Hidden Root Causes: Terrain Theory Of Disease, Exposures And Why You Cannot Get Well Yet Transcript

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Introduction and personal health journey

– Hey everybody, this is Dr. Diane Mueller, Welcome back to another episode on microbes and mental health and I am so excited about my next guest, my friend and colleague Sinclair, Kennally, Welcome to the summit, Sinclair. – Thank you so much.

It's great to be here. – But let's just start off by telling us a little bit about yourself how you got into the world of working with some of the things we're going to talk about today terrain theory and how you got known as the liver lady.

Just tell us a little bit about your history if you would. – Yeah, no problem. Well as a C. N. H. P. Or a traditional nature path, it's really important that I, you know, just disclosed up front, I'm a very reluctant health activist came at this the hard way. I actually started in mental health first and became so sick, I could not maintain my practice and um you know, it was a really scary time and a journey, you know, and it's really important I think for people like you and I that now educate folks about this that let people know right off the bat that you're not alone, that there is another side to this, you know, having both been through such intense health stories and definitely for me, like I there were years where I couldn't read an email or write a sentence, I couldn't like stand up for more than a couple of minutes at a time.

I couldn't walk to the back of my own office building to see my employees, I'd be running a meeting, have like no idea what it was about. You know, And um from there because things are much more complicated.

Even, you know, 15 years ago, it was a lot harder to find this information. Michael and I were really on a quest to discover what worked and what where to go when your mystery patient X and none of the labs reveal anything, you know, within normal telepathic ranges and everybody says you look fine, but you know, you're not. So we know it's real guys, we can both totally relate and you're in the right place at the summit.

So I just love that you're doing this. Um, yeah. And then from there, rebuilding our health, both of us, we had very different symptoms. Michael and I, but we actually found out that the toxic exposures that we had were the reasons behind everything. And as soon as we got keyed into root causes and home, a toxicology and terrain theory and started studying with, you know, the by regulatory guys in Switzerland and Germany.

That's when everything started to click into place and we started to heal. And we're just living in a really strange time right now. And the more we empower ourselves with what has gone wrong with health, the more we can reclaim, you know what our bodies already know how to do.

So that's why I'm so passionate about sharing. Now, Ceo detox rejuvenation, you know, help thousands and thousands of students at a time. We mentor practitioners run that your health reset podcast.

So that's me. – Awesome, thank you so much. And yeah, the the whole journey I think of being able to understand clients and really just empower them that it's not in their head and they're not crazy and all those kind of things.

It's just even that, I think it's just so healing right off the bat for people. So it's amazing that better or worse that you've gone through that journey and are on the other side. Go ahead.

– I was just saying, I love your approach and make sure you always, you always do such a good job with that. – Yeah, thank you you as well. Let's go ahead and jump into some of the content today.

So tell me a little bit about and tell our audience a little bit about like toxic exposures. You know, you're talking

about this bio energetic healing. Does that tie into toxic exposure?

Where are these toxins coming from? Cause I think so many times people think toxins and it's like the obvious stuff. Right? So that's like alcohol and tobacco and car exhaust, but educate us beyond that. Where are these toxins coming from?

What are people not thinking about that that we really should be considering? – Well I think that we have normalized are toxic exposure at the rate that we all have gotten sick. So we're all looking around at each other like, okay, this is just life stress or we're just getting older.

You know, I have people coming into our practice right now, they're like 30 years old and they're like, well I'm just getting older. Like that's not why you have arthritis dude, Like stuff back here, you know, and that's not my chronic digestive issues.

You know, since you were 14 years old, like this isn't just like how my body is built, it's not okay to normalize it, it's common, but it's not normal.

And so we have to really unhook from that and we have, you know, many studies show that some really scary numbers that we come into contact with over a million toxic particles per day and it's not like some big exotic exposure.

It's in our food or in water. That's where it is. It's in our food, air and water and our clothes, it's in our homes, it's in our personal care products and it sounds lame honestly, it sounds like, yeah, you know, okay toxins, I get it.

But actually when you start to look at the toll that they take on the body and how your body is robbed of its ability to heal itself and for you to feel like yourself.

Hidden toxic exposures and body burden

That's when it starts to get really interesting for people, it's like, wait a minute. You know, my mother in law's glade air freshener that I get a headache from for two days.

Like that's a sign that your bucket is full, you know that your liver is not in a position to process things efficiently that you know you may have some history and sensitivity and you know that your microbes are going nuts. Like you you have a serious imbalance quick acute low grade toxic exposures. Yes, we should be able to recover from very quickly but instead we are getting nonstop slow chronic build up of toxic exposures and because it's all synthetic or its heavy metals that are were deep in the earth's crust that we were not evolved to excrete them.

That's when things get really messed up because your liver is like amazing. It's magical. It's supposed to be cleaning out your blood, it knows how to break down, you know to see toxins break them into you know, separate metabolites, you know reconfigure them. So it's like okay you're gonna go out through the kidneys, you're going to go out through the bile and the bowel movements.

But unfortunately when it comes to synthetic toxins, so stuff that we have designed as humans or heavy metals, those get re absorbed back into the body after that process has already kicked off and then the whole thing starts all over again.

So then what your body says is like Even from your amalgam fillings for example, you know, half of that is mercury by weight in volume. Okay and 80% of mercury that comes into the body gets absorbed and stored in the body.

The body is a very difficult time excreting mercury. So like well that's just a little bit. No it's not because even a little bit of mercury in the body makes it very difficult for the rest of the heavy metals that your body is exposed to. It can't excrete those nearly as efficiently if at all. So you have just created and kicked off a response in the body that lasts for decades by getting just one or a few amalgam fillings back in your teenage years, you know? And you ask yourself like okay but that was a long time ago, how much does it really matter? Well in the first seven years of an

amalgam filling um half of the way by volume of that amalgam filling absorbs into the body.

So what's there is sort of a skeleton of the original filling and then that skeleton has an additional half life of 30 years. So you're still every time you chew or every time you have a cell phone call you're activating the vapor in that mercury and it's going into the jawbone, it's going through the mucosa layer, it's going right through the blood brain barrier because it vaporizes at room temperature. So it doesn't take that much, right? So that's just one example right there of what the body is struggling with in these micro amounts and that's what really shocked me.

Like I thought this was boring, my dad was like like one of the early environmentalist, he's like really into safety, really like anti toxin. And I thought he was honestly kind of a worry wart, you know, no big deal. If I'm playing with sharpie markers and I get a headache probably as soon as the headache goes away, the body damage is going away.

Right? No, it's when the body gives up, telling, sending you the message. That's all. But these toxins actually go into storage and they compound and because they have reactions against each other, they combine to create something much more dangerous for the body has to work hard to keep them separate. Right?

So depending on the electrical charge and the configuration of these molecules, one of the body's primary strategies to deal with them is to put them deep into storage deep in the tissues. What does that do?

Well, it means we have to, you know, carry extra weight if we're in a position to do that right? It slows down our lymphatic six because our lymphatic to the faucets in the body right? Or the drains of the body, so to speak. Um so it all adds up very quickly and like I love that you're doing this summit because you know, you take something like for example that mercury exposure, it's a really good example of something like, well what's the body going to do with that? It's going to go into the brain and storage.

It's gonna go into the fat tissues and storage. It loves to hang out in the thyroid, slow down the thyroid. That's a big bummer for all of us. Right at the thyroid gets slowed down and sluggish.

You actually have a direct link to that and the way that your gallbladder releases bio your gallbladder has a harder time letting go of the sphincter of Odai.

Which is what is that tiny cute little vine coming off of the gallbladder Which is your catcher's mitt for bile supposed to release to release toxins and bile into the small intestine and meet the stomach acid and newly entered food.

Actually start to transit down the digestive tract. It can't do that as well if the thyroid is overloaded with mercury or any other toxins. Your thyroids like your canary in the coal mine. So then you get this weird build up, right? And there's all these compounding ways that our detox systems actually slow down and get impeded from doing what they know how to do. Right?

So so then you look at like, okay well what's happening with the mercury? Is it just sitting there? No it's not every time you're in an E. M. F. Environment you're next to a wifi router or you're within 30 ft of one or you're holding a cell phone up to your face.

It's agitating like an antenna and it's creating damage around it and it also invites a microbial response. Right? So microbial response. Like for example Candida candida is really one of those first line defense mechanisms to come in and try to stabilize mercury.

It can hold several times its weight in mercury phenomenal at that. And so then we in functional medicine and like really well meaning like, oh you have symptoms of candida yucky. Um we got to get rid of that.

Let's go in and hunt and kill, right? And you feel really crummy, like it's okay, it's short term, as soon as you get on the other side of that, you're gonna be free.

But the problem is Candida keeps coming back and keeps coming back and keeps coming back because you

didn't resolve the reason for it, which is either mercury radiation exposure, like heavy, heavy metal radiation or mold, you know, one of our favorite mutual topics that we love to nerd out on.

So that's just an example of the way that things build up very quickly for us. You know, in this world, I can provide a couple more. It might be fun or just totally up to you. – Yeah, let me just clarify a couple of things and ask a couple questions and then I'd love to go into a couple more examples one.

I just want to comment on what you're saying around the whole getting old thing And just to make sure people are really hearing this because I swear if I had maybe $10, for every time I heard that in my career, I could probably totally retire by now.

So it's you know it's pretty amazing to me how many times we take these basic things and just you know put them on that under that title. So I just want to make sure all of our listeners are really hearing that point that I think is super important that you brought up around this getting old thing, if you're having symptoms and you're blaming it on getting old, you're kind of missing the point.

And then before we go on to some of these other examples that you're bringing up I think around the Candida and the relationship of the total body burden and all that.

I'd like to get into some of these other examples. But I also feel like one of the things that I hear so much come up in my clinical practice around detox that I'd love for you to address is a whole conversation around detox and the M.

Th. F. R. Gene which some people call the mother, insert bad word here and you know, so that gene is does impact detox. But the unfortunate thing I think is there's a misunderstanding of what that gene is and what that that is actually doing.

And so what I hear sometimes is if that gene is present and that that genetic abnormality that sniff is present, then it's like then there's a problem with detox and if that gene is fine then we can detox fine. So we obviously know it's not that simple, but can you go into that a little bit more? Because I feel like that's going to probably be coming up in our listeners heads. – Yeah, absolutely.

Well, first of all, I would like to relieve everybody of this um this death sentence or life sentence that comes with M th fr gene, because all we're talking about with that, and there are many variants within it guys.

So just saying, oh, I have this gene is a dramatic oversimplification of what's happening, and it is also only describing a predisposition towards something a probability of, but let's do not even further and say like, oh, is anybody who doesn't have the m th fr gene um actually able to detox? Well, right now, no, they're not, no one is detoxing well on their own right now, it's it's just simply not possible because of the load that we're all getting, the how many synthetic um materials are coming through the body that the body was never designed to come into into interaction with, and the the chain reactions that are happening there, and also the wide variety of them. So it's it's really like, it can set you free also, like on the one hand to say like, this is not just a problem for everybody. I mean, for people with who are on the back foot with the m th of our gene, everybody has this issue right now, and it's also a little bit of a wake up call because um that's not the biggest problem that we see in our practice or in our audience, The mth frg what we see is like dramatic overload and there's a wide variety of reasons why you would have difficulty detoxing. So I just really encourage everybody listening to take a whole new level of responsibility um for supporting the body to offload these toxins because what we know from terrain theory and from home a toxicology is that microbes and like the bad guys, the bad bugs, you know, lyme the co infections and all these really scary sounding terms are really just opportunists and the body can hold them in check sometimes indefinitely and handle it itself.

If the terrain is clear, if the terrain is clean and you having the m th fr gene is not the reason why you're struggling with lime and co infections, it's that your terrain has overloaded and there's a distinction there, you can still sweep the terrain clean over time with a lot of balanced nuanced in depth detox really emphasize those pieces. I'm not talking about detoxing in a weekend Or those, you know, there's some really crummy questionable programs out there using 1.0, binders and really oversimplifying things like you need to be able to tailor a program to yourself.

Um So and to take into account the different classes of toxins and the order that your body wants to heal in.

So the last thing I'll say about the M th fr gene is that if you look at it, 70% of the population has some kind of mutation with the M th fr basket of issues, so to speak. So you can be an over method later and under method later. And there's so many issues that can take place.

All you need to know is that what you have been exposed to, what your body is in a position to do and then you need to be able to make steps and individualize things accordingly for yourself. So there's you do need to take into account your bio individuality. However it's not a death sentence.

MTHFR, detox capacity, and root causes

And you know if your heart sing, it's probably because you don't have a nuanced enough protocol in place and you're not using the right products products and your practitioner doesn't understand you. – Yeah, thank you for that.

Thank you. I think that really helps people understand that. This is way more complicated than just one reason why we're not detoxing, which I think is pivotal.

So let's go further into some of the examples you wanted to give. So you talked about Candida and the relationship to total body burden with Candida. What other examples could you share with us? – Yeah. Sure.

No problem. So one of the things that I just want to point out to folks is that we are living in an age where we're exposed to herbicides and pesticides all the time. And that is constantly shifting our microbiome in a way that we would not like.

So we need to be proactive and really understand what's happening here. So 75% of our air and water samples across the United States are contaminated with glyphosate, which is the active ingredient in the world's leading herbicide, which is roundup, made by our good friend Monsanto.

And it's just one chemical. But if you take a minute to understand this one chemical, you can understand your body and be so much more empowered to do something about it because glyphosate is patented as a key later. And what that means is it's really good at stripping metals from where they are stored, stripping minerals from where they are stored.

Not only is it doing it to the plants themselves into the soil so that what we are eating is under mineralized. Our food is emptier than it was even a couple of decades ago and it's very different content than when we were, you know, initially measuring nutritional values back in the twenties through the 19 forties, it's just a carrot is not a carrot. Guys.

The tomatoes, not a tomato, you know, some estimates show that we have as little as the 20th of the nutritional content today that we did in say, apples for example, back in the forties and thirties when they were initially looking at this stuff. So that's really interesting, right?

It also means that as life as it comes into an under mineralized body like ours today, because our food is emptier because of glyphosate. It's also mobilizing in discretely heavy metals and they're going on the move.

And um and it's also stripping us of the minerals we do receive. So that's important to understand because aluminum and glyphosate bond together and they become neutral in charge. So aluminum only has certain rules about where it can go in the body because of its electrical charge until it combines with life state.

And then that thing can go anywhere. And it's extremely damaging because we live in the age of aluminum. It's in our air pollution, it's in our water, you're drinking Lacroix. It's you know, answer being stored in aluminum.

You know, we're we're eating from can that are lined with B. P. A. And so and as we are, you know, eating acidic

food from there like say your lovely organic canned tomatoes or that acid is pulling at the B. P. A. In the can lining and it's pulling at the aluminum. So we're just getting this exposure everyday aluminum is really good at creating obesity at creating sluggish mitochondria.

So mitochondria, I remember the little energy power plants in ourselves, right? They are what turn are nutrients that come into the cell, they get delivered to the cell and absorbed through the receptor sites, they would turn those into straight up energy a teepee, right?

And so when the mitochondria become toxic from aluminum and you can actually watch them on contact just like night night we're done. We're shutting off um with this exposure to aluminum, that's when we get this crazy build up, right?

Because the body can't do its normal metabolic processes and it definitely can't detox. And you know, my clinical observation is that people high in aluminum, which is everybody that comes through our clinic is that that is a bigger issue for them than whether or not they have the mth frg, just to kind of wrap all this together, you know? So, so then what happens?

Well, aluminum is a really great thing to have on board if you want lime and co infections to flourish. Right? It hangs out really beautifully in the lymphatic six, like especially for women who have breast cancer, you know, that study that showed that all the women tested with breast cancer tested positive for lyme and we're super high in aluminum is like, well, that's a really interesting correlation, isn't it? My goodness, we need to be paying attention to this 100%.

Yeah, so those are just a couple of examples and of course, you know, it begs the question, Well, how do we get rid of lifestyle and how do we get rid of aluminum? And they're really wonderful, you know, complex strategies about this, but I just want to emphasize this is not mysterious.

Guys, we were mystery patient X. You and I Diane but nobody listening has to be because this is understood now it's complex but it's not mysterious. So you have to account for God if you say you have to account for aluminum, you have to account for heavy metals and other herbicides and pesticides and these toxic metabolites that just cannot leave the body without some proactive support because of their, you know, their actual configuration. But it's not hard.

Glyphosate, aluminum, and microbial imbalance

It's just a problem to chip away at with grace with strategy and with working with the body, we're never going to fix this overriding the body. We're gonna fix it, working with the body. So we want to get really smart and celebrate a lot the tiny steps where we lower our toxic exposure daily.

So it's just math guys, less toxins coming in that are coming out every day. That's all, that's what we're working towards. And yes, it's overwhelming and it's obnoxious. You gotta think about like everything from nail polish to cookware. But it's just one thing at a time while you work on a really complex magnificent protocol that's really, you know worthy of you. – Yeah, beautiful.

And just want to throw in a pitch to this app that I found called yucca Y. U. K. A. Do you know about this app? – It's great. – It's so great. So you guys when St. Clair is talking about like oh one little step at a time, remove one thing at a time. This app is really cool because you can see you can go around the grocery store your house and start scanning things just with the bar code to be and rated on 0 to 100 with 100 being good. So you can say as you're removing stuff like Sinclair, you know, suggesting just one thing at a time, one step at a time, you can start to understand like some organic products are actually not very good, you know, and and it's surprising sometimes what's good and what's not.

So this is a way you can start to learn what you're buying and figure out if it's problematic in a really easy way. So let's talk about terrain theory because terrain theory kind of ties in and starts moving is a little bit too, you know, kind of root cause but also an element of treatment.

How do we approach this stuff, how to work with this stuff? So can you start talking about terrain theory just kind of entry level one oh one, because I think a lot of people probably have not heard about this yet.

– Yeah, so terrain theories for the opposite of germ theory where germ theory um Thanks Loop Esther was really um really popular is the idea that that microbes are the enemy, that germs are the enemy, so to speak and um that they are what's wrong with health.

And so if we get into contact with one it's like if they're tennis balls flying through the air and we get touched by one boom were down and there's nothing we can do about it.

Which is this is a vast oversimplification but it's nice to have the visual right? Where instead you know, terrain theory is the opposite. It's like well it doesn't matter um as nearly as much what tennis ball touches you and if you catch one and toss it back or not, it's more about the ground that you're standing on.

And we're talking about the terrain within right. We're talking about the tissues themselves. The issues are in the tissues and what's magical about this field of study and this field and as and as applied to our chronic illness explosion today is that it keeps being proven true and relevant more and more so over time. And one of the things that I find most important about the concept of terrain theory today is that if we can restore a sense of flow to the body, the body can handle and take back over management and excretion of these other things. The chronic silent infections.

You know, the microbial balance imbalances. You know if if we support the body to flush out what has disrupted it in the first place, such as toxins. Um then we are actually in a position to be healthy and the body gets to do what it needs to do. So just the most basic level terrain theory is about um understanding that the total body load right?

You know the bucket metaphor that we all use if your bucket gets full at a certain point that full and overflowing that's where you're gonna get all the symptoms and that's why you think you know there's a straw that broke the camel's back moment right?

You know where like 11 wonderful gentleman so sweet. Um He broke out in a full body rash as his wife was going through a very difficult scary birth with their daughter and that was his moment of overflow and he focused on that and obsessed about it and his rash for four years with all the wrong practitioners and he kept getting worse and worse and worse but it was really just the bucket overflowing moment for him and he was like so this is psychological in nature it's like well is it because you've been living in mold for five years and you had crazy exposure to you know industrial chemicals from your construction jobs early on in life and you did a lot of hard drugs in your teens and early twenties so your buckets full doesn't mean that you can't fix that though.

So he had full blown candid iss all over his body. He had crazy mold exposure. He had lime and all the co infections like he could not function but he was blaming it on the birth, it's just the overflow moment and this is a perfect example of terrain theory. So you gotta walk it back instead of going right at the co infections like oh my God Barton, Ella, we gotta kill kill, kill, you know blah blah blah.

Um instead if we actually support the terrain and flush out all that stagnation and that toxic overload, then we start working with the immune system, we start working with the body's excretion processes and it becomes much more elegant and you see a whole lot more progress. So that's what we're talking about.

You know and I'm really tempted to go into parasites but we probably shouldn't, so. – I don't know I'm sort of thinking we should I think it's I think it's a really important conversation and it's so related to all of this. And so let's go there, let's go there and then tie in for us to since you're also do you also do so much word with work with the digestive world in that sort of thing in your practice.

So parasites obviously are not just digestive. We can have systemic parasites but busy a you know these types of things but it's a good lead into I think talked about the digestive system.

So can you kind of tie in parasites and digestion to this overarching picture of toxins and terrain. – Yeah, absolutely

because parasites are actually here to do a job for us. Our bodies not stupid guys.

Our body is absolutely brilliant. Your body can see the parasites and has all kinds of strategies built in to kick them or keep them in check as you become exposed to them. But it's not in a position to when your terrain is super clogged up and swampy and full of toxins.

And fully just waste. And your body cannot excrete the waste fast enough from your normal metabolic processes, let alone the toxins. Right? So parasites move in to help with the job.

They are literally toxin sponges. They just come at a really high cost. So you know a parasite can hold several times its weight whether it's model cell or it's a big old scary tapeworm or it's you know our beloved rope worm which is absolutely disgusting. Um We see some strong colloids is the world's most common parasite. You know, we get balls of like thread worms and ringworm and all sorts of fun stuff in our intestines.

But they're there to help absorb the toxins. But the problem is they get to eat first so they're eating your food first and they're also increasing fermentation and they're so good at controlling your behavior that they can create anxiety and depression and help you reach for high sugar foods because that's what helps them thrive and what they excrete.

Terrain theory and the bucket overflow model

They're pooping their p um These endo toxins are highly toxic in nature for you. They're very hard on your body and they're really good at suppressing your immune system so that they can continue to thrive and live off of you at the expense of you.

That's the definition of a parasite versus symbiosis. They're living off of you at the expense of you and I hate to tell you. But um this this wonderful conversation we're having in mental health these days.

It's like it's like all very boundary focused like boundaries, We have boundaries in place. Our souls have boundaries, our bodies have boundary after boundary seal upon seal.

It's that they've been broken by these toxins and the parasites are really good at taking advantage of that situation. If you have parasites in the body, you have parasites in your life and vice versa because as within so without right?

So as we help people to offload these parasites, that's when the immune system comes back online. You can actually deal with lime and co infections can actually deal with mold right fit more efficiently. And um your relationships change a lot.

I get so many messages in the portal, you know from our clients like so I had a really big conversation today and I think that I got all these parasites out and you know like my mom and I finally like you know had this important conversation or you know that we've been trying to have for 40 years or whatever it is, you know?

Yeah, really great. It's amazing. – Yeah. That I think all ties into the terrain theory of disease, you know, in so many ways like my understanding the terrain theory of disease is sometimes we manifest these microorganisms kind of like you're talking about like parasites are there to fix the problem like so you know I just saw like sum that up in a nutshell like sometimes we get these these microorganisms because it is they stimulate our body's ability to heal and to start the process is through all of these chemical messengers in our body to start cleaning up the trash and all of these things.

And I love what you're saying because it's so related to the mind too. And I think the mind from what I've seen is not related to terrain theory of disease as much, but I think knowing what we know in functional medicine, it's like it's so true.

Like we start cleaning these things up and it's like the parasites or the viruses in our life are reflective of what's in our body and the toxins in our body are reflected to toxic relationships toxic you know, situations in our life.

So I love that you tie all that together. – and then from bio regulatory medicine and from traditional Chinese medicine is that actually the body is really good at storing emotions for us, you know and where we store emotions, we experience physical stagnation and the toxins build up there and the co infections come in and set up shop and the parasites thrive because if it's whether it's grief in the lungs, anger in the liver resentment in the gallbladder, you know, shocks and um distress in the spleen.

You know, this is where stagnation happens as soon as we feel things slow down in the tissues, we get that build up right away of toxins and this flourishing of infections and then take us right. – It's so interesting, it's so interesting and it's depressing in some ways that the train theory got so squashed because it's like when we start doing this work, you know, on getting to some of these routes and getting the glyphs states out, getting the medals out, you know, doing all these things we're talking about.

It's amazing what happens with the immune system just coming back online and and starting to heal some of the rest of the things and yet this theory, while it's out there is pretty much largely I think at this point only talked about in the functional space. So I'm really looking. – A worldwide reckoning about it right now, I'm actually very positive because I mean, Covid really forced us to look at like are we, are we still in germ theory or are we going to actually embrace what we already understand about terrain theory.

So I'm kind of hoping for right now. – I appreciate that. I'm on the hopeful bandwagon with you. Let's talk about the digestive component of all of this.

So let's move on there and talk a little bit how that is related to this overarching picture of toxin exposure and you know you mentioned Candida, but let's just go beyond that if you would. – Sure. So if you think about it, the digestive system is essentially an external um skin. It's just on the inside.

So we we are bringing in the outside world through this magical tube nose to tail every day. And um it is in many ways one of the first layers of exposure that we have. So we're breathing in toxins and we're also absorbing them through the skin, but we're mostly drinking and eating them.

You know, that's that's a big piece of it. So when that happens, take something like life or any of those herbicides and pesticides that can actually break the lining Of our gut and destroy these or disrupt these exquisite rules about what is supposed to get in and out through that lining.

Parasites, digestion, and emotional stagnation

That is extremely disruptive because our immune system, you know, depending on the statistic that you look at 60 or 70% of the immune system is in the gut in itself. We're talking about over two tennis courts worth of surface material. Guys, it's not just a cute little tube that goes like this, like it's a lot of surface area, right?

And that's where we're doing a ton of work to absorb things and also to move things out of the body. So that's really interesting if things actually can get into the rest of the body through there that never should have like our gut is not too bad at getting aluminum out.

You know it knows not to let it in through that lining except when it comes into contact with glyphosate except when you already have leaky gut because of glyphosate.

Just as you know, drawing upon examples that we've already had today and same thing with mercury. Right? So um you have a microbial response pretty much immediately to anything that comes in into the gut. And that's why it's so important to remember and have this reality check for ourselves. Like guys, the gut lining is rebuilt every three days. Our liver is rebuilt every six weeks.

These are some of the most regenerative resilient systems and organs in the body like their magnificent at it. But they keep recreating the same prob because we have not changed the conditions of the terrain.

So the microbial issues that we have, you know the parasites, the infections, the parasitic biofilms that set up shop

these are all in response to the toxins and then our lack of ability to absorb the nutrients that do come in that would actually speed up and resolve this issue. You know speed of the repair process.

So like for example um we can't break down our proteins efficiently within our gut microbiome once glyphosate is in the mix. So you could be eating a protein forward diet But you may not be absorbing it well and that's one of the reasons why many, you know like the Amina's market has exploded like it's like um I'm not gonna quote the number right? So I'm not gonna bother but it is a huge subsection of the supplement um supply chain at this time and it never I mean did you see me nose around 25 years ago? No, you know and now people have to take them to survive because they can't break down their own proteins and process them.

And um you know the last piece I'll say about that is your microbiome is not going to shift. Like if you if you blame your microbiome for your bloating and your digestive symptoms like your good and your acid reflux and you're you know you're not like your constipation or your diarrhea, you're missing the point because they are doing an exquisite job of compensating it's and they're having a very logical response to what you've been exposed to. If you change the exposure and you give your body an elegant way to excrete that exposure and supported along the path.

That's when the microbiome will shift, you do not have to spend all your money on probiotics and probiotics and post biotics and all this stuff or supposedly you know very um strain specific antibiotics as if that's not going to have a major chain reaction like those are toxins guys of course you're gonna have a response.

You know. So we if we change the conditions then the microbiome will shift almost immediately and yes it will continue to need to shift over time but your body is very responsive and it's never too late.

– Yeah I love all that and I know we're running out of time here so I want to wrap up I think with a really important question which is from a standpoint of treatments you know were talking in the overarching you know theme today right is this bucket this total body burden you know we have more coming in than we have going out from the toxicity perspective.

So you did mention like these fat type of cleanses where it's like this really hardcore thing we do for a weekend. Probably not the best approach which I totally agree with. So I know people are gonna be thinking about this and really thinking about okay well we got to get the toxins out to get the immune going, we gotta get the toxins out to get the gut going, we gotta get the toxins out really help prevent to get some of these immunological problems and infections.

So just big pictures or anything you can leave us with from a treatment perspective when it comes to detox of like overarching principles, things that people really should be considering to making sure they're detoxing well and safely and effectively.

– Yeah absolutely. So first of all let's remember what we talked about earlier which is we need to reduce the incoming load And you know what's free every day is absolutely within your reach. So open your windows guys please at least an hour a day. You think that air pollution is out there?

It's in here your indoor areas up to 400 times more toxic than outdoor pollution because you're the materials in your house are so toxic and they're off gassing for years at a time.

Get rid of the carpets. You know, if you have lime or mold, you have no business having carpet in your house. Listen to us okay, even if you can't afford fancy, you know, changing out your H VAC system or something, you can get a standalone unit like the Austin Air, the amount of material in there that is absorptive is so phenomenal like that's dollar for dollar. You're probably your most impactful powerful thing. And open your windows.

That's air. Let's talk about water because you are using woefully inadequate water filtration. Stop buying into the marketing. It's really, really scary what they're allowed to get away with.

You have to look at how long filters are supposed to last and they're talking about reduction, not elimination. So you

know, and this is you know, potentially going to be unpopular.

I don't know how you feel about this Dr. Diane but we recommend distilled water because um so many of the other filters are just not designed to actually get out those herbicides pesticides, pharmaceutical residues, microplastics, you know the radium uranium all that like our radium in our area here in town where we live in SAn Diego.

It's 10 x in the last five years. That's that's going to create a microbial response. So if you distill your water, you're actually getting rid of all of that and then you can add back in trace minerals that need to be bio available anyway. You're not absorbing the rocks in your tap water. Yeah. You know, so that's one piece as well.

We see people heal much faster on this.

Practical detox strategies and daily support

Another piece that's really important to consider is nervous system support because if we are not able to re access that parasympathetic dominant state, rest digest repair, detox.

Then we're adding pills in but we're too stressed to make use of them. Which means you have to take a fresh look at where you're sleeping at night because so many people who are are unable to get well and they do like the whole functional medicine celebrity circuit and no one can help me. You know, my body is broken.

You guys are most often sleeping in a high voltage body voltage area at night and that's not just about your wifi router, which is radiation. Great turn that off. Please please please do please put your phone on airplane mode. Do not accept your family members blowing you off about this because you need to heal. But it's also about getting a body voltage kit and measuring your voltage because you need to be in a low voltage environment at night to make use of all the good choices you've been making throughout the day.

Your food, your supplements or medications. Yeah. So that's another piece obsessed about deep healing sleep, sleep and then also obsessed about drainage and flow.

Right? So you gotta you can't flush oclock toilet. Like it's just so basic, right? If you have consultation or if you have trapped, you know, old stored fecal matter, like most american adults do the statistics as we have between five and £20 of old feces in our guts.

You're really asking the body to um try to surmount that and overcome that without help. Like don't offload your liver, don't do a liver cleanse if you're constipated, like that's step one in our rapid liver reset. Like, let's get this dialed in, right? So drain from the bottom up, restore flow from the bottom up because if you want to get back your brain like Dr. Diane.

And I had crazy scary brain fog for years and years, right? And you might too if you're listening And if you are blessed you because you made it to the end of this interview. Good job and it agreed.

But the brain drains last, right? So you're going to experience brain fog until you have a clear pathway out a clear runway. So obsessed about drainage, make sure drainage is taken into account um in a really magnificent way in your protocol in every stage of healing And then use binders that are actually high quality.

You know it's not acceptable to use stuff that was on the market 25 years ago. We have new tools that are available to us now. Um And what else? My love.

Um Those are the things we and then you know there's like food stuff you in a weird day and age old food strategies don't generally work. So please don't use and like unhook from the marketing the 70 ingredient vegan bowls that are like all the superfoods in the world and this one meal you're probably not in a position to digest that please no matter what your politics or what you believe is the right food for you.

Please go for simplicity and obsessed about absorption and simplicity like only a few elements at a time. So you

can really track your response the most energy available to heal every day instead of wasting it all.

And digesting these things that are high in anti nutrients like nuts and seeds and raw stuff. Um I think that's a good list. I don't want to overwhelm everybody. What did I miss?

Honey? – You packed it and you've acted in so well I think you really cover like all of so many basic lifestyle things right? And obviously the binders but I think so many times we get so excited about all of the supplements and all the protocols and all and that obviously is important but really focusing on some of the basics, like you're talking about drainage, lymphatic system sleep. Probably the one thing that might be worth touching on that I didn't hear you talk about would be more around like limbic system control.

Do you want to touch a little bit on that before we wrap up? – You know? I think that um it really comes down to basics so I just want to make sure that like if you're not familiar with what that is, what we're talking about is essentially restoring the body's ability to heal.

Okay. And so let's let's go for simplicity here let's let's aim for strategies that you can actually use in the home versus like these designer, you know devices that you have to go to a a um you know that we have all these fancy like detox clinics around us here where it's like $500 a session.

Like let's let's really just get back to basics, there's a number of books on limbic system control and actually just home exercises that you can do that can help reclaim this for the body And as well, you know for their specifically ones for the vagus nerve exercises these things are free. So I would always start there and then save your money for really clean food and the highest quality of supplements only.

So that's kind of my position on that without getting into a whole another. – I love it, it's perfect and yeah just to make sure everybody's understanding what we're talking about here. We're really talking about parasympathetic control the signals in the body like diminishing the fear response these natural things and whatever you're doing. I think it sounds like Sinclair and I are in the same point like whatever you're doing just like make it easy it's already stressful enough you know find things that are attainable that you enjoy that you can fit into your daily life and I think you covered everything really well. So I want to make your like little sympathetic nervous system shakeouts. We use brain gym and can use technology for that we use tapping because all that you can do it no matter where you are you can do it in your car in traffic you know. Yeah exactly.

He doesn't want to be too much. So I want to make sure everybody knows about your giveaway which you guys this will all be in Sinclair's on her speaker page. She's doing a root cause assessment quiz bundle.

So can you tell us briefly what that is? Yeah so this is really fun. What we did was we took like the biggest route classes behind like underneath these chronic conditions that have just exploded in our population. Um whether it's lime and co infections or you know it's not usually just mold as we know right?

It's usually like a couple of factors in place. So there is a mold self assessment but there's also you know an E. M. F. Self assessment. There's a life stress and trauma self assessment.

There's um a parasite self assessment, industrial chemicals, heavy metals um just basically the big buckets and also the hidden root causes that get overlooked like dental infections. How would you even know if they're silent?

You know if they're contributing? And it just the idea is to give you a set of tools and be able to take a step back for yourself and go, okay wait I'm doing a great job investigating this piece and my practitioner really understands this lane. But what about these other things where the dashboard lights are showing up?

Let's explore. Right? So that you get full support in your protocol. So yeah, I really encourage you guys to go check that out. It's so cool because there's so many times I think we get it's so easy to be like like you said it's it's a lane or two and things aren't totally working because we're not really analyzing all the different lanes. So you guys definitely go check out that amazing amazing gift and then the rest of everything about Sinclair.

Well beyond her speaker page you do have a rapid gut and rapid liver bundle, correct as part of what you offer to your clients. Is that right? – Yeah. Yeah. So those are our group programs.

Their beloved so it's it's fun. We do each of those a couple times a year. So. Perfect. Perfect. All of that will be on your page. Thank you so much for this wealth of information.

Has been such a fun chat and take good care. – Yeah, it's such a joy. Thank you so much for doing this summit and spreading the word. I just love your work and so appreciate your contribution. – Thank you again.