Why Bile Is Your Best Friend In Detoxification Transcript

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Introduction and Guest Welcome

Hello everyone. Welcome back to Mastering the Menopause Transition Summit 2.0. I'm your host, Dr. Sharon Stills. It is an honor and a privilege to be here with you and help you learn everything you need to know about your body, your mind, your spirit, help you with your hormonal journey.

And today I have a very special guest. Dear colleague, a dear friend, a fellow redhead, my sister, my stomach sister, Sinclair Kennally, she is actually hosting the next summit.

That's going to be coming up, Reversing Chronic Gut Conditions. So be sure to keep an eye out for that one. You're not going to want to miss it. And she's she's known as the liver lady, but probably the parasite lady, the detox lady, the gallbladder lady.

And so you might be thinking, well, why are we going to talk about those things if we're here to talk about menopause? But your liver, your gallbladder, your bile flow, your detoxification, these are all things if you work with me as a patient and want to go on hormones that we have to have handled.

And so I couldn't think of anyone else who I would want to have this conversation with. And Sinclair, so welcome to the summit. Thank you so much. Happiness is just a joy to do this with you.

You know, I love your work and what an advocate you are for women. So, yeah. And I'm all giggles. So for those that don't know you, why don't you just tell us, like, how did you get into this work?

What? I know you have a great, powerful story and it's very inspiring. So if you get there, that's so we can get to know you a little bit. Yeah, I'm happy, too.

It's I mean, the short answer is I got into it the hard way. So I was a lover of all things, healing, and I went into mental health and, you know, I loved frequency medicine, but that was as far as I went to into health at the time.

And I had a really thriving mental health practice. And it's all about somatic trauma release and like, yeah, you know, acknowledging the body, but also for me personally ignoring it.

So I pushed my body really hard and I got sicker and sicker, ended up in the hospital and I became a mystery patient X where, you know, I thought I was having a heart attack that that I was crashing.

And they were I remember the hospitals were excited to see me. They're like, oh, this is going to be fun. And then they got less and less interested in me as the days went on because they couldn't figure me out.

The scans just were not all that revealing. Nothing made sense, and I remember unhooking myself, throwing my jeans on and leaving my hospital gown on and just hobbling out to the parking lot.

And I thought I was going home to die. And I that there had been one moment, you know, of like a wake up or like a parting of the clouds after that.

Sinclair's Healing Journey

But the truth is, it took eight years, eight years of specialist doctor specialists, all the natural things under the sun. And until I finally figure it out that it was honestly a big basket of root causes that are affecting most people today.

I was just one of the canaries in the coal mine, you know, and so that became my passion and went back to school and learned how to teach about the staff and and totally changed our practice around so that we can really speak

about the bio regulatory principles and how the body is designed to heal itself.

It's so brilliant. It just needs a little extra help given the stresses of today, shall we say? Yes, yes, yes. I think when you know what a powerful story and that you're you know, you're here, you're telling that story, you're like, well, you are going to die like you're brilliant and vibrant and beautiful and changing the world and helping so many people.

And I think a lot of us, we we have something happen and then it drives us. It's like everything happens for a reason. And often our own pain becomes our passion and our power.

And so you're such a beautiful, shining example of that. I mean. It's so interesting because I felt really fragile for so long, you know, and very reactive and anxious and depressed.

And I was down to three foods and, you know, I was still trying to work. And I would, you know, basically like throwing up where were I when I looked pregnant with bloating?

And it just it was such a mess. So it's really it's still strange to hear you say that. And I. Think. I had that. People always ask me, like I was so bloated, they would say, like, when does the baby do right?

And it was like, oh, my God, I was so mortified. I mean, for them for the other day, I went to get my my teeth cleaned and the hygienist, she looked pretty pregnant.

But because of like having had that experience, I didn't say anything because I'm like, she the pregnant or maybe she just didn't, you know, when to make Twinkies.

And I, you know, I know how awkward that is. So, like, I waited till she said, look, I'm having a baby. And I was like. I knew it. So yeah even though guess an.

Issues of today. So liver lady and I didn't want to talk about the bile because I think the liver gets a lot of love. Yeah, but I would love for you to just kind of talk about the liver a little because you have such a unique perspective, and then we can slide right on down into the bile and why the bile is so important.

Because the bile is the lost. The lost. You know, no one talks about the bile. No one talks about. It's not it's not sexy. It's not fancy. I think it's sexy.

It's like our liquid gold detergent. It's so expensive for the body to make and it's so important. Right. So your body wants to reduce 95 to 97% of your bile salts and your liver is making it, you know, building this bile and then sending it down into the gallbladder to be stored.

And the gallbladder is actually condensing that bile and just perfecting that just. Right. Right. That's what's supposed to be happening. So that when the time is right, as food and stomach acid come down from the stomach into the small intestine, bile comes amidst it and alkalosis, everything's not just the pancreas and the pancreatic enzymes and the sodium bicarbonate.

From there, actually the bile is huge and neutralizing what's coming out of the stomach. So if the bile flow slows down, then the stomach acid has to lower because the relationship is out of whack.

Right. So for a lot of women, one of the first signs of having toxic, sluggish bile, which, by the way, 80% of women over 40 have toxic, sluggish bile.

That's a scary number, isn't it? Sure. One of our first signs of that is something that I had I had acid reflux I had and then it turned into GERD and it became so bad for me that I would look down and I would start to feel, you know, so they.

Come up, you know, by leaned over too much. Too much. But for many women, it starts out very, very subtly, right? Like, oh, just a little bit of chest pain.

Oh, just a little bit of right shoulder pain, which can be referral pain from, you know, a sluggish gallbladder. And people don't realize it. You know, it doesn't have to be like a pinging, although that's a very specific sensation.

People will say the word pinging and it's not a word that we use often. But what I'm talking about is right there in the upper right quadrant behind the liver is an organ that's from here to here, depending on how distended yours is.

And is that gallbladder that might be saying if you ate a little too much fat for me to be able to release quite enough bile for me to meet this food until most of those fats for you.

So I know we go right into the bile, but can I talk a little bit more about it before we go back room? I could geek out all day. Right here because it's so good.

Yeah, I know this is so weird, guys, but I really hope that you nerd out about this as much as I do and that you get really excited about your bile because it is so phenomenal to have really well moving bile for a woman because you're able to emulsify your fats as the food comes in.

That's what I was supposed to do is break down your fats, help you digest those so that your lymphatic system can absorb the fats throughout your small intestine, which means that you get to haveyour vitamins A, D, E, K, right?

And pull out those super important minerals for your strong bones. You have an epidemic of women who are menopausal or even premenopausal. All right. Who are starting to have osteoporosis earlier and early and earlier. Why is that?

Well, part of that is because how much pressure your liver has put on it just are environmental exposures every day. Food, air and water doesn't have to be exotic.

Great. Moving a little bit more and more slowly and your liver is making gorgeous bile, right?

Why Liver and Bile Matter in Menopause

Or it's trying to. And you have actually thousands of miles of bile ducts in the liver and they're very, very delicate. And they all drain down the biliary tree and then down into the gallbladder.

Bile salts are suspended in liquid form with very delicate chemistry and it doesn't take much to slow them down, drop out of liquid form into that little sluggish biscuits, kind of like, ooh, I'm not moving so fast anymore.

I'm slowing down. This is not good. I'm not really in liquid form anymore. Not really what bile needs to be. Now I'm back to being a bile salt and I'm right up against these toxins.

Okay, but there's a lot of cholesterol in the liver. Maybe what we'll do is we'll just coat these toxins right here with a little bit of bile trapped in and we'll kind of hold on to it.

And just what we're going to deal with it later. But what happens is you end up having a lot of cholesterol based stagnation and it really all started with the bio cells dropping out of that liquid form.

So then you have over 2000 miles of bile ducts, very, very delicate that are getting slowed down, stuck before you ever get to like full on stone formation, which is what people think about when they think about gallbladder issues.

Right. Oh, I had a stone and I got it got impacted so much or it became so acute that suddenly, you know, all these symptoms that I didn't know how to recognize was a gallbladder issue.

And people are just telling me it adds age. Yeah, it's menopause. Super common for women. Was common. Is that normal? It's not normal, right? It's not okay.

But it is common. And that's the important thing because we we are constantly being told this is this is normal, this

is how it happens. But no, we're here defining normal.

And, you know, none of this has to happen if you understand and you're taking action. So you said, I just want to go back for the women listening by now.

Hopefully everyone's going, holy guacamole like, you know, is my bile sluggish? So if you could just pinpoint out again, like for the listener, what should we be thinking about if this is them?

And 80%. So there's a good chance it is. High by the numbers. It's you, sweetheart. Listening right now certainly was for me. So I no shame in it. Right.

So one of those first signs, right, of toxic, sluggish bile is like, as I mentioned, heartburn. So could be just a little bit of chest pain when you eat right or a little morning or, you know, just a certain time of day.

You know, this is the feels so good in here. It feels a little tight. Right. It could be nausea like I had you could have skin blemishes and be like, this never happened when I was younger and somebody is blaming it on your hormones.

Right. Your GP is saying that like, okay, but that's never been me, right? That dark circles under the eyes, that's another one. Fatigue of feeling sluggish, that gas and bloating, feeling that.

We're talking about before we. Started. Right. And that indigestion, people, you know, chalk that up to stress or to foods that can be part of it, of course, can also come down to bile flow, not moving appropriately so that you can't really break down your food.

So you having lower and lower stomach acid to be in relationship with bile, that's not moving as well anymore. It's starting to get really funky in there.

Constipation or diarrhea. That's the confusing part about this. Or just for fun, alternating constipation and diarrhea, because that's how it's nice, right?

Slow metabolism, getting that cortisol belly. We blame that on hormones, but that can also just be toxic, sluggish bile, which is really interesting. So we get Gaslit here, PMS and menstrual issues, right.

For women, we have this amazing ability with our reproductive system to also consider that an additional detox pathway right. But the more and more compacted and compounded toxicity becomes in your liver and the slower your bile moves, the more stress and pressure gets put on your reproductive system.

And Dr. Sharon's a phenomenal expert at that. So I know that you're gonna learn so much in the summer from her about that. She's a tireless advocate for you.

So just go over a few more. Just general symptoms for you to know this is for you irritability to anger, right? Those are big ones because as we know from traditional Chinese medicine, but liver is the organ of anger and the gallbladder is the organ of resentment.

And that's very interesting to me because we get blamed a lot in this stage of life. Oh, she's so angry, so resentful. Why can't she let things go? Well, you might need a little bit of support at the physical and at the energetic level in order to do that.

Right. Because these organs are holding those things for you. Skin irritation. We talked about chemical and histamine sensitivities, food sensitivities, just not being as resilient as you used to be of food, difficulty digesting fats.

That makes sense, right? Because bile specific breaking down your fats it if it can't move you don't do so well with heavy meals anymore. And that excess weight we're talking about right around the middle.

But it can also be generalized excess weight, right? Compromised immune system. Difficulty sleeping is a huge one, especially if you're waking up between one and three.

And that's a mental liver stress. My love, and also high blood sugar. Very interesting. Right. And then, of course, the obvious one of liver and gallbladder pain, which is that upper right quadrant, right under the breast.

And actually the liver is quite large and wraps around so that. If we look at. It, it's like we know it's 80%. You probably closer to 95. And it is you know, we don't think about it and we've kind of been like, oh, my microbiome, like microbiome homes, very buzzy.

Liver's pretty buzzy, but you've got it. You know, the bile has got to move so the liver can do what it needs to do. It's like we talk about in bile regulatory medicine, about drainage and opening.

I live my favorite word. You know, the among arteries is an old time natural ethic word for the elementary organs and I love that you said yes because you know, your uterus, if you are bleeding, that is another way of detox.

And it's not normal to have I hear it all the time from patients. You know, I don't have any complaints around my period and then I'm like, oh, okay. So you don't have gloating, you know?

Oh, no, I have that, I have that, I have that. But, you know, that's just normal. And so, you know, we have to realize that. And so we have to open up, you know, get the lymph flowing and get the fascia flowing and the extracellular matrix and the lungs and the gut.

But we forget about the bile. And that's why I wanted to just like really highlight this, because most of my patients have to be especially, you know, at this stage, we have to be on vital support.

We have to be making sure it's flowing and not, you know, we want a nice flowing river, not like the sludgy, the sludgy banks. So what do you like to do or to help?

Like what would you like to share with the listeners about how they can begin to get to know their bile and get to get it moving and flowing? And I totally agree with the emotional aspect.

It to me, it's always a piece, always, you know, we have to move the physical body. But remember that the the soul, the spirit is sitting in this meat suit and that, you know, the emotions need to be processed through and.

A. Mind body married concept. So so I'd love to hear your tips and what we can do for the listeners at home. Yeah. So well, let's I want to call out the elephant in the room about this.

Signs of Sluggish Bile and Gallbladder Issues

So if you're listening to this and you're one of the many, many women who has had her gallbladder removed. Oh, yes. I want you to know the things that I'm about to describe to you still apply to you. So that's really important.

And you are not alone. So, you know, the gallbladder removal surgery is one of the most common ones in the U. S. just happens. It's also very profitable.

Like that's a coincidence. 750,000 American gold letters are removed annually and more than half of those are women. So that's that's very interesting to me.

And how many of those I don't know if you know, but like how many of those are, you know, acute emergencies or are they just like, you know, having a little pain and they're like, oh, let's just take it out.

You don't need the gallbladder. The majority of those are acute or they follow an acute event. You know, somebody ends up in the emergency room because they had a gallbladder attack and then because they ended up in the allopathic system, they get to sit down with a surgeon, go, oh, well, based on that.

To happen again. Yeah, exactly. But the truth is, you can naturally dissolve stones, even if that's the reason why you got led to it, you know, to experience a gallbladder attack.

So that's something that you can dissolve naturally and gently over time at a pace. That's correct. For you and your body. I'm never going to get in between you and your doctor, you and your surgeon.

I just want you to know your options. And if you're already missing your gallbladder and your your issues persist, I want you to know you're not alone, because 41% of people who've had their gallbladder removed have abdominal and digestive issues persist afterwards.

It's not. That big. That's all that they say it is. I'm surprised it's 41%. I would think it would be because I feel like I'm so glad because I was thinking, oh, I got to make sure I tell her to talk about gallbladder removal.

And then you brought it up before I did, and that's good because I forgot. But I feel like the patients I see, like the ones who don't have gallbladder, need more support than the ones that do, and that they're always struggling and they have chronic diarrhea or there's just so many issues.

And so, you know, it's just that allopathic way of, you know, cut it out. But then they don't think about, you know, the terrain issues they leave behind.

So I feel like if you are listening and don't have a gallbladder like this is, you know, listen even closer. This is really for you. Yeah. And I think you really hit the nail on the head, Sharon, when you were talking about periods and how we have normalized things so much because the majority of Americans have digestive issues.

I think that number, that statistic is so low, the 41% having issues persist after gallbladder. Well, because they're not connecting the dots, don't understand their bodies well enough to realize, oh, my gosh, this is related, right?

Like you look at the like the probiotic market and how it's billions and billions of dollars now and everybody's obsessed with Down's drain from the gallbladder.

How do we, you know, fix the microbiome? How do we fix the bloating? How do we keep the bowels moving? Well, wait a minute. The gallbladder was a huge part of that.

It was one of your biggest friends in support of that. You know, this is your liver. Everybody's doesn't see those things connected, right? Your liver, gallbladder, our fundamentally crucial to digesting food, period, end of story.

They are a part of the digestive tract. I don't want to hear anything more about this no. One tube thing. Okay. Now I'm like sitting here thinking, like, how do we get the gallbladder to take its rightful place?

Because you're so right. It's like you know, like microbiome is it's so cool. And every micro probiotics and this one and that and it's like everyone's all about that.

And like, when is the gallbladder going to get its turn? I know, right. Both of you. That have had years removed, by the way, you still have an energetic signature for a gallbladder in your bio field, so not to get too woohoo on you, but I am so welcome to the party.

Okay. So now that we so now what are some tips? And because now they're like, okay, yeah, I'm struggling. Hopefully you're listening. You're starting to connect the dots, but it's not like doom and gloom and there's no hope.

Even if you've had your gallbladder removed, there are solutions. Exactly. So to think about what bile does. Right. Remember, it's coming in every time you eat to help break down food and then it's supporting gut motility, right?

So that you have this gorgeous peristalsis, you alter the small intestine, then the large intestine, then you get well-formed bowel movements on the way out.

So in order to break up stagnation in the liver and the gallbladder, which is where a lot of toxins get processed in the liver, it's all phase one. Phase two, phase three, liver detoxification.

We're getting those toxic metabolites or reconstituting them down into bile. And yes, some of them are going to the kidneys, but it's the bare minimum of them.

They have to go out through water soluble because the liver knows, hey, the kidneys are not as resilient as the gall bladder and the digestive tract. Okay.

You. Yeah. Just for us today. I actually I had a I had an amazing artist's rendering of Elvis Presley's colon. And it was it was a little much for people.

So I don't shop leather. Anymore. Because, you know, he did officially die of constipation, supposedly. So. But it's true that American adults have anywhere between five and £20 of compacted feces that are rotting, you know, in your lower digestive tract.

So, yeah, if you want to fix that, you probably do have sluggish bile and if you want to get back, hello, healthy, happy hormone balance and all the good stuff and your your energy, it does really start from the bottom up.

It really does start with drainage. I mean, a healthy body is in a state of flow. It wants to be able to take in, receive release, taken, receive release.

Right. So to restore the state of flow, we work from the bottom up because you can't flush a clogged toilet. Down a. River or gall bladder if you can't flush the toilet.

Right. Because it's going to you going to get crazy back up and you're going to get digestive symptoms, skin symptoms, energy symptoms, emotional symptoms.

You're going to be a frickin mess. So we start with making sure the colon is clear. So lots of bowel support. That's right for you. One of my favorite ways to do that is with non habit forming support.

Right. So oxy powder is great as needed. Magnesium, right? It's not to absorb the magnesium. The magnesium is a delivery mechanism for the oxygen that's going to help wake up the good bugs and help die off the bad bugs.

Right. And it's also going to help flush out these little pockets of compacted feces that are in the colon. So if you guys remember from your ninth grade science class, you've got a beautiful three legs to your colon.

Right. And it looks like a gorgeous string of pearls like, oh, look at these pretty little sections. It really the string of pearls. And that's not how yours looks.

You got weird pockets of distended stuff and in that descended, you know, distended pockets, you have feces, you have rotting stuff and you have parasites and biofilm.

It's okay. It's going to be fine. So you want to use something like those native magnesium to help flush that out. So the colon is more in a position to release newer material as it comes through. Right.

And you may be moving your balance every day right now. It doesn't mean you haven't had these constipation packets build up over time. So you still want to cover this base unless you have waterfall diarrhea, which is another fun side effect of not having enough air flow.

Right, because that's overcompensation. So the other side of the same coin, bile stagnation. Okay, your body's just flipped into overdrive. This is like, oh, my God, I just got to get some.

Stop that. Okay. Right. So you clear out the bile bowels so you have a clean exit door from the liver and gallbladder out through the bottom, restoring drainage support.

Supporting Detox, Pooping, and Drainage

Right. And then we can start adding in things like a little bit of mitochondria support, you know, when to skip the step because it'll reduce reactions, reduce her causing her causing is optional.

Some healing reactions are not optional. Cursing is optional. If you want to create a jerks reaction. HORKHEIMER It's the Hertz for short for the sensitive people here who have tried detoxing before.

It's when you don't have enough drainage support and you don't have enough energy to do the release work. That's how you make a works. So instead we're going to clear out the colon first.

So we're going to add in some mitochondrial support. So it's not stimulant energy, it's not more coffee. We're talking about deep energy. So your body is like, Oh, okay, you're adding to my list of to dos.

That's okay, because I'm going to wake up the mitochondria and I'm going to get more efficient at making energy again. Okay. So then you can add in more active drainage support.

There's so many good liver herbs and bitters to do this really fun. You can add bitters as a digestive support if you haven't become too sensitive. So lots of foods are natural bitters, and if you take an herbal tincture of bitters, it really is just condensed foods that are bitter in taste to get the salivary glands going to send this message down to the stomach and the gallbladder high.

We're going to be digesting soon. Let's get the gastric juices flowing. Let's get the bile moving. And your body's like, oh, my God, thank you for that.

That right. So that would be 20 minutes before a meal. Ideally, if you forget, you can still take it in the middle of a meal or even take it afterwards.

If you feel like your food sits after you've eaten, this is for you. Okay? And there's so many find ways to support the liver. I Our whole practice is about specializing in sensory people.

So you know, I get to, if you're like, oh, but I react to things like, I hear you and there's always a way, okay, but if you can't take in traditional liver support supplements orally because you have become too sensitized, you're too reactive.

That's okay. You can always take them in through an animal. So and there's always topical. So there's always a way, guys, you can get creative. But I really want to just like before we get into that stuff, just emphasize that you're moving toxins anytime you work on the liver and gallbladder, which means you must, must, must have good binders in place, ready to help catch those toxins.

Amen. Yes. And I love the you know, I don't know if you know, but when I went to medical school, they called me the suppository, clean and clean. No, I didn't know that.

So you just made me think of that when you're like, you know, yeah, you can put in through an enemy. Couldn't do, you know, medicinal suppositories. Homeopathic suppositories, etc. like. Yes.

And I just want to re-emphasize what you said. Like there is always a way, you know, if you're listening and you've been like, I've been to like 15 doctors or I've been like there's always the way we see it.

I know you see it in your practice. I see it in my practice where people who have been struggling for way too many years can actually reverse and start to feel better and start to get their lives back.

So, you know, first and foremost, we just want to give you hope. There is hope. Thank you. I'm so glad to hear you say that. This is why I love your advocacy work, because you're you're so intimately familiar with all the complexities of natural health and what actually still works today, even in our complex environment.

And you're so good at advocating for the body. I'm probably like, you know, I didn't advocate for myself. I don't think I'd be healthy and be here today.

And so it's, you know, it's it's our calling, right? So, okay, so we we got binders because that's very important. We were pooping and cleaning the colon and that's super important.

And that's another one. I just think we should just like clear the conversation on because I think what's common and what's normal and you know, if you could just talk about like what does it mean to be like properly pooping and how what does that look like and how often?

Because I think there's such misconception around that. Yeah. So glad you asked that. I'm so desensitized to talk about poop all day long. Me go that way.

You know, you're probably familiar. You've heard the word Bristol stool chart before. You can look that up online right now and there's like six different types, right?

Or seven different types. What you want to have is like a four on the Bristol stool chart and it looks like a lovely sausage is like a banana, right? So it's smooth in nature, you know, it comes out easily.

It feels like a complete bowel movement to you and you're having one, two, three of those a day. You should be having your largest one in the morning.

So around 7 a.m. your body is really calibrated on the orrery clock to want to release. And that's why a lot of people like to get up and the cup coffee which is a.

Bitter and. Their balance right so what a lot of what we're doing is we're reclaiming the body's ability to release this. We're doing inputs the night before so your body can do work and detox and regenerate while you sleep to let go.

As soon as you wake up in the morning. So that we liked it. And that's what the body really appreciates. Like, Oh, thank you for thinking of me. This is my rhythm. Yeah.

So that's something to consider. It has to be said. Don't if, honey, if you are compacted in your bowels, I don't want you to have a bristle. So for in the beginning, I want you to have old, weird, smelly, yucky textures or, you know, strange colors, unusual stuff, because that means, okay, I'm offloading and that's what oxy powder will do for you.

You can have other, you know, supports in place, you know, bound, whatever is nice. We want to stay away from things like center because they're habit forming.

Right. And we want we want the body. Once you've you've done all the support work to be able to easily go back to maintaining it. So what's your viewpoint on colonics?

You know, hydrotherapy is really supportive. Some people use it like a crutch. Right. I would rather see you for the dollars. Use an animal bucket at home.

I can get a lot done with you with an enema bucket. And it's so funny. One of our favorite features is our enema formula book in our liver, of course.

And Sr1 may mean change it to animal formula. What cashews? And we used to call it enema recipe book. And she was like, That's just disgusting. Now, like, you're taking food in through the bottom.

Like, Yeah, you are. You're taking. You over. Because what's, what's great guys about using animals at home is you're getting a little bit of mechanical support.

Sure. Because you're inviting that hydration in to, you know, the lower colon. And yes, that's going to help with a mechanical release. But you're also taking in, like Shane was saying, is a suppository.

You're taking in information without distortion. And what I mean by that is the colon is so good at absorbing information and nutrients without the distortion of stomach acid if you're trying to get stuck in from the top down.

So a lot of stuff that you're paying money for should not come in through the tap because it's so inefficient and you're losing so much of it right now. Most people understand that, you know, you know.

So we love to use suppositories and some of our advanced work even teach people how to formulate their own suppositories. We're coming out with suppositories this year because it's so it's such a great way to deliver information, not just because you're absorbing so well stuff right through the colon, lining into the bloodstream, but also your gorgeous liver has this fun shortcut.

The hepatic portal vein goes right down into the colon, so anything that comes in through the rectum. So that would be copy the palmitic acids in coffee.

It's not just about like, oh yeah, you made me poop. That's why I did the copy. Now you could do that in from the top down. That's not what we want. We want the palmitic acid crystals from coffee to come into the rectum, touch the endings of those veins, and go get sucked right up into the liver.

And the liver goes, Ooh. I suddenly feel very energized with these palmitic acid crystals I know it's safe to release. I'm going to make some more bile.

Also, I'm going to increase gluten production by 600% for the next several hours. Thanks for the reminder. I need to make more of that. This is really important for detox guys.

It's really important for mobilizing old stuff and your it's so much easier on the body for supersensitive people to do it this way and to get you put in the building blocks for glutathione.

Well and suppositories I mean that is the the best next best thing to an I. V. as far as absorption and utilization. And, you know, I used to have like patients come in and they're like, I have an earache and I'm like, your customer is in there.

Like the doctor still here. What? I said, you know, they're like, let me tell you again what I'm here for. I'm like, I heard you, you know, but to treat you systemically, the best thing, the best way to get this stuff in is through a suppository.

So I didn't know we were going to have this conversation. So we got you here. You can heal from the bottom up, guys, literally. And I just want to preface all of this by saying I am a giant was okay.

I wasn't a science nerd, I was a healing nerd.

Suppositories, Binders, and Gentle Liver Support

And to me, there was a difference when I was growing up and I never really trusted my body. I always felt a little fragile. So when I had to do all this deep healing work, my response when someone would tell me something, this was, Are you kidding me?

No, I don't want to do that. You know, I was absolutely horrified. So I know for sure if I can do it, you can do it because I was such a wuss. I'm still a wuss. It yeah, I'm still I'm like, if someone has, you know, I'm fine now.

I like stick myself with needles or whatever. But if someone, like, needs to take a fingerstick for me, I'm like, Who's. Going to hold my hair? So it's much better being on the other end.

Okay, so you get back to where we were. So we've opened the bowels we're talking about, you know. And energy support and now we're asking the liver to start releasing.

How are we going to do that? We're going to add in bio components. So we're going to add in Tadka, we're going to add in taurine, we're going to add in phosphatidylcholine because these are the building blocks of bile.

And so it's the more of the most gentlest ways to help move out. Old bile is to release compaction from the bottom up and to add in the recipe ingredients to the liver goes, Oh, thank you.

I really don't want to keep recycling this toxic, sluggish bile. I would like to make fresh bile, but I'm so overloaded because I have over 500 jobs to do in this body that this just really helps me out.

Thanks so much. So it's a great, gentle way. So you're releasing and removing compaction from the bottom up and you're adding in the ingredients from the top down.

Right. I also like doing to Marina's suppository really good stuff, but Phosphatidylcholine Liposomal is great and like the Quiksilver one, that's lovely, you know, and just start really, really low and slow down tadka, you know.

So crude does their tadka with drivers. That is really nice. It has a little bit of any sea and just a tiny bit of melatonin to actually drive it. And it's very useful.

It's all utilizable very bioavailable. So I see much better results clinically with that than like some of the other techniques on the market. Do you like body bio?

You know, it's what I use when people decide that they don't want to use the Tadka from Soaker for some reason. Usually they get scared because they did an inappropriate dose of so coarse tadka and it set off a detox reaction because whatever it was is in there, bile is super toxic.

So they got amped up at night and they didn't sleep and they blame the melatonin on the label. It's not there's not enough melatonin in there to do that.

You're mobilizing super agitating chemicals and heavy metals. Sorry. So that's usually what happened. Or they got anxious and angry because, you know, you're moving old bile with every every toxin.

Guys has an emotional frequency. You're going to feel emotions as you release. That's okay. You want to become an observer of the process and be so gentle and graceful with yourself and go like, Oh yeah, that happening.

And I just had another disproportionate reaction. I must be moving old bile out. I'm going to be so kind to myself today. You know, in. This particular space.

But my loved ones are my coworkers. I don't kill them. Now, this thing out in. The bathroom a little longer, deep breathing, scream in my car or something because it's got to come out.

Otherwise you're going to get all those symptoms. We talked about interstate where that you got to let it go. And it's, you know. It's okay to have those emotions. Emotions aren't bad and they're just our emotions.

And, you know, the more we can be present and observe them and feel them and communicate with them and dance with them, the sooner will move through us.

You know, this is this too shall pass like. All of it. The good. So, okay, so I'm going to keep us. I want to keep this flowing. So beautiful. Is there anything else you want to talk about?

Because I do want to ask you, like, because this is a common, you know, what about a gallbladder flush or a liver flush or, you know, can I do that when I just want you know, I know you're the queen of that.

So I just whatever you wanna share out. Of that. Because that always comes up, right? I'm sure that's on a lot of women's mind right now. Like, oh, I'm probably, you know, I've heard about a liver flush or I should flush those stones out. Yeah.

So what do you say to that? Well, most of your compaction is toxic, sluggish bile itself or cholesterol based stones. Very little of it is going to be mineral based stones that you can actually see on an ultrasound or an X-ray or some kind of imaging.

So that's like if you got one of those or five of those, you got hundreds, if not thousands of the cholesterol based ones, just so you know. So various types of flushes can be deeply supportive for this.

And I will tell you that when I was working up to this, I was too fragile to do like a whole. The clerked or Andre is more style flush, you know, where you drink a lot of apple juice and you drink a lot of Epsom salts and you're giving yourself diarrhea and you know all this and then you're drinking, you know, plugging down olive oil.

So I know that would have been way too much for me. So I do work my way up into that. And we do teach three different types of modified flushes that are both more gentle than that and also do deeper work in that.

So if you're going to do a flush, the preparation is what makes the flush count and you always want to think of flushes in terms of a series of them, and you want to give your body a chance to relax and recuperate in between them for up to several weeks at a time.

You want to add in more time the older you are. And you know, supposedly we're making a big gulps worth, so 28 to 32 ounces of bile a day. Now, you're not if you're not feeling well.

Flushes, Emotional Release, and Closing Advice

So give yourself some time after your ask your body to like mobilize all that stuff out. So those are my, my cautions about flushes and they can be a phenomenal tool now and we've we've helped over 10,000 people learn how to do flushes now and I just really encourage you to think about the stages of healing that we talked about before.

Laying the groundwork is essential. And I also find that there's such an emotional component that, you know, the body is ready to release when you do a flush.

It's quite magnificent. So you will have a subconscious. You also want to consciously be drawn to the concept of a flush when your body is ready to let go of those old emotions.

And that's part of what you're listening for. So it's a very, very cool process where you're talking to the subconscious in the body, you know, because the body really is the subconscious.

So those are some thoughts. Hmm, beautiful. I think that's a good place to kind of I mean, I could talk to you all night. The good news, I'm sure you've all fallen in love, Sinclair, by now.

But the good news is she has Summit coming up, so you can get, like, a lot more of her. So that's exciting because how could you not love her? She's so beautiful and full of such wisdom.

And, you know, I, you know, you just weave the emotions into the physical. And that is truly how we heal. And what you just said, you know, listening and not coming from a place of fear.

And I've got to get this out and, you know, like that frenetic energy, but really listening to your body and becoming in tune and in touch and listening and knowing, yeah, it's time.

Much better to do a flush from it's time to let go than Oh my God, I got to do this right know. So I love that you just highlighted that. So last last nuggets, last words of wisdom, anything you want to say as we start to wrap it up?

Yeah, I'm going to trace is that crying? I think that women are not listened to enough in the medical system. I think we're particularly gaslit about what is really going on in our bodies and as listening and being honored for what we are aware of in our bodies.

Right. And we're told that what we're feeling isn't real. And so I really invite you to not just be aware of that, but to turn the tide with us. And it starts with us in our own relationship to our own bodies, like your bodies talking to you all the time instead of being mad at about it, instead of trying to push through you, slow down and sit with it.

You know, all the signals are there. And the more you listen to, you know, Dr. Sharon or anything, I have to share with you, you know, and all the wonderful experts on the summit, the more you get to reclaim your relationship to your own body.

And I think you absolutely deserve that. I think it's a fundamental right to being alive. And the good news is you don't have to be afraid of what you'll find in there is your body is brilliant.

It really is. And it's never too late to heal and feel good. And it's absolutely your divine right. Thank you. So I know they can find during the summit, but we're for those that can't wait because your summit is probably in a few weeks from nine.

Where can they find you. What's the best website or. Yeah, oh thank you honey, it's detoxrejuvenation.com and you'll find us on your health reset podcast and the host of that we're on Instagram and all the things.

Oh it's. Wonderful well thank you for I feel like we've started we're putting bile on the map you heard it here at the Mastering Your Menopause Transition Yeah. Excited.

We're inviting you to reclaim your health, your connection and we're and bring bile with you so you just can't go wrong when the bile flows, the whole body flows.

So thank you so much. I love you so much. Thank you so much for your work. People are just so lucky to have you. Thank you for doing this. We're going to a love fest.

Here right now and I love. All of you listening. I know we're going to have a great book. I just love all of you who have been here. You know, listening to the segment and are continuing to listen to the other interviews.

Like, it just it just really, you know, just opens my heart and my mind and it just makes me so joyous that you are here, that you are taking the time and that you are learning.

Because I can tell you, and I'm sure you say this, too, so many patients I see nowadays, they are you know, you're so educated, you're so connected, and, you know, so much more than your traditional MD., your gastroenterologist.

And so, like, kudos to you for tapping in and plugging in and knowing there's better ways and, you know, empowering yourself. So thank you for being here.

We'll be back with another amazing interview and sending you a love.