Get The Right Tools To Solve Health Problems Transcript

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Introduction to Reed Davis and the Gut Health Crisis

Welcome everybody to another interview on reversing chronic gut conditions. Today, I am so excited to share with you the genius of my dear friend Reed Davis.

Reed, I really wanted you on this event because not only are you a double board certified holistic health practitioner and certified nutritional therapist, but you are a true expert in every sense of the word on functional lab testing and really even holistic lifestyle medicine and what is really going on under the hood with our chronic gut conditions today, why they've exploded.

I know you've trained over 4000 practitioners in 50 different countries with your own certification. The FDN, in course, is quite robust, and I recommend it all the time to people.

And so I just wanted to share some of your genius with our wonderful audience today. And so welcome. Thank you so much. I'm happy to share anything and everything my dad told me told me to keep your courage face up on the table, you know, like I have no secrets.

And I worked very hard to try to help people for a long, long time. So if it helps that I'm here for you anytime. Wonderful. Well, I know that we can do this, so I'm going to task us with a big project today.

I think that we have three types of folks listening in, and I have certainly been each one of these people. So I am giving a huge shout out. This is like our love letter to you guys.

Everybody listening in today. I want to talk from the perspective of what do people need to know if they're just getting started on taking control over their health journey and they have chronic gut issues and they're on the hunt for answers maybe for the first time.

Right. Where should they start? And then I also want to talk to I call them my summit junkies, my beloved super advanced gluten free yogis who still feel like crap.

Even though they're doing everything right, they know more than their doctors. What can we share with them today? Hey, guys, big shout out to you. We love you.

And of course, to our wonderful practitioners listening in on the hunt for more tools to help with this health crisis we're in today. So maybe we start there.

Reed in your own words. How would you describe this proliferation of gut issues today, this crisis that we're in, where our chronic conditions are ever more prevalent than before?

Why do you think that's happening? How would you describe it? Well, in my observations, it's a pandemic. It's really bad. Maybe that was the pandemic before the pandemic, we were already in a pandemic, folks.

You know, weather, whatever demographic you're in, working on yourself or, you know, working on others, you know, there's a lot of ill illness and a lot of it does relate to the gut.

I'm not one of those people, by the way, who says everything begins in the health. Health all begins in the gut. It certainly, certainly can start elsewhere, but it circles around to the gut and sometimes really fast.

Why Chronic Gut Issues Are So Widespread

And so, you know, I've run thousands and thousands of labs on people for gut and other issues. And I can show

you the cycle of how stress changes cortisol and THC levels.

Your body gets carried. It's called catabolic. You know, your body's breaking down a lot of stress and it doesn't matter if it's mental. Emotional stress could be physical aches and pains like I have from sports injuries and and a few motorcycle accidents.

And then it could also be the chemical and biochemical stresses of the environment where I started in this field as folks in environmental law and conservation.

And that's what got me looking at humans, you know, saving the planet, thinking a lot about us. So a quarter of a century ago, I started running labs on people thousands and thousands of live ten years working hard in a clinic.

So I and I'm a good organizer. I kind of like to systematize things. So I've done the work of all the lab work on all these sick people, a lot of them with different complaints.

But again, it does circle around to the gut an awful lot. And and I could show you the sequence on lab testing. It's really remarkable. So it's a lot of things.

And the environment, which I is where I started is huge. Other stressors that are huge today. Please turn your TVs off. Don't watch TV, you know, because it's just a form of stress.

You might even be addicted to it because you think you want to be in the know and up to date on all the stuff. And it's just another form of stress. It's getting in skin in your body, it's causing disruption, your hormones when your hormones are out of balance, as I was just saying, it'll affect your immune system and it'll slow down that so you could trigger what you need in your gut to protect you from all the bad stuff that you might ingest.

So when your immune system and by the way, that's 80% of your immune system in the gut. So when that secretory egg goes down, then the flora gets out of balance.

We can measure all of these things. By the way the cortisol DHEA stress your catabolic look affected your secretary age. Yeah that's low oh no you've got to dysbiosis too much bad flora versus good flora you know it's supposed to be this way.

It ends up this way in about. Well, then what happens? Bigger bugs, parasites, bacteria, fungus. Oh, then what happens? Oh, biofilms. Let's not forget those.

And you said that a lot of your audience is very educated and knows more than their this is. So you know that I'm talking, right? They know. Then what happens?

Well, then you get a little leaky gut. You know, the Zombieland plays tricks on the gut lining and now you've got things flowing through into your bloodstream, especially into the liver, which is can congested.

Oh, by the way, digestion isn't working very well either. So you can have people showing up for a complete wreck. Well, I don't want to call you a complete wreck, sure.

But that's how I felt for years I would have identified with that statement. Yeah, you know, and yet and yet, you know, there is a way to sort it out.

There's logic to this. There's step by step approach that anyone can use and anyone can run these labs. You don't need to be a physician and that kind of thing.

And by the way, another thing I love, what you said, Sinclair. Control. You said get back in control. And that's the first thing I noticed when I got into this field.

I went from environmental law straight into clinical practice, working at a wellness center in Southern California.

And man, the first thing I noticed was that everybody coming in searching for an alternative was desperate.

They'd been to six, eight, ten different practitioners. And what better yet, and I thought two things. What a rip off. Like that's not right. And the other thing is, well, why are you putting your health in someone else's hands anyway?

Who needs to be in control and it needs to be that person. So the lab work, the data, all of it belongs to you. That's your lab. Where does your data?

That's not something to be locked up in the doctor's office. And only that person can interpret if you know that stuff to share. And so that's the approach that I've taken and, you know, I do appreciate that people suffer from gut gut dysfunction, leaky gut bacteria, viruses, parasites and funguses and biofilms.

And they have, you know, diarrhea, constipation, heartburn, gas and just bloating and on and on. And then the digestion can cause nutritional deficiencies, which can throw a lot of neurotransmitters out of balance.

You know, your head's wacky, too, so now you're so in balance, you just don't know where to start. No, I hope that's No. One in particular in this audience.

But if if you if it if it smells like that's you, maybe there's a way. I promise you, there's a way. And I would listen to all the speakers at this the summit, and then, you know, pick a place to start, make your first steps in the right direction, make it more natural, drug free. Mm.

Thank you so much for saying that. Wow. That's such a great way to kick off our talk with, you know, your customary Deb, which is one of the many reasons why I love you.

So I one of the things that you said, I want to pick your brain about labs and go through your approach with that in a minute. But I also want to underscore something you said that I think is so important.

You were talking about how TV is there to stress us. And we are one of three countries where pharmaceutical companies are allowed to advertise directly to consumers.

Where are they doing that? They're doing that on news programs and popular programing. They're trying to stress you out and hook you long enough with that programing so that you stay and you become customers.

Not necessarily success stories, but customers of the big pharma system. Like that's how our news cycle is run. So I'm so glad that you're highlighting that.

And now I would love to pick your brain about, you know, you referenced a couple of times how we need to own our own lab, work on our own, you know, assessment of what's happening under the hood.

Where do you like to start when someone has a chronic gut condition? What labs do you like to run? You know, there's the system that I use is called functional diagnostic nutrition or commonly referred to as FTN, and it's something I developed over a long period of time as a clinician, and it's quite comprehensive.

So what I learned, Sinclair, is not to just do one test on something that seems like this.

Functional Lab Testing and the Hidden System

The problem may in fact even call it the sounds like method. So people are using that sounds like and sounds like thyroid. So let's run a third test. It sounds like SIBO is running SIBO Test or it sounds like IBS or you name it and there's this the sounds like and then they might even find something symptoms I think I they don't find anything because they'll ignore everything else that's really wrong with the person.

So this is what happens in conventional medicine is they're the conventional practitioners are very good diagnostic agents. So especially within their specialty.

And if it sounds like their wheelhouse, you know, they'll get people get referred they're by other practitioners and then, you know, they'll say, yep, it sounds like this thing is, let's see, thyroid through a endocrinologists office.

And he goes, Yep, sounds like they are in the thirties. Oh my goodness. I found your problem is low thyroid. And so what's the next thing? Description paired.

Now I call that reading the paper because you have a whole different approach. It might sound like thyroid to you. Sounds like something that's as soon as like I say, God forbid you find that thing and pat yourself in the back.

I found your problem. I always say Don't break your wrist as your pet in yourself on the back. Because the minute you lay down that diagnosis, you're going to you're leaving all this other stuff.

That person probably likely for sure they need to work on. So the I get to tell you this and just kind of go on, if you will, the pattern I recognize we'll get back to the I promise, the pattern I recognize and where I start with everybody is this comprehensive approach doesn't single out one thing.

But look at hormones, immune system, digestion, detoxification, energy production and nervous system. You get through an oxidative stress and some other things, but that spells hidden in hormone immune digestion.

Detoxification energy protects the nervous system. It's so easy and it sounds like, Oh my God, that's a lot. But no, it's really quite simple. And there's just a small handful of labs that you can run.

Give me a little saliva stool, some blood and some urine, and we'll sort it all up for you. And you don't have to be an expert in HIIT, and you just have to know enough about yourself from that perspective.

So you said where I like to start, I start with Hidden and I'll even tell you why, because when I first started in this business and feel that I loved helping people and I couldn't believe I had access to all these labs, it's like, you know, Christmas, oh, I can do labs now and so can you.

If you're a health coach or even an individual can get these things done. And so I ran thousands and thousands. I could not. And but at first it was mostly hormones.

So as working with women, they seem to care more about their health and pay attention to their allergies. That's most of the clientele. At least 70% of the client that came into our wellness center and I started in 1999, and I think women still care more about their health.

But anyway, so I was really I became like kind of an expert on hormone testing bones and hormones and a website called BonesandHormones.com And I had my bone density test machine and hormones were attached.

And so I spent two or three years just in that area. And I got a lot of success with women getting their bones better. And they felt better and doing some lifestyle.

They were various, but they still had their immune system getting sick or the digestion problems. Oh my hormones are better, my libidos back, you know.

But I still have diarrhea, constipation, heartburn, bloating, gas, you know, alternating constipation with the, you know, just in. I'm like, okay, so it's not just hormones anyway.

So after years, thousands of labs, I came up with that pattern. And what I noticed from the clients and the patients at the office is that if I only ran one or two labs and then later says, Well, yeah, I know, we didn't know we need to run this one and then then we're going to run this one kind of, you know, they said, Screw that, just tell me what I need to do. Why?

Why do you what are you stringing me out here? Just run all the labs at once. They told me that. So I made a rule in 2008 that I would only help people if they'd do a comprehensive intake, because that's what you need to do

anyway.

You're again just repeating that as soon as physicians who all seem to specialize these days, even functional medicine, once they pick their favorite or what it sounds like something sounds like a parasite, you know?

Sounds like a parasite. Well, God forbid you find a parasite because you're going to go, I found your problem. It's that and they'll kill it. Here, take this for three months or two months or two weeks, whatever, whatever they found, whatever their their favorite treatment is, and think that they've actually done something for that person when all they did is is treat the result.

Parasites are the result of a weakened immune system or digestive, you know, all the things it's the host that matters. So what I'm trying to say, absolutely. The host of manners.

I totally agree. Don't even get me started on the hunting kill approach. You already started getting it. You know, you have to take it. And remember. Okay.

Well, you know, it just it happens too early. And and so it's very myopic in people's approach, you know. So parasites are there for a reason. They even help us.

They have so many benefits they can help actually reduce serious health conditions and even protect us from a toxic load that would overwhelm our vital organs.

But they always come at a cost, right? So if you're going to identify them and offload them, you need to understand why they were there in the first place where they will come back or something else.

Well, to take it. Oh, yes. Right. So if you've got, you know, like the vilifying Candida, which might be there to help mop up your mercury from your amalgam fillings, like there's always a reason the body doesn't make accidents, right?

There are no accidents. So that to understand the system, which is why I love your approach so much. Well, thank you. And I have story after story after story of people who came in the office.

And you know this back in the day, I was kind of hadn't quite put the whole panel together yet and I would run the bug tests, stool testing. I love doing that.

Oh, my goodness. You might catch something. You might find something. So one day this really good sort of early functional medicine doctor friend of mine says, Why did you run this test?

I said, Well, three kids something. He goes, Oh, you were on a fishing trip. Were you like just seeing what you, you know, just run the tests, see what you find.

You go, Oh, that must be your problem, and treat that. And the person might get this much better, but they really still have all their terms, fatigue and anxiety and, you know, overweight and can't sleep and low libido and hair falling out and, you know, cold or numb extremities and and constipation like, you know.

Yeah, they got a little bit better. That's also what helped me put this truly holistic, very comprehensive program together. Mm hmm. Okay, so let's say someone comes into your system, right?

Or one of the practitioners that you've trained with a serious chronic condition, maybe they're working with the diagnosis, maybe they're not, you know, maybe they defy diagnosis and they're waiting to get bad enough until they finally get a word assigned to them. Right.

Which is a lot of people I know that was me like, oh, just, you know, you don't really apply it and come back in a year or two and you'll probably be worse than we'll finally give you some words.

So when once you run lab work on somebody who has same colitis, right. Where would you go from there?

How Stress Drives Gut Dysfunction

Well, there's there is a microscope topic organisms that will play havoc and make life hell for people with with to diagnosis of colitis. So as the more natural you know, try to work with the in of the body type person.

I totally go with medical oversight and something like that. Like physicians are bad people. You know when we talk about the early history, when all these people weren't getting results anywhere else, they often just had their letter up against the wrong wall, like they were looking at a system that wasn't really designed to help them with all of their lifestyle and all of their needs and and all the habits and all of the the things that we use now to resolve those problems.

So here's the deal. I don't do anything differently. It doesn't matter what they're they're diagnosed. This was no there's might be some attention paid for relief.

You know, you don't want that person in pain. They could actually continue with their medical care for relief. If that's helping you to have less pain and and other symptoms that might come along with it.

Well, good. But what are we going to do holistically for the person so that maybe that that all the things involved in that condition change and then that condition can change.

So when you go upstream, as far as we're known to do, we're kind of the upstream hunters and and I'll explain it this way. So when I first started, I used to follow the phrase of the day at the turn of the century, which was get to the root cause.

Now that's even said today, right? It's in everybody's handle. They put it in their signature. We get to the root cause. So I started looking for the root cause.

I ran again thousands and thousands of lives with thousands of people, you know? And I realized. Hmm. There's never one root, cause there's always multiple, let's say at least causal factors.

So if there's multiple causal factors, there's something else and clear that people don't consider. They're crashing into each other. They're having an effect on each other.

Some of that those effects aren't singly measurable. So I gave up the phrase root cause because there isn't one and inserted metabolic chaos that's the result of multiple causal factors, you know, entering a body, if you want to visualize it, that way, cascading around all the different cells, tissues and systems and resulting in disease processes and is so individualized.

This is the other thing you have to consider is that everybody's frickin different. The same causal factors will affect you one way you end up with colitis, irritable bowel and other things.

The other person's with asthma. Another person ends up with migraine headaches. So we have all of these causal factors the mental, emotional, environmental, the physical, and they cascade throughout the body creating this chaos and manifesting somewhere downstream and as a name, a diagnosis.

So if I'm just going to be the next guy in line to deal with, Oh, that's your diagnosis, let's deal with that. Then I'm going to do my real job, which is to uncover as many healing opportunities as possible.

And that's the phrase as many healing opportunities as possible. So this entire constellation of healing opportunities appears as we measure it, we run the saliva, urine, blood test, or we look at hormone immune to disease, detoxification and so on.

And then we start working on all of that. And what miraculously happens is that whatever the diagnosis was seems

to start fading away, and sometimes it is permanently resolved not by going after that one thing again, except for relief.

It's okay if you're having hot flashes and night sweats, you know, I want to know why I wouldn't know. All the things included that are helping to produce that situation.

But it's okay if you want to take some estrogenic, get rid of them. So so there's nothing wrong with relief cure but it's how how willing are you to go upstream to really discover these healing opportunities and work on those?

That's the system that started this is 20 years ago, started outperforming every other system people came in that they were currently using. Well, it was medical and by the way, have been told by medical, there's nothing wrong with you.

Your blood work looks normal. You've heard that one before, right? So you've never heard that before, you know, or it's normal for your age or all these sorts of things.

And so the the symptoms are never the problem. They're the result of the problem. And even certain lab tests, especially when you choose them based on what it sounds like or the problem, the lab results aren't the problem.

We don't want to manipulate what's on the paper. We want to get the person to do things that change their outcomes, whether their symptoms or numbers on paper.

Hmm. So there's something that you said in all of that that just like really stood out to me as something that I want to unpack further. You referred to stress a couple of times and how that's the picture and how this is like showing up in the lab work and really affecting and pushing chronic conditions right?

Yeah. Describe like let's let's dig into that in detail. How do you see chronic stress affecting, you know, people in the in the digestive tract itself?

How does that change labs? All of that? You know, it's straightforward. You you just you do the saliva test for the all the hormones, including cortisone, DHEA and our saliva test even includes secretory HCA, which is the main immunoglobulin in the gut.

And the good is 80% of your immune system. Right. And we'll look at melatonin, we'll look at insulin and some other metabolic markers and things from that one saliva test.

But we don't stop. Remember, we know we're identifying a constellation of healing opportunities. All your estrogen and progesterone out of balance, your testosterone is low, your cortisol DDT ratios off your catabolic will.

No wonder your secretory age is low because it's chronically low because it's been assaulted for so long. It's it's not responding as well. You have a weak mucosal lining, just not making the 80 like the setor 80 like it used to.

And now you've got that dysbiosis, the imbalance.

Advanced Strategies and Overlooked Healing Opportunities

So all of that is easily measurable and measured. That's what our lives pick up because we have a system for it. So I'm not sure I'm getting exactly what you want, but there's also no there are other influences on the gut exposure to pathogens since you know who your who, your kissing, you know, hopefully it's not your dog right after he cleaned himself, you know, that's the you know, things are getting exposure all the time from that from other things in the environment, including not just pathogens, you know, bugs and things, but chemicals.

And so we're exposed. It's unbelievable that tens of thousands of chemicals. But I remember I started out in environmental law at least the second half of my life so far.

And and man, it's rough. You know, there's just all this stuff being dumped into the environment, terms of water and air and food and clothing and cleaning products and personal care products and on and on and everything around you basically.

And so very little of it was ever tested for safety. Hmm. A place I like to direct people here Sinclair is the Environmental Working Group which is EWG.org.

Men go there and you'll be fascinated with the stuff in everyday use that's just toxic and it affects the gut. The gut is greasy. There's only one layer between you and the outside world when it comes to the gut.

You know, the epithelial cells of the lining of the small intestine of in particular are very sensitive. And so we get all these assaults from these things in our everything going on, the pipes, even things that go into your skin, things you're breathing.

And it's quite quick. Remarkable, the assault on the gut. You know, your question was, you know, about gut and where do you start or where do you look?

And it's multifaceted. And so that's why you need a system. And so our system of investigating the hidden stressors and dysfunctions that are upstream, that are crashing into each other, very important to start sorting those out for yourself.

And that's data again that you own. This doesn't belong to your physician or an officer of the lab or that you own that data. It's yours and it's personal and it's just in.

It's your it's another thing about our lab work is we only interpret it relative to a person. Does it explain why you feel so crappy? Yes, it does. This is why people love our work, because they go, oh, my God, I can't believe, you know, no one ever explained it to me like this before.

You actually figured out why I feel the way I feel and no one else could we hear that? And so but the idea is that that's your data. And there's also just looking around you, we have forms and little checklists and things like that.

That Environmental Working Group is really a good place to go. And then people will say if they go, Wow, if you go join me, what do I do about it? What can I do?

Remember, because this is about taking responsibility. We're not here now. I don't know. Agency, agency over your health. I'm not sure I like that word, but it's control is what it is.

Going back to India. Rode my motorcycle 25 years ago going, What's wrong with these people? Why are they putting their health in someone else's hands seriously?

And so anyway, now we have a system for it. The solution comes down to diet, rest, exercise, stress reduction. I think you mentioned stress and there's and supplementation decreased.

So on one hand, we look for each and we identify all the things that can be identified that are wrong with you really, and how they're affecting each other.

We connect the dots, so to speak, and then then we you can customize for yourself based on your data and you and your life. The dinner is a custom dress.

Food is like one. First things you look at person epigenetic influence. Rest is so critical and we could go in any one of these to do a whole show on any one of these.

Any time you want diet and rest and exercise, we need to emphasize that today, no. Yes. Diet restrictions and the two S's in dress are stress reduction and supplementation.

So I don't have my own line of supplements, but I know an awful lot about them. I've studied them for 25 years. And then of course, the stress, which is the question you asked, it's so ubiquitous and it comes in so many sizes and shapes and forms and that it takes a system to sort it out in my in my view.

Hmm. Agreed. I think that's beautifully said and there's so many nuggets in there for newbies who are just getting started on their health. And I want to end by really going.

To end now. I never want to. Of course not. Don't be ridiculous. We're hanging on Sunday. What I what I want to make sure we really highlight is steps that are beloved.

You know, super advanced listeners can take, you know, when they're like run all those labs. And I've been talking to my practitioners and I listen to the podcasts and I what is this?

You know, what is the next step that I can take if I feel like I've seen all the markers? What am I missing? You know? So I wonder if you could speak to those folks directly now and just give them a little bit of love.

What are some things that you see commonly overlooked, even by the most advanced, you know, listeners who really do take control over their own health and they're still a little bit stuck, you know, especially in regards to chronic conditions.

This isn't isn't it easy, you know, because it is that comprehensiveness, it's that your whole person, there's all your thoughts and emotions and energies, and there's also everything you're putting into your body, your diet.

And, you know, there's this holistic lifestyle program that I just mentioned. I guess the hardest thing is this idea of metabolic chaos. You know, it requires some steps to sort it.

Oh, no, you could take the acronym. So given you Hadean in hormone immune digestion, detoxification, energy production and nervous system balance that autonomic sympathetic was a person that that's sounds like a lot like you've got this banquet you know you got a whole orchestra and you've got to play it all.

Where would you start? You start on your weakest area. What you think is you. It's okay. Use your intuition, use your knowledge of yourself. It is this idea of self-awareness that comes to my mind.

And your weakest area is that your hormones are out of balance, your immune system is underactive or overactive. You're digestion. You know it's not working right?

You can work on the detoxification is huge energy production, nervous system balance. So it really requires all of it. So I guess I would start in the weakest area and then I would apply the healing principles that we're not treating one thing we're going to actually treat every cell tissue, organ and system in the body at once, the entire organism through that holistic lifestyle program.

Where's your weakest areas, your diet? You just can't get enough of the right foods, you know, or you're eating too much of the wrong foods. It is it rest or you're not sleeping well.

You're not really getting to the deep non-REM sleep, is it exercise? Maybe you're not doing high enough intensity or frequency, or maybe you just need to put on some muscle.

There's lots of things. The biggest areas for people usually are diet and then that stress reduction. Mm hmm. But what everyone wants to do is the supplements.

So we have a formula, we have an answer for is d r e assess who will what should I take? They just want to focus on the supplements in return. We'll take your esposa to dinner.

You know, take a take a walk around the block. It's not what you take in. Just what's in a bottle and only show you. This is just what's on my desk. You know, these are just my my liquids, my look, I take plenty of them, but if you're

not eating right and going to bed and really getting in a deep sleep, hopefully early in the night, if you're not exercising behind this screen, here's both my sauna and my elliptical machine.

So, you know, diet research says supplements, they're all over the place. It's the stress. And how do we handle it and how do we get our minds and emotions separated from our essential selves?

You know, that matters to me. And that's where energy and and sort of, you know, source comes into play. You know, I know that I'm not my thoughts and my emotions and so when I have them, which is all the time, I really that's not you read this.

Not you. You're not you're not those thoughts and emotion because you you know, I mean, I love the joy ones, the joyful, happy words. But if it's anything less, if anything else, you know, thoughts lead to emotions.

You know, they're the the sort of coloring on the thoughts. They're the juicy thoughts. You know, that's what said Guru calls them. And man, they can really bring you down.

You know, they can make you feel hopeless and sad and blue and angry and irritated and things. So you got to first start with that maybe. I mean, I just sort of took my self through there.

Mindset, Stewardship, and Daily Health Practices

That's how I operate a lot. But but yeah, you got to separate yourself, get more self aware, practice meditation, and then you can take the next step that your body will tell you, No, you're not your body but it will tell you, it will tell you that it needs help in a certain area.

And and again, we have a sort of a step by step for all that. And I love so many things that you just said there. I want to highlight a couple of them.

So, you know, in naturopathic, we talk about stewardship of the body, right? Yeah, that's a good one. You are not your body and yet you are responsible for this animal.

That is your expression here, you know, and it's so innocence, you know, it's never going to stop fighting for you until the last breath. Like, if you think about what a magnificent act of love that is, you know, and how innocent this thing is and has symptoms.

And and then we could start to unpack. And like you were talking about, I guess my word for that would be to move into the observer mode with the thoughts and emotions.

You know, where we one of the things we first teach our chronically ill students who come into our courses is like, let's unhook from the drama of it.

Yeah. Oh, man, good. In a state of stress. So, like, okay, there you went. You got overwhelmed. You got you're exhausted. You have a mitochondrial dysfunction issue.

So Yeah. You had some behavioral outbursts. Okay, that happened. And let's be kind and let's move on, because the more, you know, negative meaning you assign to these signs of symptoms or even to your lab work, like your lab work can set you free.

Right? Or you can look at it like a death sentence and that would be not the way we want you to do it. Right. Yes. I'm glad you pointed that out. And and I talk like that a lot where you can pick pick things out, you know, because they're significant.

You know, they're truths. They're realities. And you recognize them. And I think most people do recognize. And so if you're if you if it smells right, go in that direction, you know, start working on it yourself by realizing what your self is.

You're not that anger. You're not that other emotion, unwanted, much like that. Everybody is a being on par with, you know, the universal intelligence and energy.

And but getting there is work requires some vigilance. And people if you think you're just too busy for it, it doesn't take that much time to get started.

It only takes a couple minutes in the morning. And I would recommend that tomorrow morning before you put your feet on the floor to see. Thank you. That you're one of the people who woke up because a million people didn't.

That's how many people die every night, I'm told. It's something like that is some huge ass number, you know, on the planet. You're one of the lucky ones that woke up and you have an opportunity to make the day beautiful.

So before your feet hit the floor, you know, everyone gives up same way every morning. You push yourself up when you're, you know, and you're sitting there and you're swinging your feet over and we boom.

We automatically put our feet on the floor. Stop for a second before you put them in and just realize the opportunity you have begins in that moment. That's so beautiful.

I totally agree. You know, I think we had such a gorgeous day. There's lots more where that came from. Sinclair. I know, I know. And someone's going to come.

But maybe that's the note that we end on for there are practitioners listening in looking for new tools for themselves, and I really love how you emphasize casting a wide net.

So if you're a practitioner looking for new tools, check out Reed's Hidden System and you know all of the support that he provides practitioners. And let's remember that the meaning that we assign, you know, to things, this could be, you know, your your door to vitality.

It's there's nothing about these markers that have to stay, you know, out of balance, right? So it's on how we frame it. Thank you so much for sharing your wisdom and your insights and as always, your humor.

Thanks for being such an advocate for people's natural healing and taking responsible for our own health. I really appreciate it. Thank you for what you're doing.

I love that you're doing summits and getting the word out there and keep it up. Great job.