Is Low Energy the First Sign of Liver Overload? Transcript

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Introduction to Detox and Liver Emotions

I'm not talking about some shitty, gimmicky detox. I am talking real removal of impediments so the body can heal itself. Your body starts to let go of those old emotions.

As long as you know what's happening, it can be a very magical process. But there are some ups and downs to it. You can feel old irritation, old overwhelm, and old fear and yes, anger.

Because that's what the liver is holding for you. This is Dr. Talks. Welcome back to The Conversation. Today we have one of my most favorite people on the planet, Sinclair Keneally.

Thank you for being here. I'm so glad to have you here, honey. It's wonderful to do this talk with you. Thanks for bringing such an advocate for everybody this way.

And I love this about you. You call yourself the Chief Talking Officer of Detox Rejuvenation. That's because you partner with Michael and he is not the talking officer.

He's the scientist. Yeah, he's our chief research officer and then I'm the one that says, oh my god, we have to tell everybody about this. Yes, and you do such a good job at it.

Why Liver Health Affects Energy

So you're also an award-winning expert on chronic digestive illnesses, host of your Health Reset podcast, You have virtual programs that people can join.

You also see clients in person. Today, we are going to do a deep dive into gallbladder and liver and listen up. Even if your gall bladder has been removed, this interview is for you.

Thank you for saying that. I know people are already on the other side of that I don't want people to tune out and think, well, I have a gall bladder.

It's probably even more important for me to listen to this. So, let's start out by unpacking why the heck would I bring a liver specialist onto a mitochondria summit when we're talking about energy.

So tell us what the connection is there. This is so important because fatigue is actually one of the first signs that your liver is not functioning properly.

And in fact, it can take years for that fatigue to finally progress enough to show on normal liver ranges are normal, liver markers that we measure on traditional labs, technically actually show, Hey, not only is your liberal struggling, but it may have been struggling for quite some time.

And it's not rocket science why this would be. You know, we're living in a day and age that's very unusual. We're putting a lot of pressure on our gorgeous livers, which is, you know the biggest traditional organ that we have.

It's a big boy. it has got 13% of our blood running through it at any given time and it is doing over 500 functions for us. So it isn't surprising that when we add in just a little bit of toxic exposure and our tap water in our food, whether it's even healthy produce in the soil or our processed foods or, you know, our air pollution.

You don't have to have crazy weird exposures to. Have an overloaded liver today. So fatigue is that early sign that, Hey, your liver is working so hard for you and it may need some direct support.

And oftentimes if we get the liver supported, this can give you some massive relief because now you've got energy to actually do the other protocols and the rest of the work that got you in trouble in the first place, right?

That overwhelmed the lever. But if you get some of that pressure off the level and solve that, This could be a great entrance point into your health journey, Right?

Absolutely, Ken, because I always say that our liver protocols that we teach are actually the best anti-aging protocols because your liver is in so many ways responsible for regulating how fast you replenish and you regenerate.

Gallbladder Function and Bile Flow

And so if your livers overloaded, you're actually aging in fast forward. And you can have body-wide inflammation, you could have a body wide fatigue, and also you're not keeping up.

And so we have all these people looking in the mirror going, why am I, Why do I look like this? I don't look how I think I should for this age. I dont feel like how i think i should feel.

And it's so much more than life stress, you know, and because the liver actually helps play a major role in our metabolism. It's not just, the gut tube that we all love to talk about in functional medicine, right?

The liver is also doing a lot of that metabolizing of not. Just, carbohydrates and sugars, but also fats and proteins. Like this is a really big deal.

So even your ability to absorb your own nutrients and convert them into energy is very much regulated by the. Liver itself. Right. And I want to talk about the gallbladder here, but let's talk Sam for a moment.

So Sam is my husband. One of my favorite humans. Yes. If you don't know this, Sinclair and Michael are truly experts in the space of detoxification. SInclair, Michael, are They truly changed the way that I approach healing protocols and functional medicine, and I've mentored with them.

You are some of my mentors in this journey of figuring out how to best help and serve people. And once I started implementing the things that you taught me into my programs, people's results just skyrocketed.

They got so much better. So, of course, I can't treat my own husband because you can share a bed and be somebody's practitioner. It just doesn't work.

it's not sexy. So Sam and I have been together around 25 years and he is the most extraordinary human but he does not take healing direction from me very well.

I brought him to you and Michael and said help him please with his gallbladder. He has gallstones and inflammation there and his doctor wants to do surgery.

They are trigger happy. Every time he goes in, they say, well, you should take this out. So let's talk about this. Tell our audience about Sam and what you did to support him.

And let's talk about why the gallbladder is not optional, that you must keep this organ at all costs. Don't worry, if you already had it removed and you're watching this, we're going to talk what to do if it's already been removed.

But if have not had your gall bladder removed, We want to protect this organs. Can you tell us about that? Yeah, absolutely. And of course, this is with Sam's permission, because, well, it won't reveal anything that he doesn't want us to talk about.

We talk to Sam all the time. Poor guy. By default, he's just, you know, part of the conversation. I know. He told me, like, Well, and you should tell people, tell them when I went there.

he tells everybody, You should do this. That's amazing. Good. So here's the thing about the gallbladder. It's quite the unsung hero of our digestive system.

And I'll explain what I mean by that because, and this is, I want everybody to hear this, whether or not you still have a gall bladder that still matters to you.

Everybody take a breath if you're already missing your gall bladder. It's not surprising. 750,000 of them are removed every year in the US alone. I don't think it's an accident considering how little we understand about our bodies in this culture still and how profitable that surgery is.

Just have to say that piece. Follow the money trail. Okay. Yeah. The gallbladder is that cute little pear-shaped organ that's underneath the liver. So the livers in the upper right quadrant, right, of your abdomen.

It's down here right under the right breast for women. And it actually starts in center of the abdomen and wraps around, and the gall bladders right behind it and tucked up underneath it.

so it's adorable and it should be about oh yay big. You can think about it like a catcher's mitt or a purse for the bile that the live makes. It's holding it, it's storing it and then it is releasing it at the exact right moment to meet the stomach acid and food coming down from the stem into the small intestine.

It is not just the pancreas offloading some great pancreatic enzymes and some sodium bicarbonate to nullify the systemic acid, and prepare the food for further breaking down and absorption in the smaller intestine, actually the bile from gallbladder is performing just as much if not more of that alkalizing effect.

So that means that the gallbladder has a really important job. It has to catch and hold on to the bile made by the liver, right?

Signs of Liver and Gallbladder Congestion

And it has condense it and adjust the pH to be just perfect to catching and neutralize the stomach acid. So your stomach and your gall blood are always talking to each other.

So if your bile becomes sluggish because of the hairspray you used and the dryer sheets you inhaled and mold you grew up in and tap water you drank and your liver's just like, dude, I'm getting overloaded here.

My 2,000 miles of bile ducts that are so intricate and delicate coming down the biliary tree here, the bile in there is getting kind of slugish, it's getting a little sticky.

It's starting to move a bit slow and I am starting have some problems here It's harder to get fresh bile into the gallbladder then. And then the Gallbladders bile gets secure and secure.

The gall bladder can't do what it's supposed to do, which is regulate the bile and let it go right at the right perfect moment. Right? And the way we eat matters too.

So we used to eat bitter foods. We used to cook our food, and so our digestive system would get all these signals from our smell, from out brain, you know, as we're watching things, making them, we are feeling the food with our hands.

Our digestive systems used have like a real heads up. Okay, we need to get our gastric juices moving. We're gonna get ready. we're going to flow some bile soon.

You know, get right guys, We don't have that anymore. And we go through like a drive-by or we pick up food or are we heated up, you know within a couple of minutes in the microwave and it's wham bam and the stomach is in that gallbladder like whoa.

okay, I guess I got to deal with this now. And there's no early signaling. So that's why reintroducing bitter foods and even bitters as a tincture is such an important ritual to reclaim.

Every culture did this. every culture had biters and had a slow way of eating until we lost that. Not that long ago, right? So, this is important to understand because, yeah, you can do bitters, and give your body like a little bit of a 20-minute heads up before you start to eat.

And that will let the stomach know, okay, I got to get my gastric juices flowing, the bile is like, oh, OK, got get ready to move, in the gallbladder.

The problem is you've had sluggish toxicity building up for quite some time. Yeah, right. So what does that do? That starts to congeal, it starts slow down and yes, you can make stones.

And most people who don't have their gallbladders anymore had an attack in their Gallbladder. It was very scary. They ate a fatty meal. Maybe it was heavy cheese, heavy fats, that you know, a heavy meat cuts with lots of fat in it and deliver.

I mean, the gall bladder started to ping. It's a very specific sensation because the gallbladder is quite small. So your liver might be sore and it's quite big and be like, oh, it was just sore up here, kind of aches, that hurts.

But a gall bladder attack is a specific pinging that feels very scary. It feels sharp and acute. I'd say it is the worst pain of their life, like worse than childbirth, worse then anything else they've ever experienced.

Yeah, exactly. And because it's, you know, right in the abdomen there, it feels very, very personal right up in The middle of all your other vital organs.

So your alarm bells are going off. Crazy, man. It's very scary. That's how you end up In the ER. and that's How you get a scan done, x-ray or an ultrasound that shows you, Oh, look, your gallbladder is enlarged.

Yes, we can see a couple of stones in there. What they're actually telling you is there's a Couple of Stones that have enough mineral density that they show up on the imaging.

It doesn't mean those are the only stones you have. I know it's so funny. Like I have a kidney stone, or excuse me, a gallbladder stone. A gallstone. We get so many students and clients coming to us, you know, in our courses and in practice now.

And it is like, I just have, hey, gallstones. Oh yeah, three whole gall stones. If you three have three gall-stones and that's what's showing up in the image, and I guarantee you you'll have thousands more that are cholesterol based.

They're not dense enough to be picked up. Yeah. Yeah, so let's bring it back to Sam's. When you first experienced Sam, did you notice right away? Because you knew right way what he needed.

I mean, he's a tough guy. So he was trying to put up a brave front, right? I think he is extremely intelligent and also very like, leave me alone. Right, so I will handle myself, but he was clearly in a lot of pain.

He had some abdomen distension, which is quite common when you have a sluggish liver. It was, clearly, like, a force of nature as a man, and yet really battling fatigue.

he Was not up to his level of life force and energy. And everybody's different, right? Everybody has a different size tank, same as huge tank in terms of energy, But he's clearly depleted, Right?

And that that distention right here, that fatigue, the achiness in his joints, the dark circles under his eyes, right?

Preparing for a Liver Flush

The forcing through things, a little quick to irritate, little spicy. Well, I can speak into that. He's gotten a bit spicy and quick-to-irritate over the years.

It does have immense patience. You must be my partner in life because I'm intense. So he's got to be the mellow side. But yeah, he was getting cranky and irritable and anger like angered quick yeah yeah part of it and the sensitivity to foods you know he couldn't eat a lot of foods that he used to enjoy eating around your reactions and your gallbladder and you liver is very common you start to say to yourself like oh i just prefer to eat light well do you because your body actually craves deep healing fats it must have them in order to make healthy cell walls And you must be able to absorb your fat-soluble vitamins, K, D, E, and K.

And the minerals, you know, in your body, like the calcium, this all is required to have like really, really good flowing bile. So you start feeling depletion.

You start noticing signs of calcium and mineral depletion and signs a fat soluble vitamin depleation when you don't tolerate fats well because your bile can't help absorb them.

Yeah. And what we're talking about right now, and we kind of using Sam as a case study, but we are talking what happens when you're overloaded. So on that note of not being able to eat a lot, okay, so Sam is a landscape contractor.

He does heavy manual labor for a living and he would need a high caloric intake every day to sustain. I mean, Sam's the kind a guy who looks like he works out in the gym with muscles and He's never lifted a weight in the entire time I've ever known him.

He has not spent a day in a gym since I have met him, because he does hard labor every day. And I mean, he gets in there with his guys right next to him and does the work.

So he was saying, I eat light. Like people always think, Sam, it's like a bird. Right? So that's exactly what you're talking about right now. You would expect him to just put down food.

Yeah, exactly. Exactly. I mean, you would expect a guy like that to eat four or five meals a day, honestly, especially in his prime, right? And so, the more overloaded your liver is, and more overloaded you gallbladder is the, more your metabolism slows down.

Okay. So, what else? So metabolism, slows, down you've got this irritability you got, this kind of irritation on the you might find yourself kind, of like rubbing the right side, like Yeah.

And have this, we call colic and gallbladder pain. What else? You can also, one of the earliest signs, and it certainly was for me, was not just the fatigue and the brain fog, which is very real and they're quick to react because I used to be that way as well.

But also just this feeling of indigestion, like your food just does not settle and break down and just like that's just sitting there. And it's part of why you want to start eating light because you can tell your bile isn't flowing.

It's not breaking down the fats and it is not supporting gut motility. You must have bio flow to support gut utility. So we're throwing all these probiotics at this problem and we are like, hello, look upstream please.

So that's another piece, constipation or diarrhea, or just for fun, alternating constepation and diarrhea. Great. And for women, you know, the PMS, menstrual issues are very real.

The pressure that gets put on the reproductive system when your liver and your gallbladder are not functioning correctly can really start to show up in some very uncomfortable signs.

Heavy periods, lots of PMS, you know, all that achiness, huge temperament flares, crazy fatigue, migraines that you're blaming on hormones are actually driven by liver and gallbladder congestion.

And they magically go away as you resolve the liver gall bladder issues. Even things like endometriosis, I'm not kidding, serious reproductive issues can be driven my liver, gall, bladder.

light bulbs are going off for people right now, big time. And I know we're going to, so right, now we are talking about saving your gallbladder. We are, going, to address those of you that have lost your, gall bladder already.

Don't worry, we got to talk about that. But what I want to ask now and have you unpack, and I, know, were using SAM as a case study as we go, because it's something that I can really identify with.

And he's okay, he is okay with us sharing that. Anything for you and me. So tell us what you did for Sam, what was the course of action that you saw was absolutely imperative for him to be able to save his gallbladder?

start by supporting his drainage pathways. And for somebody who is such a force of nature, it's very important to protect your energy so that he felt he could do his work and run his household at the same time.

He was not willing to compromise. And so, he had to know that his energy would be protected while we did this deep work. And by the way, that's true of everybody working on their liver and gallbladder.

Whether you're super fragile and you are totally bedridden and your watching this in your summit junkie because you here to save your own life, it's still true for you.

You must protect your energy while you were detoxing your liver in gall bladder because, you've got to have enough mitochondrial support which is why I'm so excited about this summit and, your advocacy in this space in order to do the deeper work.

Everybody skips this step. They're just like, oh, you know what, I'm finally getting hip to my problems. I know, what I'll do. Add to the, my body's to-do list right now.

Wait, why am I herxing? Why am i crashing? why don't I feel good? I love this. Because you didn't support the body with enough energy production during the process, right?

So that's a big piece of it. So we had to protect his energy during it and we have to go at the pace that he is ready to. Right, because Sam's kind of slow with this.

He's not like, he doesn't love, you know, taking supplements. Not a professional health junkie. I mean, I can take 52 pills in a sitting. It's like no problem.

Just take them by the handful. Sam needs to take one at a time. So it becomes this like hour to get his protocol inside of him. Yeah, it's very funny.

A little dramatic.

Emotional Release During Detox

The strongest men are always like very dramatic about this stuff. Yeah, yeah. Okay, so you also, ultimately, when he was ready, you took him through a liver flush.

So I'd like to talk a little bit about that and the myths and truths. And this is where it's really important also that the people without a gallbladder are listening in, because this really is important for you too.

Yeah, so this applies to Sam was trying to save his gallbladder, just as much as it applies someone like Barb from our practice, who was in her early 70s, hadn't had a gall bladder for 15 years and had tons of symptoms related to liver congestion that never resolved when her gall bladder was removed.

So it's the same for both, actually, and this is a huge point that I want to make in this interview, if it's only one thing

you walk away with today, is that the solutions that support somebody trying to save this organ and the solution for somebody that have already lost this organs are actually the same.

And they can both be achieved through natural health at home. So a liver flush is only as good as the preparation that you do. Say that again and write this down everyone.

Yeah. A lot of other people on the back. The liver flesh is only as good as the preparation that you make. Okay. And that preparation isn't two days, right?

No ma'am, that's about 30 days minimum. So we're adding in energy support, clearing out the bowels because for so many liver and gallbladder issue people, you have congestion in the bowel.

Even if you're still moving your, your having a bowel movement every day, You still can have compacted feces, five to 20 pounds of it on average is what Americans have in a lower intestine.

Gross, right? Fermenting, yucky, perfect habitat for parasites. They love this stuff. Right? So it's just the truth. So you got to clear the exit pathway for the liver and gallbladder to release.

And so you want to Clear Paths of the Exit Doors for all this toxic sluggish stuff that you're going to ask the body to move out. Because it's slow moving and because it is so irritating in nature, these toxic metabolites, whether they're heavy metals, industrial chemicals, plastics, you know, pesticides, herbicides, phthalates, halogens, all of these get stuck.

They drop those bile salts out of that perfectly suspended and liquid chemistry. they mess all that chemistry up and that's when things start to slow down and congeal and your liver starts throwing cholesterol at it and trying to wrap that around the problem to keep it safe.

Myths About Liver Flushes

Hence, we want to do some clearing of the path first, right? You got to have your gut moving. You gotta have the colon emptied out. That's where coffee enemas come in and they're so fantastic.

They're not a requirement, but they sure do help. And there's lots of formulas that you can customize your enemus to, to support your path. And we'll just note right now that Sam would not do coffee enemas.

He was like, no, I'm not doing that. And he had a very successful liver flush. So just want to put that out there. There's something that the man is just not willing to do with it.

It's very true. That's what I mean. They are optional. Yeah, they will help, but you don't have to them. I know I am a giant wuss. Everything I say is with a huge caveat.

Like I went through this too. If I m this huge wus and I can do it, then I think everybody can. So there's that piece, and you also want to provide some actual destagnation tools to the body.

So that means we need fresh bile salts in the mix. Because bile is very expensive for the bodies to make. You know, it's a gross sounding word, bile. But what we're talking about is really a liquid gold detergent.

That's what it is. I love how you describe it. And you described bile like it the quintessential fluid in a human body, It's magical. I don't even ever get the time to say like talk about its cancer, anti-cancer profit properties.

It is super alkalizing anti aging. Like we want this stuff to be moving through, but it's expensive to make. So the body wants to reuse it and recycle it.

And there's a really big problem with that because the synthetic, you know, materials, these chemicals that we didn't evolve with and these heavy metals that were deep in the earth's crust that we didn't have to contend with as

we evolved.

Okay, those actually stick to the bile. So they don't dump out through the bowel the way the liver expects them to. The liver says, okay, I'm going to try to protect the kidneys.

I'll detox the least amount possible through their kidneys because they're not as resilient. They're a little wimpy. It's kind of weird, right? It is kind like fancy cars, they are kind a like a Porsche.

Whereas your liver is your workhorse. It's a Toyota, just saying. If you want the luxury version, it's Alexis. Never going to break. But your gallbladder is like that wimpy Porsche.

Love them, but your kidneys are like the wimpy Porsche, love them. Very delicate. 100%. So your liver is trying to dump as much out as possible through the bile, through bowels, because your small intestine, your large intestine—these turn over completely every three to four days.

So the liver's like, they can't handle it. Let's throw as many of these toxins out through this process, right? So its favorite way to detox is through your bowel.

The problem is, all these toxic metabolites actually stick to the bowel, and you actually end up recycling—it's called enter hepatic recycling. Right?

So it's a re-toxification process. So, it is sticking to old bile salts that then your liver tries to reuse and it says, gosh, this is really hard. Wow, I'm working way too hard here.

I am really stressed. And moving slow. One of the things we can do in preparing for a liver flush is to actually add fresh salts. into the mix. Fresh bile salts to be specific.

That means Tedka, that means taurine, and that mean phosphatidylcholine. These are really important building blocks of bile and it's super helpful. And it all needs to done before you do your liver flush.

This is all still in the prep phase.

Sam's Before-and-After Recovery

You're introducing this and then there's some other things that need to on board as well because when you this flush toxins are going to flushed out so how do you protect yourself from that?

Yeah, the old school style of flushing is just, this is like Holda Clark's version of this, and Andreas Moritz wrote this gorgeous book about it, it's a lovely body of work, but we need to take a step forward from that because we're in a much more toxic day and age now.

So I would never recommend that somebody just do that simplified version things because it is harder on your body, you'll get less results, got to do more of them, then you can get more side effects symptoms from them.

So you want binders on board. You want to be preparing the pathway, preparing, the body with bindars and fresh bile salts for the whole month leading up to your first flush to say, okay, guess what body, when you release this old bile, I'm here to catch you.

These bindors are lining the gut. They're going into the extracellular matrix to help mop things up. It's going to. Okay. So this is all prep. Anything else that needs to happen for prep?

I think there's some emotional prep too. Yeah, there is some emotional prep. So the interesting thing about the liver and gallbladders, they really do hold a lot of stored emotion for us.

It's almost like your body is going through life and you're meeting life's experiences and whatever amount of energy

you have to deal with those experiences, whatever matter resources you, have at any given age, whether you are five years old or 35, you do the best you can with that experience.

And whatever your bodies not able to digest out of that, experience gets tucked away for later. I will be able, to handle this when I'm older, when, I am wiser, When I have more energy, So when you start the detox process, a deep release, I'm not talking about some shitty gimmicky detox.

I am talking real removal of impediments so the body can heal itself. Your body starts to let go of those old emotions. As long as you know what's happening, it can be a very magical process.

But there are some ups and downs to it. You can feel old irritation, old overwhelm, and old fear and yes, anger. Because that's what the liver is holding for you.

Yep. Okay, so now we've gotten through this and we're going to actually flush. We've got through the prep and were gonna flush and again this is really important for people who don't have a gallbladder as well because your bile that golden liquid that you described is made in your liver.

So now we're going to flush. And now flushing, there's some myths around flashing, some truths around fleshing. What would you share with our audience just to give them some pearls of information that they should absolutely be looking for in a flush?

So, you know, I've already shared, it's a phenomenal tool for everybody, the Andreas Moritz version or the Holden Clark version, like it really was a wonderful thing to contribute to our culture and very necessary in this time, but I don't think it goes far enough.

And so one myth that I would like to dispel is that that's enough, that process is enough as is, or that it is a standalone event and nothing could be further from the truth.

The prep leading up to a flush, which is really just a targeted, a really intentional release from the body, right? We teach limp flushes and fascia flushers and, you know, but really the liver flush is like the life-changing liver gallbladder.

And the prep beforehand is what makes the flush actually work. So the biggest myth that I hear is, like, if I just do this piece, I'll just like drink the oil, drink that olive salt, string the apple juice and just boom, i'll be healed.

And that is not true. We want to think about liver flushes in a series and be in the lead up and the recovery and prep in between is what makes the biggest difference.

Another myth that I hear often about, liver, flush is, is that you can't do them. If you don't have a gallbladder, that's not. You actually may need them more because if you had to remove your gall bladder, because you got so acutely inflamed with the stones you head in there, dollars to donut, sweetheart, you have.

A lot of stones in your liver as well. So let's talk about your experience. Let's bring it back to Sam in this case study that we've been going through because you guided Sam through it.

And not only that, you actually saw him two days or a day after because we had a gathering at our house with some of our friends and you and Michael came over and actually you saw in person right after he did it, so what was your experiences of him from before and after?

Well, honestly, beforehand, you know, I saw him at your birthday. I was a little scared for him because he was so overloaded and he so depleted. He was like living on bone broth.

It's like, okay, sweetheart, how stubborn do you want to be? You ready to do this? And he's, like yeah, we're ready. He had to hit his rock bottom, right?

Everybody does. And we say this all the time, oh, they just haven't suffered enough. I hadn't suffer enough, I went for years trying to push through and ignore this and suppress the symptoms.

So I had tons of compassion for it. But the Sam on the other side of the flesh was the opposite. The Sam before was fragile. He was so depleted in life force.

And he's so funny and loving. He's just like a big presence, you know? And then on the other end, but like so he was like, a husk of himself when I saw before him.

When I see him afterwards, he is lighter. It was, like he took 10 years off. I mean, He was back to being hysterically funny. The man has a sharp wit, and he checking on everybody, playing host, gathering everybody.

Rapid Liver Reset and How to Join

Okay, that's the Sam Rae. And he was showing everybody the huge amounts of stones that came out the next day, hundreds and hundreds of stone. He's so proud.

Yes. And, he's telling everybody, you should do this, I mean, these are a bunch of our functional medicine friends that were over at our house and some of them you're seeing on this summit, people that are also speakers here were at my house, and he is like, You should this liver flesh.

Kevin Ellis, the bone coach, he's one of our people here. He's been pounding on your door to do a liver flush with you. And now he is doing it, yeah, because of Sam.

So this is why I'm sharing Sam's story because what you do with people profoundly changes their lives, Sinclair. As I mentioned, I know more about how to help people because I've learned from you and Michael.

And I know you have something really cool and I want you to share because you're going to be taking people through a liver flush live. Rapid liver reset is your thing.

So any final pearls and words of wisdom and bookend that with how people can get a hold of you, find you work with you. get sprinkled fairy dust on by you.

Yeah. I'll wave my hair at you guys. We were talking about it before we started this interview that I'm loving your hair today. It's amazing. You're gonna make me laugh.

Everybody who loves her hair send me an email that you love her and I will make sure she gets it. Thank you, sweetie. It's so funny. I'll kind of pull all this together in one way.

One of the biggest myths I hear about liver flushes is something that we tackle head on in rapid liver reset, and it's because of my own journey. People think of liver flushes as something very harsh and because it's a big event that you're going to tell the body to release.

And a lot of people say, well, wait a minute, I have had so much congestion for so long. I feel too fragile to do that. What can I do? And I felt the same way when we were discovering these tools, you know, and Michael dove head in, man.

Like he was getting out goose eggs. They're scary. You'll see them in my presentation. How did those come out of him? It was done without pain. you know, fatigue, irritation, but no pain because the liver was just like coughing them up, man.

And there was 15 of those goose eggs in one flesh for him. It was crazy. But for me, I had to chip away at it and go very slow because I felt very fragile at the time.

Very fatigued, very reactive, and I was scared, honestly. So we handle all of this by individualizing flushes for

people. So in Rapid Liver Reset, we teach you three ways to flush.

And we'll teach it to you in a series. this is work that you're going to do for the next six to 12 months, depending on how compacted you are, and you get to take it at a pace that's right for you.

And yes, you can have community support and all that along the way, but the piece I want you to hear is that, You get take at your own pace. So we have the gentle healing lane, which is pink, we say pink handle with care.

We had the yellow, slow and steady lane, and then we had a green means go lane. That's Michael's lane I was the pink lane and I worked my way up slowly over several months to the green, means, go, lane And over that time I, was doing these tiny no flush flushes and, then pulse flush is that we teach in the course.

And I got out 15,000 stones before I ever drank any olive oil. I can't believe you counted all your stones. I am a Virgo. Of course I did. I was like 17, 18, 19, enjoy that.

Okay. Add it to the total. 4000, 4001, 4,002, 8,000, 8006. Did we not tell Sam that these were going to be his trophies? And he was, like, no, I'm not even going look.

And then he would showing him pictures everywhere. We were fishing him out of the toilet. Use a strainer. Because they are, they're like your trophies.

They show you, it's like proof. That's why I wasn't feeling well. And now there's a new chance for me. and that's true for you whether or not you have a gallbladder right now, by the way.

Yeah. So I hope you take heart from that and you get to take it at a pace that is right for. How do people get it? Where do they go? We're going to do it live in July.

So I think the cart opens like July 10th or July 15th. Come hang out with us. You can come get on the wait list at detoxrejuvenation.com and we'll take really good care of you.

And she will take good of care. She takes great care my family too. Thank you so much Sinclair. I so appreciate you and I just want to acknowledge you And Michael both.

I know Michael is always in the background. You hardly ever see him. He's like the elusive, never seen rare bird. Right? I want to acknowledge the work that you do and that put yourself out there in world to help people because truly we are being poisoned.

and you have the solution to poison and when people have a solution the poison there are forces that don't want that information to get out there and people are shut down and quieted and so it is very brave and courageous for you to be out here admittedly solving the problems and helping people.

And I will say everyone on this summit, these practitioners that you're seeing, there is a level of bravery and courage here because we are not supporting Big Pharma and there's a lot of money behind that.

So thank you for what you do. A lot pressure on us to silence. Thank you. Yes. For saying that, so thank for being part of the solution, no matter what it takes.

Back at you, sweetheart. I love you too. All right, until next time, everyone, take good care. Bye. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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