Introduction to Liver Flow and Resiliency

Everyone. Welcome back to this episode of The Healing from Lyme Disease Summit. I'm your host, Dr. Tom Moorcroft. And today we're going to be talking about restoring liver flow resiliency with Sinclair Connolly.

And she's a really good friend of mine. We've done so much work together, helping people get their livers flowing better, helping them with their mindset through some meditation programs that we created together, and most importantly, being goofballs, because that's what we do and helping people to laugh, because that's one of the most important things.

Sinclair is one of the few people I know and probably be the primo person for knowing how to actually give you actionable things to help your liver get cleared up because it's such a critically important and misunderstood organ for how to support.

So I wanted to make sure that she was the person we had talking about this, because there's so much bullcrap out there and it's so funny because I usually when I'm talking with Sinclair, say bullshit.

So I'll just like let it out of the bag early, but it's like we're really excited tonight for, you know, a no holds barred conversation about to really how to help optimize liver flow and resiliency.

Sinclair, what's happening? Hey, Tom, so great to be here. I'm really happy to do this with you. You know that. So let's start. How do you want to get us started?

Well, as everyone knows already, this is probably going to be a slightly more like tongue in cheek conversation than usual, because it's important to actually laugh and smile.

We know this from so much research, but also like the liver, it's kind of like I was going to say it's kind of a stagnant topic. Right. And we want to make it not stagnant, obviously, but it's like kind of can be very kind of overwhelming.

We're like we hear phase one and phase two. We hear phase one, two and three. And then people make up other things like so before we dove into what all this is and clarifying everything for everybody, what, what takes you down the path that you become?

Like one of the world's leading experts on how to heal your liver and probably the leading expert on healing it naturally. I mean, like, it just doesn't seem to be a topic that I would just go, Oh, I want to be a specialist in liver detoxification.

Yeah, the no, that did not actually occur to me and anybody you asked. And then it is that you're the best. I learned it the hard way. So I just had to.

It's, you know, and both of us, with our background in Lyme personally, you know, in our own journeys with Lyme, I know you know what I mean? When I say it was like literally climbing up a hill and sliding back down, trying absolutely every approach to make progress with Lyme.

Terrain Theory and the Liveru2019s Role in Healing

And it can be so hard, you know, that it flare and then you feel like you regress and you have to play a perfect game and you get a little bit of life stress and you fall back down again and you're getting these really unhelpful pronouncements from the allopathic and the natural health world and even the functional medicine world of like, Oh yeah, at this stage of Lyme, you know, once you're this chronic, you really don't get better.

You know, you're past the stage where antibiotics help. Good luck to you. But, you know, oh, you can do all these things. And please, by all means, buy the shopping bag or shopping cart full of supplements for me.

But we don't really expect much for you. And that's kind of where I was. And then you know, Michael, of course, my partner in all things and really was combing the all of the continents for any possible solution.

And you know, it really hit upon really emphasizing natural de stagnation for our detox pathways. And I was like, blah, blah, blah. We've tried that before.

It hasn't worked. But really, when you dig in and you actually approach this from terrain theory, you can unlock a new level of efficiency in your liver that has previously been lost.

And the key is you won't actually know that you've lost this level of efficiency on traditional labs with traditional markers within traditional regions.

So your general practitioner is going to not know this and even your Lyme specialist may not know to look for this. So when you actually dig into like what the liver does, what we need it for, and why it can help us to reclaim our own capacity to heal from things like chronic Lyme.

And there's, there's actually a whole lot of potential there. And I think it's important for us to remember too that, you know, the liver's not just about detoxification.

Of course, it's you know, we really love talking about that in the natural health medicine, but it really is a core heavy lifter for digestion and for regenerating.

So many components in our body, for skin health, for the immune system, for balancing hormones and reproductive health, and really for actually managing your own temperament and your very sense of self.

If you look at traditional Chinese medicine and how we store anger in the liver. And so I always think of the liver as our master regenerative organ. And if you can give it a little bit of relief and break up the stagnation and empower the liver to achieve efficiency again, then your immune system has a little bit of an easier time dealing with small things like wine.

So we really like to think systemically, right? Yeah. So what's this kind of terrain theory thing? Because, I mean, it gets thrown around a lot and you know, if the liver is going to be doing like all these things.

But and then before we kind of, you know, dig in the detox and stuff like that for anyone who may not know or maybe more importantly, for people who think they know.

What are we talking about here? Yeah, we're really looking at things in more of like bio regulatory medicine approach, so systemic. So it's kind of the argument that suggests if the body is well, if it's healthy and is able to achieve and maintain its own balance, that, you know, germs and oh, co-infections and things like that are more of a natural part of life and become more manageable and the environment will be dealt with, you know, by the body itself.

So it's it's trusting the body's own innate healing responses. It's more of a plain English way to say it. And looking at how can we work with the body and not try to override the body, we're not going to outsmart the body.

The body is brilliant. We're really just in our nascent see in understanding how medicine works and what medicine can do to assist the body. So when you really think about like evolution, right?

Right, right. We're still in our knees and see and that's great. It's an exciting time to be in health, but let's approach it with curiosity, right? Yeah. And it's interesting.

They were talking about like the anger piece and the traditional Chinese medicine approach because to me it's like

and you use the word stored, but I love the word you used the moment before that, which is stagnation or you know, and that to me is like so much of what we work with, whether it's mental emotion or physical, people talk about trapped energy, they talk about this or that, like so much of the energy in our body is not like stuff that came in it that needs to go.

It's just liberating it, if you will, and allowing it to go back, like you said to the whole, and look at and work through the whole system. I think that's really beautifully said.

Tom and I know we think in a really compatible way about this. It just I really want to underscore for people listening, like if you have chronic health issues like Tom and I did and like the people that we help now and, you know, consider what part of your body is stuck in stagnation and what needs assistance.

Right? It's so critical. So from a liver perspective, like you said, another thing, and this comes up so much in a topic I know you and I and all of the many, many, many of the folks listening talk about is is mold and the detoxification of mold.

Bile Flow, Digestion, and Toxic Stagnation

But if we step a little bit back and we go and we talk about the liver and digestion, because I don't think you can even begin under I mean, you know, I think it's so important to understand the liver and digestion before we dove into the other aspects that the digestive fluids actually help with.

But what's going on with digestion? Well, I think the first thing that people overlook comes to the liver in digestion is bile flow. And I really love talking about bile flow.

So I can't I can't help, but it's really exciting. Guys, just bear with the. Poop and bile. That's all I talk about all day long. So, like. Yes and tears and like, all the fluids so good.

So fluid flow. Fluid flow, yeah. Restore state of fluid flow. So when we think about bio flow, one of the things we want to consider is like so the liver is making bile and bile is expensive for the liver to make and it's made from bile salts and it's suspended in liquid and very delicate chemistry.

We actually have 50,000 bile ducts in the liver itself and they comprise of 2000 miles in this biliary tree. So we'll delivers a big boy. It's the biggest traditional organ in the body.

Right. It's so big that 13% of your blood is in it at any given time. Supposedly getting cleaned or flushed out. Right. And in the liver itself, there are these 2000 miles of bile ducts in the biliary tree.

Now you're producing bile and vitals flowing down and it's going and getting stored in your little catcher's mitt. Right. That's your gallbladder. And it's getting held there and condensed and the patch is getting tweaked just right.

So that in the digestive process, once food has gone through the stomach and is now entering the small intestine, the gallbladder releases bile to meet it.

Yes, the pancreas is also secreting enzymes and sodium bicarbonate, but bile is coming to meat and is highly, highly alkaline. So you're getting alkaline substances from the pancreas and the gallbladder to meet and neutralize the stomach, acid and food itself to protect state of the small intestine and to start breaking down and emulsifying your fats right and absorbing fat soluble vitamins like a d k.

We need this for bones, for teeth, like they're kind of important, right? Important for hormones. And so you're bile as emulsifying your fats and then your lymphatic system actually absorbs the fats throughout your small intestine, through the lactose.

So this alone is a huge part of actually breaking down food like we get we like to talk about detoxification with the liver and how bile is like your motor oil and you're jumping out toxins through it.

And that's great. But you are so much more than a car with an engine. Right? Right. And the body's really smart. So it's always going to do multiple things with one substance.

So bile is actually helping to break down your food at the same time that it's depositing toxins. The sugar out through the bowels, which is honestly like your body's favorite way to let go of toxins because it's super safe or it should be right and much more safe than going through the kidneys because the kidneys are not nearly as resilient.

So the liver is always trying to protect and reduce the amount of toxins and only some things that must go through the kidneys because they're water soluble.

And for some reason ain't going to happen through the bile. So that's my little spiel on why it's so great, but it's so much cooler than that because it also has like anti morpho genic properties.

So Pyle is also anti cancerous. It's also protecting your bowel motility. Like it's so great on so many levels, but it's really expensive to make and it's again suspended in very delicate chemistry.

So if you get just a few toxins from, say, your mother in law's dryer, she's she really loves that balance, you know, and you were not designed to work with that.

And that comes in through the bloodstream because you absorbed it into your lungs or something, went through the lymphatics, dumped out into the blood, and now it's in the liver.

And your liver is like, Whoa, wait a minute, I've never seen this before. And your bile salts drop out of liquid form and they and your liver goes, Oh, that's not good.

And, and starts to form cholesterol around the bile salts and these toxins like well, I'll just put it in here too. I can figure out what to do with it.

It gets sticky, it gets scarce, it slows down. And that's why 80% of women over 40 have toxic, sluggish bile. It's not like, oh, you work in a factory or you work in a nail salon.

Maybe you do. Most people don't, though. They're just inhaling air and, you know, food and water that is not so clean anymore. It's not like rocket science.

We're just in a weird day and age, so it sets up the stage for somebody to have stagnation. One of our favorite words, because it's the opposite of health, it's the opposite of flow.

And then when you throw something like a chronic illness on top of it, like Lyme, that is serious. Your body is really on the back foot here already. You know, it's so interesting too, because like from Lyme and other co-infections and then we often have this mold think it's like a lot of that with the molds like the, you know, because the bio is so expensive, we're able to recycle it, you know, or I should say the liver is recycling it into the intrahepatic circulation that we all talk about so that we sound cool.

Because, you know, big words, which Sinclair just described so well to everyone. But the bottom line is like we're not dropping everything out because it's so important.

So we kind of get that recycling and then you get this synergy of toxicity. And I know we could dove into that forever, but everybody wants to talk about that.

But I'm more interested in what if I just go, Hey, I really believe you, Sinclair. I know exactly what you're just talking about. I want to get the toxins out.

I live in a toxic environment. I might have these other things lime and mold and whatever. Coinfection I'm just going to go grab a liver supplement off the shelf and maybe two or three of them.

I'm going to cycle through them, take them all at the same time. I'm going to add my milk thistle and my tadka and all this other stuff. Should I mean, is there an issue with just trying it out and slamming a bunch of stuff into my my gut?

Or is there like a smarter way to do this? I mean, I don't know, try and say, yeah, it's so I don't love that approach. I don't see people doing really well.

You can spend a lot of money on milk thistle and by all means, if you've got the time and the money, go for it. And it's nothing against Newcastle, it's just you have to understand how the body behaves and what the body needs when it's already on the back foot.

So consider this right. The liver is not just helping with bile to break down and emulsify your fats, it's also helping to process proteins and carbs.

And it's, you know, breaking down a lot of your sugars. So it's really overloaded at this point because we are eating a lot more caloric intake with a lot less nutritional input, input in it.

So we're overfed and we're malnourished and we're in less of a position to absorb our nutrients now than we were even 25 years ago. And that's because glyphosate really gave us leaky gut.

Leaky everything, really. It's not just about leaky gut. It's leaky vessels, leaky brain, leaky everything. And it inhibits our ability to actually digest and absorb proteins.

So when you add something in within that background, that landscape where your body's like, okay, I have mitochondrial dysfunction, right? That's part of how I got, you know, a chronic disease, you know, because my Krebs cycles totally whacked out.

That's a technical term, by the way. Right? 200%. Right. And now I'm just going to basically add to my livers to do list and go here, push. Well, wait a minute.

That doesn't actually help anything. That's just adding to the to do list for the liver and it's not actually giving it what it needs to turn this situation around.

So let's talk about the layers that you would need to put into place to actually make progress with your liver. I mean, we talked about this all the time because you help people know about our rapid liver reset program.

Mm hmm. There are layers to this, and there's reasons why people are getting it wrong. So for one thing, you have to take into account, if you have mitochondrial dysfunction already high, if you have wine or mold or co-infections, you might write something to consider and assess with your practitioner.

So you actually need to support at the mitochondrial level first, usually before you start asking the liver to add to its to do list and you need to take into account that your digestion is probably been compromised.

It's part of how you know, you have a liver problem and so you need to account for that with your food choices, maybe with some nutrient consideration replenishment, maybe you need to be working with, you know, a little bit of amino acid, some essential bioavailable minerals.

We really like to do a bare minimum of that honestly, because everybody knows the naturopath disease of walking in and doing your functional labs. Oh, you're low in these 37 markers. Great.

I will give you these 37 supplements, and that is called substitution. And it's not actually supporting the body to heal itself. Right.

Why Supplements Alone Often Fail

So we want to do a bare minimum of nutrient supplementation, but you do need to consider how can I get in food that can be absorbed given the state of my own digestion right now?

Right. That might be different for me and somebody else. So it's highly bio individual, right? And yes, you can take food sensitivity tests. It's really about working with the practitioner around this stuff because some of you, if you have autoimmune markers, you might benefit from taking a pause from Lectins.

Some of you with joint pain might have oxalate sensitivities, especially if your liver is compromised. Some of you might have developed histamine sensitivities because your liver is not working so hot and you have, you know, more than more sensitivity and parasites.

All of that can contribute to histamine issues and or, you know, you might have just been living on a lot of sugar and carbs because that was the only thing that, you know, you wanted to reach for because life was hard.

And now you've got an overloaded liver, a fatty liver, and you don't know it. Right. So there's there's all these things to consider when it comes to food.

But we want to think about replenishment in general before we ask the liver to do a lot of de stagnation work, which it already would have done if it was in a position to do so.

Right? Mm hmm. So we need to consider those basics. And I noticed that most practitioners skipped right over those two things. They mean well, but this is part of how you're creating crashes and unnecessary flares with your sensitive folks, right?

Mm hmm. Now the way we're crashing. Oh, well, let's see what creates her excitement. Let's see. Lack of energy plus lack of drainage, plus a strong demand to excrete when you don't have the components in place to do so equals a hurts, right?

That's the formula. If you want to have more Horkheimer actions, by all means go forth and use it. But none of us do it because they feel like crap, right?

I'll make sure I highlight that for everyone. Listen to this lecture. If you just talk, if you want to learn how to optimize, have a more Horkheimer is one of the things I just want to point out Sinclair as you're talking is I love what you just said and I think you've simplified the you know, that's one of the things I'm doing for this year is simplifying and getting in flow.

And but it's it's kind of interesting. I use those two words at the beginning of the year and then we're talking about them now. But to simplify a concept, a lot of people in this village, group, tribe, the people who are suffering with multiple chronic medical illnesses, it's going back to looking at the how the whole system is working.

Like you were saying, yes, Lyme came into your body or muscle came into your body. But there's all these other things. And the point I wanted to highlight is you said there's it's like just it's not just a to do list because to me it's like so many people go from provider to provider to provider.

They start a protocol, then they go see somebody else and they add something else. Then they go online and they find something else, or they just read something. Oh, I think.

And then we keep adding these to dos. How many of you have an A to do list? That's like longer than the number of hours there are in a year for just today, because I know if I write a bunch of stuff on a piece of paper, that's what happens.

But if I put it the part that doesn't come with a traditional to do list, Sinclair is that is the structure, the organization into it thing. And so it's not priority.

And one of the things I tell my team is always when if I have a minute and a half to talk to somebody in between a

patient, they're like, Oh, let me just check this off.

And then I don't want to know what's the easiest to get done right away. I want to know what's the most important to get done. So I just want to highlight for everyone.

A to do list might be great, but most of us know they don't work well and you need a structure and a program that helps walk you through. And really, I think, like you just said, if you missed the first step, all the other steps might be correct and you don't get any result.

Yeah, that's exactly it. And it's, it's how you and I get I know you get these because we've talked about them. We get these sob story letters from our audiences, like when we go speak somewhere, you know, at a conference or something, we'll get all these letters afterwards.

Like, I would love to work with you, but you know, I can't afford it and I would love to detox. I would love to like work on my liver and flesh out my liver, but I can't detox.

I'm like, well, first of all, if you couldn't detox then. And. All all we're talking about when we talk about supporting the liver is to do what it already knows how to do.

We just want to get more out than we're taking in every day. That's just math. So how can we do that right. And keep it really simple? Like, to your point, I really the longer I do this, the more I try to simplify it because I get so sick of I'm sure you felt this way too, when you were really ill.

After we talked about this, we both had really bad brain fog, right? And so we'd be like listening to these health experts and like, just get to the effing point.

Just give me something I can use, right? And they'd be talking about like, and I have two pathways or that it's this enzyme and that enzyme and like nobody cares.

Just get to like help somebody, you know, get started. Right? Right. Well, I mean, I think, you know, it's interesting. Like, I, I talk a lot about the Galectin three pathway and a whole bunch of other pathways. Right?

But the difference between talking about inflammation and talking about inflammation through GALECTIN three, GALECTIN three has over 10,000 papers written about it.

The pathway the study is on, what addresses it? 84 So I want to dove into the 84 because they actually might be more practical. And then the reality of the situation is I even need to I just got to figure out where does it fit in?

If it does, you know, there's so much of this, like overdoing it. And it's like the other thing that you and I have done so much work together with that I again, I like I always love to highlight the important parts.

Stepwise Liver Support and Individualized Healing

As you said earlier, like I and this is one of the part purposes of our summit and so everyone remembers I don't primary speakers on the purpose of the summit I'm just like I want you to talk about your thing.

And then we have a conversation and lo and behold, Sinclair brings up, Oh, I can't detox. Well, if you program your body to think you can't detox, guess what?

You're going to have a really hard time doing. Yeah. So it's not that you can't detox because like Sinclair said, you wouldn't really be living anymore if you couldn't detoxify.

You're body and this amazing organ, the liver, know how to do it. We just might not be giving it the right. We didn't get an owner's manual and we live in a weird ass time.

But I know somebody who has an owner's manual for you right now. It's so beautifully set time. And I love I love so many things about what you just said.

And I think it's really important to highlight and underscore something you just said, which is like, we don't we didn't come with the owner's manual on living in a really strange time.

So, okay, so let's now let's work with the body. And if you're telling me I can't detox, what I'm hearing is I don't know how to use my body yet. And I listen to somebody who maybe doesn't have the best tools yet or I didn't use them in the right combination.

Maybe great tools, but wrong order, wrong timing, wrong dose, or skipped one step. How many people have you seen? I talked to a gentleman this morning who was just like, I really want literally. We spent out of a half an hour appointment, at least 20 minutes of him thanking me.

He goes, I feel better. I've worked with you for just about a year now. And he goes, I've worked with other providers for over eight years with zero progress.

In the last year you've taken me and this is a 78 year old person. This is not like somebody in their twenties or thirties that has like this, you know, amazing resilience where you can just beat their body.

I mean, and again, but what's so magical and I heard you say this earlier, is that if we give the body the right stuff in the right order, it will do like miraculous stuff.

You a 78 year old is like just like that, acting like he's a 20 year old again, you know, and in terms of like his healing and it just it's so inspiring to me when I hear other people say it's not just about what you're doing, but what order to do it.

And I think it's really cool because I know that you are unwilling to give up on people too, like our whole practices are filled and our audiences are filled with people who are supersensitive, right?

Highly sensitive and emotionally, energetically, and also at physical level. Right. Because that's we know how to work with those people. So that's who we attract.

And I think it's just really important to start where you are. And remember that like the streamers always flowing, we like it to be nice, even wide, smooth riverbanks because that's when the river runs smooth, right?

If it's gotten, you know, more and more stagnant and more and more condensed, you're going to get some rapids in their rights and boulders and some unnecessary whitewater.

And so that's when you need to proceed with care and work on widening the banks again so that more can flow out. But within really narrow stream, like really narrow banks and you're already in Whitewater, you don't push the water faster, you don't add mobilizers and key leaders and push the body past its limit.

You work on stagnation, widening the banks, smoothing things out, mitochondrial support, drainage support, easily absorbable nutrients, smooth, smooth flow flow.

And then more and more can release because your body already wants to do it and already knows how. So like when we think about stagnating liver, we have sort of a choose your own adventure, right?

So we do know flush, flush, post flush and a deep flush. And when we start working with these tools, Michael was willing to do the deep flush. He was willing to push himself really hard, be like shit, have a down day, do stuff.

Before he was ready, he was just like, He's the experimenter, right? It's like, I wonder what this does. Take two now. I'll take the whole bottle. Let's see what happens. He's that guy, right?

Whereas I'm like, Oh my God, I was so fragile and so sensitive. Like, don't knock me off my fragile little thin line I have to walk without crashing. You know, I got to play a perfect game here and I still might crash.

So I started in like basically the no flush flush line and then the banks lower the reactivity support, drainage support, mitochondrial support, bring down unnecessary inflammation, all that background noise, right?

Meditation, anti-inflammatory diet that was geared towards me. Then we started doing pulse flushes with me and I got out 15,000 stones that weigh 15,000 over a sanity six months.

And yeah, I'm a Virgo. So you know me. I stood over the toilet and she looked. Yeah, well, I'm just like, that's cool and flush it, you know? It's really interesting.

I think you made an amazing point. There are people with chronic illness that fall into multiple categories, often with like, let's just take line, there's the people.

And in my experience, they're the people that if they sit down or lie down, they will never get back up. And I was one of them. If I stopped going forward full bore, I wouldn't make it.

I literally would have just died. But like, that kind of sounds like Michael. But then you look at like other people who are super sensitive. They have to lie down and rest.

And I mean, this is a figuratively, not literally, but maybe a little of both. But if they don't stop, they're going to crash. Yeah. So it's I think it's so important that the two of you work together and you have this understood ending of the individuality and like how some people can really go for it.

And that's the thing we're trying to Sinclair tell everybody not to compare themselves to other people and have their wonderful own personal healing journey.

So I love that you said that. And I also would love to, just for a moment, touch on the thing you talked about, like meditation and mindset. Like are there I mean, what I think at this point, we all know it's important.

But how important is this from your personal experience in healing and especially addressing sort of this, you know, chronic liver stuff we've been talking about?

I think it's essential because like what you said earlier, what's stored in the body? What is stored in the body? Well, when you're not well and you don't have the energy to meet life and life experiences, it also means you don't have the energy to process and release life experiences.

So it's almost like your body stores them in the fascia deep in the tissues. The nervous system starts to remember and re pattern around these things until you have the capacity to deal with it.

Which means that most of us who have a serious chronic health issue, like I used to like you used to have a lot of stored experiences that we need to let go of.

And in order to do that, we have to reclaim our capacity to be in the healing state and then that stuff will naturally release. You don't have to go back and do talk therapy about it.

Mindset, Meditation, and Emotional Release

You could if that's a tool that you enjoy and you get mileage out of, you know, Michael will tell you as a former therapist just to deliver flesh because the body knows what to do.

It knows how to retrace what's what we call emotions and old stored experiences leaving the body because emotions are produced, experienced and stored in the body, and the body knows when to let them go.

So when you start building in a practice like meditation into your healing journey, you're telling yourself, I am safe enough to manage my own state. I am in charge of my nervous system and I am going to move to the observer position because let's be real when you're not.

Well, there's a lot of ups and downs that come with that, right? There's a lot of disproportionate reactions. It's easy to go to overwhelm. It's easy to go to shame, even like the the heaviest of emotions and depression, because you can't live life the way that you know you could if you were.

Well, you don't feel like yourself, you know. And there's a lot of grief that comes along with that and embarrassment, doubt, worry, blame all the things, anger.

So and that stuff's got to come out. I don't think any of those emotions are bad. And I know that Tom doesn't either. One of the reasons why we have taught meditation courses together is because we want you to acknowledge, you know, you're here to paint with all the colors in the wind, like emotions are good people.

We don't want to get stuck in the yucky ones. We want to move through them rather quickly. But that's what meditation is for, is to move to an observer position like, Oh, I just had a disproportionate reaction.

I wonder if it's because I'm tired and I'm not feeling so well. Can I give myself grace? And those kinds of options become available to you when you start meditating daily, right?

Right. Well, I think the thing, too, but we've always run into it. Meditation is it's it's about awareness and just questioning. Is there another possible interpretation so many people are labeling today?

So if we were to just say, hey, that label may or may not have been appropriate at the time, is it still appropriate? The only way I can even begin to do that is to observe or be aware, you know, because I think a lot of people think meditation, like all like sitting in a corner or a dark room or in a cave.

Meditation is becoming familiar with the state you want to live in. So when we go back, I love how that and this is why we always have so much fun together.

But like we're talking about like the serious physiology of the liver, you know, and we're talking about, oh, I can't detox in a statement one's brain made because your brain is part of your physiology and you spoke it and you were okay with it and you left it.

So now the programing, you know, this awareness is that you can't detox. So my awareness is my detoxification pathways work amazing. My body knows how to detoxify naturally.

And not only that, but each and every day I provide it with the fuel and the nourishment that it needs to do so. Because then there's a day where I'm when I develop the resiliency that you talk about Sinclair, that's when I can go and I can have that tiramisu when I'm traveling and I might be a little off, but I could do it once in a while maybe.

And the sicker you are, obviously, the more you have to follow it. But later on you can have some flexibility and it could be in thought. So one of the things we always talked about was, hey, if you're the person, this is my can't detoxify, my liver's clogged or whatever, you could just go back and change that.

That's the beauty of quantum physics. We know that the past is kind of the past, but more importantly, it's what we think about the past. So just go back and change it.

Change your story today. And that's what our whole summit is about, changing your story, understanding that you can do this and that the emotions that you have like this is its interesting there's this has been this through line of things we talked about Sinclair but you always bring out like that kind of wrap it all together thing in me because it's like not and I'm like, oh, be worthy of your healing.

Be aware of the opposite that you have the opportunity to be worthy of healing even if you don't feel like you are

healing is out there. But just be aware that you can change this and that it doesn't matter if you believe your liver can't detoxify, it still can.

And you can change your mind and rewrite your future and your past all at once. So just note and it doesn't have to be hard and you don't have to be successful at it right away.

You just have to give yourself the opportunity to do it. You know. It's like. Yeah, we can do this stuff forever, dude. It's like, I love it. I would love it.

I would love to talk more and more and more and maybe we can even have a little meditation thing during the summit for everybody to show them what it's really like.

But more importantly, I know we can chat forever and I appreciate all your time. It's always such an honor to see your beautiful, smiling face and experience your energy and your passion.

So I'm assuming that everybody who's listening right now is like, where do I learn more about Sinclair and Michael in their work? So how do people get in touch with you?

Yeah, you can find us on detox rejuvenation dot com. We talk about the liver all the time on Instagram. Detox rejuvenation. I'm the host of your health reset.

I have lots of fun liver segments on there. And can we tell lots of client stories and my own story and just if you need a little bit of hope, that's a great place to go.

Just want to remind you guys that you're never too sensitive or too tired or too, you know, whatever to heal. It's never too late. You're always healing.

If you weren't, you'd be dead. So you know exactly what to do or your body does. Rather, it just gets a little bit of help to become in the position to let go and regenerate at the rate that would really thrill you.

So I love. It. When last you want to do one last practical tip before we sign up? I would love to. Okay, so I want everybody to remember that there's lots of ways to take things if you're too sensitive to bring in things that you know that would support your liver, but you can't tolerate them often what you're talking about is ingesting a supplement and the top of your digestion ain't working so well.

That's part of the problem. So remember that things can be taken. Practical rectally or topically or yes through IVs.

Practical Drainage Tips and Closing Remarks

But honestly, rectally is much more efficient financially and energy wise than it is. And so there's a lot you can do with an enema bucket and some suppositories.

So there's lots of room just sort of there. Literally, I'm a giant with okay, if I can do it, you can do it and just say that right there and just remember that when you're working on the liver, you're going to have an energy issue.

So energy always comes first, right. And you may also have those digestive symptoms. We talked about the nausea, the gas, the bloating, histamine, oxalate sensitivities.

Think about what you can do to reduce irritation on the body with your food. Right. Because you want the most amount of energy left over to heal, which means you have to have the least amount of energy spent on digestion as possible.

And last tip, you don't want to flush a clogged toilet that will cry symptoms. Please don't do that. So don't try detox. Don't listen to practitioners out there who want to push detox and mobilize in heavy metal like stuff without drainage.

So we're always restoring the state of flow first, releasing stagnation. The rest will take care of itself. So literally drainage from the bottom up, that means, yes, lots and lots of bowel support.

Go have fun. I love it now. It is so important and I have if anybody wants to hit me up after the summit, I've got some awesome stories about, you know, rectal being when I. V.

is not available, saving people's lives. And it is such a great set of tips. Sinclair Connolly, thank you so much for being here. Everybody check out detox rejuvenation dot com.

We will get you some wonderful additional information about Sinclair and a summit resource page. And she has a beautiful bonus for us, so we're really excited.

Sinclair, as always, I love you so much. Thank you for being here. I'll be back, man. Thank you so much for being an advocate for everybody listening like you are.

Your heart is so huge and you're so brilliant and we're just all very lucky to have you in this community. Thank you so much. And everyone, thanks for joining us for this episode of The Healing from Lyme Disease Summit.

Until next time, let me host Dr. Tom Moorcroft. I'll see you in our next episode.