. You might have adult acne or even those difficult like rashes, rosacea, psoriasis, eczema. Yeah. Those autoimmune conditions can absolutely be signs of the liver being overloaded in the skin, attempting to become a second liver for you, and try to do more detoxing work than it was really designed to do.

And Doctor Stills is a bio regulatory medicine queen and luminary here in the United States, in Europe. I'm sure you're learning so much from her about the importance of drainage and drainage pathways and just want to look at how creative the body really is when the liver gets overloaded and how that distress search starts showing up in these other systems in our bodies.

So nowhere is that more true than for women in reproductive distress. That's another place where the body tries to create a second liver, so to speak.

If your liver can't keep up with detoxification and with digesting our fake foods and food preservatives and herbicides and pesticides that we just didn't evolve with, you don't have to be like a heavy drinker or a smoker.

That's like an outdated way of thinking about the liver. You may have just used Jergens Lotion and Herbal Essences for a while before you got wise to it, and now you're buying expensive, organic stuff.

But you know, your body's still trying to work out all those earlier exposures. such, such good important points and how the body is so arise, right? Because if we don't address it, it just finds a way to express it somewhere else.

And so the liver is the queen of doing that.

Signs of Liver Stress and Hidden Toxic Load

The liver has so many jobs to do. And it's going to it's going to call in, you know, express it through other issues

saying, help me, help me, because I love that you brought up because it is such a false sense of security when you go to the doctor and pretty much every doctor.

Right, like, I had a patient the other day who was like me and my husband went to get our blood work done. Now I see you and he sees someone else. She's like, how come?

He had three tubes done? And I had 21 tubes. And I'm like, that's because I'm very thorough. But every doctor in that three tubes, there was a comprehensive metabolic panel which has your Alt, your AST and your alkaline fast, which are liver enzymes.

And so you are told your liver is fine, your enzymes are an elevated. And then you get this false sense of security that your liver is fine. So I love that you you brought that up because we can't be misled by the the basic, you know, once a year checkup.

We have to look deeper for those reasons you just said, because there's skin creams in there and at some point. Right. Like I didn't always use all our organic stuff.

Right? We learn when we learn and there's no use beating ourselves up. It's like we get on the we get on the organic train when we get on it, and, and then we have to go back and help our little organs.

So keep going. This is great. I just totally agree with you and I really appreciate you highlighting that. And there's no shame here. Like we're all on a journey of understanding.

I grew up on handy snacks and Top Ramen. Okay, like, you know, I that that was me and I lived on, you know, Cheerios. And we thought that was a health food in my house.

We didn't know it was sprayed with glyphosate. We didn't know that was fortified with all these weird preservatives that were, you know, we're really hard on a little gut.

And, you know, we're just. Thinking about those. Me? Cream of wheat was a staple. And I actually grew up. I was walking distance from McDonald's and Carvel.

I don't eat in. Carvel is an ice cream place that I think is really only on the East Coast. Like we don't have them really here, but, you know, soft serve ice cream, extra fudge, extra sprinkles, like it was in the summer.

It was a daily event. We're going to oh yeah, McDonald's going to get my Big Mac or maybe I was being healthy. So I got the fish fillet sandwich right.

But yeah, in my household it was eat your chicken McNuggets. That's healthy so that you can eat your French fries and get your ice cream. So yeah. So we all.

Yeah, I mean, I've taken I grew up on and I guess I should say I grew up on antibiotics. Right. You know, it was McDonald's and antibiotics for me. And you know, the need for antibiotics came from all the McDonald's I was eating causing asthma and all sorts of issues.

So my god, okay, great. Great. So yeah, but this is how normal it was, right. And and these foods become more and more toxic. So if you're still eating those foods today, it's not what we were eating when we were kids.

That was a certain level of toxicity. And now it's like way more engineered. So were they McDonald's actually, during the you know, the green awakening with when The Inconvenient Truth came out and everybody was trying to, like, prove how green they were.

McDonald's tried to, do a composting program to show that they were green and earth friendly and none of their foods qualified because none of their foods actually broke down because they were all too plastic sized.

So imagine what that's doing to your body, including your liver, because your liver has to break down your proteins. It plays a key role in digesting your fats, because your bile must flow into the small intestine and help emulsify those fats so your lymphatics can absorb them through the small intestine.

Otherwise, you can't get your fat soluble vitamins for a K. So think about osteoporosis and osteopenia and how those are exploding in our generations right now, earlier and earlier.

And that may be even be you on this, interview today. And I, I want you to know that that is deeply intertwined with your bile health and your liver health.

And just a hunch that you mentioned D and it being fat soluble, and it's a pandemic of low vitamin D, and how many people think about my bile having to do with, you know, it's it's not that I necessarily need to take more.

Maybe I need to get my bile moving more. So, so, so important. So you that's really well said. Yeah. That's a great clinical gem right there guys. So I want to go back for those listening.

so hopefully you're not eating McDonald's. And if you are you're done with that because that's you know, that's not even something you cheat with once in a while.

I didn't know that about the composting and how it wasn't allowed. That's kind of creepy. but so for someone listening, you started to say, like some symptoms.

And what kind of tools do you use? So someone who's listening can kind of go, I need to ask my doctor for this, or I can just check it on myself. That's a great question.

So let's finish talking about the our female reproductive system and how liver distress might be showing up in it. So in our earlier years, you might be experiencing painful or irregular or heavy periods.

You know, you might develop PCOS early or have fibroids or endometriosis for quite some time and not know what, unless you're trying to become pregnant, right?

That's so often the way that we figure that out, because endometriosis that, you know, the diagnosis path is long and arduous still. but later you will you may experience exacerbated period perimenopause symptoms or menopause symptoms.

Hormones, Menopause, and Liver Protection

So you're like, how come my menopause is so tough? And the other women in my family, it's not so bad for them? Well, it could be due to your toxin exposures and the different factors that you've lived through that overloaded your liver.

We want to understand, like the role of our hormones in our lives as women like, and we're in our fertile years. Estrogen is a good thing. Of course. It's like actually very liver protective.

But as with anything in hormones, it's all about balance. So recently you might have been hearing more about like estrogen dominance. And it makes it sound like it's a bad thing because if you have estrogen dominance, you are getting a lot of symptoms.

But actually estrogen is keeping your liver safe in so many ways. It's inhibiting the formation of like fibrosis, for example, which can lead to a fatty liver, which can lead to more scarring, which can actually become cirrhosis eventually.

it is actually estrogen is very protective against mitochondrial damage. Mitochondrial MRA that power plants in our cells. So we need that in order to feel energized.

it also inhibits cellular senescence, which is all about how cells stop dividing and premature aging occurs. Like we really need to understand that piece.

And it also, has protective benefits in increasing our innate immunity. So that's the ability to defend ourselves against toxic substances, bugs, you know, setting up infections, things like that.

And it's always promoting a favorable balance between antioxidant and pro oxidant state, you know, so for the appropriate level of inflammation or hopefully lack of inflammation in the body.

So that's what estrogen is doing for us. And of course estrogen is dropping as we enter menopause. So Sharon's going to or Doctor Cells is going to talk to you all about that throughout this summit.

And I will I will leave that territory to her. So we can just focus on the liver today. But just understand that as your hormones shift, all these protective benefits also may be shifting.

And so stress that was there in the liver and gallbladder for potentially many years. Building under the surface may suddenly get revealed without that protective layer of, you know, estrogen levels that were pre menopause.

Do you want to comment on that at all before we move on. Yeah I know you bring up some really good. I feel like I've kind of come up with like the top three things that I love that are vilified on unfairly estrogen, cholesterol, which of course estrogen comes from cholesterol and stomach acid.

Like, you know, really important things that we're just totally misled on. So I love that you just brought up some of estrogens, beautiful properties that we don't always talk about.

And I'll just say, in my practice, when a woman goes on hormones, she automatically goes on liver support. It's it's it's not optional. We have to be loving our liver.

And we in natural Catholic medicine, we were like, taught early on, you know, from like old school thinking naturopathy like medicine. Treat the liver like you treat the liver and you treat the gut.

And pretty much things get better. Yeah. Everything can start to resolve. Like that's what we we're often looking too much in the, the world of HRT, which is why I so appreciate your approach.

What's been popularized with HRT is just fixing this very downstream expression of distress. That's your hormone regulation. But upstream from that is liver overload, gut dysfunction.

And there's always root causes for that. You know, if you'd been exposed to mold earlier in life doesn't have to be a current exposure. That would absolutely be a reason to compromise bile flow and distress.

The liver compromised immune system overload the gallbladder. And so you're starting to build up the stagnation and maybe even some stones, you know, maybe some dysregulation of your hormones is a result just of that one toxic exposure that just last a few months or even a year or two.

And so there's there's a lot of reasons along our health journey throughout the decades to have liver overload build up. That's not just about, you know, our food choices.

It's in our food or in water. It's in our homes, you know, personal care products. There's lots of reasons for distress to be building up another surface.

And so when you take away the protective, protective benefits of estrogen, suddenly all that stress can get revealed. That's one time in life what really happens, which is part array.

I mean Nflx d that's nonalcoholic fatty liver disease has been renamed. Did you know that got rebranded. It's very funny to me. I wanted a GIF rebranded.

Meatball like dysfunction associated says like liver disease. It really rolls off the tongue. New PR for the disease. Is. Her name. Yeah, but just for the sake of, like, just for today.

Well, let's just call it nonalcoholic fatty liver disease or even alcoholic fatty liver disease. We're actually at much greater risk of these, actually going into onset and starting to reveal themselves between ages 50 and 59.

And, for women. And that's especially true because of the role of hormones, protecting us. And then as they shift, we might start to see what's been brewing under the surface all along.

you know. Yes. There's no mistake. It's happening at that age. There's no mistake. Yeah. And that's also why we want to let's. I mean, I love the way you just talked about cholesterol.

Let's love up on our cholesterol because it's such a phenomenal substance made in the liver.

Bile Flow, Cholesterol, and Gallbladder Function

And then out, from that substance, this magical material, we make hormones. We make bile. Like, this is a good thing. We don't actually want to artificially suppress cholesterol.

And when you look at the role of statins, yes, they're extremely profitable drug. Yes. We've popularized them very quickly. They don't actually reduce the incidence of cardiac events, but they may be compromising normal metabolic functions, including hormone regulation and production and bile flow.

So I just love that you're sticking. Up for cholesterol. Cholesterol is being bullied. And I well, honestly, in my practice, I, I rarely give things to lower cholesterol, but I often give things to raise cholesterol, which sounds so backwards from what we've been brainwashed into believing.

But we need to have, like you're saying. I mean, you know, low cholesterol is opening up the door for free. Radical activity, for no hormone production, for very stiff cell walls that can't get nutrients in and can get toxins out.

I mean, it just does a such a huge disservice. But it does the pharmaceutical company a Big Sur, you know, it's, I don't know, the dollar sign, but we know statins are like and remember, like cholesterol levels used to be the norm, used to be higher.

But you can't sell as many pharmaceuticals if you know it's normal to have A27 day. So what do you do? You lower the range. You lower the range, you lower the range till it's where everyone needs them.

Yeah. Please go back and look at the timeline of what cholesterol normal levels were considered back in the 80s. And how many times they've been lowered since then over the last 40 years, because it's actually been several times infuriating.

Okay. It is keep let's keep moving forward. So so for us to understand what to do about protecting our livers in this day and age, we need to understand a little bit more about that cholesterol and bile balance.

Because cholesterol and amino acids form bile salts, and that's all happening in the liver. And actually 80% of cholesterol is supposed to be going into bile production.

Bile. I know it sounds gross, but it's actually magical. It's your body's liquid gold detergent, and I call it that because it's expensive to make and your body likes to recycle it.

You know those bile salts? If it can. Over 95% of bile salts are recycled at least once. And then from there, your liver is going to conjugate those bile salts with your solid into liquid form with very delicate chemistry.

In those 2000 miles of bile ducts, in your biliary tree, in your liver. What's going on in those 2000 miles? Oh, I'm so glad you asked. What's happening is.

As your liver clears out and flushes out your blood, your bile is supposed to be taking up normal metabolic waste and environmentally exposed toxins out and flushing them out through the biliary tree into the gallbladder, where their bile gets stored and condensed into the perfect pH to meet your stomach acid.

As that stomach acid and bolus of food comes down into the small intestine with each meal. Because think about it, your stomach acid is extremely acidic, right?

It's supposed to be. It's supposed to be a pH of around two. That's very, very acidic. And then it comes into this very delicate environment of your small intestine.

How is that shift supposed to happen? It's your bile. It's not just your pancreatic enzymes and your sodium bicarbonate from the pancreas. Yes, that's super alkaline, but it needs the help of your bile flow, which is also super alkaline.

So that can neutralize it. And then this black bile starts emulsifying the fats supporting gut motility. And things journey on from there. So it's a very delicate dance.

So if that gets interrupted in any way, if that biliary tree of 2000 miles of bile ducts gets clogged up at all from your dryer sheets that you inhaled weird stuff from, from your mother in last glade, plug in that you don't like.

It gives you a headache. But I didn't want to say anything. You know, from your McDonald's French fries. You know, these are all reasons for those biosolids to drop out of liquid form and start just getting a little bit sluggish, a little bit fiscus, and then your liver has to make a decision, okay.

I can't move things out fast enough. What should I do if I have these irritating toxins that are slowing down my efficiency? I have 500 jobs to do. Over 200 of them are done simultaneously.

Is the liver an or organ a woman? Yeah. I mean on a scale. I never get tired of that. I always think of her as a woman. That's a hard worker, multitasker, the master multitasker.

So what is it going to do? It's going to start encapsulating those irritating toxins, and nearby bile salts and cholesterol to start just protecting. And it kind of buys the liver some time, as I get the resources, I will then release these, you know, when I'm able to speed up as I get better conjugates, as I have less of a toxin load, you know, than in my spare time when I'm in a parasympathetic dominant state and the body is at rest and sleeping deeply, I will be able to catch up, won't I?

Not necessarily. For so many of us, that's not true. So that's why we see people who have already lost their gallbladder. Mites might actually be, still having to release hundreds, if not thousands of stones from the liver that are mostly cholesterol based.

The liver was just trying to protect you. So knowing that we can now understand what to do and how to support you through natural wisdom, working with the body strategies instead of overwriting them.

So that you can get your liver function back and save your gallbladder if you still have one, or recover and compensate for not having one, so that this can be the best time of your life.

Instead of, you know, the worst time because you're rapidly aging and fast forward, you don't have to do that. You can actually pull aging backwards. You can de-age love it.

So let's talk about first for the women who have gallbladder. But there's a lot of stones. What are your practical recommendations for them? And then we'll wrap it up with if you don't have a gallbladder.

Yeah, it always comes back to drainage, right. Which is why. You and I are so, so strict that. It's it's a gross word, guys. It sounds like a really humble word, but that's what your body wants is to be in a state of flow, to be able to receive with ease and grace.

So digesting and absorbing your nutrients and the healing frequencies from sunlight and the earth and water that's receiving and also releasing with grace.

That's what health is. It's a state of flow and to release with a state of grace and efficiently. That's drainage, that's letting go of your metabolic waste.

That's a moving stream, runs clean.

Drainage, Constipation, and Daily Elimination

You know, think about a pond that is all clogged up in one area because you threw all the McDonald's wrappers in there. Sorry, McDonald's were really having heyday with you today.

But what happens? There's an algae bloom. The ducks don't want to go there. The fish are sick. They're trying to avoid it like that is stagnation. And you can flush that back out.

You can do a trash cleanup. And that's what we're talking about doing to return to that state of flow. So drain of support you always do from the bottom up.

I would never suggest doing liver and gallbladder support if you're not moving your bowels because you're just going to get unnecessary symptoms, you're going to get that overflow interior lymphatics, you're going to get overflow into your skin.

You know, you don't need that, you know. So let's get your bowels moving first, ideally with non habit forming support. If you're healthy enough and your digestion resilient enough great.

You can add in, you know clean water please poison free water. Really really get discerning about your filtration system. that's always step one. And also to use, you know you're going to increase your fiber.

Many people that come to my practice, they're way past the fiber stage. They can't tolerate fiber because they're down to just a few foods. Because I work with chronic digestive, folks, and there's always way right, you are more likely to be constipated than have diarrhea if you have liver and gallbladder congestion.

So let's get that moving and understand that diarrhea, if that's what you are. Tendency. You have a tendency toward like loose stools. That could be an overcompensation of the body because you weren't able to eliminate efficiently.

And the body's like, look, I just gotta get some stuff out. We have such dysbiosis at this point. We just got to get like aggressive here. And your bowels will normalize over time as your bile flow starts moving again.

So don't stress about like what I don't want to need poop support. Like too bad you got to move your bowels every day 1 to 3 times a day before you push detox.

And that's period. End of story. Mama Sinclair says no until then, because you need it. You need a clear door to the exit. Otherwise you're going to suffer.

Let's not do that. Yeah. And then we can nerd out about liver. Yeah, right. Otherwise you're pushing toxins from one place to another place. You're not really doing anything.

You're not being effective. And so, yeah, I talk about this all the time. We have to really think through our detox and be patient and not be in such a rush to take the newest, coolest thing.

But to really open things and let your among theories make sure things are moving. Just doing that alone, you're going to improve and feel better, and then you can get to really pulling what's what's stuck inside you in your fatty tissues. And so for it so in the back, what if you don't have a gallbladder?

Because I'm sure there's a lot of women listening who don't have a gallbladder. So remember that people who don't have a gallbladder out of those 41%, still have abdominal pain and digestive issues persist.

And 1 in 5 people who have gallbladder removal surgery have complications with the surgery itself. So if you're here because you have health issues after that removal, welcome.

You are totally not alone. And it's not too late. Just so you know, and it makes total sense because all, all you did was save your life to be able to heal in the future, you know, if it was that impacted and that's okay.

That's that was probably the best decision for you. And we get to forgive ourselves and live up our bodies. Like so many people I talked to who have lost their gallbladder, I have so much regret about it.

And you can still lead a very full life. So just know that, but you still got to support your liver because the gallbladder never gets too stressed by itself.

The gut. Think about the gallbladder and the thyroid as the the thyroid is usually the first canary in the coal mine. When the liver's overloaded, you start seeing that hypothyroidism and the gallbladder is the second.

So, just because, that got removed doesn't mean that the liver, which is the one that's really struggling because it's responsible for the entire body's detoxification and processing all your blood and every type of food macro you have to process, it doesn't need work.

It absolutely does it. You actually need to do more liver support, not less. If you don't have a gallbladder, and you may need to do some digestive support along the way, you may need to dial in your HCA to train up your body.

It's okay to have enough stomach acid again to kill off the parasites to break down the food, so I don't have rotting undigested food showing up in the small intestine.

You may need to supplement with bile salts like a tadka, you know, ox bile. That's why ox bile was a go to in natural health for so many years. Like, just add in the bile early.

because if you don't have a gallbladder, your liver is just dripping bile slowly into the small intestine, and it's not able to give the stomach that surge of bile to neutralize the stomach acid right when it needs it.

So you may supplement with meals with tadka, and you may need to increase your digestive enzymes just to get enough water so that you can do the deep repair work.

Right. That doesn't fix the problem. That's just making sure the problem doesn't become bigger. So your body can start to normalize again. And you may enjoy being on something like tadka one cap with meals.

you know, indefinitely. It's really up to you and your health goals.

Supporting Life Without a Gallbladder

Some people use it for just a period of time, left with no gallbladder until they clean up their liver and they find they don't need it anymore. Some people prefer to keep it.

the, the piece that I'll tell you about the liver is that you you have to double down on bile production and bile flushing out when you don't have a gallbladder.

So how do you do that? What are the components of bile? Well, you have cholesterol. And like Doctor Stills shared, you can do things to actually boost cholesterol production.

I know that sounds totally rebellious, but you could if you need to. and really, we need to boost bile movers and bile builders. So bile movers would be things like bitters, bitters in your foods, in your meals, or taking bitters like

liposomal bitters under the tongue while you're cooking your dinner and reclaiming your body's ability to go, oh, food is coming.

Okay, I will adjust my gastric juices. Okay, I'm going to get ready to release more bile. I'm working with you. I'm I'm ready. I'm getting ready for digestion.

We lost that because it's no longer cool to have this bitter taste profile in our foods. We're so oriented towards sugar. And by the way, if you are, insulin resistant, if you're, you know, pre-diabetic or diabetic, please learn more about the liver's relationship to that because you probably have an overloaded liver.

One of the ways you can actually change your tastes and stop craving sugar so much, or need so much sweetness to feel satisfied, is to stop mouth breathing at night can take.

Because when you mouth breathe at night, not only are you destroying your teeth because you're destroying your oral microbiome is distorting enough that you are more prone to cavities and dental issues, but you also are distorting your taste buds, and you require more satiety or more sweetness in order to hit sweetness.

Satiety neurologically. So if you tape and you go back to nose breathing because use it or lose it with your sinuses, you need to be breathing through your nose every day and every night in order to breathe deeply.

you can actually change your taste preferences. It's not too like so that's very cool. so bio builders and by. Oh, sorry, do you want to comment on that now?

Just that that's super cool and such a good, good point right. right. Yeah. No pills required. So cool. Yeah. Like your body doesn't need sugar. The way we have socialized ourselves to it.

And the body doesn't make mistakes. So let's think about how do we get here. Might be a fungus overgrowth. Sure might be parasites. It might just need to breathe through.

Who knows? Could be that simple. Optimize your digestion. Right. So I'm. I know you have your favorite bile builders and bile movers. Do you want to talk about those?

Yeah, I can or you can talk about yours or we can talk. I mean, I love yeah, you know, I've seen tadka change many, many people's lives. I also, you know, I like herbs like gentian as a beautiful, bitter achievement.

so, you know, I love to get in my little apothecary and mix my liquid herbs and support the liver, whether it be dandelion or artichoke look or. Lovely ones.

what what do you like? Yeah. I love dandelion and artichoke. Some great bitters formulas include both like the bitter Ex from Quicksilver. That's always nice.

but you can just incorporate these into your meals too. And just reclaim the bitter taste. That's. I mean, America's favorite bitter is coffee. I bet that's a guaranteed bowel movement.

That's. So is that. Why everyone's addicted to coffee? Because the file needs to be moved and it's. Yeah, literally. It's not just our mitochondrial dysfunction.

We're not just caffeinated. We also need. To move about. Oh. Okay, I love it. Here's one for score for caffeine. Right. Exactly. It's so funny. So you can yes use foods like citrus if you can tolerate it.

If you're not histamine intolerant, that's great. and there are so many bitters, like Doctor Shane was saying, you know, artichoke is a wonderful one.

Dandelion is fabulous. You can use dandelion tea, you can incorporate dandelions into your salads, or you can use literally bitters under the tongue before your meals to help your digestion get going and say, okay, bile is needed

soon.

Let's get this going. Your liver can become more efficient with detoxification and it will tolerate more, detox support from you if you're encouraging bile movement and bile flow.

And one of the easiest ways to do that is to use bitters, and also to add in those bile conjugates. So things like phosphor, tiger choline and a C as a precursor to glutathione, because your body would prefer to make glutathione itself like it's your master antioxidant, and you need it for every stage of liver detoxification.

But you don't have to spend all your money on glutathione. We can actually just teach your liver. It's okay to become more efficient at making this again.

It's safe. I'm giving you the support you need now. And on that note, yeah, I love to get it. Absolutely changes lives. For the title. Colon, I'm so glad you brought it up.

I'd like just to, like, take a moment like fast title. Colon is just so brilliant for I mean, I use it for so many things and from autoimmune and from scrubbing the cellular receptor sites and supporting the liver and the gallbladder, it's it's really an important, important one.

I'm glad you I'm glad you mentioned it. I totally agree with you. And I love my stone breaker herbs. You know, like Chunk Putra. That literally means stone breaker in. Yeah.

So think about that.

Bitters, Bile Builders, and Coffee Enemas

If you've got a gallbladder under distress or you lost your gallbladder and you need to help your liver and you know, there's also things like magnesium sulfate, like Epsom salts are the unsung hero of bile ducts.

You know, you can take Epsom salt baths, you can take in Epsom salt foot baths, you can, take it in the in supplementation form or even add it to an enema.

Like there's so many ways to get it in to encourage bile duct dilation, to start to slowly, gently move the sludge out. So there's lots of ways to do this and fold it into a protocol at the capacity you have right now.

My request to you is that you always support the mitochondria first, because mitochondria are susceptible to toxins too. And remember, those are the power plants of our cells.

So they will slow down. We know about the cell danger response mode. You know, all that signaling that happens at the sub cellular level thanks to the work of Doctor Robert Nabeel.

And you know, this has really been understood for several years now. We want to work with the mitochondria and tell them it's safe to go into energy production.

But again, here's the mitochondria food. Here's some encouragement. Here's some support. Here's some healing light frequencies. Right. That's what I infrared has become so popular.

There's all different light therapy. So they can support the mitochondria. So whatever you're willing to do and fold in on a regular basis to tell the body, okay, it's safe to have enough energy now to catch up on this repair work and this detoxification work.

We don't want to think about the liver all by its lonesome because really, we want to support the entire body and respect the interrelated nature of all of our systems.

And that's how you're going to get some really lasting improvement, is to really honor the complexity and work with

the body's own strategies. and I say, I just have to give another shout out to the extracellular matrix because. It.

Because the extracellular matrix is where the mitochondria is actually looking to, to see is it safe, is it clogged, is it congested. And so that's why drainage and European biological medicine that we both practice is so important.

So I could talk to you all day. I just want to ask one last question, because I'm sure a lot of women just coffee enemas. What's your what's your what's your love of coffee enemas?

Because that comes up a lot. I find myself talking to them about with patients a lot. So I'd love to just hear your your little coffee enema spiel. Oh my God. Yes.

when we can add our coffee enema pdf to your, summit if you want, if that would be helpful. We're happy to. There's, I love them, and I thought I would never say that.

Guys, remember, I'm a giant. Wes. I used to crash easy. I was always looking for shortcuts. What do you mean? I have to take a pill. What do you mean, I have to change my dad?

What do you mean, I have to? I have to stick. What? Where? So I just know that. Know that if I can do this, you can totally do this. Because I am not a likely candidate.

Okay? But the truth is that we see with this support strategy because it is a support strategy, this detox therapy that you could do in your house on your own timing.

You don't have to pay for a clinical visit or a colonic. It's actually much more profound than a colonic, because it's not just about the mechanical clean out of the colon.

It's about delivering encouragement and information to your liver. Because anything that you take in through an enema, there's a shortcut from your colon, which is also very, easily absorptive of different nutrients and information into the bloodstream from your colon lining.

But you also have the shortcut vein from your colon lining right at the rectum, where that animal would come in right up to your liver. And it's basically like a message delivery service.

So now with the palmitic acid crystals of properly prepared coffee, you would always do organic coffee mycotoxin free. Let's not let it be moldy because lots of coffee is contaminated with mold.

Let's not do that to ourselves. so certified mycotoxin free. You're sending palmitic acid crystals to the liver as a message. It's go time. You can do this.

And what? What that means is you can make more bile. You can make glutathione. You can increase glutathione production by over 600% for the next several hours.

You can let go of old bile. Here is my support in my encouragement. It's okay to let go, and the liver really needs a reason to do things differently because it's the ultimate multitasker and it's just hanging on and it's trying to prioritize for you.

So if it knows it has that support, it will absolutely respond in kind. Even if you're super sensitive, you can start with half a teaspoon of proper a really prepared table and like, you know, coffee grounds per 32oz of water.

but a standard, concentration, you know, like a, an institute style concentration of coffee enema would be three tablespoons of coffee grounds per enema.

and even doing them as little as once a week can make a major shift. You'll take less pills over time. You'll heal faster. And some people do them much more frequently.

Just make sure you have mineral support on board because you're encouraging detox, which requires minerals. So we want bioavailable minerals. yeah. I have a I have a special place in my heart for coffee enemas because it's actually the first introduction I had to natural medicine was from a friend's brother who is a Colon Hydra therapist and was obsessed with coffee enemas.

And so it was like, and it's like, yeah, if I could do it, you could do it because it's one of the first things I started doing when I went on my healing journey.

And so and I, I often use especially with like the German remedies suppositories, because you get that portal vein action and you get, you know, it's like the next best thing or equally as good to an IV you're getting, you know, you're not having to go through the digestion and so forth.

It's so much easier to absorb, and it doesn't make the body work harder. So yeah. So we've got like all hail, cholesterol, all hail, estrogen, all hail Fest title calling, all hail, coffee enemas, all hail the liver, the gallbladder.

Sinclaire, you are amazing. I we've got to go because otherwise the summit will just be 40 hours of me and you talking. But you're just a wealth of information.

I, I love chatting with you. And, where can the ladies find out more? What's the best website for you or social media? Yeah, you can find us on Instagram.

My personal one is Sinclair Kennally. My business. One is Detox RejuveNation You can find us at Detoxrejuvenation.com and my podcast is Your Health Reset.

So we have lots of support for you, lots of free assessments, lots of encouragement along the way. Like, you can totally do this. It's not too late. Let's make this the best time of your life.

Well just beautiful. Thank you so much for for being here. And you know go follow her because we just like brush the surface of a handful of things. A lot of you know like listen to this again because there's a lot of pearls in here for sure that can really get you started.

But go check her out and learn more and have your journey. And you know, it's just part of enhancing your health. You know, we need to love our livers.

So I love you. I love everyone for being here. It just inspires me that you all come and you learn and you grow and you're, you know, advocating for yourself.

That is just so just humbles me. And it's so impressive. And so thank you for being here. And I'll be back soon with another talk. So.