Find The Liver Stressors Causing Your Gut Discomfort Transcript

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Introduction to Gut Health and Day Two

Welcome back to Reversing Chronic Gut Conditions. I'm your host, Sinclair Kennally. And today we are diving into day two just a super. Important. Theme that I want to unpack with you.

So we've gathered some of the best experts in the space to help you understand. Your gut. Bugs, your digestion and the immune system. And how do all of these issues fit together?

What do all of these factors do to affect one another? And how do they drive your digestive conditions? What do you need to know about your digestive system in order to take control over it?

And in order to do that, in order for all this. To make sense, I really want to dive into a. Foundational layer of understanding. Together about something that often gets overlooked in digestive health, and that is the health.

Of your liver and your gallbladder. It's no secret that I'm often known as the liver lady in functional medicine space and on functional medicine stages, and I'm happy to share some of these insights because they were so. Key for my health.

And overlooking liver. Efficiency and liver stagnation and listening to that. Super old trope in. Medicine, liver is fine.

Why Liver and Gallbladder Health Matters

It's the resilient. It already. Detoxes. You don't need to help it. That actually added several. Years. Of suffering to my health journey that I don't think needed to be there.

So I'm really passionate about understanding this piece. So we're. Going to talk. Just briefly today about. Liver. Congestion and gallstones and gallbladder congestion and what they have to do with your digestive issues.

So we often think about, you know, that. Your beautiful. Digestive tract as a tube. Right. That's what everybody says. It's a tube. It's the inside skin for your body where it's deciding what gets to come in, what has to stay out and exit and all.

That's true. Digestion starts in the mouth. You know, it works down your. Esophagus, down into your stomach. We're talking about the finer points of this today.

In all of our expert. Talks. What actually happens at each step of the way? What can go wrong and what you need to know in order to fix it? What happens in the small intestine? What happens in the colon?

You know, all the fun stages. And yet what often gets overlooked is that your liver is actually doing the phenomenally heavy. Part of. Actually absorbing your foods for you and breaking them down and your bile, which.

Is what your liver. Makes. It's this liquid gold detergent. It's super precious. I call it liquid gold because it's expensive for your body to make and your body wants to keep recycling and reusing those bile salts.

In fact, it will use 95 to 97% of your bile salts again, if it gets the chance to, because they're so hard to come by. So Bales is made from cholesterol components and distilled down combined with amino acids, which yeah, you have to be digesting food well enough to absorb these made and then those combined to create bile salts which are actually solids.

They're not liquid. And then your. Liver. Suspends these bile salts in liquid. In very delicate. Chemistry. And it does not take much. To throw off your body. When.

Your body goes. Your liver. Is. Trying to process your blood. And you know, it's dealing with different toxins and trying to break those down into different metabolites so they can.

Get excreted out through. The bile or through the kidneys. Your bile will come into contact with things like particles of downy.

How Bile Supports Digestion and Detox

Detergent or. Bounce. Dryer sheets or air freshener glade or. You know, that old, you know, secret or dove. You know, deodorant that you. Used to use.

Now you use the good stuff. No aluminum, but you used to use this old weird stuff and it got mobilized out of your fat and circulated down through the lymphatics into the bloodstream again to your liver.

Could flush it out. Oops. Some of those are super synthetic toxins that. Your liver did not evolve. With and doesn't recognize. And it's like, okay, let's deal with that.

But oof, the chemistry. And the charge of it. Those bile salts drop out of liquid form and then things start to slow down your 2000 mile ducts, miles of bile ducts in.

Your liver. Start to slow down. They get just a little biscuits, just a little sluggish, just a little, you know, bile specific thing and free flowing.

And just that little bit of slowdown can start to cause so many issues downstream in your digestion. Let's take a look. So I'm going to share my screen and I know about you, but I love visuals.

It can be super helpful. Let's look at some of the symptoms that this might be applying to you. Okay, here we go. Perfect. So conditions related to liver toxicity and sluggish found.

You will notice right away some of the top ones are digestive in nature. Right? Look, Crohn's, colitis, diverticulitis, SIBO. Wait a minute. That's a lot of the most common issues with.

Our digestive tract. What we're talking about, and I'm talking right here in this very summit. Some of the symptoms connected to liver congestion, fatigue, feeling sluggish, gas, bloating, indigestion, constipation, diarrhea, slow metabolism, food sensitivities, difficulty digesting fats.

Histamine sensitivities, excess weight compromised immune system. Oh, yeah. And all of these other symptoms. That are. Related. You have already been told throughout this summit by other experts and these other related.

Conditions as well, that in fact, these conditions all start in the gut. So if they. Start in the gut, but they're actually driven. In. Part by liver.

Stagnation, then we've got to become experts at supporting the liver and the gallbladder to catch up. It's not that we want to override the body. We just want to understand how it works so that you realize your body is making a perfectly logical response to living in a very strange day and age and having maybe a little.

Bit of a backlog or. Maybe a big backlog. I have to tell you that when I learned the stuff as a practitioner, I was. Already. You know, I'm a little bit skeptical by nature.

And also, remember, I'm kind of a OS. So I when. I heard about this and I heard that. Gallstones can. Form actually not just in your gallbladder but in your liver, and you.

Can have hundreds, if not thousands of them. I was like, Yeah, right. You know, I was listening to Andreas Moritz speak. He was the gentleman who wrote the amazing.

Symptoms of Liver Congestion and Sluggish Bile

Liver gallbladder flush. And, you know, he certainly did a beautiful job of helping people. To a whole generation of. People to support their livers and gallbladder.

But I would argue that his work. Has a time and a place and that we're now living in a much more complex day and age just a couple of short decades later.

So he said he asserted that he had released thousands, tens of thousands of stones. And I was like. Yeah, right. You know. And sure enough, lo and behold, if you support.

Your liver and gallbladder, you can. Start breaking up these cholesterol based stones. That are not actually dense. Enough to show up in an. X ray or an ultrasound or other imaging.

Because they're really just cholesterol. Surrounding. Bile salts and toxins. They're really just sludge that start to congeal and densify over time. And this is what they look like if you actually.

Empower your liver and gallbladder naturally. To let them go. And, you know, we do this. And rapid liver reset. In a. Very. Specific way so that it's safe for you.

But I want you to get an understanding of what's under the hood, and they can be all different colors. You'll see these can be an excess due to an excess of bilirubin and a buildup of that.

Your body is going to use what it's got, whatever's. In the liver and gallbladder, and that's what. Gets put in. And that's why some of them can. Be every color of green, because.

That can be due to bile. I'm going to show you something. GROSS So if you have a weak stomach, look away. But for some of you, you really need to see this.

So if. You're brave. Hang with me. These are gallbladder. That have been removed and these are actually stones. And you can see how on the left here, this is actually the most common presentation of stone that we see, which is cholesterol based stones.

Gallstones, Flushes, and Real-Life Recovery

And you can often see them floating in the toilet if you allow. Your body to release, if you empower your liver and. Gallbladder to let go safely, then yet your first opportunity, your body is going to go, great, let's get some stuff out of the liver.

Let's get some stuff out. Of the gallbladder. We don't want this here anymore. And they can actually be released painless sleep. That's the important piece I want you to understand.

We hear stones. And we think are scary. Kidney stones, painful, but gallstones, gall just means bile. And stones is a. Very loose. Term for these these packets of congestion that are starting to solidify over time.

You can see some of these have really been smashed up against each other. And yeah, they even have hard facets like gemstones and some of them, once they're dense enough, they will sink to the bottom of the joint like gravel.

You'll never see them. But some of these, especially if you're doing coffee enemas on a regular basis, wink, wink, you have the ability to release these gently and safely if you have the right protocol in place.

So I want you to see this because I want you to have in the background. Of your. Mind this understanding that your. Liver and gallbladder are. Essential.

For digestion. You cannot live without them. Yes, you can remove the gallbladder, but the liver is going to. Have to work hard. To keep up with your. Gallbladder through. Catcher's.

Mitt or your purse for your bile. And it's supposed to be condensing your brown to be. Just the right. Patch and intensity to meet that stomach acid coming down with the bolus of food from the stomach, meeting those pancreatic enzymes and sodium bicarbonate from the pancreas.

It's all supposed to converge together. Beautifully. So the bile can not just come out with toxins ready to meet that food and say, hey, will you take me out with you?

Whereas you travel out into the colon? Can I leave this with you here? That would be so cool. Thanks, man. But it's also the bill is there to help emulsify the facts in your food so that you can break down those fatsoluble vitamins like A, D, E, K, like we can not skip these vitamins for.

Our essential. Health. Also important minerals like calcium. This is really important to understand. You can't. Absorb. Your minerals as well, especially ones like calcium if you don't have properly flowing bile.

So you're going to hear experts today obsess about the digestive tract. And I'm so excited for you to hear that. But I want you to understand it and listen to that with this in the background so that you have this foundational understanding from here on out.

Well, wait a minute. Am I taking. My liver and gallbladder health into. Account because you're not going to see these on imaging most likely. Or if you do imaging because you go have.

A gallbladder attack or. Something and somebody says, you know what, let's get an X-ray or let's do a scan, that's great. But you'll only see the stuff that's dense enough to pick up on that imaging, which might be like a gallstone.

Or five. Gallstones. We you people come to us in our practice, in our courses all the time. Oh, yeah. I'm here because I have six gallstones. My girlfriend, you probably have hundreds, if not thousands more, be on it.

I know for me personally, I released over 15. Thousand gallstones before. I ever did a liver. Flush. And it's because I was super fragile when I was healing from my digestive issues and I would crash very easily.

And Michael and I had to design protocols. Together that. Mimicked the. Power of a liver. Flush without freaking out my body, because it simply wasn't ready for that yet.

So I've seen this happen with my own eyes. Yes, I did count. I am a Virgo. I did keep a tally on my phone. You know, it's it's amazing to see this stuff as proof in the toilet.

Like if you can literally point at something. Like a parasite. Or a gallstone floating on the water and say, that's why I don't feel well. It's a very.

Empowering feeling because your body knows as it releases, it can feel stress or something like that's exiting like a little anxiety. And then, oh my gosh, I suddenly feel a little bit more like myself.

I know for so many of you listening, 40 had an experience like that or suddenly had just a little tiny breakthrough to some moment.

Living Well Without a Gallbladder

The signal in the system that said, Oh, I am suddenly I'm just a little bit more myself again. And that's what the experience of letting gallstones out is like.

And again, it can be painless. So I want you to think about. Your liver and gallbladder. Health as you listen to the talks today. All about gut bugs and digestion and immune system and all the things.

Because they're so deeply interconnected, it's actually impossible to separate them. What else would I want to make sure you understand about today before we move on, just to really set you up for success.

And I think that's mostly it. I want you to understand bile. Oh, yeah. If you have already removed your gallbladder. Because you succumb to pressure to do so or you were in a life threatening situation, I totally understand.

Guess what? Let's skip to the punchline. You can still absolutely feel your best. You just need to take some proactive steps along the way and you need to learn what those. Are for your body.

But there are some great best. Practices available to you, so don't. Despair. If you've listened. To this and gone to me and my mom and my aunts. And everybody have already had her gallbladder removed.

There's reasons for that. We want to look at those root causes and we also want to consider what does the liver need for. Support now. That your gallbladder is gone?

How can we offload distress from there? Because this amazing regenerative organ really is the master regenerator. Just needs a little bit of help in this day and age because it's dealing with some stuff that it didn't evolve with.

That's all. That's it's just math. So it's not mysterious. It's just a little more complicated than it used to be. But it doesn't mean you can't feel amazing.

So let's dive into bugs, let's dive into digestion, let's dive into immune system together. And I will see you in day two. Expert talks.