Introduction and speaker background

Welcome back to the conversation. Today I have with me Sinclair Kennally. Hi, Sinclair. How are you? Great to be here. And again and again and again, we meet to go over some of the most important topics on my summit.

So this time it's going to be all about heavy metals and the connection with infections and parasites. So this is going to be a wonderful talk in case our audience doesn't know you, which I don't know how.

But you are the co-founder of Detox Rejuvenation. You're an award winning expert on chronic digestive illnesses. You're the host of Your Health Reset podcast.

You're a survivor of complex, chronic illness. And, you know, through all this experience, you help people with chronic, complex health conditions get well again.

You're also known as the liver lady because you're an expert in all things liver. We're not going to really talk about liver today, but if you want to learn more about liver from Sinclair we'll set you up with how to get a hold of her when we get done with this talk.

But it's so wonderful to have you back. Thank you so much for doing this talk. Oh, it's a joy to be here. I love your events and I just love the way you advocate for people to take their health into their own hands.

So you're just doing amazing work. Thank you. Well, today we're going to have an enlightening talk about metals. We're probably going to break a lot of myths.

We're probably going to have some surprising aha moments in this talk. So strap in everyone. And, you know, a couple of the hot topics that we really want to unpack here are about aluminum, mercury and radioactive elements.

Now, I think that this is widely misunderstood. I think that the EPA has falsely created this sense of security, like it's not really a big issue. You know, I was writing a piece, I was writing a heavy metal protocol and I was doing some research on, you know, just all the different heavy metals that we find in heavy metal testing.

And I kept finding in my research really silly statements like, but this is well monitored by the EPA and safe standards are in place to make sure that you don't get hurt.

I mean, this is ridiculous. So let's start with aluminum, shall we? What do we know about aluminum and what is not shared about aluminum? And why is this such a big problem?

I love that question. And you know that because it's so important to be disruptive of this like collective trance, that just because we're living in this modern era, that somehow someone else is doing their thinking for us and we don't have to understand what we're being exposed to because someone else is handling it, whether it's a three letter agency from your government or, you know, somehow everything should just work as what we think in this day and age.

Right. But the truth is, we have been widely exposed to some very disruptive elements. And I use the word disrupt deliberately because our bodies know how to heal.

If you are listening to this and you're struggling with a health issue, it's not that your body's forgotten how to heal. It's that it's been interrupted.

And so it just needs a little bit of strategic support along the way to reclaim its own innate healing capabilities. So we have to ask ourselves what has interrupted our own capacity to heal?

And aluminum is absolutely at the top of the list. We are really living in the age of aluminum, if you think about it, because it's holding our food in our cans and in our processed food containers.

It's in our personal care products. It's actually legally allowed to add it as an anti caking additive in your in your flowers and your foods like this is this is totally legal and it's not actually a heavy metal, but it really behaves like a heavy metal.

It's a metal that is highly toxic to you. We did not involved with it. It's very plentiful in the Earth's crust, but we weren't mining that through the ages. This is just very, very recent.

And unfortunately, one of the main ways that we're getting exposed to aluminum you don't even know about. So you might be thinking, I'm doing so great, I already swapped out my deodorants and clear.

I haven't done aluminum in a long time. I feel like, that's awesome.

Aluminum exposure and health effects

Now let's look at the 75 other. Ways your getting Exposed and while you might still have a heavy load, this is especially important for women because yes, our as soon as our lymphatics become sluggish with aluminum, we can get a huge proliferation of, you know, pathogenic species really taking over.

And that can absolutely happen in the breast tissue right near where you would have been doing it with, you know, a little bit of deodorant back in the day.

But it's actually coming in through your sinuses, in your lungs. Interesting. It's in the air. So can we talk more about this? Because I know our audience is pretty savvy.

They've switched their deodorant. They're not using aluminum cookware. And hopefully you're not using aluminum core cookware either. Maybe you stopped drinking the Lacroix and you're going for, you know, glass bottled seltzers or making your own.

But where is it coming from in the air? Where and why? So there's the easiest way to say this is that it's in our air pollution. So it's it actually is in our vehicle exhaust and that includes airplanes.

So you are looking at a sky right now that has, you know, higher levels of aluminum, an infinite were did back in the day. You know Dean Wigginton has a really interesting body of work around this.

And so if you're curious about this, I strongly encourage you to look at his studies because aluminum, barium and strontium have really gone up in our air pollution in the atmosphere.

And you can speculate as to why. But if it's up there, it's probably from airplanes and it's, you know, drifting down. And the problem is there's a cascade effect that happens there.

First of all, you know, the the planet is its own contained ecosystem, right? There is no away. So we're getting pollution from China out here on the West Coast.

You know, we had pollution from Fukushima. You know, within days you could see a huge uptick in radioactive issues right after Fukushima actually, although as far as in dairies in Vermont, because they have to measure, you know, radioactive materials there.

And right here where we're at in California, we live on the coast of California, and we're directly across from Fukushima, actually, northern California is directly across where my parents live.

They're like the sister. Crescent City is the sister city to a city in Japan. I know that it is so when when tsunamis originate from from Japan, they they hit hard on the north coast of California, the southern coast of Oregon,

because that is directly across the ocean.

But anyway. So, yeah, I mean, we're getting hit hard over here in California from from Fukushima. We are. So what we have to understand is that, yes, we're living in the age of aluminum and that has a cascade effect.

So what does aluminum do in the body? You know, yes. You're getting it through food, through the materials that your food is held in your personal care, like make up.

It's common additive. It's not just your deodorant, but it's all you're also breathing it in. So we have to think about where it's entering the body. If it's in the skin that's slowing down the lymphatics and shutting down the mitochondria right underneath the skin, right where you may have applied it over the years, but if you're breathing it in, it's actually affecting your sinuses, your lungs, and it's actually having a much more systemic effect.

And because we all have a tendency towards leaky gut in this day and age, because of glyphosate, aluminum, that you're eating in those food additives, in those food, you know, food that we came in cans, food that was, you know, or, you know, your earlier LACROIX like you mentioned, in an aluminum can, it's actually not easily able for your body to excrete that out and through the digestive tract, you're you're more likely to take it in through your leaky gut into the bloodstream, especially because aluminum bonds to glyphosate and that's a really big problem because then it has a neutral charge, which means it's allowed to go anywhere in the body at once.

It usually ends up in the brain. And your glands, like your thyroid. Yes. And your liver deep in the lymphatic tissue. But this is a really big problem because basically our bodies, exquisite rules about what's allowed to go where go right out the window just from eating food that, you know, has been conventionally grown once in a while from glyphosate.

So we have to think about the synergy of heavy metals and radioactive elements. Actually, radioactive elements, you can have a 17 times increase in uptake from radium, uranium, all those guys in the soil when glyphosate is present.

So your plants actually have 17 times more radioactive material in them. But I'm getting ahead of myself. We're still. Yes. Okay. So aluminum, you've mentioned brain.

You mentioned a lot of it ends up in your brain. So can we talk about, you know, why this is relevant with the level of neurodegenerative disorders that we see, you know, dementia and Alzheimer's and even in children, brain related disorders.

So this is really affecting not just the older population, but it's affecting our children as well. So. Yeah, you really hit the nail on the head there, Laura, because depending on what age you are, you are either way that you are expressing your aluminum distress is going to shift.

So the older you are, the more likely you are to show the symptoms of ALS, Alzheimer's and Parkinson's like those types of neurodegenerative and dementia, just generalized dementia.

If you're younger, if you're a child, you're more likely to exhibit A. D. D., ADHD, generalized anxiety disorder, depression, even suicidal thoughts, neuromuscular disorders.

There's a lot of research between aluminum in that, even neuropathy, and also a lot of digestive issues are actually getting driven by aluminum and the microbial response that is literally required.

Like your body's like, oh my God, I can't get this stuff out. It just gets reabsorbed in that intrahepatic recirculation toxicity. So what am I going to do with it? I'm going to coat it.

I'm going to coat it with Candida or other fungus like or biofilms like. Maybe I could store it in some pathogenic biofilms. Like, what am I going to do with the stuff you, you know?

So that's where we get like colitis, constipation, you know, all those things like yes, flatulence. Yes, bloating, yes. Crohn's, you know, all these big issues as well.

So it's highly neurotoxic just to re encapsulate what inner aluminum is doing. It's highly irritating to the nervous system and yes, it's very disruptive to the brain, but it's also really attacking the first brain in our gut.

So we have to consider like these mechanisms of damage so that we know how to slowly unpack this because you can't go in and just, you know, do an I. V.

to push the stuff out that can actually crash. You can really harm you. So I know we'll talk about solutions. Yes. And I'm really glad you mentioned I love that you just called the gut, the first brain so that not the second brain.

The first. Right. Yeah. We're going to talk about solutions and the correct way to get metals out because you just can't go in there like G. I. Joe and try to pull this out.

Right. It's going to crash you. So let's let's shift to mercury because this is a huge topic. And I feel like Mercury is more well known as harmful. And like you just mentioned, kind of aluminum is this is kind of taking a first seat and more of a problem right now, just I think because of the unknown and the fact that it binds to glyphosate.

So now talk about mercury and you know, there's some myths around mercury. And this was so frustrating when I was, you know, writing this this guide. I'm on a lab interpretation and the amount of false safety that's out there about mercury, but it's used in safe amounts, but it's used in safe amount.

There is no safe amount of mercury inside of the human body. Zero. So let's talk about this. Yeah, that's correct. There's there's no legally established safety limit for mercury.

It's actually the government refuses to say that. Okay, that's a below the threshold. We consider you to be safe from a legal perspective. It's actually they're not willing to say that, which I think is really interesting because now we're on heavy metal.

Number two, I'd say lump aluminum and heavy metals for my periodic table nerds because it behaves that way in the body. So now we're looking at aluminum and mercury and those are widely used as adjuvants in vaccines and so many of us.

So I was on a normal vaccine schedule. You know, we're going to use a lot of burden and not understanding the downstream effect. And of course, the laws are on big pharma side.

And so we have this vaccine court where they're legally protected and it's on the burden of the consumer, i.e. the the guinea pig to come say, hey, this happened to me.

I actually I need help. And we've now awarded billions of dollars in damages because of that. But the the damage is still widespread. So one of the things that persists for Mercury is this myth that like, yes, it's in fish.

Like that would be your top sauce. It's not actually your top sauce. So it's a sauce that you can control and you can be really thoughtful about your fish sourcing and your fish consumption.

And that's a great idea. But we also want to consider, yes, our historical vaccine schedule and our future one. And what's actually in the shots that you may decide would be best for you.

And we also wanted, which means you have to understand what the many, many legal hidden names are for hiding mercury in in shots because. Oh, let's talk about it what are some of those hidden names.

Apartment for you in a second they're really long. Oh, okay. It's just. No, there's not. Something I can rattle off because it's like 11 syllables, but, I mean, we could share that as a bonus for your event to their parents. Yes.

They had a lot of hidden stuff. And I want to make the point here that you're actually your top two sources of mercury. Could be your own dental work, your amalgam fillings.

Over 100 million Americans have had amalgam fillings. And did you know that amalgam fillings are actually half mercury by volume? And in the first seven years of having those fillings in your mouth, half of that mercury is evaporating into the body because mercury vaporizes at room temperature.

Guys, this is a really stupid idea. In fact, as soon as amalgam fillings were invented, American surgeons banded together to actually campaign against this.

This is before 1900. There were like. This is a really. Bad idea. The mouth is connected to the body. Please don't do. This. And actually, amalgam fillings are classified as a medical device legally so that otherwise if you had to say that they were an implant and that they actually had a legal relationship to the body, it wouldn't qualify.

It's unbelievable. I mean, I finally got my amalgams out, you know, recently it took me a long time to just do it and to get up the nerve to do it and to, you know, shell out the money to do it, too.

It's not cheap. I mean, it's a it's a real thing. Yeah. Mercury has a 35 year half life in those amalgam feeling. So if you're like, Well, they've been in for decades, how bad could it be at this point? It's still affecting you for sure.

And Mercury is highly neurotoxic, just like aluminum. And those fillings expand and crack the tooth and then they just leak, leak, leak. Yeah, exactly.

Yeah. And every time you're causing friction against it, when you're chewing, you know, every time you're holding your cell phone up to your face, it's radiating and heating up as a little antenna.

Hmm. Yeah, I know. I'm a lot of fun at parties, guys. Look at how all these poisons intersect. Very well. We'll give everybody hope by the time we're done talking here that we got to set the stage here for.

For what's possible. But what's really happening and what you can always count on from Sinclair and me and the people that we bring on this project is the truth.

That's what we do is we speak the truth no matter what the cost is to us. We speak the truth. So. Listen, this is kind of. A pact we've all made, like no more, no more putting our head in the sand, no more supporting the lies.

This is really happening to people. People are being poisoned. So mercury is in our amalgams. Mercury is in fish. Where else is mercury? So, you know, you have to consider maternal fetal toxin transfer.

So like, if you're the oldest, like I was and Mama had a lot of fillings, right? Exactly. Oldest. You know, and whatever mom's dental work was, you know, that's going to get mobilized because mom's job as she's building the baby is to pull and draw in minerals and all the resources from all corners of the body to build a healthy baby.

But unfortunately, you know, they're heavy metals in play that's also going to affect the child for, you know, your and really shape the trajectory of your life potentially.

Mercury sources and toxicity

So that happened to me for sure, but and it's definitely set the stage for serious issues as a toddler, I was, you know, constantly on antibiotics and things and that that's really one of the core issues.

Our parents generation was like my mom was breaking thermometers and playing with the mercury. With the mercury. And that all transferred to us, the offspring.

Highly absorptive. And remember it vaporizes at room temperature. So you're inhaling it and you're also absorbing good skin. So and 80% of mercury that comes into the body tends to stay in the body because it's so difficult.

Again, we did not evolve with mercury and how to process it. So we don't have detox enzyme genes for this. It's very easily reabsorbed in the body, highly lipophilic.

So it ends up in the brain and ends up in the thyroid. That's what happened to me when I got my amalgam fillings. Drip, drip, drip. I started getting a lot more anxiety.

My temperament changed, I got more socially anxious, went from being a very self-confident kid to having, you know, serious depression and which is not uncommon, we think, oh, you know, all of this is like a trauma base.

And we're in our culture right now. We're talking about everything as if we're very fragile as humans, like, oh, I had a trauma happen to me, therefore I now have a story attached to me.

And that's why my temperament is the way it is. And actually, I deeply believe and I was a trauma really specialist, that's where I started in Healing first.

So I get to say this I deeply believe that we are hardwired to be very resilient and that we are hardwired to rise, to meet life's challenges and to process them at the appropriate time.

What interrupts us is this high toxic burden that can actually shift our temperament so much. Aluminum making you A. D. D., ADHD, highly anxious, slow brain, foggy als, alzheimer's.

You add in mercury from mom or from your amalgam fillings or from fish. Yes. And or from your lipstick, honestly. And then you're getting, oh, that mercurial temperament that now I we say mercurial.

It's from mercury. It's wild swings in emotion. Are mercury in retrograde mood. The planet Mercury. Why, I know that's a favorite too. I might say that all the. Time because Mercury Retrograde.

Tell me about the air and Mercury. So because Mercury vaporizes at room temperature, it's really easy to inhale this stuff and that in this way you're you're more likely to those top sources of mercury are going to be the dental work mom and you know personal care products where you're absorbing it.

You're more likely for air pollution to get aluminum, barium, strontium, these things that are well understood to be a part of our pollution ecosystem at this point.

So and the trouble with this is you may have had a urine test or a blood test to say heavy metals, and you might be listening to this going, wow, thank goodness this isn't a big issue for me.

I did a urine test or I did bloodwork with my functional medicine doctor like, well, that's not actually like the best way to assess your heavy metal load.

Oh, and chances are if it comes out normally you've got heavy metals because there are no nontoxic people left on planet Earth. I mean, we're all exposed to this stuff.

So in the few minutes we have left in this first part of our interview, I want to shift into radioactive elements and can you connect, you know, because these are the worst heavy metals, right?

And can you connect it? So it's hard to say, like this is the worst. This is the worst. Like this is the worst. So there's a lot of bad. But also, can you connect how these metals set you up with an environment that is just perfect for parasites and infections?

And yeah, so this is the really interesting thing about heavy metals and radioactive elements. Radioactive elements are really just the heaviest metals.

There are certain forms of charged metals that continue to create damage in a whole new special way in the body. So it's it's really fascinating. But you have to think about what the body strategies are for this.

So when you think about terrain theory, and I know you have some great experts on here talking about terrain theory, which is so important for us to understand.

Your toxin bucket has been filling up. Right, with the aluminum. With the mercury. Oh, yeah. And the radioactive elements. And I'll talk about how you get exposed to those in a second.

If you fill up that bucket enough, your body only has a few options. It wants to excrete those things out. But you have detox pathways that have become compromised and overloaded from the sheer range of toxins you're exposed to, including these heavy metals and radioactive elements.

And also, we didn't evolve with these to let go of them. We don't let go of them very efficiently. It costs the body a lot of energy to get the stuff out and there's a lot of recirculation, mostly of the right binders on board and all that.

So what can the body do? Goes into storage. You want to get these things as far away from the vital organs as possible. And because also not only are they creating damage everywhere they go to healthy cells, disrupting the nervous system, suppressing the immune system, but they also create stagnation.

So what love stagnation, infections. Paris sites and they can set up shop. Right. And your immune system is not in a position to fight back. You're right. It's not stupid.

It knows that these are here. You know, these these damaging elements and it knows that these pathogens, these parasites are here. But it also knows that these parasites will hold the heavy metals and the radioactive elements for you.

They're here to be your toxin sponges. The problem is they come at such a high cost, so you get symptoms from mercury, aluminum and yes, radioactive elements.

And we'll talk about this. But the symptoms are but then you also get symptoms from parasites. And that could actually be what is driving most of what you think of as your health illness.

You know, your health condition, which I think you just off like. You just dropped a huge bomb, so. Oh, no. So the metals are setting up shop for all the infections to thrive.

Yeah. Now this, this is very much differs from, I would say, a western medicine and most functional medicines perspective on what's really happening here and how to solve it.

So we're going to get into that next. I want to thank you so much for, you know, contributing to this first part of our talk today. Thank you for joining us.

And to our audience, I hope you found a conversation, insightful and helpful. We're going to keep going and talk about solutions and how to really solve this.

If you're a summit purchaser, stay right here because we're about to dove even deeper into this discussion with Sinclair. If not, click on the button on this page to get access to a continuation of this conversation and many others, and get all the tools you really need to reclaim your health and if you're watching this continuation of my talk with Sinclair, thank you for being a valuable member of our community and let's dove right back in.

So, Sinclair, I would really love to start. Well, let's let's start with unpacking some of those symptoms and then we'll go into solutions. So how do you know that you might have metals just overloaded in your body?

It's a great question. So let's look at radioactive elements specifically. I when I think about how to spot radioactive elements, I always think of a clean I have caller Sharon and she was like one of those unfixable you know.

So she was like the gluten free yogi who still felt like crap, you know? Yes. She was running a busy doctor's office and, you know, running circles around everybody in her life.

But she felt awful and she had for decades, no matter what she tried and she had hair loss, she actually wore a way to work. She had a thyroid issue that had been very longstanding.

She had hypothyroidism that then developed in a full blown autoimmune condition. She had skin issues that were unexplainable that seemed to come and go.

She had fatigue, she had anemia. She had like a difficulty achieving a deep state of rest in a way that's almost hard to describe. And you know what I'm talking about?

If you're listening, like, if you've ever been that exhausted, you don't even have the energy to rest. That's what her life was like. You know what else she had?

Osteoporosis. That's another huge sign of radioactive element poisoning. And it's also cognitive stuff. You know, it was she was really, really intelligent, but she really struggled to track things.

You know, she had to work so hard just to get the basics. So this is like, I just want you to know if you're listening to this, all of this is fixable.

But there are also some other signs that could be, you know, an issue for you. You may have a different hormonal issue, maybe pituitary hypothalamus doesn't have to be the thyroid because radioactive elements are really hard on the on the endocrine system as well as the nervous system.

Other ones are like dry eyes, dry or mouth dental problems or your teeth are just like you go to the dentist and they're like, Oh, those groups died. Now we have to take this out. And you're like, What?

This took us from six months ago? Like it's that kind of thing, you know? Another one would be like loss of appetite or your taste buds change. Your vision is deteriorating faster than you think it should.

And also just all the gut stuff, honestly, like the thing about chronic conditions that's so hard is it could be a sign of radioactive elements, mercury, aluminum, pathogens.

You know, the list goes on and on and on. Right now, it's it's affecting every nook and cranny and part of your body, really. I mean, we could probably sit here and list symptoms and conditions for 20 minutes.

We literally could. And it wouldn't even scratch the surface for just mercury, aluminum, uranium, you know, radium. The thing that's difficult about radioactive elements is you're like, oh, okay. Well, that's from something far away, right?

Like, I don't live near a nuclear plant. I didn't live near Fukushima, I haven't visited Chernobyl. Why would that be an issue for me? And the truth is, most of our radioactive element exposure is actually from the groundwater itself.

It's naturally occurring deep under the earth's surface, like in the water table. And with the amount of fracking that we have done in recent decades, a lot of that has gotten mobilized or because of the way that, you know, our hydration has been shifting, you know, across our planet.

And you actually you might be drilling further and further down to get to the water that has just been very slightly contaminated with radioactive elements.

Yeah. And, you know, we've had talks before where you suspect that there are you know, we think about spring water because if I drink spring water, that there are actually the springs around the planet where we think we're getting clean water, actually contaminated as well.

Yeah, exactly. So I know everybody wants it. They don't like my answer for what to drink. I'm like, well, where are you? Well, but my thoughts are with water.

They don't want it. No, actually, it won't. The filters are not designed to filter out radioactive elements that are so difficult to filter out. So what does that leave us with?

Oh, I should do spring water because it's naturally occurring. No, Laura discovered that for you. So what should I do? Well, we suggest distilled water for this reason.

What? Sinclair, if I drink distilled water, it's going to leach minerals out of my bones.

Radioactive elements, parasites, and infections

Yes, well, that. As I facetiously, laughingly say so unpack that so that everybody feels safe. So that has been debunked. And over and over and over again, we have like Cornell Yale spin on The New York Times, some letter to the editor like this is what is going to kill me, right?

Like, no, that's been debunked. Like that's this is well understood. Now, what distilled water will do for you is it will help to mobilize non bioavailable minerals out of the body.

So basically what your body terms as these are in the wrong form, these are junk or these are toxins. I can't use them. Your body is very specific about what kind of minerals and metals it actually needs, and they really need to be predigested by plants and animals for us.

And we're really not like designed to be getting our minerals from our water source. The one exception of that would be like the glacier water where you've had hundreds of thousands of years to break down these metals like Fiji is a good example of that.

The Italian Alps are a good example of that. That's why they had such a proliferation of great societies there for a while, but also the Roman Empire.

Why did that crumble? Because everybody went insane. They were using lead heavy metals for their jewelry to store their wine as plates, you know, like that's what happened there.

So we have to really consider the wide ranging impact of the stuff. Wow, that was a trivia for you. People are taking that to Christmas dinner. Seriously? Thanksgiving dinner. Wow.

Oh, my gosh. It's so good. So good. Okay. So distilled water all the way. I mean, this is what we do in our house as well. And and I know you recommend this to your community.

I actually learned this concept from you. So thank you. And of course, we've shifted my whole family. I can remember the first time I met you. So full disclosure to everyone.

And I always share this. Like I hired Sinclair to kill my husband because I can't do it myself. And when she started working with my husband, I was scratching my head going, What is all the what are all these things you're recommending?

I never heard this when I studied at the IFM, the Institute of Functional Medicine. What is it? What are all these things you're recommending? This doesn't. This is like nothing I've ever learned.

And so of course, then I, you know, went right under your wing and mentored with you and your partner, Michael. And and this is a huge shout out because if you're a practitioner and you want to learn more like I mean, Sinclair runs practitioner programs, your kind of beta testing it right now, you might do more in the future, right?

Yeah, yeah, yeah. Working on conferences and all kinds of cool stuff. But anyway, so you can learn more from Sinclair. But so this was really impactful.

And now my whole family, my parents, my siblings, everybody drinks, distilled water like we show up for holidays

with our distillers and have dual distillers like running because we have a whole family together and we run two or three distillers set up so that there's plenty of clean water for everybody.

I mean, this is. What we do so happy. I know my first question when I have to go somewhere for like a conference or something is can I drive, can I bring my distillery?

I with mine to the last conference, I brought an enormous suitcase everybody made fun of. And it was full of my like essentials, which included a water distiller.

And they're so they're southwest delivered it for me to Arizona. But you know, it was so funny. Okay, so what else can we do? So start drinking distilled water to get the radioactive elements out?

Let's shift into solutions here. So and let's bust some myths about solutions that people think work that are really not working and maybe also about the order of operations in order to actually solve this.

Because you like I said, you don't just run in like G. I. Joe and just start pulling metals out. You've got to actually do some prep work. Yeah, that's really well said.

I'm I'm so glad you're giving us time to cover this right now, because there's a lot of really dangerous myths that persist about heavy metal detox out there.

And it's it's actually far easier to crash yourself with what is considered acceptable today in Western medicine, in functional medicine, even or even, you know, from your natural health practitioner, because they want to go in like cowboys with the stuff and mobilize everything to fast.

So we actually want to do some foundational prep work. One of the things that you can consider is like, where am I still being exposed? Because assume that you are assumed that you are with your air pollution, you know.

So in that you are with your water until you distill it and you know, get something on Amazon guys, you can go to my pure water ecom as a distiller, but you can also get, you know, like the mega home.

They're also cheaper knockoffs of them make a home on the Amazon like you know Laura and I are here to tell you to figure out a goal. So once you have your your water source secured and you're considering, how can I within my budget, you know, filter my air in my home because there's always a way to do something, right?

Then we can start looking at like, okay, where is my food being stored in? What is my food getting cooked in? I know that you can cover that with other people, so I'm going to skip right to the healing part.

You know, we don't want to go right after heavy metals and radioactive elements first. We actually need to do foundational gut healing and resell the gut lining.

We need to wake up the mitochondria and we start offloading pathogens now. So I. Know. So I just want to pause and say, we've heard this again and again from our speakers.

You need to start with gut health, you need mitochondria energy support, and you do need to start getting rid of some of those pathogens first. And people will argue this and they'll say, No, no, no.

But the parasites are, you know, containers for metals. And if I take those parasites out, won't I get sick? And so it's and I always explain it as as we're a waltz, we're doing a I don't know, it's a merengue, it's a whatever dance it is.

But there is an ebb and flow to this, right? So we're in a dance with our immune system, with the parasites, with the metals, with the toxins, and you've got to start moving some of that out.

So I just want to highlight that again because I just don't want to go through that too fast because this is so critical. So like what you're sharing right now is literally like whoever you're working with, the our viewers, whoever's

working with you, make sure they've got this dialed in.

So. Okay, keep going. Yeah, this is this is really crucial, understand? Because once you have an overburden of toxins, which if you're alive today, you do.

And so then your body actually requires that pathogenic paleo morph as take place. You know, all these infections crop up, all these pathogens start setting up shop and absorbing these toxins for you.

But yes, driving your symptoms and coming at a huge cost because they eat first. So they're eating first and they get first crack at your nutrients, your neurotransmitters, your serotonin, your GABA.

You who you are is actually receding and shrinking. And think about what kind of shape you need to be in to offload really toxic elements. You need energy to do that.

You need a functioning digestive system and you need to be able to utilize your own nutrients. So what that means is we get to do some prep work versus decompress.

Symptoms of heavy metal overload

What does that prep work look like? It looks like drainage. And so it's such a yucky sounding word. But I do not want to be a female draining anything.

I just want to tell you that. So and I totally get that because, you know, when I was learning the stuff the hard way because I was so sick, you know, it sounded like a lot of work, first of all.

And I'm inherently, you know, a waste. And so I was like, is there a shortcut or something? You know. You're a work. All the time. It was you didn't know that about me.

Yeah, I mean, I do, but I also know you're, like, made out of steel. So there's this side of you that is a grinder. Like, you're. You're you're made of hard stuff, but, yeah, you're kind of woozy, too.

Yes. I have phenomenal stamina to take care of other people when it comes to my own health. I'm a little on the whiskey side and I would rather be like, is there between like, is there a is there a baby version of this, you know, or a shortcut, you know?

And so, I mean, you can blame that on a lot of things, but that is my was my first set of instincts when I was feeling. And it really I had to grow into the capacity to do this deep work.

So I always say, if I can do it, you can do it. Because I'm the opposite of you. Do you remember working with me? I'm like, faster, faster. How can I go harder?

Give me more. Give me lower. Down. You're in trouble with me. Say, yeah, I know you made me stop. You're like, No, this is not a race. Yeah, you were like, More is better right now.

More is not just it is, but exactly. So here's what we want to consider, right? We want a silver lining of support. Drainage. What does drainage mean?

It means we're going to support our body's own strategies for letting go. If you are really healthy, you're able to easily absorb what your body wants and easily let go of what your body doesn't want.

That's what drainage is. So health is returning to a state of flow. Illness is stagnation. So stagnation is toxins, pathogens, those parasites, infections, health is flow.

So we need a lot of drainage to return to a state of flow. So if we're going to get out these toxins, we need the exits, like the pathways to the exits.

Clear. Right. We need to get out some of this junk for us. This means you got to be pooping. Sorry, that's not optional. If you're not pooping, you're not allowed to detox this.

Poop every day. Yes. Exactly. Flushing out that colon you want to be restoring gut motility you want to be. And then from up from there, in what we would call the drainage funnel, we would do more liver support work.

How can we get those 2000 miles of bile ducts flowing again? Because they've gotten really crunchy and sticky and sluggish with all their toxin exposure, which is the perfect environment for parasites.

So we're we're energizing the body by getting those gears moving again, clearing out the pathways to the exits, which means, yeah, you got to get some of these pathogens out.

You have got to go after the big worms in the gut. And then you can start going after like those biofilms and some of the more systemic infections later that are really housing and trapping, you know, the aluminum, the mercury, etc..

For me as you. Sinclair So, I did a gut test and I didn't see any worms on my gut test, so. Okay, I have worms, right? Oh, actually, you're dead wrong.

Well, tell me more about that. Yeah, if I believed my my gut tests, I would still be sick. So if we just saw, like, okay, if the absence of parasites on my stool test means that there's an absence of parasites in my body, that's not true.

There's just there's a limitation to this right now, guys, that we can't have this magical thinking about what? That the solutions that are commercially available to us in terms of testing, it's a really good layer of information.

But oh yeah, tons of good information and a gut test. Not the most ideal way to find parasites. The best way to find parasites is to do a parasite. Protocol is are pooping them out.

That's what my group is in the toilet, right. Yeah. So you to think about like how, how long a technician spends with just one little smear from one little stool sample from you and think like a parasite as if you're a parasite in your body.

Are you going to go out with the poop? No, you're not. Some of the eggs might, depending on the time of month, depending on the bound movement, depending on your strategy for repopulation.

But you might be laying your eggs in the lungs like Strand. Or it is, you don't need. To go in and hanging out in the gut, back and forth, back and forth with food.

Hey, let's go layer eggs over here where they can't get out except for when somebody is having a coughing, hacking fit and coughs. Strongyloides eggs right into your eyes.

Yeah. You'll never sit next to somebody on the bus again. You'll be like, oh, I'll stand over. Gotcha. The things we talk about. Okay, so what else? So this is how we're thinking about this.

We're. We're opening up drainage, we're waking up the mitochondria saying, Hey, I know you've been through a lot, and it's time to stop being in that cell signal danger response mode and go back into energy production.

We're creating safety with the nervous system. We're creating stability in the body. Look, here's some observable nutrients. Look where we seal the gut lining, hey, let's create more energy again, you know, and let's flush some of this junk out.

Okay?

Detox strategy and practitioner guidance

Now that we've been through our first big wave of parasite cleanse, now we can start looking at rotating from binders that were mopping up parasite poop and pee those endo toxins which are really irritating to you, very toxic, changing your behavior or keeping you from sleeping.

All the things driving inflammation. Now we can start rotating two other binders that would actually start effectively mopping up the heavy metals because your body's been energized.

If you've lowered the load enough that the body could start looking at how to gently start drawing the stuff out. And I emphasize gently and I used the word drying out for a reason We want to work with the body. We don't want to override the body.

So if you do heavy metal collation out of nowhere with some dummy you found on the internet. Sorry, I should start with a different way to say that. That.

Promises a heavy metal detox in a weekend or something, and it's the right price for you. Please, please, please be more discerning than that from now on and in away from that, because that kind of pushing too hard, too fast, drawing heavy metals out from deep in the tissues can actually set off a gut response.

Those pathogens need to have diarrhea. We didn't hear people like this all the time that have had diarrhea for like two years after going through this intense I. V.

collation protocol that they were never prepped for. So we want to think about drying out, binding up metals after we've set the stage for release. I know a lot of your practice has been in helping people that have seen just scores of practitioners and not gotten well, I know.

And all the practitioners that can't help themselves, which is fair because what we went to school for really no longer applies in so many ways. No. I mean, I realized that as soon as I met you and Michael and I realized, like, what I learned is, is actually not really solving the problem for people.

And I brought people through a lot of protocols that didn't give them the results that they were looking for. And I was just really grateful that you were willing to just take me under your wing and say, let me show you the way, let me show you all this that you're never going to learn in American Functional Medicine School.

And they know what we're talking about here is bio regulatory medicine that comes from Germany and Switzerland. And there's lots of people on this summit.

Michael Karlfeldt, Christine Schaffner, Kelly Kennedy, Sharon Stills. So there's lots of people here that you can listen to on this summit to learn more about what we're talking about.

Yeah, the summit is packed with with people who know this type of healing process for good reason because it works. Now, I love your taste in speakers.

I know we're all friends. It's so Sinclair. This has been amazing. We could go on and on. I would love to give you the floor to just any other pearls of wisdom, anything we didn't cover that you just think is, Oh, we need to cover this.

And then also want to make sure our audience knows where to find you and how to work with you and where to find your programs. And please, please, if you want, I would love for you to talk about any upcoming projects that you have, too, because, you know, we have an audience of health consumers and practitioners be so the floor is yours.

Thank you. Appreciate that. The first thing I want you guys to remember is that if we're talking about this, it's because. It's flexible. And it doesn't matter how long you have been struggling with the health issue, your body still remembers how to heal.

It just needs a strategic support. Right thing, right time, right order. So you may have even worked in this world before and used some of the, you know, products that Laura and I like.

But you may not have used them in the right order. And it really comes down to the stack and what your body is ready for. So you need to work with a skilled practitioner that understands that and is there to guide you through that.

And so all of it is fixable. It's just a project because we're working with the body's own strategies. So I really want you to come away from this like excited and hopeful, like, oh yeah, I'm not too broken.

I was mystery patient x the doctors didn't know what to do with me. Like the higher up the specialist, the less they knew what to do with me and it was really discouraging.

I remember that feeling, but that will end because the information is available right now. So yes, we do. We have a robust campus with lots of different ways to take courses from us, you know, on, you know, parasites and heavy metals and all those things we.

Talked about today. And, you know, supporting your liver to do stagnant, save your gallbladder, all the things we do, our practitioner mentorship, how to, you know, circle through understanding how to treat root causes and address them in an appropriate order while supporting the person instead of crashing them.

That's really important. And yeah, we have a really exciting project coming up later this year, a bigger a bigger stage and venue for those of us who really care about bringing this medicine to you and making sure to be really empowered to do.

It yourself, I think that's after the airing of this project, which is which is going to be in February 2023. And your big event is not till the summer, I think.

Right? Summer sorry. We're February 2024. We're watching this very year. I didn't even catch that. I wasn't sure. And so you're going to be in summer of 2024, so just stay tuned.

Get get on Sinclair's E mailing list and she'll send you the Details with us on Instagram. Get on our mailing lists. And what is it? What is the website? What is the.

detoxrejuvenation.com One more time detoxrejuvenation.com Okay excellent. And for Instagram it's @detoxrejuvenation Right? you can take our root cause quizzes.

Those are great self-assessments. Like which of these are really driving my symptoms? That's a great place. Perfect. Thank you so much, Sinclair. I love doing life with you.

I love, you know, our friendship and our time together, teaching people. And it's just lovely always to spend this time with you. So thank you for imparting all your wisdom.

And I know many of our viewers can't wait to get a hold of you, so do. It to hold everybody together for this. Like you're just an amazing advocate in this space.

And I forgot to mention one more bio rank person, Isaac Eliaz, too. I'm thinking, like, who are all the people? Like, think was missing somebody? Yeah, yeah, yeah.

He's here, too, so make sure you go watch all the speakers. Yeah. And I love pulling all these people together. It's so much fun. Well, thank you, Sinclair.

Until next time, everyone. Take good care. Bye now.