Introduction and guest background

Welcome to another episode of the Restore Your Mitochondrial Matrix Summit. I'm your host, Laura, from 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 guest is Sinclair Keneally. Hi, Sinclair. Welcome to the summit. Hi. And it's so great to be here at this amazing event you've put together.

Thank you. So audience watching. You are in for a special treat. Sinclair is not only a dear friend of mine, but she is a expert in the space of mitochondrial health, in root cause medicine, gut health.

Helping people get their energy back. Helping people solve chronic health conditions that nobody else could solve. And I'm just really excited to have you here.

Yay! Let's do this. Okay, well, formally, you are a chronic illness survivor turned health activist. You're an expert on chronic digestive illnesses. You're the CEO of detox, rejuvenate Pencom and host of your Health Reset podcast.

And your expertise is helping people discover the real reasons behind their health issues and take their power back. Yeah. So you also happen to teach practitioners how to address the root causes of chronic conditions through your program, Root Cause certified.

So that's all really exciting as well. You've helped thousands of clients and students to heal from complex issues. So could you start off by sharing with us a little bit about your own story?

Because that is where it all started. You had a tremendously horrible illness that nobody could figure out. So tell us about that. Yeah, it's a really fun, uplifting story.

So, I think what's important for, for context, is just that, you know, I'm very much the reluctant health advocate. Like, this is this was not my idea.

I care about this the hard way. And I think that many of us do that end up becoming our own health advocates, right? CEOs of our own health journey. It's like, oh, okay, no one's going to figure me out.

Then I'm going to start watching summits. I'm going to start digging in. I'm going to start going. I will I need to be my own best advocate because no one's going to care about my health like me.

And that's what happened for me and Michael and I. Michael was my lab and my partner and all things. He and I were living the dream. We were in mental health.

We were building our, practices. And, I what I thought I did was that I overworked myself, and became sick. But what I see now is that and looking back, that I had decades of early warning signs, which we can talk about in this masterclass together.

That could have clued me in if I'd known what to look for. And I think in this day and age, we actually finally do. You've actually gathered just in this event alone.

So many experts that can help people see the signs along the way before they crash. Like I had to, to really get the wake up call. So I actually ended up in the hospital.

They could not figure me out. They couldn't tell if I had, like, a serious heart defect or, you know what my gut issues were about. So test after test, MRI, cat scans.

Sinclair's illness journey and early warning signs

I'm watching the bill go up and absolutely panicking because I thought, oh, these are the white coats. They'll know what to do with me. They'll have answers. Finally.

And the truth was anything but. And I actually checked me on South out of that hospital. I pulled on my jeans, get the hospital gown on, and wobbled out to the parking lot.

Michael was actually practically carrying me and I thought I was going home to die. To be honest with you, because the gut pain was so intense, the joint pain was so bad.

The the panic was so crippling that, I couldn't think, I couldn't function. So I wish I could tell you that from there, we had this wonderful Tiffany.

But it really, it actually took us eight years from there to figure out what was going on with me. Eight years where for most of the time I couldn't read an email.

I couldn't write a sentence, I couldn't stand up for five minutes at a time. I couldn't walk to the back of my own office building to see my own employees.

So it's unbelievable. You mentioned hard moments. Yeah. You mentioned that there's clues and signs before you crash. And you also mentioned something important.

You said you thought you just worked yourself too hard. Now there's a lot of people watching the summit right now who are working themselves hard and they're having symptoms and they're having maybe clues and they're thinking maybe it's just because I'm burning the candle at both ends.

And yes, that's probably contributing to not getting well. But what are some of those clues and signs that you might be crashing? That's a good question because you're like the the patron saint of high achievers, right?

That's your audience. You're their guide, right? So so protect our our our sweet, high achievers. I had a lot of anxiety and exhaustion. I would call it exhaustion, not fatigue.

You know, I didn't think of it as, like a medical term. I thought of it as just like I am overscheduled. I'm overbooked. I'm doing too much, and I can't keep up with myself and what I'm generating for myself in terms of opportunities and the vision that I had, you know, for my life.

My body just could not keep up with it. And, but when I look back at who I was as a kid, you know, I was very outgoing, but I had a lot of gut issues.

I was a sensitive, picky eater. I spent a lot of time noxious, you know, I was know there were early signs of, like, being chemically sensitive, you know, new shirts would break out in rashes.

I got strep a lot, you know, and I became very, withdrawn and, anxiety prone. As soon as I got amalgam fillings put in. We didn't make the connection at the time.

People were blaming, you know, puberty and teenager hood and, you know, all the things, but, I actually developed a really bad eating disorder so bad that I couldn't finish the ninth grade.

And at the time, you know, they they touched up to mental health issues. And that's certainly part of it. And I'm so glad we're having a more sophisticated conversation about mental health today.

But when I look back at my signs and symptoms, what I see is a is a teenager who is having, an impulse to fast as a way to self-regulate autoimmune symptoms.

So you were fasting, you weren't having an eating disorder. You were literally fasting because you felt better when you fasted. I felt better when I fasted.

I felt more like myself. And I also, was very toxic from the several mercury fillings. And I did have a desire to hurt myself that, that, that all came together for me.

And I finally realized that that's what that was. Because it's not normal to want to hurt yourself. Like when you look at teenagers today, like the self-harming stuff that's going on. It's.

And I know we have a lot of moms in the audience. You know, they're watching kids who are their their children's peers go through this and maybe your own children.

Mercury toxicity from amalgam fillings, whether it's yours before, you know, you were pregnant or, you know, whether it's your own child's that can be, that can be enough in and of itself to create the desire for self harm.

So there was the two things together. And I think for a lot of people with exhaustion, especially high achievers, were so good at pushing through. Okay, we're so good at pushing past to get to the goal.

And I'm a fourth generation entrepreneur, like I was told, you know, you push through to get to the goal or you don't get the goal. You may as well go home.

So everything that I had learned in our American culture, in my family's home, was telling me to ignore my body. And we really didn't understand what the factors were.

So, that was all happening before I even got into my 20s and started getting genuinely ill, genuine, like, serious digestive issues, to the point where by the time I got to the hospital, you know, every time I ate, it would have I would have searing gut pain, like to the point where I couldn't tell if my guts were ripping apart.

You know, you just said something that really strikes a chord with me. You said you were taught to ignore your body. And what I realized when you said that is.

That's what we teach in allopathic medicine, too. Yeah. We teach. You know, I spent 20 years in that model, before I discovered integrative and functional medicine.

And we really, I can't tell you how many times a patient would come in and say, I just know something's wrong. I just know, you know, I I've tried these treatments and prescriptions, and I just I just have a sense that there's something else.

And what do we tell them? You're wrong. Yeah. You're wrong. Let's listen to your body. Yeah, the labs look fine. And that's more important than what I know how to assess about your body.

Tells me that my assessment of you is more important than what you know about yourself. Yeah, yeah. And so then you start to not trust yourself. Yeah.

And this is why I'm so glad that you're doing this event and that you have really taken up this charge for the high achievers out there, because I think a lot of us push through until we finally get sick enough to merit a diagnosis.

You know, when really there was mitochondrial dysfunction all along the way there was gut dysfunction. There were signs of a stagnant liver. There was, you know, brain fog and compromise cognition.

And you know all the signs were there. You know, the easy overwhelm, easy irritation. You know that resilience where you get to have that pause between stressor and reaction is gone.

It's like a stress reaction. Stress reaction, you know? Yeah, yeah, a lot of people watching right now can identify with that.

Hidden root causes of chronic illness

So there's a bunch of hidden causes of, you know, chronic disease and low energy chronic symptoms. We have experts coming on this summit talking specifically about one topic.

And you're really good about bringing this all together because it's not always just one thing for people. So could you shed some light on what are the main hidden root causes of chronic health problems in low energy that you see, and some that might be kind of categorized together?

What do you see hand in hand with each other? Yeah. In your practice question. So we'll I'll, I can share in the context of my own story what it turned out that I had was not just one thing, you know, and the diagnoses that I finally got because I was finally sick enough over the years, we're really just trying to describe that my body had been disrupted by these root causes.

So words like fibromyalgia, you know, words like even Hashimoto's is a is an autoimmune disease, where it's like Epstein-Barr virus will Epstein-Barr virus is not actually the root cause.

It's an opportunity. And, I might get some hate mail from that, but it really is only there because the terrain has become toxic. The mitochondria have become sluggish.

They cannot keep up, you know, they cannot produce enough energy to maintain a healthy environment and flush out the waste, you know? So yeah, EBV becomes a big deal.

And yeah, I had Lyme and Lyme co-infections. But again those aren't a root cause. Those are also opportunists. Easily over a million people a year get by.

Most conservative estimates get exposed and contract Lyme disease a year, but less than 100,000 of those actually develop into Lyme disease. That's significant.

And some estimates put that exposure and that contraction much higher. So what's the difference between the two? It's if your terrain has already become toxic with real root causes, and your mitochondria can't keep up with basic cellular metabolic function, talk a little bit about terrain.

So when you say terrain, let's make sure the audience understands what you mean by terrain. So we're so it's a it's a little cheeky reference to terrain theory, which is the opposite of germ theory.

Like Esther is says germ theory. Oh, bugs are out to get you. They're the problem. And, Beauchamp is the one who talked about terrain theory, which is the opposite.

He was a contemporary of Louis, and he was the real deal. And he talked about how, we actually that our body is the terrain. So our extracellular tissue, our, our cellular matrix itself.

You know, our tissues, our organs, our systems are the terrain. And if we keep those clear and flowing in a state of flow, our body wants to be in a state of flow.

It has to be to thrive, that it can continually regenerate and offload what's no longer needed, including normal metabolic waste as well as toxins and toxic exposures.

So when the terrain is not well, then these opportunistic infections like Lyme EBV can show up parasites, but they're not the real problem. So what's the real problem, Sinclair?

What is really the root cause? So when you look at the real root causes of what is happening today, you know, allopathic medicine wants to blame everything first on genetics, everything that's possible.

Can we blame everything possible on genetics, please. And then maybe we get disproven along the way. But this

is actually the opposite. When we look at and this one statistic will point you in the right direction.

Right. Everybody listening. In the 1960s, we had 4% of the population a chronic illness, 4% of the adult population. Yeah. And today it's over 60% of the adult population has a chronic a diagnosed chronic illness.

Now that's include many people listening and also many people who don't feel well, who know you guys know you have a big enough problem that you're becoming a summit junkie and you're listening to hours of this stuff, but you may not have a diagnosis yet.

You're not even a part of that number. So what is changed between now and then? What's changed is our environmental toxin exposure, the way we make our food and processed it, what we add to it.

Right. So this doesn't have to be like some exotic thing. Like you don't have to grow up in a factory like I did. You can get sick just from your exposure from food, air and water.

That's it. Maybe some prescription drugs, maybe some personal care products. But it really comes down to food, air and water. What's in that? Industrial chemicals.

Heavy metals. And then of course, my favorite mold and emfs. Right. So emfs are electric magnetic fields. And it's not just about this guy. Right? People are becoming smarter and smarter about what EMF sorry, but it's much more than your cell phone.

It's also, dirty electricity, the lighting, the blue light. Right. It's also, your Wi-Fi routers. Yes, radiation. But even the wiring errors in your walls.

Like, for me, I got sickest when I was sleeping in 6 to 7V at night. That's what where my bed was. It was up against a wiring error. And that's literally getting fried alive.

Anything over one volt is considered catastrophic to your health, and you put the router under your bed. I know this. Oh yeah, I do. Yeah. That was really that, wasn't it?

My best move. Yeah I so when I moved in with Michael, you know, we were in the honeymoon phase and like, the world is shining brightly. Everything is going to go great.

We put the Wi-Fi router under the bed because it was ugly, and I didn't want to look at the wires. Yeah, and where it was placed in the house is in our bedroom.

Yeah. So, that's a problem, because when you are asleep, you need to regenerate. And you cannot do that in the presence of radiation. Your tissues cannot regenerate when you are asleep.

You need to be detoxing, but you cannot build your complex detox enzyme chains in the presence of Wi-Fi. When you're asleep. You need to be at deep rest, but your pineal gland is not like your eyes.

Your eyes can't see this. The frequency of Wi-Fi, but your pineal gland can. And it's it experiences it as if you're trying to sleep with the lights on, like under fluorescents. Basically.

So. And people are all the time, people all the time saying, I can't sleep, I can't sleep. Or have you looked at the amount of dirty electricity in your walls or the emfs coming at you?

It could just be that. Yeah, yeah. And people say, well, I can't get away from this stuff, right? I can hear the I can hear the overwhelming now, it's okay, guys, we've got you.

Laura's got you okay. She's got all the smarty pants is lined up in the summit for you that are going to, you know, zero in on one of these topics at a time.

But I really want you to understand is that these all fit together and they layer on top of each other and one root cause plus one root cause does not equal to in terms of distress.

It equals more like one plus one equals like 111 is Wi-Fi plus mold makes molds 600 times or more toxic. Right. So it compounds what I'm hearing is it just compounds.

It's and it's not typically one root cause there's multiple. Yeah, yeah. And the thing about those of us who have we've done the functional medicine circuit right.

You know, so you end up going to one naturopath, who's an expert in, I don't know, Mercury or one, you know, Doctor Who, really is obsessed with mold.

That's great. Or one doctor who's obsessed with Lyme and co-infections, or a doctor who thinks the root of everything is EBV parasites. Parasites? Yeah.

Parasites are our friends, guys. And I hate mail about that, too, but, Well, they're they're your friends until they're not. They're your friends with side effects.

Not benefit. Yeah. So explain what you mean by that. They're your friends because. So they're our friends because they're here to act as toxic sponges.

Sponges for toxins. Because our body is in such a state of overwhelm that our immune system cannot fight properly against these pathogens that we get exposed to all the time, whether it's mono, cellular, little parasites or the big scary gut worms that our clients get out all the time.

That is working with this, this adorable 67 year old woman today who is like, she measures every single one. She needs to know the inches. Oh yeah, because she's suffered for decades.

She has to have the proof. And so she's like, and I got out this 22 inch one yesterday.

Terrain theory, toxins, and EMF exposure

I got this 12 inch one today. And she's like she's in it man. But she's also seeing with every parasite that leaves her body and every liver cholesterol stone that leaves her body a little bit of her energy come back, a little bit of her mental focus. Come back.

So parasites. Yeah. Are they come in and act as sponges for these toxins. The environmental chemicals like the industrial toxins, herbicides, pesticides, all that fun stuff.

And that's in our food, air and water. And, they also mop up the heavy metals that are also in our food here in water. And they also hold the mold, the lime, the EBV for us.

So if we just try to come in and blast them in a three week parasite cleanse, we feel awful, right? Our energy tanks, right? It does the opposite of what we were hoping because we have just we toxic fight ourself.

And we also didn't do it for long enough to disrupt the parasite life cycle. Yeah, it's a it is. This is not a one weekend or even a one month thing. This is a process to remove these out safely, effectively.

And and it's all about detoxing those chemicals that you're talking about. Yeah. So what what we teach our practitioners and our students and, you know, the people who come through our practice, is that what you want to do is assess the layers of these root causes.

If you feel fatigued, if you feel not like yourself, if you feel like you have, less than optimal cognition, so easily overwhelmed, irritated, hard for you to problem solve in the moment, difficult to learn, you know, if you're not sleeping well, if you have an ever more sensitive gut that you have to start problem solving around, maybe you

tend towards constipation, stress, diarrhea.

Maybe you have bloating. Maybe you can't eat certain heavy foods anymore that are technically healthy, but you can't do it because of the fat content.

That's another warning sign, right? Then you need to start looking at what have I been exposed to? Because our exposure has ramped up so quickly in just the last couple of decades, so that we went from 4% to over 60% male.

So what can we do about it? Well, we can start by mitochondrial support, right? We have to go direct to the cells. Wake up our lovely mitochondria, friends.

Give them the nutrients that they need that are basically pre digested to wake them back up so that we can start to return to a state of flow. Then we can start detoxing.

But a lot of people skip that step. And that's why some of your audience crashes with other people because they're like well, heavy metals bad late like Wolf.

That is a really fast way to crash yourself or oh my God, you got to push that out. But you don't have any energy support in place and you don't have enough liver support, and you're not returning a state of flow to the whole body.

We're never going to outsmart the body, right? The body is in perfect harmony when it has what it needs to maintain itself. So how can we support that?

And how can we support the body to heal itself instead of overwriting it? That's the question that I want everybody to ask. And that's what I want you listening to think about as your interview with your next practitioner, or you're considering what group course to take or what DIY thing to do.

Ask yourself, does this guide understand the way Laura Hare, for example, knows so intimately the order that the body requires support so that it can heal itself?

Absolutely. I'm so glad you're outlining this. And you're the only person on this summit that's outlining it in this way. So thank you for your expertise in this.

And, and I hope everybody who's listening, you go back, rewind, take notes, and we'll tell you how to get Ahold of Sinclair when we're done here, too.

But I want to pick a brain about a few more things. And that is specifically liver congestion for women over 40, because this is something you love to talk about.

This is a huge thing. And if this isn't addressed, all that removal of toxins we just talked about is not going to work because the liver congestion will prevent the success.

So break that down for us. Yeah. So okay, let's do this. Who's ready to get excited about their liver. So okay, I want you to think about this as we talk about the liver in relationship to your mitochondria.

Always because, everybody out there who's got mitochondrial supplement is that's not good enough, okay? It's not enough to provide a little bit of stimulus to the mitochondria so that they wake up and move a little faster.

Right. What we want is to that for that to be step one. And then we want to do a systemic flush of the things that made the mitochondria toxic and sluggish in the first place.

Otherwise you're going to keep you're going to kick the can down the road. You're going to keep getting more and more problems. So if the root causes are all these toxins and mold and heavy metals and things, and then you get these secondary root causes that come in as opportunists, what is the thing holding us back from healing, literally stagnation.

It's literally an overburden. It's basically a giant backlog. Okay. So in 2008, we had, about ten toxins. Purcell, both Europeans and Americans, which is an enormous body burden.

This is a massive study done with over 1200 subjects, ten toxins. Purcell. That's a lot. And that's a lot for the mitochondria to deal with, especially when the mitochondria can actually become sluggish on contact with things like aluminum.

When we're living in the age of aluminum, and it's in every packaged food, every personal care product, it's in your dry shampoo, it's in the air now, in all the food you're eating in restaurants because they cook in aluminum pans. Yes, I do.

You want to know why they're lightweight and the chefs can flip them easily? I know my brother's a chef. They don't use cast iron or stainless steel. I know, I love that you talk about these people because we really have to demystify this, right? Yeah. So.

So, okay. Ten toxins. Purcell in 2008. Well, in 2018 with the study was redone and we had jumped to 500 toxins. Purcell 510 to 500. How are we even still alive?

I know right well and that's and this is where it shows up. It shows up in fatigue or exhaustion, brain issues, skin rashes, gut issues, excess weight, excess weight.

It's a big one. Right. So your body's trying to protect itself. It's trying to survive. It's wanting to store this stuff in as far away as possible from your vital organs as it can manage.

Can't always do that. So heavy metals, lipophilic. They go into the brain, they go into the thyroid. Hello little guy. And, your liver just can't keep up.

And that's really what becomes like the crux of this for us, which is why I'm so obsessed with the liver. The liver will lie to you. It will lie. Oh, tell me more.

How's it lying? It can have, it can be compromised in function 10 to 60% of its efficiency and still appear within normal ranges and based on conventional labs, conventional liver labs.

Yeah. So you might be listening to this thinking, but my doctor said my liver is fine. Or my doctor said, yeah, you have a little bit of your tending a little towards fatty liver, but you know, just avoid fats and you'll be fine.

Don't do it. Don't listen. Run, run now.

Liver congestion and bile flow

Far far away. What should they do? So your liver is overwhelmed. It's the master regenerator. It can do up to 200 jobs at once. It's not just about detox.

It's also about regulating your hormones and breaking down and absorbing your food. Yay! And processing all those weird endotoxins from all that dysbiosis you have in your gut from these fun toxins, right?

So it's supposed to basically be managing your regeneration body wide. It's a it's oh, that's oversimplifying it, but it's important to understand how crucial this is.

And it can regenerate every six weeks. This is a powerhouse guys. It's the largest of your traditional organs. It's a big boy. And at any given point in time, it's got 13% of your body's blood in it getting processed right now, cleaned out, absorbing things, digesting.

Yay! Recycling. But the problem is, it just can't keep up because your liver also makes your bile. Your bile is a liquid gold detergent. It is so expensive to make, and it's so important.

So your bile gets made in the liver and it gets stored in the gallbladder. And every time you eat this, bile flushes out to meet the food as it comes down from the stomach.

Right. With the pancreatic enzymes with the sodium bicarbonate from the pancreas. So that comes and meets in this fun trifecta and then flushes down the small intestine together in that bile as it's coming in come all the toxins that the liver said.

You know what? I want these to go out for bowel movements. That's the safest way. And yes, some of them also get sent to the kidneys. Kidneys aren't as resilient, though as your gut.

So we try to really protect the kidneys body wide. So yeah a few of them have to go out through your urine. Most of them now want to go out through the bile into the small intestine, out with the movements.

Here's the problem. Your body didn't evolve with all these synthetic chemicals and heavy metals. It just didn't. So, they don't actually leave the bile.

They get reabsorbed into the gut lining. These toxins do, and they stay in the bile, which is already sticky and toxic and sluggish because these bile salts very delicate, they're suspended in liquid by the liver in your chemical conjugation here, just very delicate chemistry.

And it only takes one little molecule from your Glade air freshener, one, you know, disruption from, you know, your toxic dry shampoo to drop those bile salts out of liquid into a sticky, viscous substance.

And then you have all of a sudden this beautiful system that's about flushing things out and regenerating and bile supposed to be emulsifying, which means breaking down your fat absorbing, fat soluble vitamins.

Hello, anti-aging Rite Aid? Yes, serving your calcium so we don't get osteoporosis. Whew. But it doesn't do that because it's toxic and sluggish. Now, and it's really hard to flush out these toxins without extra outside help.

So now all of a sudden, this beautiful regenerative organ, your liver, that works so hard, has 2000 miles of bile ducts in your biliary tree. Sticky, toxic, sluggish, not flowing with ease.

Very difficult. So if your doctor has told you your liver is fine, it's a little, you know, your numbers are a little distorted, but they're not bad. And, yeah, you have a lot of pain.

You got all these weird symptoms like fatigue and skin rashes and gut issues and, you know, brain fog. And you're not sleeping well. You wake up between 1 and 3 M it's fine, though, because, you know, I can't give you a diagnosis, so nothing must be wrong here.

You know, it's not. Let me just give you these drugs to help you sleep, to take away your pain, to help you poop, to fix your mood. I want a little Wellbutrin. Yeah.

Call. Good. Yeah. The day. Yeah. Oh, and then some statins. Because, by the way, your cholesterol as high as your cholesterol is. That's tough. We're trying to do that in the follow up.

Yes okay. So so I think I think the audience listening right now is crystal clear that there's some work to do. So let's wrap this with giving everybody some tips on how to support this beautiful liver, how to make that golden bile.

And don't worry, if you've had your gallbladder removed, you're still making bile. It's just dripping in your intestines all the time, but you're still making it.

You're not not making bile all the time that happens in gallbladder. And they make a full recovery in terms of bleeding, very wonderful lives. That symptom free, like it's it's totally possible.

Yes. So what are some tips? Give us some tips and tricks on how to support your body. Let's see if everybody with

hope. Then let's make sure everybody knows how to get Ahold of you before we're finished tonight.

So one, you're going to listen to all of the other experts that are covering in greater detail how to support your mitochondria directly, because it really does start there.

We must have enough energy in the engine in order for the engine to flush. Okay. So if we want to clean out the engine, we want to change out the motor oil, which is your bile right in your liver.

You've got to have fuel in the tank. Okay. So listen to all those guys put together your beautiful mitochondria support protocol with Laura. And then from there it's time to go and work on fleshing out the liver so that everything that has started to show up in your life, because your liver isn't moving with ease, because you have this backlog, everything that made your mitochondria sluggish in the first place can finally exit the body safely.

So now we want to build in a daily protocol support that's all about getting bile to move. Okay. So you want to be able to build bile faster. One of the reasons why I called bile your golden liquid gold detergent.

It's because it's expensive to make. Bile salts are expensive guys. So what you can do is you can supplement, you know, a little bit to help build bile faster, stew bodies more willing to let go of the toxic old sluggish bile right out through your bowel movements.

And you can also eat for bile movement. So why don't we start with the foods? Because that's easy. And then we can get supplementation. That's like yes okay.

So become friends with healthy fats. That's what we're going to do. We're well past the age of snack walls where we all got afraid of fat in the 90s. That's over.

We're now in the age of healthy fats or everything, right? Which means we need to leave behind industrial seed oils. Those are industrial lubricants, canola oil, sunflower seed oil.

That's right, I said it. Even, all of the vegetable oils that were marketed as heart healthy, all those studies have now been debunked. Everybody who published those studies got major payoffs.

Don't listen to those guys, okay? Go back to your real healthy fats. That is your grass fed, get your grass fed butter. Whether it's cow or goat. Tallow is deeply healing for the liver.

It's wonderful. It's highly bioavailable. And, if you're vegetarian like I am, then you can also consider things like coconut oil, right? And yeah, everybody wants to say, but what about avocado oil?

The problem with that is most of the avocado oil on the market is cut with industrial seed oils. So you want to be really careful about your sourcing there.

Just make sure it's the real deal okay. And then what else can you do. Like yeah olive oil is great, but for cold dishes because it gets rancid when you cook with it.

Okay. At very low temperatures. So you'd be surprised how low. So healing fats everybody when they get told by their doctor that they have a liver problem, they get told to stay away from fats.

That's a terrible idea because then your body has less and less reason to move your bile. So the first thing we do is get you back on healing fats at a level you can tolerate.

And you'd be amazed in just a few short months, people can go from, oh my God, I can't even look at lamb or look at a piece of steak because my body can't handle that level of fat to absolutely gobbling it up because your bile is finally flowing with ease again.

Got to ease it at a pace that's right for you. And you could do things like take bitters, bitter foods like cruciferous

vegetables, like citrus, if you could tolerate it.

Wonderful. Right. That those are all natural bile. The natural bitters, which means moving your bile, dandelion, arugula, that kind of stuff. Yeah, exactly. Even chocolate. Yes. Coffee.

That's everybody's favorite. Bitter. It's. Yes. That's why because it moves. Your bio guys get to love the word bio because it's going to set you free.

I know it's a really gross word, but we love bile. We love bile. So yeah healthy fats eating your bitters. So that means building in bitters into your meals every day is great.

Or you can also take bitters. I love the Quicksilver bitters. They're fantastic. You know, Bitter Ex bitters. Number nine liver sauce is a very strong bitter.

You probably want to work your way up to that. If you're in an in depth healing protocol. There's also low histamine bitters out there. If you are histamine sensitive, do not despair.

There's always options. And then you want to really start looking at supplementation okay. Because that's the food piece. Now we want to look at supplementation to move bile and to set the liver free so that it can detox everything, that the mitochondria energized your cells to finally get rid of.

Supporting the liver and closing remarks

Okay. Side note as you transition your body from toxic, rancid processed fats back to healing fats, your cells get so much healthier because your cell wall is made of fat.

And if your body's only choice to build that cell wall is toxic, rancid, fat, guess what? Nutrients can't get in because that cell wall is irritated and rigid and metabolic waste and toxins can't get out.

So your mitochondria are starving to death and your cells can't function. So as you transition with healing fats, this really will set you free at the cellular level. Okay.

So now let's talk about how to build bile faster. So fast attack a colon is a wonderful way to do that, right. Faster colon is a major component of bile.

So yeah, supplementing with it is a great idea. I do like Quicksilver. They do a great job. There's a few others on the market there. Okay. What else can we do besides supplementing with bitters?

First had a colon I love tadka, so tadka is a crucial bile. Salt that is very expensive for your body to come by. I do prefer Sal, cause people, you know, on any, any time I give a talk, they'll say, okay, but Sal, cause Ted gets kind of expensive.

Can I use a cheaper one? Say, you know what? They don't work. Sorry, I don't see the same results clinically. So if you are on a budget, you can use the cell core tadka and just take less.

Use something that works, but at a lower rate. That's right for you. And when you say something's expensive for your body to make, that means it's taxing your body.

It's taking a lot of energy and nutrients, and that tadka is a bile salt that is expensive for your body to make. It's also, oh, to get a good one. It's a supplement that costs some money.

Yeah, that's a great way to say yeah. So true. And, you'll be amazed at what some liver support can do. It can go a long way. And yeah, there there's something for everybody in every budget.

Like if you are listening to this and you have absolutely no money at all, do me a favor. Turn off your Wi-Fi router

while you sleep. Turn off the breakers to your bedroom at night.

Become like. Create an EMF free environment in your bed. Okay? Please do that because your body will heal so much faster and eat better food because you have to eat anyway.

So eat bitter foods right? And like drink organic dandelion loose leaf tea. That's a great bitter and expensive. Any lands are cheap man. We'll know something's really going wrong. If you want to go fix.

Everywhere. Oh that's funny. Yeah. Yeah this has been great Sinclair. Yeah. Any final words before we wrap up and let everybody know how to get in touch with you?

I just really encourage you guys to think systemically, because this is not an accident, that you are listening to this summit, that you have energy issues.

Right? Your body is absolutely brilliant. It doesn't matter what age you are, it doesn't matter how sick you are. Your body never forgets how to heal.

It just needs some targeted support in the right order in this, you know, strange day and age that we're living in today, but it absolutely will respond.

So it is inevitable that you get better and that you see improvements. If you decide you're going to be the CEO of your own health journey and you're going to keep exploring ideas and options like, I love it, this summit, it's inevitable that you're going to get better.

I love that you just said that. Yeah. So, so good. Okay, so where can our audience find you? Where are you at? I'm all over the place. Hey, detox, rejuvenation.com.

I'm the host of your Health Reset podcast. You can see me out and about on TikTok and Instagram. Detox. Rejuvenation. Sinclair. Connolly. That's me. Awesome.

Join our seven day turnaround for liver stagnation. That's free. And if practitioners want to get in touch with you, to study with you, how is that going to happen?

They can apply to be considered for our mentorship and our root cause certification at detox rejuvenation.com. Perfect. Thank you so much, Sinclair. It is always such a pleasure and I just love you so much.

Thank you. I love you too. I'm so excited that you're doing this for people. I love that this is the rallying cry that you are taking to the world because it's so needed.

Thank you for doing this. It's amazing. You bet. All right. You take good care, Sinclair. Bye now.