Why Your Skin Flares Keep Coming Back (It’s Your Gut!) | Sinclair Kennally Transcript

(Transcripts are generated by AI and may contain errors)

Skin Is Not The Problem

Let's make really smart, reasoned Let's make really smart, reasoned decisions that's going to support you decisions that's going to support you systematically. Your skin is not the systematically. Your skin is not the problem first of all. It's the problem first of all. It's the frustrating part for sure, but it's just frustrating part for sure, but it's just the messenger. It's not actually the the messenger. It's not actually the root cause. I think about this wonderful root cause. I think about this wonderful client had candidasis. He had massel client had candidasis. He had massel activation syndrome. He had steroid activation syndrome. He had steroid withdrawal and it came with a lot of withdrawal and it came with a lot of emotional ups and downs as well. He emotional ups and downs as well. He discovered the hard way that when he had discovered the hard way that when he had this skin condition develop almost this skin condition develop almost overnight, that life stress was a real overnight, that life stress was a real trigger for him. But what he didn't trigger for him.

Stress And Hidden Triggers

But what he didn't realize, this had been building up for realize, this had been building up for years under the surface, it's almost years under the surface, it's almost like the alarm cells went on when he had like the alarm cells went on when he had a certain [clears throat] big life a certain [clears throat] big life stress event moment and he thought, "Oh, stress event moment and he thought, "Oh, okay. So, this is all stress related." okay. So, this is all stress related." Anybody had a skin flare because of Anybody had a skin flare because of stress, it's extremely distracting, stress, it's extremely distracting, isn't it? And it feels so obvious. So he isn't it? And it feels so obvious. So he thought, "Oh, this is stress driven." thought, "Oh, this is stress driven." Because that's when it started. It was a Because that's when it started. It was a big life stressful event. He was scared big life stressful event. He was scared for his wife's well-being. He thought for his wife's well-being. He thought for sure, okay, so this is distress for sure, okay, so this is distress driven. But actually, once we unpacked driven. But actually, once we unpacked it together, first he tried all the it together, first he tried all the wrong stuff first, right? Steroids to wrong stuff first, right? Steroids to suppress it. Then he had to go through suppress it. Then he had to go through steroid withdrawal, which was very, very steroid withdrawal, which was very, very difficult on him. He went to functional difficult on him. He went to functional medicine doctors who were like, "Oh, medicine doctors who were like, "Oh, well, I have this ozanated sauna. Let's well, I have this ozanated sauna. Let's throw you in there and see what throw you in there and see what happens." big mistake, huge flare that happens." big mistake, huge flare that took months to calm down before he found took months to calm down before he found us. He tried juicing, you know, the us. He tried juicing, you know, the channelers um juicing and um smoothie channelers um juicing and um smoothie recipes and feeling bad about himself recipes and feeling bad about himself that wow, I'm trying to play such a that wow, I'm trying to play such a clean game. Why don't I get better?

clean game. Why don't I get better?

Why Detox Protocols Donu2019t Work

What's wrong with me? And what we don't What's wrong with me? And what we don't realize with so many of those protocols realize with so many of those protocols is even if for example it was a good is even if for example it was a good idea like an ozenated sauna is a very idea like an ozenated sauna is a very cool piece of equipment, but it's cool piece of equipment, but it's usually the wrong thing too early in the usually the wrong thing too early in the game without enough terrain support. So game without enough terrain support. So nice idea, really wrong time, terrible, nice idea, really wrong time, terrible, terrible time for him in his healing terrible time for him in his healing journey. So I do not recommend that journey. So I do not recommend that early on in your healing. Something like early on in your healing. Something like juices sound good, but in practice juices sound good, but in practice they're histamine and oxalate bombs. And they're histamine and oxalate bombs. And when you have skin issues, you don't

when you have skin issues, you don't have the resilience to withstand that.

have the resilience to withstand that. So you're actually accelerating the So you're actually accelerating the issue without realizing it for so many issue without realizing it for so many of you. So we just want to consider that of you. So we just want to consider that if you've ever tried like a juicing or a if you've ever tried like a juicing or a smoothie or a cleanse and been smoothie or a cleanse and been frustrated by the results. That's why we frustrated by the results.

Dangers of Misguided Treatments

That's why we want to take a deeper look at food want to take a deeper look at food irritants like oxalates and histamines irritants like oxalates and histamines for you. So this poor guy had for you. So this poor guy had candidasis, MCCAST, anxiety, depression, candidasis, MCCAST, anxiety, depression, histamine intolerance without realizing histamine intolerance without realizing it and major gut distress without even it and major gut distress without even realizing it. Because what he was realizing it. Because what he was focused on was his skin. He's like, "No, focused on was his skin. He's like, "No, no, it's not my gut. I mean, yeah, like no, it's not my gut. I mean, yeah, like I don't feel good after I eat, but I don't feel good after I eat, but whatever. I can tolerate that. My skin whatever. I can tolerate that. My skin is the problem." But his skin was is the problem." But his skin was actually just screaming out, "Hey, actually just screaming out, "Hey, there's something deeper going on here." there's something deeper going on here." He also was living in mold, and he He also was living in mold, and he didn't realize it at the time. He had didn't realize it at the time. He had prior mold exposure. He had exposure to prior mold exposure. He had exposure to chemicals from being construction in his chemicals from being construction in his early years and he had amalgam fillings early years and he had amalgam fillings that he wasn't considering as part of that he wasn't considering as part of the picture. Heavy metals can absolutely the picture. Heavy metals can absolutely drive skin conditions over time. Isn't drive skin conditions over time. Isn't that interesting? Cuz heavy metals are that interesting? Cuz heavy metals are really hard for the body to excrete. So, really hard for the body to excrete. So, they often recirculate and go into they often recirculate and go into storage. And one of the ways that your storage.

Toxin Exposures And Microbiome Damage

And one of the ways that your body will try to stabilize heavy metals body will try to stabilize heavy metals is to actually allow things like fungus is to actually allow things like fungus or candida in his case to overgrow in or candida in his case to overgrow in the organs and under his skin. So we the organs and under his skin. So we want to consider what toxin exposures want to consider what toxin exposures would be throwing the gut off and would be throwing the gut off and irritating it in order to require this irritating it in order to require this kind of distress to display on your kind of distress to display on your skin. Everyday exposures and food, air, skin. Everyday exposures and food, air, and water absolutely impact the gut and water absolutely impact the gut microbiome and distort immune system microbiome and distort immune system responses. So, you get these skin flares responses. So, you get these skin flares where you're like, "Geez, my immune where you're like, "Geez, my immune system is setting off over every little system is setting off over every little thing. I walk into a big box store and thing. I walk into a big box store and my skin starts flaring just from the my skin starts flaring just from the detergent that's three aisles over. What detergent that's three aisles over. What is wrong with me?" Well, your immune is wrong with me?" Well, your immune system is having a response like that system is having a response like that that actually started in the gut itself.

that actually started in the gut itself. That's where the immune system response That's where the immune system response started to prior toxin exposures, not started to prior toxin exposures, not even today's. So, your skin isn't even today's. So, your skin isn't broken. It's just talking and it's broken. It's just talking and it's irritating for sure, but it's actually irritating for sure, but it's actually trying to save your life by showing you trying to save your life by showing you what's happening on the inside. So, when what's happening on the inside. So, when you heal your gut and calm your you heal your gut and calm your inflammation and restore your inflammation and restore your microbiome, your skin has no choice but microbiome, your skin has no choice but to clear. It is inevitable. So, this to clear. It is inevitable. So, this isn't just about like pretty skin or isn't just about like pretty skin or vanity. It's really about reclaiming vanity. It's really about reclaiming your health and your resilience in an your health and your

resilience in an imperfect world. You have enough control imperfect world. You have enough control over your own life right now in order to over your own life right now in order to resolve your skin conditions for good.

resolve your skin conditions for good. Yes, you might get into an Uber with an Yes, you might get into an Uber with an air freshener that's going to be air freshener that's going to be irritating to your immune system. Yes, irritating to your immune system. Yes, you might eat a less than perfect meal you might eat a less than perfect meal out at a restaurant in the future. You out at a restaurant in the future. You should be able to build to resilience to should be able to build to resilience to that over time so you don't have to feel that over time so you don't have to feel it in your symptoms or on your skin it in your symptoms or on your skin later. So, we want to unhook from this later. So, we want to unhook from this idea that you're treating a skin idea that you're treating a skin condition. First of all, you're healing condition. First of all, you're healing a whole person. And that person, you a whole person.

Foodborne Chemicals And Gut Damage

And that person, you deserves to feel amazing, of course, in deserves to feel amazing, of course, in your own skin. Let's look at ground zero your own skin. Let's look at ground zero together right now. Okay, we're going to together right now. Okay, we're going to start with fluid born chemicals. Your start with fluid born chemicals. Your body's not stupid. It's not possible for body's not stupid. It's not possible for your body to make mistakes. Any your body to make mistakes. Any pathogenic development or pathology is pathogenic development or pathology is not an accident. It's your body having a not an accident. It's your body having a logical response to the stresses it's logical response to the stresses it's been put under. And when you look at been put under. And when you look at what's in our food today, makes total what's in our food today, makes total sense. You got pesticides and herbicides sense. You got pesticides and herbicides like glyphosate, right? Carbonates, like glyphosate, right? Carbonates, organo phosphates. Glyphosate will not organo phosphates. Glyphosate will not only destroy your gut lining on contact.

only destroy your gut lining on contact. So, you start getting leaky gut and get So, you start getting leaky gut and get these irritants leaking into your these irritants leaking into your bloodstream, which requires an immune bloodstream, which requires an immune response, which is not just going to response, which is not just going to happen right in the gut. It's going to happen right in the gut. It's going to happen bodywide. So, your skin's going happen bodywide. So, your skin's going to start going off, man. But glyphosate to start going off, man. But glyphosate will also hurt and harm the barriers and will also hurt and harm the barriers and linings in your veins, your arteries, linings in your veins, your arteries, your other organ linings, and yes, of your other organ linings, and yes, of course, your skin. So, you become more course, your skin. So, you become more reactive and porous just from this reactive and porous just from this herbicide. Its tagline is literally herbicide. Its tagline is literally safer than water. and they're paying out safer than water. and they're paying out my losses for this in the billions and my losses for this in the billions and billions right now. Like this is not billions right now. Like this is not like controversial. This is known and like controversial. This is known and understood. The data is there and you understood. The data is there and you didn't agree to that. So when we know didn't agree to that. So when we know that and we know that that's the world's that and we know that that's the world's leading herbicide and that we're using leading herbicide and that we're using billions of pounds of it a year globally billions of pounds of it a year globally and that 70% of your water and your air and that 70% of your water and your air samples are contaminated with it, we are samples are contaminated with it, we are thinking about healing your skin against thinking about healing your skin against the backdrop of glyphosate, which the backdrop of glyphosate, which actually is not that complicated.

actually is not that complicated. Glyphosate sounds really scary, but it's Glyphosate sounds really scary, but it's very straightforward to mop up and very straightforward to mop up and detox. Your body actually can do this detox. Your body actually can do this well. It can't do it well by itself. It well. It can't do it well by itself. It needs some targeted support in a way needs some targeted support in a way that doesn't exhaust you. As long as you that doesn't exhaust you. As long as you account for it, it is soluble. So then account for it, it is soluble. So then we want to consider food additives, we want to consider food additives, right? Emulsifiers, artificial right? Emulsifiers, artificial sweeteners, preservatives, those are sweeteners, preservatives, those are very irritating to the gut lining.

very irritating to the gut lining. Plasticizers and packaging chemicals, Plasticizers and packaging chemicals, food processing byproducts, residues and food processing byproducts, residues and antibiotics and hormones. All of

this is antibiotics and hormones.

Gut Lining Breakdown

All of this is adding up to create a lot of harm for adding up to create a lot of harm for the vi. So these vline, see how cute the vi. So these vline, see how cute they are down here. I I snuck in a they are down here. I I snuck in a little photo for you even on this busy little photo for you even on this busy slide. Aren't they adorable? These This slide. Aren't they adorable? These This is actually what your gut lining looks is actually what your gut lining looks like. These really delicate fingers.

like. These really delicate fingers. These are amazing. They're tiny These are amazing. They're tiny finger-like projections in the small finger-like projections in the small intestine where the function is to intestine where the function is to actually increase nutrient absorption.

actually increase nutrient absorption. It's like your shag carpet that's It's like your shag carpet that's pulling nutrients out of the gut and pulling nutrients out of the gut and sending them into the rest of the body.

sending them into the rest of the body. So, it's a really smart shed carpet and So, it's a really smart shed carpet and they're covered in microbial, this brush they're covered in microbial, this brush border that release enzymes to help you border that release enzymes to help you break down and absorb your food and break down and absorb your food and process your food. But damage to them is process your food. But damage to them is immediate when you have any of these immediate when you have any of these irritants coming in off of your food.

irritants coming in off of your food. So, what does that do? What does that So, what does that do? What does that immediate damage add up to? It adds up immediate damage add up to? It adds up to malabsorption. So, you're not getting to malabsorption. So, you're not getting the nutrients you need to replenish your the nutrients you need to replenish your gut barrier, to rebuild your tissues, gut barrier, to rebuild your tissues, and yes, to heal and create a protective and yes, to heal and create a protective barrier in your skin. What else happens?

barrier in your skin. What else happens? food sensitivities happen immediately. food sensitivities happen immediately. This is not an accident because your gut This is not an accident because your gut lining is under attack. So these lining is under attack. So these beautiful delicate microvi that are on beautiful delicate microvi that are on the vi themselves, you know, that are the vi themselves, you know, that are lining the single cell thick gut lining lining the single cell thick gut lining itself are getting beat up. I'm trying itself are getting beat up. I'm trying to find a way to say this without to find a way to say this without swearing because it's such a dramatic swearing because it's such a dramatic experience for your gut. Your gut is experience for your gut. Your gut is actually very resilient. It can rebuild actually very resilient. It can rebuild itself every 3 days. So this should be itself every 3 days. So this should be if it was an isolated event, super if it was an isolated event, super fixable. But if nothing changes about fixable. But if nothing changes about the ongoing conditions, if you don't the ongoing conditions, if you don't clean up the exposures you've already clean up the exposures you've already had, those toxins will actually keep had, those toxins will actually keep recirculating.

Detox Recirculation Problem

This is really important recirculating. This is really important to know. Have you ever tried a detox and to know. Have you ever tried a detox and been frustrated by the results? What been frustrated by the results? What were your symptoms? Did you get a skin were your symptoms? Did you get a skin flare? Did you get tired? Did you have a flare? Did you get tired? Did you have a gut reaction? It's scary, right? And gut reaction? It's scary, right? And it's frustrating. So, was it a poorly it's frustrating. So, was it a poorly designed detox, which maybe it was, designed detox, which maybe it was, right? Cuz let's be real, most of the right? Cuz let's be real, most of the detoxes out there pretty questionable.

detoxes out there pretty questionable. or was it um not accounting for the or was it um not accounting for the toxins actually recirculating? Cuz toxins actually recirculating? Cuz that's what will happen. Your body is that's what will happen. Your body is trying to get these out the door. But trying to get these out the door. But how is it going to do

that? Toxins will how is it going to do that? Toxins will actually get circulated through the actually get circulated through the bloodstream into the liver itself, your bloodstream into the liver itself, your beautiful liver that breaks them down, beautiful liver that breaks them down, knows how to do that, and then sends knows how to do that, and then sends them out through the bile or through the them out through the bile or through the kidneys. But wait a minute, if they come kidneys. But wait a minute, if they come out through the bile, where are they out through the bile, where are they going? They're going back into the gut going? They're going back into the gut where that original exposure was. And where that original exposure was. And your gut lining is designed to reabsorb your gut lining is designed to reabsorb them. It's called intererohypatic them. It's called intererohypatic recirculation. It's a rettoxification recirculation. It's a rettoxification event unless you account for it in your event unless you account for it in your protocol. So that's why it feels like protocol. So that's why it feels like we're living in Groundhog Day. Remember we're living in Groundhog Day. Remember that old movie? Just like wake up, it's that old movie? Just like wake up, it's the same over and over again. You the same over and over again. You know, new protocols, same old story, know, new protocols, same old story, irritation. That's the frustrating part irritation. That's the frustrating part of not understanding how to account for of not understanding how to account for these things. Once you know that they're these things. Once you know that they're there, these food born toxins that there, these food born toxins that they're coming in to some extent on the they're coming in to some extent on the daily in your new food and that they're daily in your new food and that they're by default recirculating accidentally by default recirculating accidentally and then we can start to interrupt the and then we can start to interrupt the process so you don't keep recreating the process so you don't keep recreating the damage on the gut lining which is damage on the gut lining which is