Discover Root Causes Of Chronic Conditions Transcript

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Introduction and guest background

Welcome back to continue our conversation on reversing chronic gut conditions. I'm your host, Sinclair Kennally, and I am joined by my wonderful colleague and friend, Dr. Elena Villanueva today.

Welcome, Elena. Hi. It's so good to be here, Sinclair. Yeah. So, guys, I really wanted you to get the benefits of Dr. Elena's experience, because she is an international speaker.

She is actually a trainer of trainers when it comes to looking at lab work and looking under the hood and all of the intricacies of our gut health. And what can your labs tell us?

But she also has. First of all, just like the kind of heart and the deepest soul, like you have no idea the conversation we were having before we started recording.

And I just want you to get the benefit of her wisdom as we're talking about the science today. But also, you know what the science actually reveals about the state of our bodies and our consciousness.

So that is what we're going to dove into today. So I know you have, you know, a vast platform, you know, a huge community, lots of different offerings and things and a big team under you to serve your community.

And so, of course, we want to talk about that and what's available to people today. But you and I really focus, I think, on a similar and customer and or client or patient, however you want to say that people have been dealing with chronic conditions for quite some time.

And I really want to start our conversation there. You know, for the vast majority of chronically sick people, what do you see as the biggest root cause that you are helping them to uncover.

For the mass, for that That's such a great question because everyone pretty much gets dialed in on it's like it's one thing and they end up missing all of the other things that are going on.

Our we actually have been collecting data for the last five or six years and our data collection from all of the multitude, the thousands of labs that we've done on chronically sick people revealed to us that it's never one thing, there's not one thing that's it.

It never happens like that. And this is why so many people are missing missing the boat, right? Because they're dialed in on thinking, oh, well, it's mold.

So they'll test for mold and they may find mold, you know, and so then they're dialed in on that and they miss the environmental chemical toxins. They end up missing the the a dysbiosis or, you know, the bacteria or viruses or parasites that that might be in their body that don't play well inside of their ecosystem.

Chronic illness is usually multiple root causes

They might be missing out on gluten, which is known to cause over 300 different symptoms, conditions and diseases. They're missing out on the stress that that that they're not managing or the or the emotions or past trauma that they haven't dealt with that can be just as toxic as the mold.

And so whenever we are working with chronically sick people, I think education is key. Sinclair You know, people need to understand what's going on. And so this is what we always tell everybody is that if you've been sick for two or more years, there is a 95% chance that you are going to have three or more chemical toxins in your body that show up on your labs at very high levels.

There's a 75 to 80% chance you're going to have at least one toxic mold in your body, at least one. And there's a 20 to 25% chance that you're going to find at least one heavy metal or radioactive material showing up in your body.

And so those are the statistics that we have found with all of the labs that we've been doing. And so, you know, if somebody is chronically ill, they're going to have typically a multitude of things.

And then what we don't have stats on because we can't test for trauma and emotions necessarily. Everybody has that as well. And what I didn't mention, too, is that all of these people are going to have got issues.

They're all going to have got issues as well. If you have any kind of toxin in your body, any of the above stress, emotions, chemicals, mold, heavy metals, any of that stuff, you are going to have an imbalance in the gut ecosystem and it's going to compromise the barrier leading to leaky gut.

And then that causes a domino effect of all kinds of other problems in the body immune issues, brain chemistry, imbalances and so forth. So really there's always a combination of things going on.

It's never one thing. I totally agree. I really appreciate you highlighting that earlier in our conversation because we're living in a very strange day and age where it's easy to get an accumulation of these things just living, you know, a normal, quote unquote lifestyle, whatever that is.

So and and yet somehow medicine has not caught up to identifying these things early. And so the education onus is really on us, on on ourselves, in our own health journeys.

So you often highlight the, the need for self education in this process. What, what percentage of your chronically sick clients have got issues and do they realize they have leaky gut or inflammation from these environmental toxins coming in?

I would say over 95% of them have gut issues. Over 95%. I mean, we don't want to say 100. Right. And 99 even is a little sketchy when you're talking about science.

But so I'll be you know, I'm being conservative when I say 95% of them and they're all going to have got issues. And the interesting thing is that many of them don't realize they have got issues.

I would say there's probably around maybe 30% of them that don't realize they have a gut issue. And the reason why they don't realize it is because they've had it since they were little kids.

So they've had, you know, their poop looks like balls or, you know, like little balls or it's been like always like fluctuating, you know, alternating between, like, really soft and unformed, too hard, you know, or they've only gone like twice a week or three times a week since they were little kids and they don't even know that that is abnormal or they've had bloating since they were little kids and they so they don't even know that they're bloated.

And then you have the other people who do realize it, right? Because it's worse than it. It's just been getting it's been precipitating and getting worse over the years.

And they do realize it. But everybody is going to end up having some sort of a compromise in their GI system. Yeah, I think that's really well said. It's it's so hard to realize that you're sick when everyone around you is also unwell, like the majority of people in the U. S.

today are unwell. So it's it's really hard to pace that if you're not used to what? Well looks like. So let's talk about your your systemic and or your your systematic approach.

Right. Because you're really good at assessing for things. And as we mentioned before, you're a trainer of trainers. So what are the labs you'd like to take a look at when you are assessing for these root causes?

That's such a good question. So I like to get the best bang for my buck, just like all of us, right? Like any of us do, no matter where we fall on the spectrum of income, we all like to get the best bang for our buck.

And so the following labs that I'm going to tell you about are where I think that we can get the best bang for our buck, and that is doing a a toxin panel.

So I've actually created one myself. That is a bundle. And it it's looking at environmental, chemical toxins. It's looking at mycotoxins, which are mold toxins, it's looking at heavy metals.

And it's also doing an organic acid test, which is like for the for those who are not interested, for those who are who don't know what that is. I always tell people it's like getting a 30,000 foot view of your organ systems, of your organ system function and like what's going on with your biochemistry.

And and so we can look at your, at the metabolites, at the end products that are coming out in your urine and everything.

How to assess toxins, gut health, and wheat reactivity

And we already know, like where the where the average healthy person is supposed to fall with these different chemicals. You should be between here and here, or it will with these different buy byproducts.

Rather, you should be between here and here and and here and here for this one. And if you're outside of that range, we can backtrack it to see what organ system is working to create that end product or what bacteria it creates that end product.

And we can see like what's going on in that area. And so that's super insightful to do the organic acids testing. In addition to that, we like to do the the the wheat testing so that we can see if the body is having immune reactivity to wheat or other various components of wheat that may not come from wheat directly.

They might they might come from other grains. And we can see what parts of the immune system might be having big reactivity, like, is your brain reacting to it?

You know, is your small intestine reacting to it? What's going on? Because of Selman, more and more people are getting this massive reactivity to it. It's it's alarming really when we look at that, because wheat and components of wheat, if a person is having reactivity, can cause over 300 different symptoms, conditions and even diseases, and that can get overlooked.

And then finally, we also like to do the gut zoomer And we like to do a deep look at the gut, what's going on inside the gut? Do we have inflammation?

What does the biome look like? You know, what's the ecosystem? What's going on inside of the ecosystem of the gut? And we like to start with those because we're going to find our statistics show that we're going to end up finding things going on in these labs.

And when we can find those things, the the client or the patient can understand easily, like, oh, this is why I'm sick. And then when we want to order like functional blood panels to look at their thyroid or order hormones to look at their hormones or, you know, look at these other types of things, they're even more receptive to it.

You see clients don't really understand the whole functional blood thing. You know, when you're looking at all the different organ systems and you're looking at the functionality in the blood, even when you explain it to them, it kind of comes on deaf ears because they don't fully get it.

But when they can see that they have poison in their body, right? When they can see that and they can see that their gut is a mess and they already know they have gut issues. Right.

When they can see that and then we can show them published research that shows, you know, hey, you have Parkinson's, these five chemicals that are in your body are all known to cause they're all neurotoxins.

And these three out of these five are known to cause Parkinson's. All of a sudden it clicks with them and they go, Oh my God, that's why I have it. And we're like, Yes.

And so, you know, it makes more sense and it gives them hope. It gives them excited and it keeps them compliant so they know they stay on the course so that they can get healed.

Yeah, I totally agree. I love doing a full toxin bundle because there's just such it's irrefutable evidence like, hey, this is what went wrong, you know?

And for so many of us, we suffer for years without ever getting that that know what happened to me. Conversation. I had a mentor once who told me Stop talking to clients about the the toxin piece because nobody cares why they don't feel well like, oh, I could tell you have never been chronically ill because at a certain point you realize there is nothing more important than understanding your health journey in order to get your life back.

You know. Exactly. Everybody wants to know the why when you've been chronically sick. That's the top question on your mind is why am I sick like this?

What? What caused me to become ill? Yeah. Yeah. Then let's move on to the the treatment of this total body burden. You know, what are the steps that you like to take to support people if they're already in this leaky gut, inflamed, you know, malabsorption for years scenario, they have, you know, dysbiosis, all the things.

Where do you like to start? Well, you know, I love all of these questions because these are these are things that a lot of clients or patients are asking, right?

Like, where do I start now? Okay, I've got all this data. I know that all of these different things are all causing, are all together, creating the perfect storm to cause my issues.

Now what do I do? Where do I start first? You know, we find that when the gut issues are so bad that we oftentimes find that we really need to work on band eating.

At first. And this is what we have found. And I'm not saying that like my way is that is is the best way or the only way because really there's a lot of art combined with the science in medicine.

And and that's because everyone is bio individual. We are not machines. We are we we're not text book. There are variations in. And so many there are just so many variables, you know, between you know, you can take ten people that are all diagnosed with the same five things and how you approach it can vary slightly with each person depending on, you know, different variables.

But when they're having a lot of gut issues, sometimes we can't go straight into a deep detoxification. Sometimes we need to focus more on let's let's bandaid this and let's calm the system down and just like, let's stabilize the system.

And so we we will do a very gentle cleansing of the gut system by changing foods. We might add some supplements, and there may be some powders that we can mix into shakes that can very gently cool off and calm the inflammation.

And because imagine when you have road rash in your gut, did you know that the surface area of your gut is the size of a tennis court? Think about that for a minute.

That's a lot of surface area, which tells us how important that that organ system is. And when you have a road rash on the inside of all of that surface area, it is there is some major malfunction going on and a lot of short circuitry is happening.

You can't absorb your nutrients. You can't make your nutrients. The bacteria that are responsible for keeping you alive and healthy are like dying in there.

And you have weeds growing in the lawn. You've got weeds growing, which the weeds would be parasites, the weeds would be mold, the weeds would be Candida, the weeds would be clostridia or other, you know, e-coli or all of these bacteria that do not play well in our ecosystem.

Stabilizing the gut before deeper detox

And until, you know, and they're going to affect your sleep, they're going to affect your ability to heal. They're going to affect your mitochondrial function.

Your energy is going to be low. You're going to have more anxiety and depression and migration and all of the things. So let's stabilize that core system first, and then after maybe eight weeks, then we can go and we can turn a little bit our course and we can go, okay, let's see if we're ready to go into deeper detoxification so that we can start working on breaking up more biofilm, getting the mold out, getting these other chemical toxins out, getting these heavy metals out.

Now that we've stabilized the core system you see in the medical world, you know, they they don't think of the gut as the as one of our core systems. It's our brain, our lungs and our heart.

Right. Our kidneys like those types of they and they are important. All the systems work together. They are this is the thing. They all work together.

But none of them think of the gut as a core system. But we understand that we have to get that stabilized. And when we can get that stabilized, then we can start working on the deeper root causes that lead the gut and all of the other systems to get dysfunctional in the first place.

Yeah, well, that's beautifully said. And it is so funny how traditional medicine really dismisses it. Isn't that the government? We're searching for answers for years and different specialists and that, okay, this specialist is really going to know what they're doing and they would be like the most dismissive of all being in.

Oh, exactly. I mean, from so many things, from asthma to severe allergies to eczema and other dermatitis type skin issues to mental health related issues, to chronic fatigue issues.

All of these things can be deeply rooted in gut dysfunction. And but yet they're going to the dermatologist or like I was speaking with a woman yesterday, she was a an ICU nurse and an oncology nurse for, I don't know, 15 years.

And when she wasn't nursing, she was a farmer. And she's still a farmer. So she's a farmer's wife living in South Dakota. She's super sick. She's on three different inhalers.

She's got all of these different issues going on. And when we looked at the chemicals in her body, combined with the mold this woman has, oh, and I've never seen so many heavy metals in one person.

I'm just shocked that she's still alive. She's had she's had pre-cancerous cells, you know, in her breast. She's had all these different things going on.

But these chemicals, like 70% of the heavy metals that she had in her body, are all directly related to respiratory issues. And this is something that like the respiratory doctor, the pulmonary doctor has never once thought about looking at what's causing it.

She's just they just have her on like you know, one steroidal inhaler and two other inhalers. So she's on like three different inhalers. Never even, you know, never even having looked at her gut and the chemicals that are destroying her body.

Yeah. So she's somebody that because she's got a lot of gut issues, too, we're going to be stabilizing the gut first and then we're going to go in and we're going to start working on the mold and the chemicals and the heavy metals that are in her body.

Yeah, beautifully said. Wow. It's so interesting. It reminds me of an hour and that came to us in her early seventies and she had constant pneumonia. And that's actually why she left and retired early, even though she was like a dynamo.

She was running like half the hospital until after the small, small hospital. And she actually had had her gallbladder out and thought nothing of it. But her health really tanked ever since that surgery.

So she was just someone who could withstand, withstand, withstand. And by the time she got to us, she was on several medications. She'd been living in a beautiful farmhouse full of mold for decades and decades.

And we started supporting the gut first, you know, before getting into anything more, you know, systemic. And she started like dumping bowls and bowls of parasites like toilet bowls or parasites, just a little bit of support and just like out they came or bodies like get these out of me.

And you just you don't know what your body is capable of in terms of healing until you actually meet its needs and in the order that your body can tolerate support.

You know, I just love your emphasis on stabilizing and what that looks like for people so that your body has the energy and the capacity to do the healing work it wants to do.

I think it's something that's really often overlooked. And what would it what would it be like if we all met the body that way, you know? Uh huh. Oh, that's so true.

We have to, you know, that's our way of showing our body how much we love it and respect it. You know? Thank you for taking care of me. Thank you. I can't even believe that you've carried me around for this long.

When I you know, when when you know, when we've had all of these things that I mean, I'm so sorry. I didn't know we had these dogs. You know, these are the types of conversations that I that I will have with my clients about, you know, go in front of the mirror and use a mirror, work like tell your body how much that you love it and thank you.

Because, like I told this, this nurse, this farmer yesterday, I said, your body is so resilient and it's so strong and it has been carrying you for all these years, waiting for you to figure out what's wrong.

I said, please give so much thanks to your body and let your body know I've got you. I know what's going on now. I've got you. And we're going to be gentle and I'm going to help you, and we're going to take care of this.

She's probably going to have some reverse aging as well. You know, just getting all of these toxins out of her body first. Yeah, absolutely. Support that liver and could start doing all that funny anti-aging work at the.

Exactly fabulous. So one of the things you touch on this and and this is guys who were talking behind the scenes earlier and in a very deep way. I really want to give people the benefit of your perspective on this.

You mentioned, you know, that self-love piece and this consciousness piece and what a role it plays in our ability to heal our bodies and to give you a chance to give the folks listening some advice about that, not just the people who are have been struggling with their health for quite some time, but also the practitioners in the audience.

What would you say when it comes to the temperament or the resources you need at a consciousness level in order to heal? I would say that I think so many of us, we we truly don't resonate or understand or remember that there are many facets to this human experience.

So what what all of our viewers are seeing right now is they're seeing a physical a physical body that each of us are

sitting in. And but that is just one small fraction of who we are.

This physical 3D body that we get to borrow the bodysuit. Right. Is we get to borrow this for a period of time so that we can have the experiences that we get to have here on Earth.

We are and always have been before this body and after this body.

The role of thoughts, beliefs, and consciousness in healing

We are spirit. We are essence of our Creator. We are children of God. There are so many ways that you could say that, right? Depending on where you come from and what know what religion or what culture.

But I think many of us can acknowledge what we forget, right? Like we are spirit first and foremost. And so there are other facets to this human experience, hence that we have not tapped into.

And when we can learn to tap into our divine intelligence, to our God given gift of that divine intelligence and the super powers that we have, you know, Jesus wasn't just talking about it.

Yeah. I mean, he was trying to teach us, but it's I think for so many of us, it's just like we don't get it. It's just like over our head. Like we think, oh, well, yeah, you know, that was back then, but that doesn't happen now.

Or he was teaching in parables. What was he really trying to say? No, he was being pretty straightforward. He was a kind of a hippie due back in his time.

But he knew what he was talking about. And and he was trying to teach us to tap into our divine intelligence. And right now, for the first time in our recorded history, we're actually seeing the merging of science and spirituality.

And what does that mean? That means that we finally have the science to back what might have been considered woo back in the day right? We have the science to back that.

We can heal through thought alone. We can heal through our belief. So, you know, back in the biblical days, right back in the day, in the days and you're talking about, you know, have the faith of a mustard seed and like miracles can happen.

Well, I mean, what does that really mean? What does that really mean? I used to think that it meant, yeah, if I could just say it, that it'll happen. Well, now saying it and resonating with it are two different things.

Saying it and fully believing it are two different things. What you're saying when you're focused on, you know, God, please heal me or yes, I can heal, but what do you what do you really believe about yourself?

What do you really believe on the inside? What is the movie script about your life that you are believing and seeing? How do you what are the lenses through which you see yourself and the world around you?

What are your belief systems that the rest of the day are going through your mind that are creating the emotions that are dense? We all a lot of people call them negative.

I don't believe there are any negative emotions. There are they can be dense at times and, you know, that are leading to these dense emotions that we carry with us all day.

These emotions of anger and fear and anxiety and, you know, like what kind of thoughts are going through our head? Because if we can gain control of the monkey mind and if we can start to use it as a tool and think more with our infinite divine self, which is if we can start thinking from our heart like, you know, which is, which knows all, or like many of us, women will say, I should listen to my gut, I should listen to my gut.

My gut knew, but I, I overrode it with my mind and I made a mistake. Yes, yes. Pay attention to that and stop

saying that and start acting on it. Listen to your heart because your heart knows all right?

That's your divine self. That's your smarter brain. Learn to use what's between the ears as a tool. And then and then start understanding more about the essence of your spirit and how your energy systems are working.

Because you are energy before you are this human body, you are energy. It's the energy that is creating the physical manifestation. And if we can learn to master that, we can.

That is the most powerful medicine. Sinclair And even people like Dr. Joe Dispenza, he'spumping millions of dollars into research to show the science behind what I'm saying.

Right now, there's nothing more powerful to heal you or make you sick than your thoughts. What do you believe, right? And what emotions are those creating?

And so when we're workingwith our clients Sinclair, we teach them that your thoughts and your belief systems can be just as toxic as the lead in your body or the mold in your body, or the parasites that are in your body.

And so, yes, we're going to do all of the science stuff that you're more familiar with, doing all the labs. And yes, you can't do gluten. And yes, you've got this parasite and you got this mold and you got this this atrazine in your body and you've got all these other stuff.

But what are the mental and emotional toxins that are stuck inside of your body? Because if we don't address those too, those can those can prevent you from getting the long lasting and sustainable healing that you're really looking for.

And so when we're working with our people, we are teaching them about all of these things. And we're not only teaching them how to heal their gut, how to eat for, you know, whatever condition that they're working on because there really is bio individuality with food and and and what supplements are going to help you.

We're also teaching them how to uncover and address and remove the emotional toxins and the toxins that come in the form of thoughts and beliefs as well.

I think that's a really beautiful overview of all of the things that are hard to name and hard to call in in a in a science based world. But to your point, like, we have some really beautiful new data that really describes in a scientific way what has been mythology, what has been spirituality, territory until now, personal growth, territory.

You know, it's really it's all the same thing. And in so many ways, science is our mysticism. Language of this generation, this culture, right? So if you need to use statistics to justify the fact that you're a deeply powerful person and your thoughts can really shift your internal experience and really dictate a lot of it, great.

Use the science for that. That's just fine. Your body is brilliant either way. Exactly. Case in point, the case study that I just did in our inner circle calls that I do twice a month.

It's kind of like a podcast, but it's live so everybody can come on and listen and I did a case study on a doctor who had never had issues with her blood sugar, her blood glucose, never had issues, never had issues, never had issues.

And I show all the data back from, I think, 2018 or 2019 showing all the blood work. The annual blood work looked good, look good, look good, look good.

And then all of a sudden, she's full blown type two diabetes. And it had nothing to do with her food. It didn't even have anything to do with chemicals or mold because those things can cause massive blood glucose dysregulation as well.

Do you know what it was? It was her thoughts. It was her. It was how she was managing. It was the lens through

which she was looking at herself and the world around her.

She's a CEO, very, very busy, you know, multimillion dollar business and all of us. And all of a sudden she got sick. And and because we understand these concepts, we were able to figure out what it was.

It was. And so through thought alone, she healed not one supplement, not one change in her food. It was through thought alone that she was able to reverse that.

And I show the case study and we have it up on our YouTube channel now. So, you know, this is just a really good example. And we're going to be we are currently working on more case studies to show this concept of how this can be just as toxic as all of the physical things that we're already aware of.

Yeah, it's beautiful. Do you want to say anything else about that? That was me. Yeah, that was me. So it was, you know, it was it was not even really realizing, right.

We all get busy with the businesses and I did my lab work, my annual lab work. This is another reason why it's so important to do annual lab work. Don't wait until you get sick.

So I didn't even realize I was sick. You know, I knew I had a lot of stress going on. Every time we had a live event, I was getting like this, this respiratory kind of thing going on.

So I biohacking my way through it, but I just chalked it up to like, I don't know what's going on. Like, I'm busy, I don't have time to deal with this respiratory thing.

And my body decided to speak to me and it knew that I do. You know, this is the divine self at work. This is God at work. We are children of God. So I guess what does that make us right? This is the divine self.

I do annual bloodwork like pretty much like clockwork. I did my annual bloodwork and it was vital looking at the data that the alarms went off on. Oh, my God. What?

Oh, I have diabetes. How the heck did this happen? With a few more expletives, because I was really bad. I was like, What in the world? Like, I eat right, you know, all the things like I even do, I naturally fast.

So I, you know, I have to work to get the calories in because I'm typically not not even hungry. And and I had a I had to have a come to Jesus with myself.

I had to get right with myself. And I was really out of coherence with my with my heart. I was working too hard and I was feeling a little bit, you know, upset about it.

I felt overwhelmed. And and and what I ended up doing was sitting with myself and really going deep and uncovering some deeper emotions. Sinclair That were inside of me that were old, old, old patterns of back when I was a single mother.

And I had felt like I had to work, work, work, work, work to put food on the table like those patterns were coming up, even though on the surface I'm like, No, I'm working because I want to make a bigger impact, right? I want to help more people.

I want to figure out how can we bring the cost down on supplement protocols, how can we bring the number of protocols down? Because most people are on like 30 or more supplements.

It's kind of crazy like we like to bring it in to make it more sustainable and affordable. And I'm thinking all of that stuff. But underneath there was an old pattern that was ready to come up and be released and I wasn't slowing down enough to see it.

Once I slowed down enough to see it, I realized that there was some underlying anxiety and fear back from 30

years ago that I needed to address. And so as I started addressing that and doing some energy work to move my energy through my body, because my energy was getting stuck in my body and not moving through, then I was able to put on a new set of lenses.

I took these off, put on a new set of lenses. They were more rose colored glasses. Sinclair Right. And I started seeing things very differently. And the diabetes went away.

Boom. And I have the test just a few months later showing that it went right back into range again. And it all had to do with changing my perspective, being open to my perspective and being open to doing the deeper work inside of me to understand what was going on inside with my thoughts and with my emotions that was creating this issue.

And once I addressed that, the diabetes went away. Hmm. Wow.

Personal healing story and closing advice

What I love about what you shared just now is that, first of all, it takes a lot of courage to share your own personal health story. So I really appreciate you doing that.

And I also love that you took control of the situation. Use the tools that you know and that they actually worked and that you have such a beautiful success story in such a short amount of time, but also that you're giving the practitioners and the audience permission to take care of themselves.

Like we work on this a lot in our practitioner mentorship, the How to Avoid Burnout, How to have healthy boundaries when you're a healer like this is a very demanding, intense day and age to be a healer and certainly to be running a business where you're supporting people to heal.

So you got to walk. You talk, you got to take care of yourself. And I just really appreciate you sharing your story because I think it's going to inspire so many people.

Thank you. I hope it does, too. And you know, this is the other thing that I want to add, Sinclair, is that nobody is ever going to love you like you do.

Oh, what is ever going to take care of you like you do? And no one is going to be by your side when you cross back over into the spiritual realm except for you.

And you're going to have likely it's very possible that you're going to have some big regrets if you don't give your body mind and spirit, the honor and the love and the time and the acknowledgment that it deserves.

This is a gift for us to get to have this human experience. So, you know, let's not crash the Ferrari, guys. Let's learn the operations manual of how to operate this Ferrari.

Let's learn how to operate this so that we can have the maximum. Amazing experience is when you don't acknowledge yourself off. At the end of the day, how is that going to make you feel when you're getting ready to take your last breath?

Do you want to say, I did everything and I live the best life and I did everything I could to honor myself and to honor this gift that God has given me?

Or do you want to be laying on your bed, getting ready to go right and and and have full of regret. And so, I mean, I can just ended with that, right?

Like love yourself, love yourself, love yourself the way that the the way that we all deserve to love ourselves. Give yourself that time and honor yourself that way.

I say that's so beautiful. That's the perfect way to end. Yeah. Thank you. Find your work. Thank you. Yeah. Yeah.

Mm hmm. So if people want to learn more about what you do, where can they find you?

I would say probably you could go to our website, modernholistichealth.com. But probably just go check out our YouTube on Modern Holistic Health because we have so much, so many discussions, so many case studies like the one I shared with you.

We have so many things that that you can kind of just jump right in and listen and watch at your leisure. That's beautiful. Well, thanks so much for sharing your wisdom today and your personal journey.

And we just really appreciate you. Oh, thank you so much, Sinclair. I appreciate all of the amazing work that you do.