What Your Labs Aren’t Telling You: Unlocking The Liver’s Hidden Role In Thyroid Health Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to the thyroid-liver-gallbladder connection

Welcome back to the reversing Hashimoto's summit. Today I have a dear friend and colleague. And I do say friend because I have referred so many of my patients to her.

I have her working with friends of mine. So Sinclair Connolly is just an absolute master when it comes to number one. Tough cases, but detoxing. And she's going to get into today the whole connection with the thyroid, our liver, now our liver does a lot for us.

Without the liver working properly you can forget about any thyroid treatment working properly and the gallbladder and the way that she explains this is going to blow your mind.

You're going to want to have your camera on or your video on however you're watching this. Don't just listen to it, because we're also going to show you a couple pictures that you really need to see of maybe what's inside of you.

So a glare. Thank you so much for joining me today and and giving us your knowledge on this topic. It's so important. Oh, you're so welcome. I'm thrilled to be here, Amy.

All right, so where do we start? Talk to me about the thyroid, liver, gallbladder access, because I've actually never heard of that. You know, you always hear about hypothalamus, pituitary, thyroid, HPT, HPA with the adrenals.

But I've never heard of the thyroid and liver and gallbladder are all tied together. Yeah. So there's actually a really intimate relationship between these three.

And the more you understand that, the more empowered you are to take back your own health and healing, actually to heal a whole lot faster. So I love teaching people about this because it's poorly understood in, in part because the thyroid does such a great job of being the early bird, the early canary in the coal mine to show up in terms of the stress on labs, if you're lucky enough to work with somebody like Doctor Amy and they're pulling the right labs on you, right?

And looking at the right ranges always important. Yeah, yeah, she had to cross that hurdle, of course, but unfortunately, you're your liver and your gallbladder can actually be under a severe amount of distress.

That's, reflected in your hypothyroidism, for example. But it's not showing up on labs until you have actually a rather advanced state of disease. And that's a bummer because your thyroid is really, for the amount for the size that it is, it has such a high blood volume that's running through it all the time.

Right? Because it's got to scoop up all those micronutrients. The same thing is true, though, of your liver. Your liver is actually your largest traditional organ in the body.

And at any given moment in time, it's got 13% of your total body's blood volume in it, because your liver is trying to break down foods, digest them, and also clean out your blood and then return it back into the system.

How the liver affects thyroid function and detox

If that's slowed down even a little bit, and I'm talking even a little bit, your efficiency in terms of your ability to detox and heal and also repair so that you're maintaining your anti-aging properties, maintaining your metabolism, ding ding ding.

All of this can get impacted actually, really quickly, and it will not show up on labs. Your liver will lie on labs until this is quite progressed and distressed for years. If not decades.

So any time we have a thyroid issue, we want to go, okay, let's assume even if it's not showing up on bloodwork, that the liver also needs some support because there's actually a very intimate relationship between the thyroid, the liver and the gallbladder.

So in order to understand that, we also want to think about like, well, what is the liver do for us? Okay. Yeah. It cleans out our blood. Thanks so much. Cool.

It's for detox. And that's true. But your liver also does actually over 500 jobs for you. Often 200 of those simultaneously. Wow. I know, and if you're already a thyroid nerd, which you should be because you've been hanging out on this summit with Doctor Amy, you will know that the liver is responsible for converting your thyroid hormones, in part right from T4 to T3, and also, processing your estrogens and breaking down all the excess estrogen, as well as helping to regulate your sex hormones in a very complex stance.

It's also responsible for helping to digest proteins, fats, and sugars. So every single macro that you're putting into your body is getting regulated and broken down with a huge support from the liver.

So and your thyroid is not the only one regulating your metabolism. Your liver actually is to body wide. So we want to understand this and respect that about the liver because we're in the era of chemicals right now.

I know that sounds like really annoying and frustrating because it feels like toxins are just everywhere. They're on the news, they're on social media.

You know, all the crunchy mom accounts are telling us to be afraid of everything, and they're not wrong. You know, we didn't ask for this level of toxicity in our food and in our er in our water, but it's here.

I just want to let you know and reassure you, though, that it's still not too late to heal and that actually resolving that toxin overburden is easier than you think it is.

And the sooner you get started on it, the sooner your thyroid can become optimally functional. And in part, that's because you're going to be offloading this backlog of toxins that the liver has to deal with.

And just to tie all this in a bow, because we mentioned the gallbladder, your gallbladder is like the purse that holds the bile that your liver makes.

It's holding onto it and getting ready to release it at just the right moment into your digestive tract. Right. So your liver is producing bile, which sounds like a gross word, right?

Bile is so I can sound. Right. But it's actually your body's liquid gold detergent, and I call it that because it's so expensive to make and it's so precious and profound and what it does for us.

And your body really likes to recycle your bile acids, too. So your liver produces them and then uses your 2000 miles of bile ducts in your liver. That's your biliary tree to flush out these toxins that have been conjugated and re conjugated into something that is excreted or detox by the liver into the bile and then goes into storage in the gallbladder.

The gallbladder is holding that bile. It's condensing it. It's adjusting the pH. It's adjusting those cancer anti-cancer morphogenetic properties in there.

Because bile is really good at protecting you against digestive cancers. We're waiting for just the right moment for the stomach to say, hey, here comes the stomach acid and the bull is the food I'm going to dump it into.

The small intestine is going to be super acidic. I'm going to, like, instantly burn a hole in the small intestine lining. If

y'all don't come in and neutralize me, like, immediately.

And that's the gallbladder job and the pancreas job. The pancreas dumps and enzymes. Also sodium bicarbonate, which is highly alkaline. And the gallbladder brings in that bile that it's been condensing and adjusting, getting ready for that stomach acid.

And so it's this beautiful digestive dance. The problem is when you have something like hypothyroidism that's now has a very strong correlation to slow moving bile, because this cute little trap door right between the gallbladder and the small intestine, it's called the sphincter of o.d doesn't open as well.

When we have hypothyroidism or Hashimoto's. So that's why we need to understand this intimate dance between our digestive properties, our metabolism capabilities and our detox abilities.

And all of that is crucial between the thyroid, the liver and the gallbladder. This dance between the three of them. So that's how I think about it. Now, what if you don't have a gallbladder?

Because I know a lot of hypothyroid patients have had their gallbladder is removed whether they needed to or sometimes not. How does that play a role?

Yeah, I'm so glad you asked that, because it's still not too late to really thrive with your health. That's the good news. Unfortunately, so many people don't know that they have liver and gallbladder congestion until suddenly they get a very acute attack.

And it's scary, man, like that. That sharp pinging can progress into a pain that many moms say is worse than labor. And so, you know, it's not to minimize it at all.

Gallbladder bile flow and hypothyroidism

It can be very scary. And you may not have an option, or you will certainly be pressured to remove your gallbladder because it is an easy surgery. From the surgeon's perspective, that doesn't mean it's an easy surgery for you long term.

In fact, 25% of gallbladder removal surgeries have complications and 41% of gallbladder removal patients have abdominal pain and digestive issues persist after the gallbladder is removed, so it doesn't fix the the underlying issues that have been building up for the liver and the thyroid.

And of course, the gallbladder. So when the surgeon says it's a really easy surgery, yeah, it is for them. But we want to consider like how can we support you afterwards if the ship has sailed and maybe you needed that surgery to save your life that day?

Sure. And that's okay. But we want to consider additional digestive support ongoing for you, so that we can be proactive and continue to maintain your digestive properties.

So what would that look like for you? It would look like a lot of liver support. It would look like really obsessing about cleaning out your biliary tree.

Those 2000 miles of bile ducts in the liver. Because if you had stagnation in the gallbladder, you absolutely had stagnation in the liver. We have, people come through rapid liver reset every year that have thousands and thousands of stones that they're dumping out of their livers after they had their gallbladder removed, like, it's not a it's not a small event.

Oh my gosh. And is this something that people can see. They can actually oh. Do you want to see some photos now I. Really do. Okay. Let's we can we're in the audience.

This is not pretty but you will never end. See this. This is super helpful to understand what's going on underneath

the surface. But you know what? It's real though.

Like this is what is inside of people. So you have to you have to look you have to know what's in you. Right. Exactly. So this is how I think about it.

Remember we've been talking about the gallbladder, which is this little purse that holds onto your bile for you after the bile has been made in the liver.

Right. And then it comes down and through this little sphincter of, oh, that's that trapdoor I was telling you about. That has a hard time letting go when you have hypothyroidism or Hashimoto's.

So what we want to understand from there is that, if your gallbladder gets removed, I'm actually gonna show you a couple of gallbladder that have been removed.

Oh. Yeah. If you guys aren't watching this, you're missing out. I'm just saying. It's so gross, I. Now, the thing you want to understand is your your body is holding onto this junk because it doesn't know what else to do.

So we didn't evolve with these toxins, these microplastics, herbicides and pesticides. Even heavy metals were deep in the Earth's crust. They were often not mobilized.

And if they were mobilized in drinking water, people didn't stay around that area for long because they got sick from the water. They figured it out. There were nomadic and they moved away from that water source.

So we did not evolve with this junk. And your body has very few options, like for example, like the Mercury from your dental fillings, 80% of that stays in the body because it's so hard for the liver to flush that out effectively.

So what does it do? It goes into storage. Well, where will that storage be? Some of that will be in your brain. Some of that will be in your thyroid. Some of that will be in your liver itself.

And if it is, then your liver is going to say, hey, this stuff is really toxic and scary. I'm having a hard time getting it out and it's really slowing everything down.

I'm just going to encase this in some cholesterol because I make cholesterol, the liver, I have it readily supply available. That's what I'm going to do for now.

And it might stick in some other minerals that you have an excess of right there, that it's having a hard time processing. And that's how stones are born.

You put mycotoxins, industrial chemicals or heavy metals in the center. You encase it in cholesterol, maybe some other junk minerals that your liver is having a hard time with, whether it's in the liver or the gallbladder.

That's how stones are formed and liver's like, I'll deal with it later when I have more support. But that day doesn't come until we introduce the right protocol.

So when you see a scan of your gallbladder and your surgeon tells you very seriously, you have four gallstones, honey, you got so many more than that, they're just not dense enough to see on the scan yet.

Gallstones, liver congestion, and removal concerns

And I think there's a day coming soon where we'll get, you know, commercial access to imaging where we can see this earlier on with that less dense material is showing up, but a blockage is still a blockage, whether it's dense enough to see on an ultrasound or not.

So this is what happens, you know, and these people may have they're they're commonly told, oh, I only have a couple. But you got to get them out now because they're creating a blockage and they actually have hundreds if not

thousands.

I was going to that's what. Happened to me. Yeah. I got out over 15,000 stones from my liver before I ever did a liver flush. Yeah. Before I ever did like the drink.

The olive oil thing. Right. Yeah, yeah. And let's mention that. Yeah, a liver flush does not mean doing Beyonce's detox protocol. Oh, God. Please don't do that. Yeah.

No, they can come in all shapes and sizes, and they come in all these colors, too. And that's because you may have an excessive bilirubin, for example.

That's what the upper left is happening over here. They're often dark green because that has to do with the bile acids that are readily available to get encased in these.

And you can see, I know these are so gross, but it's helpful to see like some of these are quite old, you know, look how calcified they are versus some of the more gel like newer ones.

And this guy was actually he had done 17, versions of our protocol. He had severe Lyme disease, hypothyroidism. He had a lot of mold exposures and different co-infections and things, and his path to health, his path to back to energy and vitality and getting to eat again was doing these protocols.

That's amazing. So yeah, that's really fascinating, isn't it? Well, and it just shows you at common sense says if if that's inside of us, how do our bodies work properly?

And just like you said, our bodies were not built to for the onslaught of toxins that we have right now, that's not that's not how our bodies were made.

These toxins were were manmade, brought into our world, and our bodies are really struggling to deal with it. They're doing it. I mean, our bodies are smart.

It does a great job. But with the onslaught, you go, of course, we have to take care of this. Of course we have to support our liver, because if we don't, how can anything work properly inside our bodies?

I know, right? I think you're so spot on with that doctor. Amy. And I also want to emphasize that, like, there is no strategy in allopathic or western medicine to actually medicate these blockages away.

That doesn't work. It doesn't exist. So the issue only gets bigger until you address it head on. But the good news is natural health protocols can be done at home, are actually the best and the safest, the gentlest and the most effective way to get this done.

So it doesn't have to be scary. You can go at your own pace. Most people that come through like rapid liver reset, for example, or start out really sensitive.

You know, they have thyroid issues, energy issues. They develop sensitivities to foods. You know, they have their digestion is stressed. So of course, you know, their liver is going to be expressing distress and they're going to need to ease into this stuff.

The woman on the left here, this is the first stone she ever got out. She was so proud of herself. She took a picture. She's a long term client. And she was really sick for a long time.

She almost died a couple of times from her different chronic conditions. And she was so proud of herself to get out this first stone that was like floating on the surface, because they often float when you release them due to the cholesterol content.

Okay. Versus like the guy in the middle, this is a very standard flesh release. You know, he's stronger and he

worked his way up to it. He could handle it.

And then this guy on the end here, like the goose eggs to release, are not uncommon. This came out of somebody's liver. He actually released 15 of these in a two day period.

Painlessly, I have to add, because when we think stones, we think kidney stones and all the pain that's implied with that in releasing, because those can be very painful to get out.

But actually gallstones don't have to be. Your bile ducts can really dilate to release this stuff if they're empowered to do so. And, you can work up to that over time.

In fact, if you're on the right protocol, you people often start seeing these, especially these cholesterol based stones like the the yellow or creamy ones volunteer in the toilet before you ever try to do any purges.

So that's the good news. You can go at your own pace. This does not have to be scary. And this can all be done at home with natural materials. Well, I have many patients that have gone through your rabbit liver reset.

So I want you to talk more about that because that was really it's almost like that was the key for them turning the corner. You know, I mean we can like you said in the beginning, we can test thoroughly, we can treat you, we can optimize you.

All the things. But for many people, it's it's the liver and the gallbladder tied together. Just how you explained it, that is that it's that key that once you turn that key then it's like, oh my God, I'm losing weight.

I'm feeling better. My bloat is gone, my brain works, I'm sleeping better. All the things. So I want to I want to just point out to people listening that it's not just GI symptoms that you're going to have.

Like, I don't want you to sitting there going, well, I'm not concerned. So I think everything is fine.

What liver stones look like and why they form

No, no, it's not just going to be constipation and bloating or digestive issues that you have. It can be inability to lose weight. It can be fatigue. It can be brain fog.

It can be I mean, my God, Sinclair, you've seen it all. I mean, some of my friends, like we were talking about before we jumped on, it could be a reaction in your eye, your skin, your vision.

I mean, just everything can can tie back to the liver. So talk more about. Well, I would like to hear from you. Talk more about the symptoms that people might notice if I didn't cover all of them right there and then talk more about the rapid liver reset that you do that is truly helped so many people, including my patients.

Thank you. Yeah, it's it's totally a joy to do this. I, I also like I come at this from a very personal angle because I had Hashimoto's, I had fibromyalgia, I had extreme joint pain and fatigue and brain fog.

And I thought that Lyme and eaten my brain and I would never get it back. I couldn't read an email or write a sentence, you know, I couldn't open and close my hands for most of the day.

And I was down to three foods. So, I say all of this not in like an abstract way. Like I had to do this myself, too. None of this is hypothetical for me, and I'm inherently lazy about self-care, first of all.

And I'm kind of a nurse, so I know that if I can do it, you can do it. And what I wish somebody had told me early on was exactly what you just started to lay out.

It's like these are actually the signs that you need to double down on some liver support and do some deep stagnation work, because otherwise you could waste years of suffering not realizing, you know, I was going from

Doctor to doctor, trying to dial in my thyroid, trying to medicate away my fibromyalgia, and I couldn't get my brain back.

I couldn't get my skin back, my energy back until I really dove into the liver. And that's because, again, your liver is so important and crucial for not just detox, but also your metabolism.

The rate that you age and you can have inflammation body wide if you don't have an efficient liver, as well as like distorted reproductive hormones and all that stuff.

So I always think about, doubling down on liver support when I see somebody with skin issues, whether that's rapid aging, you're like, how come I look older than my sister?

But, you know, I'm younger than her. That kind of thing where the elevens that everybody's so afraid of and tries to inject a way like that's a common sign of liver, dark circles under the eyes, adult acne.

Those are all common signs of liver issues. Body odor, especially if it's on the. It's a little bit stinkier on the right side versus the left. Oh. I know, weird, right? Yeah.

But also other weird things like referral pain in the right shoulder or even the right hip that's really common for gallbladder congestion, difficulty digesting fats like, oh, I just prefer to eat light like I fell up so fast.

Well, it might not be because you're dainty. It might be because your liver is not working. Well, you know, we know now, like we got a double down on the healthy fats.

You know, ghee is your best friend for regulating your hormones and for, you know, healthy anti-aging practices. But if you can't tolerate it, well, then that's a sign that, you know, double down on liver support as well.

Histamine sensitivities. That's a big one. So if you have more seasonal allergies than you did as a kid, that's something to pay attention to. And also things like, that tire around the middle of so metabolic dysfunction where you're like, I cannot exercise this off.

I cannot diet this off. That is a major sign of liver issues as well as, blood sugar dysregulation, even if you're not, like full blown pre-diabetic or diabetic, your insulins, sensitivities, if they have been distorted, it's probably because fat has started developing around the liver and it's less receptive to the pancreas signals.

And so the pancreas goes, oh no, the liver isn't getting my signals. I know I'll make more. So we also want to be sensitive to blood sugar, and also sleep disruption.

So if you can fall asleep okay, but you wake up in the middle of the night not just to pee, but, like, just to be awake. Especially between the hours of one and 3 a.m..

Your liver's probably talking to you. Yeah. Also, for women, especially, difficult periods, PCOS, fibroids, endometriosis, irregular periods, PMS, and also perimenopause or menopause symptoms that are just very difficult.

Symptoms that point to liver and gallbladder stress

Always go to the liver and think, okay, what can I do to support this and smooth this out? Right. Wow. That's a lot that's read or see, by the way, more than I even mentioned.

I had no idea. But as you were talking, it's funny, I, I always think about about patients and about my audience and things that I hear and I'm like, oh my gosh, that's so and so.

Oh yeah, that that right shoulder pain. And it's amazing the connections. And I'm sure the audience listening right now is making those same connections.

They're making that same connection in their mind to the symptoms that they have. So that's just amazing. Amazing. Now touch more on because this is a really important piece.

So many people think that they have to be so bad. They have to have ten symptoms to to jump in to a liver program. Or it's not important. You know, it might not be my liver because I don't have, you know, ten of these symptoms.

The beauty. And you mentioned this to the beauty of it is you don't have to be scared. It's not like you're going to go through this painful detox. It's not going to be hard.

You know, if anyone can do this and you really meet people where they are in their health journey, just like you mentioned, there is a woman that she's just really sensitive.

You got to go a little bit slower. But you do such a beautiful job at meeting people exactly where they are in their health. Oh, thank you again. It's a it's a huge investment on our part.

We're we're deeply committed to that on our team because our practice became well known early on for dealing with sensitive people and complex chronic conditions like multiple labels.

Well, yeah. Come on. And we know how to deal with that. Yeah. You know, so we we did start out that way. But we also have like these athletes that are obsessed with optimization and anti-aging.

And so we have like early on these very two different types of clientele that we needed to figure out how to support. So we have like three lanes we call them in rapid liver reset.

So you can choose your own speed. So if you're a beginner or if you're on the sensitive side, or if you're worried about reacting to things or you don't have a lot of energy to begin with, you would be in the gentle healing lane.

If you're somebody that's done all the detoxes, you've maybe even tried liver flushes, you're like, Sinclair, just help me bust through these deep seated layers.

I'm not scared. If you tell me to do something, I'm going to take four just to see what happens. You're in the deep healing lane. That's my athletes. That's my, you know, detox.

There's who've been, you know, tried every protocol out there. And then for all the same people, you're in the middle in the slow and steady lane because slow and steady wins the race.

So that's the standard testing. So there's always a way to get started. And I think you made a really important clinical point there where you don't need to check all of these boxes to know that your liver is yelling at you and is asking for support.

I think about it, if you have three or more of these symptoms, if there's any aspect to your skin, you know, dryness, rash, flushing, you know, the dark circles, they're aging little faster than you'd like.

The adult acne. You know any of that if you have the edema, you know, so puffiness around your neck or your armpits or around your belly or your ankles, like places that you didn't used to hold water or fat, that's another thing, you know, if you have any digestive issues, bowel irregularities, constipation or diarrhea, you know, so the the list goes on that there's are a couple of examples of like if you have three or more, let's start paying attention.

Honestly, irritability, brain fog and you know, short attention span are three of the biggest ones. Yeah. And that overlaps with with hypothyroidism. So you can see how everything goes together.

Our bodies play together you know. And that's something that I'm always teaching my audience. The body is beautifully smart and everything plays together.

So you can't just address one system without addressing the other. You can't just address thyroid without taking into account your liver. Because it's so true.

And you have the same separate expert for the thyroid. Like I strongly recommend Doctor Amy's work. You should have somebody who obsesses about that with you, right?

I just suggest adding in this support layer because they're so congruent and you'll heal so much faster, you know? Yeah, you just do. It drives me crazy when people focus on just one aspect of the body.

It's like, okay, that's going to fix that particular aspect, but what about all the things feeding into it to the person? And how did all this get started?

Right, exactly. You got to dig deep. I mean, hence functional medicine. So it's a beautiful thing what you're doing with people. And I have seen the results like I said, I have seen I've seen patients change severe Lyme cases that have gone through your program improved to where they're literally getting their life back.

I've seen severe autoimmune cases where we see the hoshi stack with the celiac stack, with the chrome stack, with the psoriasis on the skin, and it was rapid liver reset.

That was that that key, that turning point. So I just I love the you're out there doing this work because you are healing and helping so many people and you're giving them hope.

So I thank you for that too, because it makes my job easier. That's why I thank you. I like happy people. I like happy, healed, hopeful lives back people.

That's our ultimate goal. Yeah, we love success stories. Yeah, yeah, I'm ready to work because we're going to change everything.

Rapid Liver Reset and support strategies

Exactly. So tell people where they can find you, where they can find more info on rapid liver reset all the things. Please leave that out. Yeah. Thank you.

So hopefully you're following us on social media because we do, you know, free content. Sinclair Connolly detox, rejuvenation and you can come find us at Detox nation.com.

And that's where we teach rapid liver reset a couple times a year. So, we also have great blogs about how to think about your liver and the different exposures that can slow down liver function and what you can do to get started right away and supporting yourself.

So, you know, can I share a couple tips about that right now? Oh please, please, please. Okay. So if you recognize yourself at all in our conversation today, I want you to start obsessing about your bowel movements.

I want you to make sure, especially for my hashes guys out there, you know, we can have a tendency towards constipation. We all know this, that you're moving your bowels once a day because we really don't want to see you adding on, liver support and pushing on the liver and trying to speed it up without that bowel support included in the protocol.

So I like things like ozone and magnesium because they are not habit forming and they're great at like OCD and magnesium like for example, oxy powder's a good product for this will draw water into the colon and help the colon mobilize out stored pockets of fecal material, which is very common for people with thyroid and liver issues to develop.

So we basically want like a clear pathway to the exit. And we always start there. Yeah. Otherwise you're going to get unnecessary symptoms as you try to detox your liver right.

So also for my guys without a gallbladder, I strongly recommend that you use ox bile with your meals so that you're really supporting the digestive process on going that will help you emulsify your fats, absorb your fats or false fat soluble minerals like ADP.

Okay, you know, these are non-negotiables for healing both thyroid and liver issues. And if you're vegan, you can use something like tadka, which is a bile salt that's very expensive for the body to make.

And so you just supplement with that instead. Even one cap with a meal can really support you in the process. I also really like bile builders and bile movers.

So instead of just how can you up to a glutathione IV and you feel like you've been hit by a mack truck the next day? I want to ease your body into empowering itself to do what it already knows how to do.

So we always want to work with the body instead of outsmarting it. So I like bile movers, like bitters before a meal. You know, bitters excess is a great one, for example.

A much stronger one would be liver sauce. Most of you aren't ready for that yet. Don't use it until you're you've already taken rapid liver. So. Right.

But that's a great thing to just tell your body. Hey, let's get our gastric juices moving. Let's get ready to release some bile. Whether or not you have a gallbladder, because we've lost the art of incorporating bitter foods into our meals.

And we don't often cook, you know, prepare the meal for long enough for the brain to send the signal to the body. Hey, this is coming. So we want to reclaim the ability to do that.

So bitters is great to do like 20 minutes before meal. But even if you forget, you know, like halfway through a meal, take them anyway, it'll still help.

Okay. I also like tadka for bile building, and I also like, fossil title choline for bile building. Because anytime you're supporting the liver to build bile faster, because bile is so expensive to make, remember we called it our liquid gold detergent.

We're helping the liver to move out the junky old motor oil, you know, version of bile, which has been stuck potentially for quite some time in that 2000 miles of bile ducts in your biliary tree.

So we just want to think about easing into these things. And ideally you'd be doing that as part of a balanced protocol while also supporting your thyroid.

So you're not asking too much of the body at one time what to think about these things systemically together. And yeah. So those are a couple of things to get started on though, while you wait for rapidly.

Very sad, because it's only open a couple of times a year. Couple of times a year. Exactly. But you have so much material for people to chew on, no pun intended to, to really to digest it, no pun intended.

I keep coming, I keep from coming. So you as. Long as we're entertained. You know I'm. On a roll today. Now you have so much material to help people and just even, just this interview is giving people so much to to take in and to implement and to pay attention to so that they can really start thinking, okay, what do I have to do next to take my health to the next level?

So I love that I love it, yeah. My favorite thing about working with the liver is that the symptoms are so frustrating and they're all reversible.

Final encouragement and where to find more help

I love to work on things that you can win, you know? And even if you're sensitive or you're kind of a was like, I am, or you're afraid to try new things or you've tried everything right?

I feel like nothing works is still all reversible. We see it happen all the time, may take longer than you want to, but it is only a project. That's all it is.

So I just want to end on like a really encouraging note. Like, yes, I want to light a fire under your butt to get this thing started. Yeah. But also because this is also fixable in the liver.

So resilient. It's almost like the more of the frustrating the symptom is, you know, the the more it feels like it's unresolvable. But that's not true.

Just because your skin is frustrating, you know, your energy or your brain fog doesn't mean that you can't completely reverse it. So I just want you to know that.

And you don't have to be special and have to be strong or tough. You just have to be willing to get started. I love it, I love it. Sinclair, thank you so much for today, for all of your information and for really opening the eyes of all the listeners to pay attention to their liver, to their gallbladder, because there is a direct tie to hypothyroidism to Hashimoto's.

So I appreciate you so much. Thank you. Thank you. I'm so proud of the advocacy work that you're doing in this space, and how empowering you are to just help thousands and thousands of people to get their lives back.

So thank you. Well, that's our mutual goal. That's our mutual goal. So until next time, thank you so much for watching. Sinclair and I chat about the liver and the gallbladder.

Keep watching. Reversing Hashimoto's, cause there's more to come.