The Importance of Self-Assessment

If you're someone who's already done the If you're someone who's already done the research, maybe tried functional research, maybe tried functional medicine, a bunch of labs, a cleanse, medicine, a bunch of labs, a cleanse, different diets, and you still feel like different diets, and you still feel like something deeper is being missed, I'd something deeper is being missed, I'd love for you to take our Root Cause love for you to take our Root Cause Quiz. It's a short, thoughtful Quiz. It's a short, thoughtful assessment designed to help you see assessment designed to help you see patterns that might not have been patterns that might not have been detected yet. Things like hidden toxin detected yet. Things like hidden toxin exposure or nervous system overload or exposure or nervous system overload or gut disruption or mold exposure past or gut disruption or mold exposure past or present. It's completely free, and it present. It's completely free, and it takes just a few minutes. You'll find takes just a few minutes. You'll find the link in the description below. Take the link in the description below. Take it and see what shows up, and let's it and see what shows up, and let's start making sense of what your body's start making sense of what your body's been trying to tell you. So many your been trying to tell you. So many your body's not making a mistake. It's trying body's not making a mistake. It's trying to share with you, "Hey, I'm doing the to share with you, "Hey, I'm doing the best I can under all of these stressors best I can under all of these stressors that I've been put under." And it all that I've been put under." And it all makes logical sense once you can connect makes logical sense once you can connect the dots. Why is your skin talking to the dots. Why is your skin talking to you? Maybe it's even shouting at you.

you? Maybe it's even shouting at you. We're going to talk about the root We're going to talk about the root causes of that today, and what people causes of that today, and what people often overlook, even seasoned often overlook, even seasoned practitioners. So, we're going to talk practitioners. So, we're going to talk today about healing the hidden gut today about healing the hidden gut triggers behind psoriasis, eczema, triggers behind psoriasis, eczema, rosacea, and acne. So, this is what rosacea, and acne. So, this is what you'll learn. How gut dysfunction you'll learn. How gut dysfunction triggers skin inflammation. This is a triggers skin inflammation. This is a really important thing to start really important thing to start unpacking for yourself. Do not wait for unpacking for yourself. Do not wait for your doctor to explain this to you. They your doctor to explain this to you. They are still catching up, and it's not are still catching up, and it's not their fault. It's how the system is their fault. It's how the system is working right now. So, we want to working right now. So, we want to discover the hidden pathways connecting discover the hidden pathways connecting your digestive system to persistent skin your digestive system to persistent skin issues like psoriasis, eczema, rosacea, issues like psoriasis, eczema, rosacea, and acne. We're going to talk about the and acne. We're going to talk about the hidden connection between leaky gut and hidden connection between leaky gut and food sensitivities and histamine food sensitivities and histamine reactions, and those chronic infections reactions, and those chronic infections that keep your skin flaring up. And why that keep your skin flaring up. And why topical treatments keep failing. Are topical treatments keep failing. Are they actually make the underlying gut they actually make the underlying gut skin problems worse by masking symptoms skin problems worse by masking symptoms without addressing root causes of the without addressing root causes of the net and creating a bigger problem for net and creating a bigger problem for your body to deal with down the road.

your body to deal with down the road. Anybody gone through topical steroid Anybody gone through topical steroid withdrawal? It is very, very difficult, withdrawal? It is very, very difficult, very uncomfortable. And if that's you, very uncomfortable. And if that's you, don't worry, you're in the right place.

don't worry, you're in the right place. You're not alone, and it is solvable. I You're not alone, and it is solvable. I know this is stuff is really frustrating know this is stuff is really frustrating when you're going through it, but the when you're going through it, but the good news is we can talk about hard good news is we can talk about hard things, and we can face them together as things, and we can face them together as a community because it is solvable. We a community because it is solvable. We want to talk about the elements that get want to talk about the

elements that get overlooked in a protocol and what it overlooked in a protocol and what it takes to actually create an approach takes to actually create an approach that works. So, let's start with your that works. So, let's start with your histamine symptom tracker. Is this histamine symptom tracker. Is this resonating for anybody? Did you already resonating for anybody? Did you already know? This is a really important thing know? This is a really important thing to start assessing for yourself if you to start assessing for yourself if you have any skin issues at all. Do not wait have any skin issues at all. Do not wait for a practitioner to spot this in you.

for a practitioner to spot this in you. So, one of the things we want to So, one of the things we want to consider is like, do I have rashes, consider is like, do I have rashes, itching, fatigue, irritated eyes, itching, fatigue, irritated eyes, flushing, anxiety, maybe panic attacks, flushing, anxiety, maybe panic attacks, or depression, or fatigue, or dizziness?

or depression, or fatigue, or dizziness? If you're new to considering if If you're new to considering if histamine is an issue for you, I just histamine is an issue for you, I just invite you to take your time with this invite you to take your time with this and start using this histamine tracker and start using this histamine tracker for yourself over time. Your job, if for yourself over time. Your job, if you're going to heal yourself, and you're going to heal yourself, and that's what we all want, is to be the that's what we all want, is to be the CEO of our own health, right? Is to CEO of our own health, right? Is to start noticing the patterns, tracking start noticing the patterns, tracking the patterns for yourself. When I do the patterns for yourself.

Understanding the Role of the Skin

When I do this, X happens. It puts you back in the this, X happens. It puts you back in the driver's seat. So, let's unpack why that driver's seat. So, let's unpack why that might be from your skin's perspective.

might be from your skin's perspective. Your skin is like an early warning Your skin is like an early warning system, right? And it's going to try to system, right? And it's going to try to act as a second liver for you if your act as a second liver for you if your liver can't keep up or if there's liver can't keep up or if there's distress in the gut. So, you know how distress in the gut. So, you know how there's like, you know, Hippocrates there's like, you know, Hippocrates saying like, "Oh, all disease starts in saying like, "Oh, all disease starts in the gut." It's not untrue. It's actually the gut." It's not untrue. It's actually more true today than ever before. We more true today than ever before. We want to explore why though. Like, that's want to explore why though. Like, that's not where we would end the conversation.

not where we would end the conversation. That's just where we would start it. But That's just where we would start it. But we definitely want to start looking at we definitely want to start looking at this from a lens of toxin overload this from a lens of toxin overload because we have all been exposed to because we have all been exposed to toxins against our will. You did not toxins against our will. You did not consent to the pollution in the air. You consent to the pollution in the air. You did not consent to the molds in your did not consent to the molds in your classroom in high school when you're classroom in high school when you're growing up. The first apartment, you growing up. The first apartment, you know, you're getting a water leak and know, you're getting a water leak and the landlord turning a blind eye and not the landlord turning a blind eye and not wanting to deal with it. You did not wanting to deal with it. You did not consent to that burden of mold that consent to that burden of mold that happened over time in your body because happened over time in your body because of those prior exposures. You did not of those prior exposures. You did not consent to herbicides and pesticides.

consent to herbicides and pesticides. You just didn't. If you had known the You just didn't. If you had known the cost to your body and how it would feel cost to your body and how it would feel on your skin, there's no way you would on your skin, there's no way you would have agreed to it. I know that for sure have agreed to it. I know that for sure because everybody wants to feel good and because everybody wants to feel good and at home in their own body. So, I just at home in their own body.

The Problem with Quick Fixes

So, I just want to like call your attention to this want to like call your attention to this and start really connecting the

dots and start really connecting the dots here because we can do something about here because we can do something about this as soon as we understand the this as soon as we understand the factors. It's a waste of time to just factors. It's a waste of time to just throw one-hit product wonders at this throw one-hit product wonders at this and get sucked into people's marketing and get sucked into people's marketing like this one supplement can fix like this one supplement can fix everything. Come on now. Let's be everything. Come on now. Let's be smarter than, right? Let's make really smarter than, right? Let's make really smart, reasoned decisions that's going smart, reasoned decisions that's going to support you systematically.

to support you systematically. So, we got to talk about the problem in So, we got to talk about the problem in depth in order to do that. Your skin is depth in order to do that. Your skin is not the problem, first of all. We need not the problem, first of all. We need to unhook from that concept. It's the to unhook from that concept. It's the frustrating part, for sure, but it's frustrating part, for sure, but it's just the messenger. It's not actually just the messenger. It's not actually the root cause. I think about this the root cause.

A Case Study

I think about this wonderful client. He's a really good wonderful client. He's a really good illustrative example of this. This poor illustrative example of this. This poor guy had candidiasis. He had mast cell guy had candidiasis. He had mast cell activation syndrome. He had steroid activation syndrome. He had steroid withdrawal. This is very difficult for withdrawal. This is very difficult for him, and it came with a lot of emotional him, and it came with a lot of emotional ups and downs as well. He who discovered ups and downs as well. He who discovered the hard way that when he had the skin the hard way that when he had the skin condition develop almost overnight, that condition develop almost overnight, that life stress was a real trigger for him.

life stress was a real trigger for him. But what we he didn't realize was that But what we he didn't realize was that um this had been building up for years um this had been building up for years under the surface in his gut, in the under the surface in his gut, in the terrain of his body. It's almost like terrain of his body. It's almost like the alarm cells went on when he hit a the alarm cells went on when he hit a certain big life stress event moment, certain big life stress event moment, and he thought, "Oh, okay. So, this is and he thought, "Oh, okay. So, this is all stress related." Anybody had a skin all stress related." Anybody had a skin flare because of stress? It's extremely flare because of stress? It's extremely distracting, isn't it? And it feels so distracting, isn't it? And it feels so obvious. So, he thought, "Oh, this is obvious. So, he thought, "Oh, this is stress driven." Because that's when it stress driven." Because that's when it started. It was a big life stressful started. It was a big life stressful event. He was scared for his wife's event. He was scared for his wife's well-being and her health. He thought well-being and her health. He thought for sure, "Okay, so this is the stress for sure, "Okay, so this is the stress driven." But actually, once we unpacked driven." But actually, once we unpacked it together, first he tried all the it together, first he tried all the wrong stuff first, right? Steroids to wrong stuff first, right? Steroids to suppress it. Then he had to go through suppress it. Then he had to go through steroid withdrawal, which was very, very steroid withdrawal, which was very, very difficult on him. He went to functional difficult on him. He went to functional medicine doctors who were like, "Oh, medicine doctors who were like, "Oh, well, I have this ozonated sauna. Let's well, I have this ozonated sauna. Let's throw you in there and see what throw you in there and see what happens." Big mistake. Huge flare-happens." Big mistake. Huge flare-up. It took months to calm down before he found took months to calm down before he found us. He tried juicing, right? He was us. He tried juicing, right? He was trying the, you know, the Channeler's um trying the, you know, the Channeler's um juicing and um smoothie recipes, and juicing and um smoothie recipes, and feeling bad about himself that, "Wow, feeling bad about himself that, "Wow, I'm trying to play such a clean game.

I'm trying to play such a clean game. Why don't I get better? What's wrong Why don't I get better? What's wrong with me?" with me?" And what we don't realize with so many And what we don't realize with so many of those protocols is even if, for of those protocols is even if, for example, it was a good idea, like an example, it was a good idea, like an ozonated sauna is a very cool piece of ozonated sauna is a very cool piece of equipment, but it's usually the wrong equipment, but it's usually the wrong thing too early in the game without thing too early in the game without enough terrain support. So, nice idea, enough terrain support. So, nice idea, really wrong time. Terrible, terrible really wrong time. Terrible, terrible time for him in his healing journey. So, time for him in his healing journey. So, I do not recommend that early on in your I do not recommend that early on in your healing.

Something like juices sound healing. Something like juices sound good, but in practice, they're histamine good, but in practice, they're histamine and oxalate bombs. And when you have and oxalate bombs. And when you have skin issues, you don't have the skin issues, you don't have the resilience to withstand that. So, you're resilience to withstand that. So, you're actually accelerating the issue without actually accelerating the issue without realizing it for so many of you. So, we realizing it for so many of you. So, we just want to consider that. If you've just want to consider that. If you've ever tried like a juicing or a smoothie ever tried like a juicing or a smoothie or a cleanse and been frustrated by the or a cleanse and been frustrated by the results, that's why we want to take a results, that's why we want to take a deeper look at food irritants like deeper look at food irritants like oxalates and histamines for you. So, oxalates and histamines for you. So, this poor guy had candidiasis, this poor guy had candidiasis, MCAS, anxiety, depression, histamine MCAS, anxiety, depression, histamine intolerance without realizing it, and intolerance without realizing it, and major gut distress without even major gut distress without even realizing it because what he was focused realizing it because what he was focused on was his skin. He's like, "You know on was his skin. He's like, "You know what? It's not my gut. I mean, yeah, what? It's not my gut. I mean, yeah, like I don't feel good after I eat, but like I don't feel good after I eat, but whatever. I can tolerate that. My skin whatever. I can tolerate that. My skin is the problem." But his skin was is the problem." But his skin was actually just screaming out, "Hey, actually just screaming out, "Hey, there's something deeper going on here." there's something deeper going on here." So, what I want you to see is the photos So, what I want you to see is the photos at the top was where he started, this at the top was where he started, this unlivable itching. He couldn't sleep at unlivable itching. He couldn't sleep at night. He would scratch till he bled. He night. He would scratch till he bled. He could not help himself. And then this is could not help himself. And then this is what he looked like a few months later.

what he looked like a few months later. Now, he worked this. Now, he worked this. He dove in. Man, he committed. This was He dove in. Man, he committed. This was not a wishy-washy event for him because not a wishy-washy event for him because he had to get back to being a dad and he had to get back to being a dad and running his business. Like, he did not running his business. Like, he did not have an option. And he really committed.

have an option. And he really committed. This is what's possible even if you have This is what's possible even if you have serious skin conditions. He also was serious skin conditions. He also was living in mold, and he didn't realize it living in mold, and he didn't realize it at the time. He had prior mold exposure.

at the time. He had prior mold exposure. He had exposure to chemicals from being He had exposure to chemicals from being construction in his early years, and he construction in his early years, and he had amalgam fillings that he wasn't had amalgam fillings that he wasn't considering as part of the picture.

considering as part of the picture. Heavy metals can absolutely drive skin Heavy metals can absolutely drive skin conditions over time. Isn't that conditions over time. Isn't that interesting? Because heavy metals are interesting? Because heavy metals are really hard for the body to excrete. So, really hard for the body to excrete. So, they often recirculate and go into they often recirculate and go into storage. And one of the ways that your storage. And one of the ways that your body will try to stabilize body will try to stabilize heavy metals is to actually allow things heavy metals is to actually allow things like fungus or candida, in his case, to like fungus or candida, in his case, to overgrow in the organs and under his overgrow in the organs and under his skin to stabilize his heavy metal load.

skin to stabilize his heavy metal load. So, none of this is an accident. He So, none of this is an accident. He earned this skin condition over time. earned this skin condition over time.

Skin is the Smoke Signal

And once we start looking at it through And once we start looking at it through that lens, we can actually start to that lens, we can actually start to unpack these things over time in a way unpack these things over time in a way that is safe. So, what we want to that is safe. So, what we want to consider first of all with any skin consider first of all with any skin issue is what's going on in the gut, issue is what's going on in the gut, right? You If your gut is on fire, your right? You If your gut is on fire, your skin is actually the smoke signal. So, skin is actually the smoke signal. So, internally, whatever you're seeing internally, whatever you're seeing externally on the skin is happening externally on the skin is happening internally in the gut, in the microbiome internally in the gut, in the microbiome itself, and also in the gut lining. So, itself, and also in the gut lining. So, we want to consider what toxin exposures

we want to consider what toxin exposures would be throwing the gut off and would be throwing the gut off and irritating it in order to require this irritating it in order to require this kind of distress to display on your kind of distress to display on your skin. Everyday exposures in food, air, skin. Everyday exposures in food, air, and water absolutely impact the gut and water absolutely impact the gut microbiome and distort immune system microbiome and distort immune system responses. So, you get these skin flares responses. So, you get these skin flares where you're like, "Geez, my immune where you're like, "Geez, my immune system is setting off over every little system is setting off over every little thing. I walk into a big box store and thing. I walk into a big box store and my skin starts flaring just from the my skin starts flaring just from the detergent that's three aisles over. What detergent that's three aisles over. What is wrong with me?" Well, your immune is wrong with me?" Well, your immune system is having a response like that system is having a response like that that actually started in the gut itself.

that actually started in the gut itself. That's where the immune system response That's where the immune system response started to prior toxin exposures, not started to prior toxin exposures, not even today's. So, your skin isn't even today's. So, your skin isn't broken, it's just talking and it's broken, it's just talking and it's irritating, for sure, but it's actually irritating, for sure, but it's actually trying to save your life by showing you trying to save your life by showing you what's happening on the inside. So, when what's happening on the inside. So, when you heal your gut and calm your you heal your gut and calm your inflammation and restore your inflammation and restore your microbiome, your skin has no choice but microbiome, your skin has no choice but to clear. It is inevitable. So, this to clear. It is inevitable. So, this isn't just about like pretty skin or isn't just about like pretty skin or vanity, it's really about reclaiming vanity, it's really about reclaiming your health and your resilience in an your health and your resilience in an imperfect world. Cuz we don't need to be imperfect world. Cuz we don't need to be afraid of the world around us. You afraid of the world around us. You over your own life right now in order to over your own life right now in order to resolve your skin conditions for good.

resolve your skin conditions for good. Yes, you might get into an Uber with an Yes, you might get into an Uber with an air freshener that's going to be air freshener that's going to be irritating to your immune system. Yes, irritating to your immune system. Yes, you might eat a less than perfect meal you might eat a less than perfect meal out at a restaurant in the future. You out at a restaurant in the future. You should be able to build to resilience to should be able to build to resilience to that over time, so you don't have to that over time, so you don't have to feel it in your symptoms or on your skin feel it in your symptoms or on your skin later. So, we want to unhook from this later. So, we want to unhook from this idea that you're treating a skin idea that you're treating a skin condition, first of all. You're healing condition, first of all.

Ground Zero: Foodborne Chemicals

You're healing a whole person and that person, you, a whole person and that person, you, deserves to feel amazing, of course, in deserves to feel amazing, of course, in your own skin. Let's look at ground zero your own skin. Let's look at ground zero together right now, okay? We're going to together right now, okay? We're going to start with food-borne chemicals. Your start with food-borne chemicals. Your body's not stupid. It's not possible for body's not stupid. It's not possible for your body to make mistakes. Any your body to make mistakes. Any pathogenic development or pathology um pathogenic development or pathology um is not an accident. It's your body is not an accident. It's your body having a logical response to the having a logical response to the stresses it's been put under. And when stresses it's been put under. And when you look at what's in our food today, it you look at what's in our food today, it makes total sense. You got pesticides makes total sense. You got pesticides and herbicides, like glyphosate, right?

and herbicides, like glyphosate, right? Carbamates and organophosphates. Carbamates and organophosphates. Glyphosate will not only destroy your Glyphosate will not only destroy your gut lining on contact, so you start gut lining on contact, so you start getting leaky gut and get these getting leaky gut and get these irritants leaking into your bloodstream, irritants leaking into your bloodstream, which requires an immune response, which which requires an immune response, which is not just going to happen right in the is not just going to happen right in the gut, it's going to happen body-wide. So, gut, it's going to happen body-wide. So, your skin's going to start going off, your skin's going to start going off, man. But glyphosate will also hurt and man. But glyphosate will also hurt and harm the barriers and linings in your harm the barriers and linings in your veins, your arteries, your other organ veins, your arteries, your other organ linings and yes, of course, your skin.

linings and yes, of course, your skin. So, you become more reactive and porous So, you become more reactive and porous just from this herbicide that its just from this herbicide that its tagline is literally safer than water.

tagline is literally safer than water. And they're paying out by losses for And they're paying out by losses for this in the billions and billions right this in the billions and billions right now. Like, this is not like now. Like, this is not like controversial. This is known and controversial. This is known and understood, the data is there. And you understood, the data is there. And you didn't agree to that. So, when we know didn't agree to that. So, when we know that and we know that that's the world's that and we know that that's the world's leading herbicide and that we're using leading herbicide and that we're using billions of pounds of it a year globally billions of pounds of it a year globally and that 70% of your water and your air and that 70% of your water and your air samples are contaminated with it, we're samples are contaminated with it, we're thinking about healing your skin against thinking about healing your skin against the backdrop of glyphosate, which the backdrop of glyphosate, which actually is not that complicated, okay?

actually is not that complicated, okay? Glyphosate sounds really scary, but it's Glyphosate sounds really scary, but it's very straightforward to mop up and very straightforward to mop up and detox. Your body actually can do this detox. Your body actually can do this well. It can't do it well by itself, it well. It can't do it well by itself, it needs some targeted support in the way needs some targeted support in the way that doesn't exhaust you. As long as you that doesn't exhaust you. As long as you account for it, it is solvable. So, then account for it, it is solvable. So, then we want to consider food additives, we want to consider food additives, right? Emulsifiers, artificial right? Emulsifiers, artificial sweeteners, preservatives, these are sweeteners, preservatives, these are very irritating to the gut lining.

very irritating to the gut lining. Pesticides and packaging chemicals, food Pesticides and packaging chemicals, food processing byproducts, residues and processing byproducts, residues and antibiotics and hormones, all of this is antibiotics and hormones, all of this is adding up to create um a lot of harm for adding up to create um a lot of harm for the villi. So, these villi, see how cute the villi. So, these villi, see how cute they are down here? I I snuck in a they are down here? I I snuck in a little photo for you even on this busy little photo for you even on this busy slide. Aren't they adorable? These This slide. Aren't they adorable? These This is actually what your gut lining looks is actually what your gut lining looks like, these really delicate fingers. So, like, these really delicate fingers. So, that's actually what most of your gut that's actually what most of your gut surface is is in the villi itself. These surface is is in the villi itself. These are amazing. They're tiny finger-like are amazing. They're tiny finger-like projections in the small intestine where projections in the small intestine where the um function is to actually increase the um function is to actually increase nutrient absorption. It's like your shag nutrient absorption. It's like your shag carpet that's pulling nutrients out of carpet that's pulling nutrients out of the gut and sending them into the rest the gut and sending them into the rest of the body. So, it's a really smart of the body. So, it's a really smart shag carpet. And they're covered in shag carpet. And they're covered in microvilli, this brush border that microvilli, this brush border that release enzymes to help you break down release enzymes to help you break down and absorb your food and process your and absorb your food and process your food. But damage to them is immediate food.

Effects of Gut Damage

But damage to them is immediate when you have any of these irritants when you have any of these irritants coming in off of your food. So, what coming in off of your food. So, what does that do? What does that immediate does that do? What does that immediate damage add up to? It adds up to damage add up to? It adds up to malabsorption. So, you're not getting malabsorption. So, you're not getting the nutrients you need to replenish your the nutrients you need to replenish your gut barrier, to rebuild your tissues and gut barrier, to rebuild your tissues and yes, to heal and create a protective yes, to heal and create a protective barrier in your skin. What else happens?

barrier in your skin. What else happens? Food sensitivities happen immediately. Food sensitivities happen immediately. This is not an accident because your gut This is not an accident because your gut lining is under attack. So, these lining is under attack. So, these beautiful, delicate microvilli that are beautiful, delicate microvilli that are on the villi themselves, you know, that on the villi themselves, you know, that are lining the single cell thick gut are lining the single cell thick gut lining itself, um are getting um lining itself, um are getting um basically beat up. I'm trying to find a basically beat up. I'm trying to find a way to say this without swearing it's way to say this without swearing it's such a dramatic experience for your gut.

such a dramatic experience for your gut. Your gut is actually very resilient. It Your gut is actually very resilient. It can rebuild itself every 3 days. So, can rebuild itself every 3 days. So, this should be, if it was an isolated this should be, if it was an isolated event, super fixable. But if nothing event, super fixable. But if nothing changes about the ongoing conditions, if changes about the ongoing conditions, if you don't clean up the exposures you've you don't clean up the exposures you've already had, those toxins will actually already had, those toxins will actually keep recirculating. This is really keep recirculating. This is really important to know because if you if important to know because if you if you've ever tried a detox and been you've ever tried a detox and been frustrated by the results, what were frustrated by the results, what were your symptoms? Did you get a skin flare?

your symptoms? Did you get a skin flare? Did you get tired? Did you have a gut Did you get tired? Did you have a gut reaction? It's scary, right? And it's reaction? It's scary, right? And it's frustrating. So, was it a poorly frustrating. So, was it a poorly designed detox, which maybe it was, designed detox, which maybe it was, right? Cuz let's be real, most of the right? Cuz let's be real, most of the detoxes out there are pretty detoxes out there are pretty questionable, questionable, questionable, or was it um not accounting for the or was it um not accounting for the toxins um actually recirculating? Cuz toxins um actually recirculating? Cuz that's what will happen. Your body is that's what will happen. Your body is trying to get these out the door, but trying to get these out the door, but how is it going to do that? Toxins will how is it going to do that? Toxins will actually get circulated through the actually get circulated through the bloodstream into the liver itself, your bloodstream into the liver itself, your beautiful liver that breaks them down, beautiful liver that breaks them down, knows how to do that, and then sends knows how to do that, and then sends them out through the bile or through the them out through the bile or through the kidneys. But wait a minute, if they come kidneys. But wait a minute, if they come out through the bile, where are they out through the bile, where are they going? They're going back into the gut going? They're going back into the gut where that original exposure was and where that original exposure was and your gut lining is designed to reabsorb your gut lining is designed to reabsorb them. It's called enterohepatic them. It's called enterohepatic recirculation. It's a retoxification recirculation. It's a retoxification event unless you account for it in your event unless you account for it in your protocol. So, that's why it feels like protocol. So, that's why it feels like we're living in Groundhog Day. Remember we're living in Groundhog Day. Remember that old movie?

that old movie? You just like wake up it's the same You just like wake up it's the same over and over again, you know, new over and over again, you know, new protocol, same old story, irritation.

protocol, same old story, irritation. That's the frustrating part of not That's the frustrating part of not understanding how to account for these understanding how to account for these things. Once you know that they're things. Once you know that they're there, these food-borne toxins, that there, these food-borne toxins, that they're coming in to some extent on the they're coming in to some extent on the daily in your new food and that they're daily in your new food and that they're by default recirculating accidentally, by default recirculating accidentally, um then we can start to interrupt the um then we can start to interrupt the process, so you don't keep recreating process, so you don't keep recreating the damage on the skin lining, which is the damage on the skin lining, which is or or the gut lining, which is reflected or or the gut lining, which is reflected on your skin itself. You're watching the on your skin itself. You're watching the Detox Nation podcast. Firstly, thank you Detox Nation podcast. Firstly, thank you so much for being here. If this so much for being here. If this conversation speaks to you, hit conversation speaks to you, hit subscribe right here on YouTube and turn subscribe right here on YouTube and turn on the bell if you want a heads-up when on the bell if you want a heads-up when new episodes drop. Each episode is a new episodes drop. Each episode is a love letter from me to you, what I wish love letter from me to you, what I wish I had known on my healing journey and I had known on my healing journey and now what our students and clients and now what our students and clients and patients need most. So, this is our body patients need most. So, this is our body of work, it's not a one-off and it means of work, it's not a one-off and it means if it's there in your feed every week, if it's there in your feed every week, you get to be a part of the journey, you get to be a part of the journey, too, and we get to help you. So, each too, and we get to help you. So, each follow helps us bring stronger voices to follow helps us bring stronger voices to the mic and of course, every subscribe the mic and of course, every subscribe helps the show grow. Thank you so much helps the show grow.

The Impact of Neurotoxic Pathways

Thank you so much for being an essential part of it. We for being an essential part of it. We love supporting you.

We also want to love supporting you. We also want to account for how this has a neurotoxic account for how this has a neurotoxic impact. You know, it's very like trendy impact. You know, it's very like trendy to talk about the nervous system right to talk about the nervous system right now. That's not an accident. It's now. That's not an accident. It's because everybody's nervous systems are because everybody's nervous systems are under attack. So, these food-borne under attack. So, these food-borne toxins, they're also have a direct harm toxins, they're also have a direct harm effect on your nerves themselves, on the effect on your nerves themselves, on the enteric brain, which is your first brain enteric brain, which is your first brain that's in your gut. All those beautiful that's in your gut. All those beautiful vagus nerve endings, they're sourcing vagus nerve endings, they're sourcing and sensing into your gut, how's the gut and sensing into your gut, how's the gut doing? I'm going to tell the rest of the doing? I'm going to tell the rest of the body how you're doing so that we're body how you're doing so that we're really accounting for that cuz it's so really accounting for that cuz it's so important to know how you're doing.

important to know how you're doing. These guys are really irritated. Your These guys are really irritated. Your nerves are directly impacted by these nerves are directly impacted by these herbicides and pesticides, by those herbicides and pesticides, by those artificial sweeteners, by the artificial sweeteners, by the microplastics, by the food microplastics, by the food preservatives, by the food packaging.

preservatives, by the food packaging. It's a big bummer because not only are It's a big bummer because not only are they eroding the villi and it's they eroding the villi and it's destabilizing the lining and collapsing destabilizing the lining and collapsing your microbiome balance, so you're your microbiome balance, so you're absolutely seeing all of that on your absolutely seeing all of that on your skin, but it's also creating this direct skin, but it's also creating this direct neurotoxic effect. Just these food-borne neurotoxic effect. Just these food-borne chemicals that we're all used to, that chemicals that we're all used to, that we can't get away from right now. It we can't get away from right now. It creates mood issues, brain fog and poor creates mood issues, brain fog and poor stress resilience. What does that do for stress resilience. What does that do for your mast cells? Your mast cells are now your mast cells? Your mast cells are now getting it from two directions, the gut getting it from two directions, the gut microbiome and the gut lining saying, microbiome and the gut lining saying, "Hey, we don't like what's going on "Hey, we don't like what's going on here. We have concerns. Please send out here. We have concerns. Please send out the alarm. Please release inflammatory the alarm. Please release inflammatory cytokines." And your mast cells are also cytokines." And your mast cells are also getting it from the nervous system and, getting it from the nervous system and, "Hey, I'm getting attacked by these "Hey, I'm getting attacked by these neurotoxic particles, whether I'm neurotoxic particles, whether I'm breathing them through my sinuses or breathing them through my sinuses or they're coming in through the gut or they're coming in through the gut or they're coming in through the skin. Um they're coming in through the skin. Um so, we're going to sound the alarm.

so, we're going to sound the alarm. Please sound the alarm, mast cells, Please sound the alarm, mast cells, because me, the nervous system, I am because me, the nervous system, I am overwhelmed. I'm irritated, I'm going overwhelmed. I'm irritated, I'm going into overreactive mode and we need to into overreactive mode and we need to deal with this insult, this injury, this deal with this insult, this injury, this threat." But the threat is on the inside threat." But the threat is on the inside of the body, not just the outside. So, of the body, not just the outside. So, you could see how exhausting that is for you could see how exhausting that is for your beautiful, sweet, intelligent body your beautiful, sweet, intelligent body that is so brilliant at compensating for that is so brilliant at compensating for these things. Like, really, under these things. Like, really, under assault 24/7, look how well you're assault 24/7, look how well you're doing. Really. Like, you're pretty doing. Really. Like, you're pretty amazing. So, your body has lots of amazing. So, your body has lots of reasons for these alarms to get set off reasons for these alarms to get set off and because it's a it's a cyclical and because it's a it's a cyclical event, the alarm system keeps going. And event, the alarm system keeps going. And that's just the food. We also have water that's just the food. We also have water contaminants, right? We got to contaminants, right? We got to acknowledge that. You're getting little acknowledge that. You're getting little micro amounts of heavy metals, PFAS, micro amounts of heavy metals, PFAS, those scare that scary word forever those scare that scary word forever chemicals. I hate that they call them chemicals. I hate that they call them that because I just do not like the that because I just do not like the fear-mongering that happens in the fear-mongering that happens in the media. How about we just take them out media. How about we just take them out of pans? How about we just make them of pans? How about we just make them illegal? How about that? But in the illegal? How about that? But in the meantime, you do need to know that just meantime, you do need to know that just cuz they're called forever chemical cuz they're called forever chemical doesn't mean they

stay in your body doesn't mean they stay in your body forever with the right support. So, it's forever with the right support. So, it's okay to assess for them and to tackle okay to assess for them and to tackle this because it actually is solvable. We this because it actually is solvable. We do want to acknowledge, too, that like do want to acknowledge, too, that like in your water, we have totally in your water, we have totally normalized chlorine, fluoride, normalized chlorine, fluoride, all of these like antimicrobial things all of these like antimicrobial things that are just additives that your that are just additives that your municipal water municipal water facility is adding in just to like make facility is adding in just to like make sure that you don't get poisoned sure that you don't get poisoned from this recycled you know septic from this recycled you know septic water. It's not great though long-term water. It's not great though long-term for you. These actually create a for you. These actually create a long-term body burden on your long-term body burden on your microbiome. It creates an unhealthy microbiome. It creates an unhealthy environment for your microbiome. It environment for your microbiome. It creates things like low stomach acid, creates things like low stomach acid, reflux, GERD. It's not fun reflux, GERD. It's not fun but it's often there to stabilize but it's often there to stabilize chemicals that you have been exposed to chemicals that you have been exposed to in your water. And if you try to kill it in your water. And if you try to kill it off too fast, what happens? You actually off too fast, what happens? You actually get an increase in gut symptoms and in get an increase in gut symptoms and in skin symptoms.

skin symptoms. How interesting is that? That's what the How interesting is that? That's what the latest study showed. I think that's latest study showed. I think that's really important for us to understand really important for us to understand because it means that we don't just want because it means that we don't just want to vilify the bug that's taking to vilify the bug that's taking advantage of the situation. We want to advantage of the situation. We want to look all the way back to the root look all the way back to the root causes. Just like we're not going to causes. Just like we're not going to yell at the skin, we're not going to yell at the skin, we're not going to yell at the bug. We want to flush the yell at the bug. We want to flush the bugs out, sure. Right? We don't want an bugs out, sure. Right? We don't want an overgrowth of those guys because they overgrowth of those guys because they drive symptoms themselves and that's not drive symptoms themselves and that's not fair. But let's make sure that we're fair. But let's make sure that we're replacing blame where it belongs and replacing blame where it belongs and going far enough upstream to realize going far enough upstream to realize what the root causes were like these what the root causes were like these water contaminants. So having a water water contaminants. So having a water filtration strategy in this day and age filtration strategy in this day and age is critical but then also knowing how to is critical but then also knowing how to come into your body and clean up the come into your body and clean up the terrain so it's not overloaded anymore terrain so it's not overloaded anymore and your gut doesn't have to let and your gut doesn't have to let parasites go crazy just to stabilize the parasites go crazy just to stabilize the toxins. That's a really good idea.

toxins. That's a really good idea.

Mold on Skin and Gut Health

That's where we'll actually see the That's where we'll actually see the needle move for you. I also cannot talk needle move for you. I also cannot talk about skin issues and histamine overload about skin issues and histamine overload with the skin without talking about with the skin without talking about mold. This is not a mistake. Your it's mold. This is not a mistake. Your it's showing up on your skin. That's where it showing up on your skin. That's where it really has your attention. Like oh these really has your attention. Like oh these flares. Oh this poor guy right here. I flares. Oh this poor guy right here. I mean literally his mold issues followed mean literally his mold issues followed the map of his lymphatic system under the map of his lymphatic system under the skin. Flaring at the termini at the the skin. Flaring at the termini at the neck, under the armpits. See that?

neck, under the armpits. See that? Around the gulps like around in the Around the gulps like around in the groin where you could see a lot of lymph groin where you could see a lot of lymph nodes were backed up. It was not an nodes were backed up. It was not an accident. This poor guy but really it accident. This poor guy but really it was the mold and heavy metals. It's a was the mold and heavy metals. It's a big deal for us to start realizing that big deal for us to start realizing that and placing blame where it actually and placing blame where it actually belongs. Mold can absolutely drive belongs. Mold can absolutely drive histamine overload which shows up on the histamine overload which shows up on the skin. Mold can shut down the liver skin. Mold can shut down the liver immediately.

Mold is really good at immediately. Mold is really good at inflaming your bile ducts on contact so inflaming your bile ducts on contact so that your liver is slowed down in that your liver is slowed down in detoxification. Mold is not stupid. It's detoxification. Mold is not stupid. It's a colonizer. It's alive and it has a a colonizer. It's alive and it has a consciousness. It wants to thrive in consciousness. It wants to thrive in your body, wants to snack on your cells your body, wants to snack on your cells so break down your body over time and so break down your body over time and it's excreting mycotoxins, those it's excreting mycotoxins, those poisons, to decrease your bile flow, to poisons, to decrease your bile flow, to elbow beneficial organisms out of the elbow beneficial organisms out of the way so that mold can win and to suppress way so that mold can win and to suppress and distort immune system responses. So and distort immune system responses. So you get sick easier. Flus and colds. Who you get sick easier. Flus and colds. Who cold season is coming man. I know it's cold season is coming man. I know it's going to turn into a thing for me. Yeah, going to turn into a thing for me. Yeah, well it's a lot easier for that to well it's a lot easier for that to happen if mold is in the picture. And happen if mold is in the picture. And then of course mold loves to create this then of course mold loves to create this stagnation under the skin, shut down stagnation under the skin, shut down mitochondria efficiency so that you mitochondria efficiency so that you create these skin flares of your various create these skin flares of your various skin condition. Rosacea, eczema, skin condition. Rosacea, eczema, psoriasis, just these itchy flares, psoriasis, just these itchy flares, rashes, acne. It's really frustrating rashes, acne. It's really frustrating but it's absolutely happening body wide.

but it's absolutely happening body wide. It's just your skin is where it's It's just your skin is where it's possible to point at it. Mold and possible to point at it. Mold and mycotoxins are big part of that, right?

mycotoxins are big part of that, right? VOCs, particulate matter from diesel, VOCs, particulate matter from diesel, air pollution, wildfires, indoor air air pollution, wildfires, indoor air pollutants. And yes, that's a side pollutants. And yes, that's a side drift. All of those are harming the gut drift. All of those are harming the gut barrier itself and giving your body barrier itself and giving your body reasons to be overloaded in your detox reasons to be overloaded in your detox pathways. Your liver, your kidneys, your pathways. Your liver, your kidneys, your lymphatics. What does that do to the lymphatics. What does that do to the skin? It means that your interstitium, skin? It means that your interstitium, so the organ so the organ right underneath the skin barrier, is right underneath the skin barrier, is draining slower than it should which draining slower than it should which makes it the perfect environment for makes it the perfect environment for these microscopic parasites and these microscopic parasites and infections to set up shop. So that's why infections to set up shop. So that's why if you actually start tackling parasites if you actually start tackling parasites and healing the gut itself, you can and healing the gut itself, you can experience major reduction and even experience major reduction and even long-term resolution of your skin long-term resolution of your skin issues. And that's across a broad range issues. And that's across a broad range of skin conditions. My very first thing of skin conditions. My very first thing I would want to get you on if you had a I would want to get you on if you had a serious skin condition is a gut protocol serious skin condition is a gut protocol that is root cause oriented. So tackling that is root cause oriented. So tackling and assessing for those industrial and assessing for those industrial chemicals, the mold, yes plastics, yes chemicals, the mold, yes plastics, yes food problems like herbicides and food problems like herbicides and pesticides but also checking for heavy pesticides but also checking for heavy metals and radioactive elements cuz metals and radioactive elements cuz those can create those skin balloons of those can create those skin balloons of pathogens. They're very hard to kick.

pathogens. They're very hard to kick. Pretty cool when you actually start Pretty cool when you actually start realizing none of this is an accident. realizing none of this is an accident.

It's all interconnected. So oh okay, I It's all interconnected. So oh okay, I don't just have a skin issue and a gut don't just have a skin issue and a gut issue. They're actually the same problem issue. They're actually the same problem expressed across different symptoms expressed across different symptoms systems. Even joint pain and fatigue systems. Even joint pain and fatigue like I had was all parasite, mold and like I had was all parasite, mold and heavy metal driven for me. So I thought heavy metal driven for me. So I thought my acne and my joint pain were two my acne and my joint pain were two totally different things.

totally different things. I thought my my body was just broken. I I thought my my body was just broken. I just had the short end of the DNA stick just had the short end of the DNA stick that I could was down to three foods. It that I could was down to three foods. It was all the same issue though. Total was all the same issue though. Total body

burden overload. We also want to body burden overload. We also want to acknowledge that mold is not just acknowledge that mold is not just harming your gut microbiome and slowing harming your gut microbiome and slowing down your liver and slowing down your down your liver and slowing down your skin's natural drainage and excretion skin's natural drainage and excretion strategies. Right? By harming your strategies. Right? By harming your mitochondria and creating a stagnant mitochondria and creating a stagnant environment. But actually mold has a environment. But actually mold has a direct neurotoxic effect. There we go direct neurotoxic effect. There we go again with these toxins overloading the again with these toxins overloading the nervous system, harming it directly, nervous system, harming it directly, attacking your myelin sheath on your attacking your myelin sheath on your nerves and actually changing the way nerves and actually changing the way that your that your nervous system expresses itself and has nervous system expresses itself and has the ability to self-regulate. So yeah, the ability to self-regulate. So yeah, what often comes with these skin issues what often comes with these skin issues is things like brain fog, anxiety, is things like brain fog, anxiety, insomnia, migraines. Anybody here have insomnia, migraines. Anybody here have migraines? It's so frustrating, isn't migraines? It's so frustrating, isn't it? When you learn to tackle these head it? When you learn to tackle these head on, you actually see a reduction in on, you actually see a reduction in symptoms from both of those directions symptoms from both of those directions at once because the stress is coming at once because the stress is coming from inside. The poison is coming from from inside. The poison is coming from inside and it's harming your nervous inside and it's harming your nervous system system system and of course your brain drains last. So and of course your brain drains last. So if your skin isn't excreting and if your skin isn't excreting and draining efficiently enough, you got to draining efficiently enough, you got to look to your liver, got to look to your look to your liver, got to look to your lymph, got to look to your bowels. Like lymph, got to look to your bowels. Like we need to think about this in terms of we need to think about this in terms of total body system wide which is why if total body system wide which is why if we want to solve skin problems, we look we want to solve skin problems, we look to the gut and we look to which of these to the gut and we look to which of these exposures and irritants have overloaded exposures and irritants have overloaded the gut in the first place because we the gut in the first place because we know if we start there, we will actually know if we start there, we will actually see this beautiful downstream effect of see this beautiful downstream effect of more and more relief in the skin and more and more relief in the skin and then finally resolution. Is it going to then finally resolution. Is it going to take longer than you want? Yeah, 100%.

take longer than you want? Yeah, 100%. We all want this to be over yesterday, We all want this to be over yesterday, right? For sure. But this is a project.

right? For sure. But this is a project.

The Overlooked Role of Sinuses in Skin Issues

It's not a lifelong It's not a lifelong sentence, you know? That's a really sentence, you know? That's a really important thing to remember. I also want important thing to remember. I also want to point out, I have to if I'm going to to point out, I have to if I'm going to be responsible, most of your be responsible, most of your practitioners even the really seasoned practitioners even the really seasoned ones are overlooking your sinuses as a ones are overlooking your sinuses as a part of your skin issues. And I know part of your skin issues. And I know this sounds weird but if you're this sounds weird but if you're breathing in irritants like air breathing in irritants like air pollution, whether you're country mouse pollution, whether you're country mouse or a city mouse, you're getting air or a city mouse, you're getting air pollution these days. Whether it's from pollution these days. Whether it's from crop dusting and what they're spraying crop dusting and what they're spraying on the fields or mold in the hay, you on the fields or mold in the hay, you know, or whatever it is out in the know, or whatever it is out in the country or whether you're in the city country or whether you're in the city getting air pollution and mold from getting air pollution and mold from indoor exposures, then you got to indoor exposures, then you got to consider that your sinuses have been consider that your sinuses have been under attack for maybe quite some time.

under attack for maybe quite some time. What does that mean for you? Well What does that mean for you? Well sinuses don't drain well. What is your sinuses don't drain well. What is your body supposed to do with air pollution?

body supposed to do with air pollution? Really? What is it supposed to do? Cuz Really? What is it supposed to do? Cuz your sinuses are there to filter out your sinuses are there to filter out things like dust, you know, and pollens.

things like dust, you know, and pollens. It's not there to react to these toxins It's not there to react to these toxins long-term that can get embedded in these long-term that can get embedded in these tissues and actually go direct from the tissues and actually go direct from the sinuses themselves into the brain. It's sinuses themselves into the brain. It's very delicate tissue in between the two.

very delicate tissue in between the two. There's a there's a direct neurotoxic There's a there's a direct neurotoxic effect. So you're setting off alarm effect. So you're setting off alarm bells in the sinuses for the immune bells in the sinuses for the immune system and the nervous system. How well system and the nervous system. How well do you think your skin is going to do you think your skin is going to regulate against that backdrop? Not so regulate against that backdrop? Not so hot. So if we know that hot. So if we know that air pollution has been an issue for you air pollution has been an issue for you currently or in the past, whether it's currently or in the past, whether it's wildfire smoke you lived through a wildfire smoke you lived through a couple summers in a row like I did or couple summers in a row like I did or mold in your childhood bedroom or mold in your childhood bedroom or childhood basement where you went and childhood basement where you went and played video games in summers, you know, played video games in summers, you know, it smelled musty, it smelled musty, you know, and it would flood in the you know, and it would flood in the winters like that kind of thing. It can winters like that kind of thing. It can be prior exposure. It doesn't have to be be prior exposure. It doesn't have to be now. Then of course we want to account now.

Impact of Mold on Sinus Health

Then of course we want to account for that and flush these delicate for that and flush these delicate tissues out as a part of your gut tissues out as a part of your gut strategy to relieve pressure on your strategy to relieve pressure on your skin long-term. So now are you starting skin long-term. So now are you starting to realize why other protocols may not to realize why other protocols may not have worked in the past? Cuz actually have worked in the past? Cuz actually you might have way more signs that you might have way more signs that sinuses are an issue for you than you sinuses are an issue for you than you even realized. Symptoms might worsen for even realized. Symptoms might worsen for you during season changes and you're you during season changes and you're like oh fall allergies or oh spring like oh fall allergies or oh spring allergies. Uh-huh. Do you think we allergies. Uh-huh. Do you think we evolved with fall and spring allergies?

evolved with fall and spring allergies? I don't. I don't think we did. So we I don't. I don't think we did. So we want to consider that mold might be part want to consider that mold might be part of the picture for you. Or chronic of the picture for you. Or chronic coughing or throat clearing or loss of coughing or throat clearing or loss of smell or feeling worse after showers or smell or feeling worse after showers or in certain buildings. Or maybe you've in certain buildings. Or maybe you've had sinus infections in the past and had sinus infections in the past and those antibiotics that used to work those antibiotics that used to work don't work as well anymore or don't work don't work as well anymore or don't work at all. Or maybe just persistent at all. Or maybe just persistent congestion. You have to blow your nose congestion. You have to blow your nose in the morning when you get moving. You in the morning when you get moving. You have a postnasal drip in the morning and have a postnasal drip in the morning and you don't even think about it you don't even think about it afterwards. What is it? Oh it's just afterwards. What is it? Oh it's just part of getting going in the morning.

part of getting going in the morning. Why? That's not normal. It's common but Why? That's not normal. It's common but it's not normal. So that's why we want it's not normal. So that's why we want to think through this to think through this toxin cascade inflammatory effect. So if toxin cascade inflammatory effect. So if you inhaled or spores of mold and they you inhaled or spores of mold and they colonized and settle in your sinus colonized and settle in your sinus cavities, think about where mold likes cavities, think about where mold likes to be. Someplace dark and wet. Does that to be. Someplace dark and wet. Does that sound like your sinuses? Yeah. Yeah, it sound like your sinuses? Yeah. Yeah, it does. They love it in there. And it's does. They love it in there. And it's warm, yummy.

warm, yummy. Mold shields itself from your immune Mold shields itself from your immune system using biofilms, so it can hide system using biofilms, so it can hide behind biofilms. And then those toxins behind biofilms. And then those toxins that mold releases, those mycotoxins, that mold releases, those mycotoxins, disrupt and distort immune functions, so disrupt and distort immune functions, so now you're reacting to stuff on your now you're

reacting to stuff on your skin. You put a lotion on your skin that skin. You put a lotion on your skin that your body doesn't like cuz it's got your body doesn't like cuz it's got plastics in it, boom, big flare, right?

plastics in it, boom, big flare, right? And those flares get bigger and bigger And those flares get bigger and bigger over time, not smaller and smaller. That over time, not smaller and smaller. That is the frustrating thing about this kind is the frustrating thing about this kind of cumulative body burden. The symptoms of cumulative body burden. The symptoms get bigger over time unless you know how get bigger over time unless you know how to tackle them and relieve this body to tackle them and relieve this body burden for good, which is just a burden for good, which is just a project. That's all it is. And we start project. That's all it is. And we start seeing this chronic inflammatory seeing this chronic inflammatory response. Sometimes it's localized in response. Sometimes it's localized in the sinuses. It never was for me. Never the sinuses. It never was for me. Never noticed it in my nose. Yes, I had the noticed it in my nose. Yes, I had the postnasal drip, but I didn't get I postnasal drip, but I didn't get I didn't realize, "Oh my god, I have stuff didn't realize, "Oh my god, I have stuff colonizing in my nose." until I tackled colonizing in my nose." until I tackled it directly because Michael convinced me it directly because Michael convinced me to finally. I saw him with local sinus to finally. I saw him with local sinus issues. I was like, "Yeah, it sucks for issues. I was like, "Yeah, it sucks for you, dude. Sorry you have that sinus you, dude. Sorry you have that sinus problem." But then I also went through problem." But then I also went through mold. So, yeah, of course my skin was mold.

Root Cause Resolution Approach

So, yeah, of course my skin was going to get better and my gut issues going to get better and my gut issues were going to get better and I was going were going to get better and I was going to get my brain back online, my energy to get my brain back online, my energy back once I finally tackled this head back once I finally tackled this head on. So, we want to make sure and then on. So, we want to make sure and then there of course there's a heavy metal there of course there's a heavy metal issues. What are we really accounting issues. What are we really accounting for like why this is happening? Yeah?

for like why this is happening? Yeah? And seeing, "Yeah, your gut your skin And seeing, "Yeah, your gut your skin might be screaming, but it's saying the might be screaming, but it's saying the same thing that your gut is whispering same thing that your gut is whispering underneath." And just remembering that underneath." And just remembering that this is fixable, right? And it does this is fixable, right? And it does start in your gut. And I have a lot of start in your gut. And I have a lot of compassion for these practitioners compassion for these practitioners because I used to be angry at them and because I used to be angry at them and see them as charlatans or taking see them as charlatans or taking advantage of you, but the more advantage of you, but the more practitioners I train over time in root practitioners I train over time in root cause resolution approach, the more cause resolution approach, the more convinced I am that convinced I am that there's nobody out there wants to harm there's nobody out there wants to harm you. They just don't have the whole you. They just don't have the whole picture. That's the frustrating part. I picture. That's the frustrating part. I know and it does not feel good. Our know and it does not feel good. Our sweet client I care that couldn't even sweet client I care that couldn't even pick up his own kids because his skin pick up his own kids because his skin was in so much pain.

was in so much pain. You know, his sweet little girl You know, his sweet little girl toddlers. toddlers. toddlers. You know, it they don't mean to hurt You know, it they don't mean to hurt you. We just we have to get smarter. We you. We just we have to get smarter.

The Choice Is Yours

We cannot wait for the medical system to cannot wait for the medical system to catch up. Practitioners are are waking catch up. Practitioners are are waking up to this one by one, but let's let's up to this one by one, but let's let's take our health into our own hands here.

take our health into our own hands here. We can keep trying to silence symptoms, We can keep trying to silence symptoms, but I hope that what we've covered but I hope that what we've covered today, even so far, you're seeing today, even so far, you're seeing that if if we account for the root that if if we account for the root causes themselves, then we can actually causes themselves, then we can actually finally start to design a protocol that

finally start to design a protocol that works. Where we're healing from within, works. Where we're healing from within, restoring gut health, and we're not restoring gut health, and we're not trying to just tell the skin, "Hey, shut trying to just tell the skin, "Hey, shut up, skin. You're annoying me." We're up, skin. You're annoying me." We're going to resolve it from a root cause going to resolve it from a root cause resolution perspective. The data is resolution perspective. The data is absolutely there. 42 protective gut absolutely there. 42 protective gut bacteria were identified for skin bacteria were identified for skin health. That's amazing. So, of course we health. That's amazing. So, of course we want to support the gut microbiome and want to support the gut microbiome and assess the gut microbiome and make sure assess the gut microbiome and make sure that we're dealing with the gut health that we're dealing with the gut health before we try to actually tackle before we try to actually tackle anything directly on the skin. We don't anything directly on the skin. We don't even need a skin resolution protocol even need a skin resolution protocol that is separate from gut resolution.

that is separate from gut resolution. That's the amazing thing. And we see That's the amazing thing. And we see like 97% improvement when gut infections like 97% improvement when gut infections are treated. That's amazing. are treated. That's amazing. That's what our meta-analysis shows us in 2025. And our meta-analysis shows us in 2025. And 81% achieve lasting results with gut 81% achieve lasting results with gut protocols. That's pretty cool. So, we protocols. That's pretty cool. So, we want to get away from this skin want to get away from this skin management paradigm and into the deeper management paradigm and into the deeper healing, right? Cuz your skin's not healing, right? Cuz your skin's not broken. It's just trying to save your broken. It's just trying to save your life by showing you what's happening on life by showing you what's happening on the inside of the body.

the inside of the body. Thanks for spending this time with us Thanks for spending this time with us today. today. today. >> [music] >> [music] >> [music] >> I know these conversations can bring up >> I know these conversations can bring up a lot and I want you to have room to sit a lot and I want you to have room to sit with what you learned and let it land in with what you learned and let it land in your own body.

your own body. If you want more support or you're If you want more support or you're curious about the next step on your curious about the next step on your healing path, you can always connect healing path, you can always connect with me.

with me. >> [music] >> [music] >> [music] >> Find me on Instagram @thedetoxnation >> Find me on Instagram @thedetoxnation and explore resources mentioned in this and explore resources mentioned in this [music] episode at detoxnation.com.

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isn't medical advice. Please always work with your trusted Please always work with your trusted healthcare providers for your care. healthcare providers for your care.

I'm really glad you're here and [music] I'm really glad you're here and [music]