Introduction and Kevin's Health Journey

Welcome back. We're continuing our conversation on reversing chronic gut conditions. I'm your host, Sinclair Kennally. And today I am joined by my dear friend and colleague Kevin Ellis, who is better known as the bone coach.

He's a Forbes featured integrative health coach, podcaster, YouTuber, and he is the founder of BoneCoach.com. And through a unique three step process and a world class coaching program called The Stronger Bones Solution.

He and his team have helped people with osteopenia and osteoporosis in over 1500 cities around the world to get confident in their stronger bones plan.

His mission is huge, not just to help over 1 million people around the globe build stronger bones. It's to help our children and our grandchildren prevent osteoporosis and other diseases in the future so they can live long, active lives.

Kevin, you've been on such an intense health journey yourself. That's part of why I wanted people to be able to hear your wisdom and your perspective today, because I think it is so relevant to reversing chronic conditions. So welcome.

Thank you so much for having me. I'm looking forward to this to be a good conversation. I always love seeing you and chatting with you too. So. So let's dove right in because you yourself were diagnosed with osteoporosis early on, right? Yep.

Yes. So this is not just a hypothetical for you. This is a very deeply felt mission, right? Absolutely. And you wouldn't think. Right. You would not look at a young male and say, wow, this person has osteoporosis.

You typically think of osteoporosis. You think of your mother or your grandmother or, you know, the person in old age that has fractures and things like that.

You're not thinking of the young male. And for me, my health journey, I would say, started a long time ago. It actually I would say it started when my mother was five months pregnant with me.

My father was told he had cancer. Two months after I was born, he passed away and he was 35 at that time. And my whole life I had this fear that I was going to go down that same path of having different health issues and, you know, passing away at a young age and I just always had that concern in the back of my head.

And part of my journey was he was a marine. I wanted to follow in his footsteps, make him proud. I went in the Marine Corps, and when I came out of the Marine Corps, I had a ton of different health issues.

I had high stress, I had more sleep, I had chronic digestive issues. And I'll touch on those in a minute. And I some days I had low energy. I could barely get out of bed.

And finally I was told that I had celiac disease and that I had been absorbing nutrients for many, many years. And then I was subsequently told that I had osteoporosis and was celiac disease, celiac disease being the autoimmune condition where when you ingest gluten or proteins that mimic gluten, you're these villi these tiny little nutrient absorption centers in your small intestine.

They become damaged and blunted to the point where they can't do their job. So my roots, I call them roots in our soil. My roots were effectively damaged and I couldn't absorb and take in those nutrients, but my body still needed the nutrients to execute its daily function.

So where was it going? It was going to the largest reserve of minerals that I had, which were my bones, and it was pulling from there. Because if you're if you're not taking in these nutrients and certainly if you're not absorbing these nutrients and your body still needs them, it will find those nutrients.

It will get those nutrients. And for me, that came at the expense of my bones. And it wasn't just it's not like when you're losing bone, it's just coming in and selectively pulling out those minerals that you need.

Right. It tears down that whole college and protein matrix structure to get those minerals, too. So that was that was a big part of my journey was having that bone loss being told that osteoporosis.

Being shocked at the diagnosis to be a young male and to just get a letter in the mail that says, hey, you have osteoporosis. Go on a gluten free diet.

That was the solution. And I had to actually Google what that meant. I didn't even know what osteoporosis. I knew it wasn't good, but I Googled it and the blood kind of drained from my face.

And I was just shocked. That was like when I looked it up, it said fractures and dependance on medication. And I was somebody who wanted to be a father, wanted to be there for my kids.

And all that was put into question in that moment. So the impetus for me was very strong to make improvements in my health. Not only that, I began to do that and did all the research behind it.

Celiac Disease Symptoms and Testing

I decided I wanted to help other people, and that's how I got on this whole path of becoming a coach, building out programs, developing a team around that, helping people all over the world and now we've got lots and lots of people in our community at this point, over 150,000 people.

So it's been an amazing journey. And I just want to help more people do the same. And I think it's amazing. So and as somebody who's, you know, turning my own personal health struggles into, you know, information that I want to share with the world, I deeply resonate with what you're saying.

So I really want to help people unpack for themselves is they're listening to this what they might be thinking about. So I appreciate you defining what celiac disease is.

And, you know, as somebody was surprised to get that diagnosis, perhaps you could share for people. What are some of those early warning signs? You know, what do you wish you had known before you'd been diagnosed to shorten the health journey? Yeah, yeah.

A couple of things that I, I was really surprised. That is, number one, if you have celiac disease, not everybody who has celiac disease has these overt digestive symptoms where it's like you have loose stools, you have diarrhea, you have all this.

Not everybody has that. Right. In fact, a lot of people don't have that. But you could have neuropathy. You could have pain in different areas of your body that is unexplained.

You could have fatigue where for me, some days I could barely get out of bed. And for somebody who went from being this tough Marine who was really active to all of a sudden not even being able to get out of bed, some days it was really, really hard for me and really affected my psyche, too.

And then some of the the ways that you can tell if you have celiac disease are when you go get testing, you can ask, right? You can ask to get certain tests.

So when you go in for a regular workup, that's one of the things that you can ask for. You can look at the TTG IGA tissue trans contamination test. You can look at that, you can look at total serum IGA, you can look at the IgG IgA

antibodies or get a lot of times they have a complete celiac profile.

You just asked for that, get that. And that's going to help you get closer to identifying if you have celiac disease. And then what will happen is if there's something that's off in that test, then they might want to confirm with what's called an endoscopy.

So they will go they'll take a sample of your small intestine and they'll see if there's blunting of the villi. And that would indicate that there's damage that's being done.

And that's how they'll make that diagnosis of celiac disease. So you have the right to ask right when you're in there getting your testing done. And if you have a physician that doesn't want to order those tests, you can go outside of them, like go to a functional medicine practitioner, go to naturopathic doctor, or go to one of those testing places online where you can get the tests and and circumvent that rep.

Yeah, I really appreciate you advocating for that. I think so many people waste the first couple of chapters in their illness, you know, in their lack of health years and at the mercy of their primary care physician.

Who who did they start with and what's that person's comfort zone? And have they kept up with these testing practices and best practices today? So thanks for advocating for that, because I'm a huge proponent of that.

So now I'll make one other note, if I could, about just for celiac disease. So I'll give an example in my my own family, too. Right. So I have celiac disease.

I was diagnosed a long time ago. My brother, he continued to eat gluten. Right. He continued to have a lot of different things. My mother also has like a gluten sensitivity, but she was never formally diagnosed with celiac disease.

My brother was just diagnosed with celiac disease. So all these years, he probably could have been tested earlier on to find this out. But just know that if you have it and other people in your family have health issues too, but they haven't ruled it out there.

So eating that way encouraged them to maybe not just tell him, don't tell them, hey, you should stop eating gluten. I would say encourage them to go get the test first, get the objective data.

Then once the data is there in hand, then it'll probably be easier to get them to help make those lifestyle changes with you. Yeah, I think it's a great point.

There's usually there's one of us that's sick early that raises our hand in the family unit too. I'm like, okay, I'm going to figure this out. And then we've got to figure out a way to pull everybody along with us.

Otherwise we're just going to watch them suffer. It's hard to do, and I know it's important to respect everybody's health journey, but this is the information is there.

The answers are accessible. Let's get after it, right? Absolutely. Yeah. Okay. So let's continue from here. The if those are the early warning signs of celiac and the testing methods that are, you know, reliable and you don't have to just you're not just at the mercy of your primary care physician.

You can go elsewhere if you need to. What are the best treatment options in your mind as a natural health advocate like yourself? Well, if you've got celiac disease, you're going to go gluten free, right?

And you're you're going to avoid gluten. You're going to avoid sometimes proteins that mimic gluten. It just depends for some people. And it's not like a choice.

It's not like I'm going to choose not to eat wheat or bread or something like that.

Gluten-Free Treatment and Family Awareness

That day. This day, it's you have to be gluten free, right? If you've got celiac disease, you're not going to be able to reintroduce wheat products or gluten or really rye or barley or anything like that at some point in the future.

So just keep that in mind. But a lot of times when people hear that, they think, wow, this just takes away all these great foods that I've come to eat all the time.

We're actually not even just celiac disease. When somebody gets diagnosed with an autoimmune condition or they're facing any other health condition, a lot of times we feel like these things are taken away from us.

But we could shift the way we view that as I have the opportunity to explore these new foods that maybe I've never explored before right. I think the mental part of this too is such an important piece because if you can frame that I had the opportunity or I wonder what this meal is going to taste like because you might actually like it if you approach these things with curiosity instead of expectation, it's your disappointment is going to disappear and you're going to feel a whole lot better as you make these changes in your health journey. So also, if you're shifting more, if you're going gluten free, finding a dietary approach now I'm not going to state one specifically that every single person should go on or should be on.

But if you're going toward a paleo, right, or a ketogenic diet or something like that, that's still going to offer the gluten free, but it's going to give you a framework to move toward that are going to have recipes, there's going to be organs and just try it.

And if that doesn't work, you can make some adjustments. So yeah, I think that's great advice. You know, embracing a new framework is going to get you exposure to so many more ways to approach this.

Okay. So we have as as a bone expert, bone health expert, and as somebody who has struggled yourself with osteoporosis and then reclaimed your own health, I really want to highlight the connection between this rampant explosion of gut issues that we've seen over the last couple of decades.

I mean, some it is reversing chronic conditions, right. And, you know, with leaky gut, with growing awareness of celiac, with IBS, with SIBO, we had real absorptive issues where we become maybe we're overfed, but we're still actually malnourished over time.

And then one of those downstream effects that we could see is in our bone health. Can you describe that process and what people need to know about that? Yes.

So if you if you think of our bodies in our bones as being like plants, right. In order to grow, you need soil and the right nutrients. Right. So many people focus so much on the nutrients, the salads, the smoothies, the supplements that they're not considering the soil.

So when you take in food, you're starting to break that food down mechanically in your mouth into smaller pieces. Then it makes its way into your stomach where it's churn in this acidic mix to break it down even further.

And then it is going to make its way into your small intestine, where it's going to be broken down to its final form. It's going to be absorbed by us.

Right? The plants.

Gut Health, Malabsorption, and Bone Loss

And in order to absorb anything, you need those roots that I talked about in your soil, those villi and these are your tiny little nutrient absorption centers and their responsible for absorbing nutrients from the food and the supplements and things like that that you take in and helping shuttle those nutrients inside your body to where they can be used for building your muscles, your bones, your fingernails, your hair, your healthy skin, all that kind of

stuff, right?

So you need healthy villi, but if you have small intestinal bacterial overgrowth, if you have something like a celiac disease where you're damaging those villi, if you have even a Crohn's or an ulcerative colitis or some conditions like that, or if you have parasitic infections, right, you have bad bugs in your soil, all these things could potentially be stealing nutrients or preventing you from absorbing nutrients.

That's one major issue. Right. I think one of the other big issues in terms of if we're talking about gut health and its connection to bone health is within your bones.

Bones are not these static tissues. Right. They're living tissues. They're endocrine organs. And inside your bones, you have what's called bone marrow.

And inside that bone marrow, it's producing 95% of the blood cell of the cells in your body. So it's going to produce red blood cells, white blood cells and platelets.

So if you need help with preventing bleeding and clotting, that's where platelets are going to come in. If you need help with carrying oxygen to the body's tissues, carrying carbon dioxide away from the tissues back to the lungs, red blood cells are going to help with that.

And if you need help with fighting infections and healing wounds and anything related to the immune system, as for those white blood cells are going to come in, the cells that break down bone, they're called osteoblasts.

They're a form of white blood cell. So anything that's talking to the immune system, stimulating the immune system, is speaking in the same language as those cells that break down your bone, where to 70% of the immune system reside in your gut. Right.

So if you have these chronic digestive issues, it's not just a matter of are you absorbing these nutrients, it's are those digestive issues stimulating the immune system, speaking in the language of the cells that break down your bone and contributing to and fueling that bone loss?

Right. So that's a major connection that a lot of people are not aware of. Yeah. Thank you for highlighting that. I think that's really important to underscore here.

So and I know that you're a fan of natural health approaches to this and maybe you could speak to why you personally didn't opt for prescriptions to manage your osteoporosis.

Yeah, I think a big part of this that's a standard recommendation for most people. Take calcium, take vitamin D, go for a walk, here's a bone drug C in two years for your next bone density scan that is woefully, woefully inadequate.

I liken the use of medications to that old economic adage. There's no such thing as a free lunch, right? There's a cost. There's risks and side effects and short and long term implications of use for every single thing that we do.

So these medications, they have a dramatic effect on bone physiology. It's not like taking an aspirin. So there are different categories of the medications.

There's any resort tips there. Anabolic and a resort to would be like the bisphosphonates, which would be your Fosamax, your bone, even your class act and all those kind of those are your bisphosphonates then anti resorption are also rank like inhibitors like Prolia.

Okay. So those drugs, the safety and efficacy of bisphosphonates, for example, is not really well known beyond five years. And as you and I are going about our daily lives, doing our daily activities, we're starting to get these tiny little micro cracks, micro damage, micro fractures in our bones.

That's normal for everybody. You exercise, you do things around the house. You get those little that kind of stress

creates micro damage. And then you have cells within the bone that sense that damage.

And they send out a signal. And that signal is, hey, we've got some damage here. We need to become stronger. And you have other cells within your bones, a sense that signal and they say, okay, I'm coming.

And they come in, they scoop out that damaged bone. These are called astute class. They scoop out that damaged bone. And right behind it as coupled process, you have osteoblasts that come in and fill in that stronger, healthier bone.

When you're taking some of these medications, you can actually slow down the activity level of these cells too much to where you start to accumulate that old, worn, damaged, weakened bone over time.

So even if your bone density results show that they're higher or maybe stable, the bone quality may not actually be that great and the bone may not actually be stronger.

Right. So that's a really important note. And then if we're talking about digestive issues, a lot of times when people take it just with how many people I've talked to and just in personal experience and experience with interacting with clients that have had these issues, when they take Fosamax and other things, a lot of times it can create more digestive issues for them.

So that's one of the things I hear all the time from people is it can actually make or exacerbate those digestive issues. So if you have them, that may not be the right fit.

Right. And just in terms of the medications as a whole, I'll say I'm not 100% and ty medication never should use one ever. I am pro do everything you possibly can naturally first before ever considering that as an option.

So I do think in some situations there may be a time and a place if somebody is already fracturing and it's in, you know, they're not having a lot of trauma with those fractures and they've got really poor quality bone.

That may be a different discussion. But for the great majority of people, the the medication is are probably not going to be the right fit from the start.

Yeah. I really appreciate you laid that out for folks.

Why Kevin Avoided Bone Medications

We've quickly normalized osteoporosis pretty much at the rate that we have normalized kind of guy issues. And when you see 61% of the American population claiming they have chronic digestive issues, they have ongoing symptoms, that this is a serious, serious problem in this generation.

And so it's cropping up very quickly. So when we're not ordering nutrients, well, we certainly do not set the stage for long term bone health. So what is within our power when you've had long term gut issues and you're dealing with bone health issues, whether it's osteopenia or you've already have developed osteoporosis, what's under our control?

Well, let's let's touch on maybe some of the bigger things that are actionable that people can touch on and address and actually take away from this conversation and implement in their lives.

So nutrition, that's a big one, right? You're doing that every day anyway. So how about we do it in a way that supports your gut health and your bone health?

I think what's important to keep in mind is with any dietary approach that you're following or any path that you go down, understand, we are all biochemically and genetically unique individuals.

You are going to respond to different foods and supplements and dietary approaches differently. So as much of a

superfood as something may be right, or as much as this one thing that you've heard could be the solution to everything.

Approach it with curiosity, right? It may not work for you, because if it creates inflammation in your body, it's not a health food for you. And that's okay.

Just keep it in mind. The other thing I would say is that if you are somebody that has chronic digestive issues, you have issues Candida, small intestinal, bacterial overgrowth, you have an autoimmune condition, your dietary approach is going to look differently than those people who do not have those things.

So if we're talking about supporting your gut health and your bone health, what are some good, healthy food additions that you could incorporate into your plan?

A couple ones that I really like. I like sardines, mackerel, wild sockeye salmon. I do like those. I like when they have the bones, then the bones have and these are not hard pokey bones.

That'll hurt your mouth, by the way, if you get them in the can, make sure it's BPA free can. And these bones have all the minerals that your own bones need and the right ratios that nature put them in.

And I think what's there also a source of calcium to those bones are and a lot of times when people have gut health issues, chronic digestive issues, they may be eliminating something like dairy, too, right.

If that was even in their plan in the first place. So if that's the case, then they're looking for other sources of calcium. So this could be one of those sources and it also works with an autoimmune protocol, too.

So I think that's an important thing. They've got protein for the sardines, mackerel, salmon protein in those, too. You need protein for your muscles, you need it for your bones.

And then it's got omega threes. And omega threes are fatty acids that you have to have. And they're they're great for you and they're dampeners of inflammation.

So anything that's contributing to that inflammation is not going to be good for your health, especially long term. So that's three three positives right there.

Right. So I would incorporate those or consider it arugula. I love it's one of my faves. It's a bone leafy greens, same cruciferous family of vegetables, broccoli and kale.

You've got vitamin C, vitamin K, bioavailable calcium. It's a great alternative for somebody who if you've got chronic digestive issues, you may have a hard time breaking down and degrading oxalate, too.

Right. Or if you've got issues with Candida, you could have oxalate issues or mold or something like that. Right? You could have oxalate issues there, too.

So arugula is a low oxalate grain. So this could be a great and fantastic addition to your diet. And it's a bitter food, too. And I know Sinclair know so much about this and loves the gallbladder, the liver, so important to our digestive health.

And when you have those bitter foods, that's going to help with that bile production for your liver. So great addition and you can it's easy you can saute it.

Right. It could be a great easy addition. You don't need to add a lot to it for it to taste good. Little olive oil, a little salt. That that could be a sea salt.

That could be great. Or you could just have it in a little side salad. So that's an easy one. And vitamin C, rich foods, those are really important. I think we all know vitamin C is important for our health, but the reasons it's important for

your bone health, too, are that it's your bones are this collagen protein matrix structure with those minerals kind of laced in there, right?

Vitamin C stimulates pro collagen. It enhances collagen synthesis and it stimulates alkaline phosphatase activity, which is a marker for bone building cell formation.

So it's great for the bone protection side and the bone building side and also for if you're not getting enough vitamin C, that can increase the risk of fractures as well.

Nutrition for Gut and Bone Health

So getting those foods, peppers are probably one of the best vitamin C rich sources from a vegetable perspective, if you have an autoimmune condition, maybe keep the peppers out right and focus on some of those cruciferous vegetables.

Focus on the arugula, the steamed broccoli, the Brussels sprouts steamed. Right. And you can and incorporate those fruits, berries. Berries are a great addition.

And you can get you know, if you're if you're looking at just what's available in the store, right. Blueberries, raspberries, strawberries, those kinds of things can be great additions.

If you're if you're one of those people that will shop online, you'll go a little bit further to find some really good berries. If you get wild blueberries higher in accident levels, if you get huckleberries higher antioxidant levels, you get Lincoln berries, higher antioxidant levels.

These are great additional fruits that have really high ORAC scores to antioxidant levels and they can be great additions to your plan. And I would say those are a couple I love cucumbers, I love blueberries, you know, I love those kinds of those kinds of foods, too, as additions.

So that would be nutrition. I'll actually pause there for thing. I think this is great. We need to remember that we have so much available to us in the foods that we choose and that this isn't about just the green pharmacy and about really expensive therapies and huge, you know, equipment that you have to invest in or go to a clinic to get to every day like this is you have a lot of billable to you right here.

And I really appreciate you making the distinctions about different food filters that people need may need to be aware of. You may be slight sensitive autoimmune disease.

You need to stay away from Nightshades and Lectins. So not everyone's going to gravitate towards the same healing foods, but there's still plenty to choose from. So there are so many.

Yeah, I would say I would say the other piece too is that's one lover, right? So we all know nutrition is one lever we can pull. That's an actionable thing we do.

Exercise is another big one. So even if you have chronic digestive issues, you can still exercise, right? You may not have the energy levels that you had a while back and that's okay.

You can tailor your exercise routine while you're still getting your energy levels back. Listen to your body. That's important. But let's talk about the exercise that you need to support your muscles and your bones.

But you need two different types of stimuli for your bones. You need muscle pulling on bone and you need impact. The most effective intervention is you're going to use one or both of those things in combination.

So the different types of exercise that most people are recommended to do are weight bearing exercise and muscle strengthening and resistance training exercise.

So let's break down each of those. And what what does that really even mean? So weight bearing exercise would be where your body and your bones have to work against gravity to keep you up right there.

Things you're doing on your feet. And that's placing a good kind of healthy stress on your bones. So that's good. Right. And that's what most physicians are going to recommend to somebody.

But that's not enough, right? So walking by itself is also recommended. That is not enough to build bone while repeat that again. Walking is not enough to build bone.

And you also have to keep in mind when you're walking, right. Remember I said you need muscle pulling on bone, you need impact. When you're walking, you're getting a little bit of impact right in the same direction, but you're getting a little bit impact, but you're not really getting much else right.

And you're also not working the upper part of your body. There's no stimulus for your forearms, which are a big area that people fracture when they get older.

So, right, you have to incorporate other types of exercise. So weight bearing exercise is important. And there the different types of weight bearing would be walking, jogging, running, hiking, gardening, dancing, those kinds of things are all weight bearing and then yoga, pilates, tai chi, qigong, those kinds of things are also all weight bearing.

Notice what weight bearing? Not all of it was like formal workout. Some of it can be gardening or playing with the kids or the grandkids or whoever outside.

That stuff can still be weight bearing exercise. There's also non weight bearing exercise. Guys, this is where your body and your bones do not work against gravity to keep you upright.

There are things you're not doing on your feet and they're not placing good, healthy stress on the bones. That would be cycling. That would be swimming.

Swimming's another really big one. Now, this is the same thing that astronauts face and space in an environment where they're not their body and their bones are not working against gravity, they will lose bone density very quickly if they're not using it, use it or lose it.

Same thing applies here. So if you like to swim, it doesn't mean you should stop swimming. You can keep swimming, especially if it makes you happy. It brings you joy.

It's maybe an activity you do with your family or friends. That's great. I think that's really important. But do not get out of the pool five days a week and say I'm done.

I did my exercise. There's more we got to do. And that more is the muscle strengthening and resistance training, exercise. And that is where you're bringing in.

Maybe it's your body weight, maybe it's dumbbells. Barbells resist dense bands, maybe it's the machines at the gym. If that's where your comfort level is at or that's where you feel like you need to be starting, that's that's great too.

And incorporating different lifts and movements to help support good muscle growth, good bone growth. What would those movements be? Squats. Those are great one, right?

They're moving a lot of different muscle groups at one time. These are major lifts, deadlifts. That one sounds intimidating for some people. Like if you've never done that, some people are very comfortable with that.

Exercise Strategies for Stronger Bones

That's great. If you're doing them and you know how to do it with good form, keep doing. Those deadlifts are a great addition. If you don't work with somebody who can help you figure out your body mechanics and slowly progress up to where you can do that safely with a weight that's good enough for you right?

But that is an important one to incorporate overhead presses. If you have not already had a fracture, it can also be a great addition. If you've already had a fracture, you don't want that axial loading right compressing down on those vertebrae.

And then the other one would be maybe, maybe chin ups or doing some kind of box jumps or jump landings. Those can also provide a little bit of impact, too.

So those are some ways that we can start incorporating good, healthy exercise into our routines. And again, listen to your body and just make sure you have good form.

And it doesn't mean you have to go full force all in day one. That's never been the right approach for any kind of health situation. Right. Slowly and tried it many times.

Don't do it. Go, don't do it. You have a lead injury. It will set you back. Be patient with yourself. Even the type A is like I trust me. Even the type A's that are just like give me the plan.

I want to go, go, go right now. I'll do it all day one. Don't slowly progress into it. That's going to be the best approach for you. Okay, great. Well, that's great insights.

So any other areas of focus that really tie gut health and bone health together you think we should cover today and we haven't talked about bile flow.

And, you know, that's a favorite of mine. You know what? Let's talk about that because, you know, Sinclair has been I mean, here's the thing with health, too, is it doesn't it's a constant evolving process for everyone, for all of us.

And when you improve one health condition or you optimize in one area, you may look to try to optimize or focus on another area. So I do that. Sinclair does it. We all do that.

Every everybody does that. And I really enjoy this part of the journey. And one of the things that I knew I still needed a little bit a little bit of help in was I every time I ate a fatty meal, I had this referred pain in my right shoulder blade.

Right. And I just suspect that and I knew I had something going on with the gallbladder. I didn't know exactly what it was. And I also didn't know 100% how to address it confidently by myself.

So fortunately, I know Sinclair. I reached out to Sinclair and we just she put me through what was what was the specific it was. Was that the rapid liver reset or what was this?

Yeah. Yeah. So you did a deep flush from Rapid Liver Reset our course on liver health. Yeah. Yeah. And it was super, super helpful. Walk through it step by step.

I was like your I was your your grade A student you know just going. Literally were yes. Step by step. And you know what's interesting is I have never done a gallbladder flush before ever.

And I was able to flush hundreds, hundreds of stones. Some of them were like tiny, tiny, little, tiny little pebbles and I had a couple that were the size of marbles.

Right. So are very close to that. So it's and I felt amazing and now I no longer have that referred pain, my shoulder blade and refinish. And that's. Great. Like it's, it's so good.

So you find these things right that and I was just telling you before this I had in the past I had some trauma in the side of my face and I had some teeth that were cracked.

And I know they had gotten infected. And I ended up having root canals before I knew root canals were not a good thing to have in your mouth. So one of the next things I'm now focused on is going and having those root canals removed and focusing on that as just you look at what now just look for the next thing that you can focus on improving and just keep moving forward.

You'll you're so beautiful because I mean right there gallbladder issues, if you're if your bile isn't flowing with ease, you can't absorb your calcium efficiently.

Right? You can't absorb those fat soluble vitamins. You got to have strong bones. After. Dental health. You've you've got a if if you don't have your dental health optimized guys, you could be dripping down silent infections down into the guy that's absolutely affecting your gut microbiome.

No. Two ways about it. We've got other interviews in the summer to support you on that. So get excited about being curious cause I know it can be it can be a daunting journey, but it's one layer at a time.

One thing I want to touch on, because you just said you talk about the importance of bile flowing and helping break down and emulsify those fats to help you absorb fat soluble nutrients.

Fat soluble nutrients are so important for your bone health. Vitamin D is one of them. Vitamin D is obviously important for so many things. It is critical for your bone health.

So you need you need to be able to not only have you need to have good transport, you need to have good binding. If you're taking it in through your diet or your supplements, you want to actually be able to absorb those nutrients to vitamin K vitamin K2 those are also really important.

Bile Flow, Dental Health, and Closing Advice

So for vitamin K2 specifically, that's going to help activate something called Ostia calcium and matrix GLA protein to help you to help you build bone.

But Also to help make sure that things like calcium aren't going into your soft tissues, like your kidneys and your arteries and all the places that you don't want it to be.

And it helps directly to the bone where it needs to be. So you want to make sure you've got good digestive function. You've got good, good bile flow and that your liver and your gallbladder work in the way that they need to be working.

Yeah. So true. Great. Great point to underscore. Thank you. And So as we wrap today, you've given people so many actionable insights we've helped really tie together, you know, the gut health issues and long term bone health, what you can do, what's in your control right now from a national health perspective, any last words of wisdom for folks that have been on the healing journey for quite a while and they're just looking for a little bit of inspiration or encouragement.

Be patient with yourself. Be patient with yourself. You know, I know it can be really easy to look back and place blame. I wish I would have done things differently.

I wish I would have known this. Then guess what? Every day is day one. You get to start brand new today. So today, as you're listening to this, if you heard something and you're like, I need to make changes here, or I'm going to commit to making a change an improvement, you have the power to do that.

Everything from here forward is going to be positive and keep moving in that direction. So beautifully said. Thanks so much, Kevin, for sharing your wisdom today.

We really appreciate you. Thanks for having me. Where can people find you? You can always find me bonecoach.com. We've got bone healthy recipes. We've got everything for helping people build stronger, healthier bones.

If that's important to you or somebody you know, send them to bonecoach.com. We've got awesome resources there. And then you can find me on all the social channels, Instagram @BoneCoachKevin and then YouTube @BoneCoach and Facebook at Bone Coach.

And then we've got a podcast, The Bone Coach podcast, which Sinclair has been a guest on. So it's those are the great resources, but bonecoach.com is probably the best place.