Introduction to Sinclair Kennally

Joining me now is dog expert Sinclair Kennally. She is an award winning authority on chronic digestive conditions, CEO of Detox Nation and owner of the New Selah Center in Southern California.

As the host of the highly acclaimed Detox Nation podcast and survivor of complex chronic illness herself. Sinclair's mission shines through her work empowering individuals to reclaim their health and rediscover their creative potential.

This passion forms the core of her commitment to guiding others to be the fullest expression of themselves. In her journey, Sinclair has been pivotal in resolving the root causes behind complex chronic illnesses and digestive issues, helping over 15,000 individuals to rejuvenate their gut and liver health.

Leading a community of more than 150,000 members, she emphasizes self-healing from chronic conditions without reliance on conventional medicine or pharmaceutical interventions.

Sinclair welcome. Thanks, Jason. I'm thrilled to be here. So I'm curious, in your own sort of complex, chronic challenges that you suffered. Is that the reason that you kind of went on this journey to become a health professional and help others do the same?

Oh, yeah. I was in mental health before this, and I thought everything was about you know, process work and workshops and self-development and trauma release.

And I thought that's, you know what you did.

Personal Health Journey and Missing Pieces

It's all good, right? It's wonderful. But it's only one side of the equation in this day. And so unfortunately, I had to learn that the hard way. Yeah. Skull and pick up a whole new set of tools.

Yeah. So in that journey of sort of, you know, resolving your own issues. Yeah. What were some of the things that you discovered along the way in terms of what practitioners were missing?

Be the naturopaths, integrative functional medicine, perhaps Chinese medicine, nirvana, whatever you kind of explored. What did you kind of come out the other side going?

You know what? There's kind of some stuff missing in a lot of these camps, and I got to fill that gap. Yeah, there there are a few gaps. So, you know, not to be a bummer, but it's we're living a very strange day and age.

And if we want to feel really good in this day and age, we still have to remember that we're a part of nature. And so maybe we moved outside of nature, removed ourselves from nature a few decades ago.

But the more and more we remove ourselves from nature in terms of food and lighting and our personal care products and all that stuff. Even the medicines and interventions we use get us further and further away from nature accidentally.

The more and more work it puts on our bodies. So this isn't about like, oh, I have to do everything right, or I can move to the woods and live on leaves.

Although you certainly can. We had to figure out a way to navigate this so we can get the best out of our modern life and still support our bodies in the process.

And there's just some big gaps right there. Nothing bad really happened to me in an unusual way, but I grew up on Costco food and fast food and Top Ramen, and I was a latchkey kid just like everybody else.

I got amalgam fillings, meals because that's what insurance covered. And oops, I lived in a couple of moldy environments and I did have some childhood trauma.

You know, it was a difficult environment to grow up in. And so you put that together that actually describes most people alive. And it also describes why most people of us like, don't feel good.

Yeah. So it just took a really long time to figure that out. I didn't know what's wrong with me. I thought it was stress. I thought, you know, it was.

It was over giving, working too hard as a practitioner. And I actually ended up in the hospital before my body finally got my attention. But unfortunately, the hospital didn't have any answers for me.

Yeah. So. And, I mean, it sounds like our, your your life story in a nutshell, is very similar to mine, which as you mentioned, is probably similar to so many people's, but I think it's shaped our we have similar perspectives, which is the fundamental core of being healthy.

Is not something a doctor can prescribe. A practitioner can do. It's innate within us. Right. And and the core principles of that are aligning with the nature's principles.

Right. There's a timing for things. Right? There's a rhythm of things. And of course, being going back out into nature and getting dirty and a bum among the microbes, right.

And not fearing nature, but with learning to work with it is is really key. But we're also living in a really cool period, too, with complex and chaotic and and toxic and all this stuff.

And as I know by the Saylor Center, which I just visited recently, which is so cool. So if you're in Southern California, if you have an inkling to come to Southern California, say LA center is definitely you've got something you got to check out.

But we have these really cool, new toys, right? Like we've got amazing technology now. So it's it's kind of this interesting double edged sword, but it's something I always preach, right?

It's like we got to get back into nature's principles, and we can use these really cool things that we have at our disposal to support the body, to support the natural healing that takes place.

And what I find, too, is that a lot of practitioner world, we can chase things, right? We're trying to. And from a patient perspective or client perspective, somebody's going through, health challenges.

There's a desire to pinpoint the thing. Right? If I could just find the thing, then I can resolve the thing. Right. We're still have we have sort of ingrained.

It's it's been conditioned within us to sort of follow this allopathic model that I gotta find the thing. Right. So maybe talk to me about how you like to educate your clients and your students on how to think about something when they've got maybe a myriad of symptoms going on and they're trying to look for answers?

Yeah, it's such a fair question and I totally agree with you. Like also as a healthy person now I'm very aware of how it sounds. So like we'll just go back to nature.

You got to be kidding me, lady.

Root Causes, Terrain, and Modern Interference

I can't even, like, pick up my groceries and get them into the house. You know, that feels like an event for most people, right? Right. I'm sensitive to broccoli, right?

It's like, what the heck, right? You know, and like. Yeah, exactly. So, why would I want to emphasize about this is. You're right. We're living in an amazing day and age where we do have access to new information and tools you can use at home.

And also, yes, the clinical strength, all the yummy, fun things that we have at the sales center for sure, for deep clinical transformation. But in in the end, what we really focus on is how do we upregulate energy first so that you're unlocking your body's own healing processes once more and it still comes back to this concept of like, you're not going to override and outsmart the body, right?

That's the good news and bad news, right? Yeah. Micromanage it. Right. Yeah. Yeah. And thinking that you will is going to exhaust you. And it's also financially very destructive because it's super expensive to try to do that.

So what can we do instead when we don't feel good. Especially when there's maybe cognitive or mood issues? We do like to do root cause assessments first.

It's usually not just one thing to your point. You know, a little bit of mold that's a little bit, toxins. It's depleted food that hasn't had the minerals that you've needed for quite some time, maybe even decades.

It's, you know, lighting that is irritating to your nervous system. It's the Wi-Fi that's on at night, which is telling your pineal gland, which can see WiFi as if it is light.

It's like trying to sleep as if the lights are on. Right? You know, so it's it's a bunch of stuff. And we can do easy, gentle fixes to upregulate energy and to regulate our body's own healing responses once more.

So you don't have to micromanage this. That's the good news. So what are the big levers that you like to pull? Like what are you seeing in in your practice, with with the people that you educate, what are the big interference factors?

What are the blocking factors that are preventing this sort of natural healing from taking place? And by the way, I'm kind of speaking to that client who's eating relatively healthy, right?

I mean, that's a spectrum, of course, but but I think most people here have they're not eating Snickers bars and candies and, you know, McDonald's hamburgers and these type of things, at least not on a regular basis.

So they're they're doing some of these things that we're talking about. Right. Like they're going outside, they're getting sun. They may be have an understanding of circadian rhythm.

They're minding their sleep habitat. They they may be even shut off Wi-Fi. Right. They're doing kind of the general stuff that I think a lot of the social media has really, brought to light in a, in a really positive way.

And all the, the new educational tools that we have, they're doing some of this stuff. What do they do, how to where do they look, what, what, what, what do they think about in terms of what's blocking their ability to recover?

Yeah, I really like the way you're framing that because that's how I think about it, as well as blocks to healing, because your body would already be doing the work and keeping up with everything, just trying if you didn't have these interferences.

Right. Yeah. Yeah, exactly. So one of the things that we look at is root cause exposures, like for example, mold heavy metals, toxins. It's easy to run those talks labs. It's very straightforward.

The data is just there. There. It's a urine test kit you can do at home. Just one urine sample to get all those panels done. Easy. That's what we do. For example, like in their healing lab.

And that will give you a lot of information. What what are your body's active blocks to healing? Why does your gut, you know, persist and its dysfunction when the gut lining rebuilds itself every three days?

Right. And your gut microbiome can shift in 24 hours or less, right. What what that tells us is the conditions are changing the underlying conditions.

Therefore the results are changing. So we can make lots of gentle little shifts like everybody's so like, oh, glyphosate has ruined everything, you know, because it's dinner food and now it's in our water.

Glyphosate. It's really easy to detox. I hope people know that. I guess that's the part that I don't see getting talked about enough is conflicts. And yes, you want to take them for a while.

You want to clean up the gut, and you also want to give the body some glycine with the same exact folks, because we want to push glyphosate from out of the tissues where it gets embedded deep in the ligaments and joints.

That's why everybody's ankles are tearing at really young ages. You know, we're getting weird joint stuff too. Way too young, way too young. Non-contact injuries are up, you know, year over year for the last 25 years we've seen that.

Now like the writing's on the wall. It's because body's using glyphosate instead of glycine, but still very simple to detox. If you know that it's there.

So we look for blocks to healing like that. And we also think about where in the body are we getting persistent stagnation. So what does that mean. Sinuses are a big one.

So is the liver right. And that persistent gut microbiome distortion, it can keep itself going once the biofilms and parasites have set up shop. So it's not like those are actually root causes.

It's just once stagnation gets going you have to go in there and give the body a reason and some energy to clear it out so that you can start getting your brain going again.

You know, because the brain liver axis is very real. The gut brain axis is very real. But the sinuses are also this point of inflammation and irritation that will immediately distort immune responses.

If you even have a I'll leave in a little bit of air pollution, even a little bit of wildfire smoke like I live. There's so many wildfires in the Pacific Northwest over the years.

Even a little bit of car pollution, whether you're a country mouse or a city mouse, there's lots of reasons to have sinus exposures build up over the years.

And yes, of course, to pick on our friend. Mold. Mold is great at colonizing the sinuses, and you have these nerves that go straight from the sinuses into the brain.

And you can actually the toxins do travel, but the inflammation signals travel. So it's something to be aware of. It's funny. You know, I still use it.

I know you probably still use it. This, this sort of idea of root cause. Right. And it's a good analogy, but I also feel like it needs a little bit of an upgrade.

Right. Because like, you can plant an orange tree, and the roots will be fine, but if you try to plant it in Alaska, good luck. Right. The environment's not right.

If you try to plant it in Florida at the wrong time of year. Good luck. Right. If if it's grown in shade, good luck. Right. So so it's like there's actually some other things going on besides just this sort of root cause, so anyway, that just kind of came to mind, like, there's timing involved.

There's, there's the environment that's really, really critical beyond just the root cause, you know, but so talk to me about the, the liver. You mentioned the liver.

And I know you do some a lot of work on liver, gallbladder. Why do you see that as a major sort of, lever to pull. What's going on there that that so many people are having congested livers, congested gallbladder, you know, poor bile formation.

What's happening there and why does it need so much attention? It's a really good question. So the liver's job as an artist to detox? Yes. It's like our big detox heavy lifting organ.

Liver, Gallbladder, and Detox Support

But we also have to remember that it's supposed to do 500 jobs for us. That's often doing over 200 of those at a time. So it's a very, very hard worker.

It is our largest traditional organ. And yes, it's supposed to be filtering out what's what's been exposed, what we've been exposed to that's coming in through our bloodstream.

What does that mean for us? In practice, it means even a little bit of environmental toxins can slow down and inflamed the bile ducts. Like, for example, mold, mycotoxins on contact inflamed the bile ducts.

And they also, damage hepatocytes. So they also interfere with, you know, bile acid formation and bile acid secretion. So in practice, what that means is just a little bit of toxin exposure goes a long way towards slowing down our body's ability to let go of things.

And so, we know that a moving stream runs clean. We want to be in a state of flow where we can absorb food. Well, absorb water well, absorb air, you know, our gas as well, and then also secrete and excrete fast efficiently so that we stay healthy because we have a lot of metabolic waste just from basic body processes.

And we have a lot of toxins that come in that should never be in their first place, that need to be flushed out quickly. So if you could just a little bit of inflammation and a little bit of overload in the liver, that is not bad enough to show up on labs, but it's still slowing everything else down.

Think about the impact that that has on your body over time. It's going to distort your hormones. You're going to have a tendency towards histamine issues, histamine overload, histamine sensitivity.

Even more gas will develop over time. Muscle activation syndrome. You know, we talk a lot about like estrogen dominance in this day and age or like, you know, reproductive hormones being distorted or, you know, thyroid hormones.

T4 is not converting efficiently enough. And then in the liver to T3, well, a lot of that is about the liver just being overworked and not being able to keep up.

So it it really is this linchpin. But it doesn't talk to you early on labs. So what we found is that if we go to the symptomology like that, like, hey, is your skin get kind of rash here than it used to be, or the dark circles under the eyes?

Or is your skin aging and fast forward, or do you have difficulty sleeping through the night or give difficult periods if you're a female? You know, things like that.

There's lots of little clues that your liver tendency towards brain fog, for example, irritability, quick to anger, or controlling all of these things can be signs that your liver is asking just for a little bit of help, just to keep up, that's all.

And it's not like anything unusual is happening. It's happening to all of us in real time. So if you're looking about

your friends going, are they having a harder time as me? Chances are they probably are.

But that doesn't mean that it's a normal part of aging. So what we love to do is to break up stagnation in the liver very softly, gently, with at home slash protocols.

That can really help the liver to catch up. And the results help people just blossom so beautifully. It's really. Yeah. Yeah. I remember years ago, you know, I was suffering from.

You could just call it dermatitis. Skin, skin inflammation in various ways. Right. We can break that down in a number of ways. But, ultimately, I stumbled upon sort of the liver gallbladder flush.

And it was hold the clerk who who originally sort of introduced me to that. Right. And cure for all diseases, which is a fantastic book because it actually is still holds up in a big way today.

And when I did that, I did it 2 or 3 times. It took 2 or 3 times to really fully flush, and things just dramatically improved. And I wouldn't say that was the only thing I was doing or needed to do, but that seemed to be like a really critical thing that needed to be done for me to get over the hump.

And, you know, I passed all these. He just and I think we call them, they're just balls of, of sort of bile mixed with all kinds of toxins and, and, microbes and, you know, and, and they weren't hard.

Right. They're kind of soft, you know, greenish brownish, yellowish. They're just exactly, exactly. But I mean, some of them are strong big. Some of them were big, like almost as big as a dime, right.

Like really massive. And then as I did my second one, there were fewer and they were smaller. And then I did the third one and there were fewer and there were smaller.

Right. So this was showing me, okay, it's not just the the olive oil that I was consuming. Right. Because that was there may be questions like, how do I know this isn't just olive oil, you know, and the ramifications of doing the flesh itself?

And then it proved itself, as well as the result. So, you know, I don't I don't really want to walk people through that. I think that should be done. Probably, but with a little bit of guidance, unless you're pretty adventurous and you're willing to take some guidance, explain this to me.

Because especially if you're really symptomology symptomology. Right. If you have a lot of people are more malnourished and reactive. So you want to approach that with some care.

What would you say? If somebody is has heard of that, maybe they've done one or maybe they want to do one. What would you say is sort of some guidance or some general guidance on what they might want to do beforehand to sort of prep themselves, prep the body for, to to create a little bit more safety in that protocol.

Yeah, it's a great question. I love all the Clarks work, and I also love the work of Andreas Moritz. I think a lot of natural health practitioners are sort of standing on their shoulders today. I agree.

What I also want to acknowledge is that the world has changed a lot in the last couple of decades, and people are much more malnourished and reactive now.

So some a lot more thought and care needs to be put into the prep work and also guiding you through this in order to have a deep enough experience that this really moves the needle for you and doesn't, you know, have any of the part to much is.

Yeah, yeah. So my first recommendation to you is to think about if you're going to do a liver release, think about it this in terms of three days prep.

So we want to start by acknowledging, first of all most people have a tendency towards constipation. If you don't have enough bile flow you got to get the bowels moving.

You have to clear that pathway to the exit. You know, why is that important? Because anytime you're asking the liver to mobilize old material, it's kind of your bile.

Once it becomes once your liver becomes inflamed, your bile, whether it's stored in your liver or your gallbladder, if you still have one, becomes pro-inflammatory instead of anti-inflammatory bile by nature is supposed to be anti-cancer.

It's alkaline, super anti-inflammatory. But if you get any of these inflammatory compounds involved, your body can't keep up. So it becomes like toxic motor oil.

So you want to have some prep involved to be clearing the pathway to the exits, because any time you mobilize that old junk out, you can get a flare of skin symptoms.

For example, you could feel very detoxify and exhausted. And if you don't have a sufficient enough excretion, it becomes a very toxic location event. So what that means is there's this phenomenon called intrahepatic recirculation.

It's just a fancy way of saying that your bile and your toxins didn't move fast enough through your intestines and intestines, accidentally reabsorbed through the gut lining the toxins once more, dumped them into the bloodstream and shoot.

Now the liver's got to deal with this all over again. That's crazy. It just did all that work to get it out. So that's why we want to have some care involved in this.

First, actually, make sure that you're moving your bowels daily for 30 days beforehand. I like teaching people how to do coffee enemas. I know it sounds crazy, but, you know, if you're doing another flush, you're probably not that weirded out by that concept.

And it's not just the mechanical clean out of an enema, which is nice. Arguably, that's a good idea. You could do that with a water enema, though. We like the palmitic acid crystals in a properly prepared coffee enema so that they kind of act as like a little nudge to the liver, because you have this little shortcut from the rectum to the liver with this beautiful vein that sends this information.

Hey, do you want to make more glutathione right now? Why don't we increase glutathione production by several hundred percent for the next few hours? So it's this beautiful little shortcut to create more of your master antioxidant glutathione yourself and mobilize out all the yucky bile.

So you're kind of getting ready and prepping the groundwork for this. I also like using, stone softeners like Chunka Patra. There's lots of tips and tricks about this, along the way.

So there's lots of nuances to it, but just the highlights. I also like adding in things like tadka. And I also want you to be using binders for 30 days before doing a big liver like flush event.

What are your favorite binders going to be grabbing at the toxins maybe. What are your favorite binders? Just to I would say, generally speaking, I know that we use them in sort of very specific ways sometimes, but but just for, for binding in the gut, you know, whether it's, you know, anything produced by organisms, any bio toxins, any, you know, molds, any anything that might be any sort of candida, you know, these things that are in the gut that are pretty common.

What are your kind of what are your go to binders that you like to recommend? I like a few different ones. Every binder has a job to do. So I think of them in terms of like binders 1.0 and binders 2.0.

I don't like using a lot of binders 1.0, because they're only mapping things up in the gut and they cannot, support the rest of the tissues. So your body has to work really hard to get toxins all the way to the gut, which is an inflammatory energy expensive process.

So I like to use at least a combination of binders so that even if I have to use one in the gut, getting some material that is anti-inflammatory, that is neutralizing these toxins deeper into the tissues first.

So we use a lot of bioactive carbon binders, right? Like bio toxin binders, a good one from, self-care, because it does mop up the ammonia and the endotoxins.

And also some of them, I go axons from molds. And so it's a good one for that. I also like working with things like OCR, which creates a thermodynamically irreversible bond with heavy metals like mercury, because heavy metals are so damaging to the gut and really to the nervous system and everything else they touch.

So I want to neutralize them so that the body could take its time moving that now neutralized particle out.

Preparing for Liver Flushes and Using Binders

I like using things like, you know, my kitten for extremely sensitive people to mold. So that's a good one for also radioactive elements, that kind of material.

We try to, like, not be. We would try to be agnostic and be Switzerland when it comes to, supplements. I don't like getting too dependent on any one brand.

We like to keep them honest. Yeah. So I think that's a fair approach in this day and age. You know, if you're using just one supplement brand, you're probably not spending enough time researching.

You know, there's there's tons of brands out there that have really great products. Right. Which doesn't mean I'm going to use the entire line for everything.

Right. I am with you on that. It's also one of the reasons why I haven't developed my own supplement line. It's like, because it's just like you're locked in, right?

And it's like, you can't honestly say mine are the best in every way. For every supplement, right? So, I'm with you. Talk to me about the nervous system component.

I know this is something that you focus on, you realize is a major, blocking factor for many. What's going on there? How do you assess this? And how does a nervous system sort of function into this whole, myriad of things that you might be doing with, with going, taking people through detoxes and recovery?

Really glad you asked that, because I think about the nervous system on two levels. When it comes to detox and helping people reverse really stubborn, frustrating symptoms, when people are talking about the nervous system today, they're often talking about it as if it is outside of the body, right?

That it's like separate somehow and only thing. Right? Yeah, it's very weird, actually. What's happening with the nervous system experts out there is very frustrating as a clinician to see this.

Because they're talking about it like, oh, you don't need to detox. I tried a more detox once and I didn't feel good on it by my nervous system course. Right.

So in a sense on Instagram, you know, and it's like, okay, that's very sweet. But if all you have is a hammer, everything looks like a nail. If you're a surgeon, you're only looking for things to cut out.

If you only have vagus nerve exercises, that's all you're going to be able to apply it. But let's remember that the nervous system wants and needs support and is highly reactive.

Day and age. But we also want to respect the fact that it is actually under attack from these neurotoxins. And so we need a bioelectrical. Approach, which yes, could include vagus nerve support and humming and tapping and all these fun, yummy things and meditation of course, frequency therapies I love for this. Yes.

And we still need to support it at a biochemical level because your nerves are physical, they are real and they're getting damaged. Most of the toxins that we have mentioned today are highly neurotoxic, and they create this neuro excitatory response where they were literally stripped the nerve of its myelin sheath, which is its protector, and excite it to death.

How how good are you going to feel if you ignore that about what's happening to your body? So I like to do a double layered approach. Every detox we ever designed as nervous system support folded in.

So of course we're going to relax our way into healing. You know, we want to enroll the body into remembering what it feels like to feel safe and get into that parasympathetic dominance, get out of freeze, that dorsal vagal collapse, or get out of that fight or flight and back to central vagal tone, which is I'm present.

I'm softly awake and alert, and I feel safe, and my body is able to spend resources on digesting, repairing and detoxing. So yeah, that's the yummy good stuff right there.

And we want we want to do nervous system support before taking supplements, before eating a meal, reclaim that capacity to commune once more with our food and our environment and the people we love.

Starting your day that way and then your day that way. It's great you it's how you become the CEO of your own health once more. But we still gotta do the binders and the drainage and the swampy detox stuff, because that that's the exposures that are making you feel so reactive in the first place.

Like mold and heavy metals are absolutely responsible for sensory processing issues. Sensitivity, light and sound, depression, OCD, anxiety, you know, anorexia like that.

This is not like a gee, I wonder if we'll ever know. Like there's hundreds and hundreds of studies out there that show that. So why wouldn't you love yourself enough to support yourself with the physical level, as well as doing these beautiful practices?

Yeah, I mean, this is the thing about the nervous system, right? It's it's the sympathetic side is detecting threat in all forms. Right. So perceived threat from trauma, from conditioning from, you know, financial, situations from work, from spouses, from parents.

Right. Like children. It's it's perceiving those threats and it it's it's also perceiving a very real threat in the body. Right. We are embodied creatures.

So we can't we can't look at this nervous system as if it's not part of the body. Right. And this to me, again, is one of those huge missing pieces, with, I think, a lot of those experts, because they understand the nervous system in sort of this isolated way.

And and yet they don't understand that muscle toxins can attack the nervous system. They don't understand that that digestive dysfunction creates an environment for this very real threat in the body.

When mitochondria don't work and they're sending, or they're being attacked and they're sending out these threat signals, that's, that's very real. Right.

And so we have to, address all threats, right? In all forms in order to get the nervous system to really recondition. Right. And that's the thing I think is really important, too, that I really, I think, and discovered but it's really landed in a new way for me over the last few years is that the nervous system needs to be conditioned.

We are very conditional animals. Right. And we can remove the threats in a lot of cases. And I've seen this where

we'll clear the mold, will clear the toxins.

And yet if the nervous system is still caught stuck, it's wired in this threat way. Then we have to actually recondition that nervous system. But if you try to recondition the nervous system without removing the threat, why don't you?

You're swimming upstream, right? Like you're just going to chase your tail. And so it's to me it's it's both it's both and and especially if somebody has all these dysfunctions going on in the body digestive system, it's not working. You're not producing hydrochloric acid.

You're you're migrating. Motor complex is not functioning well. You have this liver stagnation, right. Perhaps various infections, you know, of of of many kinds.

Then we can't leave those out. Right. So that's, that becomes the real critical piece. And I think why so many people get caught in this sort of nervous system work is it seems like this endless thing that you need to do, and to some degree, it's a bottomless pit.

Let's be honest. Right. Like this idea of, of of deepening well-being is, is a constant pursuit even after you eliminate all these, these threats. But but that becomes I think, what I've seen so many times is people get stuck in this pattern and they don't know how to recondition, and they're just constantly doing this sort of tapping or whatever and trying to calm the nervous system.

And it's, it's a, a technique that can be used sort of acutely or, or, but, but it's not really ingraining this new conditioning in the nervous system of well-being on a consistent basis, if it's really well set because, we get these habits in the nervous system, right?

It's, are kind of stuck. And I see them almost as like the body trying to rerun this loop and then getting stuck at the end, you know, before the end of the loop.

If they could complete the loop, it could release the trauma and get back and be more integrated and be more present and catch up to who you really are now.

Like, we never stop growing, we're always expanding, and that we need these integration experiences to do that. And we need a supple and flexible nervous system to have that integration.

Nervous System, Trauma, and Detox

So when we get stuck, weather toxin bucket overflows or your trauma bucket overflows or both, it makes you less resilient to clearing the other. You know, I got, very socially phobic and I couldn't even look, men in the eye in public.

In my late 20s. And this was like, over ten years after being sexually assaulted, I was out in the world doing a lot of healing therapy workshops, all the things.

And I actually went backwards in my ability to manage myself around other people, especially men. When I was living in mold and when I was laying up against a wiring error in our wall that was frying us alive while we slept, we had this huge EMF problem. We didn't realize it.

So my nervous system was getting fried for hours at a time every night while my toxic bucket was filling up. So almost like we activated these early traumas.

It was very interesting. And these infections were running wild in my body. And I really regressed emotionally during that time period. And then I was actually able to catch up to myself and mature again as I detoxed and did even a little bit of nervous system work.

So I really see it as deeply interrelated, you know, the trauma and stress experiences and then the terrain being

overloaded and so they can get locked together or we can gently unwind them together.

That's kind of our choice. So, you know, what I run into a lot is, people that have maybe they're into this work for a while. They're doing, you know, stool tests, they're doing organic acids tests, maybe, you know, and they're like, they'll identify some things.

They'll work on them, support the body, sort of in a in a decent way. They'll kind of clean things up a little bit. Things will get better. And then three months later, six months later, they're back to where they started.

You know, the sort of cycle that we kind of can get in. What's going on there? What's what do you see. What's your sort of opinion when you kind of see that type of a presentation where you kind of get caught in this like always chasing something new every three months, every six months.

It's like always something new. And it feels like you just can't ever get your head above water. Yeah, it's a really good question. I, I think a lot of it comes down to that early assessment and protocol design.

So without meaning to even functional medicine can spend a lot of time, energy and budget in the protocol on treading water and just trying to fill the gaps, you know, instead of asking, well, why?

Why can't the body fill its some gaps, right? And so we didn't go far enough upstream in the first place. And so I and I'm going to get a lot of hate mail for this.

But I don't even use the word test. I find it to be not helpful. Honestly. I'd rather look yes at your bloodwork and at your talks and labs and even at, you know, micro gen and some of those persist infections.

I'd rather get to the details in another way. And look at a few layers, because I just don't see that going far enough. I don't see people move the needle with it.

And please, please show me that you can and that you have. But I inherit the people like you when you're talking. I get the sense that it was there like I did all the things and I got all these tests.

Yeah, yeah, these are getting $10,000 worth of whatever, you know. Yeah. So I think we want to ise and look for one of those overlooked blocks to healing.

That's why I make people clean up their water first. I have people do their EMF stuff, so at least they have a sanctuary for healing. We look for environmental triggers, whether it's a radon issue or a gas leak or. Yes, mold.

You know, it's surprisingly common if you find yourself backsliding. And then, of course, the trauma piece, which is why we enroll, you know, nervous system support from the start, because your body's going to keep holding onto stored stress and experiences until it feels safe enough to let go.

And the letting go process, the healing process itself is kind of gross. It's not pretty. We're talking about liver flushes and gallstones and enemas today and poop and and crying and know like all the stuff, all the excretion.

Right. Totally. Okay. But the healing process itself is also incredibly beautiful. If you know how to show up and hold the space for yourself, it really is an initiation into the deeper experience of the self.

That's like Rumi says, the wound is where the light enters. You know it's not an accident. Your psyche is asking for more. It is not okay with you to stay who you used to be.

You must expand. And you know it's a tall order. I know when we get exposed to traumas or toxins, it can kind of arrest us in time. And so a big part of the healing process is looking for those blocks to healing and making sure we can we create some resources around us so that we can actually finish the maturing process and let go of these old wounds, including toxins.

And I know those are big, fluffy words, but it is actually what is happening at a fundamental level for the psyche. Yeah, I agree, and I mean, look, I think the healing journey, I mean, it's it is the hero's journey, right?

It is, in my opinion, one of the bravest things that one can do is face some of these things head on. Right? Because I think many of us, perhaps not all of us, we kind of wandering right when we take the departed.

I said, okay, I'll just try this little thing and hopefully it works and then it doesn't work, right. And then you just eat the fortitude that's required often to keep going deeper, to keep expanding your horizons, to keep adding a layer of, of well-being right in, in a variety of forms.

Right. Cleaning up your environment, changing your habits, looking at your trauma, looking at your habits, fixing perhaps relationships or ending them right.

There's just like a million things that one can do. Not that not to have it seem so overwhelming, but but in my experience, the ones that are that have been chronically ill, it does require this sort of peeling back of the onion.

And there's just there's just more to do. And it I think I've seen so many people like kind of reach a breaking point. And then it's, it's that it's sort of that choice point.

Right. It's a do you have this readiness to continue forward despite sort of feeling like, oh my God, I've been at this for a while. I feel like I've explored everything. Right.

And I would, I'm with you on the sort of the functional medicine piece, you know, I'm grateful for everything that sort of the institute, functional medicine and various functional medicine practitioners have done to the space to get us out of this, the Western medicine model.

But it still can be allopathic much of the time, and there's still a lot of missing pieces. And so, again, it's not a slam functional medicine, but if you if you've been at this sort of functional medicine for a while and it's not working, there actually is a way to go deeper. Right?

And working with somebody like Sinclair and others who go into to have a different frame of mind when it comes to how the body is really working and what's blocking.

I wanted to ask you about, infections. Right. So things like that we see in the gut, right. Klebsiella. You know, blastocysts as ominous, like all these sort of, of course, Candida a various kind.

What's, what's the cause of this? Right. Because, look, we've been amongst nature forever, right? There's people out there in, in, many rural areas around the world, and we seem to have more chronic infections.

And perhaps I would say some of these, maybe not even are really a problem, but we're just calling them a problem or they become problematic at some point.

What's going on there? Why do we seem to have, so many of these things? It just we're good at identifying them, and we just always feel like that we need to treat them.

Or is there something deeper going on? So that's a good question. I love this question so much. Okay, so let's pick on Candida because a lot of people know what that is.

And a lot of people have actually figured out that they may have it, you know, so it could be fatigue. It could be the white on your tongue. It could be the skin problems that are embarrassing.

You join issues, joint issues, the bloating around the middle, you know, the sugar cravings. It just will not quit no matter how you know how much resolve you have.

These are all good signs. You know the libido issues that can. But, this is not an accident. Your body's not stupid. It

can see when there's a bug out of balance.

So there's always a deeper reason. I love talking about, Candida, because it's such an obvious one. We have so much data about what it's doing for us when it's in that aggressive form.

So Candida is helping us to hold on to heavy metals, to hold on to radioactive elements. And that's not just people that like herb outside of Chernobyl and Fukushima.

This is not just like microdosing. Radioactive elements in our water is often where we get them. And there's big portions of the United States. We have it right here in San Diego in small amounts.

Yeah. You know, there's there's big portions of the United States that deal with this and all over the world, so it can hold onto those things for us.

In fact, a fungus was the first thing to pop up, to help clean up the mess around. Fukushima was the first organism to come back. So that's kind of I think they even used they intentionally used various types of fungi to clean up oil spills as well.

Right when we had, was the one in Alaska years and years ago. But I remember reading about this and before I kind of had this understanding of how these microorganisms really clean up the planet for us, like how they recycle life in the most beautiful way.

Right? It just it anchor this for me of like, oh, this is sort of nature's cleanup crew. They're doing the dirty work that nobody else wants to do. Exactly. And in its like healthy form.

Candida is actually acting as a cop inside the body to make sure the other organisms don't get out of balance. It will morph into this aggressive form described.

Please. More. Okay, so it's when a bug turns from one type of expression of genetic expression into a whole different set of behaviors. So it's a colonizing organism like Candida.

Will turn from, you know, copy form into aggressive overgrowth form. And so it has a whole different set of behaviors. And even its genetic expression will change.

It's crazy how it talks within itself, where it goes in the body, its jobs change, its physical format changes. That's what a morphism is. When a bug changes from one style of expression to a completely different style, it's like a shapeshifter.

Infections, Candida, and Terrain Theory

It's totally a shape, and it's based off of the environment and the signals that it's getting right. Yes. So it can do that because of heavy metals and radioactive elements, but it can also do it because a birth control and antibiotic residues and all kinds of other toxins, it will hold on to those.

It's like a sin eater. It will hold the toxin. It's like a like a sin eater, I love that. Yeah. And gently work away at that toxin inside. It will hold up to several times its body weight in a toxin form for you.

One of my favorite studies ever to see the same scale out is, the study about mercury slowly being very degraded, very, very slowly into a slightly less toxic form for the body by Candida.

It's not an accident. So we don't want to vilify the bug, even though like, yeah, the bug creates a lot of symptoms, doesn't it? And yeah, you're going to keep the bug going if you eat lots of sugar.

Sure. But if you take the time to assess what is the bug cleaning up for and support the terrain and excretion with binders, with drainage support, with up regulating liver function.

You know, these are all really great tools to chip away at this problem so that you don't have to carpet bomb the bug. We need to move past this age of like, I found some just killing, you know, on your thing.

Let's carpet bombing with a ten day, three day, you know, protocol, you'll feel like crap. But on the other side, it'll be so worth it. Not want you will backslide and think about it.

And just based off what you just said. Right. So it's mopping up all these waste products and toxins and things. Okay. Well it's carpet bomb that will what's going to happen with these waste products and toxins, right?

Yeah. It's a red toxic vacation event. You will feel like crap. So then you'll end up right back where you started, right? Because that's got to go somewhere and something's going to have to change.

And so the body's going to now respond, again, because we got too many toxins, too many waste products. So it's going to do what it knows how to do. It's going to do what it knows how to do it.

Don't put those toxins into storage or, and, or a combination of lading that letting the candida bloom once more because you're never going to get rid of the last bad bug, it will never wave its flag in the toilet like I'm the last queen, you know, like that's not going to happen.

All right, so we've got to change the conditions instead. Each pillar is the same way. We now have great new studies in the from the last couple of years of like, oh, if we kill each pylori too early in the process, it will actually mobilize toxins that it likes to hold on to that are actually really commonly, we're commonly exposed to through our tap water.

And so it's there for a reason. We want to note that maybe not kill it so early, because actually killing it early will create an increase in our symptoms.

So don't kill it too early in the journey. I mean, I think this is this is really critical. And I love Candida using it as a sort of case study. And to me, I perhaps will make a, an intellectual leap here, but I would argue that that's what's happening with pretty much every one of these pathogenic organisms that we'd like to identify.

It's not a, we're out in the environment too much, and therefore I picked it up somewhere. Right. Because the environment's dirty and. Right. This is the germ theory of disease, which which, it has a fraction of truth to it, but is missing a big contextual component.

Right. And and why I think the terrain theory holds so much better of a, of an explanation for these things. We are again, going back to one of the early things we said we are.

We are nature. We are amongst nature. And so, you know, it's it's really not about trying to stay clean in this way. Although again, you know, like hand washing in hospital, there's there's elements of truth to this. Right.

Like we don't want to be ingesting these things. But it's really I think the take home message here is we have a toxic environment in the body. That's the core thing that is creating a lot of these issues that we're suffering from. Again, yeah, it goes back to center whole.

The Clark's sort of main message is that these toxins and then again, these these infections will come on board as well. But we can't just go to the to the killing model.

We've got to clean up the drain. We got to get the system back online functioning properly. We've got to be pooping regularly. We got to get the liver and gallbladder on, on board.

The kidneys have to be supported oftentimes. Right. The nervous system, of course, which innervates the entire body. But but particularly the GI tract. Right.

This is really, really critical. And it seems to be kind of the core of really what you what you do and how you get

people out of these messes. Yeah, I think that's really well said.

It's and remember, like, the nervous system doesn't need more reasons to be afraid, right? We're going to relax our way into healing. This is not like, oh, crying now that Jason's and Claire gave me so many things to do, like just pick one start there.

You know, if you discovered this style of medicine when you were really, really sick like me, then nothing will be more important to you than clearing the deck and getting this figured out.

But if you're fairly high functioning, you can ease into this. I and Michael, my husband, used to, when he was figuring all this out. He used to go into our little hippie co-op.

We lived in Ashland, Oregon, a tiny little mountain town, and he was at the top of his lungs as he walked by, you know, pretty healthy looking products.

He would yell poison, poison! He was just figuring out all the toxins. Yeah. And I was like, you know, we can skip that step. We don't have to fight and rage against everything we don't have control over.

Let's just focus on what we do have control over, because that actually is enough. I am a giant loss and I am inherently lazy about self care. And if you saw my genes, it'd be like this woman will never be well.

And you know what? I am symptom free. I'm doing great. So if I can do it, I know that anybody can do it. And, I want everybody remember, you still have control over your future.

So please don't take this interview as an excuse to be afraid of life. Instead, I want you to use it and be really excited. That way, more is in your control than you thought and your body is not making accidents.

Your body is not stupid. It does not make mistakes. Your nervous system doesn't make mistakes. There's no reason to pathologize it. Your gut microbiome doesn't make mistakes.

Your body knows what's happening, just needs a little bit of calibrated support from you in the right order at the right time. Beautiful. Well, we're about out of time here, but I want to ask you some of the thought of the biohacking kind of stuff. Right.

For those who really enjoy this sort of side of the of the healing equation or just supporting their body, you know, we've got saunas and we've got infrared, you know, red light and infrared light.

We've got cold plunges, we've got, ozone therapy, we've got sort of lymphatic stuff. What what do you like to bring in, you know, for, a relatively healthy person or somebody that just likes to incorporate these sort of lifestyle biohacking things?

What do you find is sort of working? And what is the stuff that you feel is like, it's a little overhyped. I wouldn't really focus my time there. Yeah.

That's like, oh, I'm going to get my minutes. I think cryotherapy and cold therapy, cool. Plunge therapy is like really overhyped. Okay, 15, $30,000, you know, machines like, what are you doing?

You know, especially for women with, you know, there's just there's a lot of reasons to for athletes. I think there's an enterprise. Yeah, totally. Yeah. Dudes go for it.

Biohacking Tools and Recovery Strategies

But you know, if you're like a fairly healthy woman and you're like, I'm going to spend $30,000 on a tub, maybe not, you know? Yeah, I would skip it. So I love saunas.

I think they're wonderful. I don't think they should ever go out of style. They're. It's an ancient technology in my mind. And it's wonderful for circulation, which we absolutely need support in post-Covid.

And it's wonderful for detox support. You know, all cause cause mortality goes down. We know this deeply, deeply healing. I don't think it should ever go out of style.

I love, ozone therapy. I love hydrogen therapy. I love IBU, so ozone therapy is great for dealing with anything from acute or chronic infections. There's always a way to use ozone, whether it's at home or in the clinic.

You know, it's just phenomenal for not just killing off infections and things, but actually up regulating the healing response in the body and supporting the body to detox.

And you can use it in every, orifice. You can go directly into the blood. Right? We can go and whole body. Right. We can absorb it through the skin. Right.

It's it's so versatile in that way. Yeah. Talk about overlooked blocks to healing and infections. We do sinus infections. So you're not inhaling it. Guys.

Don't take the ozone into your life. Passively push it into the nose with your soft palate closed. And it will kill off these silent infections in here that are distorting your immune system, making your brain foggy and messing with your gut microbiome.

This is so wonderful for that. But I love IBU because especially because Covid, I want to see, you know, a lot of blood filtration support. And what do you do just to give people a sense for that?

Oh yeah. It's extracorporeal blood ozone and oxygenation. So it is something you need to come into the clinic to do. Please do your research on a clinic.

A lot of them. It's the Wild West out there. Make sure that they have really excellent care safety practices like we have really seasoned staff. We do not skimp on all the safety measures and all that.

We like to get people into a nervous system, state of relaxation, regulation and hopefully a little bit of bliss beforehand so that your body's ready to let go.

So that's a great thing to do as a maintenance. I think that's what we'll see evolving over the next few years is like, oh, I'm going in to get my blood filtered for maintenance, like an oil change for the blood.

Hydrogen, water, hydrogen. As you know, water is usually overpriced. I like using hydrogen gas. So there are great machines we can do. Cannulas. I'm at the clinic, but you also have cheaper versions you can do at home.

Hydrogen is an electron donor, so it helps upregulate every anti-aging process. Super anti-inflammatory helps with balancing the hormones. Great for the libido. Great for sleep and detox.

Just like all of the amazing for energy, right? Like good for mitochondrial function, right? So good. Yeah. Do not sleep on that. And I also love CO2 therapies for that.

So you know that one's that one hasn't made its rounds I think in a lot of that sort of integrative functional world. But you do see it in sort of like I guess the biohacking world, some of the rapey, worlds.

And so maybe you just go a little bit into CO2, etc.. Probably most people haven't heard of why that might be beneficial. You know, it sounds so dumb, right?

Like explaining the early studies to me. Initially I was like, what? You know, I'm also very skeptical. Like, that's not stupid. Well, it's funny because when I was an engineer and working on buildings, we actually had CO2 sensors, right?

So if the CO2 got too high in the classroom, they'd have to bring in more outside air. So it ran totally, totally counter to all the things that I was sort of trained in the engineering world.

And now I recognize that actually has a purpose. Yeah, totally. That's exactly like why? Why does it have more CO2? You have. No, no, no. But actually we do.

So if you use it for example, we use these vacuum sealed suits where we put people into them and then we pump them full of CO2. And what it does is your body is always exchanging gases to the skin.

So if you start getting CO2 pushed into the skin, your body will go, wait, what should we vaso dilate a lot and start flooding the tissues? Fresh blood and oxygen.

Let's do that until you get warm all over and you get this upregulation of, you know, this whole flushing out experience. It's wonderful and deeply healing.

So for people with like, yes, stuck stubborn lymph and, you know, old trauma injuries, you know, old fascia, weird stuff. Lots of people love this. It's a great anti-aging hack.

It's great for energy support. I used a combination of CO2 therapy, ozone therapy, and, you know, just a little bit of supplementation to drop 40 pounds.

But I gained after a long Covid. It was a really big like it was a scary time. Like no matter what I did, I just kept getting bigger and bigger because my tissues were so swampy and CO2 therapy was wonderful for that.

So don't be afraid of it in the right context. You can also breathe in CO2 there, but yes, you are creating a similar effect. It's not scary is just an, slightly higher relationship of CO2 to your other gases when you're breathing it in.

So that's awesome. Yeah, it is it. I mean, it's sort of old school way. Is is actually through breathwork techniques. Right. And when I, when I exercise, I only breathe through my nose.

I'll go for a run and breathe through my nose. And what that causes sort of this hyper cap neck breathing where you become less sensitive to CO2. In other words, your body is able to exchange that CO2.

It again gets oxygenation to the tissues better when you actually can deal with more CO2. So you're training your body to actually become more CO2 or less CO2 sensitive.

And so again, and I point to that just because it's been around for thousands of years. Right. Like certain, you know, our Veda and the Vedic knowledge, I'm sure Chinese medicine probably too, have known about this, right?

That that CO2 is actually beneficial and we can actually create a functional change in the body when we have more CO2 in the body because the body's going to in fact, that's why we we need to breathe, right?

Like when you hold your breath, it's actually not lack of oxygen per se. It's that CO2 is rising too much. And then you have to breathe. And so, you know, divers and these type of people are very CO2 insensitive.

So I love this. And now we have technology that can make this that much easier. Right. So again Sinclair, your wealth of knowledge I love that you, like to play with the fun stuff and also keep it very practical and very real when it comes to healing.

Again, you deal with some of the most, complex cases. And so I really respect kind of your, your, your protocols, your approach, your philosophy about all this.

And, tell people where they can find more your work and maybe about the sales center as well. Oh, thanks. Yeah. You can find us a detoxnation.com. So you'll see all our articles and all of our free resources and free assessments on there.

You're welcome to dive in and nerd out with us, but find me on Instagram at Sinclair Community. And you'll find us in Carlsbad, California at the sales center, where we created this beautiful refuge for you to come heal.

Whether you're just looking to optimize or you want to get through some really stubborn stock stuff. So we'd love to see you. Yeah, and they do retreats there, too.

So, some really cool experiences that can be done. And really profound transformational changes. Right? Which is really what you're about. Not just this, fun healing toys, but but how do we use them to actually create change?

So, again, Sinclair, thanks so much for coming on today. Thank you. Jason.