Uncover Your Solution To Your Energy Crisis Transcript

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Introduction and Guest Background

Welcome back. We're continuing our conversation on reversing chronic gut conditions. I'm your host, Sinclair Kennally, and today I'm joined by my wonderful friend and colleague Laura Frontiero. Hi Sinlcair.

So you may know Laura as the mitochondrial energy summit host for the last two years, and she is actually a nurse practitioner with a wide range of experience in allopathic medicine and also functional medicine.

So she's got 25 years of experience in various clinic and virtual settings, and she is now known as the Energy Lady. And it's personally because she is so passionate about sharing what is misunderstood about energy production and how we can actually have energy efficiencies and what that does to the body over time.

So her signature system helps reclaim what she calls the energy edge. And for each person, it's a unique journey back to their highest mental, physical and biological performance.

So what I really wanted for you to get from Laura's expertize today is how does energy production impact your gut health and vice versa? So we so often overlook this, and even in functional medicine, people who have taken the time to as practitioners add to their toolkit and try to stay up with the latest data.

There's still some persistent myths and some things that are misunderstood. So that's what I wanted Laura to come on and clear up for us today. Welcome, Laura.

Thank you so much, Sinclair. And this is definitely a passionate topic for me because I spent a lot of years in the Western world getting it wrong before I figured out how to get it right.

And I even spent years in the functional space getting it wrong until I got it right. So it's it's a journey to really learn how to truly help people heal their bodies.

And, you know, talking about gut and mitochondria, one of my most favorite topics. So thank you so much for having me here and trusting me to support your audience and and be aligned with.

I know the really important message that you have to give the world. So thank you for having me here. But well, let's dive right in. So I know that you've been on a journey yourself with your own health and with exploring different health paradigms and the limitations of each of them.

And I would love to hear you speak about that today because of course, we have newbies in the audience and we also have who I lovingly call my summit junkies.

People have heard every interview and they read all the books and all the things, and they're just looking for like, Why haven't I healed yet? And doing all the right things, you know, why?

Why is it taking so long for me? So let's speak to both of those beautiful audiences today as we talk about what you think the missing first step is to restoring people's energy when they haven't been well for quite some time.

Rethinking Root Causes of Gut Issues

Yeah, well, before we get into the missing step, because that's kind of like a scientific answer. Can we first prep this talk with talking about the causes, the underlying cause?

Because if we talk about the underlying cause, then the missing first step really makes sense. So and speaking to your question about what do you know, what's missing and what do practitioners miss and what does the Western

world miss?

That's part of the underlying cause issue. So back when I worked in Western medicine, I worked for one of the largest HMOs in America, Kaiser Permanente.

It's the wealthiest and the largest health insurance company. And, you know, it's a really reactive system where people are coming in with massive health problems and we're slapping, you know, Band-Aid solutions on it.

But we're not actually fixing the underlying issue. And that's what kind of drove me into the functional medicine space. And when I first entered that arena, you know, I studied with the Institute of Functional Medicine.

I hired some of the world's greatest thought leaders in functional medicine to mentor me. And I learned what most functional medicine experts teach and what most of our viewers here today think is the underlying cause of their health problem.

And so most people viewing here think it's inflammation, they think it's adrenal fatigue, they think it's a hormone imbalance or a thyroid dysregulation and or a blood sugar spiking problem.

Or they think the root of my problem is my food intolerances. Or I would dare say they even think the root of the problem is leaky gut. And right now I may even be shocking practitioners who are saying she know she's talking about.

That's crazy. Those are all the root cause problems, right? Sinclair? Absolutely. I love that you're bringing this up and really highlighting this again because we hear in our practice all the time, Oh yeah, my root.

Cause is leaky gut or my root causes. Candida or actuallyI've been diagnosed with SIBO I know my root cause those are not root causes. No, no. And so aging in genetics is another one of my favorite ones.

It's your genetics. And honestly, right now in today's world, we're hearing that a lot in Western medicine. I mean, people are dropping dead of all kinds of mysterious things right now.

And the thing that our doctors are saying is it must be your genetics. Oh, you're a 24 year old who needs a pacemaker. It must be your genetics, right?

I mean, this is what we're hearing a lot. So genetics is a big crapshoot for blaming problems. So so I'm going to get into what the underlying problems really are.

But before I before I go there and I know I'm speaking your language because a lot of this I actually learned with you. So after I realized that I wasn't getting the results that I really wanted from my functional medicine protocols that I was running, that I had learned from the exam and I had learned how to run, you know, the traditional five hour gut protocol and all of that.

And some people got better and a lot of people didn't get the results that we were hoping for. And those are the people that doctor shop constantly. Right.

They keep going, looking for the next thing, the next thing. So in my journey of becoming a functional medicine practitioner, you're one of the people that I ran into along the way.

And you told me, Laura, there are some things that are missing here. There's some deeper root causes. So I'm grateful to you in my journey, as well as helping mentor me into the practitioner that I am today.

So what I want all this audience to understand in here is you are watching a summit produced by one of the leading practitioners in the world. So remember that when you're when you're, you know, wrapping this up and deciding, you know, I've met a lot of practitioners here.

I'm going to figure out who's going to help me solve my problems. I'm going to highly encourage you to stick with Sinclair because she can solve your problems because not only that, she teaches practitioners how to solve problems too.

So all that aside, what are the true root problems if they're not inflammation, adrenal fatigue, hormone imbalances, leaky gut? And so it's really three buckets of problems, right?

So underneath what, you know, you would think of as the root of the root cause, it would be environmental toxins. And there's a whole bunch of those that we could unpack.

But I bet you have lots of talks on this on this summit about toxins. Right. Like we don't even need to go into heavy metals. You know, the the toxins you're getting from your skin products, the mold and mycotoxins.

I know you have experts talking about that. So it's a toxin bucket. And then you have these chronic smoldering hidden infections. That's the second thing.

And, you know, that's everything from parasites to bacteria to fungus. And of course, they can be anywhere in your body, not just your gut, your guts, kind of a launching pad for all of these infections to move to all of your organs, including your brain, including your lungs, including your bladder, including your pancreas, including all the places that you don't think about.

And then the third bucket would really be nutrient deficiencies. And I would say that bucket is tied to the first two because nutrient deficiencies occur, because our immune system in our body and our detox systems are overwhelmed trying to deal with all these toxins and infections.

And it requires extra nutrients beyond what we could ever get from food. And I just want to get on my soapbox for a second about food. I am so sick of hearing let thy food be my medicine.

I can't I just can't. I'm probably making enemies right now. We are beyond that, everyone. You cannot eat your way out of this. Yes, food is important. Hear me.

You should not eat crap. But you cannot solve this with just a healthy diet. It's beyond that. So if you've been trying to do this with Let Food Be Thy medicine, you need some more support.

Okay, so I'm going to pause there. Tell me your thoughts on this. Let's hear what you have to say. I really appreciate you highlighting some of these issues because I think even even practitioners who get it and have finally arrived at these conclusions often only give lip service to them, and they don't explain why this is so essential.

And they're still running an outdated model, which I totally understand where this came from. And I'm not knocking anybody and I appreciate the earnest attempt, but if you're running $5,000 worth of functional labs and that is a substantial investment for somebody, and then you come out, oh, you're low in these 37 markers, here's 37 different supplements to boost those minerals, to boost whatever else is missing without asking, what is the hidden reason behind the nutrient?

It's like, yes, you will not be able to heal if you're not.

Toxins, Infections, and Nutrient Deficiencies

If you don't have the building blocks to heal, period. End of story. But you don't have the building blocks to heal because you have these toxins and these hidden infections that are actually actively blocking absorption or they're costing you so many resources to just try to tread water.

So I just want to I want to add on that what you what you just said. So I mentioned earlier that I've studied with some of the best, most respected people in the functional medicine space.

I learned organic acid interpretation, deep organic acid interpretation, which most most practitioners cannot interpret. They just rely on the kind of report that the lab gives because it's such a complex test.

But the point I want to make here is I was taught to do all those things first, and now I don't touch that until I don't. I tell people, people come to me saying, I want an organic acid test now.

And I say, Great, but let's not throw your money away. Let's not just burn money, you know, light money on fire. Let's hold off on that until we solve some of these bigger issues that are affecting those nutrient deficiencies, then let's run that test and see what else we need to do to support so you can get to to an even higher level of healing.

But unless you do that foundational work first on your infections and toxins, you're just going to be taking. So many supplements and spinning your wheels and frustrated that you're not getting better.

I totally certainly agree, which is why I have you on here so let's help the audience understand. Like, how would they know some of the symptomology if they're struggling with infections and toxin overload and nutrient deficiencies?

What might be some of the signs and symptoms? Well, are you fatigued and low energy all the time? Have like this brain fog and inability to put complex concepts together.

Are you finding yourself playing life smaller than you used to? Did you stop your hobbies? Did you stop doing fun things in evenings with friends and family?

Did you are you now saving your weekends for recovery? So kind of like how you're living your life is a clue. And then there's all these symptoms that all of the reason you're living your life that way is because you're foggy, you're exhausted, your your digestive system is out of control and you need to be near a toilet.

You, you know, you're achy your joints. Joints hurt your you've got migraine headaches that come out of nowhere. Your skin looks bad and you don't want to go out because it's inflamed your puffy everywhere.

I mean, these are Hallmark signs. Your hair's falling out. You just don't feel great anymore. So you just start getting smaller and smaller and smaller in how you're showing up in your life.

That's what I would say is the hallmark symptoms. You can't eat anything without a reaction. You're always worried about my family gathering or going out to restaurants are going to be anything I can eat there and like all that.

So what I what I love about what you just shared is it really underscores your previous point about people have been trained now to think about those as adrenal thyroid hormone dysfunction.

Yeah, they have those. And really those are actually just expressions of distress themselves. They're not the root cause issues. No. And don't don't get us wrong, everyone listening, it's important that your thyroid be addressed.

It's important that your adrenals be online. It's important that you eat healthy. It's important that you do all the, you know, fun, biohacking, things that can support you.

But unless you're solving those three and really the top two toxins and infections and nutrient deficiencies come along like we just explained, unless you're solving those things, this is going to be a forever project and everyone I know doesn't want to be on a forever project.

People that I work with want a resolution. And to solve this right now, enough is enough. So stop doing the old school things that don't work. You know, Sinclair, let's remind our audience the microbiome was not discovered like by what's recognized as modern science until 2001.

So we've been 22 years into this game with the gut microbiome, and when we first started this, nobody heard of it, nobody knew about it. And so these protocols were created by institutions like the IFM to repair and, you know,

support the gut.

And as time has gone on, you know, you can't talk to anybody who hasn't taken a probiotic at this point. In fact, you can't watch the nightly news without seeing a probiotic commercial.

And do you know that most of the probiotics out there that you can buy, you know, at the drugstore and at the health food store, they're owned by the same companies that are making you sick.

So Nestlé owns at least three that I can think of off the top of my head probiotic, you know, brands and they're simultaneously creating the foods that are causing your problems.

And so there's an ethical dilemma there. So so I guess my point here is we're evolving and we're learning and things are shifting at a fast pace. And so is it possible what I'm suggesting is the old school way of solving gut problems from 2001.

Is it possible that that's already outdated and there's some better ways to do this right? Yeah, I love that you just highlighted that. And what strikes me so interesting about that 2001 date is we had previously been spending the last 50 years and effectively like setting our guts on fire, like just light a match and you know, all the petrochemicals that came in after World War Two, there was a surplus of oil.

We turned them into things that we could spy on our food. And we called it the Green Revolution. Right. And then glyphosate came online in the nineties in our Roundup Ready Crops like we've been experimenting now we're a couple generations in to this.

And so yes like our our it sounds very established what you know, what the health world knows but it's really not it's quickly evolving. It's very difficult to keep up.

And we're living in a day and age that honestly, grandma and grandpa didn't have to deal with growing up. And our guts are not the same as previous generations.

It's shifting very rapidly. So it makes sense that even a 20 year old understanding is already super outdated. Super outdated, and most practitioners are still practicing outdated.

Natural medicine. Yeah. Yeah. That was so interesting for me when I was really sick and having to like go back to the drawing board, everything that I thought worked as a health practitioner was like, Nope.

So I went to Catholic medicine thinking they'll have the strong stuff that'll really fix me.

Why Gut Symptoms Keep Returning

And they didn't even know how to categorize. And it got me diagnosed at the beginning, as we all know. And then, you know, going, you know, going back to natural health in search of solutions.

Many of those were essentially not effective. They were too palliative in nature. It doesn't matter if it's a natural Band-Aid. A Band-Aid is still a Band-Aid.

It's like delving under the hood into these deep root cause orientations is what is going to save us all I've seen over and over again. So obviously, well, passionate about this topic.

So now that we have set the stage and people understand toxins, hidden infections and nutrient deficiencies are really driving these these conditions that we have mistakenly labeled as root cause issues when they're really just symptoms of distress.

Given all of that, what does it really take at this point to restore our energy like what we need now? We're ready to talk about that for sure. So this is where we're going to have a little bit of a science lesson, but I'm going to make it

super easy.

And we're going to talk about mitochondria. So I'm also I mean, we've already done it. We've we've thrown some stones at Natural Medicine right now already because from a prevention and healing perspective, you know, you're being taught from the natural space to eat your way out of this, to do an elimination diet, to sleep more, to exercise, to focus on, you know, reducing your stress.

And, you know, you know, you want vagus nerve stimulation. You want to make sure you're hydrating. You want to a lot of that it, like all of that is super important.

But if you miss this piece, you are not going to get your energy back. So that's what we're going to talk about. It's not that you aren't doing all the right things you are.

It's just there's a missing puzzle piece, right? So it's kind of like your health is putting together a puzzle and sometimes you're working on that puzzle and you're looking for this piece.

You just can't find it. And you've already picked it up actually, and put it back down five times and then you finally put it into place. So that's a we're going to talk about today is that missing puzzle piece.

And what I'm referring to here is your mitochondria. So for those of you who know what mitochondria is, this is going to be a refreshing refresher for you and you're going to learn some things as well for those of you who don't know what mitochondria are, they produce about 90% of your body's energy.

That includes the energy that you feel when you're going about your day. So that energy you feel at 3 p.m. or not. And it also includes something that I like to call invisible energy that you don't feel.

And that's the energy that your body needs to digest, that healthy food you're eating to make the hormones you all think your root causes a hormone problem.

Well, your mitochondria, when you make energy to make those hormones, including your thyroid hormones, this is the same that mitochondria help you send a nerve signals.

They help your heart pump. They help you breathe. Every breath you take is because a mitochondria said so and so. It's all the body functions that happen inside of you that you don't consciously know are happening.

So this is why mitochondria energy is so important. So a technical term for what I'm about to explain to you is the microbiome mitochondria axis. If you look it up on PubMed, that's what you're going to see.

But while we're talking about this, I'm going to call it the gut mitochondria connection because it makes more sense. The word axis is kind of confusing, but basically it's a connection.

So now I want you to imagine yourself. So I'm talking to the speaker Sinclair. I want the speaker. I'm talking to the listener. Excuse me. We're the speakers. I'm going to talk to the listener here.

I want you to imagine yourself with an imbalanced, leaky gut. I mean, you're here on this summit listening to this because you suspect something's going on in your digestive tract.

So you have leaky gut, you have dysbiosis and your guts imbalanced because of those things we just talked about infections, environmental toxins. And then, of course, there's all this stress coming in at us.

There is inflammation. All of this is hurting us as well. Now, I want you to imagine that your mitochondria are weak and sick. They're not healthy. They can't produce that 90% of energy that you their body requires.

So now you've got an inflamed and imbalanced gut. Plus, you have reduced energy production. I mean, Sinclair, that is just disastrous, right? I mean, that's just that's just pure disaster in the body.

And here's why. So I want to talk about two metabolites today. I want to talk about Butyrate and I want to talk about bile acids. So I know you love talking about bile and liver.

That's like your thing. But this is really critical from a gut mitochondria connection perspective. So I'm going to I'm going to pull this all together for you and make sense of it.

But the first thing to unpack here is that your poor gut health and I'm sure you've had somebody on this summit talk about Butyrate. Somebody mentioned that this is a post biotic and that this helps, you know, fuel the intestinal cells, your bacteria.

I see you nodding. Yes. Okay, good. So we don't need to go deep into that. But the first thing to really understand here is that when you have this low butyrate metabolite, which is so critical for the gut healing, it's also critical for your mitochondria because the short chain fatty acid butyrate basically also supports not just your colon cells, not just your good bacteria, but it supports your mitochondria.

And this happens through a process called beta oxidation. The ATP energy is produced and that energy goes all over your body to support all those invisible things that I just explained.

The Gut-Mitochondria Connection

So basically what I'm telling you is that your cells, your mitochondria cells, they pick up those short chain fatty acid metabolites, butyrate, and they shuttle, they shuttle them all over your body and to each of the other all of the other mitochondria in your cells to make energy.

So here's where it goes wrong. When your microbiome is broken, you have less short chain fatty acids produced. And that's because the fatty acids are the most important energy source for mitochondria living.

And in your colon cells, we make most of our clean energy from fatty acids. So this is a recipe for disaster. Now, the second thing that I want to unpack for you is bile acids.

So this is the next metabolite. And Sinclair, I know in your programs that you support people through liver flushing. My husband's done your liver flushes. They're amazing.

So he's like a liver flush. KING So so bile acids so important they're made in your liver and that that inflamed and unhappy gut that we just talked about, it alters your ability to actually make those bile acids.

And that's really important because the main job of your bile acids is to help digest that fat that we just talked about with so important for making mitochondrial energy and to carry out okay waste.

So when we're thinking about all of the toxins that we're exposed to, if we're not making bile and if we're not expressing the bile, then we're going to have a hard time getting rid of toxins.

So, well, your bile isn't being made in normal amounts. Everything goes wrong and you get this inflamed dysregulated gut barrier function as well. So what I'm what I want you to understand is this is a really complex cascade of events, but basically bile acids and mitochondria work together in your body for fat metabolism, energy production and cellular signaling.

So these this is this is where I really want your your audience to understand that if you want to heal your gut, you have to bring mitochondria to online.

And so in your protocols with your practitioners, when you're working with your practitioners, they must be addressing mitochondria and supporting mitochondria.

It is a lot more than taking a fancy supplement that has 52 ingredients that are supposed to help you produce ATP energy. So I'm going to pause there, Sinclair, and have you weigh in on this, because I know that you're in the

same vein of thinking that there's a lot of, you know, mitochondria support products out there that are just kind of what how did you say it just a few moments ago?

It's it's not a Band-Aid. You call it something else when we're just. Well, yeah, a natural Band-Aid is the same as a. Yeah, yeah. Well, what I appreciate about what you just shared is I think you're describing the paradox that so many people find them in themselves.

And when when you're not well, when you haven't been well for quite some time to be alive today is to have to deal with leaky gut, because you're getting micro amounts of glyphosate, even if you're eating all organic.

Sorry to say, we're going to have as much as 60%, you know, glyphosate as traditionally conventionally grown crops, which is just wildly talked about that that way. Now.

So Stephanie unpacks that in depth for us on this very summit. And so I won't spend any time on that, but I just want people to really understand why it is that we are asserting that they have leaky gut if they're alive right now.

And why, once you find yourself in this quandary of I have a chronic gut condition, which means I'm not absorbing my foods and I'm not producing the appropriate byproducts like these short chain fatty acids to support the mitochondria body wide.

Now you have an energy deficiency which is absolutely impacting your body's ability to heal your gut. Wake up. It's so resilient system. It's insane that these gut conditions persist when your body has all the knowledge that it needs to fix it, just not the right components.

I want to I want to add something here. Sinclair So I do a lot of gut test interpretation and read gut tests. We do lots of testing. In my practice, you know, there's a good reason for gut testing in a sense that we can see we can see a lot of problems that are going on that need to be supported in order for people to get better.

And oftentimes it's motivating for people to see what's wrong and then they stick with their protocol. But here's what I want to say. Can we just talk about Zonealarm for a second and leaky gut.

Okay. So everybody wants to know, do I have leaky gut? And if you heard what Sinclair just said, you all we all have leaky gut because we all are exposed to glyphosate.

I have never I run a lot of toxin tests. I have never seen a person with no glyphosate in their body. Now I've seen people who are better at keeping it low, but I've never seen a zero ever.

Now I've seen sky high and I've seen low ish, but never zero. So what I want to say about Zone One is this is a marker on a gut test that people get all crazy about.

Like, I want to know what my zone Ellen is because somebody told them or they heard somewhere that Zombieland is a marker for leaky gut and leaky brain, but it's not very accurate.

Here's the problem with it. It can be falsely negative, meaning it can look totally normal and it's false. And this is really dangerous because then you have a false sense of security that you're doing things right and that you don't need that extra detox work that Sinclair does, that I do, that I know glyphosate clarity isn't a problem for me.

Zombieland is normal, so I really talk people out of doing that test. And, you know, a lot of times people are like, well, you're just trying to, you know, not save money.

I'm like, No, I'm saving your money because if we add that it's going to cost you more and it's not going to be worth it and it's going to possibly screw with your thought process and make you think everything's okay.

So here's the thing. There's a bunch of scientists up there who have figured out how to test for a lot of things on a gut test, but a lot of those markers are complete useless when you get on the ground like boots on the ground

working to heal people.

We have to pay attention to how you feel. It's not always what's on the test that we're that we're treating. It's how you feel. And it's the common sense of knowing.

You all have glyphosate in you. Every single one, myself included, Sinclair included. We don't have zeros either, and we know how to get this stuff out.

All the time. Yeah. Sorry I had to go off on a soapbox. I think it's really important because one of the things that people are asking out of the summit is like, what are these overlooked factors?

Common Testing and Treatment Mistakes

Why essentially, like, why haven't I healed yet? If I go to work in resilience, why is it taking so long? You know, what am I missing or what did my practitioners miss?

So I think this is essential to understand and I want to make sure that we also get time to discuss like we've already covered some of those biggest mistakes, like prevent our viewers from getting back their energy.

But is there anything else you want to highlight? Other things that people are missing? Yeah. I mean, we could go a lot of places, but the final kind of concept, I want everybody to get out of this is that your mitochondria and your gut are constantly talking to each other and dysfunctions in either the mitochondria or the gut affect each other.

So I want you to think of your mitochondria and your gut like completely connected twin flames, permanent, you know, forever partners. They are together in this and so the reason that I'm talking about mitochondria on a gut summit is because you can't solve one without the other.

So I think the biggest the biggest takeaway and the biggest mistake. So for people here watching this interview, because they want to know how to get their energy back, the biggest mistake that will prevent you from getting your energy back is not focusing on those three root cause problems we talked about and solving gut issues.

It is the beginning to everything and it doesn't matter how much work you've done or how many protocols you've run on your gut, chances are you have not run the type of gut protocol that Sinclair is doing or that I am doing.

And it's because most practitioners you're working with are using old school five hour protocols, and they're not solving this in a really smart way with the latest kind of knowledge around gut microbiome and how to solve this.

So you're going to be on a hamster wheel unless you do something different. So I know a lot of people think I've done gut work. I've done gut work. I've got that check, box check.

Know you haven't done it. You haven't done it in a way that's going to solve the problem. Yeah. I really appreciate you saying that because I think everybody has a sense and I remember feeling this way myself.

You hear it all the time in our practice and in our courses. I've done everything. I've tried everything. The truth is, you haven't you've tried everything within your awareness so far, and that's great.

We all go through those chapters. Sometimes you can't skip it because you have to earn that badge of honor of being the CEO of your own health, which is what you're doing right here, right now in this summit.

You know, you're becoming your own expert and you know, it's okay to have been treading water. There's a validity to that. But we don't want you to spend your budget and your energy on that any longer than absolutely necessary, which is why the real root cause work is so essential.

So do you have any last thoughts for folks as we wrap up today, words of encouragement or, you know, where they can go from here? Yeah. Yeah. So, I mean, ditto to what you just said.

I love that comment you just said you've done everything up until you're aware, everything within your awareness up until now. So I think my words of encouragement would be, is it possible there's more to know?

Is it possible there's more out there than what you've already tried? So I know Sinclair well, and I know she's bringing people on this summit that have solutions for you.

So my advice to you would be watch the interviews, take the time, get access to this summit so you can watch it over and over again. Give yourself that because you are if you are here listening, you are fortunate enough to either have intentionally or accidentally stumbled on Sinclair.

So either way, however you got here, you're a junkie that already follows her and you love her or you're like, I don't know who this redhead is, but she looks pretty amazing.

I'm going to fall over. You are fortunate to be here, so my advice to you would be squeeze everything you can out of this summit because she's bringing answers for you and and she really has a mission in this world to help people heal and solve problems.

Sinclair has worked with my own family. I've worked with Sinclair. I trust her implicitly. So I would say that would be my final word. This isn't about, you know, continuing to do what hasn't worked.

It's about you finding something new and you're going to find it here.

Final Takeaways and Where to Find Laura

So I'm just going to drop it there with a mic drop. Okay. I'm going to throw this on you and say thank you for who you are and who you show up as in the world and for the problems that you help people solve.

And for the big stand you are against trans, for transforming how functional medicine that's practice. So thank you, Sinclair. So, you know, I just tell you that.

My goodness. Thank you. Thank you and welcome. So I do hope people stick around. And I also want them to know where can they find you? Oh. Yeah, you can find me.

You can find me at LauraFrontiero.com. You can find me on Instagram @Laura. Frontiero You can find me speaking on all kinds of summits. You can find me on DrTalks in their library all over the place.

You can find me at Sinclair's house. Sometimes it's. So. Thanks for dropping all those truth bombs today like you were on fire with me and just really appreciate your contribution to the space and that you're helping to lead the charge and helping people wake up to their own potential and to be able to be in charge of their own bodies once more.

And also helping practitioners to have this awareness that there's more to the story. And this can actually be a lot easier than we've been making it out to be.

And it can even be, you know, enjoyable. The way to take charge of your healing process. Again, as long as you're actually dealing with the real root causes.