The Hidden Cause Of Anxiety And Depression: Are Parasites Controlling Your Mind? Transcript

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Introduction and Speaker Background

Hello. Hello. Welcome back to our summit. Hormones and mental Health overcoming anxiety, depression and ADHD in women. I am your co-host, Doctor Sharon Stills, and I am here today with one of our sponsors.

And I just want to say thank you. Like we all send the juju and the love, because without our sponsors we wouldn't be here. And so we appreciate our sponsors so much.

And this sponsor also happens to be an amazing healer. So you going to learn so much. And she's also a dear dear friend of mine. And so her name for those of you that don't know her because I'm sure a lot of you are like, I know Sinclair Kenneally, she is a C and C, she's a certified toxicity and detox specialist, and she relies heavily on emerging data in the rapidly evolving field of new health.

She's A. R. T. trained, she's had the big, big privilege of apprenticing with some of the leading edge German functional medicine pioneers today. She does resonance by re patterning.

She's PK certified. She's a family systems facilitator. She's an NLP master, family practitioner. I mean, she just does it all. She has a new clinic called Sela Center in Carlsbad, San Diego, but it's in Carlsbad.

She runs, detox Rejuvenation with her partner Michaels in to be husband. And she she's just a wealth of knowledge. She has her own story so she can she has empathy.

She's been there and she's got the solutions. And so I couldn't think of a better person to have a conversation with about overcoming mental health issues.

And we're going to look at it from a very unique perspective. So welcome, Sinclair, to the summit. It's really it's so wonderful to be here. And I so appreciate your advocacy in this space.

You I mean, maybe your audience doesn't know this, but you're such a bright light in the world of bio regulatory medicine. And, you know, just thinking about as we were getting ready for today is one of the axioms that one of my all cranky German mentors used to say, which is when you're dealing with a mental condition, look to the body.

When you're dealing with the physical condition, look to the mind and the heart and you know what? What is out of balance there. And so that's what I would love to talk about today and help folks who are dealing with mental health issues understand that you're not separate from your body.

And there's some really important things that are still overlooked today that you can absolutely reverse when it comes to the stresses that your body's been put under, and how to get back to feeling like the best of who you really are.

Again. And for those who don't know, because I haven't really spoken about bio regulatory or European biological medicine, maybe just give a little quick synopsis of what exactly is that?

Why are we so connected in the, European world of medicine? Well, you know, I learned about this stuff the hard way because I actually started out in mental health and I thought everything was about trauma release and process work.

And that was just going to heal every physical condition until I hit my own ceiling of capacity and got a wake up call. Ended up in the hospital, and no American doctor knew what to do with me.

And none of the natural paths and homeopaths and acupuncturists and, you know, nutritionists knew how to support me either. So we ended up going well.

Michael searched the entire globe, but he found I regulatory medicine and, you know, some of the the brightest minds and, you know, the Swiss and German world, they were decades ahead of us and understanding ancient healing principles through an integrative medicine lens.

And when we say bio regulatory, what we're really talking about is bringing the body back into regulation, because the body is always a self centering, self-balancing, you know, magical world, internal world.

And so sometimes it needs a little bit of strategic help to do that. And so when we say bio regulatory we mean is life is regulating itself. How do we support life to come back into coherence or regulation.

So I know this sounds kind of like a weird word like regulation, like sounds very German. But what we mean is coherence and well-being.

What Bio-Regulatory Medicine Means

Yeah, it's all about we are we are self-regulating organisms and often we're so in our society thinking about what do I need to take? And often it's like, what do you need to get out of the way?

Regulate. So well said. So let's so we were chatting before and I'm like, what do you want to talk about? You know what, how can you best serve. And you brought up, you know, mold and parasites in relationship to anxiety, depression, ADHD.

I asked you to throw in a side order of some liver and bile work because that's your specialty and so important to. But I think, you know, I don't think we've talked about mold or parasites when when we think about mold or parasites, I don't think it's a normal connection or a common connection where we go, oh, that could be the cause of my depression or anxieties.

So I'd love for you to kind of give us this view. So the women listening have now another piece to look at. If things haven't been working for them, this could be their missing piece.

Yeah. So let's think about it this way. You know, you're going to hear from a lot of experts on this event about, you know, the gut brain connection and the nervous system.

And, you know, those are really essential things to understand if you want to reclaim your own health mastery. But one of the fundamental things to to be aware of is that we in by regulatory medicine, we think about the body as terrain, as, it's not that you're never going to be exposed to anything bad.

It's not that you never been exposed to a parasite. You're going to be exposed to them pretty regularly through food, air, water. Someone's going to cough up an egg or some kind of parasite until it is, you know, on the bus next to you.

The question is, is your immune system in a position to see that coming in and go, no thanks, not today. We don't need that here. And the dirty are your terrain.

The more overwhelmed your body is with toxins, including and especially things like mold and mycotoxins. That's the poison that mold makes or organophosphate that create leaky gut on contact.

Those are those herbicides and pesticides of sneaking in our foods. The more we're in a position to, actually need parasites to try to mop up that mess for us because it is a very interwoven relationship.

So parasites will only thrive in your body. And I'm talking about the nano cellular guys like Toxoplasma, Gandhi or TRT, stuff that you cannot see with the naked eye all the way up to the big scary tapeworms that could be several

meters in length.

And, you know, this is fun stuff to talk about on social media because there's lots of gross pictures. But the truth is, it's not that unusual. In fact, it's very common.

The body will allow parasites to take over to a certain extent to be acting as toxin sponges, because parasites can thrive in a toxic low oxygen environment deep in the tissues.

So that could be in your gut. It could be in your blood, it could be deep in the lymphatics. You know, where you get these like persistent infections that like, you can't kill it, but it can't kill you like that one lymph nodes, it's always swollen.

Mold, Parasites, and Mental Health Symptoms

You know, that's the kind of, you know, infection that can just sit there and steal your energy and skew things a little bit towards stagnation, a little bit towards depletion over time so that you're more and more susceptible to, you know, issues as they arise, whether that's life stressors or more toxins.

So, you know, when we one of the things I'm really passionate about is educating about this, because you don't have control over whether or not you're ever going to be exposed to a parasite you have, and you will be against it.

But you do have control over whether or not you're a good host. And that's about respecting the body's own strategies to self regulate and to clean up the terrain, to basically deal with the backlog so that you get your energy back and your emotional resilience back.

Those two are not separate. So we want to clean up the terrain with, yes, things like, you know, bile flow and support and lots of drainage. I don't know why all these words sound so gross because it's really magical.

What the body does, actually. But it's a realm that I think about this stuff in. So let's I've got a few questions. I always listen to these interviews as if I'm someone at home.

And what would I be thinking? What would I want to know? So I want to go back to parasites because this is a a big topic and it's getting more press lately thanks to people like you.

So for the women listening, how do they know if they have a parasite? What kind of testing do you like? Is is it something parasite cleansing? Where does that fall in your hierarchy? Okay.

And then I guess, you know, you can weave in there. Like how. So how do I make sure my terrain is not a happy hotel for the parasites to want to come stay at?

Yeah, those are all great questions. Let's let's unpack it one at a time. So, one of the reasons why I'm so passionate about this is because I had and co-infections and and really, really struggled with debilitating anxiety and social phobias and depression for years.

And I got lots and lots of mental health diagnoses along the way. But it took decades for people to, for me to understand the the terrain issues and the actual pathogen layers to these things.

So the first thing I want to say to you is as we go through what the parasite symptoms are, is that this is all reversible and the best of who you are, your emotional resilience, your natural generosity, your sense of humor, your creativity, your natural optimism.

All of that is still under Neath. So you haven't lost anything that you love, about yourself and anything that you value. It's just you may not feel like you have access to right now because the symptoms can become so loud.

So one of the easiest ways to start, assessing for parasites is to go to the symptomology. So the symptomology

says that unfortunately, there could be hundreds and hundreds of symptoms that point to parasites.

So I really want to look at the constellation of the symptoms. Anxiety is a is a really important clue. So as depression, so as, you know, more difficult things to unpack, like manias and manic depression and even bipolar, statistically you're much more likely to be bipolar or has schizophrenia if you have, Toxoplasma gondii or Lyme and any of the Lyme co-infections.

But Basia, Bartonella Alicea, you know, all these guys, Borrelia diary say that one. So we want to understand that there's like what the pathogens are doing and I'll help you understand, like, how are they making anxiety and depression happen in a second, but let's name a bunch more symptoms.

First, floaters in the eyes. Weird skin issues because your skin is expressing distress at like histamine overload or liver overload because parasites are driving that, because parasites dump so much histamine into your system.

What else do they do? Lots of gut symptoms. So lots of chronic fatigue issues, difficulty sleeping, feeling like you finally wake up in the evening even though you've been struggling with energy all day.

Suddenly I'm here. I am at 7 p.m. or 9 p.m. cravings, especially in the evenings. Not just difficulty getting to sleep, but also waking up. And like some of the more obvious stuff like your stomach gurgling and rumbling and pinching and hurting before or after food, bloating, weird constipation and diarrhea, you know, you crave dairy, but then you pay for it afterwards.

You know, that's the parasites talking. And then it's there. The endotoxins, which is parasite poop and pee. They had a party with the dairy, and then now you're paying for it.

You know, what else am I leaving out, Sharon? Lots of weird skin stuff, energy stuff and it's. But. Oh, yeah, there's the obvious no. Yeah. And worms can create itchy bite, especially at night because the females, navigate down to the rectum to lay their eggs, and they secrete a very sticky, itchy substance.

That will help the, the eggs, like, get picked up by your Baldwin on the way out the door, and all of her children shall go forth and propagate. But it's really itchy for you.

So. Yeah, that's I know it's really gross. So that was a really common one. What about TMJ, teeth grinding, bruxism? There's a huge issues. I noticed, like kids that have snoring pouring in their nose.

Right? Like or, like chewing on your fingernails, chewing on your hair. Like you can never see it once. Yes, totally. You can never unsee because people are like.

I just don't feel like myself. Like, yeah, you're full of bugs, dude. You know? Do you do you think everyone has parasites? Yeah, I do, but the question is not do you have them?

It's. Is your immune system in charge? So and you asked about parasite cleansing. We don't do parasite cleansing to hunt and kill and carpet bomb because we're not trying to outsmart the body.

Remember the body's released smart. It just needs some targeted support to do what it already knows how to do. So we ask the body what do you want? The body wants drainage support to reopen up fully the pathways because a moving stream runs clean and parasites love stagnation.

So a lot of their strategies to thrive and beat you in your own environment internally is to slow things down, slow down your digestion so that food rots and ferments and gets more sugary and yummy for them and they have more time to feed.

Slow down your energy so that and suppress your immune system so you get sick easy and it's harder for you to fight back against them. Disrupt your sleep so that again, you're not as strong.

They don't usually want you to die. Most species don't want you to die. They just don't want you to be strong. They want to slowly decompose you over a few decades.

They're like, this is great. I'm going to save you for a while. So we want to open up drainage and support detox to clean up the environment so that things like heavy metals, chemicals and molds, which are the reasons parasites are thriving, are getting flushed out.

So you said something before I want to go into. But I also, Sure. Like what about stool testing? What's your viewpoint on like testing for parasites? Because they are sneaky critters.

They're so sneaky. And I will be the first one to shout from the rooftops when I see a commercially available stool test that is consistently able to give you the amount of information that we would really love for it to be worth the money.

But right now, you're spending hundreds of dollars on a stool test that they're taking one part of one bowel movement. And if you think about parasite life cycles and how intermittently they shed or send out over time or like this is already like a little questionable.

But then in the lab, what they're doing is a small smidge of that stool test is actually going under the microscope, and they spend less than 13 seconds looking at it.

So the amount of times that my sweet clients and students have, like they pulled out this tapeworm and it's clearly a tapeworm because it has a sucker head in the segmented by.

And they're so proud of themselves. And they want to know which tapeworm. And they want the lab report to prove it so they can take it back to all their doctors that told them they were insane, anxious weirdos and say, look, the lab says.

So instead, what they get back is, oh, yeah, that's you know, we don't really know what that is or, you know, it's undigested food and there's so many reasons for that.

The parasitic genome is can modulate so rapidly. They're certain parasites can have up to 70%, sometimes even 90% of genetic diversity within one colony, because they're so good at modulating themselves to thrive in your environment.

Oh, this part of the GI tract is a little more acidic. We'll change our DNA to fit it. Oh, this part's a little warmer or a little cooler. Okay. No problem. We'll change.

So mapping the parasite genome, there's not enough money in it right now to do it accurately and effectively. And then whether or not you're actually seeing the full, you're not seeing your full GI map on a GI map test.

Like that's such a misnomer. So it's cool if you see some parasites on your GI map or your other stool tests. I would view that as a win. I would view that as like bonus information, but just because nothing came back, you wouldn't.

You don't actually want to consider that a negative or an absence of parasites.

Testing Limits and Reading the Terrain

That's a false negative, because there's no actual way for the lab to tell you what's really going on in your entire three tennis courts worth of surface area of your gut, like, and that's just gut parasites.

So every lab has its limitations, which is why Sharon and I obsess about labs. Doctor. Sharon. And and you want to look at, you know, a lot of different windows of information and still rely on, in the end, the symptomology and the skill of the practitioner at being able to constantly all of this and really assess it with knowing the limitations of those labs.

So by all means, get a stool test. By all means get a blood test and look at those blood markers, those different inflammatory markers like basophils and eosinophils, like all of these can tell you like, oh, that's elevated.

And I also see this stuff over here. And you also have these symptoms then yes, we are going to when the time is right, tackle some parasites. You know, when it's paired with these food sensitivities like it's just there's a constellation here to look at.

And so what is your for someone listening I think you said it before, but how do like, how do they know that their terrain is ready. Do you go after the metals first.

Do you go after the mycotoxins first? How do you kind of approach someone? Well, when we think about the mechanisms of damage and what the body's ready to get out, mold and the mycotoxins that mold excretes, that's poison that's made by mold.

Mold is a colonizer. It's a fungus. That's mold is actually trying to kill you. It's snacking on your tissues, it's breaking down your cells, and it's elbowing your beneficial organisms out of the way and actively suppressing your immune system.

And different mold strains have different energetic signatures. They have different types of behavior that they turn on and turn off for you. Some molds make you extremely passive, and a bit of a food exposure that's coming out in the not too distant future.

It's going to share how food manufacturers actually use molds, and essentially weaponize them to make you addicted to their foods and make you more passive and need to consume more of that in order to actually get satiety signals.

So molds can make you passive. They can also make you very depressed. Psychiatrist using different black molds can really make you suicidal. And I was one of those people like I I'm not ashamed to say that.

Like I wrote my goodbye letters many times. I tried to commit suicide, and it really ruined several years of my life and a lot of really important relationships to me, because I didn't understand what was happening.

So. Or they can also just make you, like, irritable and anxious. So when we think about how are we in tech, all this stuff, when you're feeling fragile, you know, emotionally, and, you know, not enough energy in the system because all the parasites, the toxins are so good at interrupting your own energy production.

What's it were that we do these in? We actually do get really great results when we support drainage and mitochondria function first. So that means supporting your bowels.

You need to poop every day. Otherwise you don't want to speed up detox. Okay? It's just how it goes guys, because you need a clear pathway to the exit from the liver.

And otherwise there could be too much pressure on your kidneys. There's a lot of domino effects right. And you need to support mitochondria function because you mitochondria, which are your little energy power plants in your cells, they're responding to toxins and parasites, too, as if it was a physical injury or a stressful event.

And they're sensing that from signals in the extracellular matrix, which is where those toxins are swimming around. They're in your cells. They're also in the inside your cells and your mitochondria know that.

So they're not going to be in energy producing mode right when you need them the most. You need energy to detox and fight off parasites, but you need to fight off parasites and detox in order to get your energy back.

So what we do is we add in cellular support, mitochondria where we open up drainage pathways, which are your body's own streams of letting go. And then we start drawing out molds because then we get some relief and pressure in the liver.

Then we can get some relief in the immune system strength. And then we can start going after the bigger gut worms before going to the systemic parasites.

People crash all the time. And functional medicine I, I want to take every functional medicine practitioner. I'm. I'm sorry to be so blunt about this, but our time is short, and I want you to be better.

I want you to be your best. I want you to go to bio regulatory medicine school and and really understand what it is you're doing. So we don't go in and hunting, killing carpet bomb.

We go in with a surgical approach of like, what does the body want from us so that it can be running the show. And that's what we're doing with parasite Cleansing.

We're tipping the scales back and the immune systems favor because your immune system can see this stuff. It just needs a little bit of support to reregulate that teeter totter.

The immune system responses. So we don't carpet bomb and we go after systemic parasites after the larger worms, because that gives you enough relief and like breathing room for the immune system.

And things are starting to flow again.

Drainage, Mitochondria, and Treatment Order

And you can get waste out of the lymphatics, through the liver, out through the bile, which is the safest way for your body to do it. And things are starting to move.

And then we can do things like, you know, push down of heavy metals from deep in the tissues. But most of you aren't well enough to do that in the beginning.

So we don't start there. So stay away from like the, you know, heavy metal cleanse in a weekend stuff on the internet. That's very scary and irresponsible. Yeah.

I'm sorry. That was a lot of really inflammatory assertions, but I just I just weren't. And I want to protect people and their thing, and it's so nice to hear someone like, say what I say, and, like, yeah, like, everyone's always talking about the mitochondria, but, like, you know, just to re-emphasize how you said, like the mitochondria is sensing from the extracellular matrix.

And so it's the extracellular matrix. It's the the soup. Right. It's the the fluid that these cells and containing the mitochondria are floating in. And that's no one talks about it except for us, you know, and people who practice European biological bio regulatory medicine.

And that is really where health begins. And ends. And so listen to what this woman is saying because this is like, this is it. This is the truth. This is how we do it.

And there's like a roadmap, right? You don't go in and just like, oh, I think have heavy metals. Oh, I think I have mold. Oh, I think I have a parasite.

Let me do a five day detox. So like that, that's not how the body works. You know, I do a three day juice cleanse. Like that's not how the body work. We want to, like, give you the tools to really heal.

And I do want to swing back because you've sort of done it, but I just want to know if there's more you wanted to say, like you were saying before. Like you were going to talk about how these toxins are creating.

Yeah. The anxiety the depression talked about with the mole, but I don't know, I feel like maybe you have more to say on that. Yeah, that's a really great point.

So, like, why does this matter to you? Why are you even watching this? Because you want to have a different experience internally, right? You want to feel like yourself again, whatever that is to you.

What what most of us are looking for, for in mental health is to feel resilience to be able to recenter ourselves during stress. And that means to be working with the autonomic nervous system and be able to get back into that parasympathetic rest, digest, repair and connect state where we really know that we are safe in our own bodies.

And what parasites do is they rob us of that. So how do they do it? Well, the parasites know that if you're not able to feel safe and at home in your own body, and you're not able to be in that parasympathetic dominant state, you can't detox as well because your body will down regulate detox functions and upregulate stress functions and survival in the moment functions.

So that means your toxins will build up. You'll be more stagnant, more hypoxic, which means low oxygen where parasites thrive in that. But you're happy gut bugs don't do as well because they need a clean, flowing stream.

They need an oxygen environment. They need mitochondria working. They need all those beautiful things in synergy. So the pathogens want you to be stressed.

Here's how they do it. They secrete endotoxins. That's their poop and pee, into your body wherever they are, whether they're gut parasites or they're systemic.

Like blood parasites are really good at this. It doesn't matter where they are in your body, they all can do this, and they actually interfere with your body's ability to feel safe and receive those signals.

They can down regulate your Gaba production and interfere with it. Gaba is your neurotransmitter for feeling calm and safe and centered. They also do really interesting things like get you more and more addicted to dopamine.

So you're looking for these short term stress highs over and over and over again, which coincidentally, social media is happy to provide us and stimulate you.

But they're also stealing your serotonin. So a lot of your serotonin production, that's another neurotransmitter that's like your happy good feelings.

Right? Again, another way for you to feel safe in your body, feel like yourself, feel connected to everything around you in nature. All of you know, all that is, but when you make serotonin in your in your gut, the parasites can actually steal that and eat it.

They want that high. They don't want you to get that high. They want you to be all depressed and anxious and weak and not able to detox. So, one of the ways that they have evolved to do that is they're actually more active around the full moon.

And this isn't just like woo woo stuff. I always say that like I am a hippie. So it's like, oh, okay, that's fine. But no, that's actually science. You make yeah, you make a little less melatonin.

Just a little in the days leading up to in the day. And then a couple days after the full moon and melatonin is actually crucial as a support for your immune system.

So your immune system is a little less strong during the full moon, and you're making a little more serotonin than you normally would, especially in the gut in the days leading up to the day out, in the days after the full moon.

Hence the all the old rituals on every continent celebrate the full moon. Everything is in nature. Everything is in cycle with each other. Yay! Except the parasites know that.

And they're more active around the full moon too, because you're defenses are down and the serotonin is ripe for the picking, so they breed them their feed more actively.

Again. So they're pushing you to eat weird, inflammatory things more. Then it's harder for you to sleep. So there's so many different ways that parasites understand how to control your behavior.

I woke up with existential dread. This is, several months ago, and it was a feeling I hadn't felt in years. And I was like, oh my God, something's really, really wrong.

What is wrong? And I'm scanning for it and I can't find like, what is wrong. I think, I think I might be doing something very, very wrong and I get up to go pee.

Does your normal morning pee and, lo and behold, I have to do an urgent bowel movement and it is a dead parasite. And I was like, oh, there's that existential dread.

That's where it was coming from.

How Parasites Affect Mood and Behavior

And I realized that the one at some of the new products and protocols that were always experimenting with, I had accidentally sort of going after parasites.

It's like, oh, well, I haven't seen one of you friends in a while. That's right. That's the kind of feeling that you generate because you want me to go after you.

And so that's that's very common. And it's part of what we solve for and the way that we do parasite cleanses because they do fight back. They'll tell you that something's wrong.

You should stay away from those herbs, those natural anti-parasitic. We don't like those. We're going to make you think you're allergic to them. Or, you know, we don't want you to settle down in your body.

We're going to make that sound and feel like a bad idea, because we want you to be weak. They're pretty smart. These, parasites, they're, you know. Well, they eat at your table first, so they keep them on nourished, like.

And it's guys, this is making it sound a little scary. And, you know, I just want to, like, reset the the room here. Your body knows what to do. And you wouldn't have this problem if we didn't live in a very interesting day and age.

It's the era of toxins, okay, but this is still solvable. All of this is fixable, or we wouldn't be talking about it organically. Yes. Your body knows exactly what to do if you give it even the right a little bit of the right support.

So there's infinitely definitely hope. You're you're living proof of it, as are your, your, your clients and students and. Yeah, so, so, I want to talk for like, seven hours.

I do want to just real quick, before we wrap up, could you just talk about. Because we talked about the liver and I think everyone knows about the liver, but could you just give a little shout out and some love to the bile?

Because I think the bile is like the, the unsung hero and is really important. And you do it so eloquently today. I know bile is a really gross word, but guys, it's so magical.

This is really like I think about it like your your body's liquid gold detergent because it is expensive to make and it takes really critical resources to do so.

And your body wants to recycle it almost infinitely, like over 92% of your bile solids are recycled. So and then it gets like melted down and reused. So that's why I think about it like your liquid gold detergent, because it's there to flush out toxins and also digest and help your body absorb these critical nutrients like your vitamins A, D, K, all the fat soluble vitamins must have bile using like breaking them up, breaking up the fats, and emulsifying them so that those critical nutrients can get absorbed.

So if you're, feeling sluggish, if you are having a like a tire around your midsection that you cannot diet or exercise off if you don't sleep well, when you wake up between 1 and 3 in the morning, if you have your skin acting as a second liver where you're Rashi and even adult acne, you're aging and fast forward and you're like, where it all has come from. You know it.

It could be that your liver's running a little slow and your your liquid gold detergents getting a little dirty and could use some help. So this is very fixable because your body's amazing at making this stuff and it needs to be able to flow with ease.

So surprise, surprise, we're going to talk about flow. So you can build bile faster by adding in bitters and bile movers and bile builders. Well, to talk about what those are in a minute.

And we do that so that your liver feels safe too, and has the urge to let go of it and send it into the gallbladder. If you still have one and the gallbladder has enough energy and the right components to send the bile out down into the small intestine to meet the stomach acid and the bullets, the food right at the perfect moment, as that stomach acid in both the food hits the small intestine.

Because think about it, the small intestine is like very, very delicate, like exquisitely delicate. It's gorgeous. Little V my fingers like just one cell thick.

What are we talking about? How are you? How can you dump stomach acid, a bucket of it, into the small intestine? After every meal? How does that work?

It works because bile comes in right at the right time and is extremely alkaline in the gallbladder, is talking to the stomach and they know, okay, this is how much stomach acid.

Okay, well, this is how alkaline the bile is. And the pancreas is bringing in sodium bicarbonate and enzymes and everything meats together in this exquisite dance right at the right time to shift from stomach digestion to small intestine digestion.

So your body knows exactly what to do. But if you're liquid gold detergent is starting to feel more like old motor oil, your gallbladder cannot keep up in a certain energy.

Like, guys, I can't let go fast enough. And so your stomach acid starts to modulate down, which means you're not fighting off parasites. You're not breaking down your food.

It means your small intestine starting to get bloating and weird, and you're starting to ferment more, and things are just moving too slow because your your bile can't keep up.

So your whole digestion is going. So this is not going in the right direction. And your toxins are starting to build up. And that takes a while for you to notice because your body's so frickin resilient.

You have 2000 miles of bile ducts in your liver.

Liver and Bile Support for Detox

So when you're like all those things, we can cleanse and that'll catch up for everything. It's a really good impulse, and I encourage you to be just a little bit more generous with your body than that, because it would really benefit from some purposeful supporting of bile flowing when we wouldn't, and realizing it is going to take some time to move out.

That congestion from those 2000 miles of bile ducts. And it is so worth it because it'll get, you know, your patient's back and your brain back and your scan will start looking.

Do your and, you know, there's just so many fun things that come along the way. I told you she was going to do it

eloquently like this. And I think one of my life like artwork on my clinic walls when you just guys go amazing.

Oh, you got to do that, right? I got the graphic. I have a gorgeous you have to do right now. I think I do have a little picture of you inspired by my talk.

I want to I want to inspire the nap room. I know in a Doctor Still's clinic, there's going to be a nap room. So we got a few surprises coming our way.

There's. I know I was like, I'm just going to see patients in the, in the small room, and they are. Yes. Don't be like, yes, we're doing your appointment here.

I love it. Obviously, she has a wealth of knowledge. So tell us a little bit about how the women watching can work with you, can learn from you what's what's their next steps?

Well, I really appreciate it. You can make sure that you're following us on, and I Instagram. I'm Sinclair, Kamali and my clinic is detox rejuvenation on Instagram.

We have the sales center here, North County, San Diego, Carlsbad, which is, you know, where you can work with us in person. We have a pretty robust virtual clinic.

We'd love to talk to you and see if that's a good fit. Of course. The courses that we do that would be the best fit for this. These kinds of concerns.

Resilience reset is my favorite because it's all about the nervous system, retraining with this awareness of stuff in mind. So it's like the best of that toolkit and understanding how to clean up the terrain at the same time in a way that's not overwhelming.

And then we do rapid parasite release, which is like this big buffet of all these different parasite protocols for every level of sensitivity, every different type of parasite.

And it's big and rowdy and fun and all the things. So spell your last name so they can find you because they drop can be spelled a lot of different ways.

Yeah, it can really key and ally two ends tools and the website is detox rejuvenation.com.com. Yeah. So go check her out. I follow her on Instagram and she's always I'm like, I should be putting out such good information like you are your inspire me.

I'm I keep threatening that I'm going to take Instagram seriously. So maybe that'll be that'll be this day. You know, it's it's tough when we want to talk in such depth.

But and I'm you know, I'm always trying to figure out how to do depth in 60s. That's hard. I know I'm like, I can't get on Instagram and talk for less than ten minutes and you want me to make a real 60s.

It's it's a challenge. But yeah. So follow her. Go check out her classes, check out her website. She's a wealth of information and a beautiful soul, as you can all see.

Working With Sinclair and Closing Remarks

So again, thank you for for supporting. You know, she is sponsoring this summit because it's it's near and dear to her heart and she wants to see this information get out there.

So thank you for that. That's so important. We need to take this seriously. And approach it with the sophistication that it deserves. And and so thank you for the beautiful light you are in the world and in my life.

And just with all the work you do, it's just so important. So, I told you we'd have a new lens, different lens, an

important lens. I'm sure. I'm sure a lot of you have already left the talking already on her website, so to do that are still here.

Thank you for being here. Thank you for opening your minds. You know, thank you for for caring enough about yourself to come and listen to these talks and see what fits for you and what resonates for you and what you're going to pursue to help you be.

I love what you said before you know your sense of humor, your creativity, your resilience, all these these beautiful things that we totally forget about when we're just trying to make it through the day. So there is hope and sending you all big hugs, big love, kisses of things.

And thank you for being here and I will be back with another talk for y'all.