Your Liver's Secret Role In Heart Health And Emotional Balance Transcript

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Introduction and Guest Welcome

Welcome everyone to another fantastic episode inside of the Heart Attack and Stroke Prevention Summit. I've got a good friend of mine and a well known thought leader in the health and wellness space.

I think you're really going to enjoy the information here. Her name is Sinclair Kenneally, and Sinclair is an award winning authority on chronic digestive conditions.

And she's also the CEO of the detox rejuvenation, dot com website. And she's been, a host this on, several different summits and just well known. I actually, Sinclair and I just ran into each other, a forum in Las Vegas, and we were just kind of catching up, telling me all about all the cool things you got going on at the clinic down in San Diego, Oregon.

You got MDS, you got NDEs. You got yourself, as the leader behind all that. Again, welcome to this summit. Thank you so much, doctor Jack, it's great to be here.

I know we'll have really interesting conversation. Yeah. So it's let's let's dive into it. I love your attitude too as well. I love your attitude. I love your smile. I love your again.

It's just, it's just so refreshing because when you talk to people about sickness, or you talk about sick, you know, ill health and stuff like that, it's pretty easy to get down on things, and just, it is so wonderful.

Like I just said, you know, saw you in Vegas and just a person with a bright smile. And when I talk to people about when I go to cardiology conferences, all the cardiologists, they're all miserable.

Like, it's a miserable experience. There's nothing fun about it. It's all pharma propaganda, and everybody knows it, and everybody's miserable. That's a much better place to be.

All right, dive into this right now. Heart attack and stroke number one killer worldwide. Why? I think that what we're overlooking is that we're in the era of toxins.

And so your bucket fills up a whole lot faster in this day and age. And whether that's and it doesn't have to be anything like, unusual. This is the toxins are coming in through your food, air and water and how how quickly your body can keep up with that is the number one determining factor of whether or not you're going to develop a serious chronic illness or an event like a heart attack or stroke.

And so, yes, we're people are really, finally outgrowing like the genetics paradigm of like, oh, it's just my genes. You sure about that? Because your family shares lifestyle as well.

And land exposures. And so when we open up our viewpoint beyond the gene paradigm, and we realize just how much control we have over our future, things get a whole lot more interesting.

Right. Because a lot of this is preventable. And when you say it like, oh, you know, diet and lifestyle, honestly, that sounds super boring.

Toxins as the Root of Heart Disease

What we're talking about is taking control back over your health by becoming a health detective and understanding what have I been exposed to and how have those layers of insults?

Because that's how toxins act. They act as an insult to the body at the cellular level, the same as an injury does.

How do those insults add up over time?

And how do I peel back those layers so that I can get my vitality back and avoid things like heart attack and stroke? So that's what we are always looking at, you know, in our root cause resolution paradigm. And I know who you are to.

Well, I, you know, it's it's there's so much debate in the food space. Everybody always talks about what foods the what not foods, you know, foods not eat.

And then we can even talk about some lifestyle things like the typical MD says, you know, eat healthy, get more exercise. And that worthless kind of language.

But I love how you dive into the toxins. I know you guys do a lot of toxin testing down there as as do we. And don't you find that you're just kind of gravitating towards those metrics?

First, the toxin burden, as opposed to everyone say, oh, well, what's your cholesterol? What's, you know, your blood sugar and it's like you're just diving right into the toxin category first.

Would you agree with that? Absolutely. That's the first set of panels that we run on people. I mean, of course, we'll look at a CBC and all that junk, but if you only had a limited budget and you wanted to know, what is it?

The root of my health issues, I would run a total toxin bundle from vibrance because it's an easy at home urine test. That's a great place to start. You can do it anywhere in the world they can ship to.

They give a room at five countries or something. So it's very accessible. And then you can look at mycotoxins. Have they been exposed to mold? Whether or not you're currently living in it, you're mold from your crappy college dorm room still counts, you know, especially if you haven't given your body a chance to break that down and excrete it and get the proper support for that.

We're just talking about that. It I mean, it hits you at every income level, honestly. You know, there's no short way around that. So and it's such an easy thing to check for.

And then. Yeah, we want to see your exposure. Organophosphates and other industrial chemicals, heavy metals. You know these are crucial to understand.

Like how am I going to or like what what is the originator of this information that eventually leads to things like heart attack and stroke. And these are very easy to peel back.

Like I don't talk about anything that's not winnable. I'm I know you don't either. That's that. That's so it's really easy to look at poison. We don't have to get overwhelmed by it and understand.

Oh, my body's having a logical response to the stressors that's been put under my body. Doesn't make mistakes. So what are those stressors? And what's the order that our bodies want to peel those back in?

You know. Yeah, I love that. You know, it's all about how the body responds to it. I guess some people's, you know, people's bodies respond differently.

Some people respond with different ailments. And for some people, all of these toxins could be gut related, skin related, brain related, heart related.

You're definitely one of the foremost experts as it relates to gut health. So tell me, how do all these toxins impact the the gut? And do you feel like that's kind of like that key part of the link where you've got the toxins damages the gut, and then the rest of the body follows suit after that.

But that's kind of the order toxins, gut, body. How would you break that down? Yeah, I think that's true to an extent

for sure. You know, one of the things that is actually a gift to you is if you if you are sensitive, you know, to, you know, and have digestive issues because it's an early warning sign, I would so much rather you get that early warning sign, even if you're frustrated by having limited, you know, limitations with your foods or, you know, digestive issues can be really hard on you, your life shrinks to the size of your symptoms if they get bad enough, but that's so much better than having, you know, I've got that's not telling you how much stress it's put under.

And then your first warning sign is, you know, a heart attack because your your liver will lie to you on labs. It will not tell you how hard it's working.

It takes a really long time. And you can lower down to like as low as 60% efficiency in the liver before it finally start showing up in standard ranges, you know, on your basic markers.

So yeah, your your early warning signs about toxin overload are off and digestive in nature because many of these herbicides and pesticides and molds create instant leaky gut on contact.

So suddenly you're having a shift in your immune response and you're a little more sensitive than you used to be to things like chemicals in the air. They're irritating you.

Why would that be? Because your your immune system is already noticing in your digestion that your exquisite rules for what is allowed in and out of the gut have been broken.

Toxin Testing and Gut Damage

They're constantly getting violated. So your immune system is going, wait, that's not supposed to be there. That's not supposed to be there. And it starts going, ready? Fire! Aim!

Ready, fire! Aim, you know, and starts reacting not just to foods, but also to, you know, smells like fragrances. Like if you're somebody that gets into an Uber and, you know, you just cringe when you notice they've got like the three air fresheners blasting at you.

This is a sign that your digestion is already off. Your gut barrier has been compromised by toxin exposures, even with organic food. I hate to be that bummer in person, but we just have lower amounts of exposures in organic food.

It's not zero amounts of toxins. So yeah, we want to consider what are those early warning signs. And also, make sure that you're tracing things all the way back to the originator for non heart issues.

Like so many people come to us tachycardic like oh I've got, you know, palpitations. You know, my heart is starting to show stress. And they're like okay, but why.

Oh well, you know my dad had the same thing. Really. Okay. Well let's run a mold panel though. Let's let's just start there and let's cross that off the list just in case.

And you know, eight times out of ten that's a factor. So whether your mold is causing, you know, flatulence and Sibo and bloating and all those fun things, or if you know, your gut is largely silent or you haven't noticed those signals and it's showing up, you know, in the edema, you know, the palpitations, your body's trying to tell you through whatever crack of awareness it can get to you.

I've been poisoned and I need help. Yeah. For sure. You know, the medical doctors love to use that. That genetics language or it's common language. Just because it allows.

That's the way they've been trained, of course. And in doing so, it allows them to take the easy way out, which is like, hey, listen, Sinclair, you know, you got these gut issues your family had, you know, similarly, your mom had the same thing, you know?

So it's just one of those genetic things. Nothing you could do about it. Therefore, you just take this prescription and when you, you know, behave that way and you learn that way, it makes life super simple. Number one. Right.

How easy is it? Oh, your blood pressure's high. Here's a pill as opposed to let's talk about all the things related to diet, lifestyle, mental health and wellness and all these things and all these advanced tests that we do.

How sad do you feel when you get into that Uber and you notice that smell? And then, you know, kind of, you know, you know, either drive with the windows down or get out of the vehicle, which I've done before, but I'm always I'm always telling these people, I'm like, hey, just, you know, F. Y. I.

You know, like, that thing is, you know, I'm only in here for the next, you know, five, ten minutes. You're in here, you know, all day long with that.

And, usually when you speak up and I know you're someone who speaks up and you tell someone we're here to change lives, which is why you and I are talking right now to all the people right now.

We're here to change lives. When you, tell them that information, they're very appreciative and very important. Yeah. I don't think we have to come at this from a place of judgment. Like we.

We were all raised to believe that, hey, someone else is looking out for me. If it's on a shelf, it must be fine. You know, if it's available for purchase.

Somebody has thought through whether or not this is, you know, a good idea. And the truth is, the burden of proof that, elements are harmful to you is actually on the consumer.

It's not on the corporation selling it. So whether that's a material like a chemical or a finished product, it's not their problem. There's very, very little regulation that actually protects the consumer from really harmful things that are actually devastating to your health.

So but if. They're going to but if they're going to claim safe, I'll take point with that. Right. Because if they're going to claim safety, if they're going to have, you know, it's kind of like, you know, Apple, you know, EarPods, right?

And like, oh, if they're going to say that they're safe, you know, then it is up to them. Obviously to prove that which you already know, but, you know, and but as far and as far as the judgment, too, I think I've been I don't think I've been guilty of that.

I've definitely been guilty of judgment on people for this. But I think, you know, my stance on this right now is like, I will judge you if, if I know that you know the truth and you don't see otherwise.

Like, if there is, I won't judge the garden variety cardiologist because that's the way they've been brainwashed. But it's like if they've been exposed to the truth, like that's the crime.

If you continue to do the things in the wrong way, you know, even though you know the truth, I find I find that's pretty difficult for me to not pass judgment on, if you will.

Right. Well, I have the hardest time with practitioners who aren't willing to learn new tools because, candidly, you and I are having conversations all the time, right, with other practitioners behind closed doors where they're admitting, okay, the tools we went to school to, you know, to learn are no longer enough.

And so if you're not keeping up with the data, today, then you're actually potentially causing harm. And it is extremely irresponsible. So we know that doctors get less than 22 hours of nutritional education in their entire academic career.

So they're not thinking about how much control you have over your health by what's on your plate, because they've been taught it doesn't matter. But actually, environmental toxins are an even bigger issue because what you're

absorbing through your skin, through your air, through your water, as well as your food, they're getting seven hours or less of environmental toxin education.

And that's disgusting because something as poisonous as mercury, for example, that's in amalgam fillings, that's in our technology. And we're breathing it in. It's we're getting absorbed.

It's in your food, in fish.

Challenging the Genetics Narrative

This it's in vaccines. There's over 600 studies done on the harmful impact of mercury. Now it's actually over a thousand now with that statistic result.

So the fact that we're not willing to take time in a medical academic education to actually prepare our practitioners to protect people is a crime of itself.

But if you're not willing to open up your mind and like, look at that in this day and age, like you, I think it's like willful ignorance. It's deeply harmful.

And like you said, you're talking about over a thousand studies on that. One particular, you know, fact alone and really just tens of thousands. I mean, you're combing through the data, you're combing through the medical literature, you're on pubmed.gov while the medical literature is housed and you're reading all the studies, but the standard doctor is not.

And what's happening is and what we're talking about here is heart attacks and strokes. Not to mention, you know, the gut issues, the skin issues, the brain issues, you know, the cancer, the dementia, the movement disorders.

This whole mental, emotional, category where people are struggling and suffering and, it's just so shameful that this is, you know, multitrillion dollar industry that just got it all wrong.

And this is all on purpose, and you and I, you know, but this goes back, you know, well over 100 years where all this stems from, your, you know, gut health, liver experts and what's happening, what are all these toxins doing to the liver?

And then how is that going to string into, you know, inflammation, oxidative stress, immuno dysfunction, heart attacks and strokes. So here's here's something that I want you guys to consider.

Your liver, like we mentioned earlier, is not going to show up screaming for help early on in the inflammatory disease process. It's going to have to be quite pronounced in like serious disease and dysfunction before it ever shows up on labs.

So what I want you to understand is that your liver is actually a point of inflection that seems silent, but it's not. And you have so much control over your health and healing, and you can speed it up a lot if you're willing to give your liver some support.

In this day and age, I and I, I want to like, make something very clear. You are a natural detox. So this isn't like, oh my God, I got to get started detoxing like you.

No, you're already detoxing or you'd be dead. Just like you're already healing all the time at the cellular level, or you'd be dead. What we're talking about when we're saying healing or detoxing, is that we want to refine the rate at which we're healing and detoxing, and we want to work with the body strategies, not override the body, because nobody wins when you try to outsmart the body.

So what does the body already know how to do and what does it need some help with in this day and age, given your exposure to heavy metals, molds, industrial chemicals, herbicides, pesticides, etc.?

Right. So it's against that backdrop, against this backdrop of leaky gut and inflammation and mitochondria distress because of this constant influx, you know, of, you know, some studies show that like it's like a million toxic particles per day that you come into contact with.

Like that's a lot for your body. You know, there's a German aphorism study that shows like ten toxins is what we averaged in 2008. And then that number jumped to 500 toxins.

Purcell in 2018. So in a ten year period and this is on Americans and Europeans. We 50 are toxic burden. So it's against that backdrop that we are solving inflammatory disease and trying to avoid heart attacks and strokes.

So if we account for it, it's all solvable. And the one of the biggest points of leverage you have is to empower your liver to catch up. Yeah. You know, it's you know, you and I were recording right now and we're just kind of coming up, you know, right in in the somewhat early stages of what's happening with these California fires and you talk about all these houses that are going up, thousands and thousands, you know, going into flames.

And obviously there are so many different elements. But let's just focus on, you know, one is that the toxin exposure, to anyone who's going to be breathing in that, that air that fire, you know, exhaust, as all these, you know, additional toxins are released into the air from everything burning inside the home, the materials from the home, monumental exposure these people are getting.

What are your favorite, maybe help us with some of your favorite food strategies to assist with, detoxification. Yeah, that's a great point. So food strategies work as long as you're not too sensitive.

Like they're a great start. For those of you that are already on a limited diet, you know we're going to need to get more creative. We're going to need to involve some supplements and some detox therapies, which we can absolutely quickly cover as well.

So food strategies, you got to eat organic, you got to eat whole foods.

Liver Support and Detox Basics

You got to go for anti-inflammatory so that your body has a choice every day about what to focus on. And it's going to have to focus on whatever you put in first because it doesn't have, you know, any point beyond that until like, you deal with your digestion.

So the the more you can eat in an anti-inflammatory manner, the quicker your body can get back to repair and detox. So it really matters what you put on your plate.

So we want to go for simplicity. First of all, of course you want to be caring about our macros like protein first healing fats versus, you know, disgusting rancid fake fats.

You know, like stay away from, you know, the fake oils, the vegetable oils, the canola oil, which is really just rapeseed, like all of that is known. Those are highly processed.

They're bleached, they're deodorize, they're disgusting. And they're really, really hard on your liver. So please, please, please stay away from those fats.

But it doesn't mean we have to be afraid of fats, fats or deeply healing. And you actually need to eat fat in order to push bile flow. So if you have a congested liver and or gallbladder, you're going to get conventional advice, you know, in a Western medical doctor's office of like, well, just eat, you know, eat like eat a mistake, go for fat free or avoid fats.

That is the last thing you should do. We should be eating to tolerance healing fats because it will push bile, which is your your motor oil. Right. And that's what your liver is trying to use to excrete toxins. So if you want to protect your heart, I know this sounds really counterintuitive, but we actually want to lean into healing fats like tallow, for

example, is phenomenal and deeply healing.

Grass fed, grass finished butters, ghee that's grass fed grass finished. You know it. It really makes a difference. And you know, we don't want to be afraid of cholesterol.

I'll let you speak to that because you're our expert on that. But cholesterol, I think of as, like, the plumber that's showing up to fix the broken pipe.

It's a it's a signal that your body is inflamed and working out on infections and things like that. It's not something to be afraid of. And it's the industry that keeps lowering our recommended cholesterol ranges in order to push statins.

If you look at the recommended ranges and how they've shifted those over the last couple of decades, it's astonishing. And the it's very clearly profit driven.

So want to get smart about fats. And we want to lean into really clean protein. And unfortunately to my vegans and vegetarians out there, I get it. I used to be vegan. I used to be vegetarian.

It's a really hard route to go in this era of toxins because you're going to get a higher exposure to things like glyphosate, atrazine, all these really difficult to digest organophosphate.

You're gonna have a harder time digesting because you're getting higher exposures to those, because animals are actually protecting you. If you are leaning into clean animal protein, not only are they acting as filters for you, but they're providing you with all the micronutrients and all the healing fats that you must have to survive this day and age.

And I know it's really unpopular in certain signals, and I get hate mail about it. I get it. But we have to unpack, this marketing that has been shoved down our throats and see where is this messaging coming from, like all those studies about heart healthy diets have been debunked because they were poorly done.

They were observational studies, they were hypothetical, and they were very clearly funded by the mono cropping, big ag, big pharma agenda. So please do your research around that because the data trail is there.

It's in plain sight, you know. Sorry, that was a rant I'll let you catch. Oh, what are you saying? No, no, no, that was also good. And as you were talking to, I was thinking like the animals, like, this never comes across.

Well, because. Because you love animals, I love animals. You and I, before we were talking, you know, we were talking about dogs and cats and, all these things that, you know, goats and chickens that the wolves seem to have, that they're almost, they, they kind of filter out some of the toxins, they process the toxins, they filter it out.

So actually, when you're eating that, you're eating much cleaner than you are eating from the plant world. And like you said, even in the organic space, I'm you've tested so many people, you tested tens of thousands of people and their lab results, and even these organic eaters, these people that, you know, they're telling the truth, like they're not sneaking in McDonald's or gas station food.

And their levels of organophosphates, organic chlorides or guano or, you know, glyphosate, these different pesticides, the atrazine, and they're at super high levels.

And, you know, how is this even possible? Right. Because it's coming from everywhere. I wonder if those those animals kind of do us, do us that favor.

You're also, last I saw you again, we saw you at a forum. Yeah, hundreds of different vendors there. I know you're a gadget girl. You love the biohacking stuff.

Tell us about some of these bio hacks that you're using. To get the toxins out of our body. And, and, you know, and real quick, before you answer that, you know, two, it just reminds me of some of these other medical doctors that

you see this on social media.

Food Strategies for Detoxification

You hear these comments, even on mainstream TV, where like, there's no way to improve your detox, your body just naturally detox. It was like, there's no and we're just sitting there laughing at this because in the medical literature, it's all over the place about ways to, you know, increase glutathione different.

I mean, the the binders that we use to bind toxins come from the animal industry where people were the ranchers are feeding their animals contaminated grains, and they're not going to change them and put them on pasture.

So they're going to give them the binders. That's where the these natural doctors came up with the literature to support the use of that. But, tell us about some of these bio hacks that you're, that you're really keen on.

You know, some of them are things that you can do at home, and then some of them are things that you really should do in a very experienced clinic. So I'll start with the stuff that you can do at home because it's, very accessible.

You know, it doesn't sound like much, but a castor oil pack over the liver a few times a week. You can just you have to make a whole production out of it.

Just slather some organic castor oil on over the top and sacrifice an organic T-shirt to the project and head to bed. You know, this is a just a little bit of essentially, I like the the acid compounds in organic castor oil.

Energize. The liver is the easiest way to think about it, which is what you want to do on the way to bed after you've already done digesting right. So your stomach should be empty on your way to bed to get a good night's sleep.

Anyway, put some organic castor oil on that thing and, you know, head to bed and know that you're just creating some insurance for yourself. Basically.

I also am a huge fan of coffee enemas because and it sounds so weird to say, and I get it because I was extremely ill myself. And I'm not a likely candidate to have healed myself.

I'm a giant wasps by nature, you know. I'm always nervous to try new things when it comes to my body. I'm very sensitive. A little goes a long way, you know.

And so. And I was a crasher. So I would try somebodies protocol and crash and get nervous and give up. Right. But, coffee enemas are. I was going to make a bad joke with a four letter word.

They're the bomb. And if you're you if you're preparing them properly, you're giving yourself. Yes. I'm a mechanical clean out right in the colon. Right.

You're helping your body to eliminate some stuck material, potentially, or speed up that process. But what you're really doing is providing encouragement to the liver, which is great.

You want to just want to make sure that the coffees organic, Michael Jackson free and properly prepared so that you retain the palmitic acids, which is the benefit, right?

That's what's getting sent from the colon to the liver. This cute little shortcut vein. And that's going to boost your glutathione production by several hundred percent for a few hours.

So those are things you can do at home. What I want to. Hold on on unpack that a little bit more. Tell me more about so so are you want to just direct people to your website to get more information about call?

Because no one's talked about coffee enemas, to my knowledge. You know, yet that I've interviewed, for the. So

we have a free guide that you can download.

Okay. Yeah. I'll show you exactly what to do, when to do it, how to prepare it properly so you get all the benefits. Which coffee to use, which coffee not to use.

We give that away to you all. Yeah. Fantastic. Okay. All right. We'll let them go to your website for that information. More about coffee enemas real quick.

Is there anybody who shouldn't be doing coffee enemas. Yes. People who are pregnant or that's that's like the number one thing. All right. So if you're pregnant, don't do coffee enemas.

Okay, I got that. Anybody else? Yeah. You know, There's a downside of these things, right? I mean, if people have, like, an active, you know, anal fissure or, you know.

Yeah, like hemorrhoids, depending on the place and obviously, you know, yeah, the issue with hemorrhoids and anal fissures, though, is that it's usually a sign that your liver's overloaded.

And so we gotta find a way to get in liver support, you know. Yeah. But absolutely, you know, you know, use your own discretion and work with your practitioner if you have it.

Do you like coffee? Going in from the other end orally? Yep. So as long as it's clean. Okay. And do you and do you recommend, at the same time or keep them separate?

You shouldn't be drinking it while doing a coffee enema. Probably not. Okay. No, I'm. Just a. Multitasker that way. No thank you. Yeah, that that that would, that would be difficult.

I would I don't recommend that either. Cool. All right. More more expensive. Time investment, at your doctor's office. Bio hacks. Yeah. Well, each bot is phenomenal for making sure that we have, you know, support of the body, support for excretion, support for cellular repair, you know, and it's so anti-inflammatory and it's something passive you can do that's, you know, very safe to do in a clinical environment.

So you know that's hyperbaric oxygen therapy. And so you can go and here's here's the thing I want you to be realistic about. Don't just buy a ten pack of bot and, you know, do it a once a week session.

At-Home and Clinical Biohacks

All of the studies that show how phenomenal each bot is for you and how it can really peel years off of your life and help you with a huge range of like injuries, inflammatory conditions, circulatory issues.

They're all done with consecutive sessions every single day. So ideally best practices you you're going to get a totally different experience if you can commit to daily somewhere for up to 40 days.

And then you should be able to maintain those health benefits, you know, without needing to go back. So just be aware of that. Something that's much more efficient is IBU, you know, I don't know if anybody's talked about that here, but that's really important as a tool in this day and age.

Extracorporeal blood oxygenation and ozone nation. So anyway we talked about that and unpack that for them. I mean not any I mean listen it's a great topic.

So yeah feel free run with it. So think about this like you're pulling your blood out and you're cleaning it and ozone eating it. What does ozone do for the body?

Your body actually makes ozone. It sounds a little scary because like, oh, you're not supposed to breathe that in. That's because your lungs don't have the right tissue to work with ozone.

So if you like breathe ozone in, you would end up coughing a little bit and maybe for a few hours or, you know, whatever. But actually working with ozone as a tool for the body is extremely useful, because your body makes it as a healing substance on its own, trying to use it at the cellular level.

And what it does is it helps break down toxins into more manageable excludable forms. And it also kills off infections. So it's giving your immune system a huge leg up.

So when we do something like IBU, what we're committing to for the body is, hey, we're basically going to give your blood an oil change and you're going to flush out these toxins and also these, infections, all these pathogens at the cellular level.

Like those guys are no joke. We talk about the big gut worms a lot, you know, on our platform because it's fun on social media. But actually, the parasites and co-infections that are at the cellular level are just as dangerous.

And they're robbing your body of energy and setting up the perfect inflammatory condition and symmetry conditions for heart attack and stroke. So if you've been dealing with any kind of chronic inflammatory condition, you can be deeply supportive and you want to consider like a three pack or maybe a six pack, and you can space them out once a week or even once a month if you need to.

But it's a huge boost in the right direction, and it can cut through a lot of this, like, start and stop for sensitive people with detox and trying to peel back some of these toxin exposures.

Have you done any of the oral ozone, products? You know, because, you know, because I am a fan, certainly of rectal ozone. And there are some companies that do really good, suppositories.

I think that's a great way to do it at home. I love I love the IB bbl we do in Arizona as well. Doctor kits. Miguel's our guy over there. You guys offer it.

And a lot of people get so much benefit from that preventative, you know, you know, recovery, prevention of the second event and stuff like that. But, you know, I know your gut expert, swallowing the ozone capsules from some of these companies. What do you think?

Yeah, we actually work with ozone in a lot of different formats. So we use ozone and caps like ozone air in capsules on our campus, like in rapid gut reset or rapid liver reset.

Those guys, we also work with ozone oil suppositories. I love teaching people. We do this a lot in Detox Nation, teaching people how to use their own ozone kit at home.

You should be able to do your own rectal installations and sinus installations for mold exposures. Things like that. It can really be a game changer for things like tinnitus.

These infections that just drip down, you know, that post nasal drip is just throwing off your gut microbiome constantly. You need to tackle that with some ozone installations for the sinuses.

And as long as you're not inhaling it into your lungs, you just passively push it in with an air syringe. And then you exhale it out, you know, after 60s very easy to learn how to do at home.

Phenomenal. But there's ozone and oil capsules you could take, like ozone in olive oil would be gentler. You can start with just one cap. And, if you're really sensitive and you're like, burping it up, that's because it's killing off in infections higher up in the GI.

You can refrigerated or even freeze it at home, and then it'll get a little further down. And it's typically better tolerated and just as supportive. Hemp oil is a little stronger because it holds the ozone nights at a higher capacity than olive oil.

So that's fun. Ozone and glycerin is a whole new fun phenomenon that people are working with because you can actually stabilize ozone, through that ozone and glycerin like delivery mechanism.

And so that's a whole new frontier that I think we're going to be talking about a lot and all the different ways to use that at home because it's so supportive and effective.

So yeah, lots of different ways to work with ozone to get that immune support and detox support for sure. Yeah, a good ozone belch is always fun for yourself and people around you.

You know, because I think it's it's it's kind of funny because you think about natural stuff and, you know, like it's like, is this working or whatever?

And I think about the ozone suppositories and it's like, you know, there's ozone in there. You know, there's no joke about like there is ozone there really is.

And you will experience that really quickly in a very therapeutic way. I know I. Love the natural health end of things because it's just so gross, really.

At the end of the day when we're talking about, like, coffee enemas but pills, but, you know, the stuff. We're big worms and stuff like that. Yeah. The big worm is so, fantastic information.

Sinclair working. Everybody fine. You. You could find me a detox nation.com. We also have a great podcast. Your health reset, detox nation. We're on Instagram.

Come hang out and join the conversation. And happy to give you guys that, you know, got the enema guide for free. We teed that all up for you. So easy to do at home.

What about coming out to, San Diego and seeing you? What's, what's the process for that? Yeah, that's a great question. You can just email in to our team, support a detox rejuvenation to talk to them and see what your needs might be.

And, you know, they'll get you set up and squared away. We got a gorgeous clinic here on the lagoon in Carlsbad, and it's truly a little sanctuary for some deep healing work.

Thanks for asking. Love it, love it, love it. It's a great, especially this time of year to be out in, in San Diego. Great place to be. So wonderful. Sinclair Kenneally, thank you so much.

Another great episode, the heart attack and Stroke Prevention Summit. We'll see you next time.