Supercharge Your Diet and Reduce Gut Pain in 7 Days Transcript

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Introduction and Guest Background

Welcome back. We continue our conversation on Reversing Crohn's and Colitis. I'm your host, Sinclair Kennally, and today I am joined by my wonderful friend and colleague Steven Wright.

He's a Health Engineer. He's a Kalish Functional Medicine Institute Grad. He's a gut health specialist, and he's also spent close to $400,000 overcoming his own health challenges, using everything from Western medicine to shamans.

Steven is the founder of healthygut.com, and he lives in Boulder, Colorado with his wife Shay and their two dogs. So Steven and I are going to nerd out today with you because this is both our pride and our joy to do so.

Stephen, you have a really popular enzyme product. So I asked you to be my enzyme nerd. tell me and let's just jump right in with the audience. Why are digestive enzymes so important?

Well, I said this right before we started, but I feel like they're the forgotten friends. They are literally the, the worker bees of digestion, and everyone's overlooking them.

They're literally fundamental to digestion of anything and everything you should put in your body. And, you know, I'm at this point in my career, I'm very diet agnostic.

As long as you're choosing, you know, anti-inflammatory foods for your situation, it doesn't matter, though, if you have the most local court food, the most you know, you massage your kale like you do it all perfect.

If you don't have enough enzymes to break down those vegetables, those starches, that meat, you are going to suffer consequences. And that is just that's just the reality of like, living and digestion.

And so, enzymes speed up the breakdown of whatever the substance might be. So we have we have them all over the body there in our cells, but specifically in digestion.

a lot of them are coming from the pancreas.

Why Digestive Enzymes Matter

And a lot of them, the ones that I think are really overlooked for, for Crohn's and Colitis are the brush border enzymes. and then and so the these enzymes, I mean, literally without them you're looking at more bloating, more conservation, more diarrhea, more inflammation.

And I think the, the like there's this whole movement right now on gut health to like optimize the microbiome through prebiotics and probiotics and post biotics and para probiotics and probably some more biotics that are coming.

but we're missing this one little simple idea, which is like, whatever you feed the bugs is what they will bloom into. And if you don't break down your food properly, whatever you choose to eat with the right amount of enzymes, you're going to be dumping extra food down there, and that extra food is going to cause a bloom.

Typically of bugs you don't want. Yeah, it's a great point. So not only are you losing out on the opportunity to receive your nutrients, but you're actually creating a huge problem for yourself and that bloom that, you know, disproportionate population of certain strains that could start shifting your cravings.

You know what your what you think your body is asking for is really just what these bugs want to have happen,

which is further fermentation. You're getting a second.

That hypoglycemic crash and burn. It's it's a funky road. And that's just, you know, for a healthy person. Yeah. Yeah, totally. I mean, if you have ants in your kitchen and you keep putting sugar on the floor, you should not be surprised about what's happening if you continue to try different diets for healing.

But you don't try like high dose digestive enzymes support, you should not be surprised when you cannot get your microbiome or your inflammation in your gut under control.

That's really well said. Stop spying on my kitchen, man. It's I know you got all that white sugar over there. Okay. So let's let's focus on lower digestive issues and enzymes because you just said something really interesting about how key enzymes can actually really support people who are dealing with Crohn's and Colitis.

And often we get very myopic, right, in the healing, the digestive issues. And we're like so focused on, you know, the small intestine, especially the large intestine for Colitis.

Like, tell me how we should zoom out as we think about enzymes. so, I mean, zooming out, in my opinion, Crohn's and colitis are extra inflammation mixed with different genetics.

and so like at the at the highest level, that's how I think about them differently, like somebody who had a different genetics and different epigenetics.

And their inflammation manifests in the large intestine. And then the other person, it's manifesting in the small intestine. And, either way, we've got to zero in on the itis the inflammation and do what we can to support those areas of the body that are that are struggling right now.

And in either case, enzymes are supportive because number one, when we are under stress, literally like from like a work deadline or the kids have like a big project, you're helping them with, like a summer project or whatever, you're under stress or you've literally had like a an ankle sprain or a burn on your arm or something, or in this case, you, like, burn the inside of your intestines.

You need more nutrients to repair that wound to to deal with that environment. So like you have your base level needs and in Crohn's and Colitis, because of the inflammation, it becomes very easy to be slowly losing, say, 20% of your nutrients every day or 30% of your nutrients every day.

So you're not even getting the full, like, say, say, 3000 calories. You're not even getting the micro nutrients from those 3000 calories. You're getting 20 or 30% less.

Do the absorption issues from the inflammation and the lower enzymes. But now you needed maybe 4000 calories worth of micro nutrients. And so you you get in this downward spiral where you need a lot of nutrients just to, just to take care of the body, just to keep from these chronic conditions.

But the gut is in a state where you're not harvesting even the normal amount. And enzymes are one of the primary ways we're liberating, these micronutrients.

And they have to be liberated in time to be absorbed. And that's where people don't really remember that. Like there are phases to absorption, like people really don't recognize it.

Like if you don't breakdown your food fast enough, the B12 or the calcium and magnesium or whatever it might be, it might miss its absorption window as it goes through the small intestine.

And so, this can create issues down in the large intestine, again, where we were growing the wrong bugs at the wrong times and these types of things.

Enzymes, Crohn's, and Colitis Support

but one of the things I think about for enzymes, for like the bigger, the biggest picture is like they are they are nutrient absorption insurance, whatever you are, if you're vegan, if you're carnivore, if you're SCD, if you're gaps, these are nutrient absorption insurance because we don't have a test.

I cannot evaluate you. No one can evaluate you on how are your brush border enzymes doing? How are your pancreatic enzymes. Do we have we have like markers that suggest functionality.

Last test on a stool test but we don't know is it proteases or is it lipids. Is is it amylase. It. Like what which ones off. You know we we don't have a test for that.

So we might as well buy the insurance and watch it change. Because I think that's the cool thing about enzymes is they're also one of the the really cool products we have in the world that that I call a light switch.

Like when you when you take it, you don't have to wait days to know if it's working. You'll feel it the first day or the second day if you have the right product at the right dose.

Yeah, I totally agree. It's and it's really hard for people to understand this, but we were dealing with these digestive conditions against the backdrop of these herbicides and pesticides that are actually devastating for enzyme production and use.

So if you're thinking what my body should be able to do this itself, of course it would if it was already healthy. Of course it would if it had already been fed, you know, nontoxic food that was grown in a nontoxic soil microbiome from the get go.

If you had been breastfed, if you're if your mom wasn't offloading, you know, a major maternal fetal toxin transferred to you of course, if all of those criteria had been met, you would absolutely be self you know, maintaining.

It if you were in parasympathetic state for every meal. Yes. You just chilled for every meal. If you had never taken antibiotics, yes. Of course, you know.

yeah. Exactly. Good one. Antibiotics. Duh. Exactly. I mean, glyphosate is patented as an antibiotic. That happened in 2010. So we're getting micro dosed with antibiotics against our will.

So that's a really good point. okay. So talk to me about, given all of that, how would I know as just a normal person who's struggling with gut issues, are enzymes a problem for me?

Are they actually worth, you know, making room for in my protocol? Are there any reasons why I wouldn't do it? Let's start with symptoms and then any reasons why I wouldn't add them in. Yeah.

So again, these are like your forgotten friends. In fact, they're so forgotten. It's actually one of the only places I'm aware of other than maybe vitamin D3, that Western medicine and eastern medicine and all the medicines in between all agree the digestive enzymes are a good thing.

Like we have pharmaceutical options all the way down to the most, woowoo options out there. And so, I say that to say that this is not a controversial topic.

This is actually so accepted as potentially important for you and could help you that it's almost been forgotten. It's been overlooked. And so, I would say, do you have, any sort of food sensitivities?

Do you answer yes to bloating? Do you answer yes to stool inconsistencies, meaning constipation or diarrhea or alternating? do you experience pain? Do you experience heartburn?

if you're saying yes to one of these, then I would say you're a candidate to try digestive enzymes and notice what will change. Now, if you're like, I want hard data, you can go pay for a stool test and you can check for pancreatic

insufficiency through that last taste marker, but that does not check for the brush border enzymes, which are essentially your histamine enzyme and your carbohydrate.

final breakdown enzymes. And so if you struggle with starches, pseudo grains, if you struggle with any sort of like vegetables, cruciferous vegetables, any of these types of things like that's like a huge yes for you have brush border inflammation and you have, an a brush border insufficiency.

And most people don't even recognize or realize that de oh is the histamine enzyme that breaks, it breaks down the histamine, and it is a brush border enzyme.

And so it should be no surprise to anyone out there if you have histamine related issues and you have Crohn's and colitis. yeah, that's that's a really good point.

I'm really glad you bring that up because we're seeing and ever unfortunately, and our stronger link between those two issues. So we absolutely have to pay attention.

I am I'll just come out and say it. I, I really hate any treading water supplements. I put all, I put all of my products, dollars for a client into their protocol.

That is root cause focused. So resolving root causes, because I find that in functional medicine, that is the most well-meaning, loving practitioners who really are up on their research.

So they think they're still spending time spending their all their patients money on, you know, here's a way to keep your head above water for today. The only exception I would make out of that is, so what I mean is you could be on like 38 different supplements because your now found 38 markers.

You were alone on your $10,000 worth of labs, and you don't feel any better, but you're spending all of your money, time and energy on treading water right.

The, the distinction I would make here, though, as as committed as I am to resolving root causes, like doing more detox and working on your parasites and, you know, resolving your EMF issues and dealing with your heavy metals and all the industrial chemicals that have actually destroyed your microbiome is you have to acknowledge that your body is no longer self maintaining.

And so the very nutrients that you have to have in order to repair and, yes, do that detox work, is that the supplements doing the detox work gets your body doing it.

You know, you have to get them through your food. And when you're not digesting your food, you have to have some short term help with that. So if all you're doing is enzymes, no, that's not going to move the needle for you.

Probably long term. but you don't need 38 different minerals that your body doesn't know how to absorb anymore. You need root cause medicine with something like enzymes and maybe a little bit more digestive help than that.

Maybe some HCl, right. Maybe some bile salts in the short term so that you're getting the full digestive support in the short term. So that you can finally do the root cause work.

I haven't seen people be able to do that well without acknowledging, hey, I cannot absorb my food right now, so of course I can't heal. You know? Yeah.

I think what you just said there, I'd never heard it put that way, but I love that self maintaining. Yeah, most people's gut and the gut is not one thing.

The gut is multiple organs. And if you want to call the microbiome an organ, which I do these days, that's another organ to throw in there. And so we have the stomach.

We have we got your bile. We got your I mean, your gallbladder, we got your small intestine, you got your large intestine, we have your microbiome is, you know, a pseudo organ.

any one of these organs, including maybe even the pancreas we could include in there, could be stressed enough or inflamed enough from the mole, from the the stress, the trauma that you've had happen to your life or physical trauma, whatever it might be such that it is no longer self maintained.

In other words, it is no longer able to like walk, squat like, move like a, like a human. And so it is not like a failure or it's not like, it's not a Band-Aid to bring in what is needed to do the daily work, whether that's a helper, whether it's bile support, enzyme support, whatever that might be, that is literally bringing back into balance the the job of the organ that you actually need to heal.

It is the environment. It is the fundamental character here that we are often overlooking when we get so excited about probiotics and so excited about prebiotics and all these things, which I love, I love, I take, I take them, I'm always I'm always geeking out on that stuff.

But like the fundamentals matter so much more, but it's just so boring to people to talk about. I think the problem with talking about enzymes is a lot of people have tried them, and they've tried either the wrong product or the wrong dose.

Right? And the wrong dose is usually the biggest factor. And we can argue about product because I'm super biased.

How to Tell If You Need Enzymes

but people are really under dosing these things, especially when they're in a critical acute stage, like if you're in a flare, like there's cancer schools of thought that use 160 pills a day of of of powerful enzymes.

So if you're like, oh, I don't know about taking 4 or 6 per meal. just I mean, do you want to feel better? Do you want your nutrients like, did you do you want to get everything from that organic salmon and that, you know, kale and all that stuff?

Like, if you do, then for some folks for a period of 12 weeks or however long it takes you to get out of the flare, like literally build yourself back up to zero and then start making progress.

Beyond that, you might need to take a higher dose of digestive enzymes with every meal for a period of time, until your body actually heals the tissues that are responsible for creating your own enzymes.

And then you'll start to you'll start to taper off. Yeah. That's really beautifully said. I was done to Three Foods for a very long time and was in excruciating pain.

Any time I had to eat something and I was able to recover from that completely. But I had to high dose things like enzymes to help turn the blood around.

And I had to go after those systemic infections very persistently and deliberately and systematically enough so that I could tackle one layer of dysfunction at a time and finally get, you know, to move the needle.

And even now, one of the few things that I that's a non-negotiable for me. I'll take a binder when I'm traveling on the because you and I have to travel so much.

We're speaking on stages. We're at conferences like this is a part of trying to be an activist in this day and age, right? Is that you get stuck eating really questionable hotel food no matter how much you plan.

Right? And so I'll take a binder with that food, because I know that it wasn't as tactfully prepared as I would. And I also take like 4 to 6 enzymes because I don't want to backslide at all.

What I worked so hard to rebuild. So that's a really good point. Yeah, not to be afraid of them, especially if it's a well-made product. Why are I can I just ask a really and, politically correct question?

Why are there so many crappy, useless enzyme products out there? So meanness. Yeah, yeah. So the best selling companies out there. So right now, like, you can actually go on TikTok shops and you can go on these various marketplaces and you'll see digestive enzymes.

And if they cost less than $30 a bottle, I can guarantee you, as a somebody who's been formulating supplements now for, for, four plus years, that and the reason the number one flip over the back of the bottle.

And if digestive enzymes is not the first thing listed and there's not hundreds of milligrams of them, it's not a digestive enzyme. They just labeled it that and they filled it with other stuff.

It might be junk. It might be bad for you. I don't know what it is, but it's not digestive enzymes. Let's just call a spade a spade. So there is a lot of products out there that are absolutely not a digestive enzyme.

They are a combination of a bunch of herbs and then a few enzymes. And that is not going to get the job done because that's not that's not what we try to do here.

and so if your product cost you less than $30, I can guarantee you that it's not going to work right there. because it costs a lot of money to make the enzymes.

And so companies can't put a efficacious dose in a pill and sell it at that level. It's just like, literally, it's capitalism. It's economics 101. I wish it was different.

I literally do, I, I remember back when I had to put like a $600 charge on my credit card for like a package of pills for my, you know, naturopath at the time and like how devastatingly scary that was.

And so, like, I've been on that journey when I was only making 30,000 a year and like, everything was going on the credit card and I was still very sick.

but I can tell you that an efficacious enzyme is going to cost you at least 50 bucks a bottle, from the best companies, because it cost that much to actually pack a therapeutic dose into a pill.

and that is that is just the reality. That's super helpful to know. I didn't know that. so that's thing one. Let's make sure the digestive enzymes are the top ingredient.

Yeah, I God, that's so sad. The state of things today that you have to say that. Okay. That's we're gonna. Stay positive, guys. We're staying positive. Yes. Positive one.

it should be mostly filled with digestive enzymes and mostly digestive enzymes. number two is, you would ideally, because we can't test you to figure out.

Do you have a pancreatic, enzyme insufficiency, a brush water enzyme insufficiency, or a microbiome enzyme insufficiency? You'd want a product that has all three of those different types of enzymes in there.

just because this is. We don't know which ones off. So you. And it's not bad. There's no mechanism in the body that turns off your own internal production of enzymes if you take more than you need.

In fact, they get absorbed and they they do systemic actions, they get absorbed. And that's actually a good thing. So taking more than you need is not a bad thing.

It's actually helpful in other ways.

Choosing a Quality Enzyme Product

so with that said, you want to make sure that that product has the pancreatic enzymes, the brush border enzymes and then the microbiome enzymes, the specialty enzymes, that will give you your sort of insurance that, that, that company in that formulator.

They understand the gut. They understand enzymes. And that they're building a product that can actually has a chance of working for you. That is super helpful.

Is there are there any other tips for people as they're selecting enzymes for themselves especially what not to buy like save us from some pain? Won't you please save it for sure?

so I would I would actually typically avoid, pancreatic products and it's not because they're bad for you. It's because they're only pancreatic enzymes.

So, there's a lot of really awesome companies that have pancreatic enzymes, and they're really good products. But back in the day, before I built the enzyme that we have, I used to take a high dose pancreatic in a high dose, like, brush border enzyme.

And then I would like have to take like four of each because I didn't know which one was doing what. That's the only way I knew how to get results. So so pancreatic is not bad.

If you see it on the label it's okay. Just make sure there's other enzymes in there. the other thing is, is that if you're taking an enzyme product and it does not have minerals on the back of the label, you need to be taking a mineral supplement.

minerals provide essentially the electricity for enzymes to do their work. They are the cofactors for enzymes to work. Now it's not that the, the enzymes are like dead or like lazy or something like they won't do stuff if they don't have minerals in the, in the bottle. It's just that, they're, you know, like, how much work do you get done in a really hot day in the middle of the day?

Like you kind of take a lot of rest. You don't really get after it. and that's because it's it's just not the optimal environment to get the most work done. And, minerals, cofactors are what the enzymes crave and need to really get their most work done.

And so you could either go with a company like ours that has licensed a patent around this and, and has the data showing that it does matter, or some other companies have started to, to do that.

They start to put some minerals in. Or you could take a like a multi mineral supplement like drops or something with every single like, but they gotta take extra beyond whatever you were already doing because the minerals are going to be partially consumed by the enzymes.

It's not like you're actually absorbing them. They're being consume. And by the enzymes during the process of doing the work. that's a really important distinction to make.

Thank you for pointing that out. Yeah, I agree with you. I've seen that work much better. There's, I have to ask you something. Yeah. I know how hard it is to manufacture, and I know what a wild west it is out there where nobody's looking over your shoulder.

And there's a total lack of transparency in the supply chain. And I know that you're watching bigger companies make terrible choices and get away with it.

Why are you working so hard to provide the high quality product? Like what keeps you going? I guess that's not doesn't sound like a nice question, but I, I, I'm really, really curious.

Yeah. No. well, number one, I rely on the product. I built the product for me. Like, I'm not like, I'm not like out there trying to save all y'all. I'm happy that I get to help everybody.

I'm happy that I get to help the world. But, like, I had to work on my own stuff. my my now wife, five years ago now was her mom was diagnosed with stage four breast cancer.

we just closed on our house. My other business had just blown up, so our income was way down. House cost was way up. Her mom has cancer. Then she gets diagnosed with cancer. All within, like a nine month period.

And all of my IBS and all of my gut stuff came back and I reached into my. I almost had like a pharmacy in my house because I love products and supplements.

And I reached back up for all of the old stuff I used to do, and it just wasn't working. And so I was having visceral hypersensitivity and bloating again on a daily basis.

As I was trying to manage this extremely intense period of my life. And it just pisses me off. Like there's one thing about me that's really true, which is that if I make a recommendation, if I recommend something and you do not have a good experience, I don't care if that's a book, a podcast or a product.

I take that personally. It is like a sacred duty to make a recommend for somebody. And so I agree with that. Yeah. And so if I number one, I needed a product that would work for me.

And number two, I was sick of recommending like all these other products that work sometimes. And so I have a real passion around inventing or creating products that work in a, in a harsh environment or in a range of like from really, really sensitive folks to really not so sensitive and really in pain, folks.

And how do you build products that work in all those different bodies and all those different conditions? And then if I'm going to continue to be in the guts space, I'm going to be continuing to talk about products.

But when I talk about products, it's my face is out there. I think I take criticism personally. I shouldn't I shouldn't be I don't think I'm really built for this.

Did you just saw Stephen? That's. Yeah. I'm just I'm just I take this. I take this stuff personally. I want that recommendation to work. And so if we were to ever cut corners at Healthy Gut, our people would know the reviews would show it, the refunds would show it.

Because we're very we're very open and we ask people to refund. If it doesn't, if you don't feel it, if it doesn't work for you. We ask people to do a free coaching session with our health coaches because a lot of people dose their products inappropriate.

Even if you need curcumin or vitamin D3 or digestive enzymes. And I build the best products in the world. When I had a clinic, when we had our when we had our telehealth clinic and we were doing consulting for gut cases, it was very clear that 30 to 40% of people needed a much stronger or sometimes even a weaker dosage than what's on the back of the bottle.

Dosing, Stacking, and Practical Takeaways

And now that I'm in the industry, what I know is that the back of the bottle is legal language. It's not health advice. Right. That's that's a really great way to put it, which is why our, our doses and our protocols never reflect the back of the bottle, because it's like irrelevant really clinically.

Yeah. I mean, look, people don't like to hear this, but, there's a bell curve. You can look it up. There's a mathematical distribution of how these products work in the body.

This is true for pharmaceuticals, it's true for supplements. And 34% of people fall outside of the normal window, either too low or too high. Right? You you literally have to.

If you don't take this seriously, you're literally violating, like, a law of nature. Like, it's like it just is true. And then the

folks who make it all the way this far to a summit like this, to an interview like this, you have to almost assume you're on the outside of the the normal distribution window.

You're typically part of the 34% that needs a little special needs. I special, like us, work on my summit junkies. Yeah. I love you guys. Yeah, exactly.

That's why every protocol that I've ever published is really three protocols, because we we create them in three different lanes, three different speeds.

So every course we have like rapid gut Reset, it's like it's the gentle healing lane, the standard slow and steady lane. And then the deep healing lane, which is it's colored green for a reason.

We say green means go. You like to go fast. Okay. Let's high dose. You know, you might be one of those people. Yeah. It's true. And then of course in the pink lane we have baby pink Lane.

People are like, I'll take a 10th of a cap of a something. Oh, wait a day. And then, you know, and that's where I started, you know, where Michael's like, I wonder what a whole bottle of this will do, you know, like it's dumb, you know?

So I tend to be on that side as well. I'm like, well, I heard you could take six, like the bottle says to six. I'll try 12. Let's see what, but but yeah, I mean, I'm just.

That is not medical advice. Everybody listening? Right. Be a doll. If you have a bad experience, that's your fault. So, yeah, I just I love product creation.

And in general, it does frustrate me that there are people out there who are making a lot of money and and selling a lot of, just hope and dreams in a bottle.

And it's only placebo effect because they can call their product the same thing I can call. They can say they have world class ingredients. I can say I have world class insurance.

They can say there's a there's a science bag. I can say something. My science bag, they can say there's been study on our on our ingredients. I can say that they I mean, as a consumer in today's world, I really.

Think. Yeah, it's exhausting. It's annoying. It's frustrating because everybody's talking the same talk and the truth is, is that 80% of the market is really, driven by something other than creating the best product for you.

Yeah, yeah. It's true. Well, I appreciate your dedication, and thank you for nerding out with me. but not getting to to wrapped up in the science that really sting with the person's experience because, it doesn't matter what some study says, if you don't know how to clinically apply it to yourself, then it's irrelevant, you know?

So I appreciate you saying super practical today. do you have any last advice for practitioners or for folks who are really struggling with their gut health right now and just need a little encouragement?

well, I do want to just say on the dosing thing, like legitimately, if you have a bottle at home, I don't care what brand it is, and if it costs $30, that's fine too.

whatever it is, start increasing. Start doubling the dose every day until you feel something. And if you don't, then get your money back from that company like you with enzymes.

As long as they're legitimately enzymes at some dosage, you will feel better. Typically, if you've had any of these gut related issues we've talked about.

and so whether that's two caps or four caps or six caps or eight caps, most people on our product never go above six caps for milk, but it's not because there's anything bad that would happen.

That's just that's like the max most people ever get to. please try, please feel comfortable to play around with your enzyme dosages and and push the companies.

And if the you know, if it doesn't work, switch brands at the end of the bottle. Like I'm not somebody to say like you have to like, throw your bottle at.

I'm like, you know, take the whole bottle today. Like get the usage you did out of that, that bottle. and I think that leads me into like the sort of like the takeaway for, for anybody who's had longstanding gut issues or just like in the, you know, in the ship right now.

No intended, trying to get this figured out. just, just we're adults. Don't give up. Like, don't give up. And the more you can be willing to try things that are not what you've already tried or already been doing, probably the faster you're going to find success.

In other words, if you've been doing diet after diet after diet, no offense, but I don't think my diet or Sinclair's diet will be the breakthrough for you.

You need to pivot and try things like a mole detox or a parasite protocol. Or maybe you've never done high dose enzymes and that's that's the biggest thing.

I think people get locked in because of, an expert who helped them during one phase of their healing or a story that they heard that makes sense to their brain about what's going on.

And when they do, they they can lose years just trying to do whatever it might be a diet, a yoga, a protocol. And the law of diminishing turns again, is a law of nature.

It is true if you keep drilling in one direction and you're like, I'm never doing pharmaceuticals, I'm never doing pharmaceuticals. Like maybe a course of pregnant zone is the 12 weeks that could actually, like, make everything work again.

Like, you know, don't rule it out if you've only been drilling in one direction forever. Because we're all in this space. Sinclair and I and everybody on the seminar healers, and we only can take you a few steps on your journey.

Each one of us, in my opinion, we're not here for the whole journey. We have a medicine. an idea to give to you. And don't get attached to our narratives forever, because there will be a new narrative for you, a new step to to get you to your breakthrough.

Yeah, I agree with that. I will and I will say that everybody has their comfort zone. Right? So as the explorer trying to heal themselves and also the practitioners have their comfort zones, like for us a full protocol would be probably bigger than most people.

So we're doing direct root cause work. But in order to do that, you have to have drainage and mitochondrial support. And then we also do detox therapies and food filters and environmental mitigation and oh yeah, nervous system support.

Because if you don't have that on board, you're probably, you know, working an uphill battle. Right? But most people have one layer of that and they want to tell you all about food and how food's going to fix everything, and the wrong food is going to totally ruin your life.

And maybe that's true for some people, but most people are more complicated than that. So if you've been trying to fix everything through food, I totally agree with you.

We're trying to fix everything through supplements or trying to fix everything through the nervous system. Chances are you have a comfort zone that is yet unexplored to expand into.

Yeah, and you said something that's very important there too, is that some people who write off, for instance, they write off enzymes because they weren't doing that in concert with nervous system support and drainage support and a different diet or exactly support.

But when you stack them and you layer them appropriately, like what you just said, that, in my opinion, is also another huge key to success when you're dealing with these conditions.

Yeah, it's all about the stack. It's magic magic sauce right there. How it all fits together. Thank you for your dedication, Steven. I appreciate you and I appreciate your work in this space.

And I don't ever want to have to be here. So I'm really glad you're joining me. There's so many headaches that come with it. So I. Where can people find you and your work and your supplements?

yeah. HealthyGut.com is the best place to reach out, and, That's. I mean, we're on all the socials, but you can find those from out the icon. Awesome. Thanks so much.