Introduction to Detox and Mitochondria

Welcome back to another episode of the Restore Your Mitochondrial Matrix Summit. I'm your host, Laura, for Ontario. I'm bringing you experts to help you boost your energy and fix your health so you can build the life you love.

And today, my special guest is Brigitte Danner. Hi, Brigitte. Welcome to the summit. Hey, Laura. Happy to be here. I am so excited to have you here because you are literally a household name in detox and you have so much knowledge to share.

So we're going to go all things detox today and talk about mold and toxins and all kinds of stuff. And first I want to just introduce you to our audience because I've actually admired you from afar for years.

I've been a fan of the work that that you have done in the space. And interestingly, you got into natural medicine, 23 years ago as an as an environmentalist of all things, you're an acupuncturist, you're a functional health coach, and you're a health educator, and you're an expert in what you call everyday detox and functional living and toxic mold illness.

And you're the founder of a line of detox supplements called functional detox products. So, we'll let everybody know where to get, get in touch with you and get information on all of that at the end of our talk today.

But welcome, welcome. So pleased to have you here. Yeah, I'm happy to be here. You know, I get really excited about the topic of mitochondria. I think something worth knowing about for everybody.

So I'm glad you're putting this on. Yes, yes. It's so important. As we all know, it's foundational to healing your body from chronic illness. Chronic, toxin exposure, chronic disease.

So you have a personal story about exposure to toxins. And can you share a little bit about that before we get into what mitochondria have to do with all this, I sure I'll go back even a little further.

Yeah. I got into, natural medicine because I was an environmentalist, like as a college student, and I was, you know, just trying to find a career that kind of made would make a difference in how people, like, live on this planet and that kind of a thing.

So I ended up studying Chinese medicine, and then I just sort of started my practice. I was in Portland, Oregon, so it was already a pretty green city.

So I would say environmentalism was like part of a lifestyle there. But it wasn't really part of my practice. I was just treating, you know, elbow pain and the usual things.

But living in that rainy city, I didn't realize I was living in a moldy home. And I took actually, like, eight years to find out, and my symptoms were just increasing and increasing.

So, I was learning more about detox and paleo eating and everything during that time.

Personal Mold Exposure and Health Decline

But as I kind of know now and teach my clients, like if there's an underlying toxin that's stressing your body, some of those other habits won't really move the needle completely.

So I often say, like, if you're doing all the things right and you're not getting better, look for toxins. So that that was

always. It was my case. You know, it kind of started with, like, anxiety and period problems and some insomnia and digestive problems.

Getting sick often, like lots of immune stuff. And then it kind of peaked at having strep throat and being super exhausted. So the fatigue piece came in deeply, like later in the process for me, is actually when I started working from home to have an online business, that I got sicker because I wasn't home and, like, I didn't know it was moldy.

Yeah. So that's when I really, I think, hit like, my mitochondrial low point. I was just in, like, constant exposure. And then we found out that we had mold.

We started ripping up the house, made a lot of mistakes. So I had more exposure and got sicker. And that's the point I really reached. Like, I was so, so tired that I would just sort of fantasize about not waking up in the morning and that was scary for me.

Like, it never been like that before it. And that's to me and in my mind, in my opinion, sometimes how a real mitochondrial deficit can feel is just you just have nothing to go on.

You just have, you know, everything is so much effort just to like, get through the day. And, so I mentioned to you before we came on that one practitioner, I worked with this, Suzanne Bennett, and she had written a book about mitochondria.

So I read it and I started following some of her advice in the book. And it it helped. It worked. So having some focus on mitochondria, even as I worked to detoxify and, you certainly have to get out of mold, was really helpful for me.

So I know that, you know, the advice can work for other people as well. Yeah. And I'm, you know, I'm really glad that you pointed out. I think this is really key.

And I want to highlight something you said was that if you're doing all the things right, you're, you know, you're eating paleo, you're exercising, you're using healthy skin products, you're, you know, avoiding toxins as much as you can.

And you still don't feel better. Are you doing all these healthy practices and you still don't feel better? Go looking for toxins because toxins create deficiency and illness.

So this is really important, I think, for people to get because how often I mean, you and I both have worked with many, many people who come to us and say, I'm doing everything right and nothing's working.

Yeah, yeah. And it can be mold or it can be, you know, heavy metals or it can be internal toxins. Like if you have, you know, like Lyme infection or, or what have you.

So there's, there's so many sources potentially. But yeah, I, I think that that's a great kind of rule of thumb. If you've got your hormones kind of managed and your nutrition managed and your sleep manage and you're still like popcorn symptoms all over the place, that's not how your body's supposed to work.

Right? Right. So let's, let's talk about mold and let's talk about I want to get into your everyday detox. Today and what functional living is. But let's talk about what is toxic mold and how they affect mitochondria.

Yeah. So there are thousands of types of mold and only about a dozen are toxic. But even just having, you know, different water damage incidents in your home, just the overall load of mold can be a burden on you, whether the strains are toxic or not, because of the the things they are.

I mean, the organisms and they make waste and they reproduce. And that if that's all happening in your home, it is a strain on your immune system. And then some produce these things called mycotoxins that are kind of a protective mechanism for the mold colony.

But they're very poisonous to humans. So if you're living constantly around them, you're going to be breathing them in. That's kind of the main method of transmission.

I like to use this example like you're if you're breathing in toxins through your nose that can, cross the blood brain barrier, break down the blood brain barrier, enter cells, enter mitochondria.

They are like lipophilic. They are hydrophilic, like they can travel anywhere they want in your body. So mitochondria, even then, they're so important.

They're not as well protected as they as they should be, so to speak. And micro toxins can get in those cells and just be one of the many types of, toxins that affect them.

But then they go on and affect other, you know, body systems and functioning in other ways as well. Like I mentioned, they can penetrate the brain. And your hypothalamus pituitary is right there, like right above your nose, basically.

So, in the limbic system is right there at the center of your brain. And then it can affect any area of the brain once it's kind of broke, broken down those barriers, you know, your brain should be completely protected from toxins.

But then it can inflame or shrink different areas of the brain. So then, you know, it could affect your motor skills, your mood. A lot of people have trouble remembering things, you know, they can't do their job anymore, so it can be pretty serious effects.

And I think, like we talked about earlier, how I changed my diet and I was doing, you know, to some extent you can like, keep some of the stuff at bay.

You can be like somewhat still able to function, but it gets to like a tipping point, I think, where, you know, things are getting worse instead of better.

And the so that's where I got in my journey. I think that's where a lot of people get in their journey. So it's just a good thing to know about because it is it is so incredibly potent and dangerous, potentially.

So you could be living in it and just kind of slowly things are not so great. And and then it's just going to go, frankly, it's going to get worse and worse.

Yeah. So what does it do to our mitochondria.

How Mold Harms the Body and Mitochondria

What happens to our, to those little organelles that are supposed to be healthy and building up our energy? And, right now I have a bunch and yeah, I have a bunch of notes on this stuff, actually.

So the mitochondria have these, like, folds, right. And it it disrupts, like, their structure and shape and swells the mitochondrial membrane. Let's see.

It damages a membrane. So the nutrients coming in and out, aren't able to pass. Let's see, I have some other notes here. Oxidative stress to the DNA. Let's see.

There's a long list. I can't find out what it is. You know, mitochondria, mitochondria are so, fragile, and they need the perfect environment. And it sounds like, you know, the mold just disrupts all of that, and then mitochondria can't function.

Yeah, yeah, it's, it's basically, you know, I'm sure you have other speakers talking about the mitochondrial like function and what it needs, and it can't you know, it's interesting because again, it's such an important part of our bodies, but that they are pretty susceptible to different modern toxins.

And these muscle toxins aren't modern toxins, but the way we sort of live in these static homes that are, you know, built in certain ways, makes us exposed to them in ways I don't think that, you know, our, you know, nomadic ancestors necessarily were.

So that's sort of the difference. Yeah. Yeah. So what are the symptoms? What might people experience? If their mitochondria are suffering from toxic mold I would say chronic fatigue, chronic pain, brain fog.

It's dissociated with autoimmunity. A lot of people with mold do have like Hashimoto's or they're definitely a risk for developing different auto immunities.

You know, if those have been diagnosed for you, muscle wasting, no weight gain, there's really just so many different signs and symptoms. I think potentially, you know, and then once we identify that those symptoms are not getting better from everything we're trying, you just you're going on and on with symptoms no matter what you do.

And you've identified, you know, there's mold. You know, I think Bridget and I both agree. You and I both agree it's important to do a micro toxin test to see exactly what we're dealing with.

Do you have the toxic strains? And then what? From there, you're a specialist in detoxing and helping people get it out of their bodies. So how do we detox?

Yeah. So again, a lot of those foundational things like psych can keep you at bay are still important to keep doing. Once you get out of a moldy environment.

So eating real food, making sure you get a good night's sleep, getting like some moderate exercise, you know, over exercising can be too much oxidative stress.

But under exercising isn't good either. So you need to get that oxygen, get that movement. So I kind of have people go through like 10 or 15 kind of foundational things.

Like, are all these things in place for you before we start detoxing harder, so to speak? Are you are you getting outside? Do you have support? You know, are you in a military space and then you're are you pooping somewhere?

And, and then you're allowed, so to speak, to detox. And what what do you do? The things actually on that list is knowing about detox and potential side effects instead of just like jumping in the deep end, like, understand what you're getting into.

And if you're sensitive to supplements or, you know, you're already in a weak state, which you probably are, like knowing like how to go slowly, try one thing at a time.

So, you know, I, I, I do sell supplements. I'm a fan of supplements, but in detox space, I really love techniques. They worked for me pretty much the best, especially in the early days of my detox.

So I was using the sauna and the dry and dry brushing, or the first couple things I did. I think maybe about a year later, nine months later, I started doing coffee enemas.

I did some like green juices, Epsom salt baths I advocate for, and I had a rebounder. So a lot of these things just move the lymph. So it just helps get, detox pathways kind of moving.

So again, as long as you're, you know, you're pooping and you're getting nutritious foods and stuff, hopefully your body can handle some toxicants. Now moving around, getting hopefully pushed out.

The trouble is, if if your detox pathways, you know, aren't strong enough, then sometimes those techniques can make you feel a little worse. So that's just information that you need to take a step back and be like, okay, maybe I need less time in the sauna.

Or maybe, you know, I need to use a binder when I use the sauna or, maybe I'm just not ready for this technique yet, so, but, yeah, I'm a big fan of all that, and that's still how I live.

You know, I do a coffee at a once a week still. I think a lot of things I learned along the way, I, I still live that way. And we're all exposed to toxins.

Can you unpack coffee enemas for a second? I don't think we have any. Experts have talked about this yet. And, this is really a, inexpensive, fantastic way that you can support liver and gallbladder and support glutathione in the body.

So, talk about that because I think people kind of have an aversion, like coffee enema. What the heck? I know, just culturally, it's just not something we we've we've been taught to think it's like, gross or something.

I think in Europe they're not as much like that. But I'll have to go do some coffee. Animal research, I'm sure. Yeah, I think I when I had first heard about it, I heard all can be kind of dangerous because maybe your bile duct is clogged or something like that, and I know, I guess maybe it's a bad idea.

But then I heard about it again from Joe Davidson, and he really explain how to do it. And some of the benefits. So I was still quite sick at the time, and I was like, well, I might as well try, you know, you kind of try anything if you're sick enough.

And there isn't a lot of good study on coffee enemas, unfortunately. But I still included them as, like, one of my top five detox techniques because they've been so impactful for me.

But the premise is that it's getting this light roast coffee that's high in certain compounds. That basically it's basically to get, affect the blood stream to the liver.

Right? So it's not really about like your bowels. It's just a way to get kind of close to the liver and the bloodstream. So you retain this coffee in your bowels?

I can explain that more if you want. And the compounds encourage glutathione on recycling production. And so the most, prevalent antioxidant in your body, and it's getting depleted from chronic toxin exposure.

So most people have been in chronic exposure. You know, they just couldn't keep up their glutathione levels and other antioxidant levels.

Detox Foundations and Coffee Enemas

So it's affecting your blood stream while you retain coffee, and then your blood is passing through the liver. Getting kind of like, filtered by a new fresh source, simply the tie on.

So people always say, okay, you just drink coffee. You're like, is, aren't you? Just like, getting, it's not the same, obviously. You do get, I think, a little caffeine effect, but you also get this, like, deeper energetic effects.

I find. So when I was really sick and just dragging through the day, doing a coffee enema would make me have at least, you know, 6 hours or 8 hours where I felt pretty normal.

So it was game changing for me. And yeah, a lot of my clients do it and sounds like, have you done it to Laura? Yes. And it is game changing. And I'm glad we're talking about this.

Like this is a really important topic just to have people feel comfortable and safe about it. Because you're right, there's not a ton of research about it in Western medicine certainly isn't, you know, going to teach this or use it, but it's it's like Bridget said, it's all about that blood supply to the liver and the gallbladder and your bowels.

Your colon is a fantastic place to give your body supplements and support. It gets right to the bloodstream. It's

pretty amazing. So I like you said, it's not really about your bowels.

It's about your liver. It's yeah. On that note, like medications that come in suppository form or super supplements that come in suppository form, it's also a fantastic way to get that into your body.

I think that's what I've heard about more of a European medicine. There's more suppository medicine. It's more like, I apparently there's like an animal reference in the Bible, too.

So it is an old technique. It's just something, you know, like our modern American sensibility, I know, is so, so gross. Yeah. I also say like, it's it's not really like, gross to do.

I mean, it's it's not like stuff is flying all over and so on that note, here's my tip and I'm sure you'd agree the until you become really proficient at holding the coffee in, just do it sitting on the toilet.

You don't need to be laying on the bathroom floor on towels on your side, because the first several times you do this, you might only be able to hold it for a couple of minutes, and from trying to get from the floor to the toilet can be a disaster.

So just do it on the toilet. You don't have to be laying down to get a benefit from it. But once you're saying I haven't heard that, yeah. So once you become an expert and you get really good at it, then you can do the whole sideline, make yourself comfortable, read a book while you're holding your enema, and then get up and move to the toilet, because now you're an expert at holding it in.

And I think that's why people give up. I mean, I've had clients who tried it right out of the gate, laying down like I'm never doing that again. It got everywhere, all over my bathroom.

Okay, well, here's my tip along that line, which is don't put so much in and not so quickly. So it's not about like, this is another American is a right.

It's like we want to supersize everything. It's like if you can't hold a large amount of coffee, do you let your body adjust by putting in it slowly and don't hold so much like I'm five feet tall, like I don't use like a huge amount, but I, I've used my whole bag, but I may do like four rounds sometimes to do it, but it makes me more able to hold it.

And then as you do more rounds, you can cut, your body gets more comfortable. So it is an adjustment. And if you're wondering what the heck we're talking about, I do have a YouTube video on it.

It's not graphic or anything. It's actually my most watched YouTube video. So people are interested and I'm going to make one for Instagram too, just kind of going over the details.

I think one thing I found from my own audiences, they said recently they wanted to learn more techniques and I'm like, all I do is teach you guys techniques.

But I think it's like getting there, struggling with getting over the hump of trying in the first time, right? So you have to buy the equipment. You have to get familiar with the instructions.

You have to maybe have a small disaster the first time. But after like 3 or 4 times, you're fine. It's just like everything else. So. And I know it can be intimidating when you're already sick to learn new things, right.

But it's just like. Yeah, just like anything else you have to learn. Okay? Like, what do I need to buy? How do I set up? So I have it all in my book or in that video.

And I think it's if you especially if you're really tired, you know, you're trying to detox. You know, I think you I think you're going to like it if you give it a few tries.

Yeah. I'm so glad we went down this rabbit hole. I think it's really important to normalize this and to share with

people. I mean, it's easy as a practitioner to say, yeah, do a coffee enema and people what?

But to unpack it like this, really talk about it. So go find, Bridget's YouTube video on coffee enemas. Perfect segue into talking about what is functional living because this is something you specialize in.

So you tell us what that means. What's functional living, and what are some examples of how to live that lifestyle? Yeah, I think I've used that phrase a couple places, and I don't know if I made it up or I just sort of like put things in my mind.

I've started a functional movement, functional medicine, functional. And to me it's like all of that together. Right? So it's really like, what are you doing every day to function your best within, bounds of nature.

Yeah. So utilizing getting morning sunlight and getting sun on your skin and your eyes and getting your feet in the grass would be like one example of I unfortunately, in modern day, we have to kind of remind ourselves to do these simple things because we don't really live in nature the same way anymore.

So reminding ourselves to move to like, chew our food, to go to bed at a reasonable time, to hug people, you know, to to like, laugh and enjoy your life.

I feel like now. Yeah, again, we have to kind of remind ourselves, like, these are the things that make us healthy on a daily basis. And then for me, also, it's detoxing in some way.

You know, pretty much every day it takes you two minutes to, like, dry brush before you take a shower or, you know, make a lemon water in the morning, to jump on your trampoline like it doesn't take long.

But as you slowly learn different techniques from this event or, you know, just as you study, you'll have, like, this whole menu of things you can possibly do.

And then in moments where you feel tired instead of, you know, going to Starbucks, you can like, sniff essential oils and drink water and then get outside.

And, it gives you some solutions for those moments in life that are healthier. And I like ultimately are going to improve your health. Yeah. It just becomes a lifestyle. Right.

And I always, I always say you don't have to do everything all at once because it becomes totally overwhelming to change your lifestyle all at once. But if you just incorporate, what happens is over time you start looking around for the next thing to shift.

So you've mastered something, and then you start thinking, what else can I do? What else could I do to support my. Yeah. So and, something you said, I think the importance of the importance of laughter and joy and hugging and just all that is so important, I'm, I'm here visiting my family right now.

And last night, everybody keeps telling me to watch this show, but I haven't yet because I don't have Apple TV. But my mom finally convinced me last night.

So let's watch Ted Lasso and I laughed. We watched like four episodes hard. It's really good. I've never watched it. It just reminds me how important laugh there is.

I laughed my butt off and so did my daughter, who's 17, and so did my husband. And so did my dad. Like crossed all, generation lines and we all just laughed and laughed.

And it's so heartwarming. And, you know, it's definitely warm and fuzzy and funny all at the same time. So that's so important. Laughter and joy and, it's it's just vital.

It helps you. Everybody. Yeah. There you go. I mean, I get I think we can get so wrapped up in, you know, the

current events and politics and heavy stuff and it's going to affect your body to think about that all the time.

So yeah, just like play with your dog and, you know, do simple things. But once you get out of the restoration phase of health and you really can then you're in this maintenance phase.

So you, you know, you need to do these good habits and maybe some extra detox and extra, you know, practitioner support, but then you're you have the rest of your life still to live, and you want to have energy for, you know, hiking or, you know, getting through your day or what have you.

So, yeah, I think that all those little things and just kind of start keeping those in your awareness and whether you journal or, you know, you're reading different books, like having something to remind you are watching the summit that, oh, gosh, you know, I really haven't been doing, you know, I really haven't gotten together with my friends in a long time.

And I'm feeling it or whatever it is. So yeah, just having all that in your awareness, like, these are the things that keep me healthy and vital. To me that's like functional, modern, functional living.

Well, absolutely. I love it, I love it. And like, that's my point about Netflix. It's not going away or Apple TV or any of it. Like, you use this modern technology to your advantage.

Modern functional living. I mean, laughter. Yeah, exactly. Yeah. I think my little thing like because I work from home and kind of like boring and lonely, like when I make lunch, I'll, like, watch an episode of The Office or something.

It's. It's only 20 minutes, but it just kind of like, lightens up my day, you know? So yeah, I don't I don't think it's bad. I don't sit and watch six hours of TV a day or like.

Yeah, it's it's like we might as well, like, just enjoy these things. I'm a huge fan of figuring out how to make modern world living work and be healthy within it.

Right. So you so you you touched on something you said, you know, you've healed your body from from toxic mold and toxins. And you mentioned that there's still things you do every day.

Functional Living and Everyday Detox

So there's another concept of yours which is everyday detox. And you mentioned that, you know, you still do a coffee enema once a week or so. What are once people have healed mitochondria or functioning, they've removed, you know, smoldering infections in their body like parasites and bacteria.

They've cleared out mycotoxins, mold, infections. They've cleared out toxins like heavy metals, environmental toxins. And now we're still living on planet Earth.

We're still exposed to toxins in our environment. What do you do for everyday detox? Because it's it's interesting because my clients always say, okay, so when I'm done with the protocol, I'm done right?

It's like, well, you're not done living on planet Earth, so you probably have some more. You can't go to McDonald's to celebrate. Like, yeah, yeah, I mean, and I think that once you've seen the benefits, like you don't mind.

Right. But I don't know how long your clients have been on their journey, Laura. But like, I think if, if you've gone through mold and it's been like three, five year process, which frankly, it often is and you've seen like, oh, I feel better when I don't have gluten or I don't drink as much.

It's not as hard, to, you know, stay away from those things. And there might be nights where you're like, you know, you push to the limit and you, you know, you're allowed to.

But I think you kind of find your balance of like, yeah, I do feel better when I, you know, get a salad in every day

and, so speaking of mitochondria, it, it loves antioxidants.

So I think that's a great thing to, to get in. So eating colorful foods, yeah. I think blueberries are the most well known antioxidants. All the berries are good.

But there's antioxidants, you know, and that said, grass fed butter and all sorts of things. And in supplements, too. So when I was sick, I, got turned on to CoQ10, actually, from Suzanne Bennett as well.

And I was really like, at the point where I felt like I tried every supplement and I didn't have the best attitude, but I was like, I'll just try it. And, it definitely made a difference.

So CoQ10 is really great for your mitochondria and it mean we make less when we age. And we have more oxidative stress and more exposed to toxins. So CoQ10, I like, I just like vitamin C, vitamin E, vitamin A, these can all be in your multivitamin or in special, you know, individual forms.

Glutathione is an antioxidant. You can get it from coffee enema, but you can also take it as a supplement. And I think some other antioxidants I like and anti green tea.

Yeah, that's like a super antioxidant. Turmeric is a pretty well-known one as well. Grape seed extract. And we all all, all our bodies are a little different.

So you may, you know, love how green tea works for you. And I may love how CoQ10 works for me. And so there's some trial and error with, you know, your favorites.

And one thing I learned from Doctor Crazy and is it can take a while to while you're healing to get to the point, you're really, absorbing those because if you've got, you know, if you've been sick a while, you probably have an inflamed got a leaky gut.

And likewise, your blood brain barrier is also leaky and inflamed. So it can take a little while till you know where you're maybe you're getting more rich foods in your diet, fibers and nuts and berries and trying some supplements and maybe a first, it's not really clicking because it it can take a bit for the body to, you know, you've got to kind of go go in and heal that gut and start to heal that brain barrier for things to start to really absorb.

So give it give it some patience and just, yeah, make it a lifestyle. Yeah. I think this is another really key thing that you're touching on is this isn't a three month plan.

I have so many people that are like, okay, I'm going to be better in three months, right? Six months. This is going to be it's like you lived into this and now you get to live out of it.

And everybody's journey is different depending on your genetics, how healthy your detox pathways are, how fast you can push. You mentioned earlier that sometimes you just have to pull back.

You can't detox that fast because your body just can't do it. So this is a process. But if you if you continue to stay committed to it and surround yourself with people like Bridget and me and the the speakers you're seeing on this summit, then you're going to get the tools you need.

And it may be a year long, two year or three four year long process for you, but it's possible. And Bridget, you're living proof. Yeah. And I'm also living proof of how long it takes.

So here I was like a practitioner already doing a lot of things. Right. And it still took me a long time. So I'm almost thankful for that, because when people ask me that question, how long it to take?

Like I'm just like, you know, just put one foot in front of the other, like, this is going to be a long journey. And I think, I wish someone had told me that sooner.

It might have bugged me out. But, you know, at least it would have been, you know, accurate, like, yeah, it's not like a pregnancy where I like there's the endpoint, the baby.

It's like, this is a longer journey, but all along you're getting better and better and you're learning more and you're growing. So it's it's, you know, it's that's the good news.

And then it becomes, you know, a maintenance process. But now, you know, I'm almost 48 and like, I have tons of energy. I'm like, super active. You know, I've been through all this trauma with mold and co-infections and all that stuff.

And I've come out on the other side of, like a much healthier, more vibrant 48 year old than like the average 48 year old. Right. Because I have all these tools.

Absolutely. And, you know, it's going to take as long as it takes. And I think you'd agree, when you're working with, a practitioner or an expert on, on healing, our goal is to get you some quick wins right in the beginning.

So you start to feel better, and then you build from there and build from there. So like you said, you just your things are going to change along the way.

Some slow, some fast and and then you just keep going. Yes, yes. It's been amazing to have you here. You're just a wealth of knowledge. I'd love for you to share how our viewers can find you.

Get Ahold of you, see your supplement line. Where? Where are you at? Sure. So my name site. Is this my name? Which is Brigitte Danner, and we have a whole bunch of free ebooks on there about mold and diet and hormones.

So if you want to start there, that's a way to start. And there's yeah, there's a link to our shop. There's a, a link to our book. My book. So, yeah, we've been blogging and stuff for a long time, so there's lots of info you can find there if you want to follow up on anything that we've talked about today.

I'm raising Brigitte the intercom, and then you said, go find the coffee and I'm a YouTube video. Oh my gosh, I gotta go find that. So funny that that's my most famous video.

Your audience has told you what they need, right? Yes. I think if you just put in my name and coffee enema on YouTube, it will come up. And I think we have a blog about it.

It is described in detail in the book, and I basically guide you, Doctor Jay Davidson's permission to use his recipe, because it's the same recipe I still use to make mine.

So, yeah, if you're feeling like a new adventure this weekend, you can do a coffee and, you can think about Laura and I for me. That's right. You should.

You should get some instructions because it's important how you prepare the coffee. It's important. All that's important. So. Yes. Oh, gosh, Annie, it's great.

Bridget, any final words for our audience before we say goodbye today? No. I just appreciate everyone who is out there learning about their health and not giving up.

I would say that's another important thing is you go through, chronic illnesses that really, it does make a difference to just keep learning and keep pursuing new things.

Because we're not all the same. So finding your solutions will take time. But, yeah, I think I'm I'm proof. And a lot of people I know are proof that you can get through it and get your energy back.

Totally. Well, thank you everyone for viewing. And Bridget, you have an amazing day. Thanks for being a part of the summit. Thank you. Take good care. Bye now.