Introduction and Summit Welcome

Hey, everyone. Welcome to the Reversing Type 2 Diabetes Summit 2.0. I am your host, Dr. Beverly Yates, ND. It's my distinct honor, joy and delight to interview the amazing Sinclair Kennally.

She is a wonderful colleague and a person who has such a profound lived experience of reclaiming her health. She comes to this mission with a point of view that I think really needs to be heard and listened to carefully.

So make sure you turn off all your devices, give it your full attention, and take notes. We're going to talk to you today about the interplay between environmental toxicity and what goes on that, you know, interfere in either interferes with reversing type 2 diabetes or is a root cause issue with causing type 2 diabetes pre-diabetes and those kinds of things that make it so challenging to have good, healthy blood sugar.

So Sinclair, welcome to the Summit. Thank you so much, Beverly. It's such a joy to be here with you. I just love your advocacy work. And so it's it's always a joy to do this with you.

Thanks a bunch. I appreciate you being an advocate here and with us on this journey. You know, one of the things I think that is a missed opportunity is people really don't understand why environmental toxicity is a key thing to understand and something to heal from.

If that's part of the healing journey, part of the back story that has helped to gum up the work, so to speak, with blood sugar control, would you share with our audience some pertinent things about your background?

Of course, yeah. So I actually came to this the hard way. So I was actually in mental health first. I had a busy, thriving practice of helping people to, you know, release trauma, you know, somatic trauma release, which is deeply rewarding, fulfilling work.

I thought it like, Oh, this is my joy, this is my purpose. And then I got chronically ill. And so well, in fact, that I ended up in the hospital and I was Missouri patient X and they did not know what to do with me and I thought I was having a heart attack.

Sinclair's Health Crisis and Toxic Exposure Background

And I remember the hospital as actually being excited when I came in like, Oh, we got to light one here, let's roll up our sleeves, let's run the tests and and then how disinterested they got and annoying when I didn't have like a clear diagnosis, you know, the labs looked fine.

My EKG actually looked fine. The MRI, no, inconclusive like nothing there to look at, you know, So I was pretty scary. Somebody with no health insurance and was getting really freaked out about it.

And when I walked out of there, I didn't even check myself out, just pulled my jeans on my hospital gown And Michael, help me to the car. I thought I was going to die.

I it was really scary stuff. So I wish I could tell you that, you know, there was an immediate a high right after that, but actually took us eight years to figure out what was wrong with me and the the end to resolve it.

And the the short version is I had just been exposed to some toxins, just like everybody else that just infected me faster. So that would be when I talk about toxins.

What I am referring to is everyday stuff like mold, mold exposure in the home. I had it in my car too. I had it at work and the window sill leaking through and down into the carpet, you know, in our basements, but no big deal.

It wasn't like, Oh my God, the house is crumbling in front of my eyes. No, it's just mold. And also, what, heavy metals from my amalgam fillings and exposure from mom.

As a kid, I was her firstborn, which means you get more heavy metals than successive children. And that actually matters because Mom's body is designed to mobilize all the minerals, all the good stuff to help build a healthy baby.

But if there are heavy metals in there as well, and all of our mamas grew up in the leaded era, you know, a lot of Gaslighted papes, you know, all that stuff.

They were my mom was breaking mercury thermometers and playing with the Mercury with her friends in elementary school. She remembers that, Yeah, smoking.

Growing up around smoking, they smoked. So that's how you get cadmium buildup. So we have normalized this stuff. Right. And what we're experiencing right now in our culture is just we're hitting the tipping point, that's all.

We're like, why is anybody's exploding? Why is chronic illness exploding? Why are six out of ten of Americans actually have a chronic illness diagnosis like diabetes, like fibromyalgia, like all these things?

And 4% of the population had a chronic illness diagnosis back in the 1960s. Like this has happened fast, but we're getting an accumulative buildup in our generations.

That's why Grandma and Grandpa could get away with smoking, you know, and eating questionable choices. Lots of drinking. I know my my family's full of heavy drinkers, So and that was just normal, right?

Whereas now we have a huge swing the other way where we've got a lot of fragility, a lot of early onset issues that never used to be experienced in earlier midlife, including inflammatory diseases, lifestyle diseases.

You know, diabetes is called a lifestyle disease, but I don't think that has anything to do with willpower, actually. Thank you for bringing that point up.

I feel like people get blamed a lot and I've seen a lot of people work awfully hard to be healthy and in a working right. So, you know, there's more to it then eat less and move more.

That old 1950s advice, it doesn't work in 2024. So let's talk a little bit more about the environmental toxins. And thank you, Sinclair, for painting such a broad spectrum, big picture point of view around these sources of toxicity because they're ever present and we don't always give permission, whether it's things we were exposed to in the womb, things in our childhood, our young adult years, middle adult, older adult, where we may be on that age spectrum, you know, there was no consent implied in that toxicity exposure.

So how is it that environmental toxins can set someone up to then wind up with, say, type 2 diabetes or pre-diabetes? What's the pathway? What is it that people might recognize and how they live their life that leads them to this problem?

Though? That's the first part of the question.

How Environmental Toxins Drive Blood Sugar Problems

Yeah, it's a great question. So we have just a few factors that can make all the difference. And so if you're eating food that even you would consider is healthy, you're still getting exposed to herbicides and pesticides every day that are known to actually just regulate blood sugar.

They're known to cause leaky gut, they're known to cause problems in the liver. And actually, while, yes, we think about the pancreas as our, you know, blood sugar hard worker, really, it's always in relationship with the liver and gallbladder.

Right. Those are key components of digestion, lipid metabolism, and also in helping to process toxins of the liver and gallbladder get overloaded, your bile flow and your cholesterol immediately get impacted and actually put more and more pressure on the pancreas.

And so that set the body up for metabolic dysregulation, including insulin resistance. So it basically goes like this if you're going to really simplify this down and toxins come into the body, we already detox.

We have detox organs. We've always have. It's not that we don't have them. We just didn't evolve with these toxins so our body doesn't recognize them and doesn't have the capacity to efficiently process them in the way that we did with other toxins that we, you know, grew up with, so to speak, evolved with so like aluminum, you know, mercury, all these things were actually deep in the Earth's crust.

So it was led, you know, was very rare to get exposed to these things in previous generations. But we've been mining them and using them and adding them to our personal care products and our flower.

It's in our air pollution like it's all over the place now. The cat's out of the bag. So heavy metals, herbicides, pesticides, other fun, synthetic things like Zino estrogens, those are plastics usually, you know, phthalates.

These are all different classes of toxins, right? They're coming in through our food, air and water. And it doesn't have to be anything special. It really doesn't.

So those are the sources of exposure. Do you want to comment on that or anything before we talk about how they impact the body from there? Well, you know, you know, thanks for the question.

and as I thought. Before we went to record, you and I were exchanging, you know, just some thoughts about this. And right now I've been watching this Netflix special called You Are What You Eat.

You know, a study based on twins at Stanford, Stanford's down the street here. And one of the things that's so interesting to me is it makes many the points I've been saying for years, which is that we have bio individuals, sponsors to foods, to environmental exposures, to stress, etc..

It's no it's there's no such thing as one size fits all, which is really vexing this. Health professionals want to be able to say, do this and you'll have a fantastic, healthy life.

It ain't like that, you guys. And because we have that, whether it's genetic or environmental expression of what we're exposed to and how we interact with it, this means we have different vulnerabilities.

So when you look at these environmental toxins, part of what you and I were saying was that literally one of the things they showed on the show was people like, say, in eastern North Carolina who are around these commercial scale hog farms, who live by these production facilities that raise these hogs for slaughter.

So they're raised en masse in terrible conditions for the agriculture process, and they're literally spraying pig poop through the air to empty out these ponds where they aggregate all of the runoff from where they have these pigs in these giant facilities, because, of course, these pigs are poop in lots every day and they're not out living their normal natural life at all.

And so there's all this urine and poop that is that is concentrated in these pig poop ponds and then sprayed into the community. Literally, there's people flying through the air and you can't help but notice that one of the people that they interview there clearly has pretty profound insulin resistance.

And I have to wonder, you know, that woman's being poisoned, the whole community is. And when you're breathing in the feces of another animal like that, another creature, another, you know, mammal, that can't be good for your microbiome, Of course, people will have an increased expression of insulin resistance, type two, diabetes, prediabetes.

Yet in these very same communities, whether it's low income communities, communities of color, the intersection here of people who don't have that political power, they're probably much more likely to have type two diabetes free diabetes, but they're going to be blamed for it as if they woke up in the morning saying, How can I screw up my health the day when actually the setup is such that how could they have had any other outcome?

Like it's terrible that we allow this to happen. But anyway, let's put the mic back in your hands. What are you. Sorry? Well, here's first we have to acknowledge that this we're we inherited this world.

This is not your fault. If you're listening to this, right, it's still your job to fix it. Absolutely. Go ahead. It's all it's all doable. It really is.

Because honestly, I am very lazy as somebody, you know, when it comes to self care. Like, I'll work really hard to take care of other people. That's my joy.

But it's a little hard for me to do that for myself. And that's something that I've always had to work on in order to be able to do the healing work. So I always want to know, is there a shortcut?

Is there an easy button? Can I just give to the end of the line, please? Like, do I really have to do all this crap? And actually, yeah.

Mold, Parasites, and Hidden Causes of Blood Sugar Dysregulation

Do you want to adopt a clean lifestyle? So it means reducing the amount of toxins coming in is going to ease up all this pressure on your body. Because like I said, your body knows how to detox.

It does need, though, some strategic support in this day and age because it did not evolve with the stuff and aphorism study. And that I'd love to quote shows that in 2008 they were averaging ten toxins.

Purcell And then the study was repeated and this is over 500. Oh no, it's over 1200 different test subjects, both from Europe and the US. So we were averaging ten toxins.

Purcell in 2008, which is a substantial body load and that infects your mitochondria. That in fact affects major metabolic processing, you know, needs for the body, all of it, your capacity to deal with blood sugar processing appropriately.

You know your endocrine system has major downstream effects for all those things that studies repeated ten years later in 2018. And they were then measuring 500 toxins, personal.

Oh, wow, that's quite a jump. Ten toxins per saw, the 500 toxins per a ten year time period. And again, that was an aphorism study. So it's interesting to see and also really helpful to know like, oh, this is actually a fast moving target.

This is rapidly developing. And my great aunt's diabetes, I did have a great aunt who had diabetes is not the same as my pre-diabetes and type two diabetes challenges, which I had to resolve and reverse.

And it's not the same as my sister's PCOS and Type two diabetes and her obesity. We had different toxin exposures in the womb. We had different toxin exposures in early life.

And so we have to have new strategies today. Absolutely new strategies. We got to update it because the threat is coming from many different directions.

You know, back in the day, people's biggest some of their biggest issues, they weren't the only ones. And I'm not trying to say it was awesome back in the day.

It was not. There were some other real social and civil issues. But one of the things from the health point of view

was just having access to clean, reliable sources of water, you know, and the air, unless you live right by a factory or right by a train tracks or something, you probably didn't have a lot of toxicity in your air.

Whereas today this stuff travels around the globe and people are not spared. They might live somewhere they think of as pristine. I don't know if that even still really exists.

Yeah, it's a really good point. So the the there is no away anymore. Like we are getting pollution in China here on the west coast of the U. S. and actually within 24 hours of Fukushima happening, Vermont dairy farmers were noticing an uptick in their radioactive element measurements.

There is no away anymore. So what can we do? Well, we can choose our local and our very, you know, close exposures. So that means throwing out the air fresheners, throwing out the synthetic candles, any of that junk that we have been socialized.

That looks fun. You know, it looks delightful. But you're tricking your brain with super neurotoxic substances that are just adding workload to your liver and putting a lot of pressure on you metabolically so that, yeah, you are more prone to diabetes.

And it sounds like a small thing, but we actually start with throwing stuff out and we really focus on whatever clean water you can get within your budget.

There's always a step further that you can take to filter your water to reduce your toxic exposure through water. Most people don't even like to drink water.

You know why? Because it's toxic if you actually get really well filtered water or even distilled water, your relationship to water will completely change.

So I'm drinking distilled water that's been structured with trace minerals and it tastes amazing. Like this is really fun for me to drink. Like that's it's entertaining, actually.

So yeah. My body's like, yeah, you know, and it's so it's the opposite of that tap water that you think you're supposed to drink instead of the soda, you know.

And I know most people watching this are not drinking soda. You left that far behind. But that's it's something to remember. Like step one is actually remove the toxins.

So to see everything with fresh eyes in our world and go, do I have control over it, yes or no? If yes, let's assess the toxicity and can I just remove it or replace it within my budget so that I have less body burden, which means less pills for you, less struggle with your health.

That's great. That's that's a wonderful way to answer. What I was going to ask for. Part two of the question is now, what do we do about it as we identify these sources?

Because they're multifactorial and like I said, there's no consent. We do have to breathe. We do need to drink something. We do need to eat something like this is real, right?

So now what do you do? Okay. So as we keep our advice practical and actionable, so friends, we're going to continue this conversation. At this point, if you've purchased a premium package, we will welcome you and you'll be able to hear the rest of what Sinclair Kamali is going to share with us.

And if you're here for the free version, great. I love that you're participating here at the summit. Would you be so kind to share with everyone you know, so we can get the most benefit and get as many people on that healthy path as possible?

Thank you for your participation. Let's make sure in the second half that we talk about the type of talks that we

haven't talked about, how to resolve it for free, that really just regulates blood sugar.

So let's make sure we leave time for that. Okay? All right. So let me do this so that this audio people know. Okay. So as we can hear the second part of this interview, Sinclair Kamali will give us insights on a particular toxin that disrupts blood sugar and what you can do about it.

All right, Sinclair, take it away. So we've been talking so far about industrial chemicals and heavy metals. Basically, that's been the realm of toxin that we've been talking about.

And a little goes a long way. They can really disrupt your basic metabolic processes, slow down your mitochondria to the point where they're no longer energy producing little power plants in your cells.

They're actually signaling that they're in danger because they've been poisoned with these toxins. So it doesn't take much. But what we're going to do first is reduce our exposure, you know, throw out whatever you can go for, you know, gentle personal care products, gentle home care products, simple food.

If you're healing, I strongly recommend simple foods no matter what your tastebuds say. And there's always a way to simplify food, simplify toxin exposure so that it's just easier on your body.

You want food to be super easy to digest when you're working on healing. So that means don't microwave it in plastics. That means no 70 ingredient vegan bowls with, you know, umpteen million seeds in there where your body's like, Oh my God, the only energy I have today I have to use breaking down all of this birdseed.

Are you kidding me? And you're like, Why don't I heal? And I feel better, you know, because you're, like, overloading yourself with superfoods. So Dr.

Beverly is an amazing expert on the lifestyle piece and the nutrition piece. I will leave that to her. I'm sure she's covering that in the summit. I'll just say food should be nontoxic and food should be super simple to digest.

Anything you want to add to that, my love? Yeah. And food should be tasty. Both don't suffer. If you like spicy food, make it spicy, but do keep it simple.

All right. Go ahead, Sinclair. But that's great. Yeah. So from there, we also need to talk about a couple of other toxins. And one of them, actually, that has a really, really strong type two diabetes is not.

I had a friend who is a fitness expert and she's, you know, a published author on the topic. She takes very good care of herself. She's very serious about eating a healthy lifestyle, you know, mind, body, spirit, all of it.

And she suddenly had very scary wild swings in blood sugar.

EMFs, Wi-Fi, and Free Steps to Reduce Exposure

And it came out of nowhere. And she was getting some really, really scary reports from her endocrinologists who were throwing up their hands and saying, I don't know, but if we don't fix this, you're going to die.

So really drastic stuff. And she was only up in the air a lot. And I said, have you checked your house for meals? Oh, no, definitely couldn't be that.

And know we live here in San Diego. We don't get mold here. Is that. Yes, we do. Mold doesn't have a region, guys. It can be in your age system. Mold thrives in with leaks.

It can be new homes, old homes. Doesn't matter. Mold loves to set up shop. So you've got to check for this piece. Okay. And you can do that with cheap plates from Immunologic scum.

That's my favorite place to do it from. Cost 35 bucks a plate. If you see mold blooming on the plate. Yeah, maybe

you want to get it analyzed. You can call them real people.

We'll talk you through the process. You don't have to be able to afford a mold expert. I don't recommend going to a mold expert first because they are highly financially incentivized to find a problem and drain your civic life savings.

It doesn't. There are lots of good people out there that are mold investigators, mold, mitigators, mold experts. And at the same time, because there's no central regulation standard for mold assessors, I strongly encourage you to get your own layer of information first before talking to a local expert.

That's great advice. That's absolutely true. In some communities for real estate, when homes are inspected are mold is part of the inspection and it's also the law in some places.

Not all that If you are the inspector of the home, you cannot own or have any affiliation with a company that will come to do any mold remediation in order to get rid of that conflict of interest.

So thank you for bringing that up. I love that. Yeah, let's hope more places catch on like that. Right? But for now, we're definitely on our own. So then assess for mold.

So back to my friend. No, definitely not. Blah, blah, blah. And it's like, well, the first two places I would look for sudden onset blood sugar issues would be mold.

Given your nontoxic lifestyle would be mold and parasites. So have you assessed for those so that. No, I wouldn't have those. I would know it. I would have seen them in my poop or something.

And honestly, parasites are sneaky little guys. They don't want you to know they're there. They want to feed at your table, so to speak, because they get to eat your food first.

They also get to eat your neurotransmitters first, your serotonin, your GABA, all your good feel and stuff that you make in the gut. And they want to live off of you for, you know, indefinitely.

So you don't see them unless you go looking. And unfortunately, it is difficult to test for parasites. You can do stool tests, you can do, you know, blood serum test to look at Basil Felicio centerfolds and see if they're elevated or not.

But that's not necessarily conclusive. So by all means, do the tests if you want to. You can also just do the Parowan challenge where you take, you know, standard dosing of parowan and which is most Percocet.

It's a very sticky fiber and see what comes out in the toilet. So it turns out that, yes, in fact, she did have a serious mold issue from a leak in her kitchen and it was behind her sink in the pantry and they had to rip open laws and they actually had to leave the house.

But as soon as she did, as soon as she got out of the mold, and as soon as she started tackling her parasites, her blood sugar completely changed. And she was no longer the first.

She got diagnosed as type two diabetic. Then she got diagnosed with type one. And then they said, I don't know what if we don't figure this out, you might be dead soon.

We think you have pancreatic cancer. No, we can't find a tumor. Like it was just all very scary. And it's because blood sugar dysregulation can be onset by these toxin factors.

And your doctor has not necessarily trained to look for them. So those are two classes of toxins that we haven't talked about yet. But I know you want to leave time for the free one, two.

That can change everything for folks. So. Absolutely. So let's jump over to that. Everyone can change everything for folks, because I know people are struggling with these environmental toxicity burdens and it's often a root cause issue and it's particularly pertinent for people who are doing all the smart stuff and still don't have good blood sugar

control. Right?

They're doing all the work. We want them to get the reward. Go ahead. Yeah. So I totally agree. And I was the same way. You know, I, I was living in that car when Crash cycle, you know, and I had, you know, the big belly.

I had the all the type two diabetes stuff. I looked at estrogen dominant like I was weepy and emotional, all the fun things, you know, super cute and got the acne.

Oh, things. And it was my mold exposure, the heavy metals, the toxins. We've already talked about it. It was also exposure to EMFs and even know what those were at the time.

And then as soon as I found out, I got instantly annoyed and hoped I didn't have to do anything about that. But now I teach about that because they do really change your life.

If you change how you interact with the maps, EMF stands for electromagnetic fields, but what we're really talking about is the way electricity and RF, that's radio frequency can interact with the body and distort the body's own ability to stay healthy.

So mean is and this has happened ever since we brought electricity into the home. It's just we have so much more of it now and so rapidly. So many more devices, so many so much more circuitry, you know, all that junk.

And also, honestly, terrible enforcement of building codes like the number of wiring errors we found in our our clients homes is off the charts. If you have a wiring error in your wall can actually dramatically increase your body voltage.

So one of the things you can do is assess what's my body voltage in bed, So you get a bevy of body voltage, get and you can actually make one of these with parts from Home Depot online or you can just buy one online body voltage kit and assess, hey, when I'm laying in bed in my normal sleeping position, which means my body is interacting with the electrical currents behind me in the wall and in the room, you know, above me and below me as per usual.

What's my body voltage? Am I getting overloaded by the electricity around me or not? Because you have an electrical field. That's what you're measuring on an EKG, right?

For your heart. So we don't want that to be interrupted because that can actually create dramatic spikes in blood sugar. Like my wonderful mother in law was actually put on medication for diabetes that she didn't even have because she was sleeping in a high body voltage area and we didn't know it.

And she was terrorized about her supposed diabetes for over ten years before her son, my partner Michael, figured this out. So as soon as we resolve that her and Mike, she had already made a couple of days chefs.

So I'm sure that helped. But those were the two biggest factors for her. So you can start by unplugging things around your bed if you don't want to measure. But really the Meters tell the story.

So we want to we want to go after the real information because we love science. So yeah. Yeah. Technical guess, real science. I, I think this is again, underappreciated and people have so many more gizmos and devices and like you said, poor adherence or non-adherence to building codes.

Right. They may have as they may be being subjected to electromagnetic fields at an intensity that would be surprising. And if you test for it, then you will find out.

You know, one of the things that I started to think about with diabetes is that it's really one face of many of sick building syndrome. Yeah. And that is, you know, also being poisoned with what's in our food.

So nothing to do with willpower at all? Nope, not that simple, because I know plenty of people who eat really well,

exercise regularly, are taking care of themselves, who still struggle with their blood sugar.

And I also know plenty of people who don't seem to care about their health at all. Throw caution to the wind, yet blood sugar has not broken for them, right?

It's not a 1 to 1. It just isn't. Yeah, that's really well said. So the last thing that you can do for free and it's going to sound dumb, I've certainly thought it was dumb is to turn off your Wi-Fi router at night because you are much more susceptible to those frequencies that are you're getting blasted with.

Your Wi-Fi router is basically a tiny cell phone tower. And we brought them into our homes and they do disrupt blood sugar. In fact, you can get major blood sugar spikes just by getting exposed to Wi-Fi and you're much more susceptible while you're asleep when your body needs to be regenerating tissue and also processing out toxins and getting ready for excretion.

So we need that break from this tech heavy lifestyle.

Closing Remarks and Where to Find Sinclair

And if you give it to yourself, like watch with your whirring, watch with your continuous glucose monitor, like watch what happens when you actually remove, unplug the stuff around your bed, turn off the Wi-Fi router at night, watch how much your the other inputs they already doing for health.

You can go so much further you know the your labs will tell the story and it's free. Yeah it's free it's simple just unplug it and see how you do. Yeah cool.

Michael did it and I was so annoyed at him, but he didn't take the time to explain it to me and that there's actually over 14,000 studies done on this now.

And there's amazing pioneering work done by Dr. Martin Paul and Professor Mike. To have us like these are amazing researchers that are sounding the alarm for us.

We just don't want to listen because there's a lot of money involved in tech and it's super fun and convenient to. Yeah, yeah. People often want the path of least resistance, whatever's easiest, right?

I would imagine with these wide fried routers, you would also put in there the mesh network devices as well. Yes, absolutely. Absolutely. So I did. Your right on your electricity.

For those of you don't know what a mesh network is, go ahead. Yeah. Yeah. And ideally, you'd be exercising like smart device hygiene while you're sleeping.

So not just your Wi-Fi router, but also turn your phone on airplane mode and and whatever other devices like you don't need a wireless printer low down right by your head while you sleep.

You also don't need that plugged in right by your desk while you work either. Like how many times a day do you really use your Wi-Fi printer? Like we need to have some some common sense about this stuff if that can jack up your blood sugar, if that can actually slow down your tissue regeneration, which means you're aging in fast forward, do you really need it turned on all the time?

Probably not. You know. So you doing a little bit of EMF hygiene could mean a whole lot less pills for you in the future. Well said. Thank you for bringing that point forward and making it really clear, you know, there's science behind all of this.

It's not conjecture, nor is it being afraid of being in the 21st century. We want to 21st century the service and not destroy our health. Yeah, that's really beautifully said.

I think this is really just about a step at a time. And if you focus on reducing your burden, you will get a nice energy increase over time that makes you know, the the bigger commitment stuff to heal a whole lot easier.

Beautifully said. Thank you so much, Sinclair Kennally for being a wonderful speaker here on our Summit. Friends, please do share the Summit broadly and widely shared via email, social media, lots of ways to do it, but make sure that you're supported as you go forward in your own health journey.

So the people around you have great information, too. And if you're excited by this talk, other talks that we have, share them. Because then if other people watch and listen, they'll be better able to find out what it is that you're interested in, what works, why you're excited, etc.

We have this moment in time where human health is under direct threat. We have never, ever seen this many people with prediabetes and type 2 diabetes ever in human history.

We just simply haven't in the last 10 to 15 years has really accelerated. And this was before the pandemic. And now since the pandemic, metabolic health of many kinds is just in complete disarray.

So thank you for being here with our summit speakers and our sponsors. Please be sure to check out everyone's information. And as we wrap Sinclair, please tell us where can people find out more information about you?

Well, first, I want to say thank you for your advocacy in the space, because I think so many people talking about diabetes especially are a part of the system that is broken.

And you were trying to change that system. You know, and I'm just getting goosebumps thinking about everything that you have done for this community right now.

And I the problem with diabetes is you you are marked as a perfect customer for the long term for big Pharma. So please only trust people like Dr. Beverly who want you to be a success story instead of a customer.

Okay? And I mean, that's what we do, you know, that's you can come hang out with us at detoxrejuvenation.com. That's so we teach people how to be the CEO of their own health.

I'm an expert in chronic digestive conditions you know that's what we do to resolve every day. And people also know me as a “The Liver Lady” because I help people save their gallbladder or recover from gall bladder surgery that didn't fix anything anyway.

So you can also hang out with us on Instagram @detoxrejuvenation, or me personally, Sinclair Kennally and listen to our podcast, Your Health Reset, where we unpack all the stuff and doable way.

This doesn't have to be hard. It doesn't have to feel like shit. You can celebrate every single step along the way and be super proud of yourself for taking your health into your own hands.

Yeah, well said. All right, friends. Hope you got lots of value out of the session. Be sure to share. Thanks for being a part of The Reversing Type 2 Diabetes Summit 2.0.

Thank you, Sinclair.