Introduction to Hidden Causes of Inflammation

Welcome to the conquering chronic inflammation summit. I'm your host, Dr. David Jockers. And today, I've got the honor of interviewing Sinclair Kennally.

And we're talking about hidden causes of inflammation. We're going to talk about things like gallstones, sluggish bile, liver flukes, gut dysbiosis, a whole bunch of different issues involving gut issues, poor detoxification.

So you guys are in for a treat. Sinclair runs detoxrejuvenation.com. That's her website. And she's the host of Your Health Reset podcast. The CEO of Detox rejuvenation and co-founder of Meditation Rx She's a wealth of knowledge, really enjoyable to talk to.

You guys are going to get so much out of this interview. So without further ado, let's go right to it. Well, Sinclair, always great to connect. And I know you're an expert when it comes to these chronic digestive disorders.

And so many of my audience have a lot of questions when it comes to this, really. you know, it's it's, it's it's something that's really important. People understand.

And today we're talking about that kind of stuff. GI disorders, gallstones, sluggish bile, liver flukes. So let's start with why we're more prone to GI distress and inflammation than ever before.

Yeah, that's a great, great place for us to start, David. So when you think about it, we're really living an unprecedented day and age, aren't we. So we may not have consciously chosen into a toxic lifestyle, but we're still unfortunately reaping the harvest of that because we're getting that from our food, air and water.

So it's herbicides, pesticides. It's the cumulative stuff of what we've done to our soil for decades now.

Why GI Distress Is So Common Today

Of course, it's Mom and Dad's toxic burden also affecting us epigenetics and mom's maternal fetal toxin transfer. That's why we're seeing our kiddos sicker than ever before, and why food sensitivities have become the norm in this younger generation.

But when you look at our, you know, mid-range generations and our older folks, we're not doing so hot either. It's just the stress of showing up differently, slightly different distress patterns.

You might see it more neurologic with older folks. You might see digestive early with, you know, our middle aged population. So it's really fascinating stuff because we're now malnourished and leaves us more exposed to the toxins.

We do get overloaded with. And it's not like we don't have detox pathways and organs. Of course we do. We just didn't evolved with these substances, you know?

Yeah. It's like a vicious cycle. You know, the higher our toxic burden is, normally our body should be able to process and eliminate these toxins. But, you know, there's there are stressor on our system.

And the higher our toxic burden, the less able we are to to reduce them to, to eliminate them in our system. And then, and then that weakens our entire cell function.

And we're not able to absorb nutrients the way that we're supposed to. And it just becomes a vicious cycle. Things get worse and worse and worse until we undergo a reset.

Right. Which is something I know you help a lot of people with. And so let's talk about, you know, our primary detoxification organs and systems in our body, like how do we when our body when we are encountering pesticides, herbicides, things like that?

How does our body go through the process of trying to sequester them and eliminate them? Yeah, it's a great question. So like we said before, and by the way, this is actually going to be a super uplifting conversation.

We're not downers about toxins. This is what I love about you. And I were very compatible in this approach. Like this is all fixable as long as we finally understand what's going on, you know, it's not too late.

Your body still know what to do. We're going to use these detox pathways. But first we want to understand what they are. Right. So your body loves to flush toxins out through deconstructing them essentially through liver detoxification.

Phase one. Phase two, phase three. And liver. Liver decides, hey, is this toxin best sent out through the bile? So through your bowel movements or through the kidneys, water soluble toxins need to go out through the kidneys potentially.

But ideally your liver wants to dump as much as possible out through the bile because your liver knows your small intestine, your large intestine, you're much more resilient than your kidneys are.

So that's what it wants to do. But in order to do that, it's got to pair up toxins with bile. Bile is like our liquid gold detergent. Okay, this is really cool stuff.

I know it's got a gross name, but it's expensive to make. That's why I call it liquid gold. And basically, your liver is conjugating amino acids and cholesterol into bile salts and then suspending those bile salts in very delicate chemistry into liquid form.

Now the problem with that is like ideally that would all work wonderfully. You know, we would pair up these yucky toxins, flush them out to the bile. The bile would go out to meet the stomach acid and the bolus of food.

Right as the food comes down into the small intestine, meeting up with those pancreatic enzymes. It's a beautiful dance. Sodium bicarbonate from the pancreas.

But actually that bile is super alkaline too. So it's there to gentle down that stomach acid and turn that food into the proper pH to get absorbed gently throughout the small intestine.

And that bile is there to help break down those fats as well, to emulsify those fats and help your body absorb those fat soluble vitamins that you need for strong bones.

Right? Vitamin A, D, K, which I hope alarm bells are going off for you in the audience. If people have asked your opinion. Osteoporosis, if your bowels not flowing with ease, if you're not keeping up with detox, yes, your bones in your teeth are at risk.

And it makes sense right? So why did I make such an emphatic point about biosolids being suspended in delicate chemistry in liquid form?

How the Liver and Bile Detoxify the Body

Right, because are synthetic toxins that we're getting exposed to those herbicides and pesticides, for example, on your food? I'll keep picking on those because we all get some of those.

Those can knock your bile salts out of that liquid, form back into solid form, and everything becomes very sticky and viscous and sluggish in those 2000 miles of bile ducts, in your liver, in that biliary tree.

So suddenly things that were flung with ease. And your liver loves efficiency. Man, it does over 500 jobs for your body, often 200 of them or more simultaneously.

Like this has got to move like clockwork, right? So if you slow it down even a little bit with some of these toxic exposures, it could be from your mother in law's Glade plug in.

You didn't want to say anything, gave you a little headache, but you were like, oh, it's over now. No, it's not over. You absorb that through your sinuses, into your bloodstream, and now your liver's trying to deal with it and it's making your bile sluggish.

That's a big no no because we got to have bile moving with ease to dump these toxins out efficiently. So that's a big part of how your body loves to work through this stuff.

And also what has gone wrong suddenly, for all of us. Right. Yeah. Super important. You know, what I always say is we want things moving in our body like a river, not staying stagnant like a pond.

I mean, you think about a river. That water oftentimes is, you know, it's structured water rights going through rocks. It in a sense, almost filters the actual water as that as the water is moving through the river, whereas a pond like you wouldn't want to ever drink out of a pond like you're seeing algae building up, it kind of smells, right?

Kind of just it seems stinky. And that's what happens in our body as well. Stagnation. I own Chinese medicine. You know, stagnation is is is the root really?

I mean, that's what Chinese medicine says. You know, it's one of the major roots of all chronic disease. And so we need to keep things moving. And bile is one of the key drainage pathways and digestive juices that we need to keep moving.

Well yeah, that is so beautifully said. And I hope that you're picking up some cues, guys listening in on this. Like how would you know if this is a problem for you?

Maybe you even had like bloodwork done recently like, well, but my doctor said my liver values were, you know, fine. Just because those normal markers are considered within, you know, acceptable ranges doesn't mean your liver hasn't slowed down in efficiency.

It just means we haven't reached the pathology point. Yeah. So there's a big distinction to be made there. Your liver can be down as low as 60% efficiency and still appear on standard markers within normal ranges.

So what we actually want to do is go to the symptomology like hey, do I have inflammation? That's your first question. Do I have compromised digestion because your liver has to work well in order to absorb proteins, digest fats, also deal with sugars.

If you have metabolic syndrome that tire around your, you know, midsection. That's not just about cortisol. That's also about insulin, right. And your insulin cannot function properly if your liver's overloaded.

That's how we get insulin resistance. So other signs that you might have are actually skin issues. Dark circles under the eyes, skin blemishes getting Rashi getting flushed after meals.

That kind of rosacea sense you know that those that's a sign of histamine sensitivity which could mean your liver's overloaded. Really. Any skin conditions?

Eczema, psoriasis. These are all signs that your skin is trying to become a second liver. Because it is a secondary detox pathway for your body where excreting uric acid through it.

We just don't want to have to rely on it so much. Other issues would be difficulty sleeping, especially waking between 1 and 3 a.m. excess weight. We already mentioned that.

And of course our lovely digestive issues constipation, diarrhea, bloating, all of those, funky stuff. Slow metabolism. Right? Anything I missed? David.

Yeah, I would say those are some of the main things, but you could also have some pain. Upper right quadrant, of your abdomen and then also a referral pain in like right under your shoulder blade on the right side.

I've had people, you know, as a chiropractor that I practice for years. I don't have a clinic anymore, but a lot of times people would say, you know, I got this chronic pain.

We'd adjust them a few times and we're like, just it's not getting better, right? And I'm thinking. That is such a good one. Usually people get feel better after like 1 or 2 adjustments.

So I'm like, oh, there's probably something else going on here, right? And oftentimes liver issues. Yeah, absolutely. I mean, you're so right about that upper right quadrant.

It could be generalized pain or it could be this very local pinging. If you eat too heavy a meal that pinging is probably your gallbladder. Yeah. And also temperament stuff like being impatient, easily overwhelmed, quick to anger, you know, brain fast.

Yeah. And Chinese medicine. The liver is kind of where we hold anger, resentment, bitterness, unforgiveness, things like that. And so, you know, when there's a lot of liver problems, right?

That's always one of the things that you want to look at is, hey, are are you easily triggered? Are you easily angered? Are you holding onto resentment, bitterness, things like that.

Yeah, exactly. Great points. Yeah. Super key. So we understand the liver is just so important for our overall health. And it ties right into the gut. Right.

When we have liver issues we're gonna have gut issues. When we have gut issues we're gonna have liver issues. So there's this deep intimate connection there.

Can you explain more about that? Yeah, I'm happy to. So I think one of the issues that we're seeing right now, you and I both, we've talked about this before, is that, people are getting smarter.

Hey, my digestion issues aren't normal.

Signs of Sluggish Bile and Liver Overload

I can take more control of this. And I thought, this isn't my genes, this is my microbiome. And then we're trying to deal with it with, like, probiotics or fermented foods, and those are great, but, they have their place.

They're not a one size fits all fixer tool. Right? Yeah. So from there, we want to consider, hey, do I have an issue with, my liver and it's actually a more, a broader spread global issue like digestive li.

So our digestive issues are not just localized to the small intestine. Like, I love that we're getting smarter about Sibo and that's becoming, you know, broader known like, oh, it's a gut motility issue.

Okay. But why do you have a gut motility issue? Because your bile isn't flowing with ease in part. Right? Yeah, for sure. Because bile, you know, stomach acid is kind of the first line of defense in a sense that that starts to break down.

You know, basically it's supposed to be various acidic and it's supposed to kill off a lot of bad bacteria that come in the gut. But there are some acid loving bacteria.

And so they're able to get into that small intestine. And now the alkaline substance, the bile is able to get in there.

It's very anti-microbial, which helps keep the microbial low down in the small intestine, where because it's supposed to be down.

And then as it moves further into the large intestine, that's where the bacteria are supposed to proliferate and do well. So, you know, you just mentioned Sibo, if you're dealing with Sibo, most likely you have a bile flow issue.

That's exactly it. And we also want to consider that, we are having overgrowth and pathogens in part because our bile is stagnant. If your gallbladder cannot release bile efficiently, right.

When the stomach acid in that bolus of food meets the small intestine, your stomach is always listening to that. It's in a dance. It has a relationship to the gallbladder, and it will start to modulate your stomach acid, knowing that your bile cannot flow efficiently enough to meet it.

So then you don't have enough stomach acid to sterilize your food and properly break it down before it further moves further downstream. That's a huge issue. We've talked about this before.

You know, you you speak very eloquently on H. Pylori and like those upper digestive tract issues with pathogens, you know, these are actually avoidable.

But you have to understand the liver and gallbladder role in digestion regulation in order to tackle this fully. Yeah, absolutely. So what are some of the root causes of poor bile flow, congested bile ducts and sluggish bile?

You know, it's weird because there are a lot of toxins that do this to us, whether it's heavy metals, but mold is actually the biggest one that I see in my practice.

So it's a generalized toxicity of herbicides, pesticides, other industrial chemicals. We are importing over 250 pounds of chemicals per person per day.

That's according to the EPA. And that those stats are a couple of years old. So where is all that going? Well, some of it's ending up in our food or in water, in our personal care products.

And then your liver has to deal with that. Right. And we already talked about how that can slow down your bile flow. And you become less and less efficient over time.

But mycotoxins from mold, that's the poison that mold excretes in order for it to elbow other organisms out of the way and kind of win control in our environment.

It's in, those are really efficient at shutting down, bile flow, very good at suppressing liver, efficiency and productivity. and that's in part because your liver is trying to help out your immune system and has so many immune functions. Right.

And mold doesn't want you to be strong when it comes to your immune system. It wants to run the show. So it's elbowing out of the way of beneficial organisms.

And it's also suppressing your immune system, which means other pathogens set up shop toxicity begets stagnation, begets parasites, begets stagnation, begets more toxicity.

And so it is this vicious cycle. But another piece that I see, that's lesser understood is like estrogen dominance that's so great at forming gallstones, like super efficient at that, I would say mold and estrogen dominance.

And, you know, some heavy metals are responsible for many of the gallstones out there. And it's part of why we want to understand, not just our digestion, but how all of this fits together and become more efficient excavators and offload these things so that our body can get back into self-regulation.

Yeah for sure. So higher toxic load. You mentioned a couple of those major toxins. As you know, some of the root

cause factors. You know, I'm sure there's also things like infection, parasites, even oral infections that can can cause issues there as well.

Yeah. Anything that's going to so toxins actually make your tissue like we talk about this in terrain theory. That's a bio regulatory medicine concept that's really becoming popularized.

Functional medicine is now really starting to share this concept far and wide. Thank goodness. And that's the concept that if you're if your body becomes overloaded with toxins, everything slows down and becomes less efficient, not just your excretion but also your ability to repair it's dampens down your immune system, which means we start to see infections, chronic infections play a larger and larger role.

Gut-Liver Connection and SIBO

And all of those short term inflammatory processes that your body has that are so smart, you know, they're great in the short term, but they're extremely damaging in the long term.

Right. And it's very difficult to get out of that inflammatory cycle once the toxins and infections and yes, parasites have set up this, you know, process.

So when you mention parasites, you know, we already talked about Sibo. So that's like overgrowth of organisms that could be beneficial if they were in proper regulation.

You know. But we're also talking about pathogens. Everything from large gut worms like helminths. You know, they're scary stuff you see in the toilet on a parasite cleanse.

But we're also talking about pathogenic biofilms, right. Things that steal your life force. They actually grab at your white blood cells and immobilize them.

There's so many strategies for biofilms to start running the show and stealing your nutrients, and they're very, very difficult to kill. And they're really good at making sure that your liver is an efficient.

But there's also liver specific parasites like flukes. That's a whole class of parasites called tremor toads. I love these guys because you don't even realize that you have them, and they're a big part of why you might be experiencing that upper right quadrant achy ness.

That's not just about gallstones. That could be liver flukes. And even according to the CDC, they have like a lifespan of 20 to 30 years. Wow. So they're coming in on your food in larval form, right in larval stage because they hatch, you know, in snails, and then they get secreted onto your food, and then they punch a hole through your small intestine wall and swim to migrate to the liver and bury themselves in your liver or clog up your bile ducts.

They love your cholesterol. They love to drink your blood darker liver flukes. That's a dead giveaway that they're older because they are more, dense in your iron.

Like they're literally stealing your iron from you. So there's it's it's not an accident that all this is happening. It's all these factors coming together to make your body less and less efficient and more of an inflamed system.

But we can actually unpack this very gently and in a doable pace for you. That's the good news. Yeah. Some of these things like liver flukes, really hard to find.

Like I've never seen that on a lab test. Right. So like I brought a ton of, GI map lab testing. I've seen parasites show up. Right? But it's usually protozoa.

It's usually blastocysts. This harmonists, you know, urchin, histologic, right. Things like that, that I'll see every now and then, you know, a hemolysis.

But like, I never, you know, they don't even test for these flukes. Right. So how does somebody know if they have that? You know, it's a little bit of a challenge test as in the proof is in the toilet.

So if you start to do liver detox support work and if you throw in a couple of anti parasitic formulas that are specifically targeted towards these liver flukes, that's when you'll start to see them for sure.

But in general, when you start supporting bile flow, if your body's strong enough, it will start to volunteer them. It will start giving them an eviction notice, like, yeah, you're getting out of here.

And they can look anything like like tomato peels.

Root Causes of Poor Bile Flow

You're like, but I didn't eat tomatoes to weird sticks and like, shaped in the form of coral. Or what you're seeing is a liver fluke. Actually finding a confluence of bile ducts like a tree branch, and like trying to fill both bile ducts so that it can eat more efficiently as well as, like these. Fun.

You know, they look more like leeches that are thin and skinny and like underwater creatures because they are underwater creatures. That's so they can be, a variety of shapes and sizes and colors.

Anything from, you know, white to black to brown to yellow to red. Some of them look like melted Jolly Ranchers. you know, my clients and students of that, a wide range of, experiences that we've added to what we call our family photo album in our forum.

Yeah, absolutely. Yep. And so you want to make sure that you're analyzing your poop, right? But a lot of times these things don't come out just on their own.

You've got to push them. And obviously you've got protocols and you've got programs that really help guide people through that. So what what are some of the foundational strategies and what are things that people can do to help open up those bile ducts, dilate them.

Right. And to remove things that perhaps are, you know, contributing to the congestion. Yeah. It's a great question. So first of all, we need to make sure that our bowels are moving because you do not want to push detox.

If you're not pooping, you're not allowed to, you know, push detox if you're not pooping, okay, that's just rule number one. And the problem with sluggish bile flow, you got.

To pee and poop your way to good health. That's totally fine. I've. Yeah. And with slowish, slower bile flow, that often leads to sluggish gut motility.

So we do tend to be on the constipated side if we have liver issues. The flip side of that coin is you've been constipated for, you know, to the point where your body's like, I just got to get something out and then you get that waterfall diarrhea effect.

Which can also be driven by parasites. Right. So let's make sure that you're pooping one, two, three times daily. You should have your strongest bowel movement in the morning ideally.

And you should feel complete afterwards. Like I did a complete elimination. It doesn't feel like something is left over in there. You know, if that's not happening yet, let's focus on some, you know, habit forming, bowel support, a great thing to do when you're trying to catch up, when you know you've been backed up for a while to do something like, oh, is a native magnesium because it's gentle.

Mago seven is a very gentle formula. I like that colon clear from fisica, but also, you know, our go to is oxy powder from Global Health. Right. Great product. Yeah. Phenomenal.

Because it's supporting your body to mobilize and get out this trapped feces. Like you think of how you see a colon in most anatomy. you know figurines.

It's it looks very, like well-behaved. It's like very, like a string of pearls, like, oh, these cute little sections. And they're all the same. So beautifully segmented.

That's not what yours looks like, guys. You're just distended. Got all sorts of weird pockets. If you've been having long term digestive issues. So got to help your body reclaim that motility, then you can work on liver detox.

But before we start pushing detox, we want to make sure that we're getting bile flow. So we want to build bile faster, which means your liver is going to offload it faster and start chipping away at that sluggish bile duct situation.

So what makes bile build faster? That's that's the important question. Well, if you're healthy enough and you're not too histamine sensitive, you can tolerate bitters before every meal.

We've lost that flavor profile that tells our gastric juices to get going before we eat a meal, you know, and we would have had that back in the olden days. So you can take bitters. I love Bitter Ax.

That's great to take before, you know, 20 minutes before a meal, if you forget and you're in the middle of a meal, take it anyway. It's going to help rebuild your digestive juices flow, including not just your stomach acid, but also your bile flow.

And it does that by stimulating the vagus nerve. So that sort of, spicy tart, you know, it's kind of like a astringent spice kind of flavor, like a ginger, like you think about, like, most people have had ginger before.

Ginger tea, that sort of flavor, which we don't typically crave, especially if we're we've been eating a lot of ultra processed foods. We usually avoid it. Okay.

But as you get healthier, you actually do start to crave some of this. You're like, hey, I really could use a little bit of ginger, like some dandelion or something.

your body. Why do I need those leafy greens? Like a. Bitter? Yeah, exactly. Yeah. And so we don't naturally, you know, in our society today, most people are naturally craving them, but they are so beneficial for that.

And they activate that vagus nerve, which which innervates the stomach and the liver and all of our viscera, our gut viscera and activates it. And we'll start to create the production of those digestive juices.

Yeah, that's so beautifully said. And of course, we have to mention America's favorite bitter, which is coffee, right? So everybody wants to start their day with a cup of coffee.

And you can count on it for a bowel movement. It's a pile mover you know. Yeah. You're right. You're absolutely right. And you could do it. You could do it rectally as well.

Parasites, Liver Flukes, and Chronic Inflammation

Yes. Open up and and get rid of the just not hot, you know, let it let it settle because you don't want it going in hot but hot. You know when you're drinking it but not not when you're putting it rectally.

But yeah, it's it's amazing that coffee is a great bitter. But there's so many good ones too. And there's a lot of teas that you can get. And so a lot. Of people I love dandelion tea.

That's great. Yeah. Dandelion tea. Absolutely. And if you don't spray it like if you have, if you own a home and you got a little bit of a yard and you're not spraying, hopefully you're using some sort of natural lawn care that's, not using, you know, glyphosate and different pesticides and herbicides.

But like my family, we'll just we get dandelions in the springtime, and we just go grab all those dandelions and we'll add them to our salads, or we'll make a tea out of them.

Right. Simple, easy thing to do. I love it. Yeah. And you know, citrus is a great bitter too. It's why everybody loves that lemon water in the morning.

And, you know, natural health circles. That's another great one. Yeah. And beverages too. So like yeah just the warmth alone. So like our tea and coffee right.

Like that the warmth alone will activate that vagus nerve to get more stimulation into those areas. Way more fun to activate your vagus nerve. This way than, like, the gagging and the gargling.

That will do it, too. But can we have some fun with this place? Yeah, yeah. Yeah, exactly. That's right. Yeah. Vagus nerve is. Hardcore. Biohackers. I'm just not one of them.

You know, I might go with what she said, so. Hey. Hey, it's all about low hanging fruit, right? It's like, you know, I got an apple tree out here first.

Apples that we're going to pick are the ones that are down. I'm not climbing up the tree, and I'm not going up the ladder to try to get them. My family will start throwing footballs at them, things like that, to knock them down.

But like that takes a lot of effort. We got all these apples that are low hanging. These are the low hanging fruit when it comes to improving your health right?

I drinking warm beverages, warm lemon water in the morning. It's really beautifully said. So it's these small practices guys that you can chip away at this.

But then let's get into some more targeted practices. Right. Do we have time for that? Absolutely. Okay. Great. So we want to be building bio faster right.

We want to be getting it to move every day with ease. And if you already know that you have a sluggish liver or sluggish gallbladder, one of your things that you probably heard in normal doctor's offices.

Hey, you should stay away from fats. You should eat a low fat diet. And the problem is, they're not talking about the quality of fat. So the sourcing, the format of it.

And your liver desperately needs high quality fats to function, and your body desperately needs high quality fats to function, which means it desperately needs bile to be flowing.

Do you think a muscle that is no longer used is going to be stronger than one that goes to the gym regularly? No it won't. We have to work this muscle.

You have to. It's not optional. We could start very slowly, but you got to have clean bio flow in order to stay alive, in part because your your body will become too toxic, too inflamed, and you will start going down a path that is not recoverable.

Eventually. So what do we do? We focus on the quality of fat. Even if you can only ease in a little bit at a time with fat and you've become very fat sensitive, please explore proper fat sourcing.

One thing that you can count on is high quality animal fats. To help supporting bile flow. It requires bile to move and so that could be tallow. That could be grass fed grass, finished butter or ghee.

When I was doing this, I was too chronically ill and fragile to tolerate ghee, but I could tolerate grass fed goat butter. And I finally found sounds like, okay, I can get a little bit of this in a day and work my way up from there and tolerate more and more.

So why this is so essential? You mentioned cellular health earlier, right? This is really crucial to have healing fats on board to have proper cell wall structure.

So our cells can't receive nutrients and they can't expel waste, especially toxins in a cell wall that is made of yucky fats. So toxic rancid fats, you know, these seed oils that with your popularized these are making rigid cell walls.

So and of course it's affecting your brain health. You know you've got your brain is 60% fat. Like we've got to have access to healthy fats. It's non-negotiable.

So we want to ease in to healthy fat, to force bile flow and work that muscle. And then we can also, before I add in any detox components, you want to comment on that? David, I know you have strong thoughts on that.

I think you're absolutely right. In some cases, people need a short period of time with very little fat, like, for example, where a lot of people do. Well, maybe doing like a three day juice fast or, you know, you've heard about things like that and people have said, oh, I felt so much better after that.

But that's not obviously not a sustainable lifestyle. Right. So then we need to start adding back. It's kind of like if you sprain or break your ankle, right?

If you have got severely damaged bile ducts and very poor, you know, bile flow, you might need, you know, you, you sprain your ankle or like, I actually tore my bicep this year, my distal bicep tendon.

So, like, the first week, I wasn't lifting anything. Right. And then slowly, as it was getting better, I healed it naturally without surgery. Like, now I'm, Almost.

I'm like, two and a half months recovered and I'm lifting, you know, fully. And so I started gently rehabbing it. So it's kind of the same thing. So you might start with very little to no fat.

And just doing a lot of these bitters, a lot of these types of things that, you know, basically help move fluids in our system. Right.

Foundational Strategies to Improve Bile Flow

And then from there gradually starting to add that fat back in, kind of like you're going to train up a muscle that's atrophied, gradually building it up, kind of figuring out where your tolerance point is and then gradually, you know, increasing that threshold, right, until you're at a healthy level.

Yeah. I think that's a perfect way to say it. Even if you need to take that short term break for, you know, knocking down inflammation, helping your body catch up with releasing, we still got to train the muscle and get it back in as soon as you can.

Yeah. Yeah for sure. So what we want to consider from there and I know some of you listening don't have a gallbladder anymore. So we're talking about the gallbladder and it's a little stressful right.

Or you're right on the edge of trying to decide, am I going to take this thing out the way? You know, I'm getting pressured to. And the truth is, you can work on your liver and heal your liver efficiency whether or not you have a gallbladder.

So let's just start there, okay? And you know what? What some people what I found is that some people don't actually realize that the livers, what produces the bile for a lot of people, they think they're they're actually thinking in this conversation.

They're like, what do I do if I don't have a gallbladder? Because I must not be producing bile. What gallbladder is really just an appendage of the liver that holds bile for the larger meals where you need, you know, larger amounts of fat, but your liver is constantly producing it.

So now if you lose your gallbladder, your bowels kind of on an auto drip, right, just constantly dripping into your gut, so you're constantly producing it, dripping it, you just aren't able to necessarily, throw out a whole lot all at once.

Yeah, that's exactly it. And so you may benefit from taking bile salts with meals if you no longer have a gallbladder, just so that you have enough right at that moment as your stomach acid and as the food or, you know, making that transition into the small intestine, that's fine to add in, you could do ox bile.

Sure, that's pretty popular, but you can also do a cap of tadka that's vegan or vegetarian. So body bio makes one cell core like these three great sources of tadka tacos.

Just a bile salts that's been conjugated. It's really expensive for the body to put together. So if you want to add that in, it's like this big leg up for your body.

So and I also want to just comment one more thing about gallbladder removal. If you have already removed it, it makes sense. If you still have health issues so that that may have saved your life, which is great. We want to do that, you know?

But then on the other side of that, we also want to recognize the limitations of that surgery. Removing that organ doesn't fix the liver because the liver still where the bile is made. Right.

So if it's already slowed down, we're still going to do some liver support and maybe even warrant now that you no longer have the support of the gallbladder.

And I want to bring this up because 41% of the people who have gallbladder removal surgery still complain about abdominal pain. And digestive issues persisting afterwards, and 1 in 5 people have complications with that surgery.

Like it's not as simple as they make it sound. I just want to acknowledge that, you know. Yeah, I think that's I think that's so important. So even if they've removed that, they haven't gotten to the root cause.

So you still need to address that which is taking place in the liver. But the good news is you're still producing bile. Exactly. And that's the all important piece.

And honestly, when we put people on bile building protocols before we even get into deeper detox, often if they've had their gallbladder removed, they start volunteering stones in the toilet that formed in the liver.

and, you know, we don't even have them on a proper detox yet, but because we're adding in bile salts that are pre conjugated like tadka, you know, doing global support for the kidneys and the liver, getting the bowels moving again.

You know the body's like great I want to get some of these congealed gallstones out of the way. Because gallstones aren't just made in the plain. The gallbladder itself gall means bile.

So we're talking about bile based stones. So those often form in the liver in the biliary tree, because your liver is trying to encapsulate really toxic materials.

And it's like, I can't break this down and I'm not in a position to move it because I'm already in this sticky, viscous situation. Things aren't moving fast enough.

I know I'll just put some cholesterol around it for now and I'll deal with it later. But then that congeals and grows and intensifies over time, and depending on the mineral balance as well, they might be dense enough in minerals that you could even see them on an ultrasound.

But just because you can't see them on an ultrasound or an X-ray doesn't mean they're not there. They can just be jell like, you know, congealed, and they're still going to block the biliary tree either way.

You know? So we often see those volunteer in the toilet. People say, oh, I've got like is that a parasite eggs. Are they, you know, undigested food or undigested food.

If it looks like little pearls and, you know, or corn, but you didn't eat corn, that could be actually cholesterol based stones that you're seeing volunteer in the toilet because your liver is finally getting some support.

Yeah. For sure. And what do you think about, like, gallstone flushes? You know, I think that they can be a great tool that typically what people mean when they say that is the doctor hold a Clark style or Andreas more style flushes.

And I think they used to work. I think that it's the day and age that we're living in now, 25 years later after that, you know, came into popularity. It's more complex.

So like in our rapid liver reset, we do teach liver flushes, but we do up to 30 days prep and we're decongestant and we're dissolving stones ahead of time.

And they're volunteering in the toilet ahead of time before we ever use tools like flushes to invite this wave of release from the liver. If you do it out of nowhere, not only are not doing deep enough work, but it's also like this really abrupt left turn for the body.

It's like, whoa, I'm so inflamed and you're asking me to do what? And that could be really irritating. So it's it's a great tool in the right context.

And I also really want people to do it. Addressing the complexity of today. Yeah, for sure. A lot of people have gotten really good results with that.

But there's a safer way than just, hey, I read the book, now I'm doing it.

Gallbladder Removal, Stones, and Flushes

And, so just a safer approach to doing it and a more effective approach. And that's really, you know, that's what we're all about. Today's day and age is right.

Trying to find the most effective, safe way to help your body get healthy. Yeah. And that's beautifully said. Exactly. Yeah. Couldn't have said it better myself.

So we're still thinking about moving bile faster. And at the end of the day we want to dissolve stones. Yeah. But in order to do that, we need to build bile more efficiently.

Your body wants to make 32oz a day of it, which is like this big, you know, mason jar or Slurpee cup. Of, you. Know, bile. That's a lot. And your body's going to try to recycle a lot of your bile salts and components, which means you're going to have this re uptake.

It's called intrahepatic recirculation. this toxic effect of your we actually re absorbing bile salts and the toxins your liver worked so hard to get out back through the gut lining and up back into the liver eventually.

It's a big bummer because it's like using these exquisite processes the body has was designed to do against ourselves. So we want to have binders in place in this process.

Appropriate binders for the chemicals or heavy metals or molds you've been exposed to. So that you don't keep punching your liver when it's trying to work so hard for you.

So that's something to consider as well as part of any detox. What are some of the keyboard? What kind of binders do you like? You know, I do like the bioactive carbon binders from soccer.

I think they're excellent. You know, bio toxin, binder carboxy. These are wonderful for endotoxins and molds via

chem is a great broad range binder to pick up some, you know, radioactive elements, but mostly still the endotoxins and the industrial chemicals.

And then you have HMT which stands for heavy metals environmental toxins. So it's picking up a little bit of that heavy metal oxidative stress tissue.

And also you know. That like to say. I say thank you. Yeah. Yes. Exactly. So those are some a lot of. People ask how do you get glyphosate out. And it's not necessarily easy right.

But it's really good. But really you want to just not take that alone. You want to make sure you're doing things to get the get everything moving. Exactly.

You want drainage support, bile building, all of it. It's a you guys. It's a multi-layered protocol. You want strategy in your protocol. You got to get away from the the pill.

For every L like this one supplement will change my life. It will not. You need to design your stack. It's all about the stack. Yeah. And I love that you said the thing about glyphosate equity.

That's why we call it. And we take the baby maker. Yes. Restores fertility. That's good. Offloading that glyphosate. Yeah. Yeah. So key. So basically you want to build up the bio.

You were talking about things like tide capacitors things like that. are there specific foods too that people can be focusing on. Are there any particular foods you like?

Yeah. You know, what's important right now is to not poke the bruise we're trying to heal. Yeah. So actually liver based nutrition should be highly bio individual because you're digestion has become dysregulated in a specific way.

So some of you are going to have already tried like the Sibo low Fodmap thing. And maybe that's, you know, supportive for a time. Obviously food choices can't aren't enough to deal with their causes today.

All I'm saying is let's not poke the Bruce. Some of you are going to be oxalate sensitive. You'll see that on your labs. I'm high in oxalates and I'm sensitive to these high oxalate foods, which unfortunately many of us reach for on our healing journey.

I know I did. I got better for a while and then I was like, wait, why are my joints getting worse, not better? And it's because I was juicing beets and beet greens and eating kale and spinach, and I had switched from high sugar desserts to a lot of dark chocolate.

I was drinking almond milk lattes and it's like, oh, okay, wait a minute. Those are all super high oxalate foods. Oxalates aren't the devil guys, but some of you may have become sensitized to them, especially because of your pathogen load.

Right? So that's something to consider. And some of you may be histamine sensitive, which also points to liver overload. If your histamine sensitive, you've got to eat low histamine while you're working on your liver.

It's not negotiable. So histamine sensitive signs would be what skin flushing with eating fatigued after eating sinus drip. But it's not just the runny eyes though.

We think about like antihistamine commercials. It can also be heart palpitations, right? It can be, rashes like candida, driven rashes. Also, you know, those can be actually histamine headaches.

Real common with. Oh, the great one. Yeah, totally. Yeah. For sure. So you really need to try to focus on what foods you feel best with and even foods that like, you might hear Sinclair and I, we say, you know, avocados are this amazing food, but you may not respond well to avocados because they are higher histamine, higher Fodmap.

And if you have problems with those, then you're not going to be able to metabolize them well yeah. So we think about this in terms of food filters. Or I might filter out high histamine foods for a period of time while I work on my liver.

I might filter out the highest oxalate foods right to support making faster progress. Or I might do both of those things. I might go lectin free for a while because.

Or low lectin because I have an autoimmune issue. I got a thyroid issue, I've got a leaky gut and all, and I know for sure that lectins slow down blood flow because they make it viscous.

Well, why would we do that to our livers? That just means it has to work harder, right? Yeah. And none of. These are inherently bad. You know, they're not. Yeah.

If it came out of the ground, it's not evil. Everything that everything needs to be personalized. It's like you might feel great when you eat nightshades, and then your spouse might have a flare up or joint pain when they're eating the tomatoes and the potatoes and the peppers.

Right.

Binders, Food Sensitivities, and Personalized Diet

And so it's like that's kind of where the challenge is when you and your spouse or your kids have differing food, you know, tolerance is basically right.

That's where it can be challenging. But that's also where, you know, you really need to be a detective and try to understand how your body's responding to the various foods you're you're consuming. Yeah, exactly.

I will say that, I see vegans and vegetarians unfortunately, being much more fragile during trying to work on their livers. And I think in part it's because, how compromised our ability is to receive and break down proteins in this day and age due to glyphosate exposure, because it totally ruins that enzymatic process for us.

So I see them being very fragile and needing to really work hard at that protein and healing fats. Peace. People who are willing to eat animal protein forward, especially ruminant animals.

Grass fed, grass finished. You know, from your local farmer it makes a huge difference because you just get that resiliency back and like supports like.

Yeah so good. So personalize your diet. Build the bio like you were talking about with the different different strategies. how about other bio dilation techniques for example like castor oil packs.

Are you a fan of those? I think castor oil packs are fine as long as you have binders in play, you know, so castor oil is going to mobilize toxins. Yeah, which is fine.

But if you've already becomes super inflamed, if you're somebody who's chronically ill and very prone to crashing and flaring, please do yourself a favor and have a high quality binder on board.

When you're doing things like drainage remedies such as castor oil. But yes, absolutely. It's a wonderful, gentle support to work with the body instead of trying to override the body.

And I also want you to consider when the time is right. Stone breaker strategies, because those can be a real game changer, you know? And really. What are the stone breaker strategies.

Yeah. So well you mentioned bile dilation and bile duct dilation. That's really fun to do with the castor oil. But also magnesium sulfate is a reason why we crave sex and salt baths, you know.

Right. Yeah. But you can also do Epsom salt and enemas. you can do magnesium sulfate, supplements in enemas, you can use things like liver detox from physician standard in enemas to dilate the bile ducts and support release.

So I am a huge fan of coffee enemas. I know we were joking about it earlier, and I never thought I'd be someone to say that, you know, because I was such a mess back in the day when I was trying to heal.

But it's they are game changer because they they support that increased glutathione production by several hundred percent for a few hours. And they're not just about mechanical clean out of the colon guys.

They really are a shortcut to talking to your liver, because the way that your your veins are formed, you actually have this like uptake this messenger portal right in the colon lining to send information to the liver from whatever you put in an enema.

So that's why that magnesium sulfate in an enema is so powerful. So that's a great way to dilate the bile ducts. And you don't have to, like, drink Epsom salts.

I know, that's disgusting. Nasty it is. It's not for everyone, that's for sure. But you can do it with an enema. And it's highly productive without all that nausea and ickiness.

Right there is so common with the drinking the heavily salt water. So also I love herbs like tonka piedra. That's a great stone breaker. You want to consider.

Like how can we make this easier for the body? How can we chip away at this? And there's also a place for phosphoric acid in the right protocol for you, because that's going to help break up those mineral based stones, right, that are so dense.

I, I want people to be in charge of their own health. I also want you guys to exercise some discernment. And don't cowboy this if you need support.

Detox Coaching Programs and Final Encouragement

At some point, you know you're going to want some guidance along the way, whether it's in a group course or with a practitioner who's savvy, you know, just consider when when is the right time to fold that in.

Yeah. That's good. And I know you guys have a lot of courses and, group coaching programs at detox rejuvenation.com. Can you tell us just a little bit as we finish up here about how your coaching program works?

Yeah, absolutely. So you guys can first of all, we have a free liver stagnation assessment. You're welcome to take that. It can be very enlightening. rapid liver reset as this beloved 30 day experience that we do live a couple times a year where you can take it any time and, you know, you're a part of, like a 500 person forum, you're seeing over 10,000 people who've gone through it and all their stories and releasing stones.

There's all these photos and, you know, it's it's a really exciting experience because no matter how sensitive you are, you can take the course and get big wins.

So we have three different pathways to take three different intensities in the protocols and three different styles of flushes. So what I want you guys to hear is if you are sensitive, you probably need more liver support, not less, but it needs to be properly phased in.

Yeah. Gentle overloading the body. Yeah yeah yeah yeah. So that's what we do. And they can find all that at your website correct. Yeah. Exactly. Yeah. Guys just check out detoxrejuvenation.com.

Well Sinclair, you're a wealth of knowledge. It's been really enjoyable. I know my audience getting a lot of information from this. Guys. Just go over to her website.

She's got a lot of blogs, videos, programs that can help support you on this, but this is definitely something that you want to remember. You want to bookmark, you know, this interview because this is really critical information and share what you've learned with, friends and family and people that you care about.

So, Sinclair, thanks so much for your time. Any last words of inspiration here for our audience? You know, it's always a joy to talk to you because of how practical you are and how dedicated you order your audience to.

So this has been a lot of fun, and I just appreciate you advocating for folks in this complex day and age. I just want to remind everybody that it is never too late to heal, even if you're sensitive, even if detox quote unquote hasn't worked for you, I we get, you know, these sad letters every week in our inbox of like, oh, I'm not a good detoxer and it just breaks my heart because, yes, you are.

You are a good detoxer you'd be dead. That's the truth of it. What we want is just to catch up on the backlog and do that in a way that's respectful for your body.

That's all. Yeah, it's never too late. So. Good. Well, thank you so much, Sinclair. And everybody be blessed.