How Hidden Parasites Inflame The Body And What To Do About It Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to the Summit and Guest

Well, welcome back to the conquering Chronic Inflammation Summit. I'm your host, Doctor David Jokers. And today I am interviewing Sinclair Kennedy. She is an expert on chronic digestive disorders, and she's apprentice with world leading functional medicine pioneers.

She believes that toxins are the root cause of our health epidemics. And she's the host of the Your Health Reset podcast, the CEO of Detox Rejuvenation and co-founder of Meditation.

Both she and her partner, are survivors of complex chronic illness, and they had to learn how to heal themselves. And she runs a company called detox rejuvenation.com.

That's how you can reach her detox rejuvenation.com. Today we're talking about all about how hidden parasites inflame the body and what to do about it.

So if you have any questions about parasites and how they impact the body, this is the interview for you. So without further ado, of course, check out Sinclair's website, detox rejuvenation, and let's go into the interview with Sinclair.

Well, Sinclair, always great to connect with you. And I know you're an expert when it comes to these digestive disorders. He's got health issues, and we have so many people that are dealing with gut inflammation.

Why do you think that is nowadays?

Why Gut Inflammation Is So Common

You know, I think it actually all starts from the quality of our food, air and water. I think everybody's getting exposed to things that they didn't actually consent to be exposed to with, you know, the preservatives, the organophosphates, like herbicides and pesticides in our food.

And what that does is it starts to disrupt our microbiome consistently and continuously. So those little chemical exposures down regulate the healthy populations of our keystone gut bacteria species.

And they invite pathogens to actually bloom. And organisms like Candida and even H. Pylori that all have a job to do in a healthy body as long as they're kept in check, start to polymorph into their aggressive forms, and start to bloom in these pathogenic blooms.

And then you get this the spike bizarre parasite dysbiosis. But it really does all start with what's in our food here. And what are they? You didn't know you were ingesting.

So it's an interesting state of affairs right now. And what do you think? Yeah, it's really interesting. You mentioned polymorph. So basically these all these microbes are commensal, meaning that they have kind of a they have a natural home in our internal environment, but they need to be kept in check and in certain quantities.

And then they're healthy, but they can actually change their form into a more pathogenic state when there's disruption in our internal ecosystem. That's what you're saying there.

Yeah, exactly. And that really does open the door to larger parasites. Everybody's getting exposed to parasites, whether you're, you know, walking barefoot on the ground, whether you're, you know, petting somebody else's dog, your kiddo getting coughed on next to their friend at school, you know, it's not a question of if we get exposed to these pathogens.

It's it's just a question of, are you a good host or not? And that comes down to your immune strength and you know, the quality of your terrain, meaning, you know, your cellular matrix.

Are you fleshing out what you're getting exposed to fast enough that your immune system can stay strong enough to fight these guys off? Yeah, that's so important.

Obviously, we're being exposed to all these different toxic chemicals. They're going to impact our mitochondrial health, right. And in particular are the mitochondria within our gut.

And then the mitochondria are not going to be able to produce energy effectively. And so that's going to cause disruption in those, those gut cells. Right.

And they're not going to be able to suck the oxygen out of the the intestinal environment. And a lot of these pathogens really thrive in a higher, higher oxygen environment.

Parasites, Dysbiosis, and Mitochondrial Damage

And if the mitochondria in the intestinal cells can't get the oxygen out of the gut environment, then that provides a great environment for these parasites and for these, you know, larger microbes.

And the very beneficial microbes really are the obligate anaerobes. They're the ones that produce a lot of the butyric acid, the short chain fatty acids and positive post biotics.

And then they're not going to thrive. So they're going to die off in this higher aerobic or oxygen based environment. And so, you know, it's all one of those things where, you know, we can get you can get heavy exposure to a parasite.

And obviously then that will cause kind of a downstream effect of the toxins that the parasite releases impacting the mitochondria. Or you could just have this exposure, kind of this steady exposure to toxins that poison the mitochondria, which now create the higher oxygen environment, which is really healthy environment for well, not not for us, but healthy environment for these parasites to really to take home and thrive in.

Yeah. And it's a really, you know, self-perpetuating cycle, isn't it? Because as soon as you start getting this dysbiosis generating, then you start to get all these secondary effects, like your gut motility will slow down because parasites love to slow down the transit time of your food so that it actually rots in your gut.

They have more time to feed on it. It ferments, they get a higher sugar content. They're literally getting high off of your food. And that has further downstream issues.

You know, so you're starting to get bloating and, you know, all the Sibo signs and food sensitivities and constipation or diarrhea or alternating constipation or diarrhea.

This is affecting your gut brain connection, where you're getting more and more brain fog because the brain drains last. So if you have any issues with your monk trees meaning your drainage organs below, you're going to start to experience brain fog, anxiety, you know, easily overwhelmed with new information, short term memory issues.

And you're like, oh my God, I'm too young for senior moments and you are probably too young for senior moment. So that's probably, you know, a gut health issue.

They can get cleaned up and it does. It's so interesting because I love parasites. I think they're here to do a job for us. It's not an accident that they're allowed to thrive because they really do act as toxin sponges, but they come at such a high cost.

They can drive so many inflammatory symptoms throughout your body. It's unreal that we're not having a bigger conversation about this. Yeah, it's so important.

And a lot of people they're getting testing done. But there are these typical GI tests that people are getting when they go and see their conventional medicine doctor or even a functional medicine doctor.

They're not picking up parasites. Why? Why is that the case? So you got to think like a parasite when you're when you're testing for them, when you look at something like the GI map or a stool test, there's many of them out there.

Now, what you're looking at is one portion of one bowel movement. Is every parasite that you have going to very thoughtfully excrete over or dead, you know, compatriots, into that stool for you to be like, look, just in case you want to test. Here you go.

Here's my friends. They're not going to do that. Parasites have their own life cycles. They're very good at hiding.

Why Stool Tests Miss Parasites

As soon as they die, they secrete enzymes that help them break down their bodies very quickly. So it's very unlikely that you would actually see parasites in the toilet, or they would show up on a GI map or another kind of stool test without provocation.

And also the parasite genome has not been mapped extensively. I can't tell you how many times our, you know, clients have, you know, sent in a tapeworm like it's it's so obvious.

It's got the sucker head, the segmented body, and they're sending it in to have it tested with one by one of these labs, because they want proof from a lab report to take back to the all the doctors that told them they were crazy so they could say, look, you missed this.

This is why I was suffering. And the lab will come back and say inconclusive or undigested food. It's like, dude, I saw the sucker. That's that. It's just an example of it's a it's a great technology, but it's not a definitive answer.

So just getting a negative on a stool test does not mean you don't have parasites. And blood work has its own limitations. Every lab provides insights and every lab has its own limitations.

You can look for inflammatory markers in blood work like basophils, eosinophilic, you know, are they elevated? And that can point towards certain parasite species to look deeper.

But you really do need to start with the symptomology first, because every parasite has its own set of quirks and behaviors that drive symptoms. So that's why, seasoned practitioner, we'll do will start constantly eating symptoms and yes, maybe around labs where appropriate, but also recognize the limitations of them.

Yeah for sure. I mean labs are are very rarely definitive. You know, they're more so giving clues on certain tendencies at the body may, may be experiencing.

But, but very rarely are they definitive. And so that's key. You really need to put together health history labs, symptoms, a lot of different factors in order to, to, to figure out what's really taking place in the body.

Yeah. Know very well what are some of the. Yeah. What are some of the biggest mistakes? A lot of people are interested in eliminating parasites. And so what do you see people doing out there?

A lot of people are self treating. What kind of mistakes are people making? You know, what's really popular right now is those crunchy accounts where it's a life coach or a mom who took her one child through something and thinks she has all the answers now.

And it's not to disparage them, it's just to recognize the clinical limitations of that lack of experience. So they're pushing like one supplement and they're telling you it's okay to go and do a parasite cleanse.

Just buy this one thing from me. Coincidentally, you know, and so they're making a living off of selling us 1 or 2

supplements.

Common Mistakes in Parasite Cleanses

And it's not actually a real protocol that meets your needs and keeps you safe and actually helps you make lasting progress because they don't have the clinical background or depth to know how to do that.

The parasites are actually really complex. So that's mistake number one is thinking you can just like, you know, it's, pumpkin seeds or buy some papaya or enzymes, you know, or like there's one, you know, detox supplement from an Instagram account.

Like, that's not how this works. It's not an accident that your body has parasites and you want to ask your body, what do you need to become back in charge of everything and run the show again?

And that means that you need to do this systematically. So we want to open drainage, which means supporting gut motility, because a lot of you have compromised gut motility.

You may not even know it, but if you're bloating or if you have bowel consistency issues at all, you have got motility issues. You want to support bile flow and the liver, because the liver plays such a huge role in your immune system.

And it's like has it plays a crucial role in breaking down every single type of food that you take in fats, proteins, carbs, sugars like this is your liver needs to be on board and it's easily overloaded in this day and age.

So we want to bring in some strategic support for that. We also want a binder in place that will mop up the endotoxins. The ammonia, the formaldehyde that these parasites excrete because they're so irritating and inflammatory and they will up their excretion of endotoxins as you go after them.

So if you don't want unnecessary symptoms, don't go in and carpet bomb with just a single product, protocol or a very well-meaning functional medicine doc that's brand new to functional medicine, that took like a weekend workshop and now just wants to throw the book at you.

And it's like this will be so great, we're going to tackle them and get rid of them. That hunting kill approach is very indiscriminate. So we want to lay the groundwork for success first.

And to your point, we want to add on some mitochondrial support as well, because we're asking the body to do what it's already wanted to do and just hasn't been in a position to do it.

So let's add in some energy and give it a fighting start right? Yeah. So important especially a lot of people have been dealing with these for a long time, are very sensitive.

There are some people that are healthier that, you know, they take one product. They feel better. Right. But those people that have been dealing with these issues, especially for a while, very, very sensitive and, doing something like that can be really hazardous to them.

Yeah, exactly. And so that's why you get things like, oh, I easily I crash easily, I'm not a good detox or you, you are a good detox or you'd be dead.

Okay. Your body knows how to do this. It just needs some strategic support and a well-designed protocol, preferably from a seasoned practitioner that can walk you through this.

And you know, antiparasitic, there's an art to what, folding them in a to the patient's capacity. So like to your point, most people become like one of the ways you know, that you're you have parasites is you become highly sensitive to certain foods, environmental stressors.

You have more and more histamine sensitivities, mast cell dysregulation. You're not draining or detoxing fast enough to avoid reactions on a on a good day.

And so all these inflammatory symptoms are telling you I need help. So we want to pre pave the way before we do this inflammatory act of killing off the parasites.

And make sure that your body can get them out the exit door quickly. You know without any interference for sure. So for somebody listening will be one of the best ways for them to start with this sort of detoxification and healing process.

You know, with when you're doing this at home, you're not going to like my answer, but, because when when you don't feel good, it's it's hard to want to add things to your to do list.

But actually, one of the first things I would ask you to start with is to put yourself in a low EMF environment when you sleep, so that your immune system can do what it wants to do at night, which is go into overdrive, so that anything you do in your protocol can actually work harder for you.

So that means turning off the Wi-Fi router.

Preparing the Body for Detox and Healing

Put yourself like a cellphone in airplane mode at night. Unplug the electronics around your bed. If you're in a sleep number bed, please, please, please unplug that thing.

I'm just waiting for that class action lawsuit. When people figure out just how bad that is for their health, and because we have seen in so many cases, people being on the right parasite protocol, but the worms don't start pouring out until they unplug the sleep number bed and they turn off the Wi-Fi router because they're just getting fried alive while they sleep.

And it's very immune suppressive. And parasites are already immune suppressive. So this is one way to take all of your work further that you can't get wrong, you know, and to eat anti-inflammatory foods during the process.

Because if you want your whole body's drama of the day to be about recovering from your inflammatory foods, that's the perfect recipe to make sure that you're not healing and making any progress.

So that could be different for different people. You may be histamine sensitive, maybe oxalate sensitive. Both of those are typical for people with parasite issues.

You may have developed a dairy intolerance, which can often be reversed when you take care of the parasites. You know, there's so many tricks and tips to eating in an anti-inflammatory way.

You need to you know, account for your bio individuality. But those are some places that I would look to start before you even start the anti-parasitic.

You know. Yeah for sure. And then you want to open up your drainage pathways. So you want to get everything moving through your system. What are some of the best strategies for that.

You got to make sure you're pooping every day. So what. That's thing one because you drain from the bottom up right. That just makes sense. You know your body loves to push out toxins and metabolic waste of course, and also parasites through the bowels.

You're only pushing out toxins through the kidneys if they're water soluble and your liver's trying to make that decision, your body knows your kidneys are not as resilient as your gut, so it would rather ship out all the junk through your gut.

You know, to the greatest extent possible. So we have to make sure that the doorway to the exit is clear, and that means making sure your colon is moving.

So every day, ideally more than once a day, you're moving your bowels and you to completion. So just because you went to the bathroom, if you don't feel complete, you got to take a fresh look at that oxy powder like ozone, native magnesium was a great support for that.

It's very gentle and non habit forming. Bowel mover from cell core is also a great one. That's more nuanced and a subtle experience. You could take it with your other supplements.

Oxy powder should be taken away from everything else. It's a great thing to do on the way to bed. Yeah. You know so those are a couple of my favorites.

I like magnesium citrate. As long as it's not with fillers or flow agents because those will irritate the gut lining. So make sure it's clean. Do you have any favorite bowel supports you should add.

Yeah. We use the oxy powder, magnesium in general. Very helpful. The ball mover from cell core. So yeah. Same ones. Yep. And then we also try to get the liver and kidneys starting to work and operate better too.

Yeah, exactly. We want to build bile faster and get bile moving faster because that will help to liberate some of this junk and really empower the body to start draining as fast as it wants to once more, because your liver has 2000 miles of bile ducts.

Supporting Drainage Through Bowels and Liver

And if that slows down even a little bit because of your exposure to air fresheners, that you didn't want to speak up and say anything you've had in your Uber or, you know, whatever weird stuff your your lunch was microwaved and, you know, that's it all adds up and it slows down bile flow.

So how is your liver supposed to be this tour de force of detox and immune support that a little bit of help in this day in it. Yeah. What are some of your favorite things to help get the liver moving better?

I like to ease in with things like bitters before meals so that we're really getting the gastric juices flowing again. And and meal time actually becomes real digestion time once more.

The way we eat very haphazard, very fast. It sets you up for parasite overload because the stomach acid can't fire up, you know, hot enough or really slow enough and your bile flow slows down with all of this overload.

So then you're you're not actually getting enough movement and enough to digest enough your food. So that's, that's an onramp to parasite overload. So we can we can start turning that around with bitters.

I like beta X from Quicksilver, but there's lots of good ones. Once you're deeper into your detox liver is magical. But I would not start there, especially for sensitive people.

I also like balanced formulas like HCL support or, you know, Global Healing Center has several great liver formulas. There's so many good products on the market to support the liver.

I just want to make sure that we're not, in fantasy land, like, this is not the 1990s. You're not going to milk thistle your way to a happy liver anymore.

That's like a good adjunct support, but it doesn't pack enough punch to actually, like, help you catch up. But it's a lovely soother, you know? So if you need to soothe, that's great.

You always want some element of soothing and, you know, symptom reduction in your protocol. But a well-designed protocol will have several drainage element supports so that you're not experiencing unnecessary

symptoms.

And so that's that's the distinction that I draw in this day and age. And of course, a binder, you know, to mop up those endotoxins. What are some of your favorite binders?

That might be a new term for a lot of people. You mentioned it earlier. So what are binders and what are some of your favorite sources for that? It's such a great question.

Binders are a class of supplements that we use to meet different types of toxins and basically neutralize them. So they will glom onto them with molecular or like chemical or physical bonding, depending on the structure of the binder.

And then that actually means that your body can transport the chemicals out the door without the toxin irritating everything it touches, because that's so inflammatory for you as the body's trying to do that.

So it's like neutralizing the threat so that your body can actually excrete the threat. Different binders do different things. So we used to back in the day when I was trying to heal from all my chronic issues, we were using clays, you know, like bentonite and different types of clay zeolites.

And they have their place, but, you know, in chlorella, you know, they're okay. Yeah. Right. Right. There's a new class of binders that are much more effective in this day and age.

Bioactive carbons from cell core can be much more targeted. And they can also not just mop things up in the gut, but also do deeper work. And, you know, beyond that in the tissues because they're short medium and long chain carbons.

But I also really like toxin binder, which is a liquid from Global Healing Center. That's excellent. And their foreign protein cleanse is excellent. And ozone and a charcoal from them.

It just has more surface area. So and if you're extremely sensitive and you're like, I can't tolerate binders at all, I got you. That's our entire practice.

You know, you can start with something like Taco Semi, which is a very gentle style of charcoal. That's very well tolerated. So at least you're mopping up something.

Yeah. So you're helping grabs sequester these toxins, and then as your detox systems, you're you're basically pooping them out, peeing them out, getting them out of the system.

And so that's kind of how the binders kind of work. So you get to liberate the toxins. You know, obviously most of our toxins were storing in our fat cells.

So we want to start to liberate those toxins. But then we need to actually get them into our detoxification systems or our drainage pathways, and then grab them and, and escort them out of the body.

Yeah, exactly. It's, and every binder has a different job. So, you know, people get into their comfort zones. I just encourage you to do your research and make sure that you're really using the best binder for your chapter of healing right now.

For sure. And what are some of the best parasite killing herbs that you've used? And obviously, I'm sure you're using blends, but what are some of the ones that you found to be most effective?

So there's a couple different approaches you can take. I like to do a mechanical pulling out and start with the largest worms first.

Binders and Antiparasitic Herbs

So something like mimosa produce seed. So Cory does one that's called Parowan. That's great for pulling out biofilms and milkweed plaque and larger worms.

And that really helps to free up your immune system to tackle the rest of it. So it has a nice synergy with other antiparasitic and parasites can evolve against and morph against something mechanical and sticky like that, whereas they can adapt over time.

If you're on an antiparasitic for too long, like certain species are really good adapting against an herbal formula, you know? So that's a good one. I like there there are a series of peer to peer three pair for those are great.

Pair three is excellent for going systemic and dealing with flukes and strongyloides and all that. I really like single herbs for very sensitive people.

And I would actually, you can do it from largest to smallest and parasites or smallest to largest when you're working with single herbs, sometimes working with something like milia, which is, and neem.

But it's a very specific form of neem and very clean is just a great thing to ease in one cap. And then you're working up to two caps twice a day and then three caps twice a day, three caps three times a day.

So you're just like when I did that I my I started, like, sweating and just, like pouring out junk, you know, because I was just overloaded with fungus, the, you know, so gross.

But like, nothing is too you. My when you've been through chronic. Yeah, yeah. Worse. And then they you can go the opposite direction. Vardon guy is an amazing herb for tackling larger worms, you know and well yeah.

Is a good like in between her. So, you can actually pair all three at the same time, or you can rotate between the three. With parasites. I don't know what you think, David, but I find that, like, a little bit of consistency is crucial.

Like, you need to really work the same protocol, but you're dosing up dosing of titrating titrating so that you can get to a significant shift. And then the body really appreciates that the immune system almost wants to like take a different angle at it and rotate into different antiparasitic after a period of time.

What do you find? Yeah, yeah. I mean, a couple things. I think that, you know, typically having kind of a standard protocol that you start people with, but then you've got to kind of see what sort of, signs that that person gives.

Right? So having, for most people, you know, just, a couple different blends. Right. But then seeing and starting, we always start low and slow, right?

That's always key. Make sure the person is tolerating it well and then kind of gradually boosting it up. And seeing how the body's responding, how the individuals responding, which I know, obviously that's what you're working with as well.

And seeing what kind of signs and symptoms they're having and how they're responding to it. What are some of the things that you look for to help, you know, maybe if you need to increase dosage or if you have the right dosage?

Ooh, that's such a good question. Because, you know, to your points like there's there's can be a lot of sensitivities along the way, right? Yeah. Well, we have three different strategies like that.

We lay out, for example, in our course Rapid Parasite Release. And I'll just telling you what they are right now, one is, if nothing's happening on your para one and your other antiparasitic you paired it with and you don't have reactions and you're like, why?

Why aren't I moving the needle? Why haven't I seen anything in the toilet? And you're trying to make something happen. You can do something called the we call it the gut scrubber challenge.

Or you take a cap or two caps of para one every hour on the hour for like 8 to 10 hours that day. Just line in the digestive tract, like, let's get a systemic response to the, you know, the pathogen population issue like that, along with like enough bowel support to keep things moving, you know, and because that para one is gelatinous so it can slow you down.

So kind of taking it getting some magnesium or something like that in there as well. Yeah. Exactly. And also animals are great for that coffee. Yeah. Yeah.

You know, really help to the body to excrete difficult parasites. But that will make something happen. Okay. If you need to make something happen, and a lot of people, like some lessons are going to be like, why would I how would I even know that?

Because you have stubborn skin symptoms, fatigue issues, food sensitivities, and you're like, what is going to bust through this issue? You know, brain fog, anxiety, you know, teeth grinding at night.

You're like you reach a point where whatever your parasite symptoms are, that's not just not related. Right? Like it can affect your whole body. My biggest issue was joint problems.

I had no idea that that was parasite driven, you know? Yeah. Early diagnosis of rheumatoid arthritis is like. Nope, just parasites. So if you're trying to make something happen, that's a great way to do it.

If on the flip side of things, you're so sensitive that you can't get in enough right anti-parasitic then we have a couple of other strategies we lay out in the course, and I can just quickly like summarize them.

Now for you. You will know which product you're reactive to. So you'll have your mitochondrial support and your binder and your drainage support and all that has been folded in.

And you're like, yeah, I can tolerate this. I'm fine. I'm ready for the anti-parasitic. And then it's something like para two or VA donga. So whatever your thing of like, oh, if I take that, that's when I get the rash or the brain fog or the anxiety.

It's not that you're allergic to that product and that the parasites are fighting back. So I encourage you to look at your reactions to this anti-parasitic with a fresh lens.

Because your parasites aren't stupid. They want to stay. They want to party.

Adjusting Protocols for Sensitivity and Reactions

So of course they're going to fight back, and they're going to express their displeasure because they can excrete endotoxins with various chemical compositions that will to influence your behavior.

So they're going to show you, I don't like this, whether it's fatigue or increased bloating or bowel changes, whatever. You know, to your point, like Parowan can definitely slow a lot of people down that most palisade. You can also have the opposite effect where you have like sudden violent diarrhea.

You know, you're like, but it just hit my GI tract. How did that happen? You know, it's very interesting. So if you're one of those people that's reacting, you can do, a pulse method that is sort of the opposite.

You can micro pulse, just that one supplement. Everything else is standard dosing every day twice a day. But you're doing this one reactive supplement once a week with food and then once every five days with food, once every three days with food once every two days.

And when you're down to every other day with food, you can increase the dose and get up to every day with food and then start taking it away from food so it gives your body enough time to get the response, survive the response and get through it.

And most people can tolerate that. Even people with like serious, like heavy mold issues, like sticky trace. You sorry. I'm like all the really heavy scary ones and you know, parasites are overloaded because of it.

We've had people be able to take one cap of Paro one once a week with dinner, and the rest of the week parasites are pouring out. Wow. Really? Yeah. One cat, one time. Wow.

Yeah, yeah. So everybody's different. And just because you're reacting to something doesn't mean you don't need it. It usually means you're right. Or the target and the job between you and your practitioner or you and the strategies you have available to you if you're doing this, is to figure out how to get this in and survive the process.

You should not be in pain. Safety first. But there is a reality to parasite cleansing where you can reduce the reactivity and smooth out the way. But you know you're probably going to feel something from the neck down while you're working on this.

At some point. Yeah. You should you should notice something for sure. Well, this has been a great interview and you've given us so many great tidbits here.

And, you know, there's so many people out there that are just getting kind of cookie cutter parasite cleanses and haven't really put a lot of thought into it.

And I think that's what you guys do so well over at Detox rejuvenation. And so guys, if you are looking for, you know, a, a, a program that really walks you through how to do this properly.

Sync check out Sinclair's Detox rejuvenation. Dot com. Is it called the Rapid Gut Reset? Is that that the name of the program? Yeah, the one they could get.

That's really on topic, but this is rapid parasite release. Rapid parasite release. There you go. Exactly. You've got a bunch of different programs, but, but that is a really good one, guys.

Closing Thoughts and Encouragement

Check her out at detox rejuvenation.com and Sinclair, any last words of inspiration here for our audience? You know what I, I just want to remind you, you're so much stronger than you think.

I was a giant. Was I crashed easy. I was scared to try all the stuff. I was super frustrated because I went to all these doctors that didn't understand why.

If that's you just know you don't have to be perfect. You don't have to be brave. You just have to remember why you're doing this, why you're getting better, and you can absolutely make it through.

If I can is a giant was. I know you can. Your body's really, really smart. And it is never too late to feel really good in your body. So I just want you to know we're cheering you on it.

You're not alone. And if you feel like I'm sensitive, like, that's a lot of people in this day. And age and the answers are there. So keep going. You got this.

Awesome. Well, thanks again so much for your time and your expertise Sinclair. Guys. Again check her out. Detox rejuvenation.com and we'll see y'all soon.

Be blessed.