Is Low Energy The First Sign Of Liver Overload? Transcript

(Transcripts are generated by AI and may contain errors)

Introduction and Sinclair Kennallyu2019s background

Welcome back to the conversation. Today we have one of my most favorite people on the planet, Sinclair Kennally. 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 being such an advocate for everybody this way. Thank you so much. And no summit would be complete without you talking about the liver.

You are affectionately known as the Liver Lady, 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, is 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.

So you're also an award winning expert on chronic digestive illnesses, host of your Health Reset podcast and you're a survivor of complex chronic illness.

You have virtual programs that people can join. You also see clients in person. And today we are going to do a deep dove into gallbladder and liver and listen up even if your gallbladder has been removed.

This interview is for you. Who? Thank you for saying that. I know people already on the other side of that. I don't want people to tune out and think, well, I don't have a gallbladder, I don't need to listen to this.

It's probably even more important for you to listen to this. So let's start out by unpacking. Why the heck would I bring a liver specialist on to 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 arranges our normal liver markers that we measure on traditional labs.

Tackling should actually show, Hey, not only is your liver 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's got 13% of our blood running through it at any given time. And it's doing over 500 functions for us. So it's not surprising that when we add in just a little bit of toxic exposure in 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.

Why liver health affects energy and aging

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 overwhelm the liver. But if you get some of that pressure off the liver and solve that, this could be a

great entrance point into your health journey, right?

Absolutely can. Because and 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.

And so if your liver's overloaded, you're actually aging in fast forward and you can have body wide inflammation, you can have body weight fatigue, and also you're not keeping up.

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

I don't 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, you know, the gut tube that we all love to talk about in functional medicine.

Right. Delivers also doing a lot of that metabolizing of not just, you know, 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 about Sam for a moment.

So Sam is my husband and I'm. One of my favorite. Humans. Yes. So so if if you don't know this, Sinclair and Michael are truly experts in the space of detoxification.

And Sinclair. Michael, are they? They truly change 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 program, people's results just skyrocketed. They got so much better. So of course I can't treat my own husband because you can't share a bed and be somebody's practitioner.

It just doesn't work. It's not sexy. It doesn't work. So so, you know, 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. So I brought him to you and Michael and said, Help him, please, with his gallbladder. So he he has, you know, gallstones and inflammation there.

And his doctor wants to do surgery like they are. So they are trigger happy. Every time he goes in, they say, well, you should take this out, you know, so let's talk about this.

Tell me about 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.

And don't worry, if you already had it removed and you're watching this, we're going to talk about what to do if it's already been removed. But if you have not had your gallbladder removed, we want to protect this organ.

So can you tell us about that? Yeah, absolutely. And of course, this is with Sam's permission as well, won't reveal anything that he doesn't want us to talk about.

Right. Talk about Sam all the time. Poor guy. He by default, he's just, you know, part of the conversation. I know. And he told me, like, well, and you should tell people.

Tell him what? I went there. He tells everybody, you should do this. It's amazing and good. So here's the thing

about the gallbladder. It's quite the unsung hero of our digestive system.

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

So everybody take a breath. If you're already missing your gallbladder, it's not surprising 750,000 of them are removed every year in the U. S. 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 see that piece. Follow the money trail. Okay. Yeah. So 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.

Gallbladder function and why it matters

Abdomen. So it's down here, right under the right breast for women and actually starts in the center of the abdomen and wraps around right. And the gallbladder is right behind it and tucked up underneath it.

So it's adorable and it should be about, oh, yay, big. And you can think about it like a catcher's mitt or a purse for the bile that the liver makes. Yeah, it's holding it, it's stirring it, and then it's releasing it at the exact right moment to meet the stomach, acid and food coming down from the stomach into the small intestine.

It's not just the pancreas offloading some great pancreatic enzymes and some sodium bicarbonate to nullify the stomach acid and prepare the food for further breaking down an absorption in the small intestine.

Actually, the bile from the gallbladder is performing just as much, if not more of that alkalis in 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.

And it has to condense it and adjust the food to be just perfect, to catch and neutralize the stomach acid. So your stomach and your gallbladder are always talking to each other.

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

My 2000 miles of bile ducts that are so intricate and delicate coming down the biliary tree here, the bile in there is getting kind of sluggish. It's getting a little sticky.

It's starting to move a little bit slow. And I'm starting to have some problems here. It's harder to get fresh bile into the gallbladder then and then the gallbladder bile gets sicker and sicker and the gallbladder 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 in the way we eat matters too. So we used to eat better foods. We used to cook our food. And so our digestive system will get all these signals from our smell, from our brain.

You know, as we're watching things, as we're making them, we're feeling the food with our hands that the our digestive system used to have, like a real heads up, like, oh, okay, we need to get our gastric juices moving.

We're going to get ready. We're going to flow some bile soon, you know, get ready, guys. We don't have that anymore. We go through like a drive by or we pick up food or we heat it up, you know, within a couple of minutes in the microwave and it's wham, bam.

And the stomach goes in the gallbladder like, whoa, oh, 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 bitters and had a slow way of eating until he lost that not that long ago. Right. So this is important to understand because.

Yeah, you can do bitters, right? 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, okay, I got to 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 to slow down. And yes, you can make stones. And most people who don't have their gallbladder anymore had an attack in their gall bladder.

It was very scary. They ate a fatty meal. Maybe it was heavy cheese, heavy fats that, you know, heavy meat cuts with lots of fat in it and deliver. I mean, the gallbladder started tipping.

It's a very specific sensation because the gallbladder is quite small, so your liver might be sore and it's quite big. I mean, like, oh, I just saw up here kind of aches, it hurts.

But a gallbladder attack is a very specific pinging that feels very scary. It feels very sharp and acute. And that's how you could say it's the worst pain of their life, like worse than childbirth, worse than 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.

And so your alarm bells are going off a crazy man. It's very scary. So that's how you end up in the air and that's how you get a scandal, an X-ray or an ultrasound that shows you, oh, look, your gallbladder is enlarged.

And yes, we can see a couple of stones in there. And 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 like I have a kidney stone or excuse me, a gallbladder stone. I have a gallstone gallstone going down.

It's so funny. We get so many students and clients coming to us, you know, in our courses and in our practice now it's like, I just have a gallstone. Oh, yeah, I have three whole gallstones.

Oh, sweetheart, if you have three whole gallstones, and that's what's showing up on the imaging, I guarantee you, you have thousands more that are cholesterol based.

They're not dense enough to be picked up. Yeah. Yeah. So. So let's bring it back to Sam. So, yeah, so, so when you first experience Sam. Yeah, well, what did you notice right away?

Because you knew right away what he needed. I mean, he's a tough guy, so he was trying to put up a brave front, right? Yeah. I mean, he's he's 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 distention, 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.

Sam is a huge tank in terms of energy. But he was clearly depleted. Right. And that that distention right here, that fatigue, the achiness in his joints, the dark circles under his eyes.

Right. The the just the oh the forcing through things. Well, quick to irritate little spicy you know. Well, I can speak

into that like he's gotten a little spicy and quick to irritate over the years.

He is he does have an immense patience. You must being my partner in life, I'm intense. So he's got to be like the, you know, the the mellow side. He's he's got to be the mellow one.

But yeah, I mean, he was getting, like, cranky and irritable and anger angered, quick. Yeah. Yeah. Part of it and and the sensitivity to foods, you know he couldn't eat a lot of foods that he used to enjoy. Mm hmm.

So eating around your reactions in your gallbladder, in your liver is very common.

Signs of liver and gallbladder congestion

You start to say to yourself, like, Oh, I just prefer to eat, like, well, do you? Because your body actually craves healing fats. It must have them in order to make healthy cell walls.

And you must be able to absorb your fat soluble vitamins A, D, E, K and the minerals, you know, in your body that like the calcium this has this all is required to to have like really, really good flowing bile.

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

Yeah. And what we're talking about about right now and we're kind of using Sam as a case study, but we're talking about what happens when you're overloaded. So so on that note of 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. And the amount of I mean, Sam's the kind of guy who looks like he works out in the gym with muscles and he's never, never lifted a weight in the entire time I've ever known him.

He has not spent one day in the gym since I've 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 don't I don't eat light like people. I see it's like a bird. Right. So that's exactly what you're talking about right now. He's not you would expect him to just put you know, put down food.

Yeah, exactly. Exactly. I mean, you would expect a guy like that to eat four or five meals a day. Honestly. Yeah. Especially in his prime. Right. And so the more overloaded your liver is, the 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've got this kind of irritation on the you know, you might find yourself kind of like rubbing the right side, like, oh yeah.

And have this recall colicky 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 the 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, oh, it's just sitting there and it's part of why you want to start eating, right?

Because you can tell your bile isn't flowing. It's not breaking down the fats and it's not supporting gut motility. You must have bile flow to support gut motility.

So we're throwing all these probiotics at this problem. It's like, hello, look upstream, please, you know? Yeah. So that's another piece. Constipation or diarrhea or just for fun, alternating constipation and diarrhea.

Great. Yeah, disturbing. And for women, you know, the PMS, the menstrual issues are very real. And 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 science, heavy periods, lots of PMS, you know, all that achy ness, huge temperament, flares, crazy fatigue, migraines that you're blaming on hormones are actually driven by the liver and gallbladder congestion and they magically go away as you resolve the liver gallbladder issues. Hmm.

I think things like endometrial, ptosis, all of those. I'm not kidding. Serious reproductive issues can be true of my liver, gallbladder. The light bulbs are going off for people right now big time.

And I know we're going to. So right now we're talking about saving your gallbladder. We are going to address those of you that have lost your gallbladder already.

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

And, and and he's okay. He's okay with us sharing 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?

Well, we had to start by supporting his drainage pathways. And for somebody who is like 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 right at the same time, like he was not willing to compromise.

He's a high performer 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 the liver and gallbladder, whether you're super fragile and you were you're totally bedridden and you're watching this and you're some a junkie because you're here to save your own life.

It's still true for you. You must protect your energy while you are detoxing your liver and gallbladder 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.

I'll add to my body's to do list right now.

Preparing for a liver flush

Wait, why am I heard saying, why am I crashing? Why don't I feel good? Why don't 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 had to go at the pace that he was ready to go. 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. Know, I mean, I can take 52 pills in a sitting. It's like, no problem. I just take him by the hand.

Sam used to take them one at a time, so it becomes this like our to get his protocol inside of him. Yeah. It's very funny. I was a little dramatic. Right.

Is the strongest men are always like very dramatic about the 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 the truths. And this is where it's really important also that the people without a gallbladder are listening in, because this is really important for you, too.

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

So it's 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 the solutions that support somebody trying to save the surgeon and the solutions for somebody that have already lost this organ 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. Play that again and write this down. Everyone over.

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

No, ma'am. Okay. That's about 30 days minimum. Okay. 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 balance.

Even if you're still moving, you're you're having a bowel movement every day. You still can have compacted feces, 5 to £20 of it on average is what Americans have in the lower intestine.

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

So you want a clear path to the exit doors for all this toxic, sluggish stuff that you're going to ask the body to move out. And because it's slow moving and because it's so irritating in nature, these toxic metabolites are heavy metals, industrial chemicals, plastics, you know, pesticides, herbicides, phthalates, halogens, you know, 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. So hence, we want to do some clearing of the breath first.

Right. You got to have you got moving. You got to 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 animals to to support your pets. And we'll just note right now that Sam would not do coffee enemas.

He was like, Oh, 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 that.

Yeah. It's very true. That's what I mean. They are optional. They will help, but you don't have to do them. And I know I'm a giant worse. So everything I say is with a huge caveat.

Like I went through this too, and if I'm this huge was and I can do it, I know everybody can do it. So so there's that piece. And you also want to provide some actual all these stagnation tools to the body.

So that means we need fresh bile salts in the mix. So it's because bile is very expensive for the body 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 that's. How you describe it. You describe bile like it is the quintessential fluid in the human body.

It is. It's magical. I don't even ever get the time to say, like talk about it's cancer, anti-cancer, profit properties, it's super actualizing anti-aging.

Like, we want this stuff to be moving through, but it's expensive to make. So the body wants to reuse 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'm going to do I'm going to detox the least amount possible through the kidneys because they're not as resilient. No, they're kind of they're a little wimpy.

You have a wimpy. Yeah. It's kind. Of weird. Right. And it's kind of like fancy cars, right? Like like they're kind of like a porch where as your liver is your workhorse, it's a Toyota.

Just saying, if you want the luxury version, it's the Acura. Yeah, yeah, yeah. It's never going to break. But your gall bladder is like that. Wimpy Pausch. Yeah.

Love them. But are your sorry? Your kidneys are like the wimpy porch. Love them, but very delicate. Yeah. I need a Porsche. Yes, 100%. Yeah. So your liver's trying to dump as much out as possible through the bile, through the bowels, because your small intestine, your large intestine, these turn over a completely every 3 to 4 days.

So the liver's like they can't handle it. Let's throw as much of these toxins out through this process. Right. So its favorite way to detox is through the bowels.

The problem is, well, all these toxic metabolites actually stick to the bile and you actually end up recycling.

Myths about liver flushes and no-gallbladder cases

It's called enter hepatic recycling. Right? So it's a it we talks of the creation process. So it's sticking to old bile salts that your then your liver tries to reuse it.

It's like, gosh is really hard. Wow, I'm working way too hard here. I'm really stressed. I'm moving slow. So 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 tadka, that means taurine, that means phosphatidylcholine. These are really important building blocks of bile.

It's super helpful. And it all needs to be done before you do your liver flush. This is all still in the prep phase. You're introducing this and then there's some other things that need to be on board as well, because when you do this flush, toxins are going to be flushed out.

So how do you protect yourself from that? Yeah, the old school style of flushing is just this is like whole, the clerk's version of this. And Andreas Moritz wrote this gorgeous book about it.

And it's a really 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 of things because it's harder on your body, you'll get less results.

You have to do more of them and 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 binders 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 binders are lining the gut.

They're going into the extracellular matrix to help mop things up. It's going to be okay. You can let go now. 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 marginal prep. So the interesting thing about the liver and gallbladder is 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 is whatever amount of resources you have at any given age, whether you're five years old or 35, you do the best you can with that experience and whatever your body's 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'm wiser, when I have more energy, when I feel safe. So when you start the detox process, a deep release.

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

And, you know, 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, old fear, and yes, old anger, because that delivers holding for you.

Yeah. Okay. So now we've gotten through this and we're going to actually flush, we've gotten through the prep and we're going to 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 Smiths around Flushing. There's some truths around Flushing. 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 I think it's a phenomenal tool for everybody.

The Andrea Swartz version or the whole a Clarke 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, you know, that that process is enough as is, or that it's a standalone event and nothing could be further from the truth.

The prep leading up to a flush, which is really just a targeted like a really intentional release from the body. Right. With each limp flushes and fashion flushes.

And, you know, but really the liver flushes 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, oh, if I just do this piece, I'll just like drink the oil, drink the olive salt, string the apple juice, and just boom, I'll be healed.

And that is not true. You 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 flushes is that you can't do them if you don't have a gallbladder. That's not true. You actually may need them more because if you had to remove your gallbladder because you got so acutely inflamed with the stones you had in there, dollars to donuts, 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 you actually saw him in person right after he did it.

Samu2019s recovery and rapid liver reset

So what was your experience of him from before and after? Well, honestly, beforehand, you know, I saw him at your birthday as a little scared for him because he was so overloaded and he was so depleted and 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 do this. Right. You had to hit his rock bottom, right?

Everybody does. And, you know, we say this all the time. Oh, they just haven't suffered enough. I hadn't suffered enough. I would for years, like trying to push through and ignore this and, you know, suppress the symptoms.

I had to go through the same process. I have tons of compassion for it, but the same on the other side of the flesh was the opposite. The sand before was fragile.

We were so depleted in my force, I didn't. I barely recognized him because he's such a strong man, you know, and he's so funny and loving. He's just like a big presence, you know?

And and then on the butt, like. So he was like a husk of himself. When I saw him before. When I saw him afterwards, he was lighter. It was like he took ten years off.

I mean, he was back to being hysterically funny. I mean, the man has a sharp wit, you know, and he was checking on everybody. He was playing host and he was like having everybody was like, okay, that's the Sam I know.

And he was showing everybody the huge amounts of stones that came out the next day, hundreds and hundreds of stones. I know. He was so proud. Yes. And he was telling everybody, you should do this.

You should do this. I mean, he was literally telling you, these are a bunch of our functional medicine friends that, you know, we're over at our house.

And some of them you're seeing on this summit, people, you know, that are also speakers here were at my house and he's like, You should do this. You should do this liver much.

Yeah. The bone coach. He's one of our people here. He's. He's been pounding on your door to do a liver flush with you. Now he's doing it. Yeah, because it's Sam.

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

And I know you have something really cool coming up in July, and I want you to share because you're going to be taking people through a liver flesh wave.

Yeah, rapid liver reset is your thing. Yeah. 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. Good hair, you guys. We were talking about it before we started this interview that I'm loving your hair today. It's amazing how you're going to make me wash everybody.

What was her hair? Send me an email that you love her hair and I'll make sure she gets it. I'll make sure she gets your email. Thank you. So it's funny.

Okay, so here's here's the I'll kind of pull all this together in one way. And one of the biggest myths I hear about liver flushes is something that we tackle head on in rapid liver reset.

And because of my own journey. So 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 thought the same way when we were discovering these tools, you know, and Michael Dove head in, man, like he was getting out goose eggs.

Like they're scary. You'll see them in my presentation. Like, what? How did those come out of him? And it was done without pain, you know, fatigue, irritation, but no pain because the liver is just like cough on a mop, man.

And it was one of those goose eggs in one flush 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 teach it to you in a series.

So yes, we're going to go through it live together. But also this is work that you're going to do for the next 6 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 the piece I want you to hear is that you get to take it at your own pace.

So we have the gentle healing lane, which is pink, and we say pink handle with care. We have the yellow slow and steady lane and then we have the green means go lane.

That, that's Michael's Lane. I was the pink lane and I worked my way up slowly over several months. So the green means go lane and over that time I was doing these tiny no flush flushes and then pulse flushes 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. That's. I'm a Virgo. Of course I did. I was like 17, 18, 19. Right.

Okay. Add it to the total. I mean, four. Thousand to 4000 to 8000, 8000, 68. I mean, did we not tell Sam that these were going to be his trophies? And he was like, no, I'm not even going to look.

And then he was showing pictures. We were catching them out of the toilet. I'm like, We're counting these. Use a strainer. Yeah, because they are. They're like, your trophies.

They show you. That's like proof. That's why I wasn't feeling well. And now there's a new chance for me. Yeah. 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's right for you. How do people get it? Where do they go? Oh. We're going to do it live in July.

So I think the cart opens like July 10th or July 15th. So coming out with this, you can get on the waitlist detox rejuvenation com and we'll take really good care of you.

And she will take good care of you. She takes great care of my family to 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. But I want to acknowledge the work that you do and that you put yourself out there in the world to help people because truly we are being poisoned and you have the solution to poison.

And when people have the solution to 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.

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

I catch you, sweetheart. And I love you. I love you, too. All right. Until next time. Everyone take good care. Bye.