Introduction and Guest Welcome

– Hello and welcome to this episode of the Environmental Toxicants Autoimmunity and Chronic Diseases Summit. I'm Dr. Wendie Trubow This is Dr. Ed Levitan and we're your hosts for this episode. We are absolutely delighted to be interviewing Sinclair Kennally today.

By the way, did I say that? Right, Sinclair, – You absolutely did. You nailed it – Rock and roll. Sinclair Kennally, CNHP, CNC is an award winning expert on chronic digestive conditions, the CEO of detoxrejuvenation.com, the host of your health Reset podcast and a survivor of complex chronic illness. Her mission is to help people reclaim their health and rediscover their creative power so they can be who they came here to be on this earth, Sinclair. I'm not done because you made a huge impact on me when we met a couple months ago. And what I really wanted to say in your intro is that you make a tremendous impact on everyone who comes in contact with you and she's both successful and lovely, which is an amazing and rare combination.

So, Sinclair, welcome. We're really delighted to have you here today. – Oh, thank you. So much. What a warm welcome you to. You know, I just love your mission and I'm so aligned with what you're sharing with the world and I'm just excited to be here. – So we're going to talk about the compounding effects of exposures to toxins and how that messes with the thyroid and Hashimoto's and I just gave away the whole thing.

– Just, just give it away. Huh? – Give it all away here we are. What's good? – How, let's start with actually, how do you, why are you doing this like this way?

– I got into it the hard way, Michael. Right. Yeah, Michael Spindle and I had my partner in all things. We were both very busy practitioners running mental health practices.

Sinclair's Illness Journey and Recovery

He was a therapist, you know, specialist for somatic trauma release and we thought we really had it nailed, like what was most important for the healing process.

And then our longstanding little signals in the system compounded and compounded and we both crashed and very short order. I ended up in the hospital.

I was mystery patient. X none of the panels made sense. All the tests came out negative. And, I thought when I was checking out of that hospital that I was essentially going home to either, like, wait it out and I was going to get better or I was going home to die.

And I really wasn't sure which, you know, I vividly remember, like, I didn't even check out I just pulled on my jeans. I didn't have the energy to take off the hospital gown, put my sweater over it and Michael kind of helped me hobble out to the parking lot.

And the problem is, you know, as you know, so well, telepathic medicine is just not set up to understand or assess or treat this explosion of complex chronic conditions that we're experiencing today. And I was very much in that wave of like, oh, we're all getting sick and it looks normal because it's happening to all of us at the same time. Now, more of us Americans are sick that are well. And that's just people who are diagnosed.

Six out of 10 Americans adults haven't diagnosis of a chronic condition that doesn't even count the four out of 10 Americans who may or may not be having symptoms and don't understand how to talk about them yet. Right. – I never complained.

I had undiagnosed Celiac for many years and I did not complain, which is why I wasn't diagnosed. I didn't mean I

just thought it was normal to have what I had. – Isn't that weird?

Yeah, I would go out to dinner with my family for so many years before I crashed and say things like that. I just, I'm afraid to eat. You know, I, it feels like when I eat and then, you know, I have like a knife ripping out my guts and be like, oh, you're so dramatic.

It's being funny. It's just being silly and they really didn't understand that. That was literally the sensation I was experiencing. And after that hospital visit, that's when I, that was kind of like the reckoning for me.

And we started to get serious about trying to figure out what was wrong with me. And it took eight years from there to get accurate diagnoses. And to finally, you know, we went through all, all the tools Michael had to search essentially every continent to find things that actually worked.

Because back then before the era, some had seen everything was extremely siloed. So I had heavy metal toxicity. I had mold poisoning. I was extremely MF sensitive, didn't even know what A MFS were and it was showing up as Hashimoto's fibromyalgia Lyme disease. Sibo tonight, as you know, a bunch of things that just kept getting misdiagnosed as frankly anxiety and depression and being gas lit by the medical community cause they didn't understand how to read functional ranges on the lab. So the signals were there on the labs, but they weren't running the right ones and they weren't listening honestly.

So it was a very heartbreaking journey of really having to learn over and over again how to trust myself. And I like to just be honest about that up front because I think those of us who have been through this journey as practitioners, but also as the people who have gotten really ill and then recovered on the other side and gone on to like share this message. We have to be honest about how difficult it really is so that people feel seen. And they also know that there's hope, you know, like there were many times when I wrote goodbye letters, like I thought I was done, you know, and now I'm so thrilled to be alive and every day is a gift and I have to be careful not to exhaust the people around me because I can just go, go, go. And there were so many years where I couldn't, like, I literally couldn't read an email and I couldn't write a sentence.

I would be in a meeting and have no idea what the meeting was about. I couldn't stand for more than a few minutes at a time. I couldn't open my hands for hours of the day. So it's been a wild ride, but I'm very, very grateful to be here and I'm so passionate about doing things like this. So thanks for having me.

– So that's the summit. The message of hope. There's hope like this is flexible and don't give up because there is transformation around the corner. – Yeah, exactly.

And I think what's important too and I really want to unpack this today with you is not just the compounding effects of root causes, but also like the healing process itself because it's magical, but it's not mysterious, you know, healing from autoimmune conditions and toxic exposures is not mysterious. It's just complex.

That's all right. – Like, right. Pain in the butt. Lots of money, lots of time. But we'll get through it. – Yes. Just a process. – Patience is, has to be a virtue. Right?

It's not, that's when it becomes troublesome when people try to speed things up. – That's so well said, I think that one of the most important things is if you know, you're headed in the right direction, you can afford to be patient if you understand what's really at work with your condition.

That is magical because then you can start to measure those very small winds. Like one of the biggest ones I had on my health journey was walking down the driveway and back at my parents house and realizing, oh my God, that was not an event.

I just did it. I didn't have to recover from walking back up the driveway and no one understands that unless they've been through it, it's huge. So, yeah, I think I'll stop there. – You know, there's so many stories like that, you know, would you mind if we use your story to talk about the compounding nature of toxins? Because my assumption is it wasn't just that one day you were sick, it was one day you were so sick that you couldn't function.

But there was this guy gradual increase and increase until you hit the wall, right? So can you talk and you look back, I'm assuming you can go. Oh. Right. I had that exposure and that exposure and then we traveled and I had this stressful event and then I got sick and then I never, I mean, what was that? What was the moment where you had too much?

Compounding Toxic Exposures and the Rain Barrel Metaphor

– So I think for many of us, we get really focused on the straw that broke the camel's back moments. But if you become a detective and you detective and you look back on your health journey, there's so many signals early on, right? That you are at your bucket is filling up from these different root cause exposures. Like for me, it was I'm the oldest child, which means I'm going to have a heavier toxic burden from mom in fetal toxin transfer. This is a known phenomenon, you know, and when we look at what's going on, in terms of fetal toxin transfer like it's, it's understood. Now there are many studies to to verify that mom is often the leading exposure of mercury and lead, right? And also that, – Well, the placenta to whether or not you nurse your getting it through, you get a double whammy.

If you got nursed. – Exactly, you get a double whammy when you get nurse because also through the breast feeding process, you're mobilizing so much in the tissues as mom's body is reshaping itself. And so you're and you're trying to, the body is designed to like pull things out of storage, like good minerals.

But if we're under mineralized to begin with because of, you know, long term exposure to glyphosate, over processing of food, soil, poverty, etcetera. You know, in all these environmental exposures, what's getting mobilized during the, you know, pregnancy process, it's not just, you know, the good minerals but whatever else is in the tissues.

So, you know, there's a great study that shows that there were over 400 chemicals present in umbilical cords. But here's the thing that's misunderstood about that study. Those are only the ones that they tested for in test for the 89,000 registered chemicals in the United States.

They only tested for 400 and they're like, oh my God, 400. Well, that's just the only one that we checked for and 97% of placentas tested in another key study showed microplastics were present in high amounts.

So, for a lot of us, this is starting, especially for this generation now. Pre birth. And certainly for those of us who are moms, like my mom had a bunch of amalgam fillings, right.

And she was also a go getter and she flipped houses with my dad in her twenties before she had me. So she was getting exposed in the seventies to all these super fun. Yes. Yes. So I got a little micro dose of that. Right.

But they didn't know what that was. And I also had a lot of ear infections as a kid. So I came in with industrial chemicals and heavy metals from mom, from the lead in the mercury, from your amalgam fillings in the lead paint.

And then I got a lot of antibiotics. It's just amoxicillin. So gentle. It's pink. It tastes good. I thought I was like getting something special because that's how they talked about it. I have those early memories of like I get the pink like lead. Great, you know, but it really does decimate your microbiome in the gut. And so you're starting, most of us are starting on the back foot. It's certainly true of our, our little ones now, but it's actually true for our generation as well.

And for those before us, because we're now several generations into the amalgam filling experiment or to be led being industrial, you used industrially.

So this is so go ahead. – So I want to actually back up one second and I love the story and I want to continue, I just wanna make sure we have context for everybody that's listening. You talked, you mentioned the barrel.

So can we talk a little bit before about what we talk about the rain barrel? But can you talk about that first as a context of what you're talking about?

Because oh my, in regular medicine, we talk about the hearts. You have osteoporosis, but that just is your bones. Don't worry about that. Your heart's failing but that has nothing to do with your belly and etcetera so forth. – Oh yeah, those are completely separate. – They're separate systems.

You go to separate doctors. So that means they're separated – Like Eva from Wally, it's all distinct so it comes apart. – I want to make sure our listeners kind of make sure connecting the dots that first everything relates to everything else.

We talked about a rain barrel where hopefully you start out. Okay. I'm gonna let you go. – You're doing a great job of it. I can just, – But you did ask me.

– Alright. Well, – By the way, I lead during these things, it's like it wouldn't be complete if I didn't heckle him. – Okay. That's adorable. You guys.

So yeah, I think this is a really important point. So I like the rain barrel metaphor. We often use the bucket metaphor that's common in functional medicine. Just talk about like how much capacity does your body have to withstand these environmental toxicants exposures?

And those could be heavy metals like my mom's amalgam fillings and the lead paint that she absorbed through the skin, right in other ways. But it's so much more than that. It's also like the air pollution, it stimulates its V O C S. It's microplastics.

So the toxic like our capacity to withstand toxicants in a total body load. That's what we refer to as the bucket. And that's like as long as your bucket hasn't reached you know, overflowing, we still can retain some resilience even though there might be lots of signals in the system that things are not right.

But it's basic math. Have we taken in more toxicants on a daily basis or throughout our history than we're able to excrete? Because as we take in more and more the body's ability to excrete those through our normal detox pathways gets more and more compromised. And that I'm talking about the bowels, urinary tract, the liver, the lungs and the skin bulls is easy acronym for that.

So, the problem with these fun compounding root cause exposures is that they compromise each of these detox pathways more and more. So we become less and less efficient even even as we need that efficiency the most.

So, um every part of the body has a role to play in this body is absolutely brilliant. It's so exquisite in its checks and balances. But the problem with these synthetic materials that we didn't evolve with like these industrial chemicals or heavy metals that were deep in the earth's crust, like mercury, lead, aluminum, these are plentiful in the earth, but we didn't evolve, ingesting them. Right.

So once they come on board, those exquisite rules of checks and balances get disrupted and the body's ability to maintain its own resilience gets interrupted, right? And we can function within that as best we can for quite a long time until we finally hit that catalyzing event.

Right. Which we think of as the straw that broke the camel's back. I think of this wonderful young man. Well, not young. Well, to me, anybody 40 or under is young.

And he was, you know, at the hospital where his, while his wife was in labor with their second daughter and he broke out into a full body rash and his body basically shut down through that experience. She was, it was a dangerous birth.

It was high stress. I mean, any birth could be stressful, right? But, it was scary and he thought for a minute that the health of their daughter or her, his wife's health was going to be compromised and, and maybe this was heading an unsafe territory. So he broke out in this full body rash and it got worse and worse and he absolutely crashed from there.

So, and then his guilt and shame over not being able to support his family, you know, in the those first few weeks and months after the birth made it all worse and he kept blaming the birth was like, this is stress driven.

It's like, dude, that's just the moment your bucket overflowed, okay? Or your rain barrel, right? Let's look at the mold exposure you've been living in for six years without knowing it.

Let's look at how you grew up in the construction trade and had a lot of early exposures to that you grew up on a farm where there were a lot of herbicides and pesticides and you were not adequately protected by your parents. Oh.

And you did a lot of drugs in your late teens and early twenties. And yes, you've been sober and that's wonderful for over 15 years. However, these things are cumulative. Right. And so you're just waiting for the straw that broke the camel's back moment. And for me that was, you know, enough stress in my business in my life that I ended up in the hospital.

But these things are cumulative and that's why it matters. And that's why it's so important for us to be detectives and understand how it causes compound each other because it's never one plus one equals two.

It's one plus one equals 11 right there. – Strangely synergistic. Not strange there, Eva Lee synergistic.

What EMFs Are and How They Affect the Body

So you're, but I know, what I'd like to mention is, you know, your, your early life and your genetics and the food you're eating, they all set the stage for how are you going to process this?

Like you, I had a lot of ear infections and strep as a kid. So, I mean, like Pneumonia and antibiotics were my best friends. So it's no, it's no surprise that my gut was a mess.

Right? But what's really interesting is they are Eva Lee synergistic, which is crazy. So you get a little bit of one and you don't get rid of it and get another one and now, yeah, you're at 11 instead of two.

– Yeah, it's really weird. So, like, for example, mercury loves to hang out in the thyroid. So, if you get amalgam fillings, like I did, or if you have a mom that had amalgam fillings, well, you were in utero. This is something to understand because half the weight by volume in amalgam fillings is mercury.

We think that our top exposure to mercury is fish. That's not actually true. It's amalgam fillings and it's mom. So that's, that's an important thing to understand because where does it go from there will vaporize and go right up through the blood brain barrier because it's highly lipa filic.

So we'll go hang out in the brain and it will drift down into the thyroid, right? 80% of mercury that's ingested will stay in the body because it's so difficult for the body to excrete through natural detox pathways.

So, what happens from there? Well, if it's hanging out here, it's so corrosive these mercury salts and corrosive to the gut lining and so irritating to the brain that your body is just trying to like hold it still.

So it doesn't travel. But we're in a high E M F environment now. So wifi routers are miniature cell towers are cell phones as we're holding them up to our heads. Please don't do this.

By the way. Look how old I am when I look who does this anymore. Right. It's more like, oh this is a phone. But this is important to understand because the EMF exposure will essentially vibrate those mercury particles because they are antenna.

So it will compound the exposure and the irritation caused by E M F damage. So more oxidative stress like way more like several 100% more oxidative stress from those E MF' S when mercury is present. And we'll also remind the body like, oh yeah, here's this corrosive damaging material right here.

Gee, I wonder why I have hypothyroidism. Gee, I wonder why I now have antibody markers because the body is not stupid. It's trying to, it knows the toxins are there. It just doesn't have great um resources for dealing with it when we get so many that we have to deal with and so many synthetic exposures at the same time, right? We just did not evolve with it.

– Well, it evolved faster than our ability to keep up. Basically, we developed all these things and we developed them in 100 50 years and the body needs what, two million years to evolve and – Just like a few years longer.

It's not that it's a little mismatch. We're going to catch up any minute. – Promise. Holding you to that one, Sinclair, – I keep going back and go back to principles just to make sure we're covered.

What are EMF's? – Thank you Edward. – Yeah, great question. So EMF's stands for electromagnetic fields. And most people, when they say the term EMF, they're referring to electric radiation. So electromagnetic radiation.

So that's EMR's to be more accurate EMF is a big umbrella term that covers not just radiation from our smart devices, but also the electromagnetic fields coming off of wires in the wall, which can also be very damaging to the body and dirty electricity.

Lighting that is extremely distressing to the body like the flicker rate from these fun screens really agitating to the brain. And that is considered the MF exposure, blue light. We're getting more and more nuanced about how we handle blue light in the world now, which is wonderful, especially in the functional medicine community that's also considered an EMF exposure.

So it's an umbrella term that means irritation with damaging effects to the body and different types of EMF's have actually been classified by the World Health Organization as known carcinogens and then others have been classified as suggested, you know, there's a suggested correlation with Carson genetic effects. So – So how does one know if one is being damaged by EMF's or having trouble with the EMF.s?

– Well, if you're alive today and you are in a developed enough um well developed world scenario where you have access to this recording. Chances are you're getting exposed to EMF's, right?

This very minute. So the shorter answer is we all are. It's more about what are we going to do about it. So that's one of the things that, you know, we teach courses on this.

We want to make it very accessible to people. But in general, let's just give people a few action steps right now because I don't know about you. But I always want to like, let's get to the point like, what can I do about this? Right?

So distance is your friend. Let's use cell phone hygiene. So I never want to see this again. You know, at least arm's length away and you can use air tube headphones instead of those um airpods, those are extremely irritating to the body and there's no skull right here.

It's just cartilage. So why would you be wanting this irritating signal straight into the brain? It's not enough of a trade off. And I don't even get me started on practitioners that are using airpods and mouthing off about how people should be healthy. So those are a couple of just basic hygiene pieces to do because your distance away from electronic radiation, which is one type of EMF. So radiation from smart devices drops off exponentially with each foot of distance from the source.

So you might say, but Sinclair, I can see 50 wifi networks on when I open up my laptop, there's no way I can get away from it. You're still your number one source of exposure because distance matters so much and you have that exponential drop off.

So you want to think about that? I still go out to coffee shops. I'm not afraid of life, but I do know where the wifi router is in each coffee shop and I said accordingly, right? – What did you do in your home?

When you realize that you were a EMF sensitive? What are the things that you're doing for dirty electricity? Do I want to know the answer? Because ignorance is bliss man.

– I can tell you exactly what to do? First of all, there are great meters to measure each major type of EMF. And if you are into that, it's time for you to nerd out my friends because the meters will tell the story but you can get a lot done without the meters.

So for example, there's a form of dirty electricity that I mean dirty electricity itself is basically like extra noise on the wires in the wall and it's getting contributed to from appliances from solar panels that will tell you here in southern California.

So dirty electricity is off the charts. It literally broke our meters. We had to go get more fine tuned meters so we can get accurate readings. It's so high in so many places here and that's due to what's being put onto the grid, including the solar panels because it's a dirty exchange from the way that we pull in solar energy and we put it onto the grid. So lots of extra noise, it's very irritating to the body. So it's, but the good news is you can filter that out very cheaply.

In many regards, you can get rid of dirty electricity hotspots with just these cute little plug in outlet meters. They're called, you know, dirty electricity filters. Green wave makes them Stitzer makes them static, makes them, those are three reputable companies that we love to work with.

You could purchase directly from them. No big deal. I recommend getting a set of meters and sharing them within your community and just rotating around. So like Michael, for example, my partner, he had a dirty electricity reading of 1900 in his office and anything above 50 creates highly adverse biological effects.

So he used to walk in at the beginning of the work day and just get instantly anxious. And I was like, dude, what is wrong with you like chill out, you know, and he was like, his body was literally under attack.

So this is important. – The takeaways is, you know, people. So I've always been energetically sensitive more to people in the way that they throw around their emotional energy, but you truly can be energetically sensitive to energy.

– Yes, it's actually an internationally recognized condition, electro hypersensitivity, HS and Magda Havas does wonderful research on this. You guys can nerd out on her as well.

If you, if you, if you're listening and you're a practitioner or you just love your science, go check out Magda Havas and her work on dirty electricity.

It's wonderful. – Sounds amazing. – Just like Sinclair was saying, maybe it's energetically to somebody else but maybe because her partner was anxious and he didn't know why.

Maybe it is EMF's. – Well, that's what I'm saying is energetic. I mean, like energetic sensitivity to the EMF like he's reacting, right? But how many of us, I always say people ask why I think why things are happening. And when, and I say, who knows?

Reducing EMF Exposure at Home and Work

Because part of it is we're sensitive to the moon cycle. We're sensitive to the, this the weather, the time the sun for solar flares. Who knows what? That's what we can't control.

But there's so many things we can, like you said, and EMF'S are just Things that I think most people have not thought about. – If you ever – Go ahead.

– I want to know. Did you ever visit that 10 mile radius for the observation center in Virginia? You know what I'm talking about? It's like a selfie. Did you ever go there? And did you notice anything?

– I've never traveled there. But I have taken our media's into, you know, the like rural areas and found very, very low to no EMF reading areas. And it is an exquisite experience.

I have to tell you it's so magical just to get that relief. So just to zoom out for a second, what we're talking about is a type of toxin because that's what EMF'S are. It's an umbrella of different kinds of exposures. Just like industrial toxins is an umbrella term for a ton of different kinds of exposures. Um that agitate the body, create a ton of oxidative stress and set off this chain of reactions including damage to our D N A. Over time EMF'S can create leaky gut and they can also suppress our immune system. So then what happens?

Right? As they're agitating heavy metals, as they're creating leaky gut, as they're suppressing our immune system, we become more vulnerable to other exposures that compound our conditions, right? Like for example, parasites thrive in high MF environments because we are so suppressed And our natural ability to manage parasites or fight back is so compromised. Also mold.

That's not an accident. That mold is exploding right now in our awareness and functional medicine because um it's a much bigger problem than it was 15 or 20 years ago. We have brought EMF'S into the home.

It's such a rapid rate and the problem is mold is a colonizing. It's alive, it's a colonizer and it communicates within the colony and when you are blasting EMF'S at yourself and you have mold internally trying to colonize, it thinks it's under attack because it cannot communicate effectively and it responds in kind.

It starts growing much faster and dumping way more mycotoxins. Some studies show that mold can grow 600 times faster in a high EMF environment because it's like, oh my God, we have to survive. What are we going to do and dumping poison to fight back.

So, mold mold today is not your grandma's mold. And of course, mold shuts down the thyroid and then what happens? Oh, mold is not only suppressing the immune system and shutting down bio flow, but the thyroid itself is, it becomes sluggish just to pick on one autoimmune condition.

Hashimoto's um it actually will constrict the sphincter of Lodi, which is that cute little vine that you know, our adorable little gallbladder. Our little purse or Catcher's Mitt for bile is supposed to be pouring out bile into the digestive tract every time we eat right to dump out old toxins that have come out through the liver detoxification process and also to break down our foods and emulsifier fats.

But if your thyroid is shut down because of mold and your bile is very sluggish because of mold and the sphincter of Odai won't open because the thyroid is sluggish because of mold.

You have very, very toxic sluggish bio. You're not digesting your food. You start to get downstream issues like Sibo more Crohn's colitis etcetera scenarios.

It's, it's really compounds very rapidly today. So the question is not like, why are we getting sick? The question is more like how is anybody well in this environment, you know, and how do we peel back these layers once we've gotten to this complex place? Because it's absolutely possible – You're living proof of it. So it is possible.

I think what you, what's so interesting that you haven't mentioned is the way we live, right? The pushing the boundaries of, I mean, I'm a child of the 70s and I grew up pushing through.

Right. First of all, I grew up on sloppy joes. And second of all, I grew up just pushing through, right? Like if I'm tired, who cares, just push through. And then I did a hard medical school and went into obe because like I wanted to do something hard.

And that's the thing where, like, who cares if you're tired, there's a baby coming, you're going to just be present. So we haven't talked even about the ways in which we are abusing our bodies and the impact and the cost it has. So the stress, the lack of sleep, the lack of movement, the things we're thinking, we haven't even gotten to food and exposures were just like, how are we harming just even right there?

That's so impactful, – Mouthful. No kidding. And we're living essentially separate from nature's rhythms, right? To like just underscore the EMF point where we're in artificial lighting that's extremely disruptive to the body's circadian rhythms.

Were taught to push through. I'm 1/4 generation entrepreneur. I grew up hearing the rest when you're dead, like you're going to go out there and you're going to make a difference in this world or you're falling behind, period. And I love our, our ability in this, you know, in this day and age to have this mental health conversation.

I just wanted to be much more closely tied to the real compounding factors that are happening in our environment and to understand how much of that is coming at a cost to the body because so many of us that have decided, oh, I'm anxious or depressed or I'm sensitive or I don't understand what's wrong with me. I just got the short end of the stick genetically. That's not actually true.

It's not possible actually for those things to be happening in isolation. It's really about like, oh okay. I am self aware and my body is talking to me and it's having a very logical response to being poisoned.

Right. – Right. So I'd like to make sure we save time for what can people do? Like the actual action items? Because I always want people to have a sense of okay. What can I go and do today? – Yeah. Okay.

So here's something to remember, right. So first of all, we always want to work with the body. We're never going to override the body or outsmart it. So we want to reawaken the body's own ability to heal and unpack these things in the order of the body would prefer.

Right. So we can do that by taking small steps in our environment today. Just to start with clean air. Lower the EMF exposure, please unplug the stuff around your bed.

And if you're sleeping the sleep number, that is one of the reasons why you're not getting well, unplug that thing and throw it out because – I don't know what she's talking about.

– A sleep number bed and electronic bed. – Oh I didn't know it was electronic. Yeah, I mean it must be because people click a number. We don't have that. So – Yeah, we inherit a lot of the complex cases that like I've seen all the functional medicine experts.

No one can fix me. I it's impossible for me to heal, but I'll do anything and I can't tell you how many of those people are sleeping in a high body voltage environment.

So unplug the stuff around your bed. Curious – How many people when you say to them get rid of your sleep bed or like, no, no, I can't do a talk like, – Well, we screen for that because it's not a good use of our time in our practice to work with people who aren't ready to heal.

So people usually at this point especially since they know me so well before they get here, they come into one of our practitioners myself included and say, when are we going to tackle the EMF'S But I still get the occasional or I have a friend coming through our practice right now and she has to sleep number bed.

And as far as we've gotten her is to unplug it. And guess what, her giant thyroid goiter reduced in size by 20% over a period of just a few weeks. And she was told that wasn't medically possible.

The biggest shift she made was on playing that bit. So, yeah. So in terms of what can you do at home, you can have great EMF hygiene. You could turn off your wifi routers at night.

Unplug the stuff around your bed. You don't need to charge your phone at your head and you don't need a cordless phone right next to your head either even if you're a parent with like a split custody situation. So you always want to be reachable by your child. That doesn't mean this has to be right up against your brain, right? So let's be smart and very kind to our bodies and understand that the way the body would like to be is to be EMF interference free because your body wants to be responding to the earth's resonance.

That's Schumann resonance. – Do you think of grounding Groundlings match? – Grounding grounding mats? Yeah. So grounding mats are tough because what it does is this is sort of a, this is a contentious topic just so, you know. Yeah. So here's the issue with grounding mats if you're holding a body voltage meter and it says 1.2 volts and you're like, oh no, and you're sitting in your desk or you're in bed, you know, place someplace where you spend a lot of time, you want to get that number down because anything over one volt in terms of body voltage is considered catastrophic to your health, by the way, I was sleeping in six or seven volts and like we're doing all the things, why aren't we getting? Well, that's fine, you know, but putting a grounding mat underneath you, you will see that number come down, but it's because the electricity is still running through you and down through the pad.

Yeah, it's a relief in the moment and you may feel that palpable relief. It's still hard on the body. So it's better to get as far as you can in terms of drawing electricity away from the body and redirecting it or placing your body in space differently.

And yes, sometimes that means, you know, working on the wiring errors um before throwing a grounding pad at it because you're still being a conduit for this excess voltage.

So, but there's so many trips and tricks to draw it away from the body that doesn't require that. – Can we talk about those and clear? I think those those are like that's where the meat is, right? What are you going to do?

So, you mentioned to plug in to draw the dirty electricity away. Can you repeat? – So when it comes to dirty electricity and we're talking about the filters that you use at the outlet, that is their filters.

So they're going to clean up and reduce that excess dirty electricity. And by the way, when we put those boxes around our entire office, we didn't tell the employees sick days went down immediately into departmental fighting, went down. Everybody got a whole lot happier.

So it's really, it's very interesting because you can be aware of the effects of EMF's or not, but it's the damage is happening to your body. So that's sturdy electricity.

5G, Travel, and Supportive Strategies

You can filter it at the outlet or you can actually add a filter at the panel to deal with the entire building, which is great and the meter will tell the story about whether or not you need that.

You can, you know, take our course rapid EMF reset or you can call Sadiq. If you're curious about the electricity, they will help you. That can be, you know, one mode. That's one type of EMF where now we've been talking about body voltage, unplugging your bed, turning off the breakers at night to your bedroom. If you have really high body voltage, which you can assess with a body voltage kit, it's like 100 and 50 bucks, I think. So that's really important because you, the meter will tell the story if this is an issue for you or not.

Us sleeping in 6 to 7 volts was like a recipe to not get. Well, no matter how many pills we threw at the situation. Right? And I was like, oh, I have restless leg syndrome when I get into bed.

Oh, that's when I became aware of my tonight. So that's when I have racing thoughts and a lot of anxiety and I started leaking tears. I hate going to bed.

But I thought it was because I hadn't gotten enough done that day because I didn't feel well, it was finally slowing down enough to reckon with my uncomfortable feelings.

And that may have been true, but also getting fried at the same time. So unplug the stuff around your bed, get your body away from the wall. And by the way, there will be some place in the house that has lower body voltage where you can sleep. There's always a couch or something, right? But one of the cheapest things you can do is turn off the breakers at night to your bedroom just to see what a difference that makes in terms of your sleep quality and depth.

And then you can decide if you need to make a modification to your panel to help with that. So that's body voltage and that is the most expensive one.

And then remember we talked already about the EMR or the radiation. So smart devices, we just want this to be off when they're not in use. We need as much space from the body as possible because that's the one we get.

The exponential drop off and damage every foot of distance you get. By the way, when I ended up in the hospital, um it was right after Michael and I moved in together. It was our honeymoon period.

So sweet. We were so excited and I crashed within just a couple of months. I had put the wifi router under our bed because I didn't want to see the wires. Yeah, – Dare I ask what your thoughts are on the five G versus four G, five G that's come out now. – Yeah. So five G is complex.

I love that we're having this conversation on the one hand because it's bringing a lot of awareness to all the EMF's. But five G is a whole different mechanism of damage. And when you look at a five G tower.

Yeah, great, right? But forewarned is forearmed, right? So we it's going to take us years to understand the damaging effects of five G. But I do want you to understand this.

When you're looking at a five G tower, you're seeing them placed much closer together because the millimeter wave length is so short, it's not as good as other frequencies at passing through things. So the longer the frequency the easier it is to pass through very dense materials, right? But five G doesn't go even through trees very well. So we have a lot more of them, which sucks. They're adding so many in such a quick um you know, tight density in populated areas right now and that's going to just continue to expand.

But the millimeter frequency that very, very, very, very, very short, think about that the mechanism of damage. So a longer frequency is going to come through the body and be very irritating to the body.

Create oxidative stress, raise your blood sugar, slow down tissue regeneration, suppress the immune system, create cumulative DNA damage. But a really short one actually has a whole new level of damage because it's so disruptive to our cellular communication processes and so inflammatory and I don't have, – How about the cell phones that actually receive that?

– Yeah. – So I'm assuming that that it's not just the towers, it's, it's a new cell phones to it is, – It's the new cell phones too. So that that's where the distance becomes your friend.

And I would really, really like to see people be much smarter about how they use their phones. My phone is off right now and I have an 11 an iphone 11.

That's the last generation that didn't have um five G and I had to buy a pre owned one when I finally had to give in an upgrade. So I really encourage people to use um like video calls or voice calls over the computer instead, right, or landlines. And just lower your exposure wherever you can because it all counts, it all counts. It all comes back to that rain barrel or bucket.

And so you can actually yes, increase your resilience to these things over time by offloading other issues out of your bucket by X creating the mold if that's the issue for you by offloading the industrial toxins with the right binders and gut healing by restoring efficiency to the liver by lowering your oxidative stress in general.

Like there are supplements you can take to lower EMF damage. There's a couple that do you want me to list those? – Love it. – Yeah. So one thing that's really neuro protective against EMF damage is rosemary and yes, you can, you know, add it to your cooking dishes, but it's not enough really to actually manage things. So like we have clients that travel pretty much constantly for work and they always have rosemary tincture with them and they just put it in the water in the morning and they also take hydrogen which is so good at repairing oxidative stress.

So good. Well, so you're going to see out there ads for like the hydrogen water bottles. Those are expensive and

they are extremely inefficient. Don't waste your money on those guys.

Everybody listening a cheap way to get it in pill form is H two elite or molecular hydrogen from Quicksilver. I think Nicola has a molecular hydrogen as well. It might even be the same source.

So there's a couple of different, they're like fizzy taps. So you drop it into water and as it rises to the top, you start drinking immediately because that hydrogen will off gas so quickly and it's so small, actually leak out of the glass. So it's really important how you take it and you can, I take two of those on my way to the airport in my water bottle and then take two after I land because a flight is so, It's like 50 checks, chest x rays worth of radiation, essentially. On average.

I have a lot of fun at parties. Am I bumming you out yet? – We had talked about how we both traveled the whole fall and I'm thinking I didn't do that, man. I gotta get going.

– Yeah, it's never too late though. Right. – Right. The best time is now, – Best time is now and I did wear EMF protective clothing for a long time because, for like three years I wore EMF leggings underneath my jeans.

They were very thin lightweight material and, an EMF shirt or sweatshirt, that's with silver threads in them. You can get them from us, you can get them from lessEMF.com. That's a great place to do it.

Don't just get them on Amazon guys because a lot of those EMF protective clothing made in China and they're spraying aluminum fibers onto fabric and it's so toxic for you.

So please don't do that. Yeah. Right. So, that's another way that you can support yourself, especially if you're going into a workplace where they don't, they're not on board with this.

Right. – It feels like we're scratching the surface of this conversations and clear like just that we could do this for, I actually feel this way with almost all of our our our summit people.

Resources, Hope, and Closing Remarks

It's like, oh, we're just really diving into this and maybe they will have episode two, but this has been, I mean, I think even just checking the checking electricity, checking for dirty electricity, keeping your phones away from your head, turning your bed off – And I think meters are cool. Yeah.

Can you tell me a little bit about where to get the first of all? Most importantly, how do people get all this information? Because you mentioned a couple of programs. Do you have?

– Where can people find you? Let's start with that because we know we want to make sure we get this all in. – Yeah, thanks. So you can find us at detoxrejuvenation.com.

You can get on the waitlist for rapid EMF reset right there. It's also where we saw the EMF meter kits if you want to just um grab a kit and start now, you know, there's no reason to wait. I would love to see folks do that.

We also teach EMF's in rapid gut reset because that's where we deal with the mold and the mfs together for people with chronic digestive issues. So that's really fun. It's important guys to remember everybody listening, whether you're just getting started on your journey or, you know, more than you're practitioners do. And I know, you know, talking to um that is really just about the next step.

You're gonna do one of these things at a time. And that's great. Anything you can do is going to support the body because the body never forgets how to heal, right?

We just have to support it along the way in the order that it wants to be supported. So – Yeah, and I really want to kind of emphasize your journey and truly a lot of people's journeys, we're toxic, toxic. We're not feeling well and we can get better.

And that's really the message. Yes, there's a lot of things out there. There's microplastics in the ocean and mercury and old lead there here and at the end of the day, we are resilient, our bodies do wanna heal and all we need to find, figure out is how many, how much water do we need to log out of that barrel to so that your body can start really repairing. And all these are just different strategies of how to, how do we and each person genetically will be able, will need to and whatever they've encountered, etcetera.

So it's a great story. Thank you. – Yeah, I think the last thing I just want to remind everybody is I'm a giant wuss and I am inherently very lazy about self care. I will work so hard to help other people but helping myself. What's the bare minimum?

So if I can do it, anybody listening? Truly? – Is that really the message? – So can't even – Yeah, I want, I want people to know how accessible it is.

It's work. Sometimes it's boring and sometimes it's frustrating, but it's absolutely magical. The healing process is magnificent. – Well, on that note, thank you for joining us for this episode of the Environmental Toxicants, Auto Immunity and Chronic Diseases Summit. Sinclair Kennally was our guest today.

Amazing wealth of knowledge really in the realm of EMF and how to heal from it. I think the most important thing is how to heal from your autoimmune disease and your EMF exposure. Thanks Sinclair.