Introduction to Sinclair Kennally and the Topic

For this DrTalks, I have, Sinclair Kennally. And she is a traditional naturopath. She is an award winning authority on chronic digestive conditions and the CEO of Detox RejuveNation.

We are going to be talking about gut health, liver health, gallbladder health, and, what you need to know about the day. So thank you so much for joining us.

Oh, it's a thrill to be here. Thanks so much for putting this event on. People really deserve a deep conversation around this topic. So yeah. And before we start, you and I were already having some really exciting conversation about this.

I'm really excited to share that with the audience today. Let's start off. General, what is the, relationship between liver and gallbladder issues? Oh, that's a great question.

Okay. So well, first of all, let's look at the anatomy of the liver and the gallbladder. So the liver is doing over 500 jobs for you and which is amazing right.

It's a hard worker. And in fact it's the largest traditional organ that you have. Go ahead and put your hands up on your upper right quadrant of your abdomen.

That's where your liver is. That's a big boy big triangle. And nested underneath that is the gallbladder. And the gallbladder holds bile for the liver.

Once liver makes your bile, what is your bile do your bile helps you to not just flush out toxins that the liver has flushed out of the blood, but also to break down and emulsify your fats and your fat soluble vitamins.

So think vitamins A, D, E, K, so you need both your liver and your gallbladder, ideally working in great shape.

How the Liver and Gallbladder Work Together

If you want to digest food well, if you want to be at a healthy weight, a metabolism, your liver helps in converting hormones. So that's a big deal. And it's not going to do a great job at that.

If it's overloaded by toxins and can't keep up with your normal toxic exposures and your food digestion, those things come first. So if you're struggling with your metabolism or your energy or you're starting to get skin rashes, that's an eye that's a little sign that your skin is trying to become your second liver and push toxins out through the skin for your liver, because your bile isn't flowing fast enough.

And that could be a liver problem or a gallbladder problem or both. So that's just a little, little setup for us, I guess. Thank you. Yeah, that was a great way to break down the anatomy and what those those parts are doing for us.

And I love how you described like how much work the liver is doing for us because I think it's kind of a forgotten organ. Like it's like, oh yeah, like the liver is over there and it's like detoxifying things, right?

But like, we don't realize how important it is, how much it really is doing for us, how many different things. So one of the liver problems that we see that goes along with having excess weight or obesity is what's, called fatty liver disease or sometimes now, Colleen called metabolic associated, liver disease.

Can you tell us about what that is? And, the relationship between that and the gallbladder and, and sort of your expertise there. Yeah. This is really interesting because like, for me, I knew that something was wrong with my

body, even though I'd gotten used to all of the symptoms because they can creep on so slowly, you know, sleep issues, easily irritated, easily overwhelmed, brain fog.

You're not associating any of that with the liver, but you can see on your body. Wait a minute. I've got this tire around my midsection. And while, yes, we can call it cortisol belly, and there is some truth to that, there's absolutely, that that's one of the biggest signs that your liver is overloaded and you might be developing fatty liver disease.

And in fact, 1 in 4 Americans have fatty liver disease. Like it's it's a huge epidemic that we're not talking about. So we're talking about the obesity epidemic.

But usually within that is fatty liver disease. And if you're lucky enough to spot it with your doctor, often the advice that you're getting in in the treatment room is, oh, yeah, that's not great.

Let's keep an eye on it. And please eat low fat, you know, eat a low fat diet. Now that you have fatty liver disease, it's like, well, has that actually supporting the liver, though?

That's the question. Because the liver doesn't want you to eat low fats or no fats. You actually have to have really high quality fats in order to survive in order for your brain to function, your endocrine system, that's your hormones, right?

And also you need high quality fats for every single cell wall in your body in order to receive nutrients into the cell, and also to expel metabolic waste and toxins efficiently.

If you have low quality fats, your cell walls will actually be rigid and so good stuff can't get in bad stuff can't get out as easily. So we need high quality fat.

So what are we going to do instead? We're going to support bile flow and gently stagnating the liver and the gallbladder if you still have one. And that is actually one of the gentlest ways to support your body out of fatty liver disease.

And most fatty liver disease is nonalcoholic fatty liver disease. It's not that you drink too much, it's that you're living in a day and age where it's a little bit more complicated to be healthy than it was a few decades ago.

And it's not your fault, but it is your job to fix it because our food supply has shifted. You know, the way we grow food and all the preservatives we've added to it extends shelf life, things like that.

You know, it's good for the bottom line, but it's not good for the body and the contaminants in our water. We think we're drinking filtered water, but it's not actually filtering out enough of the stuff that's really hard on your liver.

So we just want to think about this with fresh eyes, right? If we were going to actually take a step back and wine the clock back, which you can totally do with your liver, by the way, it is so resilient and it's never too late to support your liver.

And I mean that to get people in our program is 60s, 70s, 80s. They're coming off of meds, they're getting that weight loss. They're getting their energy back. They're sleeping through the night.

Fatty Liver Disease and Metabolic Health

The joint pain is gone, like it's a real thing. But you've got to know what to do in order to do it when your liver's already been overloaded. So let's let's step away from the, you know, fear of effects.

Let's just get really picky about what kind of fats we choose. We want really high quality, very natural fats, ideally animal fats like grass fed butter, grass fed ghee.

That's going to be the most healing for your liver. And it's going to force your body to expel these fake fats, like the seed oils, like these trans fats, like highly processed fats that can stay in our body for it's been shown now over 6 or 7 years and even longer.

You said so many gems there. So let me let me try to go back to a couple of them. The first, and I love that, you know, when we give people messages of like hope and that we can actually reverse these things because it's absolutely true.

Otherwise you and I would have given up a long time ago, wouldn't even try. Right. So we know we've seen stories over and over again of helping people.

And we said the liver is resilient. The liver is one of the most resilient body parts. I don't know the exact details. So I might get some of this wrong, but they can do liver transplants, right?

So they could take someone like me completely healthy, take like, I think two thirds of my liver, give it to someone else and I will regenerate over like six months a year of my liver again.

Right. And so when we talk about the liver being resilient, it is incredibly resilient. Right. There's I can't think of anything else other than maybe your blood supply, which we're pretty good at remaking our blood supply that we can really do like that.

So yes, lots of hope. But I also want to comment on what you said because, you know, I think I'm just as guilty of this. When we diagnose people with fatty liver disease, we have not had a lot of tools in Western medicine to do anything about that.

We I kind of, you know, in what I do with obesity care and metabolic care is I kind of look at that as like it's a sign that your body's not doing well.

And we know that weight loss often will help your liver. Right. And so that's like as far as I get with what I do is like when you lose weight, you're you will lose fat in the liver as well.

Often it's one of the first places you lose fat. And like that's the solution we have right now in in the approach that I take. And it's it is part of the solution. Right.

But you are talking about some other like finer details above and beyond that. So, talk tell us a little bit more about healthy fats and less healthy fats, because I think this is like a concept that is is new for people.

A lot of people, like fat in general, has a bad reputation. A lot of people may not have heard that term of seed oils before, or even know what we're talking about there to avoid.

Can you tell us a little bit more about those details of good fats versus bad fats, and how people can even identify them? Yeah, I think that's a great question.

So what we want is fats that are have not gone rancid. So however they were produced, we don't want them to have become oxidized over time. Like olive oil is a magical miracle fat for sure.

But unfortunately a lot of the olive oil in our supply chain because of the way that it ships across the world, then gets stored for long periods of time, exposed to different heat, temperatures, etc. sunlight.

Over time it becomes rancid. So and in fact, most of the olive oil in our supply chain is rancid by the time it ends up in your shopping cart. So we want to get smart about where are we getting our fats.

And that's why I'm saying that we can count on small quantities of really high quality animal fats. That would be grass fed grass, finished butter or ghee.

And if that's too heavy for you, which it was for me in the beginning, my liver totally shut down and I was probably right at the edge of needing my gallbladder out and didn't realize that, and I could only tolerate a little bit of grass fed goat butter.

But that was the way that I started easing into this. Because you think about how French fries are made and like where Crisco and all these like margarine, we were told by the American Medical Association, hey, that's the problem.

Let's go to fake fats. But actually, when you look at the American Medical Association and how it was funded, was funded by the sugar lobby to say that in its very inception, that's part of how the American Medical Association got its funding back in the 60s.

And it's a really fascinating story, and it really helps us unpack and look at the food industry with fresh eyes, you know, like Nixon wanted to take on the sugar lobby.

He also failed. You know, that's this isn't like a new conversation. So we want to, step back from what we think we've been told and look at it with fresh eyes, because the data is out now, it's there that healing fats have always been a part of our picture of health.

Your brain is made of fat guys. They have fat. Must be healing. Fats must be in place for your endocrine system to work. That's your thyroid. Your sex glands like these are not optional, right?

So that's why I talk about shelf stable healing fats like animal fats. But you can also use coconut oil, olive oil if it's sourced. Reputable and it's not cut with fillers of these industrialized oils that are highly processed.

That's a great source of healing fats. Just want to be like realistic about what are you being told on the bottle? And is it true there's a huge exposé about avocado oil?

This was last year. And did you see this? Yes. Yeah. Go ahead. Please share. Yeah. Yeah. So fascinating thing where people were or producers were cutting avocado oil with these industrialized oils that were coming from very low quality, high processed, industrialized oils and, cutting avocado oil with that, because avocado oil is extremely expensive to make, and our demand for avocados in our culture just went up so fast over a few short years, avocado growers haven't been able to keep up with it, no matter how hard they've tried.

So this is the way that they were meeting demand for avocado oil. And if you look on the back of your avocado oil can, no matter how pretty the label is or the jar or the bottle, you know, you really need to read your labels and say, do I trust this source and what they're telling me?

Because even ones that were claiming 100% avocado oil, the majority of them, it turned out to be heavily diluted. Yeah. It was really disappointing to hear that because so many people had shifted to avocado oil, which is a healthy oil, right?

If it is actually avocado oil that you're getting. And so it's one of those, you know, frustrating situations where people were trying to make the right health choice only to find out that they weren't really getting what what they thought they were getting.

Yeah. So true. So sourcing your, fats is a big deal. And it just making that small switch what you're putting on your toast or what you're putting on your sauteed veggies, you know, it makes a difference.

Healthy Fats, Seed Oils, and Better Food Choices

And it can really help to start understanding smoke points of oils as well, because olive oil is great to put on cold dishes like. It's wonderful to put on your salads, but it has a lower smoke point than, say, coconut oil or animal fats like butter.

And so we want to be aware of that. And honestly, I say people heal the fastest when they're willing to eat, you know, tallow and eat an animal protein forward diet.

And I think it's because it's forcing the liver to produce more bile and actually shift your microbiome to meat that so those bugs that have gone nuts in everybody's guts these days, six out of ten Americans have, or over six out of ten, 61% of Americans have dysregulated digestion and chronic digestive symptoms.

In part, that's because we're eating a diet that's very carb heavy. And, so this fermentation is happening in our guts. So if we stop feeding the fermentation, of these overgrown, you know, species, we actually require the body to reclaim your digestive capacity.

That can be deeply healing for the body. Your liver and your gallbladder are not going to do well unless you are requiring bile to move with your diet.

So that's bitters in your diet. Better foods. We've lost the taste for that in our diets. You can actually just take bitters if you want to. We used to like cook, right?

And we would smell things and we would be tasting them as we would be getting the meal going. And that would tell our digestive juices, oh, we're going to eat soon.

Let's get ready. That's great. Like literally your mouth watering is one of those signs of like digestive juices flowing. Exactly. Yeah. So firing up that stomach acid, telling the gallbladder, okay, we're going to want to let that bile out soon because we need to meet the stomach acid and the bolus of food.

As soon as it comes out of the stomach. We got to meet it right away with bile from the gallbladder. It's the stance. It's not just pancreatic enzymes and sodium bicarbonate from the pancreas.

Love that little pancreas guy. But it also must be met with gallbladder bile because the gallbladder has been adjusting and listening to the stomach, adjusting the pH of your bile as it stores it, condensing it, condensing it so that it neutralizes the pH of the stomach acid perfectly.

It's a whole dance, and if it can't produce that dance appropriately, you're going to get immediate digestive issues, and you're not going to be able to absorb those super critical vitamins that we need for healthy bones.

It's I believe it's one of the biggest reasons why we have osteopenia and osteoporosis epidemics right now is because we have a total epidemic, especially in women of sluggish bile, and it means that you're not absorbing the foods they are so carefully choosing for yourself.

Can you tell us, maybe for people who are like bitter foods, like, what is that like, are there some, top foods that are bitter foods that that you think of?

So not everybody can tolerate, such as at this point because histamine issues are so widespread. Right. Methyl activation syndrome is just exploded in the last few years.

But if you can't tolerate citrus those are great bitters lemon, grapefruit those are. So think about how your mouth puckers. You're getting this signal in your mouth that's telling your digestive issues I mean your digestive juices.

Hey, it's go time. We're going to need to break down some food soon. Right? And those receptors for bitter flavors are different than your receptors on your tongue for sweetness.

So it's a different set of triggers for your digestion that you cannot get any other way. So citrus is a fun one. But also mild things like artichoke is a bitter, which is very cool.

And it's actually artichoke is often in bitters if you want to take, you know, bitter tinctures. I love bitter X from Quicksilver. That one's a lovely one. To get started with.

And what other bitter flavors we have? Arugula. Right. A lot of foods like that. Even chocolate as a bitter. And guess what? Our favorite bitter of choice is in this country.

Coffee. Yeah. And there actually is a lot of, data about coffee and liver health. Totally. Yes. And it's not an accident because coffee has a bitter and it tells the liver, hey, it's go time, let's move some bile.

And if you still have got your gallbladder, it's telling your gallbladder. Let's let go. It's time to go. Let's let's flush out some old bile. Let's make new bile.

And so it's one of the reasons why, you know, Americans needs that cup of coffee in the morning to get their bowel movement going because it tells the gallbladder, let's go.

And bile flow is essential for healthy motility in the gut. So it's not an accident. All flows together. Okay. So I got distracted asking you very specific food questions.

What other key points are there? Right. Because I like to talk about food a lot. What other key points are there, about, you know, this gallbladder movement.

What other things do people need to know about that? That's a great question. The biggest thing I want you guys to understand is if you're here because you need some serious help with weight loss, and, you know, it's a health issue, right?

It's not just there's lots of reasons for, you know, needing weight loss support. I had emotional issues. I also had health issues. I had root cause exposures in my environment, like I'd been exposed to mold, I'd been exposed to heavy metals.

And those are very good at helping people to pack on excess weight, because your body is trying to save your life by secreting these, very, very toxic mycotoxins that are so hard on your liver, so hard on your heart, away into your adipose, to try to save your vital organs because they're so hard to detox.

And so you might have excess weight for a medical reason. Right. And we need to take a medical approach. One of the things I want you to understand as you do that work is that there's probably a toxin element, like like we mentioned before, we're getting exposed with herbicides, pesticides, air pollution, like it's not it's not a question of if we've been exposed.

It's how well is my body doing and keeping up with it. You know, we might just need a little bit of extra support and love for our liver and gallbladder, because that's the place where we tend to see this getting overloaded first.

Yes, those toxins are endocrine disruptors. We're just going to help you pack on fat for sure. Yes, when your body strategies, if your liver can't keep up, is to hide those toxins.

They're called obese agents because they're classes of toxins that your body knows. I can hide this in fat tissue and protect my vital organs and live to fight another day, right?

What we what we can do for sure is support the liver and the gallbladder to be proactive and reclaim our efficiency. You can actually have a liver saying, normal blood work.

So your typical liver markers that your physician would run for you. Hey, we're in normal ranges. You know, we're hanging in there. But actually be down to as low as 60% efficiency in your liver.

That's a really big deal. And it's not that the liver wants to lie to you. It's just it's such a hard worker. It takes a really long time for that stress to show up.

Right. So don't be too reassured. If your bloodwork looks normal that your liver is operating at 100%. He's like you said, it's like a very resilient organ.

Bitter Foods, Bile Flow, and Digestion

Yes, that's exactly it. So assume if you have a weight issue in today's day and age that your liver could benefit from some support. We don't have to have a full on diagnosis, but if you do, that's okay.

The good news is nonalcoholic fatty liver disease. You know, these other inflammatory like even cirrhosis actually can be reversed if you catch it early enough.

That's the good news. And yes, you're probably there's some of you in the audience that know you have gallbladder issues and you may have even had it out.

So don't worry. I'm going to take care of you in a second. Just got to answer this question first. If we have, if we're overweight and we know that there are some health reasons for that, what we want to explore is the relationship between the pancreas and the liver.

Remember how we talked about the pancreas bringing in those pancreatic enzymes and sodium bicarbonate, right. As the stomach acid brings the food down into the small intestine?

Because we're going from a super acidic environment into a very gentle, delicate environment in the small intestine, very thin lining. And it wants to be doing very gentle breaking down and absorption of the nutrients in your food.

And that's a very delicate environment. So that dance of the pancreas sending in the enzymes and sodium bicarbonate in the bile, they want to meet it together and convert that very quickly into a much gentler pH that fits the small intestine.

If you have, sluggish bile, guess what that means? It means that your bile is basically your motor oil, guys. It's like your liquid gold detergent. Okay?

It's expensive for the liver to make, and it wants to keep recycling it unless you give it a reason to make fresh bile. So it's often sluggish and sticky if you've been exposed to the kinds of toxins we have just in our food and our air, in our water today.

So if that's true and the bile isn't flowing as well as it could and it should, that means that the liver's overloaded and it's not able to help with the pancreatic dance.

So that means also that when the pancreas releases insulin, it's almost like the liver can't hear it as well. When it's overloaded and working too hard.

And it doesn't receive those insulin signals in an efficient way. So what happens to the pancreas? The pancreas goes, oh my God, I'm all alone out here.

Nobody's listening to me. I need to make more insulin because the liver isn't able to get my insulin. It's not reaching the liver and the liver can see it.

It just can't use it. And so then we start getting this, disruption in our insulin balance, right? And we start getting insulin resistance. And it's a big part of that underlying factor with fatty liver disease.

So your liver is in gorging and starting to pack on fat around it because the it's only ability in that moment, instead of converting sugar into fuel the way it's supposed to be helping.

Because remember, the liver is supporting you and breaking down your proteins, your fats and your sugars. Huge part of your digestion. So for it to be a little bit sluggish means your digestion is getting all kinds of funky really fast.

That's technical term. So it means that one of the things that we can do to support a fatty liver is to actually. Yes, of

course, we want you to eat less sugar.

That would be super supportive for your body and way less work and start converting to more protein forward, right and healthy fats diet. So that the liver is forced to recalibrate and start moving bile faster and flow and make it, and make more fresh.

So that's, that's kind of the big picture about the relationship between the liver and the pancreas and your weight set points. We don't really have time to really go into like the the specifics of how your liver helps your thyroid set your metabolism.

It's not just your metabolism for your digestion, but actually metabolism for your entire body. So if you want to experience anti-aging, love your liver up and help it offload, because that's when you start seeing the years come off your face in your body.

I think like the theme we see over and over when we're talking to our experts in this, this doctor talks, summit is that this is all connected, right?

Like we can't just focus on one thing, but improving, you know, liver health improves insulin sensitivity, improves thyroid function because the underlying things are also interrelated.

And so the things we do to help one thing tend to like have the positive health effects everywhere in our body. Yeah. That's so beautifully said. And I know you want me to cover, gallbladder issues before.

Yeah, I know, so. Should we do that. For one more. Time, please? Okay, so I know some of you in the audience maybe are already aware that you have a gallbladder issue and you found out because of that gallbladder attack that can be so scary when it happens.

It's scary any time. But it's very scary the first time because it's like a very specific place in your upper right quadrant where maybe you have slowly started to experience, like, I don't feel good after I drink alcohol, or I don't do well on really heavy cuts of meat or high fat foods and meals.

And I don't do well with a lot of cheese, you know, that that could be already be signs that your gallbladder is feeling sluggish because your liver and your gallbladder been overworked and overburdened by toxins.

But that first gallbladder attack is going to feel like pinging. It's a very specific, sharp sensation of like, oh, made in a small spot in your upper right quadrant.

And women who have had multiple difficult childbirth and had these gallbladder attacks will still talk. You. This is scarier than childbirth and in some cases more painful.

So don't feel bad if it felt like the end of the world. And you went to the E. R. and you got talked into having your gallbladder out, that makes sense.

You know, that is the situation exactly where where a gallbladder removal would happen if you were, if you wanted a second opinion or you wanted to wait and you went home afterwards and you were like, gosh, do I really have to take out an organ?

Do I really have to have a surgery? I don't blame you for that either, because it's a big deal to have a surgery and you want to have all the information.

I do want you to know that, you know, the World Health Organization estimates that about 20% of the world's population will develop gallstones at some point.

So you are not alone. This is like a really big deal. I actually think that number is much, much higher. And we do know that cholecystectomy surgery. So that's the removal of your gallbladder is the most common.

And I do have to say it is the most profitable surgery in the United States. It sounds so easy to the surgeon, but it doesn't take care of the underlying issues for you.

Gallbladder Problems, Gallstones, and Surgery

And and those issues may still persist, like an overloaded liver, like dysregulated digestion, like problems with your bile production. Right? So that's why 41% of people who have their gallbladder removed still have abdominal and digestive issues persist abdominal pain and digestive issues.

So you're not alone if you're in that camp. And, I also want you guys to know, you know, full disclosure, 1 in 5 people who have gallbladder, removal surgery have complications with the surgery itself.

So it's it's not as small a deal as they're making it sound in the moment. If you need to do it to save your life, you're right. Sometimes it's infected and it is about to burst.

And like, absolutely, it may be the best and only option, but a lot of times it may just be stones, which you said are incredibly common. You know, at least, you know, 20% of the population have those stones.

And surgery may not be, you know, an emergency situation. You may be able to try some other things first. And you may have success doing something before you get surgery.

And with the imaging that we have today, you know, if you have an abdominal pain and you have that, if you have a great practitioner, you may already be turning on to like, oh, let's get an ultrasound.

Let's look under the hood. And that's how you're finding out that you have fatty liver. That's how you find out you have a gallstone or five gallstones.

I do have to tell you that if you can see gallstones on the imaging, that means what you're looking at is gallstones that are dense enough to be picked up on the imaging.

They have a high enough mineral content that they're being picked up. So where there's a few where there's one, there's usually more. Where there's a few, there's usually a lot because gallstones form very slowly over time.

Usually with cholesterol congealing around a couple particles of bile salts and a couple toxins. And then they condense, condense, condense over time.

And doesn't matter if it's a gelatinous stone versus a hard mineral stone when it comes to bile flow through the bile ducts, not to your liver, not really.

You know, because gallstones form in the gut, in the liver, as well as the gallbladder. We know this because we support people who have their gallbladder out all the time to reclaim their liver efficiency.

And you've got 2000 miles of bile ducts in your liver. And, you can see a lot of stuff come out without liver flushes. Even so, it doesn't it it depends on the protocol that you're on, and it depends on the reasons for gallstones to have formed in the first place.

It could be estrogen dominance. It could be, you know, we've mentioned mold exposure before is a great reason for bile to slow down. It could be xeno estrogens.

There's synthetic chemicals in the air from air fresheners and dryer sheets and all the things that we're exposed to now, there's lots and lots of reasons for gallstones to form.

The point is, it's not too late if you're experiencing issues with your gallbladder or even if you've had your gallbladder out, you can still feel good.

So you just got to make the decisions that are best for you to create safety in the moment for your body, which may include surgery. And then when you're ready, let's tackle liver efficiency and get bile building faster and bile flowing with greater ease in both the liver and the gallbladder.

If you still have one. Yeah, for people who've already had their gallbladder taken out, which is a lot of a lot of my patients, they know for sure. What, like what spots?

What special advice do you have for them or do they need to do anything different? Yeah, absolutely. So the same advice that we've already been covering so far still applies here.

We want healing fats in the body because we still want to support bile production in the liver, because we want bile to flow with ease out of the liver, which is going to support digestion.

If you no longer have a gallbladder, you may benefit from digestive support with meals as well. And that could include enzymes because your stomach and your pancreas and your gallbladder are all talking to each other about how to break down this food and what to prepare ahead of time, what you're in a capacity to do.

So when you don't have a gallbladder, you may actually experience more issues with stomach acid and pancreatic enzyme production than you realize than is commonly understood.

So you may need things like HCA, which is supporting a healthy enough amount of stomach acid. You may benefit from ox bile, which is a favorite. I prefer tadka that is a vegan alternative.

You can take a cap of tadka with meals. Tadka is a bile salt. It's expensive for the body to conjugate, so it takes a burden off of your liver to just like put in some bile salts right there with the meal so that, you know, it's handled, you know, and they can really support breaking down your meal afterwards and emulsifying those fats so that you get the benefit of those fats and also those fat soluble vitamins.

Right. So that's digestive support. We also always want to consider that whenever there's a gallbladder issue and a liver issue, there is a tendency towards constipation.

So we've got to get that bottom of your drainage funnel, the bottom of your digestion open and moving with ease so that you don't get this unnecessary buildup of fermenting bacteria in the large intestine and small intestine, which is Sibo, is so common when there's sluggish liver.

And your and yes, you guys, there's forms of Sibo where, you know, diarrhea is much more common due to the strains that have overgrown. But we also want to consider when the from the perspective of bile flow, if you have sluggish bile flow, diarrhea might be the other side of the constipation coin.

Your body might be trying to overcompensate for the fact that it cannot excrete efficiently enough what it wants to get out. So let's make sure that we're moving our bowels regularly.

What does that mean? Ideally, 1 to 3 times daily should have your biggest bowel movement in the morning, and you should feel like you come to completion.

And if you don't, it's time to get a little bit of non habit bowel forming support on board so that you can get to that place that's going to support the upper layers of your digestion so much and just over time really help your body to recalibrate.

So that's always been one you know. And of course you can have that additional digestive support if you need to with meals. That's kind of a treading water strategy which is great.

Sometimes we need to tread water. But let's also consider how can we build bile faster and more efficiently, fresher bile and release old bile. Your body will not let go of old toxic motor oil, so to speak, unless it knows it's got enough of those conjugates of the amino acids, the cholesterol, to build fresh bile salts.

So you can actually support the bile, the body, the liver to make fresh bile faster with things like fast food title choline with things like essential amino acids.

Right. This is a great thing to bring into the body pre digested so that, you're not waiting to heal your digestion, to finally absorb the things that are going to heal your digestion.

Because that's a yucky catch 22, isn't it? Like I'm taking all the supplements, I'm eating all the right foods, but I'm not making progress. Why is that?

Because you can't absorb them well.

Life After Gallbladder Removal and Digestive Support

So let's take in some amino acid help. Let's take in some versatile cooling because it's a big component of bile. Let's take in some tadka because that's a really expensive bile salt for your body to conjugate.

Or bile acid rather. And from there we can start to build our bile faster, more efficiently. And therefore the liver feels safe to let go of some of that sluggishness and your 2000 miles of bile ducks, we want to consider that this is a process, right?

You know, our rapidly reset cord is for courses for weeks, and you can see tremendous progress in that amount of time. But for many people, the best place to go is nice and gentle and slow.

Over a period of several months to fold in these gentle things we've already talked about today. Yeah. And, you know, these things have not developed overnight.

Right. And so the solution is not going to be overnight either. Okay. Yeah. I switch directions a little bit because one of the things that's come up in the summer and that I'm very passionate about is the use of medications.

Like we'll go visit bound, our GLP one receptor agonist. And we know that those medications and really any rapid weight loss can lead to gallstones can be hard on the gallbladder.

How can people on those medications support their gallbladder? Yeah, that's a beautiful question. The good news is we've already told you a lot of it today.

So we want to support bowel movements. Right. Because constipation is a common side effect on those GLP-1 class of tools. Right? Okay. So let's make sure that we're doing that.

I like things like Ozo native magnesium because it's non habit forming. And it will also help empower your body to let to basically like clean out these pockets in your colon of these, this compacted fecal matter.

So most adults in the US have between 5 and 20 pounds of caked feces in your digestive tract, which is gross. Almost all of that's in the colon. Hopefully.

Otherwise, yes, you have Sibo. And so when you're thinking about, okay, I'm already slowing down digestion and I'm doing that on purpose for medical reasons, let's make sure I'm still emptying out efficiently.

What was there that my body wasn't in quite in a position to let go of? So only magnesium is very gentle. Mag oh seven is a gentle form of it. Oxy powder is a bit stronger version of that.

And again, it's not habit forming, which is great. You're not training your body away from how to do its own peristalsis. We're just helping out in the meantime. Right.

So we always want to do that piece. Because if you have compacted fecal matter, you're going to experience greater congestion upstream, like in your gallbladder.

We also want to consider that the same rule still apply that I already told you about, which is let's build bile faster and let's keep telling your body on a regular basis.

Like every time you eat with bitters, it's time to move some bile. It's time to let go so that we don't get into a position of congested bile. Right? Or if we have congested bile already wrapping the body, slowly, gently work away at that.

So bitters 20 minutes before meals. Hold them under your tongue for 30 to 60s if you forget and you're halfway through a meal, take it anyway. If you forget and you're like, oh, it's just sitting there, it feels yucky.

Take the bitters. Definitely. And again, taking a cap of care with meals is deeply supportive when you are on these medications and, that you can use body bile or body by.

Oh yeah by a body body. Well and or sell course Ted kids, those are two great ones on the market. And if you want to break, if you have non gallstones and you want to break up stagnation verbs like tonka para are very gentle and still very effective, I have to tell you that they will be far less effective if you take them orally.

And because the way they get broken down with stomach acid means that they lose a lot of their effectiveness. So actually the best way to take junk is in a suppository.

So if you know you want to be using these weight loss drugs and you're working with a physician and you have known gallbladder stagnation using chock a suppositories can be very supportive, to just even out the picture and make sure you're not creating a problem for yourself downstream, and you can actually see gallstones break up in the toilet from that.

And like, I didn't eat chopped nuts in the last few days. What's that stuff floating on the surface of the toilet? Oh, those are gallstones. Wow, wow.

GLP-1 Medications, Gallbladder Support, and Closing Advice

I'm taking notes on some of this here because this is this is a wealth of information. Well, I think you could answer our questions all day. You have hours and hours of courses that you have made right?

So you could talk about this stuff all day. Any key points that we missed before we wrapped up? Or if people just want to find out more, where can they find you?

Yeah, that's a great point. I think that the most important thing to remember, guys with the liver and the gallbladder is you are super resilient. And there's there's almost always a relationship with, you know, excess weight to the liver and gallbladder.

So when you're ready, you know learning more about this and tackling it is really rewarding. We get, you know, so many amazing success stories from people that just gently chip away at this over time.

So you're super resilient. You can totally do this even if you're very sensitive, like I was back in the day. I would just, like look at a supplement and get nauseous.

Like, you know, do I really have to take that? But there's always a way to ease them, and there's always a way to reclaim your own health and resilience.

So you're in the right place, right? You can find us at detoxrejuvenation.com. That's also the name of my Instagram @detoxrejuvenation. Or I talk about the personal journey of healing for chronic conditions @sinclairkennally on Instagram.

I've got the Your Health Reset podcast. And yeah, of course we have the Rapid Liver Reset course. If you need a little bit of support. Wonderful. Well, thank you so much for joining me.

Yeah, thanks so much for doing this event. I love that you're being such an advocate for folks. It's time to take her out. That's our audience.