Well. Hey, everybody. Great to be with you. I have Sinclair Kennally with me. Excited to be with her. We're actually probably live within a few miles of each other.

So it's a small world. But anyway, she's a certified natural health professional. Certified nutrition coach, which is what pretty much everyone needs nowadays.

And she's an award winning expert on chronic digestive illness and the CEO and co-founder of Detox Nation. So check out Detox Nation. That is a cool name.

After overcoming your own complex chronic illness, she has guided more than 15,000 students to the root causes of their symptoms in 2025. She and her co-founder, Michael Spindle, who's a chief science officer, opened the Sela Center.

I know how to pronounce that word. I read the Book of Psalms. Yeah. Well, yes. A private wellness retreat in Carlsbad, California. Through Talks University, she trains licensed clinicians to resolve toxic exposures behind chronic illness.

Very, very important treating those root causes. And she's the host of the Detox Nation podcast. And you can find her writing on Substack about all things cause related.

So great to be with you. Sinclair. Thank you. And thank you, doctor Mark. So glad to be here. Excellent. Well, tell us, like a lot of people you came to, you know, get involved in detox and holistic healing because their own chronic, complex illness.

So tell the viewers more about that if you would. Yeah, I thought detox sounded dumb and I thought I was already running, you know, a busy practice. And I thought everything was about resolving trauma and how trauma is stored in the body.

And that was the ultimate root cause. And while that's not incorrect, it's not the whole story. So I thought detox was something that, you know, people in LA did kind of as like a vanity thing or, you know, it was like throwing up in a bucket in the woods that at Yoga Retreat or something, I, I really was very outside of this world until I had to turn to it of necessity.

When you end up in the hospital and think that you're dying of a heart attack, and it feels like your limbs are falling apart and you really are welcoming death like maker, please take me.

And nobody can tell you what's wrong with you. And you know, they move you from the ICU to a weird unit that, you know, kind of sounds like they're trying to figure out what to do with you.

Either you out or movie to psych. It's pretty upsetting. So I know that for many of us, you know, the symptoms creep in slowly. You know, a little bit of gut sensitivity, a little more tired in the mornings, no matter how long you slept, a little bit of joint pain, you know, a little bit stronger reactions to stress.

And we think, is this getting older? Is life just harder now? And, you know, the signs and symptoms that detox could actually help us reclaim our resilience.

Come in very slowly. They sneak in and everybody is experiencing them because we're all getting this exposure to, you know, really bad stuff in our food or in water.

So we're looking around at our peers going, is this all there is? Is this normal? Is this parameterize, is this aging? So because everybody is having their own version of this story right now, this huge overload of toxicants that

disrupt the gut lining, that steal your energy, that hijack your nervous system, it's really hard to tell if the stress that you're experiencing in your body is fixable or not.

But the good news is, you know, there's so much that we can do, and you don't have to be perfect about it. Well, you raise a good point. Certainly some people get acute toxin exposure, but the vast majority of people that you and I see, it's just like you said in accretion accumulation over time of things unbeknownst to them, creating that toxic burden.

So that's that's a really good point. And that's why it's quite often not obvious to people what turned things around for you when you're going through this real serious health crisis?

Oh my God, it was really just my husband refusing to give up on me. He's the ultimate researcher. And so luckily, he figured out one thing at a time and he would hear like the, you know, the aluminum expert out of the UK, you know, the only one that would talk about, did you know that, you know, aluminum is harmful to the nervous system and can shut down your mitochondria?

Did you know that you have all the we're living in the age of aluminum. And that would be like okay. Yeah. You know, maybe that's a problem for me. Maybe I should work on detoxing aluminum.

It doesn't feel like my biggest problem, but okay, I'll try it. And then, you know, other heavy metals like, well, wait a minute. A little bit of work here. Mercury goes a long way.

And if you followed a normal health schedule like I did as a kid, you'd get some of that in adjutants. But I had amalgam fillings, you know, from an early teenager hood on.

And those are actually a little bit of mercury is very corrosive to the gut lining and really hard on the nervous system and can be really hard on your thyroid, you know, so these little, little insults along the way add up.

And it was discovering them piece by piece. For me, the biggest problem was the mold, because that was really the straw that broke the camel's back. Living in mold exposure after mold exposure in the Pacific Northwest northwest was like, that took me down.

It tanked my thyroid, screwed up my gut, stole my energy, made me very depressed and anxious, you know, and it's hard for people to see that coming. Well, absolutely.

I see patients in this area who have that issue, too. So happens all sorts of areas, which is very problematic, which is good because you said you can take supplements and you can do certain diets and all that.

Of course, all people take medications, but you're not treating those root causes of the mold toxicity, the heavy metals and over 20,000 man made chemicals, depending on person's genetics, state of health amount they have been exposed to, that can be definitely root cause of many levels.

Like you said, the mitochondria don't work. You don't produce energy to release signals which influenced immune system, inflammation, the nervous system, your detox pathways get clogged down. So yeah, that would you say in your opinion may be the biggest underrated factor.

Not dressed well, not just in medicine, but even let's just say holistic practitioners. Yeah I think it's the biggest underrated cause root cause of our time right now.

Because, you know, most heavy metal exposures are not acute to your point. Like they're very small micro amounts that create stress on the body, but your body slowly works at detoxing them out.

Herbicides and pesticides also very hard on the body, but you know where they're affecting you the most in your gut lining. You know your gut can kind of compensate for a while.

It's really the mold that is the straw that broke the camel's back for so many people. And because it's hitting you where it hurts in your home or in your workplace, navigating that process is very scary and confusing and overwhelming.

And I'm really excited that mold is kind of coming to the collective consciousness now because we feel like we've been, you know, shouting into the wind for like ten years.

But what's stressing me out about it is very general and misleading advice about mold and mold toxicity and recovering from mold and handling it at homes.

This is all about the details and everybody is different. You can have a very broad range of presentations from mold. It's the great masquerade, and different molds have different types of ways of harming you.

Some of them are pathogenic, meaning they meaning they can colonize in the body. Some of them are toxic, meaning they have mycotoxins. They produce, you know, that's their poison.

Some of them are allergenic, meaning they almost require the body to mount that immune response of, you know, the coughing, the airway constriction, the sinus issues, you know, the flushing and the skin, things like that.

But that's why it's so hard to pinpoint for folks, because, again, it steals in a little bit over time and because everybody looks different with the mold stress that they're experiencing.

Yeah that very good. So you're making the connection obviously between toxins detoxification and of course our summit on gut health. So you're making that major connection which is really good.

So let's get into leaky gut or increased intestinal permeability. And you know people do elimination dives to take, you know, expensive probiotics, certain supplements used for gut healing.

And then, you know, as we both know, there's some people they just don't heal. So tell us about what's being missed of those people, because there's probably a lot of viewers right now because it's a cat related summit.

That's what they're experiencing. Yeah. So I was I feel for this very deeply. I was down to three foods for a long time. And, you know, creeps in slowly.

So those food sensitivities, those gut reactions, you know, the zainudin that you're seeing on your labs, you're running your gut tests and you're like, oh, you know, this is not a very good score.

What does it mean? You know, this is yeah, we see that a lot. Yeah. Yeah. It's very mysterious, right. For most folks, they don't realize that the herbicides and the pesticides that we have all been ingesting, the emulsifiers, the preservatives, the MSG, the food dyes, all of that, those have been little insults to the gut microbiome and to the gut lining for years, if not decades.

That's what most of us have been doing. It's not that you guys consented to it. I didn't either. We didn't know what's happening. If we've known the the cascade of effects of it, we may have made different choices, but that's what a snuck into our food and it's totally legal.

The problem is, when you add in mold into that scenario where your gut is already irritated, your mucosal lining has already been stripped away, which means you don't have enough acrimony, which means that your relay or now your testimony line that's supposed to be absorbing your nutrients are now kind of shaved down from alcohol and pesticides.

And, you know, the stripping of the barrier. You are in a highly reactive, vulnerable environment. So if you do something like eat foods with mycotoxins, meaning molds contamination, you get a big immune response.

Whereas in the past might not have been such a big deal. But the corn, the soil, the legumes, the grains, whether

they're gluten free or not, they can all be highly contaminated with mold, and mycotoxins like them is a really big deal.

And the more we spray our crops with glyphosate, the world's favorite herbicide, the more those crops are. Their immune systems are weakened. So what does that mean for the crop?

It means that before you're even harvesting, the plants roots and immune systems are weakened and more vulnerable to the microbes, the bad microbes in the soil, because there's not enough balance anymore in the soil.

And you're more vulnerable to the mold that is already in the soil. So you're actually taking up mold into the plant before it's even harvested. And now mold is in the corn, in the soil, in the legumes, etc., before it's even harvested. And then it goes into storage, which is the perfect environment for mold to thrive.

So you're asking a lot of the body to have such a contaminated, multifactorial, multi-layered insult to the gut and then say, you don't mind a little bit of Moldavia because mold is going to require an immune response.

So it requires like this immediate mounting of like your skin activate your mast cells in your gut. That's what happened to me. I would get this big bloating and they were like, oh, it's sibo, oh it's colitis.

I got a lot of labels applied to me. And because I already had like Hashimoto's and fibromyalgia and rheumatoid arthritis, they're like, yeah, you're just an autoimmune mess.

Thank you. That's very helpful. What can I eat again. And then like take probiotics. But actually in an environment like this, most probiotics are going to be super irritating because they're actually encouraging histamine release.

And when you've been exposed to mold in your foods and you already have a leaky gut in your irritated, insensitive, then that's like pouring gasoline on the fire.

So the very thing that you're investing in, in your budget, you think, well, it's natural. And my gut needs, you know, a happy microbiome. And I read, I saw this podcast, I read this blog that said probiotics are good and it's a great idea.

It's probably just the wrong tool at this stage of the game. Right, exactly. Well, let's talk about parasites. Something you and I deal with. Imagine conventional medicine.

It just kind of roll their eyes even when you looked it up. Yeah, yeah. When you look up the World Health Organization, they stayed about 450 million people around the world have parasite infections and sojourned all the doctors in this country.

Unless you got raging diary or something like that, they don't really consider that credible. So let's talk to listeners more about why that's a big part of your work.

How common is it here in the US? And you know how you go about approaching that topic? Yeah. We're not trying to get out the last bad worm. That's not the goal with parasite work.

And we don't want to vilify what's happening in the microbiome, because your body is making a very logical response to the stresses that it's been put under.

So if it let some bad guys get out of control, it's not necessarily an accident. You know, whether it's fungal overgrowth like Candida, Candida can hold heavy metals for you, but it also thrives in a moldy environment in the body.

So like just to go in and like kill the Candida can actually really backfire. And the same thing goes for pathogens like parasites. So the bigger helminths, the trematodes, we want to think about this as an ecosystem. Yeah.

How do we support the ecosystem to maintain itself? That's why I'm really not a fan of like those one product wonders on Instagram. You know, like the influencer accounts that like, they're making their whole living by making huge claims about what this one parasite product can do for you.

I absolutely believe in the power of parasite cleansing. I think it's an important step for healing for so many of us, including me. But, you know, a healthy body we would maintain every culture, every continent had some version of parasite cleansing, whether it was natural herbs or spices.

It was built into the seasons, you know, it's even built into the Bible, like just different guidance about how to avoid foods known to be ridden with parasites, and also how to protect yourself and maintain your health, your farm animals health.

Like it was just known. Yeah, right. When we need that information, though, we've kind of lost it in this switch to pharmacology just in the last 110 years.

So as we switch to pharmaceuticals, we really lost in rapid fashion everything that we used to know about parasites, right when we need it the most. So parasites and pathogens will thrive in a toxic environment because most of them don't need a healthy ratio of oxygen.

They don't need you to be in a state of flow like your good guys do in your gut. They don't need biodiversity. They want problems. They want a low energy environment that's already inflamed.

They want to be able to steal from you and eat at your table first. That's a parasite. So they will slow down your digestion. Every parasite species has its own strategies to weaken you and to make sure that they are running the show.

So whether that's interfering with your neurotransmitters, so interfering with your Gaba production, your ability to slow down the brain, feel safe, calm in your body, especially at night.

That and even receive the Gabba that you do make and get relief from anxiety and overstimulation. You don't have access to that. Why would that be? That seems weird because parasites don't want you to relax.

Relaxing means you heal faster. You're a more efficient, self-healing organism. So if you're wired and tired and overwhelmed and reactive, that's how they like you.

So we need to remember that parasites have a consciousness and we have evolved with them. They've been around for millennia. The parasites that they melted from that glacier sample.

This was in National Geographic years ago. They started moving after being frozen for hundreds of thousands of years. These guys are resilient. So when we think about parasite cleansing, yes, we probably need to do it.

We're probably going to want to ease into it, though, and have it take a really intentional, whole body approach to health so that your immune system can get back in charge of running the show, and it's not your job to carpet bomb them.

You will not win. That way you will feel worse. You know, you you see this all the time, right? Yeah. So you're working with the environment, which. So it's not favorable to parasite overgrowth.

Who knows. Look now the microbiome in the gut used to be bacteria. Then you know you be certain yeast species are part of the microbiome. And now it's viruses are part of it.

And maybe we'll find certain parasites at certain amounts is part of the normal microbiome too, right. So you're saying really ultimately change that environment to be healthy.

And yeah, some more certain types of parasites or depending on how the person is doing, you might have to go in

there with herbal things and or pharmaceuticals to get their levels down.

But is that basically what you're saying? Yeah, I'm saying we it's not a question of if we've ever been exposed to parasites. They're part of our world there.

They come in on food all the time. It's the question is whether or not you're a good host. Right to them. So train, train treating the whole terrain. Yes.

Yeah. So like my husband was pulling out three foot worms from his own body. And I was in such denial about this, I was like, wow, that sucks for you, dude.

I can't believe that's happening to you. That's not my problem, though, because I have different symptoms than you. But unfortunately, I was wrong. But well, that gets into testing, right?

Because as you and I both know, you know the best of labs. People have symptoms of parasites, can't eat and stuff. They don't show anything. You treat them, but however you're going to treat them and lo and behold, everything clears up.

So what are your thoughts on the lab testing often not being effective enough in identification? Yeah, I have to agree. I, I know that it's very popular to sell these tests online right now.

And if you've got it in the budget to have a little look see under the hood, great. But it's not the ultimate answer. It's not going to tell you every bug, every parasite, because you have to think a parasite.

Are they all going to so thoughtfully put a little bit of their eggs or their DNA into every little stool movement that you have? And then that's going to absolutely be in the little p sized methods that they test for you.

Like that is a logical just let's start out with that as a premise. That is illogical. What we're looking at with those gut stool tests at best, is a window into the gut.

And it's wonderful clues if you're willing to accept that it is a limited window. It's not the ultimate answer. So unfortunately, you know, people overstate that and they see like, oh, okay, I don't have any bigger parasites, but I do have this H.

Pylori because it's really easy to pick up H. Pylori in a sole test. And then they're like, what kills H. Pylori? It's like, whoa, wait, what what this test is showing you is that there's a lack of balance.

And so why don't we take a systematic approach to clearing out the gut and the microbiome so that we're getting at all over of species and we're systematically just rotating through reactivating your immune system, but at a pace that you could tolerate with a lot of drainage support, instead of trying to micromanage the species.

We are not there yet. We the tools guys, the diagnostics are not there to micromanage the species at this time, not on a commercially available way. Oh, I agree, I actually have studied this and I've talked about it.

I mean, we do not have a full understanding of what a healthy microbiome is. And like you said, depending on where you live in different cultures and the food you eat, it's going to change.

So the science isn't as good as what people think. So I that's yeah we're great agreement on that. That is true nevertheless will test. Yes officers raging infections or major things obviously that give you good information.

But like you said it's a great layer. Yeah yeah yeah yeah that you said that. Yeah. Well you know I both see people like you experienced there in a very limited diet.

They're stressed to the hilt when you're on a very limited diet because you're reacting everything. You're getting histamine in the gut and everything else is happening.

The stress of that makes their digestion worse and their health their health worse. So how do you approach those people? There's a lot of them out there.

How do you how do you approach these people, these tremendous amount of food sensitivities? They go to some practitioners. They want to limit their diet even more.

They run food sensitivity tests just often create stress and cost a lot of money. True. So yes, tell us more about that, because I'm sure a lot of people, lot of those people are watching right now I know.

Right. Hi, guys. You're my people have been there. Yeah. So first of all, foods very tender territory, right. There's a huge emotional component to it.

So the last thing I'm going to do when working with somebody brand new, that's on a limited diet and reacting to a lot of foods already, is say, I'm taking stuff away from you.

Yes, food sensitivity tests are interesting, but they are also misleading depending on which ones you use. So we need to approach those with care and not over assign too much authority to them because like to your point, doctor Mark, when you get to a certain level of reactivity in the gut, when your LPs and your Ross and your, you know, Lynn is just off the charts, you can rent it.

Anything that you ingest. Yeah. So we don't treat food sensitivity tests and food intolerances as like a lifelong sentence. It's like a snapshot of the current health of your gut.

And I love working with folks with bad digestive issues because it's so rewarding. I'm sure you feel the same way, or you wouldn't be doing this because the digestive tract itself is so resilient when you support it in the right order.

What's happening is we're remaking the same problem over and over again because the underlying factors are still there. So if nothing changes, nothing changes.

And it sounds obvious to say that. But so what we do when we think about food itself is we think in terms of our food filters. So not everybody needs every food filter.

But once you get that gut lining irritated to a certain degree, which you know, is totally fair in this modern world, so easy to do, then we think about, okay, for your presentation of symptoms, would you benefit from taking a conscious pause from high histamine foods for a while?

Just until we get the immune system regulated? Let's explore what those are. Okay, you have kidney problems, you have joint problems, and you have this kind of pain in your urethra.

Let's explore oxalates for you. What's in your diet? Are you eating a lot of high oxalates? Did you accidentally back yourself into that? Because I did.

It doesn't mean oxalates are the devil. That's crazy. They're in some of the healthiest foods we have, right? But because we often eat in a dysregulated way, we can accidentally back ourselves into even more limited diets.

And, you know, in many cases, things like lectins, they do inflame the gut lining. And so when you're already irritated, that can make a difference. So can we find some foods that are easy for you to digest within, you know, the food filter that's presenting the most for you, just so that we're not poking the bruise that we're trying to heal every day, you know, and how can we get in some clean protein for you, some clean fats?

Because a lot of us are missing our macros and we back ourselves into these weird, distorted diets without realizing, like, well, I can only get down crackers.

They're gluten free, they're organic, you know, but you're still punch in the gut lining with those. So it's not about necessarily how you feel in the moment eating it.

It's about how you feel afterwards. And we like to preload the deck in our favor before we take our root cause approach. Most people just come charging in in functional medicine with into a root cause protocol.

That's what they'll call it. But it's not really respecting the body's current capacity. And so they will whack parasites and biofilms and fungus over the head is just like, bam, bam, like a carpet bomb strategy, right when you can withstand that the least.

So we actually wait to do any anti parasitic until we have some good drainage stability. Right. And we have some rebuilds in place because if you have a gut issue that means you're malnourished.

I don't care how overweight you are. Your cells are experiencing like a starving to death situation because you're missing key nutrients. You have not been able to digest and absorb for years, maybe decades, you know?

So how can we reactivate the digestive system? Slowly bring some stomach acid back online, get some bile flow moving, make sure that the colon is emptying healthily, you know, so that we're not creating unnecessary flares because it has nowhere to go.

You know, that happens a lot. It's really the basics that most functional practitioners are missing. Yeah, no, it's a good point. It's a good point. Especially if you said these cases where people are extremely sensitive.

It really is the only way you can help them because like you said, you start pounding down antimicrobials in whatever form. They just react and you flare them up and you start all over again.

So that makes a lot of sense. So maybe and I'm sure you've heard it from your patients of like, well, I got put on this thing and they told me I wasn't going to feel good, but just pushed through like, that's not a great strategy for the gut.

Correct. Yeah. That. Yes. Fortunately, I've seen some improvement in that in a nature politic world in the last 10 or 20 years. I remember 30 some years ago, we were kind of taught that, oh, that's great.

Someone's detoxing and, you know, they're suffering and they're break out and they're ashes and they're not. And at some point people realize, no, probably the detox pathways aren't working properly and this and that.

You really don't need to be torturing people. So I, I agree with you on that. So maybe an ending for these people who've been struggling with got problems for years.

And that's a lot of people out there. How would you what would you recommend. Maybe they kind of start to focus on? I mean, I know it depends on the person, the root causes, but maybe what some like just starting advice you would give them.

Well, remember that your gut is responding to everything, not just your food. It's really easy to get stressed about food and then actually mountain immune response before you even start eating because you have trained your body to react to food.

So we want to slow down that process. We want to preload the deck in your favor, like stack the deck in your favor, so to speak, with some nervous system support.

Before we eat, we want to be encouraging our body to reclaim, rest, digest, repair. That's your parasympathetic dominance, right? It doesn't mean your nervous system tools are the only ones in your protocol.

Think people get confused because of the internet right now of like, oh, you know, the person selling me this nervous system course says, that means I don't have to take any supplements.

You know, if I do this right, and then they get frustrated with themselves that, you know, it's not they're not responding in the way that they had hoped.

So we like to use nervous system support for eating before taking supplements like retraining the body. It's safe to reclaim that rest digest repair mode before asking it to do work.

And then of course, that's only going to help if you're, you know, weeding out some common irritants like there's, you know, we tell a lot of people, if you're going to take a break from Calgary, it's not forever.

You don't have to break up with it for forever. It's about like, you know, let's be realistic about what your body can do today. Let's ask your body to do the least amount of work possible for digesting.

So you have the most amount of energy left over to repair. But if you mount an inflammatory response because you're just eating a little half a bite of a gluten free cracker every couple hours, or, you know, a few berries or, you know, a few, like a little bit of oatmeal and then a little bit of this, a little bit because you can never quite sit down and withstand a full meal.

You're not firing up the digestive juices and then giving your body a break for several hours afterwards. If you're not giving yourself that chance to work your digestion, you never get to digest things completely.

You also never get to take a break and rotate to other activities in the body, like repair and detox. So some of this is about like the more complicated somebody is when they come to us, because we're known for dealing with complex, sensitive folks, right.

So that's like everybody that comes around now, the more likely they are to be skipping these basic steps. They are looking for a very complicated like I want SOT therapy.

I want, you know, the fanciest, most expensive, like can you give me stem cells? It's like, yeah, you know, our clinic can do all of that. But when are you eating?

What are you eating? Are we doing nervous system support? How are you sleeping? Are you living in mold? These are some basics. Are you pooping every day? Right.

Because we got to get that stuff lined up, you know. Yeah that's very important. Well you made a nice connection for our viewers on the summit in terms of helping with these chronic gut problems.

The root causes. Excellent. Now your main website is detox. Com correct. Yeah. That's right. And then you have you're on all the social media. And I think you also do a lot on Substack right.

Detox nation. Yeah. Substack would you say besides detox. Com what we'd say. What would you recommend people go to to find out more about what you're talking about and programs?

Yeah. Come hang out with me on Instagram. It's my name Sinclair Neely. KENNALLY. And coming out with me on Substack, because that's where we tackle all this stuff, you know, it's.

Well, thank you so much for coming on the summit. Excellent, unique information you gave today. Well, I love your approach, doctor. Mark, I think it's really important that we help folks.

There's so much to hope for you guys. That is, if you have a digestive problem. Congratulations. You won the lottery with health issues. This is so fixable.

It really is. And the details are like the clinical data is there. The scientific studies are they have the tools are available. It's just about connecting the right dots for you.

So don't give up. There's so many reasons to be optimistic in this process. Excellent. Well said. Well thank you again Sinclair. Appreciate it. Yeah of course. Okay.