You Can’t Heal In Parasite Mode: What Most Cleanses Miss Entirely Transcript

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Welcome to the Menopause Summit

Hello. Hello and welcome back to the Mastering Menopause Transition Summit 4.0. Fourth year at it, but all new interviews is to help you on your hormonal journey.

I'm your host, doctor Sharon Stills, and I'm just thrilled to be here with you. It's like my my honor and my privilege and my passion to let you come listen to these amazing conversations where we, like, drop truth bombs and get to the bottom of things and, you know, give you theory, but also give you practical nuggets that you can take and make work in your life right away.

And so today I have Sinclair Kennally, a dear, dear friend and colleague of mine. She's like the the detox matriarch. She is the brains and the beauty behind detox rejuvenation.

She is all things mold, liver or bile detox. We both have a shared love of German biological medicine. I think that's how we first when we first bonded.

That's how. That's how us nerds bonded. Oh, my God, you're into the train two. Well, let's be friends. So she, She's helped so many people. She just has a prolific amount of work.

And, it's just a real honor. You're really lucky to have her in the house with us today. And we're going to talk about something really important, which, you know, you can't not talk about these days, which is detox and mold and how it affects your liver.

And is it menopause? Is it not? So welcome. Welcome, Sinclair. thank you Sharon And I'm so thrilled to be here. Yeah. If there's anything else you want to add about who you are or what you do feel now, that was a wonderful introduction.

Detox as a Lifestyle, Not an Event

Let's let's dive right in and give give our wonderful audience some some tangible gems today. I know this is a big menopause is like it's phenomenal rite of passage.

And it's funny for me because I did it too early and then reversed it. So I have a very like, affectionate, lens through this, for this. It's interesting, like, you've been there and back and then at some point you'll go back again, but you'll go back at the right time.

So, look, you know, let's just talk about detox. You know, and how you view detox because there's so detox is is everywhere. It's a buzzword. It's something we all need to be doing.

But you have such a, you know, poetic view of detoxification that I'd love for you to just share a little bit with the audience about what that means to you, and some do's and don'ts, I guess I would say.

Oh, that's so juicy. That's a great question. The first thing that I want everybody to know about detox is that it's an event or it's not an event, it's a lifestyle.

Treating detox like an event that you're supposed to do because you did something bad. And so now we're going to erase the bad thing, you know, by making up for it is really a disservice to your body.

We can actually be much more gentle than that. And we want to be much more intentional about what detox can do for you. Most important thing to remember is that your body is brilliant at every stage of life, and it's very, very intelligent about making its own shifts and prioritization in order to have this strongest coherence possible, which in

by regulatory medicine, which Doctor Sharon I love so much, you know, coherence, what we're talking about there is just your own expression, you know, organized in, in health and vitality and express that way.

So you're already a great detox. Are your body's already detoxing all the time or you'd be dead. So it's not about like, oh, God, I finally have to start detoxing.

It's really more about what can we do in this day and age to acknowledge, okay, my body is really smart, but we've never lived in an age like this before, and now we have all these stressors and pressures on the body that we never had even a generation ago, which is part of why we're experiencing menopause in this very prominent way, shall we say.

Certainly complicating the picture for so many of us, it's one of the reasons why I entered menopause early, because I had an overloaded body overloaded with mold and heavy metals and parasites, and I wasn't getting enough nutrients.

I wasn't able to absorb them. And nothing weird and unusual happened to me. I was just alive in this day and age, and all those pressures added up. And they can get reflected in hormone dysregulation depending on the stage of life that you're in.

So why do we detox to help the body and to do what it already knows how to do, so that you can really feel like yourself? We we get back our own emotional resilience when we do it right, we get back.

We actually see a major increase in IQ, like certain detox protocols have been shown to increase your IQ by as much as 17% and as little as 30 days. Like that's insane.

That's crazy, I know. Right? But it's such a wonderful, reminder that, about our own neuroplasticity and your own intelligence is innate, your own natural generosity and emotional centeredness and your sense of humor and everything you you love about yourself the most is all under there still.

It just might be getting interfered with with these irritating toxins because they do act as disruptors. So when they stop normal metabolic processes, when they distort hormones, when they shut down mitochondria, especially in the brain, we start to lose that experience that we can count on about ourselves the best of who we are, our intelligence, or our natural kindness and generosity.

All that stuff kind of goes by the wayside while we go into survival mode. But you can get all that back with proper and intelligent detox. It's just not an event.

It's not a detox tea. It's not a three day crappy weekend where you feel crummy. It's about easing into different support tools that you layer together to work with your body.

And we could talk a lot about that today if you want.

Menopause Symptoms vs. Toxic Load

Yeah, I think I think you know that alone if you take nothing else and there's going to be a lot more to take, but that, that right now, like just anchoring that in like it's not an event, there is not a I'm going to do a five day detox.

It's a it's a lifestyle. It is. You know, I like to think of it as like, what are you doing on a daily basis, a weekly basis, a monthly basis, a quarterly basis, a seasonal basis.

Like what are the tools? Just like, you know, maybe you clean your kitchen every day, but once a week you really scrub it. And then once a quarter you like get in there and you're rearranging your spice rack.

And so it's like, you know, what is your plan? Because we need some sort of plan because of what you're talking about. That word and I never knew that. I didn't know that about the Ikea.

That's very interesting. Yeah, it's a trip. And I think what I'd also like to follow with is like what you said, I think were such a pill pop in society.

Yeah. I'm always thinking about what could I take, but often it's what can I release? What can I stop from interfering? So like what you're talking about, my innate wisdom, expression, detoxification capabilities can be harnessed and express themselves.

So I'd love for you to talk a little bit about what? What does that look like, the gentle easing in and what does that encompass? Yeah. So, first of all, how you'd know you'd need this is if you're more sensitive than you used to be.

And, you know, a lot of things I think that this is why I love your work so much, Sharon. Because you're really in the thick of it demystifying for people.

Menopause doesn't equal suffering. You know, it's not a requirement. And, not emotional. I hear. I wish someone had told me that. Because I got left for dead.

And the menopause pile of, like, we'll see you at the end of this. That's how I felt like. I mean, like we were like, just all the ladies in the menopause pile.

Just, like, piling up. We'll deal with you later. And, you know, this is. Yeah, it still happens out there. It's super sad, I know. Right. Well, so a lot of things that get blamed on menopause are actually signs that your body needs to detox.

So like, everything from lack of stamina to increased chemical sensitivity to sleep disruptions, you know, some of those things that are being expressed in hormonal shifts or distortions are actually the the root causes are toxin overload.

Because toxins are so good at creating this increase in our oxidative stress. What does that mean? It's basically inflammation at the cellular level. So wherever your sensitivities may lie, like if you're a skin person may show up on your skin, you know, in terms of rosacea or eczema or even adult acne, which is like, oh my God, why I got this far in life, why is this happening now?

You know, or rapid aging? Like it's not just, you know, losing your yummy hormones, that it's also a reflection of the inflammation at the cellular level that can be toxin driven.

So often menopause reveals as our estrogen levels drop. You know, we call it estrogen like the halo gives you the halo effect around your liver because it is anti-inflammatory.

And then as it drops you kind of the the mess that has been building up is revealed. So that's okay. It's all fixable. You know, let's start with things that feel doable.

First of all, we want to acknowledge, yes, food can play a part in detox, but it's not going to be the whole shebang. So when you're focusing on detox, especially during times of hormonal shifts, we want to think in very practical terms of like, can I what can I eat that is going to support my body going from right back from digestion into repair and detox mode afterwards very efficiently.

So this is not the time to eat the raw ingredients, you know, 70 ingredient vegan bowl where it's like every nut, ten seed, all the dried fruits, all the things.

It's like, that's like whomping your gut with a mallet. It costs so much work to break that stuff down, even though on paper it looks like those contain a lot of really thoughtful nutrients for you.

When you're doing detox work, you actually want to think in terms of inflammatory agents in foods and do the least amount possible so that you're easily absorbing your foods.

You're keeping your meal simple. There's a bunch of different ways to do that. You know, we've seen an explosion in, you know, histamine sensitivity, histamine intolerance post-Covid.

I'm sure you have to I don't think we've talked about this and that. That can really reveal itself during menopause as well. So if you know that's you, if you're one of those Rashi people like I talked about, if you're starting to have, you know, your pulse racing post meals or that post nasal drip or flushing or things like that, or you're not feeling so hot after that glass of wine, and that's histamine.

It's not just the tannins, you know. Then of course, you would want to acknowledge that and eat low histamine while you do a detox work.

Food Choices for Gentle Detox

That is therapy and supplement based. It's just respect for the body's capacity. You can spend your body's capacity on food, or you can spend it on repair and detox.

But there's only so much to go around every day. And so if you want to make really good repair, you know, catch up and progress and offload some of the stuff that's been building up for decades for all of us, you want to eat in a very gentle, simple way so you can easily track your body responses to it.

And sometimes we take people through a low lectin diet, especially if circulation is an issue, right? Because lectins make the blood stickier and it can, you know, inflame the the gut lining.

Lectins are like they're present in a lot of seeds, legumes, you know, things like that. So we already mentioned a low histamine food filter. You know, people have become more sensitive to oxalates.

As you know, mold and parasites seem to become more and more of an issue. Not everybody, though, you know, you typically don't need all the food filters.

You just want to consider what is one way that you can simplify your foods would be like less processed stuff, less sugar, you know, no fake fats during detox and repair work, real fats.

Well, that's coconut oil, avocado and olive. You know, on the vegetarian end of things or tallow ghee, you know, ideally grass fed green is finished. So the the food is like one layer, but that's not what we think of when we mean detox.

Doctor Sharon, I mean, you know, that's kind of what's in popular is out there. Let's do a five day, you know, and, and they're talking about like a juice cleanse or something like that, really detox.

That's usually more like an oxalate histamine bomb. And if you actually have a health issue, that could be a really big bummer for you. And that's more like a gut bomb.

If you've ever tried one of those eating feel good, that might be why I do it. I'm sure you have a lot of apps to reprise here to give you a chance to weigh in before we talk supplements, Yeah.

Maybe I'm I'm going to not go off on a tangent, but, protein, I think protein, you know, we need protein when we're detoxing. And five day juice fasts are not really going, that's like a five day sugar sugar party.

So could you talk? I think a lot of women have questions or think I hear a lot when new patients come in. I'm eating healthy so I've gone vegan. Yeah.

So if you could talk to that a little bit. I did that, I did, I try and, and you know what we see clinically which is so interesting is in practice the people coming into our, our practice our that heal the slowest are the vegans.

And because we run tox lab panels on everybody because we're obsessed with records resolution. We see them

also being the highest in all those organophosphates.

So that's herbicides and pesticides that really hurt your gut lining and your gut microbiome. So they're actively interfering with your body's ability to absorb nutrients.

And they're very inflammatory. And they're great at aging you rapidly. The thing about eating meats is that, you can get a ton of micronutrients from them.

And also, our wonderful animals are acting as filters for us. You know, it's all meat. The same. No, you would never paint a broad brush stroke like that.

But if you're working with small farmers, regenerative agriculture, where they're really respecting the animal and they're not unnecessarily loading them up with, you know, all these shots for, you know, to maximize their bottom line.

And if you are eating grass fed, grass finished ruminant animals, particularly, we see people healing the fastest on their diet. I know that's not cool to say right now, because there's so much propaganda from Big AG and all the mono cropping, business that is I mean, it's just a huge machine.

It's a multitrillion dollar machine, but it's not working. And a lot of those studies that they're quoting, like the China studies are deeply flawed, like there's so much criticism of it now.

And I love animals. I was almost lifelong vegetarian and long time vegan, but it's also why I didn't get well as fast as I could have, and I suffered unnecessarily.

So if you can reclaim your right relationship with animals and respectfully by within your budget, you can find small farms online. You know, even us wellness meats.

If you sign up for their, you know, list, they send out a discount code once a week. Like you'd be amazed clean meat is not outside of your budget, so don't let local sourcing get in your way.

And don't let the the plant propaganda from big AG confuse the issue because you deserve to feel healthy and whole. So, and I could tell you, so many people have gone through this, the same wave of awareness of like we thought we were doing the right thing.

We made ourselves really sick. And I'm not talking about just living on processed food, vegetarians and vegans, because those guys are the sickest people that really ate very intentionally and still got extremely depleted because of our soil quality.

Today is not the vegetarianism of yesterday. You're not getting the same amount of nutrients. It's very, very difficult to be nourished as a vegan or vegetarian, even if you're being intentional about how you do it today.

So you need so much more protein than, you know. And yes, the quality matters. So that you can invest in your food now, or you can pay for the lack of investment later.

Yeah. I think with your health. Right. We talk about protein like for our muscles and, but we, we don't really talk about. And that's why I'm glad you know, you need to have good protein building blocks to be able to detox and run your detox pathways.

Protein, Vegan Diets, and Nutrient Deficiency

And so this is super important that you are nourishing. And it's hard to do. Right. And like you're saying, you know, the soil is not. So protein protein gives you power, you know, and it's got to be the right sources.

And I have my own, you know, I was a my kids still tease me that I used to make them wear buttons. That said, we

don't need anything with a face probably like for like the.

But for me, that was so me and the first how many years of their lives. And we used to go to the vendors for Thanksgiving because they'd have live turkeys walking around and we eat the tofurkey.

And, you know, this was quite a while ago. I was in my 20s and I was in it was even before naturopathy school. I was in Oriental Medical Medicine school to become an Oriental body worker.

And my teachers would scream at me like some of them were really mean because I was like, Now I'm a vegan. And I was like, so sick and had my period was a mess.

And they would take my pulses and, you know, I was just a freaking disaster. And, you know, I was like, now we don't need anything with the face. And, you know, and I rectified.

Right. Because, you know, there is some. Right, like, oh, is it you know, we're eating animals or for the environment, but when you put yourself first and you just go, you know, I'm going to put myself first and I'm going to do it in a conscious way, in a regenerative way, in a grass fed and finished way, in a mindful way, in a prayerful way of giving thanks to the animal like it's a gift you can give yourself on your on your healing journey.

So we don't need to know anyone who's listening, who's a vegan, but at least get something to consider because when we both did that leaf route and now we have to help people clean up that lifestyle choice once they've created huge health problems.

So let's keep marching. So diet what what's next? Well, you know, to kind of transition from that into, you know, detox support. Remember the digestion and detox are very, very intimately intertwined.

So if you were listening to that and you were like, yeah, I can't tolerate fats and I can't tolerate meats, that's part of why I eat plant based. What that means is you need digestive support and you need detox.

You don't want to shy away from that. Similarly, if you're reacting to fats, especially if you've had a gallbladder issue or congestion there, or you're concerned about losing your gallbladder or you have lost it, those are all more reasons to lean into healing fats, not reasons to run away from them.

And I just want to point out here the gallbladder is a hormonal organ, and many women in life are midlife or losing it unnecessarily because of the diet choices that build up over the years.

And you cannot see the stress building because you're not taught to watch for those signs. The frozen shoulder, you know, the bursitis on the right side, you know, a little bit of hippie this and that, the pinging, you know, after a heavy meal, you know, gravitating more, more towards light foods.

You know, all that stuff happened to me. I didn't know what to look for. You know, the skin issues, like we were talking about earlier, the bloating after meals, you know, tendency towards constipation, all those are signs that, yes, you may be struggling with fats or even needs because of gallbladder congestion, actually need to lead into digestive support and detox and those proteins and fats so that you can heal.

So how would you do that? We could start with digestive support first of all. So you might need to take enzymes and ox bile or tadka with your meat or even HCl.

You know, you may need to take all three while you rebuilding your gut microbiome and while you're detoxing for a period of time until your body gets back up on its own two feet.

So to speak. Right? Because the more overloaded your terrain that's, you know, your entire body, your extracellular matrix and all of your cells, that texture.

And I love to talk about the more overloaded your terrain is with toxins, the slower your bile is going to move, and

that's going to get immediately reflected in digestive distress.

And yeah, babe, you're going to age faster because of it. So if only for vanity, my love for vanity. Right. It's such an epidemic. I run stool testing on my patients.

And just yesterday I had a patient, 50 something years old, menopause already, and her pancreatic function, her gallbladder function, her bile acid function, her hCG.

Because we're looking at all this in the stool test. Was all normal, and I was like, so this is how epidemic it is, because I was like, oh, like, oh my God, let me get you a sash like digestive Queen of the universe.

Like, I don't see that. Like Rossum. Never. Yeah. I was like, all right, what's your secret, darling? Because. And it's like, you know, because we're such an epidemic and we we overlook that.

And so this basic thing. And I love what you said, like, run towards don't if you're not processing something so good.

Digestive Support, Bile Flow, and Gallbladder Health

You said that because our, our reaction is to, oh, well I just don't tolerate that and I'm going to stay away from it rather than so like I love the reframe like, oh, I don't tolerate that.

So what do I need to do to be able to tolerate? Because it's not normal that I'm not tolerating. And it might be common, but it's not normal, as we always say.

So your digestion and this can sound very simple and sometimes profound. Healing can be on the simpler things, but looking into your digestion and what Sinclair is talking about like is sometimes half the battle, right?

Yeah, absolutely. You know, and so I think run we run towards it emphasizing protein and healthy fats. The sourcing really, really matters. It's going to say that take yourself to sourcing school.

And yeah a little bit of stomach acid because it does naturally decline as we age. It also declines. The slower your bile moves. So consider that as well.

So the more congested and overloaded your liver, which may not show up on labs because your liver will be in distress for years, if not decades before it finally shows you on labs.

Hey, I'm not doing so hot. You'll see it in your hormone distortions. You'll see it in your skin. You'll see it in your digestion first. So, that's why you might need HCA.

Or you might need, those enzymes to help break down, your meat's carbs and fats or enough fats. And you need your bile moving to get it, to be able to break down and absorb your fats so that you can have healthy bones.

Remember what a big deal osteoporosis is, midlife and beyond. We actually need to be proactive, because when you look at what's going on in the world today with our everything from our soil quality and these exposure to toxins and all the environmental factors, osteoporosis could be assumed almost as the default for this generation and beyond.

We have to actively reclaim our bone strength, you know, starting in midlife and beyond. And that starts with bile flow. So you can use a cap of tadka with meals.

You can use advanced head care from cell core or body biotech. Yeah. I don't care to play around with your favorite. There's a few more books on the market now.

I like Liver Region. That's wonderful. With a meal, if you no longer have a gallbladder, it's not too late. You can still

feel really vibrant, very healthy.

Just need to take extra steps. And if you're trying to keep your gallbladder, you really know you have gallbladder distress you're going to lead into.

You're going to lean into bile builders more during detox, not less. So it gets to this point of stagnation where we're, like, afraid to rock the boat like, am I going to get pushed back?

Am I going to crash? Am I going to get perky on a detox? Maybe if it's not properly designed, but you can actually account for that ahead of time like we do.

And remember, most people in midlife, especially, if you spent any length of time on an American diet, you have between 5 and 20 pounds of cake feces in your gut.

Not to put too fine a point on it, but you're backed up. Even if you don't know you're backed up. Even if you're going every day. Assume you might need a little bit of bowel clean out.

And we would want to start there with detox, because you want clear pathways to the exit. Before you ask your liver in your lymph to speed up, release once more and get back into full efficiency.

So you know, bowel support if you're not going daily right now, well, that's your first project, sweetie. You know. Right. I love oxygenated magnesium for that.

You know, oxy powder's a great one. We're not trying to have, you know, fully formed, perfect stools while this is happening. We're looking for the weird old stuff to come out on that product.

So that's a win if you see weird stuff in the toilet, if it smells funny, colors different, that's a win. I know we're getting real graphic here, but that's what the feeling is.

Gross, man. This is the kind of stuff we talk about at dinner time. And then you want to move on to bio builders, right? So let's just do that really quickly. Take us a bio builder.

Phosphate have a choline. Amino acids are bio builders. If you're not absorbing your protein efficiently and you know that you might want to add in some amino acids, you know, early and often in your repair journey.

And it's I mean, that's the building blocks of life. I like to lean heavily on MSM. That's sulfur. You're probably sulfur deficient if you have bloating and if you have a tendency towards Sibo, because the developing of that overgrowth of, sulfur producing organisms in your gut, that's not an accident.

That's your body in a state of compensation. The way Doctor Sharon and I both practice as we trust that the body has innate wisdom. It's not making mistakes.

So let's let's ask the body. Why are you doing that before we tell it? Stop it. I don't like that bloating. Well, let's find the real reason so that it can resolve for good.

You know, that's mold exposure or sulfur deficiency or both. You know. Exactly. Exactly. We do. We do trust the body. The body. The body's wiser than us. Often this.

Okay, so we're almost out of time. And now I'm going to ask you like a big bang, okay? Because I'm like, all right, I know, like, women want to know this.

And I've got a detox expert on the stage here. So, you know, what do I do first? Do I clear my parasites? Do I clear my mold? Do I clear my metals? Do I clear my Lyme?

So, yes, a question. I love this question. Well, don't do what I did, which is, you know, go around the, you know,

trying every rabbit hole to finally figure out you have Lyme and then financially devastate yourself trying stuff that doesn't work for it.

We think of Lyme as an opportunist. So if you have Lyme and co-infections, you know, and some of those retrovirus stuff, just remember that it's they're taking advantage of an overburdened terrain.

You know, as you clean up the terrain, that problem goes from insurmountable and running your life to smaller and smaller and smaller. So later, if you target it directly, it's much more efficient and effective to partner with your body because your immune system can finally go after it after you've lowered your total body burden.

So what we see work in practice with people so malnourished today, in this day and age, is actually to target the mold first as we reseal the gut lining, as we really emphasize drainage and bile building and just really reclaiming liver efficiency gently, we tackle mold first industrial chemicals along the way.

Then we start folding in some of the bigger parasite work where we're doing like the gut scrubbers, like a little bit more supportive for those tackling any bigger worms.

If those show up.

Mold, Parasites, Metals, and Detox Order

And then we add in the heavy metal piece once all that is already on the move, you will be passively detoxing heavy metals during that process, especially as you add in things that your body's been starving for and you get your liver moving again.

But to ask your body to create, you know, while you still have all this other junk in the way you can, there is a tendency towards a lot of, you know, reactions.

So we do heavy metals late and we do, we take a line late, and it seems to be the smoothest pathway for those, you know, complicated pictures. You're not too complicated to heal. Do you know that?

This is not mysterious? This is actually extremely systematized, and it's all based on body wisdom. We just have to ask the question, hey, buddy, since you've lived your way into this, and since there's more factors and we've had to consider before and you're super malnourished, where would you like to start?

And how can we partner with you at each stage? How can we make this as simple as possible and not ask? Too much of you was all along the path we need to be providing that mitochondrial support.

So it's really literally just mitochondria food to support the body at a cellular level level, because you don't want to add to the body's to do list without adding some energy and capacity to do work.

Back in. So, we really respect the body's capacity. And in that way this is all tolerable. You still run a full life while you're doing this. Work a job, run a household.

We know you have kids. You're probably the center of your community, but, you know, it's a matter of degrees and making sure that you're not asking the body to do all this without adding in the help along the way. So.

And that's why when you detox, you need a guide. Please stop following those mom accounts on Instagram. Or those of coaches that are like, all you need is my one supplement.

DM me for like, that's not real. You're smarter than that. You're a grown woman. You wouldn't be here. Like, don't don't listen to that junk. Listen to the the layers that your body's asking for.

And then make the best decision for you. I'm gonna throw one more quick question in, okay? Because like, most frequently, I kind of ranted today. Sorry.

I know, Bisi, could you just kind of talk about briefly the different kind of toxins and are there ones that you see being, you know, is glyphosate more of an issue than organic?

You know, just in general? I know you have some mind blowing, mind melting like I've heard you say before, like toxins, statistics. So maybe. Yeah, we'll wrap everything in a bow with that.

Okay. Sure. So we don't have to be scared of toxins because your body is. Your nervous system is determining how fast you heal. So I'm not going to tell you any of this right now to freak you out.

I'm going to tell you this as this is going to set you free, because once you know it, you can fix it. But yeah, you're coming into contact with over a million toxicant particles per day from your environment.

You don't have to do anything special to do that. It's food or water. That's it. And just because we pulled ourselves out of nature and put ourselves in these weird boxes, toxin boxes, doesn't mean we stop being nature.

So you're an absorbing expert. You're constantly absorbing, toxins. You're absorbing radio frequencies from your Wi-Fi router. You know, the fake light, the you know, the fake air, the fake food, the fake water. It's all adding up.

And it's done so silently until your nervous system hits a stress point and then your whole body starts talking real loud to you. So you're like, oh, when my daughter had, you know, the birth of her first child and had an emergency C-section, that's when my whole body shut down, right?

That was straw that broke the camel's back. But the toxins have been building up for 30 years, 40 or 50 years. This is this is post-World War Two and on were several generations into this experiment.

Now 4% of us were, had chronic illness in the 1960s. Now over 60% of us have more than one chronic condition diagnosis as adults and over 85% of us are metabolically unwell.

So, we're paying the price. This is not like a is this bothering me? Yeah. It's bothering you, babe. And in order to get back to being yourself, we have to tackle it head on.

So what are we going to do? We're going to start looking at our environment. How do we simplify? So cleaning up our food, air and water by simplifying one piece at a time.

Because you got to look for microplastics herbicides and pesticides which you did not consent to having on your food if you knew they were going to distort your hormones, decimate your gut microbiome, shred your gut lining, all of your organ linings, including your blood brain barrier, would you have consented to that?

No, no, you would not have messed up your cholesterol. You know, take away your brainpower. No, you wouldn't have consented to that. And we also need to consider how much more a factor mold is today than it used to be.

There's no age of home that is safe. I have an older home. So I need to keep an eye on things. Sure. Yeah. You do, but if you have a newer home, you definitely need to keep an eye on things because leaks happen immediately.

And what? 85% of our buildings in the country have been water damaged, and it doesn't have to be a current exposure. It could have been a past exposure.

I have spent time I worked in or lived in over ten moldy buildings. I realized the other day, and, this is not and this is not like, specific to me. That's not unusual.

So what does that mean to you? It's going to shut down your liver, start your immune system, shut down your mitochondria, in your brain, under your skin, all the places they matter, your little energy power plants.

So it's going to steal your sense of self and open the gateway to all those other pathogens. So it's why we talk

about toxins as a bucket that is rapidly filling up.

Right. And also how parasites go hand in hand with that, because parasites will take advantage of that terrain. Climate co-infections will take advantage of that terrain.

And then you'll see the havoc really get going. So what does it mean to you? We're going to take our health into our own hands from here. Today's the last day where you're going to stop saying that's somebody else's problem, to think through.

It's your job to love your body, and you don't have to be perfect. I'm not perfect, and I'm inherently a wuss, and I'm not as good as doctor sharing at this.

I am inherently lazy about self-care. She's a self-care queen. I self forget all the time, and I'm so if I can do it, you can do it. You know? That's all I'm saying.

And it really is one piece at a time and might sound boring, but if you celebrate each step along the way, it's like, I'm doing so good, then you're adding to the momentum, and that's all you can do is focus on what you have control over.

So that's my invitation to you. If you want to feel like yourself. Well, where's the party? Because that's a good invitation. So tell us how they find the party.

So sharing kind of birthday party ones at my house. And what was the most organic food? We just like way too much stuff, so it's hilarious. Yes. The detox party. Totally.

You know, your birthday party, we're all, like, emotionally detached, like. Yeah, we we party a little different.

Environmental Toxins and Taking Back Your Health

Like, you know, we did all this process work, and we had all these, like, organic, gluten free scones afterwards, and we're all, like, hugging except for school areas.

This whole area was great party. But where can they party with you? You can if they want to, accept your invitation, which I hope they do. Yeah. You can come find us at Detox nation.com.

We've got a great menopause series for you to read on there. You know, is it menopause or is it mold? Is it menopause or is it parasites? That's fun. And you can find me on Instagram.

Sinclair Kennally or the Detox Nation. And we're here to support you with liver overload. If you want to come learn how to do your first coffee enema, that guide is for you on there.

Come, come, get on the weird side with us. And you'll be shocked at how fast your, your sense of self comes back. It's not too late for that. Yeah. Beautiful. Beautiful. Beautiful. Yeah.

There's a home we didn't really get into today, but there's a whole emotional, you know, piece that comes with your liver, with your bile flowing, with all of these things.

So we'll have to do that next time. Oh, I'd love that. Let's do it. Yeah. So go check her out, see what they're up to. They're up to a lot of good stuff.

And you're rocking the gram. So definitely go follow her. I love your posts. Oh my God. It's they're they're just you know they're either like informative they're funny.

They're make you think they're just really good. So follow her on Instagram gram. And yeah. Really there's a lot in what we just talked about. There's a lot of subtlety in what we talked about.

So if you weren't taking notes, that'd be a good reason to listen to this one again and just sit with it, because this kind of stuff kind of percolate and digest and, you know, you ingest and digest this like as you're ready.

And sometimes at first we're like, And then we listen again and we go, oh okay. And so there's a lot of really valuable things we touched upon today even though we didn't say, you know, take this three times a day at 100mg.

Like you got some really good philosophy here which is the beginning of everything. So yeah I love your work, Sharon. You know that. And I really appreciate your advocacy in the space for women.

So thank you for having me on and for doing this. And, you know, I think the biggest shift for me when I was going, when I was sick and also when I was going through menopause was understanding, oh, I'm no longer going to ask, what can I get away with without my body fighting back?

And instead I'm going to say, what can I do for my body and be in partnership with it? Because, beloved is the body, for it is the vessel of the soul, you know.

Of course you want a pure expression of who you really are. Like, this is the stage of life where we realize, oh, oh, nothing is holding me back. I am the one determining the quality of my life, and I am not going to play a small game anymore.

I don't have forever, so I need to be who I really am. And that starts with partnership with the body. Love that, love that, love that. And thank you. Sinclair is one of our sponsors.

I didn't say that at the beginning, but we bow, we honor. Thank you. You know, without sponsors like Sinclair, we wouldn't be having these conversations.

They're really the heartbeat that will enable us to produce the summits and bring them to you. So we appreciate your support. And you're. And this Cassie, for women and just all the beautiful things, I love you.

Well, we'll take our little. We'll have our love fest off air. We have. So thank you all for being here. Sinclair's work is really powerful, so go check it out.

And, Yeah, take this to heart and soul. There's a lot of beauty in here. And, you know, ultimately, it is peeling away the layers to find out who you really are and why you're here.

And yeah, life is meant to be living and stepping into. And that's a beautiful part of the stage is life. So I love you all and I'm glad you're here. And thank you for being a part of this.

And we'll be back with another talk.